



VIEWPOINT 50

YEAR IN REVIEW

2016





2016-2017 Board of Directors

(left to right)

Katy Paul-Chowdhury – President

Gord Hamilton – Secretary

Gary Legault – Treasurer

Bojan Grbic – Director at Large

Fern Stimpson – Vice-President



PRESIDENT'S REPORT

Happy Holidays from all of us here on the Board! We wish every resident a season full of joy.

By the time you read this, our evening holiday party will already be behind us. Thank you for coming and sharing the companionship and cheer! And a special thanks to Loretta for the lovely, elegant Christmas tree.

But the festivities are not yet over. Instead of an afternoon tea, the Neighbours Committee will be hosting a Drop-in Holiday Social. See the Neighbours update for details. Everyone is welcome. And, if you are someone who likes to bake, please do bring a plate of your holiday baking to share with the appreciative crowd.

The Board has three project-related updates for you:

1. We are delighted to report that the Fitness Room reno is complete except for some fine-tuning and accessories. These should be finished within a few weeks. But the room is open for use, and stands ready to accommodate your New Year's fitness resolutions. For details, please see the article on p. 6.
2. The balcony ponding specifications and contractor have been settled and the work will commence as soon as weather permits in the spring.
3. The Meeting & Games Room reno project team has had its first meeting, and will be reaching out to residents for input in the new year. Please see the article on p. 10 for more information.



Finally, a reminder and request as we head into a period characterized by an excess of packaging debris and cooking remains. Please review and carefully adhere to the rules related to composting and recycling. A few notes here:

- BLUE recycling boxes on each floor are already full most days, with more volume to come. If you are recycling a large number of boxes or plastic water bottles, please flatten them first so that they do not take up too much space in the bins.
- The City regularly reminds us that food waste and paper products cannot be mixed together. If this happens the whole bin is considered to be contaminated and then is deemed to be garbage. You can help lower YCC323's garbage disposal costs and save our Superintendents valuable time during a busy season.
- GREEN bins: The amount of green waste collected is increasing exponentially. Kudos to all. One housekeeping detail: please do *not* put plastic containers or bottles in these bins as neither are compost friendly.

Again, all our best wishes for a happy, healthy holiday season!



GREETINGS FROM YCC435

We are very happy that you have allowed us to hold our holiday party this December in your party room. Many people in our condo look forward to this event, and with construction of our own party room about to begin, the board realized that they needed to find a different location. Thank you for this favour.

Here's a snapshot of our amenities refurbishment.

In 80 Quebec: renovation of the gym, party room and lounge.

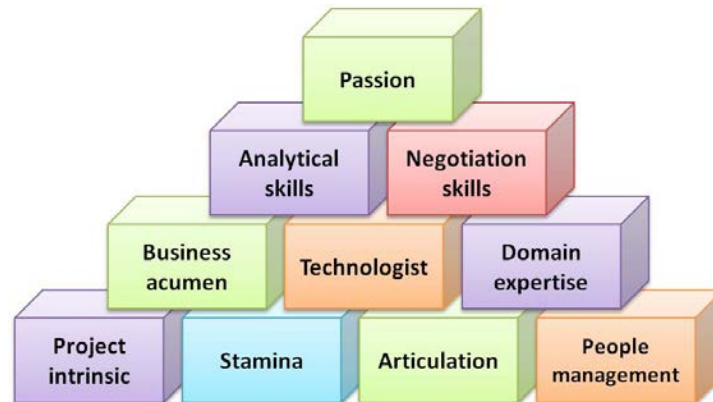
In 100 Quebec: renovation of the library and meeting room, creation of a staff room, and re-purposing of one of our bike rooms to create a new, larger gym.

We postponed our garage membrane replacement until the spring of 2017, so we know that we will have several months next year when demolition and construction will take place. The answer to whether or not we can host our second joint barbecue next summer or fall is unknown at this point. Let's hope so!

We wish everyone at 50 Quebec a happy, healthy holiday and new year.

Judy Cole
President, YCC435

MANAGEMENT REPORT



For over 8 years the management team has professionally applied its skills and expertise to 50 Quebec and its residents. The superintendents live in the building and are very appreciative of the support they receive. The property manager is and remains a part of the family. Our team wishes to express our sincere thanks to the Board and the residents for treating us as part of the community.

“Every single day, they are diligent in ensuring that our home is safe, pleasant, and structurally sound. And every single day they go above and beyond the call of duty, providing extra help to all residents. Of course, I am talking about our wonderful Superintendents Carlos and Radu, and our most excellent Building Manager Isan Murat. Gentlemen, thank you from all of us.”

We thank the Board Chair, Katy Paul-Chowdhury, for these kind words expressed at the AGM. We will endeavour to continuously live up to your expectations.





COMMUNICATIONS & WEBSITE

The Virtual Art Gallery at 50 Quebec has proven very popular, and many conversations have been started in the elevators over the displays. We extend a sincere thank you to the residents who have contributed their artwork/photographs. We have received submissions from over twenty-five contributors. If you wish to join the artistic community, please send a copy or copies of your work to webmaster@ycc323.com.

Please note that our ability to display your work is limited by the size and shape of lobby and elevator screens. We claim artistic license for titles (if the contributor has not specified one) and background colours. We also exercise editorial prerogatives as to the content being displayed, including general appeal to viewers.

The elevator screens are the source of communication from the Board and Management to residents. Because of the limited length of time that each display stays on the screen (due to a pre-set program), residents on the lower floors must be quick readers to pick up all the information the first time around. Don't worry, the notices are in a loop and repeat themselves often, to the benefit of frequent travelers. Longer notices are also posted in hard copy on the bulletin boards in P1, P2 and the Meeting Room.

Our written communications, in the form of "What's Happening" and "Viewpoint 50", are dependent on submissions provided by the Board, Management and the various committees. Our sincere thanks to the quarterly contributors to "What's

Happening”. The editors of the year-end review – “Viewpoint 50” – are appreciative of those writers who have produced articles, even if their arms had to be twisted. Attempted avoidance of the editors in November doesn’t really work, you know!

The website remains an effective tool for information. Much of the information is more concentrated on the local neighborhood: building permits, road closures, High Park, the Junction and Bloor West Village. In a number of cases the supporting material is somewhat lengthy, thus links for further information are provided.

One of the purposes of the Communications Committee is to provide a conduit for passing information to all residents. Please take advantage. Send information to webmaster@ycc323.com.



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

There are known knowns. These are things we know that we know. There are known unknowns. That is to say, there are things that we know we don't know. But there are also unknown unknowns. There are things we don't know we don't know. *Donald Rumsfeld*

ENERGY & RECYCLING



The Energy Committee continues to work behind the scenes throughout the year to ensure that available opportunities for the implementation of green initiatives within YCC 323 are accessed.

Opportunities for recycling that continue within our corporation include:

FREE battery recycling for YCC323: There is a box in the Management Office where you may deposit your unwanted or used batteries. Please seal your batteries in the plastic bags provided and place them in the box. This box is for batteries only. Please do not leave light bulbs in the box as they are not eligible for recycling through this battery disposal program.

FURNITURE RECYCLING: If you have any unwanted gently used furniture items that you no longer need please consider contacting Habitat for Humanity or The Furniture Bank to arrange for pick up of these items. Because both of these agencies are charitable organizations staffed by volunteers it is important that you do not leave it to the last minute to try and dispose of these items. They usually require a couple of weeks between notification and pick up of your items. By donating through these organizations you will receive a tax receipt. More importantly, you will be saving the corporation the costs required to dispose of these items as well as preventing additional landfill waste. You may contact both of these organizations through their website.

RENOVATING ANYTIME SOON? If you are planning to renovate your kitchen or bathroom anytime soon, did you know that Habitat for Humanity are willing to come and de-construct your kitchens and bathrooms and take away the pre-approved donation of cabinets, appliances, etc. at NO COST to you? All they request is that you donate \$15 towards the cost of fuel for their truck. Once these items are sold at one of their Re-store locations you will receive a tax receipt for the realized value of these items. Again, you are saving items from landfill and others are benefiting from your donations. This past year two kitchens were donated to Habitat for Humanity.

USED CLOTHING DONATIONS: There is a large red bin downstairs in the recycling room that is available for any unwanted clothing, shoes, coats and so on that you may no longer need. Residents of our corporation have been making good use of this service. If you are unable to put your donations into the bin and have to leave it on the floor beside the bin, please let the office know.



FITNESS ROOM RENOVATIONS

The Board is pleased to announce that our Fitness Room transformation has been completed on time and on budget. Our goal was to create a brighter, healthier, and more user-friendly exercise environment that meets the needs of the people living here. We hope that everyone will be as pleased with the results as we are.

As you may recall, the Board started the process with a resident survey in order to identify what equipment you used and what your renovation expectations were.

Over 60 residents completed the survey and the results were extremely helpful to the Board in coming up with a final plan design that we believed to be attractive, useful and fiscally responsible. Some of the key features of our Fitness Facelift are:

- Better and more economical heating, cooling, and air circulation;
- Proper and more hygienic flooring;
- Many more windows and better lighting;
- A little more space and a better equipment layout.

A big thank you to everyone involved in the project – time to now move on to the Meeting and Games Rooms.



GRENADIER SQUARE CONSTRUCTION MONITORING COMMITTEE

Demolition and construction work on the proposed 25 story Grenadier Square development across the road from us will begin in the spring of 2017.

To help the 50 Quebec community cope with the adverse effects of the Grenadier Square demolition and construction work, the condominium Board decided to develop a coordinated strategy. At its September meeting, it established the Grenadier Square Construction Monitoring Committee (GSCMC). Satish Dhar is the current Chair of the Committee. Judy Love and Pauline Walsh are members.

The Committee had its first meeting on November 7. At this meeting, it prepared a preliminary list of things it would do:

- Monitor the various phases of planning, demolition and construction process so we can prepare ourselves for each stage of site development.
- Get to know the developer's contact person on site and the officials in the various city departments responsible for overseeing the construction.
- Forge links with the city Councillor's office in order to gain the support of the Councillor when needed.
- Keep residents informed about the latest developments on the Grenadier Square site that affect the 50 Quebec community.

The first stage of the Committee's work is information gathering. The Committee feels that if we are well informed about what to expect we can be better prepared to withstand the impact of the construction work.

On November 28, the Committee held an information session for the condo residents. About 30 residents attended. They asked many questions such as: would the developer provide construction workers with parking facilities; can people ask for compensation for disruptions; etc. In response, the Committee members said they would be able to answer these types of questions once they had made more progress on information gathering.

At present the Committee consists of three members. More are needed for the Committee to be effective. A few people at the meeting expressed an interest in contributing to the Committee's work. Any residents who would like to participate in the Committee's work as members or as volunteers should e-mail yorkcondo323@rogers.com.



HEALTH & SAFETY

The Health & Safety Committee is pleased to report on several successful undertakings in 2016. Just to mention a few:

- Sponsoring a nutrition workshop and demonstration by a Registered Dietitian;
- Arranging an identity theft protection presentation by a Chartered Professional Accountant;
- Pursuing on-going garage problems which resulted in added safety measures, such as the flashing red light at the top of the ramp;
- Creating and distributing an information sheet on location/use of defibrillator;
- Conducting a survey seeking input from residents on activities of the Committee;
- Holding a Q&A session to respond to points brought up in the survey.

Unfortunately, the laughter yoga sessions had to be cancelled due to sporadic attendance, but they were thoroughly enjoyed by those lucky enough to take part while it lasted. Hint ~ it's all about breathing, folks!

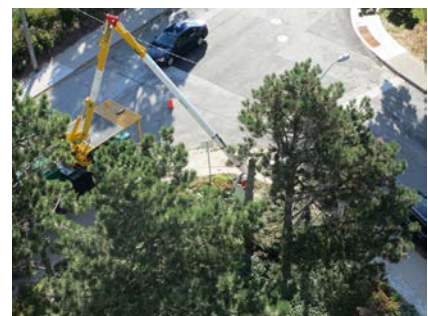
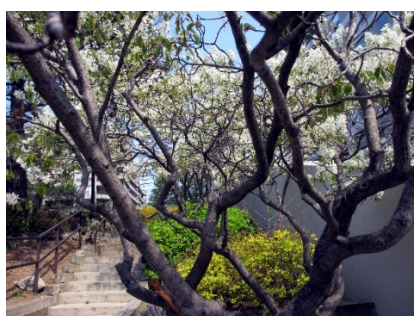
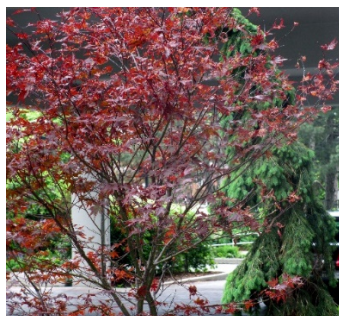
If you have health or safety concerns which cannot be reported directly to Management, please feel free to leave a message for the Committee in the Management Office and it will be passed on to the appropriate person.

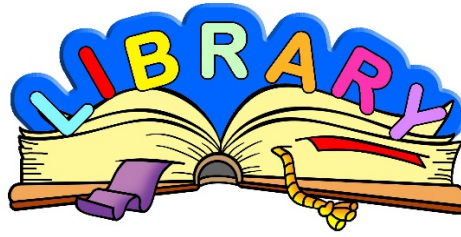
LANDSCAPING

During the summer of 2016, the Landscaping Committee worked on the back of the building, where trees, tall grass, and flowers were planted along the building and around the diesel generator. If going to the back of our building is not part of your usual routine, feel free to do so next summer to enjoy the fruits of our labour! We also heard very positive reviews regarding the colourful flowers that Wayne planted this year on the front and side of the property.

After getting the go ahead from the city, five of the pine trees that were at the corner of Quebec and Gothic Ave. have been taken down. New trees are taking root and will hopefully be a permanent fixture in our neighbourhood for a long time to come. Other projects include the area in front, between the car park and the sidewalk, which still has to be reviewed with the gardener, with potential changes coming in the summer of 2017.

Keep warm and bundled up until next spring!





LIBRARY

The Library sits there quietly, full of books for all the avid readers at 50 Quebec, just waiting to be used. It isn't aware that it may soon be (temporarily) displaced while the Meeting Room is renovated, but it will not cease to exist – too many people love it.

Nothing much has changed in the Library in the past year. The same team maintains it, and some VHS tapes and CDs have been added to the collection.

The Library invites you to enjoy the wealth of knowledge and entertainment it contains at your leisure!

MEETING/GAMES ROOMS REFURBISHMENT

Now that our Fitness Room facelift has been completed, it's time to tackle the Meeting Room and the Games Room. With that in mind, a Meeting & Games Rooms Refurbishment Committee has been put together. The Committee consists of Board members Bojan Grbic and Gary Legault and residents Maria Alberti and Paul Meaney, who expressed their interest in being on the Committee.

Key responsibilities of this committee will be to:

- Determine what Meeting and Games Rooms stakeholders (user Committees and Groups, and unit owners) want;
- Report the Committee's findings to the Board;
- Provide recommendations to the Board regarding renovation plan and furnishings;
- Oversee the implementation of the Board approved plans as directed by the Board;
- Seek input from residents at key points in the process.

The recently formed Committee has met once already and its first initiative will be to survey the stakeholders to identify the nature and frequency of their usage and

what they would like to see done to these rooms apart from some obviously needed changes to the flooring and furnishings. We hope to have the survey out within the next few weeks and look forward to hearing from you.



NEIGHBOURS

The Neighbours Committee continues to focus on offering regular social activities - especially during the cooler months - and welcoming new residents to the building. Over the past two months we have hosted:

- Two afternoon teas – the first featuring Anne Tudor reading from her wonderful new cookbook, *Fast & Fearless Cooking for the Genius*, and the second exploring Sean Cumming's experiences in the Canadian military reserve;
- Two movie nights (with popcorn!) – *Love and Friendship*, then *The Best Marigold Hotel*;
- One reception for new residents.

This month, we invite you to a Holiday Social – an opportunity to chat with neighbours and get into the festive spirit. Please mark December 14, 2-4pm on your calendars. We will provide apple cider and some holiday treats. If you have holiday baking you would like to share, please bring a plate for the communal table.

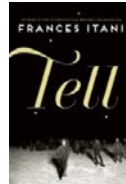
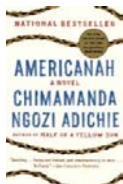
Regular afternoon teas and movie nights will resume in January, along with some additional social surprises! Stay tuned





BOOK CLUB SELECTIONS – DECEMBER 2016 TO JUNE 2017

<u>MEETING DATE</u>	<u>TITLE</u>	<u>AUTHOR</u>
December 19, 2016	AMERICANAH	Chimamanda Ngozi Adichie
January 16, 2017	FIFTEEN DOGS	Andre Alexis
February 20, 2017	ENTRY ISLAND	Peter May
March 20, 2017	TELL	Frances Itani
April 17, 2017	STALIN'S DAUGHTER	Rosemary Sullivan
May 15, 2017	THE ILLEGAL	Lawrence Hill
June 19, 2017	THE CHAPERONE	Laura Moriarty





BRIDGE CLUB

Calling all wish-to-be bridge players! C'mon out, take a risk, laugh, drink coffee and munch on all kinds of goodies! If you played in the years gone by, don't worry – all your fantastic skills will return as though you just played a few hours ago. Shake off the rust and impress those of us who have been playing for a while, but still plod along trying to figure out the best way to confuse our opponents – and sometimes our partners.

Remember, this bridge club is here for the fun of it. Oh yes, we do get into discussions about 'conventions' – you know, if you have this number of points and it is a major suit, you can bid so and so – but we don't sweat it, especially if the player going on about this and that, loses the round! That's why we call it Social Bridge!!

Don't be shy, we are a friendly lot! So come join us Tuesday afternoons from 1:30 to 3:30 p.m. Bring a friend or two ... they don't have to live here at 50 Quebec. There are no commitments, no fees, just an enjoyable afternoon!

CUE SPORTS

Cue sports include Billiards, Pool and Snooker, and we are fortunate to have a long-time player in our building, who is willing to provide instruction from basics to more advanced techniques of these games. He was met with an enthusiastic turnout on two separate “open house” evenings recently, and several prospective players expressed interest in forming a club.

Besides learning how to stand, how to hold a cue, how to aim, and other tricks of the trade, players can make use of the informal setting for socializing, meeting other residents and enjoying banter around the games. With nasty weather about to begin, this is a good chance to stay in the building and have some fun!

For the next little while, the instructor will be in the Games Room on Thursday evenings from 7:00 to 8:30 p.m., to provide advice and play some games. If interest is high enough, another hour could be planned during afternoons. A formal club will be discussed among the instructor and players.

If you would like more information about this proto-club or cue sports in general, please leave your contact information in the Management Office and you will be contacted by the instructor. Or just drop into the Games Room, for 10 minutes or 90 minutes on a Thursday evening, talk to the instructor and enjoy a fascinating game.



EUCHRE CLUB

The only thing that seems to stay the same with the weekly Wednesday evening euchre games is the fact that each person is dealt five cards. Depending on the week, the phase of the moon, or other unknown forces, we may be playing three-handed, four-handed, five-handed or six-handed games. The collection of cards you might see in your hand also varies, from Ace down to nine or may even include eights and sevens.

Then, added to the changes in the range of cards, there is the option of having one, two, or no partners at all, as you attempt to win at least three tricks. Having two partners sounds like a great opportunity to ensure that you are successful, but the problem is trying to remember who your partners are in the confusion of a fast-paced series of games.

Fortunately, the two Jacks, or Right and Left Bower, continue to be the highest cards in the deck. Sometimes, if you are lucky, you have both Bowers, sometimes you are pleased to discover that your partner has one Bower, but then there are times when the wicked opponents are waiting to pounce with a Bower and spoil your path to victory.



The next variation is keeping track of your score as you advance to a winning total of ten. Sometimes you get two five-spot cards so keeping track is easy because it

is just the total number of spots showing. Sometimes you get a two-spot and a three-spot card to keep track of your score. Then you need to remember to keep track of the number of spots showing, whether a card is face-up or face-down, and even if the cards are forming a V. An additional variation is whether you are trying to count to ten or dix.

Fortunately, even with such a wide range of variables each week, the common denominator is that we all have a good time, lots of laughs are shared, and we look forward to a new set of variables next week.



EXERCISE CLASS

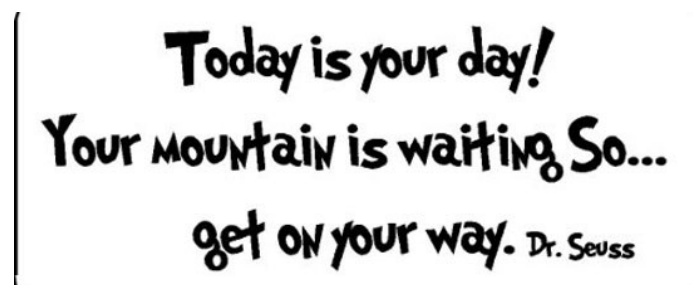
Our building offers a free exercise program for adults 55+. Classes are held in the Meeting Room every Thursday at 1:30 and 2:30 p.m.

The 1:30 p.m. class involves both standing and seated exercises. It includes co-ordination, strength and cardio.

The 2:30 p.m. class focuses on gentle seated exercises for overall health and balance.

The instructor, Barbara, will assist you in choosing the right class for you.

Make 2017 a healthier year – join your neighbours in our exercise program.





POOL ~ SALUTE TO MERMAIDS & MERMEN

We salute the gallant swimmers who bravely enter the swimming pool in the early spring (after the ice abates) and reluctantly store their suits, goggles, noodles, swimming towels and suntan lotion in lockers come autumn. As disappointed as they must be in the fall, our sympathy goes out to their numerous fans on the west side of 50 Quebec. How they will entertain themselves for the balance of the year is a mystery. They will no longer be able to question a regular as to why he/she skipped their morning, afternoon or evening ritual.

For the uninitiated, we would like to acknowledge some of the accomplishments of our regulars last season:

- Everyone was trained to recognize North;
- It is OK to stop swimming laps if you can count to 70 in French;
- Counting Mississippi's can distract one from holding one's breath;
- The hats and caps observed floating in the pool do have an individual hidden below;
- There is an official "jellyfish" contingent with the ability to make their way up and down the pool whilst engaging in conversation;
- Wearing goggles has a purpose beyond frightening other swimmers;
- Most swimmers can float on their backs – there was one exception;
- One does not automatically grow webbed fingers in our pool. Webbed fingers belong to only those who swim/float/participate numerous times per day;
- High winds encourage deck chairs to elevate, then descend into the water;
- No muggings of little children for their water wings were reported this year.

Visiting the pool and the surrounding open deck is a wonderful opportunity to meet your neighbours. You are encouraged to drop by next year even if you don't swim. If you arrive around 11:00 a.m., you might be allowed to participate in the South-West Corner Floating Debating Society (no splashing allowed), but you will need to know "North".



TENNIS



Like swimming, tennis is a seasonal game at 50 Quebec. Enthusiasts look forward to the first game of the season, and mourn the last one. In 2016, the last game was later than ever, given the seasonal weather this year.

The tennis courts are available every day of the week to players who live in our condominium community. As long as one other person is available to play, you can get a game going any time during the day or evening. Neighbours in the two buildings adjoining the courts aren't enthusiastic about late night games, of course, but then real tennis players are always considerate!

The Sunday gatherings are made up of tennis enthusiasts from our two condominium corporations. Our 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.

Everyone who participated this past season 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.

As well as the participants, we would like to thank the management, the superintendents and the gardener for maintaining the facility and its surroundings. It is always a pleasure to play on our courts.

The next tennis season will start in a few short months. We hope that when the spring arrives, we will have more people to join this open and fun activity each Sunday. Let us get out, to enjoy the blue sky, the warm sunshine, to get to know the people living next to you and the community we are proud to live in.



WRITERS CLUB

“Writers Club?” you say, “What Writers Club?”

Well, that’s the point. There is no Writers Club. However, several people over the past year have enquired about one. So, if anyone is interested in getting together with other like-minded residents to form a Writers Club, please leave your name and contact information at the office, and you will be put in touch with one another.

Even if you don’t get together, keep writing, because that’s what writers do!



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

THURSDAY ~ Seniors’ exercise classes – afternoons

If the Cue Sports Club is formally established, the Games Room will be booked:

THURSDAY ~ Cue Sports – evenings

FEATURE STORIES

HOLIDAY REFRESHMENT

Hello my friends in 50, compliments of the season and here's my wee gift to you!

You'll find any number of egg-nogs on the internet for serving at parties, and very nice they likely are, but this is one to enjoy with a chum, on a real raw Scottish winter evening (especially if you think you have a cold coming on). I can tell you it has raised the spirits of many an old person, myself included!

Auld Man's Milk

1. Scald 1½ Cups milk + ½ Cup cream in a heavy saucepan
2. Whisk 2 egg yolks with 3 Tbsp. sugar (or honey)
3. Gradually stir in the egg mixture into the hot milk, and keep stirring over a low heat (DON'T BOIL!) till it thickens slightly, like a thin custard
4. Stir in ½ Cup of good Scotch Whisky
5. Pour into 2 mugs and sprinkle with fresh-grated nutmeg to taste.

While I'm looking out at a grey sky and a stiff wind, and reading a book about growing up in the Hebrides in the 1930s, I'm getting nostalgic about a couple of other Scottish treats that you might like to try: **Cranachan** and **Skirrie Mash**. You can look them up on the web!

Bon Appetit!



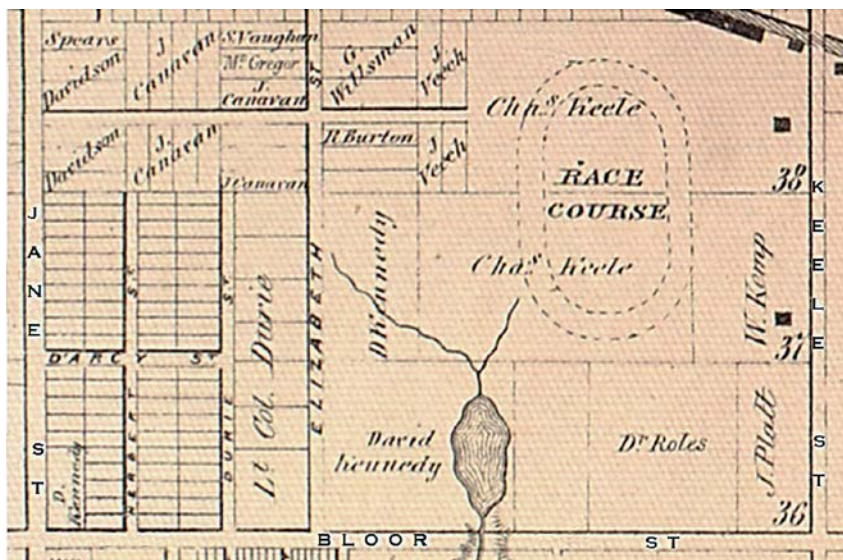
LOCAL HISTORY ~ CARLTON RACE TRACK

When going out on a morning run, or an afternoon walk, consider heading north on either High Park or Pacific Avenue. As you pass the houses between Glenlake Road and Annette Street, picture the fact that you are passing along, what were, the two main straightaways of an early horse racing course. In his book, **LANDMARKS OF TORONTO**, J. Ross Robertson wrote:

"In 1857 the Carlton race course was laid out by the late Mr. W. C. Keele and his son Mr. William Keele. It was about two hundred yards to the south of Dundas street, to the west of what was then the concession line, but is now Keele street, Toronto Junction. It was oval in shape and was rather more than a mile round. There were extensive stands, weighing rooms, and necessary offices. . . . Racing in Toronto until the present Woodbine track was opened was at a pretty low ebb: however the Carlton races dragged out an existence for some years. They were finally discontinued about 1876. The ground is now covered by houses. . . ."

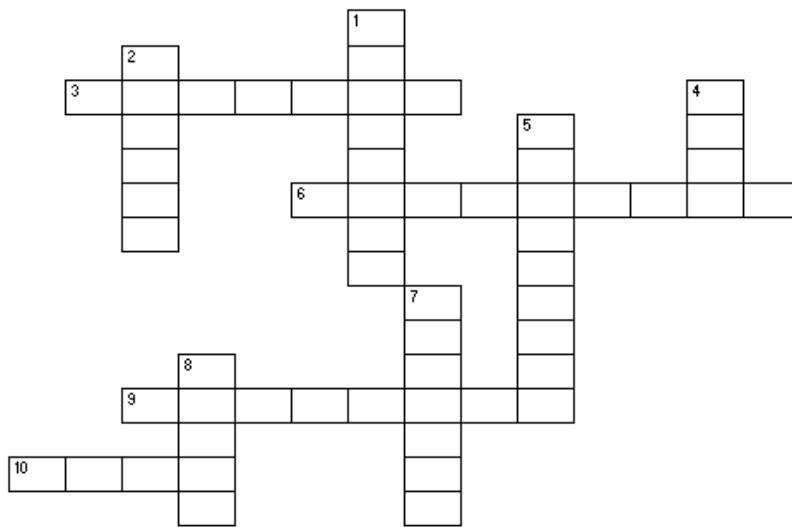
The headquarters of the Toronto Turf Club were also established here around this time and the race course hosted the first running of the Queen's Plate on June 27th 1860. In fact the first four Queen's Plate races were run here. Following the arrival of the railways into the Junction, the old race track and surrounding area was subdivided into building lots by Daniel Webster Clendenan in 1883.

Hopefully now, with this new perspective on our neighbourhood, your runs or walks will be more enjoyable.



1878 - ILLUSTRATED HISTORICAL ATLAS OF THE COUNTY OF YORK - Miles & Co., Toronto

VIEWPOINT 50 CROSSWORD PUZZLE



Across

- 3 Name of a Committee
- 6 Annual Newsletter
- 9 Yellow Grocery Store
- 10 Number of units on each floor (en francais)

Down

- 1 High Park exit (not Quebec)
- 2 Sister building
- 4 Friendly Property Manager
- 5 High Park animals on the loose
- 7 Bloor West _____
- 8 Age of building

ADULT COLOURING BOOKS

I first noticed beautiful colouring books for adults at Chapters/Indigo. I was thrilled at the thought that I finally had public permission to let my inner child out. There were titles there like Mandala Magic, Blossom Magic, Eastern Magic, Winter Magic, and a wholesome array of other titles. There was something to suit everyone's taste – from conservative themes to those wanting something more eclectic. I joined the bandwagon!

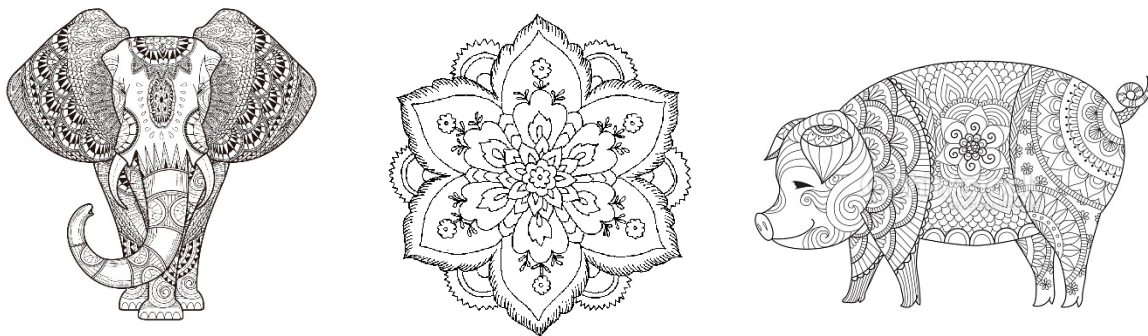
I started out by choosing Magic Garden. My first colouring activity was the page with the sunflowers. I used pencil crayons, markers, and pastels. It was fun and did ward off any stress and anxiety I was experiencing at the time. My sunflowers made me happy.

I chose the page with leaves next because of all the beautiful Fall colours. I used lots of orange, brown, and yellow, as well as red, to portray this season's colours. When I leafed through my colouring book, I consciously chose these pages. They seemed to be what my soul and spirit were calling me to.

Colouring is good therapy. Carl Jung was one of the first psychologists to use colouring with his patients to help them to relax. He used mandalas for this work and I read that he himself used to colour every morning. Antoni Martinez, a psychologist, said in an article from the Huffington Post:

“We can use it to enter into a more creative, freer state ... We can also use it to connect with how we feel, since depending on our mood we choose different colors or intensity ... I recommend it in a quiet environment, even with chill music. Let the color and the lines flow.”

With Thanksgiving weekend fresh in my mind, I'm happy to add my colouring books to the list of things I'm thankful for. Are you inspired to get on the bandwagon too for some colouring-in fun?



LOCAL HISTORY ~ RAVINA GARDENS PARK

Our secret neighbourhood park is Ravina Gardens. Go north on Quebec Avenue until you reach Humberside Collegiate. Turn left on to Glendonwyne Road, then soon right on to Clendennan Avenue. You will find the Ravina Gardens Park sign on the west side of the street. Go up the hill behind the sign and, if you are like most, you will be astounded at how big the park is. It stretches from Clendennan Avenue north to Annette Street.

Ravina Gardens was opened in 1906 as a private recreational facility for the Toronto Junction area. The park originally focused on hosting winter activities and had an outdoor skating rink in its centre. People came in droves to skate on weekend evenings to the music of live bands. In 1912, a 4,500-seat artificial ice

rink opened. Then, in 1926, the arena became the first training camp for the New York Rangers hockey team, supervised by Conn Smyth who lived nearby. Facilities came to include a curling rink, club building, tennis courts, and a swimming pool. The City of Toronto purchased the facilities in 1952. The arena itself was demolished in 1961 due to structural damage caused by underground water.

Today the park contains 2 baseball diamonds and playing fields. The current attraction is a huge installation of urban art on the walls surrounding the entire park. There is an amazing variety of art just 10 minutes away that is well worth the trip to see. For additional information, check out this link.

www.citynews.ca/2016/10/01/video-toronto-mural-project-40-different-sports-artists-shine-at-ravina-gardens-park/



THE GRAVEL PILE BROOMSTICK

The truckload of gravel is dumped into a side yard of the derelict country home, where the Old Man intends to repair a crumbling foundation. Mixed in with the sand, among sparkles of flint and pea-sized crush are the real treasures. Rough, flannel-grey granite stones – each the size of a penny – are a powerful temptation for a young boy with a weathered broomstick and an empty field.

Now, it's a challenge to hit a rock tossed into the air, especially, when there is a nagging awareness that one of your parents has a hair trigger disposition. Bet you can't do it. Timing is everything, even when it comes to mischief or tempting the Fates.

Eventually, trial-and-error gives way to adjustments and to the petty success of zinging a few over the unused chicken coop. There's a compulsion to improve.

Pretty soon, there are some stones on the topsoil of the vegetable garden. The corrugated aluminium siding of the empty barn has dents that weren't there before. The cracked window pane in the wood shed and some sort of rooting about on one side of the gravel heap seem proof of culpability, revealed to the most cursory investigator. The potential for tension and anger looms.

The reprimand never comes. Anger morphs to silence. Mother and children flee.

Decades later, the Estate sale offers up only odds-and-ends. Most of the buildings are tumbling down and the main house, with its moderate sag, is a hesitant purchase for an optimistic handyman. In the overgrown grass of the side yard, eroded to a remnant of its ambition, is a small patch of gravel.

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CHINESE NEW YEAR

Kung Hei Faat Choy or *Xīnnián kuàilè* ?

How you greet someone at Chinese New Year depends on whether you are speaking in Cantonese (Wishing you prosperity) or in Mandarin (Happy New Year).

This year, Chinese New Year will arrive on January 28, 2017. It will be the Year of the Rooster.

While customs and traditions differ – for example, Northern Chinese eat dumplings while Cantonese prefer glutinous New Year turnip cakes – one custom they all have in common is the giving of Red Packets containing money.

On New Year's day, children go to their elders to wish them Happy New Year. They wear new clothes and new shoes especially in the colour red. One should never wear black or white!! In return, the elders give the children Red Packets.

On Chinese New Year Eve, families get together for a Reunion Dinner. Typical dishes include fish because the word fish sounds like 'plentiful' and Mandarin oranges, because the word sounds like 'good luck'.

Before Chinese New Year Eve, we do a thorough house cleaning to sweep away the bad luck of the past year. And on the doors or walls we put up bright red/gold couplets expressing auspicious New Year wishes. If there is time, the family might go to a New Year flower market where the most popular flower is the Plum blossom which again symbolizes good luck.

In Toronto, there are festivals and celebrations in many parts of the city featuring dragon and lion dances. The Toronto Symphony Orchestra will also present “*A Chinese New Year Celebration*” on Feb. 4, 2017.

What will the year of the Rooster bring? If you happen to be born in the Year of the Rooster (2005, 1993, 1981, 1969...) this year may prove to be one of the best for you!



LOCAL HISTORY ~ COMMERCIAL USE OF GRENADIER POND

In the early spring, a pleasant walk to view the blossoming Sakura trees provides a panorama of Grenadier Pond. It is somewhat difficult to picture this area as a major source of income. Welcome to the Grenadier Ice Company.

Refrigeration in the early 19th century was reliant on the use of ice. Because cool air sinks, ice was stored in an upper insulated chamber within an icebox.

Perishables were stored under the chamber in the cooled air. Melting ice drained into a pan for emptying on a frequent basis.

Ice, therefore, was a valuable commodity to be harvested in the winter. Permits were granted by the city to private companies to cut ice in Ashbridges Bay, sections of the Don River and Blockhouse Bay. In 1881, George Chapman began cutting ice from Grenadier Pond. In 1883, the Grenadier Ice Company was formed.

“Farming ice” may seem an oxymoron. The Ice Company needed thick ice for storage to accommodate requests in the warmer months. Snow accumulation hampered the ability for the pond water to freeze thickly. In the early part of winter, therefore, when the ice would not support equipment to clear the snow, workers would flood the pond. This encouraged a quicker freeze. Once the area was frozen, the ice was marked for harvesting. Horse-drawn ice ploughs carved long strips into the ice. Smaller, more manageable sections were cut and extracted by the workers from these furrows.



Ice cutting on Grenadier Pond



Ice House: south-east corner Grenadier Pond

Climate change was not responsible for the cessation of ice making on the pond. The city’s medical health officer, in 1893, deemed ice from Lake Simcoe to have greater purity. This encouraged the Chapman family to establish an ice-cutting operation on Lake Simcoe in the community of Bell Ewart. The new health regulations and the introduction of artificial ice making devalued the ice extracted from Grenadier Pond.

By the mid 1920’s operations on the pond ceased. In 1930 Toronto acquired Grenadier Pond from the Chapman Estate. The cost to the city is estimated to have been \$150,000 – from the perspective of this writer, an excellent purchase.

CONTAINER GARDENING ~ Herbs & Vegetables

Gardening on a balcony can provide hours of enjoyment as well as fresh vegetables grown by your own hand! Here are a few basics to start you on your way to successful container gardening.

-
1. Good-quality soil, the blacker the better. Never reuse soil from last year's pots (the soil will have no nutrients left in it). Make sure to wash the pots thoroughly to remove bacteria or overwintering eggs in leftover soil. Any decent potting mix will work for small seedlings like carrots or lettuce. Otherwise, buy some bags of Triplemix or good-quality compost. If you see worm castings, grab a bag or two and mix them in.
 2. Water. Tap water is chlorinated. Fill some jugs up and let the water sit for a day so the chlorine evaporates. Or collect rainwater by stationing empty containers near the edge of the balconies. Because these plants are growing on balconies, the number-one enemy is the dry wind in summertime. Leaves get desiccated and fall off. To prevent this, water twice a day. A mist bottle works well on leaves.
 3. Sun. Balconies facing south and west will have the most success. Those facing due east get the morning sun, sufficient to grow lettuce and other greens and basil, but not carrots or beets. Those facing north get little, making them an ideal place for shade-loving plants like hostas. Note: plants with thin leaves like basil tend to burn in the summer if growing on a south-facing balcony. Cover with a thin white sheet during the afternoon.
 4. Containers. The plant dictates the size of the container. Lettuce, spinach, radishes, basil, green onions, and most herbs all have shallow roots and will grow nicely in flat wide containers. Tomatoes and tap-rooted vegetables, such as carrots or turnips, need tall, deep containers. No matter what container you use, make sure there are drainage holes at the bottom, covered by a thin layer of gravel or shells. Otherwise, water will get trapped at the bottom, causing the roots to rot.
 5. What plants to grow? Cold-water crops like lettuce, spinach, and kale grow well in the spring and fall. Forget them in the summer; they will dry up like pansies. Herbs – rosemary, oregano, etc. – are tough plants that can withstand a lot of sun.

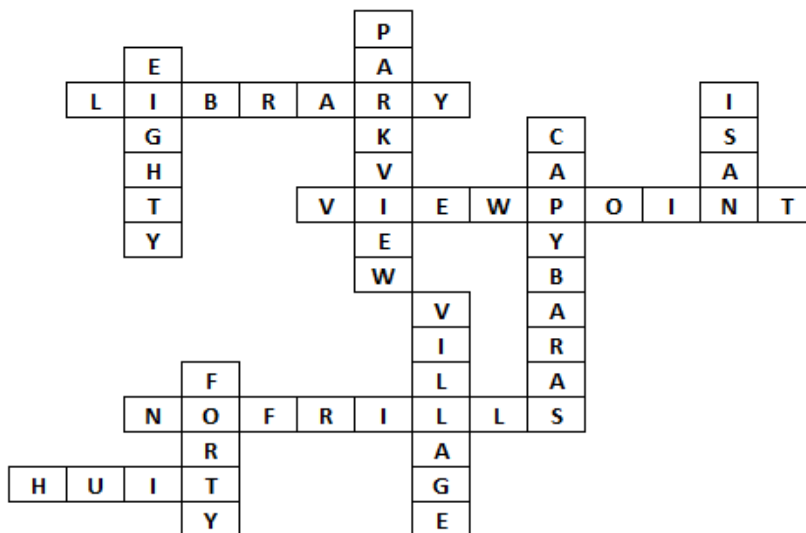


THE SUBWAY

Clickity clack, clickity clack,
To work and back, to work and back,
Doors opening ... doors closing,
Passengers swaying ... some dozing,
Eyes vacant without care,
Thinking only get me there,
Noisy kids, drunks and fools,
Office suits and workman's tools,
My passage paid with a silver token,
Silence the language spoken.



VIEWPOINT 50 CROSSWORD PUZZLE - SOLUTION



Across

- 3 Name of a Committee
- 6 Annual Newsletter
- 9 Yellow Grocery Store
- 10 Number of units on each floor (en francais)

Down

- 1 High Park exit (not Quebec)
- 2 Sister building
- 4 Friendly Property Manager
- 5 High Park animals on the loose
- 7 Bloor West _____
- 8 Age of building



EDITORIAL

I must admit that events I have witnessed over the past several months – sorry, make that many months – have impaired my ability to see the glass as half-full or half-empty. Television, radio, newspapers and even general conversations have clouded my outlook on life. Are these clouds of negativity affecting other people's lives as well?

I do have my sanity tricks: walks in the park, shopping in Bloor West Village, swimming in the pool or sitting peacefully on my balcony watching the city grow and metamorphize. After a mellowing glass of wine, I watch as the setting sun splashes colours of gold on the downtown towers. My little cocoon of sanity is centered around 50 Quebec Avenue.

In full disclosure, I admit to having access to all the materials provided to your co-editors for Viewpoint50. Activities carried out by the various committees, the hard work of the Board, the most excellent staff here in the building are an important reminder that our community is alive and well.

The feature articles are outstanding and point out the incredible knowledge and expertise at 50 Quebec and our sister buildings. Busy schedules made it impossible for other potential contributors to share their written unique perspectives. The monthly social teas allowed us to keep in contact with our neighbours. Guest speakers made us laugh, learn new cultures or share an insider's experiences in their chosen professions.

I now realize that what I thought was my own little cocoon is strongly based on a community of wonderful, sharing people. So a big thank you to all who continue to make our building a sanctuary in the chaotic world we continue to face.

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

Please e-mail your ideas to webmaster@ycc323.com or drop off a note at the Management Office.

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

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AD HOC COMMITTEES & CHAIRS,
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Grenadier Square Construction
Monitoring – Satish Dhar
Meeting/Games Room
Refurbishing – Gary Legault
Nominations – Frank Delling

JOINT BOARD WITH YCC435
(outdoor common areas), 2016:

High Park Green Recreational –
Fern Stimpson & Gary Legault