

## When neighbours come together

*By Martha MacLachlan*

When neighbours come together to share a communal experience a collective exchange occurs. This energy does not happen when we sit alone on our couches contemplating our navels, scrolling endlessly through FB or binging on a predictable series until we just crash out.

This connection is certainly happening at the 40H Cinema Evenings in the party room. At each screening, a member of the audience chooses the next film and at the screening, they provide a background on the film's director and its impact, and when the film concludes the audience shares their thoughts on the film.

On July 3 we had a screening of a 1970's film entitled *Going Down the Road* and the additional SCTV parody of the film. The film is fiercely Canadian with a story line that has two rural Nova Scotians heading to Toronto, the big city, in search of a better life and work. The film resonated with the residents who attended this screening. Most had moved to Toronto from smaller cities and towns in Northern Ontario, Quebec and Ireland. A shared experience happened with each person sharing the when and why they moved to Toronto and what happened when they did. It was an organic coming together and getting to know each other moment.

The next screening will be on Wednesday, August 13 and will feature *The Guard*, an Irish film acclaimed for its witty dialogue and fast pace. Watch out for the promotional flyers and mark the date in your calendar. You won't be disappointed.



Caitlin Clowes

As well as cinephiles at 40H we have phytophiles (people who love plants). Caitlin Clowes, a resident, known as Kat, works for the City of Toronto as a landscaper. Kat has lent her expertise to the Gardening Committee members, resulting in the resurrection of the rose garden out back. Kat graciously offered to host a workshop dedicated to the care of houseplants in the party room on July 6.

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# Campfire Singers Group

*By Felix Almeida*

Indoor/Outdoor Campfire Singers Group  
Summer Singalong in Withrow Park:

The Indoor/Outdoor Campfire Singers is a group of friendly, fun-loving people, headed by a couple of great guitarists, who all love to sing for the fun of singing!

Everyone in our 40 Homewood Community is invited to two singalongs in Withrow Park on July 31 and August 14 at 3:30 PM. Lyrics will be provided.

Withrow Park is one block south of Danforth, between Chester and Pape subway stations.

Withrow Park  
725 Logan Ave,  
Toronto  
Map: <https://goo.gl/maps/dsPYVAGP8o4QAo989>

We meet south of the tennis courts located near Logan Avenue at the north end of Withrow Park.

Please bring a folding chair or two if you can, and we will also find seating at one of the park's picnic tables in the shade of an old tree, with the summer breeze rustling through the leaves.

When the cold weather sets in, we meet in members' homes. Perhaps this might develop into a monthly event that we could host in our own Party Room, with an open welcome to all the 40 Homewood Community to come join in the fun.

Our own monthly Potluck Singalong! I'm happy to offer a ride to three people. Hope to see you there!

For more information, please contact Felix Almeida at [gskbic@gmail.com](mailto:gskbic@gmail.com)

# Garden Committee

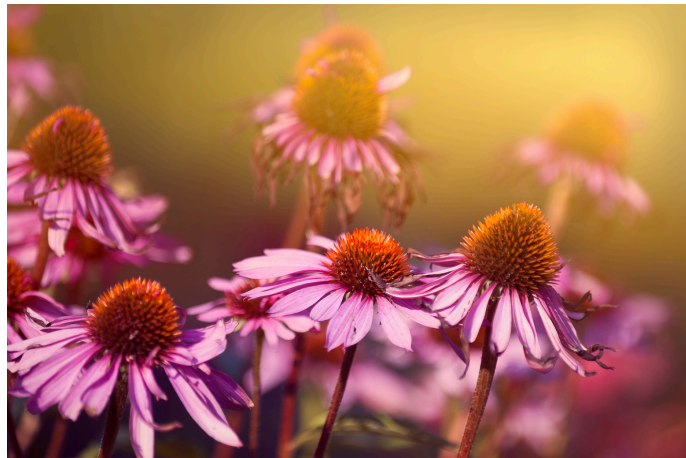
*By Constance Dilley*

Commonly called coneflowers, Echinacea has ten species, and are native only in eastern and central North America. The generic name is derived from the Greek word ekhinos, meaning "hedgehog", referring to the spiny central disk. That disk is surrounded by large, showy heads of composite flowers, that bloom in summer. They come in many colours: red, purple, orange, yellow and white.

These flowering plants and their parts have different uses. Some species are cultivated in gardens for their showy flowers. Others are cultivated for medicinal uses. Echinacea has a long history in the traditional medicine of Indigenous peoples for treating infections, pain, and wounds, and it later gained popularity in Western herbal remedies, especially for colds.

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While protesting not to be good at public speaking, Kat held court behind two tables set up with plants and plant products. Kat held our rapt attention the whole time, cheerfully answering questions, demonstrating re-potting and gently admonishing us for watering our house plants from the top and thus creating a petri dish for mold.



At the conclusion of the workshop Kat gave individual advice to residents who had brought a sick plant for diagnosis.

## Ask Kat: Roots & Shoots

This workshop session was such a great success that the idea of a column in the newspaper was born.

Residents can send questions to Kat and the response will be printed in the newsletter. You can submit your question to the newsletter email at: [40HomewoodNews@gmail.com](mailto:40HomewoodNews@gmail.com)



# **40H Annual BBQ**

**Saturday, August 16**

**@ 5:00 pm**

**Party Room and Back Deck**

**Tickets \$20.00 each**



**Serving up Burgers, Sausages, Vegetarian Option, Salads and Dessert  
(beer and wine available by donation)**

**Tickets sold (cash only) in the office starting  
Thursday, Aug. 7, 2025**

**Tickets available in lobby August 8, 11, 12 from 5:00 pm to 6:30 pm  
TICKET SALE DEADLINE: TUESDAY, AUGUST 11 @ 6:30 PM**