

A MESSAGE FROM OUR BOARD

Hello Friends,

I hope everyone is managing through this unusual situation in which we find ourselves. As you know, the government continues to recommend social distancing and vigilance regarding hand washing. Please remember that the gym and community rooms are closed until further notice, and for this reason, neither of these rooms is being cleaned or disinfected.

Ric continues to manage the day to day maintenance of the building and the MUA unit. Maintenance of the elevator was recently completed, with no outstanding issues noted by the technician. The Gardening Committee is working at plans for the front garden, and we will source a supplier to complete the work once a plan has been finalized. We will undertake a reappraisal of the property with the insurance company as soon as this service resumes. Window washing, underground parking washing, and carpet cleaning will be confirmed once the quarantine is lifted. Wilson Blanchard confirmed that these are not essential services, so we will keep you updated.

We would like to thank Ric and Lynn for their efforts in cleaning the building and sanitizing the door handles. We also thank Matt Sheridan for his kind offer to assist with grocery shopping for those in the building who need a hand. I am very grateful to live here, among people who care for each other every day, and now especially during these trying times

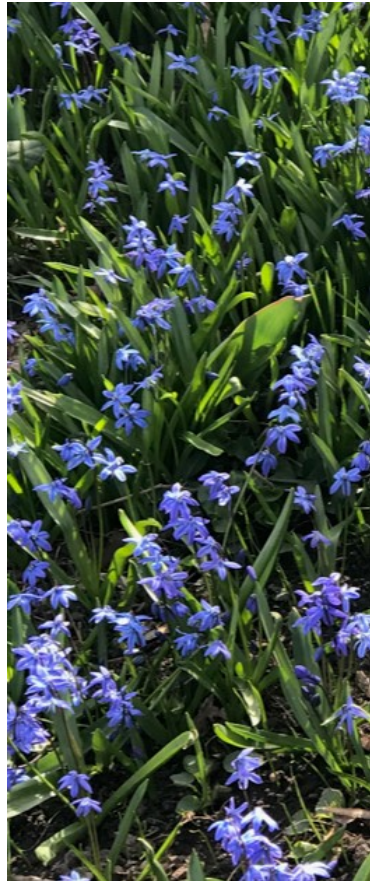
On a final note, I would like to update the **Emergency Contact binder** that we keep locked up in the Community Room. In case of an unforeseen emergency, this binder has been very helpful in the past. If you would like to update your information, please email me at: sarichardson66@gmail.com or contact me by phone at 905-979-3336.

I would be happy to email you a copy of the form that you can return at your convenience, or if you would like to update your information **over the phone**, I'd be happy to do that as well.

Sheila Richardson, President

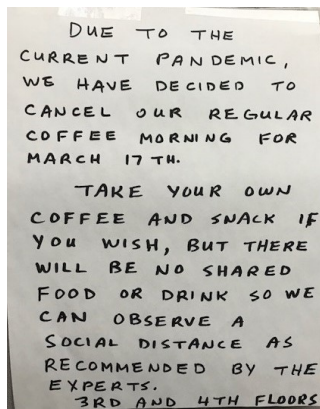
RING YOUR BELLS! MAKE NOISE! After 6 weeks of COVID-19-related restrictions, it's time to let loose a *little*. The Nurses' Assoc. of ON. Suggests we honour our front line Health Care Workers & **make noise on our balconies at 7.30 pm daily!** So bang your pots, ring your bells, sound your horns—let's show **WE CARE.** (Start next Sunday 7.30 pm)

THANK YOU EVERYBODY FOR COMPLYING SO WELL WITH THE MEASURES DESIGNED TO CURTAIL THE COVID-19 PANDEMIC WHICH SO RUDELY INTERRUPTED OUR LIVES IN MARCH. WE SHALL OVERCOME!



Meanwhile *it's spring in Dundas!* And we can still walk to *Dundas Driving Park* and admire the flowers both there and along the way!

Like the petals of a flower
 Or the heart warmth of giving
 We should be so grateful
 For the amazing gift of living
 Marinela Reka



A sign of the times After, all events were cancelled.

THIS ISSUE OF THE *GRAFTON GAZETTE* TELLS A THEN & NOW STORY We read with new eyes, looking at photos taken before we knew what social distancing was & reading about *things to do* which assume it is a fact of life. We presume we will return to normal but more likely we will be co-creating a new one. May we do so with grace and the wise assistance of our Board of Directors.

DON'T SURVIVE **THRIVE** IN BEAUTIFUL DUNDAS!

EAT! Small businesses in Dundas give our town its character & they are rooting for us! **All will shop for us** (with curbside p-u) **most deliver free** [Note: reduced hrs.]

Cumbræ 905-628-4332 M-S: 9-6, S: 11-5; curbside p-u

HOP Urban Market (Horn of Plenty) 905-627-9980

M-S: 9-6 S: 11-5 p-u & delivery info@hornofplenty.ca

Mickey Mcquire's Cheese 905-627-1024 W-S 11-5 p-u & delivery; info at mickeyscheeseoers@gmail.com;

Picone's 905-628-8642 M-S: 9-3 p-u & free delivery in Dundas. Need 2 days' notice & min order \$20;

Sue Preston's Village Bakery 905-379-6772 curb p-u

Fortino's Daily (7-8 am Srs/Disabled) til 8 pm. See fortinos.ca order well in advance

Metro Metro (7-8 am Srs) - 8 pm 1-877-763-7374 metro.ca p-up & delivery [order by 4 pm., days in advance]

Mustard Seed Coop: free delivery to Dundas for members.

MOVE! For Fun, Energy, Health & Strength (see also TV listings & online— Google & You Tube)

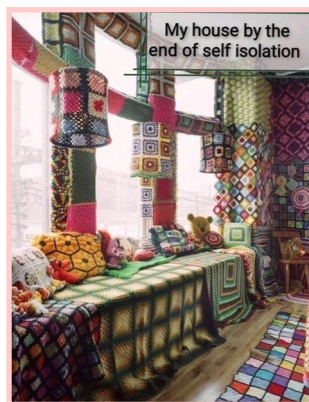
Strength, Balance, Flexibility, & Seated Exercises (videos, free) at <https://www.nhs.uk/live-well/exercise>

Dance Eg: Line dancing: <https://www.youtube.com/watch?v=uZXQuqPnp8g> **Latin cardio** https://www.youtube.com/watch?v=8DZktowZo_k

Yoga beginners: <https://www.nytimes.com/guides/well/beginner-yoga> **Chair yoga:** <https://www.youtube.com/watch?v=-Ts01MC2mIo>

Tai Chi (5 mins/day) <https://www.youtube.com/watch?v=cEOS2zoyQw4>

Walk, Run, Crawl Don't be a move-nothing bear!



CREATE! LEARN! Paint, Sew, Write, Sculpt, Draw, Crochet, Bead, Felt, Weave, Journal, Stitch, Bead, Knit, etc. (see Google & Pinterest.com for tutorials & ideas; also: <https://www.free-online-art-classes.com/>) Buy supplies online.

PREPARE! a legacy/memory book for you or your family e.g. <https://www.lastly.com/blog/memory-book-ideas/>

TELL YOUR STORY, MAKE HISTORY The Dundas Historical Museum wants stories about the effects of the pandemic in Dundas. Participate by journaling or writing about how you are coping in these extraordinary times. How has your life changed? Info at 905-627-7412 or email mail@dundasmuseum.ca

ENJOY! ART & CULTURE The Dundas 55+ site has links to numerous cultural treats including: opera, museums, galleries, musical events, famous places etc. <https://dundas55grp.com> (incl. Ham. Philharmonic Orch.'s Wednesday events)

WATCH Movies Netflix (\$), HPL's *Kanopy* (free)

FILM CLUBS Westdale Theatre filmclub@Thewestdale.ca

READ e-/audio-books HPL's Libby

COOK, CLEAN, MEND, REPAIR, DECLUTTER, GROW, & GIVE to charities (soon)

DON'T HAVE INTERNET? The City of Hamilton offers *Senior's Centres Without Walls* groups meet via multi-person phone calls. Free. Call for info & to register at 905-546-2424 ext 2576

CONNECT with friends, family & neighbours Write letters, cards, emails, texts; phone, Skype, Zoom, WhatsApp, Facebook, Instagram:... Make phone dates for calls that need more time) -Watch movies with friends (via Netflix party?) -Attend/create virtual events church services, dinners, games, etc. (Info from Dr. Google)

TELL US what you are doing to thrive Drop a note (anonymous or not) to #405 for next issue

MEDITATE (BEING before DOING....)

SEX! Now that I have your attention... Please try to meditate at least 15 minutes every day. You know it's good for you. -Marcelo Alves

VALENTINE SOCIAL



WE'RE STILL HERE



ONLY NOW WE LOOK LIKE THIS....



SOCIAL COMMITTEE REPORT

Our wine and cheese social to celebrate Valentine's day was a big success! It was held on Feb. 11 from 4:00 to 6:00 which meant that our working neighbours could join the party. Spirits were high and the wine and conversation flowed. Treats included chocolates, grapes and strawberries dipped in chocolate crafted by Mary Lou Collett. There was an abundance of various cheeses. A cheese platter from Micky McGuire's was made possible through the anonymous donation of a gift voucher. Given the enthusiastic feedback we received, we hope to make the wine and cheese party an annual event.

Our plan to hold an Easter Dinner on April 7 featuring Chinese food from the Dragon Court restaurant in Westdale came to a halt when Covid-19 descended on us like a wet blanket and we all retreated into our isolation cocoons. When this is all over, we will party like there's no tomorrow!

Mary Lou Collett, Elaine Carr, Donna Yates

ALAS, A VERY SPECIAL CELEBRATION WAS DEFERRED



BUT HER BIRTHDAY WASN'T!
HAPPY 100th BIRTHDAY EVELYN

HELP We need photographers to take photos as requested (& as desired) to capture the life & times of 5 Ogilvie. Phone: Catherine #405 905-627-0393 or Jackie #204 905-627-1600. Cellphone OK Thank you!
(ps: female sex not a requirement)



GARDEN COMMITTEE REPORT

On March 19, I met with the Board to discuss a landscaping plan for the front of our building. As we talked about practical matters, like hiring workers, sourcing equipment and supplies and choosing site appropriate plants, including native plants, we ran up against a wall - the Covid 19 social distancing wall. Given all the uncertainty about how long social distancing will go on, the Board decided that it would be prudent to postpone starting work on the landscaping project until the fall. The silver lining is that's when garden nurseries put all of their stock on sale.

Gardens have a healing power. Many writers and thinkers believe that gardens and nature are more powerful than any medication. Gardens will help us heal after the pandemic. In the meantime, we'll take the comfort that our indoor plants and flowers give us and all the plant life bursting into leaf and blossom on the streets of Dundas.

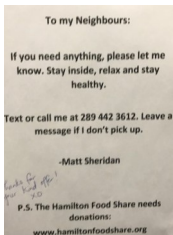
By the way, there's an ongoing situation at the east side of our property, the side closest to *McGuire's Cheese shop*. Some unknown person/s is/are leaving their cigarette butts among the bushes and plants there. If you have any idea who the perpetrator/s are, I would really like to know. If you have any suggestions on what can be done to deter such littering, that would be wonderful.

Donna Yates

Thank you to Marlene Buchanan, Garden Volunteer who was omitted in error in the last issue of the *G.G.*

Kindness isn't doing something for someone because they can't, it's doing something for someone because you can.

A. Iskander

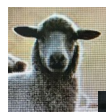


Thank you **Lynn** for *doing what you can to keep us safer...* **Matt** for *caring about our well being....* **Trish** for *keeping us in fresh eggs...* **Helen & Jackie** & those who kindly keep the foyer plants watered... **Sheila, Gerry & Helene** for *guiding us through this difficult passage....* and finally **Ric** for *doing a big job very well indeed.* We are grateful to you all.

Hmmm.....

turns out my top 3 hobbies are:

1. eating at restaurants
2. going to nonessential businesses
3. touching my face



..Then



Now..

OUR COMMUNITY

We don't all know each other and these days, we hardly see each other, so often we are not aware of changes in our community. But changes there are. We acknowledge with sadness the passing of **Flora** Litt Irwin and send her husband **Wayne** (#401) our deepest sympathy. Read Flora's obituary at <https://www.legacy.com/obituaries/thespec/obituary.aspx?n=flora-may-litt-irwin&pid=195857079> and experience the virtual funeral Wayne lovingly created for her on the stpaulsdundas.com website. If you google "A New Way to Mourn *New York Times*" you will get a deeper appreciation of what this development means.

More happily we welcome **Lydia & Ivan Zecchini**, more Dundasites, who recently moved into #207! We look forward to meeting you and hope you will be very happy here.

Helen (#101) we're sorry you broke your hip but happy to have you back and wish you a speedy recovery. Whether or not we were hippies in the 60s, it's interesting that many of us become hippies in our later years - our power coming from repaired or replaced hips now - rather than flower power!

Guinea Pigs Needed for this Untested Recipe!

HEALTHY NO-BAKE CHOCOLATE COOKIES Soft & chewy, guilt free & quick - only 5 mins prep time!

NEED:

- 1/2 cup peanut butter
- 1/2 cup any kind of milk
- 1/4 cup unsweetened cocoa powder
- 2 TB coconut or canola oil
- 1/4 tsp salt
- 1/2 cup honey
- 1/3 cup well mashed very ripe banana [1 medium]
- 1 tsp vanilla extract
- 3 cups quick-cooking oats
- 1/2 cup chopped dark chocolate or chocolate chips

THEN

- Line a baking sheet with parchment or wax paper, Set aside
- In a small saucepan & medium heat, combine peanut butter, milk, cocoa, oil & salt til smooth & well combined. Remove from heat & whisk in honey, banana & vanilla til smooth & lumps have gone. Use a spatula to fold in oats—mixture will be thick.
- With a small spoon, drop heaping tablespoons of the dough onto the baking sheet & gently flatten the mounds into a cookie shape. Then press chopped chocolate on the top.
- Place cookies in a fridge for 30 mins. - the oats will soften and the flavors will meld.

(Source: <https://www.wellplated.com/healthy-no-bake-cookies/#wprm-recipe-container-32581>)

Need a mask? A small number of fabric masks are available @ \$2.50 each. [Perhaps more if 1/4" elastic can be procured!]. Catherine can obtain. (Contact details below)



The Newsletter Committee thanks Bev, Donna, Gerry, Helene, Sheila & Trudy for their contributions. Items not included here may be used in the future. Feel free to submit your ideas &/or photos to #405 by Aug 15. Thank you, Catherine and Jackie