



October, 2018



October 8, 2018



October 7, 2018



October 31, 2018

New Property Manager

We have a new property manager. He will be in the building on October 4 and 5 to observe and his first full day in the office will be October 9. The Board is inviting residents to a **Welcome reception** in the **Recreation Room on Wednesday, October 10th, from 5:30 pm to 7:00 pm**, to meet and greet our new property manager.



October is National Breast Cancer Month in Canada

Wear a pink ribbon for awareness.





Going Green! Refuse & Reduce single-use items

By Lisa Ricciuti

Last month I attended a waste-diversion event hosted by the City. One of the presenters shared her top tips for becoming waste free. As she put it, recycling wasn't going to solve everything, and she started looking for other ways to **REFUSE** and **REDUCE** as a first line of defense. She said she and her partner produced about one grocery bag of garbage a month. And she was also able to minimize her recycling too by doing things like bringing her own bags/containers to buy food in bulk.

It's true that living a waste-free lifestyle requires preparation and planning. You may also have to change some of your habits or adjust your lifestyle. However, here are some easy things you can start doing right away. Make them a habit.

REFUSE single-use items

- When you're in a restaurant or bar, tell the server you don't want a straw.
 - If you really like straws, consider investing in a reusable stainless steel one.
- When you order take-out or delivery, tell the restaurant you

don't want straws, plasticware, or napkins.

- See if you can bring your own containers to the restaurant for them to fill.

REDUCE single-use items

- If you like going out for coffee, buy a reusable coffee cup. Get into the habit of carrying it with you.
 - Or, sit down and enjoy your coffee in the café out of reusable glass mugs.
- Buy a reusable water bottle and carry it with you.
- Instead of using saran wrap, use containers or dishes with lids instead. Or invest in reusable alternatives like bee's wrap, cloth coated in bees wax, or silicone stretch lids. There are several different brands to choose from: Abeego, Bee's Wrap, Beeswax Wraps, Buzzee...

You might think that reducing your own consumption of disposable coffee cups, for example, won't make a difference so why bother. However, these small contributions really add up. And you might be inspiring somebody else to follow your good example.



ELECTION DAY 

**Municipal Election
October 22nd, 2018**

There are Health Benefits in the Creative Process

by Donna Y

If you have ever wondered why you feel better after you have made something with your own hands, it's because you are doing something good for your body and mind.

* The American Journal of Public Health published an article where researchers analyzed more than 100 studies about the impact of art on your health and your ability to heal yourself.

The studies included many art forms such as music, writing to dance and the visual arts, like painting, drawing, photography, pottery and textiles. Each study included more than 30 patients who were battling chronic illness and cancer.

This is what they found in a nutshell:

"Art filled occupational voids, distracted thoughts of illness" with:

- "Improved well-being by decreasing negative emotions and increasing positive emotions."
- "Improved medical outcomes, trends toward reduced depression."
- "Reductions in stress and anxiety; increases in positive emotions."
- "Reductions in distress and negative emotions."
- "Improvements in flow and spontaneity, expression of grief, positive identity, and social networks."

These benefits are not just "in your head."

The impact of art, music, and writing can be seen in your physical body as well. In fact, [this study](#) published in the *Journal of Psychosomatic Medicine* used writing as a treatment for HIV patients found that writing resulted in "improvements of CD4+ lymphocyte counts."

It's a fancy way of saying: *the act of writing actually impacted the cells inside the patient's body and improved their immune system.*

In other words, the process of creating art doesn't just make you feel better, it also creates real, physical changes inside your body. It has also been demonstrated that creating lowers blood pressure and heart rates.

I know the positive benefits of creating personally because it was art – writing and painting, that helped me out of a wheelchair existence. On November 1st 1999 I fractured the L3 vertebrae in my lower back. Shortly afterwards severe global Fibromyalgia set in. I could not even open a bottle that had already been opened. My neck was so stiff I could not move my head side to side. And let's not even talk about the depression that covered me. It was a friend who reminded me my writing has always helped me out, and I should get back to art of any kind.

So I did. I wrote 2 books of poetry, 3 children's stories and started to learn how to draw while I was bedbound for 2 years. Slowly, my mood improved, the depression lifted and the sun came out, giving me the determination to work on getting mobile again. Within another 2 years I was able to participate in outings without a wheelchair and returned to school. I know what creating can do on a deep personal level of experience. I now carry it into my everyday life. If life itself gets ugly I disappear behind a computer to write or an easel to paint and make something pretty.

The meditation that occurs when you create, blocks out the stresses of the moment. Feeding your body with more positive emotions of relaxation. The problem solving that occurs when you are creating art helps you troubleshoot better in everyday life.

Creativity is also the route to authenticity. As we create, we plunge into the depths of our being, accessing what we think and believe. The more we create,

the more we discover and realize our habits, impulses, and desires.

When we take the time and energy to develop our own ideas, we respect our inner nature and are better able to express ourselves to the world on a regular basis.

There is no right or wrong way to be an artist. When we create, we are given the opportunity to engage with the world without judging ourselves. We have permission to take risks, try new things, and strip away inhibitions in a healthy way. So take a chance with yourself and get creative. It's another kind of work out that is chock-full of health benefits both mental and physical.

Elemental

by Donna Y

thirst
unquenchable
dust dry
mouth
stopping
tongue scraping
desert sand
thirst

creation
a well of waters
flooding visual fields
streaming past ideas
growing from experiences
of muted voices
color
black and white,
river waters
cutting through stones
of past oppressions
freedom exists
in the flow
of expressions

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>

<https://www.health.harvard.edu/mental-health/the-healing-power-of-art>



**Turn your clocks back
November 4th, 2018,
2:00 am.**



Smoke Alarms

The "time change" is a good opportunity to put new batteries in your smoke alarms and carbon monoxide alarms.



MARK YOUR CALENDARS!

ART SHOW

**Saturday, November 17th, 2018 in
the Recreation Room from 11:00 am to
4:00 pm**

HOLIDAY DINNER

**Sunday, December 1st, 2018 starting
at 5:00 pm, dinner served at 6:00 -
Menu and Ticket Information available in
November.**



THE 40 HOMEWOOD

**art
show**
& SALE

**Saturday, November 17th, 2018
11am to 4pm**

**Artists, Artisans & Photographers:
Display and/or sell your work!
Residents: Display and switch/sell
your home art with others!
Browse with friends!**

Refreshments available by donation

**To register your pieces
by November 15th, email Donna at
Artshow@brushesandcockails.ca**



Good Eats, Cheap Eats, Sweet Spots"

by Cammy Lee-Bostwick

Happy Fall 40 Homewood!

And what a fall we've been having!

On a recent balmy evening, we ventured up the road, staying in our hood and went to Ginger on Church Street, just south of Wellesley. As it was still warm outside, the front windows were open allowing for some nice breeze to flow through the restaurant. We sat by the windows, enjoying this last blitz of summer.

I ordered the tofu and vegetable on crispy noodle (under \$8) and a crispy shrimp roll (approx \$2). Once you order at the cash and pay, you are given a number which you take to your table. This is dining that is a step up from fast food, but it works and the price is right. You serve yourself water (and lime slices if you wish) and utensils are there for your choosing.

In a few moments my food arrives (see pic). On a bed of thin crispy egg noodles comes an assortment of vegetables: broccoli, cauliflower, carrots, and green beans in a light savoury sauce. Add to this, large chunks of deep-fried tofu. In my mind, this is one of my most memorable tofu dishes of late — and this news might be very encouraging especially for those who don't like tofu. Deep frying tofu first

gives it a meaty texture; and once fried, it soaks up whatever sauces are there while still maintaining its texture. I wasn't sure what would arrive — if the tofu was soft, and sort of there but not there...anyway, what came was a nice surprise that I have gone back to order it. And it is consistent every time.

The crispy shrimp roll (and you must order 'crispy' as there is a non-crispy variety) is arguably the best in the city ... and I eat a lot of these ... almost wherever I go. That being said, there is something about these rolls at Ginger. It is one shrimp, with a slice of carrot and a slice of — is it jicama or lo buk? — wrapped around with spring roll skin and deep fried. It comes with a side of clear fish sauce, which isn't fishy at all but is both sweet and savoury. The inside of this roll is piping hot, so be careful. I eat the noodles first and by that time, the inside temperature of the roll is perfect for me. In every bite is shrimp, jicama, and carrot — in other words, every bite is the perfect bite. But the best part is the crispy ends of the roll which I dip in the sauce. What a way to end a meal! I finish with a mango smoothie (approx \$3), which I request with only ice and mango and what you have is a very satisfying, affordable, and delicious meal that is all within walking distance: a good eat, cheap eat, and sweet spot.





Had a Fantastic Launch!

The gathering of good friends began with four brave new painters, a little unsure at first, never having held a paint brush except in grade school; they dove in with gusto. The wine supplied by the social committee at a donation of \$3.00, of course helped, as well as the welcoming from the regulars who are the glue of warmth and safety with taking those first steps.



At the surprise and wonder of our Neophytes, the evening produced some wonderful surprises of artistic expression. The best part of our events is watching everyone unwind and relax no matter how badly your day went, art heals the day's bruises. It's meditative, it's being unplugged from technology pollution while truly socializing with others through the laughter and fun we all have. The winner was a tie for the evening's best artist vote ending the tie breaker was Larry's caterpillar bloomed into a truly artistic Monarch that catches

your attention. Mary's butterflies are truly in flight and her Hydrangeas are so vibrant.



2 Artists of the night in September 2018
Larry and Mary
"Allan Gardens Monarch"

Everyone's Monarchs were majestic and a great subject to tackle. I'm always amazed at the unique approaches and



risks everyone takes. October is Halloween themed with the "Cool Cats Whimsical" Glow in the dark painting on October 24th in the rec room.

Feel free to wear a costume if you dare. The evening will be paired with a Halloween music playlist to inspire the ghoulish details in your paintings. The evening begins at 7:00 to pay in cash, 7:30 – 9:30 pm we are painting. Reserve your spot so you are sure to have the materials waiting for you when you get here.

Payment can be made via e-transfer to: 2brushesandcocktails@gmail.com when you reserve.

For those of you who like things more private, Brushes & Cocktails does private parties, corporate team building events or for any occasion. It's sure to be a hit with your guests. Everything is set up and ready to begin whenever you are. Dinner first, dinner afterwards, it doesn't matter. Contact us to get all the nitty gritty details to make a party a happening. Check us out: www.brushesandcocktails.ca



What goes in the bulk bin?

The bulk bin is an area of the outside garbage shed where you can bring down old furniture, mattresses and similar LARGE items that will not go into the brown bin in our recycling room or down the garbage chute on your floor. Also construction materials are not to be left there but taken off the property by your contractor when you renovating your unit.

Lately, we've seen smaller items left in the bulk bin area or leaving these small items outside the bulk area when the door is locked (after 7PM daily).

Please **DO NOT DEPOSIT SMALL ITEMS** in the bulk bin or outside the garbage shed.

The bulk bin waste collection people have refused to pick up from us when small items are left in that area. Our building staff also do not have time to sort through garbage and place small items left there in the brown bin. Small items must be placed in the brown bin which is accessible through the door near the rear elevator door. Additionally, please do not bring large items to the bulk bin after hours when the door is locked. Bulk items can be left in the bulk area every day until 7:00.

We ask your cooperation in this matter to prevent the bulk bin overflowing and to lessen the staff workload here at 40 Homewood.

Thank you. Brian Brenie



Halloween Goodies

As in the past, any donations towards the Halloween celebration would be appreciated. Bring them to the Management Office.

Watch for a notice about the 2019 budget in the November newsletter and an early December date to meet owners to discuss the impact on monthly condo fees.

Newsletter Editorial Committee

Martha McGrath
Timothy Oakes
newsletter40homewood@gmail.com
