



MONTHLY NEWSLETTER

AUGUST 2026

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Reaching Out

By Martha MacLachlan

The 40 Homewood newsletter has been an ongoing publication for many years. It has been a vehicle to transport information to residents, a vehicle to share stories, recipes, poetry; a vehicle that serves to connect the common interests of this vibrant community. To survive, it needs not only readership it needs content. Residents are welcome to submit their musings, perhaps their travel stories or personal book and movie reviews. Consider this opening paragraph as an invitation to put on your thinking caps, get creative and make some submissions for publication. The only subject that is off-limits is building politics.

In 2003, a similar call to action was published in the October 2003 issue: "Something that we need at 40 Homewood is a publication to keep residents informed as to events that are happening in our building. It is hoped that this will be just the forum that we need. As Take 40 is only published once a year, we will attempt to issue this monthly or bi-monthly. It is meant to be a newsletter for everyone to participate.

CONGRATULATIONS

Eugene Alvarado has been with us at 40H for twenty years. He is the one constant we can count on. He knows the inside outs of the building. He is the one, in the middle of the night, curtailing water leaks, boarding up a broken front window on a weekend and being the institutional keeper of knowledge particular to this building.

Anything to sell, significant birthdays, saying goodbye to people moving out and welcoming people moving in, in memoriums, weddings, etc. It is for questions, observations, helpful hints that would help to make all our lives a little easier. This will not be a forum to vent or publish malicious articles about any other owner or resident, the Management Office or the Board of Directors. Articles of this type will be rejected. "

In the same issue, from the former resident editor Martha McGrath, came the following call: "I will need a lot of help with this so any feedback as to content or layout would be appreciated. I feel we would need roving reporters who could contribute to this newsletter."

In your spare scrolling time, lend an eye to the 40homewood.org webpage. Under the heading, Information, you can read newsletters dating back to 2003. Here is the link to the excerpted issue in this article:

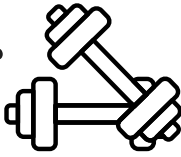
<https://40homewood.org/wp-content/uploads/2014/03/2003-10.pdf>

Join us in celebrating Eugene's 20th
work anniversary at 40H
Friday, August 21, 2026
In the Party Room
5 – 7 pm

Cake and refreshments will be served
Wine and beer by donation

The Gym Corner

By John Ciechanowicz



Welcome to the third segment of The Gym Corner: a monthly series where we 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 station 4 (part 2) on the Universal Machine.

STANDING CALF EXTENSION

Benefits: Strengthens the gastrocnemius and soleus muscles of the lower leg by elevating the heels through a full range of motion. Increases strength and power for activities. Hypertrophy (muscle growth) for improved lower leg aesthetics. Enhanced ankle stability and balance, reducing the risk of injuries.

Primarily targets:

Gastrocnemius: The larger, more superficial calf muscle, is responsible for both plantarflexion and knee flexion and it is most active when the knee is extended (straight). **Soleus:** Located beneath the gastrocnemius, this broad, flat muscle is primarily responsible for plantarflexion, especially when the knee is flexed (bent). It is crucial for endurance activities and postural stability.

Steps:

1. Stand on the platform (see pic) and place the balls of your feet on the lower platform, allowing your heels to hang freely below the edge.
2. Slowly lower your heels as far as comfortably possible, feeling a deep stretch in your calves. This is the eccentric (lengthening) phase. Briefly pause at the bottom to maximize the stretch.
3. Drive through the balls of your feet, pushing your heels up as high as possible. Contract your soleus muscle powerfully at the top. This is the concentric (shortening) phase. Hold the peak contraction for 1-2 seconds, squeezing your calves.
4. Slowly return to the starting position, maintaining control throughout the movement. Inhale as you lower your heels, exhale as you raise them. Aim for 3-4 sets of 10-20 repetitions, focusing on control and full range of motion.

CABLE GLUTE KICKBACK

Benefits: Boosts overall fitness performance. **Primarily targets:** Your gluteus maximus, which is the largest butt muscle and most powerful muscle in the body. Plus, it also engages your hamstrings, adductor and core.

For this exercise, you will need an ankle attachment which is not currently available in the gym.

Steps:

1. Attach an ankle strap to the cable machine and place it around your ankle.
2. Stand facing the cable machine. Brace your core, keep your body still and start to press your leg backward and upwards by activating the glute.
3. Push the leg as far up as you can without rotating in the hips, then return to the starting position.
4. Do all reps on one leg and then switch to the other leg.
5. When you're ready, add more weight gradually (see pro tips below).



Pro Tip: Start with a weight that is fairly light. A common mistake people make is that they put too much weight on the pin-loaded machine. It's too heavy, and so they're using their body to get their leg up. Since the glutes aren't doing all the work, it defeats the purpose of the exercise. Many people also curve their back, which may lead to lower back injury.

Good Eats, Cheap Eats & Sweet Spots

By Dr. Cammy Lee Bostwick

If you've got a special night coming up and looking to splurge a bit, check out **Bar Mercurio** on Bloor just west of St. George.

On the north side of Bloor, you'll find a quaint, cute restaurant with a small outdoor patio, red-painted walls and inviting ambient music. They make their own sourdough pizza dough and many of their own cheeses.

I had the Cipollina (\$33). Each pie is enough for one person. First of all, the intoxicating aroma of sourdough wafts throughout and when my pizza arrives, it is a vision of fresh and savoury goodness. On melt-in-your-mouth caramelized onions are fior di latte and Gorgonzola cheeses and a generous sprinkling of arugula and candied walnuts. Couple of sprigs of basil round it out. This isn't enough to share and trust me, you're not gonna want to. I ate all the crust! It was that good! This place is a tad pricey but for the ambience, great music, fresh ingredients and the fact that it is truly a family-run restaurant, I feel good spending my money here. Def worth checking out.



A new bench-Marker

By Guy Downtnehall

Long-time resident and king of the court, Charles Marker was informally honoured on Saturday July 25 with a small plaque in his honour.





Annual BBQ

Saturday, August 15

@ 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
July 29, 2026**

Tickets available in lobby Aug. TBA

**TICKET SALE DEADLINE
TUES. AUG. 11 @ 6:30 PM**