

Welcome to the 1st edition of our community newsletter! Besides some important messages from the Board, this newsletter will report on happenings here at #5 and feature your announcements, your stories and your suggestions! We will also provide some information for completing tasks which aren't our favourites but.... [See *Waste Management Ideas*, on p. 4] We aim to publish 4x a year...contributions by mid-August, thanks!

**A MESSAGE FROM YOUR BOARD**

Doug Brunton, President  
Gerry Kennedy, Secretary  
Sheila Richardson, Treasurer.

**ON SECURITY**

There have been 3 breaches of security in our building recently:

-A bicycle was stolen from the King Street area of the underground parking necessitating a change in the entry passcode. (The old code worked for 20 years suggesting this breach might have been the result of an inadvertent 'leak'.)

-The lockbox in the front vestibule was ripped from the wall requiring a new key to all outside (and some interior) locks. The lack of other damage suggests this was a targeted crime. Residents were notified and given a new key in a timely fashion.\*\*

-Finally a real estate agent was let in the building by someone she did not know. She then left unsolicited leaflets at the door of every unit. FYI: solicitation is NOT allowed in the building.

**HELP KEEP OUR BUILDING MORE SECURE**

**-never admit anyone you do not know into the building;**

**-never reveal the passcode on the ramp to folks you don't know;**

**-lock your car at all times and remove items from your parking area (they could be tempting!)**

**Thank you for your cooperation** (and thank you Gerry & Sheila for coordinating the changes so expeditiously.)

**WINDOW CLEANING ON JULY 3!**

All arrangements are made by Wilson Blanchard, our property managers. They will not include interior or balcony windows. If you would like to have your interior or balcony windows cleaned, please make a private contract with Ric to do this work. Neither the Board nor Wilson Blanchard can be involved in your arrangement.

**Ric Hoffman: phone 905-741-5419**

**ELEVATOR EMERGENCY? Stuck in the elevator? It rarely happens~ here's *What To Do If...***

- Stay calm: the elevator is linked to emergency services;
- Open the little cupboard under the control panel;
- Push the chrome button on the red box then speak into the 'holes' on the box (you may have to bend down);
- Answer their questions; they will send help right away;
- \*Let them know if you have medical problems [e.g. chest pains, shortness of breath] so they can send medical help
- Push the white bell near the centre at the bottom of the control panel to alert people nearby
- Stay calm: help is on its way!

**Never use the elevator during a fire alarm (More on fire alarms in our next issue!)**

**ANYONE INTERESTED IN A VEHICLE RECHARGING STATION FOR DUNDAS?**

A vehicle recharging station would be an enormous asset for the town of Dundas and an important resource for those owning (or hoping to own) a hybrid or fully electric car. Unfortunately the condo cannot afford to underwrite the cost of a quick charging system for a level 3 (or fast charge) station. It is prohibitively expensive. Still, appreciating that this is a real need, the Board invites persons interested in e-cars to meet in the community room on *Thursday June 14 at 7 pm* to see if there is enough interest for a working group. This group would develop a proposal, lobby the Dundas Chamber of Commerce, businesses and other large condos in the area for support, and ultimately ask Arlene VanderBeeck, our local city councillor, to take it to City Hall for funding. Clearly this would involve a lot of work and the goal for the meeting is to see just how much support there would be for an endeavour of this kind.



**AH, SPRING!**

**WHO TO CALL!** Having a building-related problem? Call **Simone Richards of Wilson, Blanchard Management Inc.** Capable & experienced, Simone will respond quickly but it's best to call *yourself* so you can describe the issue and answer her questions. Simone: **905-504-8800 ext 385.** or [simone.richards@wilsonblanchard.com](mailto:simone.richards@wilsonblanchard.com).



We had stars in our eyes on *Victoria Day!*  
(taken on a 4th floor balcony!)

## OUR STARS!

The quality of life at #5 Ogilvie is enhanced by the services of folks who quietly assume a variety of tasks ~ some more visible than others. All of their work helps to maintain our environment in an attractive and inviting manner and ensures that we are, for the most part, comfortable and contented. Let's give three cheers and our very grateful thanks to our stars:

**Our Board of Directors:** Doug Brunton (President); Gerry Kennedy (Secretary); and Sheila Robinson (Treasurer).

**Our Social Committee:** (new this year!) Elaine Carr, Donna Yates & Mary Lou Collett (& to Trish, our former social committee!)

**Our Coffee Captains:** Pearl (1,5), Jackie (2), Deanna & Flora (3, 4)

**The folks supporting the social & coffee teams:** Jackie who buys the coffee & other supplies, Evelyn who provides most room decorations and Trish who decorates the community room!

**And of course we thank the residents who provide the yummy goodies** we devour so cheerfully at our events!

**And these folks who do some 'invisible' tasks:**  
*Helen A* who waters the plants in the front foyer  
*Lynn & Bev* who welcome & orient newcomers  
*Sheila* who monitors the bulletin board  
*Trudy* who updates the coffee morning notices  
*Bev* - who checked units during the fire alarm

Alas, we regret we are not able to honour the residents who played these and other roles within the condo in years gone by. Importantly it was your service and dedication that inspired us and we carry on in the positive and caring spirit you generated. **Thank you.**

## Report from The Social Committee

Your social committee consists of a team of three volunteers. Together we plan social events throughout the year (for example: the Swiss Chalet dinners) and manage all the money that is related to social events in the condo. That is to say, any money left over from dinners (etc.) is used to purchase coffee and other supplies (and sometimes decorations) for the coffee morning. We also manage the money that comes from rentals of the party room.

Our next event is the *Strawberry Social* on Tuesday June 25 at the 10:30 coffee morning. This is a popular annual event. The strawberries are local and are obtained from Josmar Acres Farm in Lynden. (You will be reassured to know that this farm uses ecologically sound farming practices and only uses chemicals as a last resort.) A sign up sheet will be put up in the elevator closer to the date.

We look forward to seeing you there - and at our other events throughout the year!

**Elaine, Donna and Mary Lou**

Strawberries make life taste WONDERFUL....



### COLD STRAWBERRY SOUP

#### WITH BALSAMIC, BASIL & PEPPER

(4 servings)

- 2 pints strawberries, hulled and halved
  - 1 1/2 cups yogurt [plain, no sugar]
  - 1/4 cup balsamic vinegar
  - 1 Tb honey or to taste [optional]
  - 1/4 tsp salt
  - 1/4 cup chopped fresh basil
  - garnish: 1 tsp coarsely cracked black pepper & basil sprigs
- Puree strawberries, yogurt, vinegar & honey in a food processor Transfer to a bowl, mix in salt and chopped basil.
- Refrigerate 3+ hours. Whisk the soup, ladle into chilled bowls.
- Sprinkle with coarsely ground black pepper & garnish with basil sprigs
- Serve! Enjoy!

### ***A message from The Naked Swimmers....***



Hélène Caron (#506) and Christina Paradela, co-organizers of the *Naked Swim – Women Only* fundraiser, thank each Grafton Square donor for their support. This year, all proceeds went to the Women’s Choir, a not-for-profit group in Hamilton which sings to raise awareness to issues of women’s homelessness. Each year, we select a different local not-for-profit which receives the donations. Since its inception in December 2015, we have raised over \$10,000 for four small local not-for-profit organizations. **THANK YOU!**



### **Have you heard of *The Sweet Potato Project*?**

*Meatless Monday* refers to the simple act of giving up meat once a week. According to the Environmental Defense Fund, if 50% of Americans did this, it would be equal to taking 750,000 cars off the road - i.e it would make a significant impact. Still modifying a meal is not always easy and it helps to know that other folks are doing this too. You now have an amazing opportunity to make a difference to global heating because a small group of concerned Dundasians - Harriet, Emily, Elaine, and Allison - have proposed an initiative called *The Sweet Potato Project*. They invite you to make a pledge to give up meat for just one meal: on Wed June 12. Participate by filling in an online form [<https://forms.glcwjkUveYwoZBi5EW7>] or, if you prefer, one of the forms on our bulletin board (then pop it in the envelope attached).\* If a good number of folks make this pledge for just one day, Harriet and her team will go ahead and commence an energetic campaign for making Mondays a Meatless day in Hamilton. We, concerned citizens of Dundas, can help to get this ball rolling.

\*You can find Harriet, Emily, Elaine & Allison at Memorial Square on June 1—11 am to 3 pm.



### **EVELYN BRUNTON—SHE’S OUR GAL!!**

Evelyn celebrated her 99th birthday at the coffee morning on April 2 (her real birthday being March 31). Indeed, it was a real party and Evelyn was delighted and surprised! It’s such a pleasure to celebrate with Evelyn—she’s always ready for fun! Phyllis brought a beautiful cake that day (which we all enjoyed) and Floor 2 hosted but—and this is a secret—while Evelyn enjoyed the scrumptious cake enormously she admits she has a special yen for sandwiches! She likes almost any kind: salmon, tuna, cheese... So folks... *anyone know how to make a sandwich cake?* Have a wonderful year Evelyn, we look forward to celebrating YOU in 2020!

**EGGSTRA, EGGSTRA....** Trish (#205, 289-238-8335) can obtain fresh organic eggs from Norma Leegstra’s farm in Lyndon for \$4 dozen. This is a real steal, the eggs are great. If interested, sign up at the next coffee morning but act fast: it’s first come, first served because supplies are limited!

*Alone, we can do so little; together, we can do so much*

– Helen Keller

## WASTE MANAGEMENT REALLY MATTERS

**THEN...** Our condo building is a 35-unit mid-rise building. We were amongst the first buildings in Hamilton to experiment with compost bins thanks to city hall lobbying by a couple of residents who had Board approval. In the following years, our building was recognized a number of times by the City as one of the best sites for waste diversion and was used as an example with visiting officials to show how a composting program can be done in a mid-size building. All Grafton Square condo residents are to be commended for their efforts in putting organics where they belong – in the green compost bins in the garage. Keep up the great work! **HELENE**, former board member.

## NOW... WE ARE ALL WASTE MANAGERS

Like it or not, today we are required to sort our refuse and ensure that we are disposing of different types of waste appropriately. Fortunately guidelines exist. And increasingly we recognize that in order to protect our precious planet we must do everything we can to keep stuff (especially plastic) out of landfill.

## KITCHEN WASTE IS A CHALLENGE!

There's the GREEN [food & organic matter, but no plant debris]; the BLUE 1 (clean dry paper), the BLUE 2 (clean containers; no black or dark ones) and GARBAGE (non-recyclables & litter which go down the chute)

[See 'Put waste in the Right Place' Hamilton.ca]

## DISPOSING: BEST PRACTICES

-GREEN ORGANIC MATTER (compostable waste): line your kitchen containers with newspaper rather than biodegradable bags (newspaper is fully degradable; biodegradable waste bags are still plastic—they just degrade more quickly & into smaller bits than regular plastic bags), then empty kitchen containers lined with newspaper right into the large green bin—keep all plastic out of the large green bin

-CONTAINERS & PAPER for the blue bins must be clean and not contaminated by food [if they are contaminated, then they belong with the garbage for they cannot be recycled]

-GARBAGE use biodegradable waste bags if possible

~ Thank you for reading this carefully! ~

## REUSE.... EVERYTHING YOU CAN....use

-plastic tubs #5 for storage or freezing (but not heating)  
-plastic juice bottles for picnics, etc. (cool liquids)  
-rinse plastic bags & use them over & over  
-plastic jars to store food in the freezer [they are kinder to arthritic hands than glass]

## RECYCLE.... WHENEVER YOU CAN

save these items for recycling:

-4L plastic milk bags;  
-used postage stamps;  
-aluminum pop & beer can tabs  
-eye glasses (includ. sunglasses) to Catherine (405)

## REDUCE WASTE... AS MUCH AS POSSIBLE

-refill liquid detergent bottles at *Mrs. Greenaway* or *The Mustard Seed* (\$ savings if you do)  
-buy only what you need (take containers & bulk buy)

## REFUSE..... CONSUME LESS WHEN YOU CAN

-bottled water (emergencies okay) or bottle your own!

## BEV & DONNA

*Do the best you can until you know better, then when you know better, do better..... Maya Angelou*

## HELP WANTED

### **to drop off recyclable items periodically**

We need someone willing to collect recyclable items mentioned above & take them to the following places (who will send them to charities).

(!) St. James Church, Dundas - takes the milk bags and the stamps

(2) the aluminum tabs go to a Burlington Address (Catherine has info).

For your information, here is how the charities use them: The *Robert Hampson Tabs for Kids Fund* sells the tabs to a metal company to buy wheelchairs for kids; 4L Milk bags are used to make woven rugs for floors in 3rd world homes; the *Leprosy Association* sells used stamps for cash; the *Jamaican Society for the Blind* matches donated glasses with the needs of those who will receive them.

*Catherine thanks all contributors and supporters  
~Special thanks to JDW & Jackie & Gerry & Helene~*

*\*Send ideas or contributions ~ chopwood0@cogeco.ca*