



MONTHLY NEWSLETTER

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The Carlton

By Bruce DeMara

Here's a neighbourhood amenity (bordering on landmark, based on its history) that often seems to get overlooked and, as a result, under-utilized as an entertainment option. It's the Carlton aka Imagine Carlton and it's a very good value right on our doorstep.

Teeny bit of history: when the first multi-screen Cineplex theatre opened down the street from the Carlton at the Eaton Centre in 1979, it revolutionized the movie industry. The Carlton opened in 1981 on the demolished foundation of an older big screen theatre called the Odeon Carlton.

The 9-screen building is now owned by Imagine Theatres but it hasn't changed a whole lot in the transition. The place is open from 12:30 to 10 pm daily with the price for new releases \$7.90 tax included before 6 pm and \$11.30 after. Older films are \$5.99 or \$6.75 after tax. Tuesdays, all films are \$6.75 after tax.

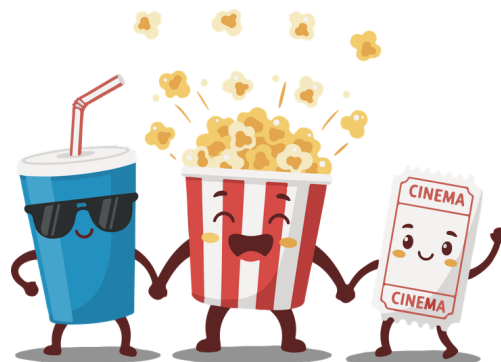
It's a lot more at the Cineplex, a lot more, and that includes the concession stands (which is how theatres make most of their profit) where the prices are usurious. Things are so aggravatingly overpriced that some people, I hear, stop by the nearest Dollar store for a chocolate bar or snack that can be easily slipped past the indifferent, poorly compensated staff. But I digress.

At the Carlton concession stand, prices are inflated (natch) but tolerable. The offerings at the Carlton are a perfect blend of new releases and great older films from many decades past. I saw Network (1976) a while back and it was a nostalgia-tinged, wonderful experience.

Speaking of nostalgia, the whole place comes right out of an early 80's time capsule. There's a sort of retro tacky vibe that makes it fun. Because of the stiff competition, the individual theatre rooms are often not too busy and the audiences tend to be respectful and quiet. It would seem patrons have a deep appreciation of cinema.

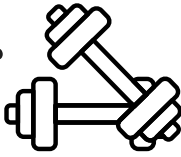
Contrast that to the Cineplex experience, especially opening weekend of some noisy big action film (eek!) and you'll soon understand the difference. Finally, the pre-show show at the Cineplex for anything is prolonged and tortuous. Even the preview (after the pre-show and before the film) has ads in it and takes too long. By the time the movie starts, you're half exhausted.

At the Carlton, it's shorter and much less annoying. Cheap, close to home and with a charming careworn nostalgia vibe, it's worth a visit. Maybe you'll get hooked like me.



The Gym Corner

By John Ciechanowicz



Welcome to the fourth 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 3 (part 1) on the Universal Machine.

CABLE CRUNCH (see photo on page 4)

Benefits: Strengthens your abdominals (abs), which is beneficial for athletic performance and functional fitness. These muscles play an essential role in your stability, posture, strength and spinal health.

Primarily targets:

The primary muscles worked are the abs (rectus abdominis). Our abs span from just below the ribcage to the pelvic bone. Transverse abdominis and obliques are also worked during cable crunches. Crunches also involve our forearms, biceps and deltoids.

Steps:

1. Adjust the back pad to the #3 position and then adjust the seat so that your feet rest comfortably on the floor. Set the weight stack (start with a low #).
2. Reach back and insert your palms into each loop, positioning the strap comfortably behind your neck.
3. Exhale while rolling your head and abdomen forward, driving your elbows towards your hips/thighs. KEEP YOUR LOWER BACK AGAINST THE BACK PAD.
4. Slowly return to the starting position, maintaining core control throughout the movement. Repeat for the desired number of repetitions, maintaining form and control throughout.

OVERHEAD TRICEPS EXTENSION (see photo on page 4)

Benefits: Long head triceps development and arm definition, which helps to build arm size, strength, and definition.

Primarily targets: This isolation exercise targets all three heads of the triceps muscle, with particular emphasis on the long head. Secondary targets: Abdominals, Posterior Deltoids and Traps.

Preparation Steps:

1. Attach a rope handle to a high cable pulley and adjust the weight stack accordingly.
2. Facing away from the cable machine, sit with feet shoulder-width apart for stability. KEEP YOUR LOWER BACK AGAINST THE UP-RIGHT BACK PAD.
3. Grasp the rope with both hands, palms facing each other in a neutral grip.
4. Lean forward to create tension on the cable and establish your position.
5. Raise your arms overhead, keeping the upper arms close to your head and ears.
6. Begin with your elbows bent at approximately 90 degrees and the rope positioned behind your head.
7. Engage your core and maintain a neutral spine, with minimal arching in your lower back.

Execution Steps:

1. Keeping your upper arms stationary and close to your head, exhale as you extend your forearms upward by contracting your triceps.
2. Focus on moving only at the elbow joint, while maintaining position of your shoulders and upper arms.
3. Continue extending until your arms are fully straightened overhead (avoid locking out the elbows completely).
4. At the top of the movement, squeeze your triceps for a moment to maximize contraction.
5. Inhale as you slowly control the return movement, allowing the weight to flex your elbows and lower the rope back behind your head.
6. Lower until you feel a stretch in your triceps, typically when your forearms approach parallel to the floor.
7. Maintain tension throughout the movement. Don't let the weight stack touch down between repetitions.
8. Repeat for the desired number of repetitions, maintaining form and control throughout.

40H In-House Services Just Got Better

By Martha MacLachlan

We live in an incredible community, all housed in one building known as 40 Homewood. Here we have in-house entrepreneurs and artists who, each in their own way, offer accessible services. For personal training, we have Adrian and John, both insured and certified specialists in their field (contact information on laundry room bulletin board).

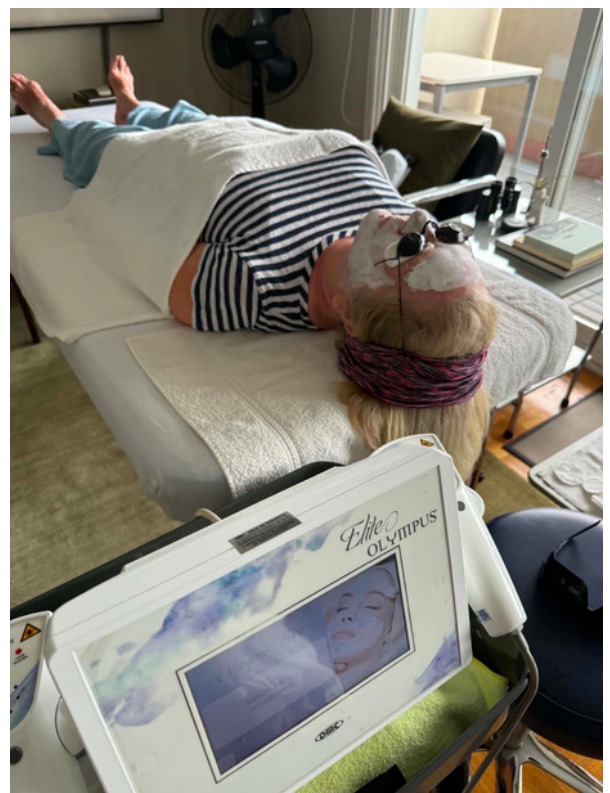
For those with a sweet tooth, we have John the trainer doubling as John the baker, who offers a daily sweet special and fills cake orders. If your tresses are unruly, you can call Adi, the Naked Barber (see for yourself). We have Jake Tobin, the illustrator, cartoonist and writer, who recently created the caricature drawing that was presented to Eugene, in honour of his 20th anniversary working at 40H. (Both Adi and Jake can be google searched.)

And now, adding to the mix, Marcelo is offering in-house facials that include LED light therapy. With the combination of cleansing, masking and moisturizing of the skin and the applied light therapy, which focuses on stimulating collagen and reducing fine wrinkles, you are guaranteed to get your glow back on. (Not one for gimmicks and miracle cures, I researched this therapy and was reassured about the promised results and safety of the equipment by what I read on the Cleveland Clinic website.)

Marcelo is a George Brown, trained aesthetician and an experienced practitioner through working with his aunt in her long-standing clinic in Brazil, while on extended vacations to his family. The service is offered in his comfortable studio apartment or can be delivered in your home. For the record, I booked and paid for my appointment in order to try this out. It was only after receiving the treatment that I felt compelled to write about it because it was so good, so professional and so convenient. An added plus was that the product he used did not aggravate my sensitivity to perfume scents.

I lay fully clothed on a very comfortable spa bed with moistened cotton and light shielding goggles covering my eyes while Marcelo administered restorative treatment to my sun-damaged, desiccated facial skin tissue.

His technique was equal to those of very expensive, previous facials I have subjected myself to at clinics. The whole experience was an exercise in relaxation, where all I had to do was lay there and breathe, while someone caressed my face with tenderness and potions, rendering me feeling refreshed and ready to put my best face forward. You can contact Marcelo Silles on Messenger.



Cabbagetown Short Film Festival Gala

By Martha MacLachlan

The 35th annual Cabbagetown Short Film Festival Gala will be held in the Central YMCA Auditorium on Wednesday, September 9, starting at 7 pm. 11 short story films will be showcased, with films ranging from one minute 35 seconds long to 20 minutes long.

Over 200 films from around the world were submitted this year. The Cabbagetown Short Film Festival founded by Cabbagetown resident Gina Dineen in 1992, has become a juried showcase for some of the world's best short films. Over the past 35 years, the festival has grown substantially from a local event to a celebration of outstanding shorts from across Canada and around the world. Originally, the submitted films were all by Cabbagetown residents and filmed on VHS.

With the advent of DVD technology, film makers from across Canada started submitting films. Then YouTube became a popular showcase for independents looking to showcase their works. And now, with Film Freeway (check out their website) which lists over 12,000 of the world's best film festivals and contests, including 238 Academy Award / BAFTA Award accredited festivals, both filmmakers and festival organizers are using Film Freeway to reach over two million filmmakers worldwide.

The beauty of Film Freeway is in its simplicity: browse through the thousands of the world's top film festivals and creative contests, add your project, select your favourite festival and click to submit. Festivals review your work privately and notify you when you're selected.

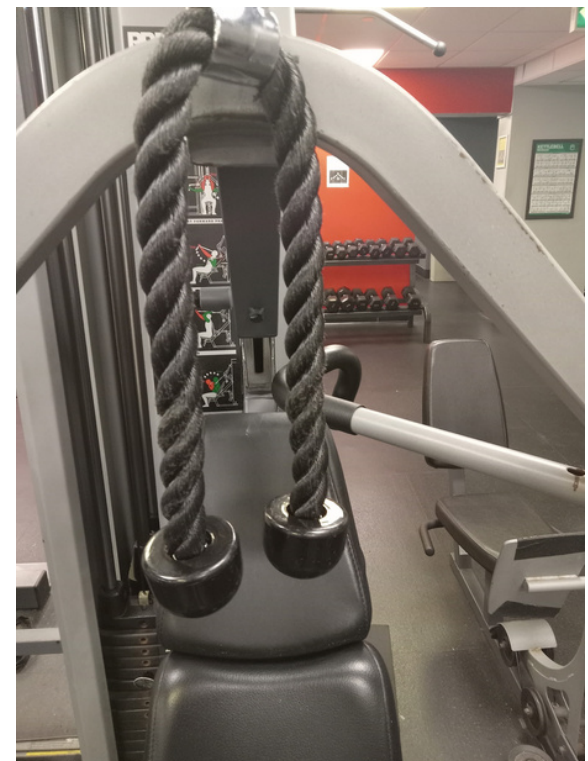
The jury has selected an outstanding program - including Animation, Comedy, Documentary and Drama - from Australia, Iran, Korea, Taiwan, Palestine, Turkey, Philippines, France, Canada, the UK and Colombia.

Choose from the GALA TICKET to attend the Live Screening at the Central YMCA, 20 Grosvenor Street, in Toronto, September 9, (and includes access to the VIRTUAL Streaming September 10-12) or The Virtual Streaming Ticket which is available across Canada from Sept. 10 to Sept. 12 for your viewing pleasure at home. All ticket holders vote for best film and all monies raised by ticket sales are awarded to the film makers.

The Gym Corner (continued) equipment photos from page 2



Cable crunch (above)
Overhead Triceps (below)



Good Eats, Cheap Eats & Sweet Spots

By Dr. Cammy Lee Bostwick

I know y'all might think I have a problem...or obsession...but I'm going to review the (almost) exact same dish I reviewed last month at another restaurant — which was a mouth-watering sourdough crust pizza. Why you might ask? Cuz in our hood at **Sambuca's** you can get an almost identical pizza for a fraction of the price.

First off, pizza was not top of mind at this mainstay in the village. Sambuca is a local favourite restaurant and I was going to do the prix fixe for \$42. As I looked around I noticed that pizza was on most tables. Our server Vic arrived and suggested the Neve which he had for lunch. (Note to self: what staff eat is a huge endorsement!)

So, I decided to give it a go. The Neve pizza (\$20.99) has caramelized onions, walnuts, Gorgonzola and is topped with arugula. Vic also recommended the honey drizzle (hell yeah!). I'm not sure if it's sourdough but this crust was light and foldable. The honey added just enough sweetness to offset the salt of the cheese. I ate the whole pie. We lingered, chatted and got caught up. One thing that came up was how long **Sambuca** has been around. And before that it was PJ Mellons. The decor doesn't seem to have changed much. But, there is something to be said for nostalgia. At a time when businesses come and go it is comforting that there are still long-standing restaurants out there that allow you to linger, have reliable, good friendly service and consistently serve excellent food. Totally worth a check out and a hang out.

FYI-not to throw any shade at my last review of Bar Mercurio. I stand by my recommendation and it is a delightful experience when you can splurge but for the economy and neighbourhood vibe, Sambuca 100% satisfies.



A message from Eugene's family

See next page for celebration pictures

