

### From Our Board:

With the cold temperatures of winter behind us, we're ready to greet the spring with the greenery and flowers that so brighten up our world. Is it being too optimistic to suggest that there seems to be a glimmer of light at the end of the long, dark tunnel of covid-life with all its restrictions? The question now is: how will post-pandemic living compare to our life before it disrupted all of our daily routines? Probably, only time will tell, but the optimism of springs hints that

better days are ahead - i.e. we'll once again be able to enjoy the pleasures of the warm, summer days as before.

We would like to extend a hearty "welcome" to our new community members - Diane on the third floor and Sheila on the first floor, we hope you'll enjoy living here. Recently, we've said "good-bye" to Pearl (507) and hope she fully enjoys her new home.

To Kusan, Sue and Sashya, we really should extend our 'congratulations' for having endured and survived their first Canadian winter (a truly 'Canadian-i-zing' experience)..

Our community life has certainly been disrupted over the last two years from the pandemic. The Board would be remiss if it did not mention its appreciation to the various committee members who are striving to revive our community life:

-Our social committee under Elaine's, Donna's & Mary-Lou's leadership designing projects to bring us together;

-The coffee morning volunteers from the various floors resuming our regular every-other-week coffee hour;

-Donna and the gardening committee now, what, you may be wondering, had this committee to do over the winter? The answer: A lot: especially, planning how to rescue and restore the garden at the front entrance to its "splendour of last summer" after the decimation of it last fall. It's rumoured that the committee is ready with its shovels, its rakes, its pick-axes and its total enthusiasm to 'get going'. Look out!

We, also, want to thank Ric for his attention and concern for the up-keep of the building. It is obvious that he takes a sense of pride and commitment to looking after the physical maintenance of the building, and Simone from Wilson Blanchard, our property manager, for her care and attention to our condo needs.

**Board message continued on page 3**



**It's Spring! Centennial Park in beautiful Dundas**

### WELCOME NEW RESIDENTS

**Sheila Russell #101** Sheila moved here from a house on Park Street where she lived for many years. She wants us to know she used to shop at *Grafton's* & bought her maxi coat there circa 1970! She appreciates the friendly atmosphere and interesting people here.

**Diane Mitchell #303.** Diane was born & raised here but left in 1971 to live in the Mount Forrest region. She's happy to be back! She returned to be closer to her

daughter Sandy who has a farm store in the area (but Diane came back many times over the years—her mother lived here until she died in 2011)

Thank you **Olivia**, Diane's granddaughter, for kindly providing the yummy (and pretty) cookies we enjoyed at the coffee mornings on April 19th & May 3rd.

**FAREWELL To Pearl Dirito #507** who has moved to Amica. Pearl was an original inhabitant of #5 Ogilvie - & may have been the first person to come through the front door! Happy 90th Birthday Pearl! We'll miss you!

### A LITTLE HISTORY!

Fortunately we still have a few folks who have lived here from the beginning: Trudy Collis (502) & John & Joyce Kohut (505) are 'originals' & Phyllis Fleming (102) came 1 yr later so she's an original too! Importantly, they put in place many of the traditions which are so meaningful to us today. (See what Trudy says on page 4.)



**One of our very early Board of Directors**

Dennis Carr (Elaine's dad), Trudy Collis, Evelyn Brunton, Betty Boyd & Jim Weatherhead  
(with many thanks to Trudy Collis)

## YOUR COMMITTEES REPORT

### THE SOCIAL COMMITTEE



Four years ago Trish and Paul decided it was time to pass the torch on to another neighbour in this building. I became the bookkeeper and keep track of the finances of the committee. Donna & Elaine are my co-workers. Jackie Beevers buys the coffee, tea and napkins, etc. and submits the bills to me.

We enjoyed many extra dinners and social times before the pandemic curtailed our activities. During the past two year some brave souls rented the party room for family dinners and brought me the request and payment (\$25.00). Due to these funds and some donations, we have a healthy bank account.



When someone buys tablecloths or decorations they bring me the receipt and I reimburse them. Since our coffee hours have started up again you must agree, it's been very inviting! I hope in the future we can have some special dinners and social times in our party room. If you have some ideas we might consider, please see me, Donna or Elaine Until then we hope to see you in the party room.

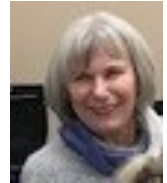
*Mary Lou Collett.*

### THE GARDEN COMMITTEE

I'm very thrilled to announce that the City of Hamilton has planted a gingko tree in front of our building. This is thanks to the City's free tree planting program. Our planet needs more trees and every little bit helps. Spring is back and so is the bird family that is raising its young ones in the nest they built in the hole in the hydro pole in front of our building. What a resourceful and creative use of a hydro pole!

The landscaping in front of our building is awakening from its winter sleep and stirring back to life. Work will soon begin to bring the garden back to its former glory.

*Donna Yates.*



**CRAFTERS' COMMITTEE** We've gotten together in the party room to make Easter decorations with pipe cleaners, stickers & pom poms — we made bunnies & decorated egg shapes. There was much laughter & good conversation & most of all, we had a lot of FUN! We look for-ward to more events like these! Watch for notices! Submit ideas!

*Elaine Carr*



**NEWSLETTER COMMITTEE** Report coming in the next issue; many thanks to Elaine & Sheila

**COFFEE COORDINATORS:** Thanks to Bev, Donna, Deanna, & Jackie & all the folks who provide goodies!

**EGGS** Thank you Trish for keeping us healthy with your fabulous farm-fresh eggs!

**BULLETIN BOARD** Thanks to Elaine for monitoring the Bulletin Board! (Help: we need a bigger one!)

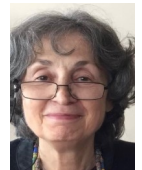
Thank you *Elaine* for decorating the party room and the foyer!

Thank you *Trudy* for posting the very welcome Coffee Morning announcements! (& for the wet-wipes)

Thank you to the mystery person who leaves little chocolates, etc at our doors!

Thank you very much *Simone* and *Ric* for excellent services rendered on our behalf

**AND WE ESPECIALLY THANK OUR DEDICATED BOARD OF DIRECTORS** Sheila & Jerry for serving what must seem like a life sentence (given the duration of the pandemic)! Thank you for all that you do!



**\*\*We sincerely apologize if we have not tooted YOUR trumpet! ALL TRUMPETS MUST BE TOOTED!**

## HOMEMADE AUSSIE BITES

(The delicious & healthy muffins you had on April 5th)

\*A food processor is required

### Ingredients & Process:

1 3/4 c rolled oats. Pulverize into flour in food processor

### Then ADD to food processor:

1/4 cup granulated sugar

1/4 cup dried apricots

1/4 cup raisins

1/4 cup ground flaxseed

1/4 cup sunflower seeds

1/4 cup unsweetened shredded coconut

\*\*1/4 cup cooked Quinoa [do this first]

2 Tb chia seeds

1/4 tsp baking soda

PULSE until apricots and raisins are small bits

ADD

1/4 cup honey

1/4 cup unsalted butter (melted or use coconut oil if you like the coconut taste)

1/4 cup canola oil

1/2 tsp vanilla extract

PULSE until just combined.

### Then

Divide batter among prepared muffin tin

(small muffins are preferable if possible)

Bake in oven preheated to 350 degrees for 10-12 minutes until golden brown

Remove pan from oven, cool on rack until completely cooled, Then remove from pan & store in airtight container for 4-5 days.

With our thanks to Jackie Beavers



### Board Message (Continued from Page 1)

And a very special thanks to Catherine for continuing to produce our *Grafton Gazette* in the face of her other projects.

To keep you up-to-date, here is a brief overview of what has happened or is in the planning stages to happen:

-LED lights have been installed in the garage & the hallways & the community room. These will greatly reduce the amount of electricity used to light the area

-Exercise equipment has been installed in the exercise room - please if you use the treadmill, never ever use it without fastening the **red clip** under the screen onto a piece of your clothing, this stops the machine immediately should you fall or stumble. It is a safety measure that should always, always, always be used: never exercise on it without it.

-Ric has installed a new faucet in the community room. If you've ever struggled with old one, you'll appreciate his work at putting in the new one.

-The next AGM is scheduled for September. Twice there were tentative plans to hold it earlier in the year, but COVID restrictions interrupted each. There are positions on the Board needing to be filled - **Think: "the Board needs ME"!** Accept the challenge is a great way to keep abreast of what's happening and have some say in how things get done.

-Negotiations are underway with the other two condo boards that share our joint areas, e.g. the driveway & underground garage, to deal with the damage that happens each year with the potholes & the water leaks in the garage. The hope is that the repairs will last for another ten to fifteen years before the entire driveway will require extensive (and expensive) renewal.

-With this last point in mind, the normal spring cleaning chores, window washing, carpet shampooing, and garage flushing, are on hold till the extent of the driveway work is determined & when it will happen. This is to avoid the dust & grime of the work from negating what was just done and now needs to be redone.

-The dryer duct cleaning is happening in mid-May (with the option of the dryer's heating unit cleaned as per the notice that was circulated).

So in the inimitable words of that loveable Looney Tunes character: "*That's all for now, folks!*" May you enjoy a pleasant and relaxing summer - we all deserve it after what we've been through over the last few years.

Gerry for Sheila Richardson (President)  
& Gerry Kennedy (Vice-President)



**Sign on the back of a Septic Tank Truck:**

**Caution: This truck is full of political promises**

# Celebrating Our Grafton Community

## We asked ....you told us....

What made this community special for you? Here are the responses we received ~ but even if you didn't write in, we suspect you will agree with some of the sentiments of those who did! *Thank you Everybody!*

**Trudy Collis** The date was June 1998 that I moved into #502. I had no idea if I would like condo living as I had only lived in single family dwellings. I have never looked back. The location is ideal as I can walk to my church, grocery store, pharmacy, library, and the restaurant of my choice. I have never become close friends with any other resident but I hope that you know you are my friend. I have offered my service to you for I feel that if I need help someone will be there for me.

When I first moved into the building I immediately got on the board because I did not know anything about condo affairs (I wanted to know on what my condo fees were being spent). The board does an excellent job in seeing that our building is in good shape and that we have a healthy reserve fund. They are condo owners so they care. Next I organized a card playing evening and then we were having the coffee hour followed by our dinner celebrations. It was just like one big family.

Many changes have taken place over the years. People move on perhaps to another location, long term care, retirement homes and some to their heavenly home. There is always someone to take their place. I do hope that you enjoy living at 5 Ogilvie as much as I have. May God shower you with many blessings.

### Inge Trudel

When I moved in here in 2019 I was surprised by the way that the people in here were so helpful for me to get settled, and I sure appreciated that, and with the coffee hour, really helped to get to know everyone. I have never experienced that, any other place, it's like we are all one big family and I thank everyone for that.

### Donna Yates

The thing that really struck me when we moved here was how enthusiastically everyone welcomed us as neighbours, and it seemed genuine, rather than just polite. As I got to know our fellow residents, I found them to be the most interesting and amazingly nice people.

### Dekyi Lee Oldershaw

Living on the first floor with a disability could easily lead to isolation and depression: no elevator or garage conversations, Covid adds to it. But certainly not here at 5 Ogilvie! Hearing others using the side door on their way to get mail or take the elevator, knocks with offers to shop for (or with) me, transport and wisdom with St Joseph Villa rehab pool, trips to the beach, shared vegan meals....

I've found genuine openness here, gifts at my door on special holidays, opportunities to share ideas in this great newsletter that connects us.... Coffee hours, chair yoga, lobby decorating, chats about joint interests, even others to help with advice about dog bite protocols! Through warm moments in the mailroom, with the sisters that swam at St Joseph Villa rehab pool - new friendships have deepened along with fantastic and life changing cognitive improvements... Thank you for such an embracing...

**Diane Mitchell** Since having the opportunity of moving into Grafton Square, I have met a lot of new friends. I really enjoy coffee hour, exchanging news of things that are changing in our area, etc. The bulletin board on the 1<sup>st</sup> floor is informative. I really enjoy Elaine's enthusiasm - it is very uplifting! If anyone knows of a reliable handyman for odd jobs, I'd appreciate you letting me know.



**Lynn & Bev Haden** The *Grafton Gazette* is a real treasure and such a superb way of keeping in touch. Catherine Woodley, Jackie Beevers, Elaine and Sheila have our hearty congratulations and deep thanks.

We would also like to express our deepest appreciation to Donna Yates for her efforts to enhance the outlook of #5. We stop to enjoy the side garden each time we leave or return, noticing that some spring bulbs are pushing through now. The front gardens were professionally done with Donna's input and will be re-planted to reflect its previous attractiveness. The planters always enhance the entrance thanks to Donna's choice through the seasons. Donna hauls gallons of water to keep everything beautiful. All of this reflect the care and pride we have in our home.

Elaine's craft classes are creative endeavors appreciated by all the participants. Lynn and I have so many of you to thank, have likely overlooked some. You know who you are. A big thank you. Thanks again Catherine for this great communicator.

#### **Paul Cvetich**

We're so lucky here in our Grafton condo to have many guardian angels. Trish and I are fortunate to have experienced the touch of one such angel. My Trish has an occasional loss of a sense of place. A while ago while in the lobby, she became confused about the location of our condo. The big angel, Lynn Hayden happened to come upon her and recognizing her confusion, gently guided her up to our home here in 205. Thanks to our big angel Lynn.

#### **Mary Lou Collett**

Hi Everyone, As Catherine says "We are the lucky ones to be sharing such a great place to call home". I have lived here almost six years and am amazed at the caring helpful friends and neighbours I have met. I previously lived in a condo where, if I could not drive I would need to take a bus or a taxi to get groceries, get to medical appointments or do any banking. When I moved here those necessities were right outside my door.

#### **Mary Lou (continued)**

The happy coffee hours helped me to connect with others in the building. The pandemic shutdown certainly curtailed our social times, however each time I entered the lobby I would find a friendly neighbour to chat with. What a blessing!

One night I found myself alone in the emergency room at St. Joseph's hospital waiting for tests to be done and who should I meet but a friendly neighbour who was also awaiting test results. We enjoyed passing the time together as we waited. Being alone was no longer an issue! I can't imagine living anywhere else! How lucky is that!

#### **Catherine Woodley**

Thinking about the things I love about life here and my feelings about our amazing community, two things leap out. First, when we moved here in 2015 we were 'oriented' in a meeting with Lynn and Bev. I was astounded that they (acting on behalf of "the condo") would take such an interest in newcomers, care about our settling in and understanding how "the condo" worked. It mattered a great deal - especially as our deeper roots were outside of Dundas.

Then, alas, over the next few years Jeremy's illness proceeded apace. Towards the end, when we were waiting for long term care his legs began to give out. He had a hard time realizing he could no longer walk and so he would try - but fall, and he fell and he fell. I couldn't get him up and had no choice but to ask for help. I will be eternally grateful to Paul, Bob, Helene & Ador and Wayne who dropped everything and came to assist when called. Their help was a big reminder that "we're not here to see through each other, but to see each other through."

Thank you so much for seeing us through- and for seeing me through the loss of Jeremy last year.



CONGRATULATIONS & HAPPY SPECIAL 99TH BIRTHDAY

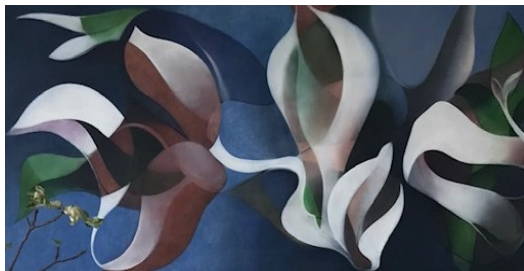
**Phyllis Fleming**

*May this year's journey around the sun be your best yet!*

**Sunday May 8th**

*Let's toot the trumpets with love & gratitude for our own precious mothers (wherever they may be), the mothers amongst us & for all those dear persons currently mothering us!*

**HAPPY MOTHER'S DAY**



**CONGRATULATIONS TO PAUL CVETICH**

who had a fine showing of his ultra-wonderful wooden works at the Paul Elia Studio Gallery in Hamilton. His pieces spoke perfectly to the abstract art of Peter Kirkland with whom he co-exhibited. What a treat!

**Overchoice a problem? Here's some suggestions BOOKS** (all HPL unless indicated)

JACKIE: greatly enjoyed *Cutting for Stone* by Abraham Verghese. If you like books that are set in different lands, have many different layers, including political & personal, let you into complex relationships & human internal conflicts then you might enjoy this book.

BEV: loved *The Guernsey Library and Potato Pie Society* by Mary Anne Schaeffer; *the Little Paris Library* by Janet Skelsion Charles; & all of Terry Fallis' books! (He's Canadian, writes preposterous stories done with hearty humour about Canada that are perfectly logical—the way he puts it!)

BEV & DONNA: loved Vicki Croke's *Elephant Company*

CATHERINE: Elizabeth Gilbert's *City of Girls* is outrageous historical fiction set in 1940s N.Y.C. [you'll like it or hate it]; Jane Johnson's *The Salt Road* (because I'm fascinated by deserts!)

**MOVIES** (all HPL unless indicated)

SHEILA RUSSELL *The Secret of Roan Irish*

CATHERINE: *Belfast* (UK), *King Richard* (USA) *The Intouchables* (French, subtitled) a comedy; *Breathe* (not a comedy but full of life and love); *The Hunt for the Wilderpeople* (N. Z.) comedy

LIZ: *Lucy & Desi* (the documentary) Amazon Prime

*On a very different note: WE NEED a list of reliable, skilled &/or qualified people you'd recommend for 'odd jobs' &/or professional jobs in our units. Perhaps Simone has ideas? to be recorded & kept in party room rmrroom? .*

**\*\*WE KNOW YOU ARE SICK OF HEARING ABOUT COVID BUT READ THIS ANYWAY**

*MASKS* are such a pain to wear but well-fitting masks reduce the chance of acquiring the virus by 83%. (The virus has not gone away; don't toss your masks: **WEAR THEM** & enjoy yourself now that most restrictions have been lifted!) Social distancing is still useful too!

*SANITIZERS & ANTI-BACTERIAL WET-WIPES* are laden with anti-bacterial chemicals. They are useful for high-traffic areas (supermarkets, gyms, shared exercise equipment, cleaning door handles & railings. etc) but it's not a good idea to depend on them otherwise.

Many of us are aware that increasingly *antibiotic resistance* is a major health problem: . Too many bacteria (but other microbes too: fungi, viruses, etc) are becoming **resistant** to the antibiotics (and other drugs) used to 'treat' them. Doctors must address the overprescribing of antibiotics (typically antibiotics are not used for viral infections but used to treat related bacterial infections & apparently at least one antibiotic is effective against Omicron). What role can we play with respect to this problem of increasing resistance?

We must protect ourselves from pathogens without making bacteria more resistant! Importantly, using soap & hot water & our own muscle power removes toxic germs as effectively as anti-bacterials and does not contribute to resistance. So it's best to **WASH HANDS CAREFULLY WITH SOAP & WATER** and **WIPE SURFACES CLEAN WITH SOAP AND HOT WATER**. This removes germs safely without the use of killer chemicals.

PS. If you still need a disinfectant—use (pure) alcohol wipes—they do not generate resistance.

[Ref: Alanna Collen (2015) *10% Human*. NY: Harper Collins. Other refs provided on request].

