



VIEWPOINT 50

The Year in Review
December 2015

Seasons
Greetings

From your 2015-2016 Board of Directors



Left to right:
David Brown, Director
Katy Paul-Chowdhury, President
Fern Stimpson, Vice-President
Gary Legault, Treasurer
Gord Hamilton, Secretary

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PRESIDENT'S REVIEW OF THE YEAR

Warmest wishes to all, as we reflect on an eventful year, and prepare for the holiday season!

The first meeting of the new Board occurred just this past week. I think it is important to begin our work together before making any forward-looking pronouncements, so I will focus here on 2015.

Thinking about the disciplines, rewards and challenges of living as we do – as diverse neighbours who own, rent, and share different bits of our space – four words keep coming to my mind. Contribution. Commitment. Compromise. Community. As we review the progress and highlights of the year that draws to a close, we will see these four qualities playing out through them all.

2015 was another big year for building improvement, with the intention of ensuring that our shared home is structurally sound, safe in a range of contingencies, and as attractive as possible given the constraints of soundness and safety. Highlights include:

- Replacement of the balcony doors, in colours chosen by the residents. As a result, our views look better, our doors open more easily, and our floors are dry.
- Installation, testing and modification of a new emergency generator to replace our old one which, in addition to failing, no longer met building code. Based on Health and Safety Committee recommendations, the new generator will provide sufficient power for fire pumps, a first aid station, and cold water to the upper floors.
- Design and construction of an elegant new lobby. Many residents have renovated and upgraded their own units, and will appreciate this attention to style and quality being reflected as soon as we walk in the front door.
- Significant investment in our landscape and gardens. After several years of major structural improvements at the expense of the plants around the building, it was time to look again at the health of our gardens.

These items are easy to list, but each one was a time-consuming and complicated endeavor. They were made possible by the generous contribution and commitment of our neighbours who volunteered their time and skills as Board and Committee members, and by the tireless dedication of Isan, Radu, Carlos, and our gardener Wayne.

They also required compromise! Let's be honest: the finished lobby will suit some people's tastes better than others. As a Board, and as residents, we are engaged in a continuous balancing act.

Which brings me to the next set of highlights from 2015. There were so many ways to enjoy time with our neighbours, and make new friends! Popular events included:

- The Neighbours' Committee afternoon teas, each with a featured speaker or musician. We had sell-out crowds every time, and can look forward to the next one, with Carlos speaking, in January.
- The Home Renovation tour, also brilliantly staged by the Neighbours' Committee. It provided us with years' worth of renovation inspiration, and an appreciation of our neighbours' artistry and creativity.
- The joint barbeque, complete with music and face painting, which was such a hit that everybody hopes it will become an annual event.
- Information sessions, nutrition classes and exercise classes brought to us by the Health and Safety Committee.
- Self-organizing groups of bridge players, euchre players, yogis, readers, and movie-watchers, to name a few.

These offerings also took the contribution of people's talents, passions, and homes. They required the commitment of small handfuls of volunteers to make them happen. And their success relied on the participation of each one of us who showed up and had fun. These are the things that built our community! And it is this sense of community that draws forth our commitment, when it might be easier just to stay home, and our willingness to compromise at times for the greater good.

It is that spirit of community that I hope will light up each one of our lives this holiday season, and carry us safely into a new year that is bright with promise!

Katy Paul-Chowdhury,
President, YCC323.





GREETINGS FROM THE BOARD OF YCC435

On behalf of the Board of Directors of YCC435, I extend warm wishes to our friends and neighbours at YCC323.

Earlier in the year, much of our energy was focused on completing three major projects: hallways refurbishment, elevator modernization, and makeup air unit replacement. Now we are beginning to plan for the first stage of our garage membrane replacement, which will require the demolition and rebuilding of our driveways, the garden which serves as the traffic circle between our buildings as well as the garden in front of 100 Quebec. Stage two, a few years away, will involve most of the patios of the first-floor townhouses, and all the rest of our gardens, including the area where we sat and listened to music during our joint barbecue.

Which leads to the question: will we be able to host another joint barbecue in 2016? The answer is – we don't know yet. The timeline for the work has not yet been set. We will let you know in early 2016.

Our residents are still talking about the good time they had at the barbecue. I overheard so many people from your condo remarking on the beauty of our gardens, which they were seeing for the first time. I also overheard people from our condo remarking on how happy they were to put our gardens to good use.

Happy holidays from YCC435. We look forward to meeting with you again in 2016.

Judy Cole
President, YCC435.

As a reminder of the first (annual?) joint barbeque, YCC435 had a photo album made up from pictures taken by two of their residents. They graciously presented a copy of the book to YCC323. The book will be kept in the management office, and residents are invited to drop in and relive the lovely evening spent with our neighbours.



GUEST MANAGEMENT REPORT



Isan Murat, our esteemed property manager, is currently on a leave of absence. The Board and editor decided to ask a former director to write the Management Report, based on his close association with the property manager and staff over the past year.

Our building is reaching the age of forty. She has kept her youth and vitality through the concerted efforts of previous boards of directors and staff. The current staff, Isan, Radu and Carlos, represent the gold standard of loving care for a 26-storey building.

To most readers, the obvious “Band-Aids” and minor surgery in 2015 included projects ranging from the finalizing of the exterior coating of the building to, most recently, the renovations to the lobby. All of these projects did cause some disruptions. The patience of all residents was most appreciated.

What may not have been as obvious was the preparation time our staff put into these projects. To cite just one example, there was the installation of new balcony doors. Notices were sent out to each unit prior to installation. For those who

required assistance, Radu or Carlos or Isan would remove drapery track and/or move any obstructions the night before so the workers could keep up to their demanding schedule. The next day our stalwart staff returned to put everything back in place. This “going the extra mile” was in addition to their normal full workload. This assistance is representative of the help our wonderful staff provide year round.

On a personal note, I have listened to Isan struggle with issues that affect the building. For example, there was the bulk cable arrangement for the building. Our Declaration requires the building to supply this service. Isan spent many months negotiating a new contract, ever mindful of how the residents would get the best deal at a minimum cost.

I must also recognize our two Superintendents. Radu and Carlos complement our friendly community, assisting our committees to set up the meeting room, keeping the premises spick and span, and providing a wink and a smile in the lobby, garage or surrounding property.

I encourage everyone to join me in saying “Thank You” to our magnificent custodians.



COMMON AREA REDESIGN COMMITTEE

After almost 40 years, the Board made the decision to update the common areas at 50 Quebec. A project team compiled of Fern Stimpson, Thomas Chen, Paul Meaney and Lynne Ritchie were appointed by the Board. Unfortunately Lynne became ill several months ago and Claire Hardie stepped in.

Initially the project team surveyed owners, residents and real estate agents to discover that the vast majority felt that renovations were in order and that the team should start with the lobby. The team put together overall designs for all of the common areas, and then looked for a Project Management company to oversee the lobby renovations as a first phase.



Unfortunately there was a bump along the way and the first project management company was not up to the task; they were eventually fired by the Board. That's when TriCan was hired, and we've been moving steadily forward since then. Designs were presented to residents and the preference was to select wood instead of chrome furniture.

At this time the ceilings have been raised, the floor tiles have been laid and the fireplace has been installed. Resident comments to date are overwhelmingly positive. Renovations are currently still on schedule.



Upon completion of the Lobby, the Board will turn their attention to the Gym, the Meeting Place and the Games Room.

COMMUNICATIONS & WEBSITE COMMITTEE

The YCC323 website (available daily), "What's Happening" (distributed monthly), and "Viewpoint 50" (compiled once a year) are the major communication devices for providing information to residents of the building. The material presented represents contributions from the Board of Directors, Management, Committees and active participants within the building. For Viewpoint 50, we solicit and receive articles from our sister corporation YCC435 (80 and 100 Quebec).

Brochures are another method of communication. Committees and Management may request production of brochures notifying residents of upcoming events – e.g. budget meeting, health and safety seminar or a social evening. These are posted in the elevators and on bulletin boards.

Although we are reasonably happy with our current range of communication, we are looking forward to the installation of digital monitors in the elevators and a larger monitor opposite the mailboxes in the main lobby. These will allow us to broadcast messages quickly to the residents. For example, a Toronto Hydro short-term interruption, an unexpected street closure or a quick repair to the building can

be posted almost immediately. The ability to display neighbourhood information (such as High Park activities), or art work of our talented residents could entertain your elevator rides.

We are always happy to receive material and suggestions for communications. Visit the website or leave a message in the Management Office.



A digital version of this newsletter (in all its glorious colours) is available on the YCC323 website (www.ycc323.com).



EMERGENCY PREPAREDNESS COMMITTEE

Natural occurrences such as floods, snow and ice storms affect a large geographical area. Hydro outage, broken water main or wind damage are more localized. Fortunately various levels of government have created emergency plans to mitigate the damages locally and regionally. Closer to home, the Health and Safety Committee has provided tips and suggestions for residents to prepare for an interruption in their daily lives should our building be affected by a disaster.

A new committee was established in September to co-ordinate emergency response within the building. We are fortunate that Brookfield Condominium Services has provided a generic response plan that contains excellent samples of procedures to follow within a high-rise. The committee, in conjunction with the Property Manager, will modify the contents to be specific to our circumstances.

While the process is in its initial stages, one obvious component of any plan is the importance of having current information on all residents. From time to time, you may expect to receive information requests pertinent to you and your household. Keeping this information up to date will ensure that response teams will be able to mitigate any threats to you and the building.

Even something as small as a tear in a carpet can contribute to an emergency. In order to be prepared in all areas, we have co-opted a saying from the summer PanAm Games: See Something, Say Something. Everyone is invited to participate.

ENERGY COMMITTEE

The Energy Committee contributes in various ways to the well-being of our community. This past year, members of the Energy Committee have provided behind the scenes assistance to the windows project. They identified several units where test windows could be installed and monitored for technical adjustments prior to the new windows being installed in all units.

Members, with the willing assistance of other home owners, continue to make efforts to recycle and donate items left in the recycling room. This is a logistical challenge for the committee but we continue to do the best we can.



There are many charities in the local area that would welcome your gently used items so that others in need may receive them. At times there is a need to dispose of larger items of perfectly good furniture. **Frontier Sales Furniture & Home Décor**, Toronto, quality used furniture company, may be the solution to your dilemma. Their website is quite comprehensive and outlines their procedures for determining what items they will purchase from you. They will come to your home, pack and remove the furniture and other pre-approved items, and pay you the agreed-to purchase price on the spot.

Used batteries are recycled at no expense to the corporation if they are placed in the brown box in the office. This initiative has been so successful that twice the number of boxes have been filled this year, when compared to last year.

In the coming months, members of the committee will be working to find suitable used items for two refugee families from Syria. Their arrival is anticipated within the next three months. If you have any items that might be of use to them, please leave your contact information in the office and a member of the committee will be in touch with you.

HEALTH & SAFETY COMMITTEE



It's been another productive year for the Health & Safety Committee. We've continued our program of presenting workshops with guest speakers, and acquired two excellent speakers in the spring:

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- Toronto Fire Services made an evening presentation on fire safety in high rise buildings, a topic that the Committee feels should be reviewed every couple of years.
 - A speaker from Sunnybrook Hospital presented facts and figures about pedestrian safety and how to protect oneself when walking outdoors; reflective tags were obtained for walkers/cyclists to use at night to make themselves visible to drivers.

More workshops are planned for this coming spring, including one on identity theft, a very topical subject. Information will be published closer to actual presentations.

One of our members has volunteered to work on a project called CREW (Community Resilience Extreme Weather). The project is looking at effects of severe weather on multi-purpose buildings and steps to protect vulnerable residents.

The Committee is gratified to find that residents are becoming more aware of safety issues and willing to report them. Concerns have included building security (tailgating at front door), bike owner safety, and speeding in the underground garage. If the Committee cannot respond directly, the concerns are passed on to the correct source in the building. They are also outlined in What's Happening so that all residents are aware of the situations.

Finally, the Committee continues to sponsor the Thursday afternoon Exercise Classes, and has introduced a trial run of Laughter Yoga one Wednesday afternoon a month. There is still plenty of room in both activities, and the Committee will try to attract more participants by advertising in our neighbouring buildings.

As always, we would welcome more volunteers to help arrange and run our various projects. If you are interested, please leave your name and contact information at the office. Have a SAFE, HAPPY & HEALTHY holiday.



JOINT BARBEQUE COMMITTEE

Judy Cole, Elisabeth Bihl and Pauline Walsh, the joint BBQ committee, met over last summer to plan the BBQ for our two condominium communities. The BBQ was held in early September and was a great success. Neighbours enjoyed the food, the music, the henna and face painting and the fine weather. Many people expressed interest in making this an annual event. Thanks to all who made this event possible – the many volunteers and staff from both corporations and our boards who supported it.



LANDSCAPING/GROUNDS ADVISORY COMMITTEE

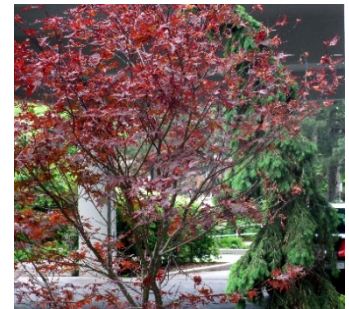
Representing the “face” of 50 Quebec, the Landscaping Committee strives to make our building the envy of all walkers, joggers and bikers in the area. Just like the lobby renovations, we aim to please with our vision for the grounds, and hopefully all residents have appreciated the effort expended in 2015.

Over the summer, our gardener Wayne Hudson completed the brickwork that replaced the rotting wood along the sidewalk on Gothic Avenue. The brickwork was extended along the embankment to the west of the garage opening, right up to the first house, which nicely tied together all of our property. This was, of course, in addition to doing a lot of “repairs” to plants damaged by years of construction, as well as maintaining our existing lovely garden.

For 2016 we are hoping to have healthy new trees planted at the corner of Quebec and Gothic Avenues. As with everything else in life, money and time could create problems; it will be expensive just to level the field, and the tree removal company will require a permit from the city (always time consuming!). We're planning to have about the same number of trees as the current set-up, but include more diversity in terms of sizes and type of vegetation.

There are also a few areas that will require some extra plants, such as on the right hand side of the garage entrance. The goal will be to have the plants low enough so as to not obstruct the vision of the cars coming out of the garage.

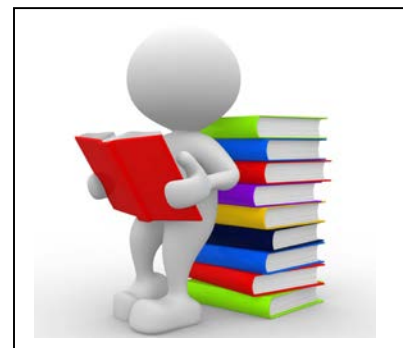
Like everyone else, we are hoping for a milder winter, but we have some extra selfish motivation behind it – we hope not to lose plants to the cold weather like we have for the past couple of years. We hope you enjoy your winter and we'll see you on the grounds very soon!



LIBRARY COMMITTEE

The Library appears to be a service that most people like and use. It is basically a collection of books for people to borrow and return at their leisure, with added donations in a sort-of swap (borrow a book, bring a book). It is open when The Meeting Place is available to the residents, and closed when it has been rented out. The Library is open when the Room has the “Available” sign posted on the door.

The Library accepts Fiction and Non-Fiction donations. Materials are measured against the existing collection to see that they fit in properly. Weeding the Voltairean garden is discretionary, and there is a time element for any magazines that are donated. No money is spent on the room beyond the original shelving costs; the selection size is determined by the existing availability of the shelves. If there is room and space, framed posters and puzzles may be added.



Donated CDs were added to the collection this past year, and they have proved to be very popular. The original special shelving donated by Dean Tudor is full to overflowing with CDs, and recently an anonymous donor has provided two pieces of wooden CD shelving (thank you!) which will be put to good use as well.

Thank you to all the Residential Volunteers and Users, especially Gumer Sanchez and Debby Seed, who keep the room neat and tidy. The Head Librarian pops over from Gothic Avenue once a week, ensuring that the high standards set over the years continue to be met.



NEIGHBOURS COMMITTEE

The Neighbours Committee sponsored several successful events this past year. Through the hard work of our dedicated volunteers, our new initiative – afternoon teas – proved to be very popular and successful. Two of the teas were highlighted by short presentations:

- During *A Personal History of High Park*, John Hardie shared stories and pictures of his long relationship with and around the park; and
- Isan Murat provided insight into his early life in Romania (*My Life in Romania*) and introduced the history and sights of Romania through pictures and videos. This presentation was standing room only!

The third tea was anchored by a sing-along, led by Anita Li on piano. The Committee thanks John, Isan and Anita for contributing their time and talents. Stay tuned for more teas and talks in the new year.



Our other new event was the "Renovations Tour" in April. Over 60 residents visited some 7 renovated units, each with different special features. Thanks to all the home owners who opened their doors to visitors, to the participants who audited 7 units in 2 hours, and especially thanks to the Committee members who handled the logistics.

Our members were also pleased to participate in the Joint BBQ, helping to serve during the barbeque and to clean up afterwards. Hopefully we will be involved next year as well.

We also continued with our annual "New Residents Reception" in June, which introduces people who have moved in over the previous year to the Board of Directors and provides them with some background about the building and community activities.

The Committee is always looking for new ideas and assistance. If you would like to volunteer, we would like to have you!

NOMINATIONS COMMITTEE

A Nominations Committee was formed to source possible candidates for this year's vacancies on the board of directors. The Committee was comprised of current board members as well as several other owners in the condominium.

The Committee developed a candidate profile detailing the required experience, skills and attributes (for example: project management skills, board experience, communication skills, a team player, etc.).

With the input of the Property Manager, the Committee identified approximately a dozen owners who would qualify for the role. Several candidates were contacted and interviewed. As a result, two exceptional candidates ran for and were elected to the YCC323 Board of Directors.

Welcome, Gary Legault and David Brown.





BOOK CLUB

It always amazes me which titles encourage long discussions and which get little. A case in point was “The Village Effect”. The book did not tell us anything that we didn’t already know – except maybe that there are men, yes I said men, and women in Sardinia who live past 100. And why? The author put this down to extended family togetherness and face-to-face interaction (no, not facebook) and the human touch. Looking out for each other. Helping a friend who is sick. Shopping for the shut-in. Visiting a neighbour who gets no visitors.

In today’s technical age, it’s too easy to e-mail or text someone, especially if you are working from home. But in that, we miss the exchange of ideas around the water cooler or coffee pot at the office, or lunch with colleagues. Yes, there may be gossip but there is also the human element which we all need. It is one of our very basic needs right from childbirth.

Let’s keep that in mind with the holidays coming up. Also remember to have a good book handy to read after all the excitement of, or even during, the holidays.

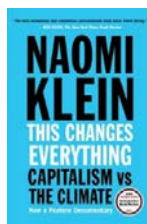
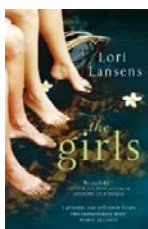
Happy holidays to all and happy reading.



BOOK CLUB SELECTIONS – DECEMBER 2015 TO JUNE 2016

Meetings held in The Meeting Place
Third Monday of every month
Starting at 7:30 p.m.

<u>MEETING DATE</u>	<u>TITLE</u>	<u>AUTHOR</u>
December, 2015	Ru	Kim Thuy
January, 2016	The Girls	Lori Lansens
February, 2016	Us Conductors	Sean Michaels
March, 2016	Snow Flower and the Secret Fan	Lisa See
April, 2016	This Changes Everything	Naomi Klein
May, 2016	They Left Us Everything	Plum Johnson
June, 2016	The Daughter of Time	Josephine Tey



Other titles recommended for your reading pleasure:

Dancing Fish & Ammonites, Penelope Lively

Unbroken: A WWII story of Survival, Resilience and Redemption, Laura Hillenbrand

Tell, Frances Itani – sequel to *Deafening*

BRIDGE CLUB

If you enjoy playing cards, and especially Bridge, I have just the place for you!

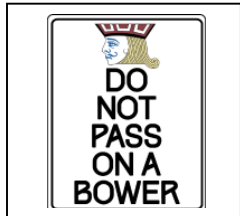
Every Tuesday afternoon at 1:30 p.m. in The Meeting Place, a group of enthusiastic players meet to play.

Not only do we enjoy each other's company socializing, but we share many treats from cookies and chocolates to pastries and candy! However, the best part is we play for fun and enjoyment without competing for the highest score – in fact, we don't even keep score!



The Bridge Club is open to our residents and their friends, along with our neighbours. So come and loosen up the brain cells, and enjoy a relaxing afternoon playing Bridge.

EUCHRE CLUB



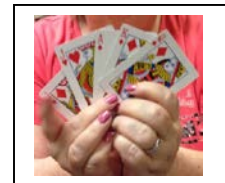
What is a Bower? Join us any Wednesday at 7:30 p.m. in The Meeting Place to find out.

If you play cards, you will find Euchre a fun game to learn; if you already play Euchre, bring out your "A" game and join a fun group.

Each hand contains only five cards and the games are over quickly. You play with different partners each week, unless you bring your own partner. We have such a fun time that the evening always ends too soon.

This season one of our players had a perfect hand ... a gold medal in Cards. You could get the next perfect hand.

We look forward to seeing you at our next game.



EXERCISE CLASSES

Want to increase balance, strength and flexibility? If you do, come and join our Exercise Classes on Thursday afternoons in The Meeting Place. There are two classes, one at 1:30 pm, and another at 2:30 pm, led by Mary, a registered kinesiologist. She is a wonderful instructor!

These **free** exercise classes for seniors are offered by ESS Support Services. The program at 50 Quebec started in June 2014 with Wednesday and Thursday classes. Because of reduced class size, the program has now been changed to just once a week, on Thursdays.

The class begins with exercises using a large ball or a long band, alternating each, and ending with a short period of Tai Chi. The 2:30 pm class provides a more gentle exercise to suit the members' fitness needs and abilities and is shorter.

Class members include participants from the nearby community. It is so much fun doing exercise with a group! Come and join us. There is still space.



LAUGHTER YOGA

Why did the chicken cross the road? To join her neighbours in an afternoon of laughter yoga. Well, not quite.

Martine Lagassé, RN, BScN, a Registered Nurse with the West Toronto Diabetes Education Program, leads participants in appreciating and implementing breathing exercises associated with the muscles in the face. The act of smiling calls into play a majority of our facial muscles, which in turn encourages the whole body to join in.

A degree in comedy is not required, just a willingness to share an hour with your neighbours letting your stresses escape through a smile. There are no floor exercises to contend with and the benefits can be enjoyed sitting comfortably in a chair. Once-a-month sessions are advertised in advance in the elevator or on bulletin boards.

POOL

This was my first summer at 50 Quebec where I have a balcony with a view of the pool. Activity started at the poolside in late spring with men coming and going to get it ready for opening day. It was a great deal of work that was also mirrored in the weeks after closing it up for the season.

The pool is a hub of social activity in the summer. Users from 50, 80 and 100 Quebec congregate at the pool, and you get to hear about the latest news concerning our diverse community. It is cross generational and everyone seems to get along.

After a while you get to know where the preferred spots of your new-found friends are and who goes at what time of day or night. There are the serious swimmers who do lengths and carry weights around their wrists, the ones who float and those who are doing their stretching exercises because they know that it is good for them and that is that; afterwards you can feel virtuous because you have "worked out".



The children were there with the adults supervising them. If one stepped out of line the lifeguard gently and firmly got them back on track. The lifeguard team was there day in day out and did a great job keeping every one of us happy. This season the pool period was even extended by a number of days due to a late fall season.

We are definitely a privileged community to have good property managers and superintendents who keep this machine well oiled. Not the pool water though ... it's as clear as crystal!

TENNIS

Another summer tennis season has come and gone.

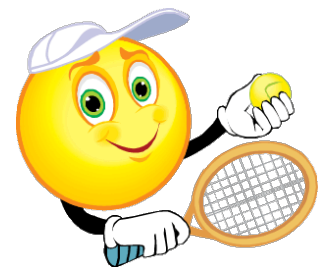
Each Sunday, tennis enthusiasts of our two condominium corporations gathered at our tennis courts to have a few hours of fun and recreation. Over the past many years, High Park Green tennis courts have become a great place for both community and personal friendship building. On these tennis courts, age, gender,

ethnicity and skill level all disappear into the background. Beyond tennis, there are laughter, chit-chats, exchange of knowledge and, above all, sharing and caring.

We appreciate everyone who participated in the wonderful game of tennis this year. Each one has contributed to the community of ours with his/her style, outlook and etiquette. We certainly have enriched one another's life by sharing those moments.

We would also like to thank the management, the superintendents and the gardener for maintaining the facility and its surrounding.

Tennis seasons are never too far apart. We hope that when the spring arrives, we will have more people join this open and fun activity each Sunday. Let us get out, to enjoy the blue sky, the warm sunshine, and get to know the people living next to you and the community we are proud to live in.



GENERIC MONTHLY CALENDAR

If you are planning an event and want to know when the Meeting Place is unavailable, the following “generic calendar” shows recurring bookings:

MONDAY ~	Book Club – evenings, third Monday of every month
TUESDAY ~	Bridge Club – afternoons
WEDNESDAY ~	Euchre Club – evenings
	Laughter Yoga – afternoons, third Wednesday of month
THURSDAY ~	Seniors’ exercise classes – afternoons

Features

THE FABLE OF THE SIDEWALK AND THE ROAD (a true story)

- Once upon a time, a perfectly good roadway and sidewalk met at a corner.
- Then a water main burst, and workers dug up the road and sidewalk to repair it.
- When they left, they temporarily filled in the hole.
- But the roadway and sidewalk were no longer level with the surrounding area.
- Over the weeks and months, the temporary filling settled into permanence.
- The people watched and waited, but nothing happened (except that some of them tripped and fell).
- Finally, one resourceful person called his elected official.
- The official's assistant explained that permanent repairs could take 18 months.
- So she called the city workers to hurry things along.
- The city workers said the water workers had done the work without a proper permit, but they would make sure the patching was safe.
- In the meantime, the temporary filling is still permanent and the people still watch and wait.
- And the moral of the story is: Watch Where You're Going!



OUR HISTORICAL PAST – SUNNYSIDE

Roncesvalles Avenue, High Park, Swansea, Bloor West Village, the Junction and the Humber river represent my geographical foundations. My early years were spent several blocks north of Queen Street off Roncesvalles. My memories are a little vague but I do know my Mom and Dad would take my brother and me down to the lake. The attraction for my Mom was the opportunity to enjoy a hot dog and french fries at the Sunnyside Pavillion. Dad and his friends would ride the roller coaster. I took up residence in the baby carriage and smiled at all the passersby. It paid that I was so cute.



Alas, the city was expanding to the west past the Humber river. To accommodate this expansion, city planners built a thoroughfare along the lake shore south of and parallel to the train tracks. A sister roadway was built north of the tracks and bordering Grenadier Pond. The Gardiner Expressway and the Queensway came into being; the Sunnyside Pavillion was reduced to rubble to accommodate progress.



Sunnyside prior to new road (left); Gardiner Expressway (centre); the Queensway looking west (right)

For those of you who love to explore the city, the last remnants of Sunnyside are Palais Royale and the swimming pool south of Parkside Drive. A mural on a wall in Grafton Avenue Parkette highlights the old community.

Do you recognize these new buildings under construction?



Apartments at the corner
of Quebec and Bloor - 1924

SHORTBREAD ... mmm ...

How can something as simple as

1 part sugar
2 parts unsalted butter
4 parts plain flour



produce such a wonderful wealth of flavors and textures, and so many variations, with or without trimmings? Scottish bakers try every trick they know to make shortbread that tastes as good as their mother's - I'm still trying!

Step one, soften the butter – my Mum used to set her baking bowl down by the fire to soften the butter. Beat the butter thoroughly to incorporate lots of air; gradually beat in the sugar till creamy; and then sift and gradually beat in the flour till it looks ready to hold. Turn it out on the baking board and knead it till it forms a solid mass (not too long, but the kneading is what improves the texture). Get busy with the rolling pin and flatten the dough into the desired thickness – anything from ½” (for fingers) to ¼” (for rounds); then into the oven for long slow cooking at 325° for ½ to ¾ of an hour depending on how thick you roll the dough. It's ready when it's just turning a pale gold. If you want to sprinkle with sugar, and mark where you mean to break it, do so straight from the oven. My preference is for fingers, cut thick and pricked with a fork; I cut through the slab and prick before baking.

Recorded recipes go back about 500 years, and the earliest ones sound more like biscotti, but then most rural Scots had a cow, so butter was not a luxury. I expect they used to cook it on a covered griddle over a damped-down fire, but we have life easier! The earliest shortbread was likely cut into fingers or squares. The fancier designs came with Mary Queen of Scots from France - frilly segments of a circular cake that looked like petticoat tails, even if the correct spelling was maybe petites gatelles.



Now to some variations on the basic recipe. Here are some favourites from friends' kitchens:

- ✓ My Aunt Hannah kneaded in chopped crystallized ginger and grated orange rind.
- ✓ My friend May shaped the dough like a sausage, rolled it in coffee sugar crystals, froze, then sliced it when she was ready to bake.

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- ✓ My friend Christine used half white, half brown sugar, and kneaded in toasted almond bits and chocolate chips, then rolled the dough into walnut-sized balls, coated them with white sugar and chilled them for a while before baking. (These vanish so fast I have to hide the tin.)
 - ✓ My friend Rosemary does the whipped kind with icing sugar, cuts back the flour by 25% and adds a bit of vanilla. Beat till it's like whipped cream and drop on baking tray by the teaspoon, then decorate with sprinkles etc. if you like. I've used a forcing bag and made little flowers with a chocolate chip or a bit of cherry or a silver ball for the centre.
 - ✓ My Mum also made Melting Moments, and her recipe's gone, but I'm thinking shortbread with corn starch and vanilla rolled in quick oats, made into small balls, and the resulting cookies sandwiched together with chocolate butter-icing.

I'd love to add some more friends to that list! These are our family's favourite variations – what's yours?



P.S. It occurred to me (having recently visited Cape Breton) that if you cut back the sugar and upped the proportion of oats & added a bit of salt ... hey presto! You have that other Scots staple: oatcakes (the hefty kind!).

PHOTOTRIPPING IN HIGH PARK

I have been telling people for many years that High Park is my backyard. Just steps away from my home, I spend a lot of time in the park regardless of the time of year for the simple reason ... I like taking photographs of it and its residents.

As a nature and wildlife photographer, I see the park in a different light (pun intended) than the majority of its visitors because most of what I see within these 399 acres is through the viewfinder of my camera. Depending on the time of day, season, weather and what is available to photograph, I occasionally spend some of my time in just one location, but most of the time I go "phototripping".

What is Phototripping, you ask? Phototripping is a term I use when I throw on my camera pack with a few lenses and head out photographing whatever seems to catch my eye at that moment. I usually head to High Park and take the less travelled trails, and sometimes go where there are no trails at all. It is on these

outings that I have a better opportunity to capture an Egret in a tree, a conclave of Cardinals, a beaver making its way across a trail or a squirrel foraging for food near a small waterfall. I have no idea of what digital treasures I will capture.



I can spend up to four or five hours and take three to eight hundred photographs in High Park during a phototripping session. Some days I capture sensational moments and animals, while other days I will capture nothing interesting at all. Regardless of what pictures I do or don't come home with, phototripping in High Park is always a wonderful experience.

AN INDOOR HERB GARDEN

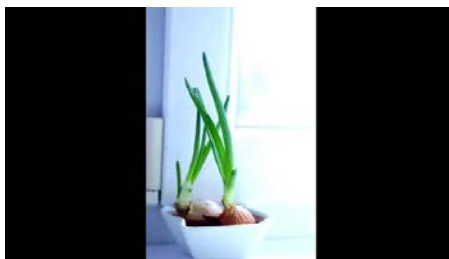
It is relatively easy to grow herbs indoors in the winter. To ensure success, follow these steps:

1. Herbs grown indoors need a minimum of 6 hours of light. Remember, herbs are Mediterranean plants that are used to growing in a hot dry sunny climate in typically lousy but well-drained soil.
2. A south- or west-facing window is best. To supplement the natural light, especially in December and January, buy a grow light bulb for \$3 at Home Hardware and put it in a normal lamp; or use a florescent light. For an east-facing window, you will definitely need an extra light source.
3. Many plant stores sell small containers of parsley, chives, rosemary, oregano, and thyme. Transplant them into a larger container with at least 6 inches or more of potting soil for the roots to develop.

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4. The container should have drainage holes with an inch of gravel, small stones, broken tiles, on top. (Pieces of Styrofoam also work.) A large plate underneath will catch the water and protect your furniture. The gardening sections of the big box stores sell wide plastic plates shaped like pie plates for about \$2 each.
 5. After two weeks, fertilize with Miracle Grow liquid fertilizer (a few drops diluted into water). Fertilize maybe once a month thereafter.
 6. Do not overwater, as the roots will rot. The trick to decide when to water is to touch the soil. If it's dry, it's time. Many people kill indoor plants simply by overwatering them.
 7. Basil is tricky to grow indoors, so I left it off the list. The easiest? Parsley, chives, oregano, thyme, sage, onions.
 8. Many stores are selling rosemary plants shaped like mini-Christmas trees for about \$25. Great idea, and a great gift, but it's best to decorate them with ribbons and not mini-lights.



Left to right: parsley, chives, oregano, thyme



Left to right: sage, onions, rosemary



EDITORIAL

Ever since I moved to Toronto some 15 years ago, I've always lived in condominiums. Like everyone else, I enjoy the fact that the maintenance is done by someone else, and the undeniable advantage of parking my car inside without ever having to shovel or use a snow blower early in the cold winter mornings. However, I always found condominiums to lack any "soul", as they usually represent a collection of people that barely talk to each other on the way out rather than a community of people enjoying each other's company.

Having recently sold my loft in a smaller, yet faceless building, I moved into 50 Quebec about two and a half years ago. Barely one hour after having moved in, I was shocked to see that three of my neighbours had stopped by to welcome me into the building, and one of them had offered to pick up my mail any time I was out of town. The contrast with all the other buildings I had lived in could not be clearer!

As I am still working full-time, it is impossible to attend any of the daytime activities 50 Quebec offers, although the Laughter Yoga gatherings have me very curious. However, I do try to make regular appearances at the Euchre Club and decided, after some arm twisting from Claire Hardie, to also try my hand at co-editing Viewpoint 50. As I helped edit some of the articles, it was obvious to see the sense of pride and pleasure of the many residents that volunteer their time into the various clubs and committees, a clear reflection of the "soul" of this building.

Joyeux Noel et bonne et heureuse annee a tous et toutes!

We encourage all residents in 50 Quebec or our neighbours at 80/100 Quebec to submit ideas for future issues.

Should you wish to e-mail your ideas, please send to:

webmaster@ycc323.com

or drop off a note at the Management Office.

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Joint Barbeque – Judy Cole,
Elisabeth Bihl, Pauline Walsh
Nominations – Frank Delling

JOINT BOARD WITH YCC435
(outdoor common areas), 2015:

High Park Green Recreational –
Fern Stimpson & John Hardie