



MONTHLY NEWSLETTER

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JUNE IS A WRAP

By Martha MacLachlan

We had our first ever FIFA watch party, featuring Canada in the World Cup vs Bosnia Herzegovina. The game finished in a draw, keeping Canada in the tournament. About thirty of us gathered in the party room on June 12 for the 3:00 pm game. There were soccer aficionados and new to the game watchers, drawn in by all the hype FIFA has created by bringing soccer to North America.



The day after that game, we held our annual yard sale. This event is truly a community builder. All the vendors, all the buyers, everyone was talking to everyone and enjoying each other's company. John the Baker was there with an exquisite assortment of baked goods. At John's urging, Martha and Lorraine from the social committee set up and sold coffee, tea and water for the first time. The committee almost broke even after tallying up the set-up cost and sales. Nevertheless, it was a well-received service and will be repeated next year.



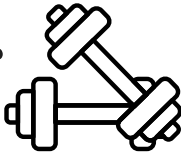
.50 cents to lick the plate



If all that wasn't enough, we held our AGM on June 18. Quorum was attained with 171 proxies registered and 49 owners present, virtually and in the party room. Brian Brenie was elected to the board to fill the one open position. Brian's experience and knowledge of the building as a former president and treasurer of our board will be a welcome asset to the current board of directors. Andrea Bartlett once again did a terrific job chairing the meeting, keeping everyone on topic and fielding the questions and answers session so that residents could have their say at the microphone. The minutes of the AGM are currently being reviewed and will soon be made available.

The Gym Corner

By John Ciechanowicz



Welcome to the second 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 2 and station 4 (part 1) of the Universal Machine.

STATION 2: LEG PRESS

Benefits: This beginner friendly exercise strengthens your squat, improves deadweight, improves definition and quality of life. **Primarily targets:** depending on how you position your feet on the footplate, the leg press lets you isolate the quads, hamstrings and calves. Placing your feet lower will allow for more quad activation, whereas placing your feet higher will target the hamstrings. Isolate the calves by pressing the footplate to full extension without hyperextending your knees, move your toes to the bottom edge of the sled and flex and unflex your feet.

Steps:

1. Sit on the seat of the leg press machine with your back supported on the pad.
2. Place your feet in the middle of the footplates about hip-width apart, ensuring your heels are not hanging off.
3. Your knees should form about a 90-degree angle and your feet should be in line with your knees. Adjust your seat as necessary.
4. Squeeze your core and grab the side handles for more support if needed.
5. Start to press the footplate away through your heels, keeping your feet flat the whole time.
6. Press until your legs are extended but your knees should not lock out.
7. Slowly start to bend your knees to return, pressing your knees out, as you would in a squat, to avoid knees bowing inward.

CALF EXTENSION

Benefits: Strengthens the gastrocnemius and soleus muscles of the lower leg by elevating the heels through a full range of motion. Increased 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, responsible for both plantarflexion and knee flexion. 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. Sit on the machine bench 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 rather than heavy weight.

Pro Tip: When setting up, your hips (upper legs and torso) and knees (upper and lower legs) should form 90-degree angles.

Gym Corner

Continued

STATION 4 (Part 1)

LEG EXTENSION

Benefits: Strengthening your quadriceps, building strength, size, and power. Having strong quads is incredibly crucial for knee health. Strong quadriceps can help reduce (and prevent) knee pain and injuries since they are the muscles leading the charge in supporting the stability of your knee joint.

Primarily targets: The quadricep is made up of four muscles that work together to extend the leg. The quad muscles are:

Rectus Femoris: Located in the middle front of the thigh, it assists in straightening the leg at the knee. Also, this is the only quadricep muscle that helps to lift the thigh towards the body for hip flexion.

Vastus Lateralis: Found on the outer side of the thigh, this is the largest muscle in the quadriceps. It assists with straightening the leg at the knee and works with the vastus medialis to keep your kneecap aligned and stable.

Vastus Medialis: Located on the inner side of the thigh, this muscle helps straighten the leg at the knee and works with the vastus lateralis to keep your kneecap aligned and stable.

Vastus Intermedius: This muscle sits between the vastus lateralis and vastus medialis, and underneath the rectus femoris making it the deepest quad muscle. It assists with straightening the leg at the knee and also supports knee stability.

Steps:

1. Select your weight on the weight stack.
2. Adjust the backrest forward or back so that when you're seated, your knees are aligned with the pivot point of the leg extension machine.
3. Take a seat and adjust the shin pad so it's in contact with your lower shin, just above the ankle.
4. Inhale and extend your legs to lift the weight.
5. Exhale as you lower the weight back to start.

LEG CURL

Benefits: Leg curls are crucial for leg strength, stability and flexibility. But there's more to this move than just building muscle—it can also boost your range of motion and help prevent injuries, improve everyday movements, support activities like walking, climbing stairs and even sitting and standing more efficiently.

Primarily targets: the hamstrings, which include three main muscles: the biceps femoris, semitendinosus and semimembranosus. Engaging these muscles strengthens the back of your thighs, crucial for lower-body stability and power. Other muscles that come into play include: calves: the gastrocnemius muscle is engaged, providing a bit of extra lower leg strength. Glutes: Your glutes are activated as you stabilize your body, helping to improve lower body strength and coordination.

Steps:

1. Lie face down on the leg curl machine with your feet hip-width apart. Adjust the machine so the pad rests just above your ankles. Keep your abs engaged and avoid arching your back.
2. Keeping your core tight will stabilize your body and prevent your lower back from lifting off the pad.
3. Drive your heels toward your glutes, pulling the weight up in a controlled manner. Focus on squeezing your hamstrings as you curl and avoid swinging the weight or using momentum. Bring your heels as close to your glutes as possible without straining, then slowly lower the weight back to the starting position.
4. The way down, or "eccentric" portion of the movement, is just as important as the lift. Slowly returning to the start helps maintain tension in the hamstrings and boosts muscle activation. Perform the exercise for the desired number of repetitions, focusing on quality over quantity. A slow, steady pace will engage your muscles more effectively than rushing through reps.
5. Remember, the key to effective leg curls is maintaining control. Quality reps with a lighter weight are better for building strength and preventing injury than heavy, rushed repetitions.

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 eat, cheap eat and definitely sweet spot. Check check check (it out)!



Try something new?

By Connie Dilley

Would you like to get into the pool but don't feel comfortable in the water? Let's deal with that! I'm offering an introduction to the water for anyone who wants to come and try. This is not a swimming lesson but just an effort to overcome any hesitation you might have about getting in the water. There will be no pressure and, at best, should be fun. And it's free of charge!

When? Sunday, July 5 at 3:00 p.m. in the pool. Please send me an email if you plan to come. Thanks. Constance.dilley@gmail.com
416-929-7948

