



# MONTHLY NEWSLETTER

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## THE MAGIC OF THE ROOFTOP HVAC SYSTEM

*By Martha MacLachlan*

An information session was held in the party room on May 27 to explain the rooftop heat wheel HVAC operation and its supporting fans. Nassim Jebran, an engineer with Thermo Cool Mechanical, presented to more than 50 residents who attended the session. He explained the purpose of the rooftop equipment, how the system is designed to operate and the issues currently affecting its performance, particularly with the fans.

### The HVAC Equipment

Our building has a heat wheel on the roof. A heat wheel is an energy-saving part of the heating and cooling system. It captures heat from the air being exhausted from the building and transfers this heat by way of a rotating wheel to the fresh air coming in. The heat wheel is especially important in winter to heat up the outside cold air going to the hallways. It also helps transfer moisture, improving efficiency and comfort, while keeping the two air streams separate.

The system uses three fans that support the motor for the heat wheel's operation. One fan removes stale air from the building through our bathroom vents while the two other bring in fresh outdoor air to our hallway vents at the north and south end of the hall.

### How the System works

Imagine air continuously flowing into and out of the building. Fresh outdoor air is brought in while stale indoor air is exhausted out. This constant airflow helps maintain good air quality throughout the building.

For the system to work properly, the fans must be balanced. One fan exhausts about 15,000 CFM (cubic feet per minute) of air, while the intake fans bring in about 16,000 CFM. The slightly higher intake airflow helps push fresh air throughout the building and move stale air out. (CFM - cubic feet per minute is the standard measurement used to show how much air a fan or HVAC system moves in one minute.)

### The Problem

The bathroom vents are smelling because faulty intake fans are drawing in too little fresh air, causing a negative pressure vacuum. Currently, the intake fans delivers only 12,000 CFM instead of the required 15,000 CFM. This vacuum pulls stale air and odours from other areas and draws them backward through the exhaust system. Normally, a constant flow of fresh air dilutes household odours; without it, lingering smells become trapped and circulate throughout the space.

### The Solution

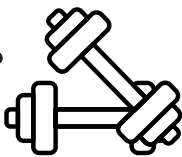
Nassim, our Thermo Cool engineer, has ordered new belts and pulleys that link the electric motor to the intake fans for the HVAC system. Replacing these parts will fix the fan speeds, stop system vibrations and balance the air flow to properly eliminate odours.

### The Promise

It is estimated that repairs will be completed mid-June

# The Gym Corner

By John Ciechanowicz



Welcome to the first segment of The Gym Corner: a monthly series where we will examine the function and proper use of the gym equipment available to all 40H residents. Before we begin, some important tips to keep in mind if you're new to the gym: don't be intimidated. Form is important (start with a low weight). Increase the weight once you've mastered the correct motion/form. Breathe, hydrate and stretch.

This month we'll discuss the first station on the Universal Machine. This machine has four distinct stations and each station offers a multitude of exercises. Here are some of the most common exercises in the first station.

## LAT PULLDOWN

Benefits: Better breathing, better posture and develop a bigger, more defined back and feel stronger. Primarily targets: Latissimus dorsi muscles (lats), which are the wing muscles on a defined back. Lats are the largest muscle in your back and the primary muscles used in this multi-joint exercise.

### Steps:

Take a medium width, double-overhand grip on the bar\* a few inches outside the shoulder with the bar resting in the middle of the palm and your thumb wrapped around the bar. Sit as tall as you can, feeling the stretch on the lats and triceps. Chest up, back arched, pull the bar down to your chest level (don't lean too far back). Return arms to overhead using a controlled movement, to ensure that you feel a big stretch and tension on the lats. Pause in this fully stretched position, then repeat. Work slowly, no rushing, squeezing your shoulder blades at the bottom.

\*NOTE: It's important to replace the bar back onto the cradle when not in use - please see photos for correct and incorrect bar placement. No one wants to get hit with a floating bar in the back of the head!



## TRICEP PUSHDOWN

Benefits: Improves overall posture, flexibility in the torso, and muscle tone; reduces risk of injury by increasing spine mobility.

Primarily targets: the triceps brachii muscle located on the back of the upper arm. Also works the latissimus dorsi (lats), teres major, the posterior deltoid, pectoralis major, rotator cuff, biceps brachii, flexors of the wrist and hand, as well as the abdominals.

### Steps:

Ensuring that the pulley is at its highest level, grasp the bar with both hands. Keeping both elbows bent and tucked in, pull the bar down until your forearms are parallel with the floor. Maintaining good posture, push the bar downwards until your arms are straight. Repeat.

## SEATED ROW

Benefits: Develops back thickness and strength while improving posture and shoulder health. Primarily targets: Lats, Rhomboids and Traps. Secondary muscles worked are the posterior deltoids, biceps, brachialis and the erector spinae.

### Steps:

Sit on the bench, feet firmly placed on the footplates; knees slightly bent. Maintaining a neutral spine throughout, reach forward grasping the handle with both hands, arms fully extended but NOT locked. Lean back 10 degrees, pulling the handle towards your midsection, elbows back and close to your sides. Your elbows should be just behind your torso, shoulder blades retracted and the handle nearly touching your abdomen.

Hold this position, focus on squeezing the shoulder blades, then slowly return to the start position, maintaining tension and control. Repeat.

# Gym Corner

*Continued*

## SEATED PREACHERS BENCH ARM CURL

Benefits: Provides greater range of motion, increases muscle fibre growth and enhances mind-muscle connection. Primarily targets: Biceps, with a secondary emphasis on forearms.

### Steps:

Sit on the bench, feet on the footplates or the floor. Hold the bar with an underhand grip, resting your upper arm against the preacher pad. Keeping your upper arm stationary, exhale and curl the bar upward toward your chin. Pause for a moment, inhale and slowly lower the bar to the starting position. Repeat.

### Closing Info:

It's very important to remember that, as versatile as the Universal Machine is, all the pulleys on this station are fixed. If you pull the cables at an angle (see attached photos for dos and don'ts) you will damage the plastic cable-coating, which in turn damages the pulleys. A damaged pulley will render the station "out of service" until repairs can be made. The last service call took over 10 weeks as parts are becoming harder to acquire.

Please be gentle when using the machine, it's over 40 years old! Dropping the stack (the weights) will damage the cables, not to mention disturb others working out and residents living above the gym. If you can't control the stack, then you are lifting too much.

Next month we'll cover: Stations 2 & 4 – LEGS



# YARD SALE

40 Homewood Ave.

## Sat. June 13

9 am - 1 pm

Rain Date Sun. June 14

Arts & Crafts

cool knick knacks

Baker John's Delicious  
Homemade treats

Retro dishes & House ware

clothing and more...

book a table in the office for \$5  
or bring your own

# Good Eats, Cheap Eats & Sweet Spots

*By Dr. Cammy Lee Bostwick*

Dining out without breaking the bank is getting harder and harder. But on Yonge Street, south of Dundas across from Eaton Centre, is **Alpha's** where you will find delicious, fresh and fast Iranian street food. For \$9.99 I had the falafel wrap on Saj bread, which is a super thin flat bread. The wrap is tightly rolled, then grilled on the flattop and covered in foil. Falafels are made to order and are crispy on the outside and soft on the inside. I chose to have all the toppings, which consist of lettuce, tomato, onions, pickles, radish, tahini, garlic sauce, hot sauce and hummus.

Due to its crisp exterior, I highly recommend you eat immediately to get that satisfying crunch. But I've also gotten it to go and it is still yummy. For \$14.99 you can get the falafel plate which comes with rice or fries or you can ask for half and half as, I did. Both choices are winners but I'd recommend the wrap as that truly says street food to me – which is, after all, what Alpha's is about. Now a word about the ambience. At the front is where you order and wait for your food cafeteria-style. Once you pick it up, seating is at the back. Also worth mentioning are the washrooms, which are individual rooms with their own doors on ground level.

Nothing like having your own individual washroom. Overall, the space is modern, clean and cool. And the best part, you can linger and chat with a friend for hours. As dining out gets more and more expensive, part of the experience to me includes being able to occupy space and linger as long as I like. And at Alpha's, you can do just that; it is a good, cheap eat and definitely a sweet spot. Check check check (it out)!



## Green Corner

*By Michael Csiki*

Looking to support local farmers but don't know where to start? Consider joining a Community Supported Agriculture (CSA) program this year. By subscribing directly to a farmer, you will receive the freshest available produce each week. Different farmers have additional add-ons such as eggs, meat or other products available outside of the box of vegetables. If you cannot commit weekly, no problem. Each farmer has different options, such as bi-weekly or shorter length programs if you wanted to try it out first.

There are a handful to consider with local pick-up or direct delivery to 40 Homewood for an additional fee.

Joyfully Organic Farm Evergreen Brick Works pick-ups

Black Creek Community Farm

The Big Carrot at 348 Danforth Ave

Zawadi Farm Deliveries Farm-to-door OR pick-up at 254A Carlton Street, Toronto, OR pick-up location at St. Lawrence Market.

Browse all other farms and feel free to share with friends, families, and others who may be interested in this wide network of farmers who share the same goals and values: <https://torontocsa.com/meet-your-farmers>

Enjoy all the veggies this year!



# ***WORLD CUP WATCH PARTY***



**Kick off the  
tournament with  
Canada vs Bosnia  
Herzegovina**



**2 - 6 pm**

**1B PARTY ROOM**

**cash bar available**

**Friday June 12  
kick-off at 3pm**

