



# HOMEWOOD

*Community Newsletter*



July, 2013

Hope you had a:



**Happy  
Canada Day**



and a:



---

---

**Don't Forget**



## Barbecue

**August 10, 2013**



**Don's  
Movies  
For July**

**All movies at 7:30pm in  
Recreation Room**

Thursday, July 4

**WHISPERING CITY (1947)**

Paul Lukas, Mary Anderson, Helmut Dantine

Friday, July 5

**THE NAKED CITY (1946)**

Barry Fitzgerald, Howard Duff

Thursday, July 11

**SCARAMOUCHE (1952)**

Stewart Granger, Eleanor Powell,  
Janet Leigh, Mel Ferrer, Nina Foch

Friday, July 12

**THE PRISONER OF ZENDA (1952)**

Stewart Granger, Deborah Kerr, James Mason

Thursday, July 18

**JUPITER'S DARLING (1955)**

Esther Williams, Howard Keel, George Sanders

Friday, July 19

**NEPTUNE'S DAUGHTER (1949)**

Esther Williams, Ricardo Montalban,  
Red Skelton, Keenan Wynn, Betty Garrett

Friday, July 25

**RANDOM HARVEST (1942)**

Greer Garson, Ronald Colman



# Bandipur: Himalayan Paradise

by Kirby Go

## The Town Of Bandipur

Bandipur is aptly described as a delicate silk scarf draped on the mountain ridge. It was originally a settlement build by the Magars, later on settled by the Newars. It was the latter ethnic group that brought their architectural style that defines this town: very narrow street with slabs of silvery-grey slate on the walking path, cut along the mountain ridge, flanked on both sides with tall, two- to three-storey brick houses decorated with distinctly carved wooden windows, doors and balconies, and the same silvery grey slabs of slate on the slanted roofs.

The cliffside houses have balconies on both sides, one looking out to the street and the other looking out to the mountain scenery; while the three-storey houses on the cliff side hug the mountain with terraces of balconies and gardens. The streets have small parkettes that serve as lookout points to the mountains beyond and as if the place is not charming enough, the street corners are peppered with tiny, delicately ornate temples with brass bells that chime when the soft winds blow, gingerly reminding me (as if the scenery was not enough) that I'm in a special place in the world.

It's interesting how this ancient trade route town between India and Tibet got its wealth by marketing itself as a malaria-free town. It fell into decline during the 19th century, and was practically abandoned by the men who had to leave town to find work. Population declined and that most definitely saved the town from unchecked modernization. It was tourism that actually revived the town to its former glory: the abandoned and derelict houses were repaired and reconstructed, some turning into hotels, cafes or shops.

The real charm of the town lies in the fact that it is still not overrun by tourists. Bandipur remains very much a small, living town. As I wandered around, I saw farmers tending their fields; women carrying baskets of freshly harvested crops; children stacking cobs of corn on wooden stakes; goats, buffaloes and chickens wandering around as if they owned the place; and children running around playing.

The children don't beg for money and would often ignore tourists as they are too engrossed in playing football on the narrow street. Late one afternoon, I stopped to watch a group of local boys kick around a soccer ball. I loved hearing the sounds of laughter from these kids with no cares in the world who live for playing and kicking a ball. Every so often the ball would be kicked out of bounds which, in this case, would be straight down the mountain. All of them would yell a frustrated sound and the guilty culprit would effortlessly hop down the mountain and climb back up without breaking a sweat and in record time. Then all was well and the ball kicking resumed until the next time the ball was kicked out of bounds.

It was during one of these lulls in the game playing that the boys noticed me and came to chat with me. They asked the usual questions: my name, where I'm from, but what I found out from them amazed me. This group of about 15 boys ranging from 10-14 years old were actually from different ethnic backgrounds. I learned that Nepal is not a homogenous ethnic country. It is a patchwork of ethnicities that migrated here throughout the centuries from four main areas: Northern India, northern Burma, Tibet and Yunnan province of China. The country is not a melting pot, as most ethnic groups preserved their own language and culture, rarely marrying out of their background, but surprisingly, there is no ethnic tension and the patchwork of different ethnicities get along and thrive amongst themselves.

As I looked at the beautiful faces of these boys, I could see different facial features, prominent Indian nose with Oriental eyes, Asian face with reddish skin tones and high Himalayan cheekbones, and pretty soon I was educated with their ethnic background, Indian looking, Newars and Chhetri, Himalayan looking, Sherpas and Tamangs: and Asian looking Gurungs and Magars.(and there are more than a hundred different ethnicities). As I said goodbye

to the boys and continued my hike, I realized that the world has a lot to learn from Nepal and these boys: the world would certainly be a better place if we could just learn to live and let live, celebrating our differences. That certainly is true in this makeshift soccerfield out in the tiny town of Bandipur.

(continued in the next issue of the Newsletter)

---

---

Would anyone like a sink like this?  
Hahahaha



---

---

## Dying Alone

We've had several sad cases in which residents have died alone in their units. There is an article on the website ([www.40homewood.org](http://www.40homewood.org)) on the "Articles" page that gives lots of information about what happens in such cases.

---

---



## Oh la la!

By Constance Dilley

Thanks to the organizational skills of the intrepid Martha MacLachlan, the French conversation group held a pot-luck supper to crown the end of its first series of gatherings.

It's been a great group, made up of conversational debutants, mid-range Francophiles, some seasoned Anglo-Canadians and a broad range of native French speakers both from Quebec and the continent. Meeting in the library every Sunday evening at 7 p.m., the group spends an hour together, catching up with news and doings. We've talked about personal histories, vacations, whistling contests, work, and, of course, French. It's very informal, and members come and go, depending on other commitments. Outings have been scheduled: a dinner cruise around the harbour and another Quebec evening at Roy Thompson Hall.

The group will meet again in September for a new season, and all are welcome. Just drop in. No level of French is too elementary. We've seen shyness drop away as beginners struggle to speak to this most understanding and patient group.

Come join us in September, when we reconvene. Until then, *au revoir. A la prochaine.*

---

---

---

---

## IN MEMORIAM

---

---



### Lorraine Folds

Lorraine passed away in mid-June. She had lived at 40 Homewood since 2005. She was an officer of the Board (Recording Secretary) during 2009-2010.

A memorial service will be held in the next month or so and probably will take place at Kitchener, Ontario. Watch for more details of the service on the bulletin board.

### R.I.P., Lorraine

---

---

### Donations

For residents looking for worthy places that take donations of clothing, household items, used bicycles, etc., there is a list of places to contact. The list is on a sheet you can pick up in the office and it is also on the website [www.40homewood.org](http://www.40homewood.org) on the Recycling page

---

---



**Wow...**, our building has sent off approximately **6,250 Tassimo Containers** to Terracycle for a total of \$105.00 to our charity.

**Way to go everyone**

---

---



@

**Montague Parkette  
(Homewood Ave. near  
Carlton)**

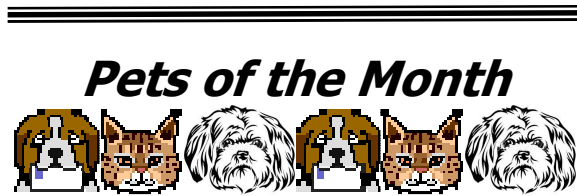
**SATURDAY, July 6  
9:00 am to 1:00 pm  
Rain Date: Saturday,  
July 13**

**Reserve table in office  
\$2.00 for a large table**

---

---





## Jeremy & Maeve



Jeremy and Maeve are rescue dogs, and are excited to tell you their stories via their owners, Spy & Catherine

Jeremy is a thirteen year old Eskie, and was rescued by the Humane Society. He loves live music, squeaky toys and being talked to. You can tell by the way he looks at you and moves his ears, but he gets scared easily when you try to pet him.

Maeve was saved from a high-kill shelter in the States by another rescue group. She just turned three years old, and is a Plott Hound, a breed developed to hunt boar. Maeve was very shy when she first moved to 40 Homewood, but she gets more confident every day and loves her new life. She went to dog school at Petsmart, and she highly recommends her trainer Tarry for anyone looking to teach their dog basic to advanced commands, and also to work through any issues.

Jeremy and Maeve love camping, sleeping, playing and getting treats. If you are thinking of getting a dog, they would like you to consider adopting from a rescue because without them they would not be here today.

---

---

## ANNUAL GENERAL MEETING

Our Annual General Meeting which took place on June 12<sup>th</sup>, 2013 at the Primrose Hotel was short and uneventful.

There were three vacancies on the board of directors. Three people put their names forward. Therefore there was no election of officers.

Our board is now made up of the following people:

**Brian Brenie** – President  
**Charles Marker** – Vice-President -  
(Communications)  
**Stephanus Greeff** - Treasurer  
**Laurel Adams** - Secretary  
**Timothy Oakes** – Director  
(Correspondence)

The Corporation and Board would like to thank **Stefanie McQuaid** for the time and hard work she put in over her two-year term on the board. Your hard work and dedication have been appreciated, Stefanie.

---

---



## Pigeon Problems

A perennial problem at 40 Homewood (we've seen references in Newsletters from the 80s) is the pigeon plague.

This year, a number of residents have reported that pigeons have actually nested on their balconies and laid eggs in the nests.

One suggested cause (just a theory) of the increased population this year is that the nine-storey white building on Sherbourne has replaced all its balconies, perhaps disturbing a number of well-entrenched nesters.

Two problems suggested in a consultation with a bird expert are absence and too much “stuff.” If a resident is absent for weeks or is often absent or pays zero attention to her/his balcony, the pigeons find it an undisturbing place and may settle there. A balcony that has lots of stuff (whether “junk” or planters, whatever) provides many hiding places for the birds — and they like that.

We asked the bird expert about having our own falcon or hawk, but she was clear that even if we made a nice palace with excellent cuisine on our roof, we could not control which pigeons the big bird might go after.

Nets can be an effective barrier, although some who use their balconies frequently in the summer would not particularly like looking through netting at the view. A net, however, may be a good idea for those who seldom use their balconies. A fish net can be very inexpensive and not very visible from inside or outside. Other net solutions may be more costly.

It goes without saying (well, maybe it does NOT go without saying...) that feeding pigeons on a balcony attracts them and then they visit your neighbours, too, and the neighbours probably don't want the visits.



## Shower vs. Bath

Taken from the website of California Energy Commission

You Use Less Energy Taking a Shower Than a Bath.

This is sometimes a myth, but it is sometimes true. It depends on your shower head and whether it has a flow restrictor in it and how long you shower.

If your home was built before 1992, chances are your showerheads put out about five gallons of water per minute (gpm). Multiply this by the number of minutes you're in the shower, and the water adds up fast!

An average bath requires 30-50 gallons of water. The average shower of four minutes with an old shower head uses 20 gallons of water. With a low-flow shower head, only 10 gallons of water are used.

To test the amount of water used in a shower vs. a bath, put the plug in the bath next time you take a shower (but not a stand-alone shower as you might spill over the lower shower wall).

After you've showered, see how much the tub filled up.

If there is less water than you would usually have in a bath, then you will probably save money by taking a shower instead of a bath.

---

---

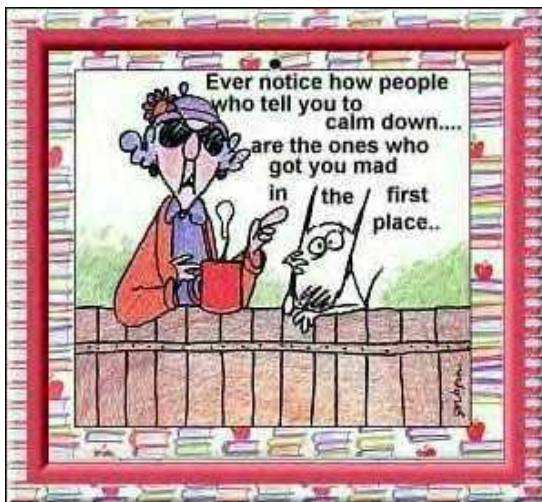


## Spectacular Plant At Allan Gardens

Blossoming soon — and for the only time in its lifetime — is an **agave americana** at Allan Gardens. They opened the glass so it can do its thing (see photo from the Toronto Star) and the blossoms should be a good show during the month of July.

Read the whole story at the Toronto Star

[http://www.thestar.com/life/2013/06/21/beanstalk\\_breakthrough\\_at\\_torontos\\_allan\\_gardens.html](http://www.thestar.com/life/2013/06/21/beanstalk_breakthrough_at_torontos_allan_gardens.html)



## Arts, Crafts & Photography Show

Margaret Osmond is thinking of holding an Art, Craft and Photography show in November of this year. This is depending on interest. She is putting this notice in July's Newsletter to give participants enough time to get ready for the show.

The show will be on the first or second Sunday in November. It would be nice this year if we advertised in our neighbouring buildings.

If you have any ideas or questions and intend to participate please get in touch with Margaret at tel.# 416 964 6622 or email at [mosmo@sympatico.ca](mailto:mosmo@sympatico.ca)



## Red Dots for “No Junk Mail”

If you wish to stop receiving junk mail (mail that is not addressed to you), you may place a request card in your mailbox. Cards are available in the office.

It's important that your card can be seen by the mail carrier on the other side of the wall, so make sure you put the card (“No junk mail, please”) as far into the box as possible. You may even wish to use a little tape so that it doesn't fall out or blow away.

When the the card is seen, the mail carrier will affix a red dot on that side of your mailbox, and you'll stop receiving junk mail.



# Green Committee Page

## EWG's 2013

SHOPPER'S GUIDE TO  
PESTICIDES IN PRODUCE



EWG'S SHOPPERS GUIDE TO  
PESTICIDES IN PRODUCE™

# DIRTY

2013 DOZEN™ 2013

APPLES	NECTARINES
CELERY	IMPORTED
CHERRY	PEACHES
TOMATOES	POTATOES
CUCUMBERS	SPINACH
GRAPES	STRAWBERRIES
HOT PEPPERS	SWEET BELL PEPPERS

**PLUS**

COLLARDS & KALE\*

SUMMER SQUASH & ZUCCHINI\*

\*PESTICIDES OF SPECIAL CONCERN



EWG'S SHOPPERS GUIDE TO  
PESTICIDES IN PRODUCE™

# CLEAN

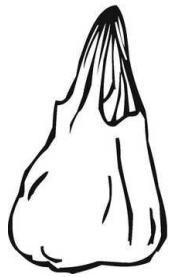
2013 FIFTEEN™ 2013

ASPARAGUS	ONIONS
AVOCADO	PAPAYAS
CABBAGE	PINEAPPLES
CANTALOUPE	SWEET PEAS FROZEN
CORN	SWEET POTATOES
EGGPLANT	
GRAPEFRUIT	
KIWI	
MANGOS	
MUSHROOMS	

QUESTIONS ABOUT  
PESTICIDES IN  
PRODUCE? VISIT US AT  
[FOODNEWS.ORG](http://FOODNEWS.ORG)







## Which Plastic Bags For The Green (Organics) Bin?

Most householders use a plastic bag to line their organics pail in their kitchens. (If you don't have one of the pails, you can get one at the office.)

It's okay to toss the organics along with the plastic bag into the Green Bin in the Recycling Room. A used grocery bag is fine. There is no need to buy special bio-degradable bags because the City's "mechanism used to open and separate the bags full of organics cannot distinguish a compostable/bio-degradable plastic bag from a regular plastic bag. All bags are opened, removed and treated as residue that requires landfill disposal," according to the City's website.

So: for your liner you MAY use a biodegradable bag that you buy, but there is no need to do so; you may use a regular grocery bag or bread bag or produce bag.

Please don't throw additional plastics in the Green Bin: the liner bag should be all. For example, if you're throwing out a bread bag with one slice left, put the bread in your organics and throw the bread bag in the garbage (or use it to line your pail next time).. The less plastic in the Green Bins, the better: it produces cleaner, richer compost.



---

---

## Niagara-on-the-Lake

By Jeffrey Amos

Summer is upon us once again, and nothing is better in summer than to take a day (or two) trip outside the city to one of the beautiful tourist destinations nearby. Three of my favourite are Stratford (which I wrote about last year), Prince Edward County, and of course Niagara-on-the-Lake.

Unlike Stratford, which was an ordinary railway town until the arrival of the Stratford Shakespeare Festival in the 1950s, Niagara-on-the-Lake is steeped in history. It was settled in the 1700s and was actually the capital of Upper Canada (as Ontario was then known) until 1797. The town played a central role in the War of 1812 when it was taken by American forces in a fierce battle. Later in the war, when the American forces retreated across the Niagara River, it was burned to the ground, later to be rebuilt.

It also has a place in history as one of the major stops in the Underground Railroad (a series of secret routes and safe houses that allowed black slaves from the United States to escape to freedom in Canada). The historic centre of Niagara-on-the-Lake has a number of Regency and Classical Revival Buildings which are considered the best preserved in Canada and this, and the town's rich history, led to the historic centre being approved as a National Historic Site of Canada in 2003. A highlight of any trip is a visit to Fort George, a major historical site from the War of 1812, which was rebuilt as historically accurate as possible in 1965.

There is much to do in Niagara-on-the-Lake. First and foremost is the Shaw Festival. Established in 1962, the Shaw Festival is a theatre festival featuring the plays of George Bernard Shaw (although it doesn't only feature Shaw – usually there is a musical as well as plays from other renowned playwrights). It takes place at four intimate theatres in the town and several plays play in repertory from April until October.

This year, I look forward to seeing their performance of the classic musical Guys and

Dolls. Also playing are Shaw's Major Barbara, Wilde's Lady Windermere's Fan, and Our Betters by Maugham. If you want to see high quality theatre in an intimate setting, the Shaw Festival is for you.

The second thing that Niagara-on-the-Lake is known for is wine. The area surrounding the town is dotted with wineries that give the Niagara Wine Region a worldwide reputation. Some of the well-known wineries are Inniskillen, Jackson-Triggs, and Peller Estates. These can be explored at your own pace, by exploring the roads in the area, or you can join a formal wine tour where you will be bussed from winery to winery to see how the wine is made and taste what is available. These can be booked through a local bed and breakfast, or from one of the many websites offering these tours. But remember that if you are exploring yourself – whatever you do, don't drink and drive - a few samples at five or six wineries adds up!

Niagara-on-the Lake is very close to Toronto – so close in fact that if you travel west down Queen St. past the golf course, and look from the lakeside park across Lake Ontario on a clear day, you may see the skyscrapers of Downtown Toronto. However, due to the need to go around the west side of Lake Ontario, the trip by vehicle is approximately 1 ½ to 2 hours. Niagara-on-the-Lake can also be reached by GO Transit during the summer months, by train on the weekend (with a connecting shuttle bus from St. Catharines to Niagara-on-the-Lake), or by GO Bus during the week. Please check out [www.gotransit.com](http://www.gotransit.com) for more information.

If you intend to spend the night, don't worry - the town is known for having one of the densest concentrations of bed and breakfasts in all of Canada. In fact, the association of bed and breakfasts in the town runs their own booking website – [www.niagarabb.com](http://www.niagarabb.com) – where you can book a B and B which suits your taste and your price range. The town is also filled with excellent restaurants, shops, and cafes. One of my favourites is the Irish Tea Room at 75 Queen St. ([www.theirishteamroom.com](http://www.theirishteamroom.com)), where you can get, in the words of owner Pat Henry, “a wee taste of Ireland in Niagara-on-the-Lake”.

So if your summer consists mostly of a “staycation”, consider a day trip, or overnight, to Niagara-on-the-Lake. You will not regret it and may become a regular.

---

---

## Name That Room!

Submitted by Constance Dilley

“Meet me in the MPR.” The What? you might ask.

That lovely room next to the lobby with its comfy chairs, card tables and wifi deserves better than the acronym for “multi-purpose room.” So let's get together and make some suggestions for the board to consider.

A meeting is thereby called for Wednesday evening, July 10 at 7 pm to consider suggestions. All residents are welcome but you don't have to wait until then to start thinking about names. We'll get together, talk about how we use the room and what its purposes are, and then gather suggestions anonymously to rename the room.

We'll reveal the suggestions, debate their merits, and then rank them for consideration by the board, which has the ultimate authority in this matter. Come one, come all. A lively evening which should be fun, and another chance to get to know your neighbours better.





## Questions and Answers to and from the Board and Management

**Question:.** When will the new **bike parking spots** in the Resident Parking become available?

**Answer:** During July, they will be assigned in a process of the Annual Registration of all bike parking spots. We had a bit of a wait to get the new embossed number tags which will now replace the orange ones with felt tip writing. That sometimes rubbed or washed off, making it hard to read the number. Watch for notices of the registration.

**Question:.** When are the **traffic lights** at Homewood & Wellesley going to be in operation?

**Answer:** The city councillor's office tells us it'll be "Go" in the first half of July.

**Question:** On Thursday, June 27, part of **Homewood was closed** due to road work. Why weren't we notified?

**Answer:** The City failed to notify us, so we couldn't notify you. When these things happen, it's good if inconvenienced people call City Hall (311) and lodge a complaint so that they'll let us know next time.

**Question:** Do you know if **Bell Fibe TV** is going to be available anytime soon in our building?

**Answer:** Bell technicians have been doing some work to set up the mechanical aspects of connecting us for Fibe, but they are not yet releasing the signal. We can't predict when that will happen.

If we find out from Bell, we will let people know by notices. Once it's set, Bell will probably also be doing a mailing and this time when they say that Fibe is available, it might be true!

---

---

## Brief Notes From The June 27th Board Meeting

◆ The source of the leak in the women's sauna/locker area is not yet identified. Some hunches and tests have not panned out; other tests have had to be cancelled due to rain. Management will continue working on this until it can be solved.

◆ This summer we plan to update the entry system so that visitors can buzz your cell phone in order to gain admittance.

Also, in order to better control fob access, there will be a re-registration for fobs. Watch for a note from management.

◆ The annual fire inspection will happen in August. This is when there is a check to see that each unit has a working smoke detection alarm. This is required by law and is the resident's responsibility. Make sure your smoke detector is working before the inspector comes around. Notices will be posted with the actual dates.

◆ The interlocking bricks and the "wetlands" along the front sidewalk will be repaired. This will be a three-step process: pulling up the bricks, fixing the drainage problem underneath and then replacing the bricks. The lack of proper drainage causes the swamp-like wetness along the walk and it also causes the bricks to rise up.

This will likely begin in mid-July and may take several weeks. During all or part of this time, we will all have to use the back door



again, as we did last year during part of the lobby renovation.

◆ The installation of new planters and plants in the patio area by the swimming pool is underway. (That is this year's landscaping project.) Once it's completed (not too long), then the BBQs will become available. We will be purchasing some tables and seats, although at the beginning people might temporarily need to use folding tables from the recreation room if they wish to eat on the patio.

◆ With the elevator strike over, our repairs and maintenance should get up-to-date, and we expect that our Request for Proposals for the major modernization contract should now move ahead.

◆ Yellow lines will be repainted in the parking garage this summer.

◆ If you have an exhaust fan installed in your bathroom, you could be defeating the ventilation system of the building, so please remove or turn off the fan. If you're not sure, check with the office.

◆ For the first five months of this year, we continue to run a comfortable financial surplus, mainly due to the much-reduced cost of hydro now that the costly five year contract with Constellation has ended.

---

---

## Asparagus Soup

This elegant soup is perfect to make when asparagus comes into season in spring. It can be served hot or very well chilled. It's even good when asparagus is not at the height of its season.

Submitted by Martin Banfather from a recipe by Delia Smith

2 lb (900 g) asparagus  
2 oz (50g) butter

1 medium onion, finely chopped  
1 slightly rounded tablespoon plain flour  
1 3/4 pints (1 litre) hot chicken stock  
5 fl oz (150 ml) double cream or crème fraîche  
salt and freshly milled black pepper

### Method

Prepare the asparagus by cutting away and discarding the tough, stringy white ends of the stalks, reserve 12 asparagus tips to garnish the soup, then chop the green parts of the rest of the asparagus into 1 inch (2.5 cm) lengths. Next, melt the butter in a large saucepan over a gentle heat and cook the chopped onion in it for 5 minutes, keeping the heat low to prevent the onion colouring. Stir the asparagus into the melted butter and onion, then put a lid on and let it sweat for about 10 minutes, giving it a stir now and then. Sprinkle in the tablespoon of flour, stir again to soak up the juices and add the hot chicken stock, a little at a time, stirring after each addition.

When all the stock is in, bring to simmering point, season with salt and freshly milled black pepper and keeping the heat low, let the soup barely simmer, partially covered, for 20-25 minutes. Now you need to let the soup cool a little, then pour it into a blender and blend in batches (a large bowl is helpful here). Taste to check the seasoning. Finally, stir in the double cream or crème fraîche and the reserved asparagus tips. Re-heat gently for 3-4 minutes and serve very hot in warm soup bowls or alternatively, cool and chill thoroughly before serving in chilled bowls.



Newsletter Editorial Committee

Jeffrey Amos

Charles Marker

Martha McGrath

newsletter40homewood@gmail.com

---

---