

Issue #9  
Sept 2022  
It's Fall Y'all

# GRAFTON GAZETTE

Proudly serving the community of 5 Ogilvie since May 2018

Annual General Meeting  
Wed. Sept 28th, 6.45 pm

## From Our Board:

First, a word of appreciation to Catherine for again publishing another issue of our community newsletter, and to Elaine for her assistance with it. It's a wonderful way of staying connected and sharing with one another our experiences of living and the stories/memories/lessons they bring.

And second, the really big news, that you already know about, **our annual general meeting (AGM) is happening on Sept. 28** (now, how exciting is that?). After the long

delay forced on us by COVID restrictions, scheduling our AGM is another step towards getting things back to normal. The meeting is an opportunity for all of us to get caught up on and to express our views about the current state of affairs regarding the functioning and operation of the corporation.

A project that will impact the community during the next two months is the repair work on the driveway. This is a joint services project undertaken in co-operation with other two condos that share the driveway.

An elevator review is another one of the on-going maintenance projects happening in the near future. We recently had one around the fire-safety that replaced all the fire hoses at the end of each hallway because of their age. Our property manager, Simone Richards, will keep us up-to-date on any on-going repair work that will cause us any disruptions.

Because of the sound fiscal management of previous Boards over the years, we have the financial resources to cover these maintenance expenses.

As the Board of Directors that you have entrusted with the responsibility to look after the affairs of the condo corporation, we look forward to meeting with you at the AGM to discuss any and all concerns, observations and ideas you may have.

**Sheila Richardson, President,  
and Gerry Kennedy**



Let's enjoy the last gasp of summer!

**Ask not what your condo can do for you, but what can you do for your condo? We need new Board Members - Will YOU put yourself forward? On the job learning guaranteed & invaluable.**

**"If we wait until we're ready. We'll be waiting for the rest of our lives!" -Anonymous**

**For further information see:**  
<https://www.condoauthority-tario.ca/condominium-living/>

**CONGRATULATIONS & A HUGE THANK YOU TO SHEILA & GERRY** for handling our condo business *brilliantly* over the last few years (S since 2018, G since 2017), you have risen to every occasion cheerfully & with good grace. *We are very grateful for your work..*

## Missing for Action: *The story of Someone Else*

A search was undertaken to find *Someone Else*. This person's name had often been brought up at meetings....

*Someone Else* was desperately needed to do the job....When there was a task to be completed, the first name on everyone's mind was *Someone Else*.

It was agreed by all, if *Someone Else* could be found, the job would get done as only *Someone Else* could do it.

*Someone Else* was generally thought of as the ideal person for the position. But *Someone Else* could not be found!!

The sad ending was that depending on *Someone Else* to show-up anytime soon was a lost cause. The big question now: Who is going to do the things that was expected of *Someone Else*???

Anonymous

## YOUR COMMITTEE REPORTS & THE COOK'S CORNER

### YOUR SOCIAL COMMITTEE

Hi Everyone

Your social committee has been working hard to give you some positive events.

At a recent meeting we decided to survey you to see what responses you have to expanding our twice monthly coffee hour to include a dinner closer to Thanksgiving (depending on the dreaded COVID.)

We would appreciate having your input in order to move forward. Coffee hours have been good and maybe it is time for more social activities. A dinner would mean our working neighbours would be able to join us. We hope to give you some positive news soon.

Your social committee

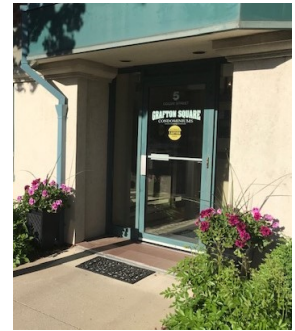
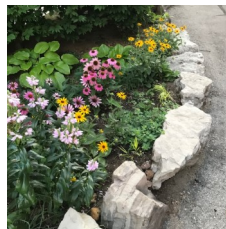
**Elaine, Donna, and Mary Lou**

### YOUR GARDEN COMMITTEE

Rests their case  
(see photos!)

Happy Fall everybody!

**Donna, Bob.**



### WHAT'S GOING ON IN DUNDAS ?

Elaine updates the bulletin board in the 1st Floor corridor regularly. Be sure to take a look! All **Dundas community notices** go there

**Condo notices** go here (or are hand-delivered, mailed or emailed.)

### YOUR CRAFT COMMITTEE

#### Halloween Craft Morning:

Wed. Oct 12—10.30 am

If you would like a morning centred around learning a new craft or learning about a craft, let us know—it might be fun to try something new and find out we like it! All suggestions welcome!

**Elaine**

### CONGRATULATIONS TO

*Joyce & John*

WHO CELEBRATED THEIR SPECIAL

**65<sup>TH</sup> ANNIVERSARY**

SEPT 7, '22

### COOK'S CORNER...THE BEST BROCCOLI SALAD—quick, easy, delicious!

**Mix together these salad ingredients together in a large bowl:**

- 8 cups RAW broccoli cut into bite-sized pieces
- 1/3 cup red onion diced
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/2 cup bacon bits

**Whisk these ingredients together for the dressing:**

- 1 cup mayonnaise
- 3 tablespoons cider vinegar
- 2 tablespoons sugar
- salt & pepper to taste

**Pour dressing over salad ingredients & chill at least one hour.**

Eat! Yum!

**Thanks Trish (#205) for this super recipe!**

## OUR CONDO COMMUNITY

### **Welcome to #5 Ogilvie:**

**507 Welcome Lesley Cumming!**



**501 Jeet & Santokh Pooni !**

The Poonis come to us from Dundas (Pleasant Valley & Jerome Park) where they have lived for 51 years! They are happy to be here, appreciate living now on one level and having resources so close at hand. They have two grown-up children, a daughter in Guelph and a son in Greenville. They look forward to meeting more of us and think they will like it here very much!

**And in 202 Stephanie & Pierre-Nicolas!** It's our pleasure to introduce ourselves as new members of Grafton condo. We are Stephanie & Pierre-Nicolas. We live with our cat, Lionel and soon (at the end of October) a new little human will join us! We are from Sherbrooke (Québec) & will be here for the next year. Pierre-Nicolas is studying at McMaster University for one year and I'm currently on pre-maternity leave. Dundas was recommended as a nice family neighborhood, close to nature. We rented this place knowing little about Hamilton & Dundas, but we are very satisfied with our choice. I really enjoy walking around & everything we need is close by. Also, the people we have met have all been welcoming & kind to us. If we meet, keep in mind that my Quebec accent is strong & I'm doing my best here to improve my English! Nice to meet you!

### **FAREWELL FRIEND**

Sadly dear Marilyn Corbeil Waters died on July 19. Marilyn lived in #402 for 16 years and was a good friend to many of us. Always ready with a smile, Marilyn was devoted to her family and her church (the First Unitarian



Church of Hamilton). She was deeply concerned about social justice & inequality - you could always count on Marilyn to know what was going on in the world. Here in Hamilton, she was a founding member of *Blooms for Africa* (affiliated with the Stephen Lewis Foundation's Grandmothers' Campaign). Marilyn loved it here and participated in our Grafton community when she could. Stalwart, she taught for the North York Board of Education for 34 years. Our condolences to Marilyn's family; she was a very special person & will be greatly missed here at #5. Her daughter Michele [michele.a.corbeil@gmail.com] is happy to hear from you and wants you to know they will be selling Marilyn's unit [#402] in the fall.

Thank you Anonymous for submitting this beautiful poem.

### **For My Children**

It was a hot humid night  
And a knock at the door  
Revealed a little wee boy  
Being brought in, I knew not what for  
But his Mummy had died  
He was in a strange place  
His sister was here & cuddling down  
He must have felt the love, he smiled, no frown  
Together they grew, along with the others  
Missing so much not having a mother  
To this day with each other  
There's still so much love  
Why can't we speak of the love  
We have for each other?  
Is it perhaps the fact  
We grew up with no mother  
Were we taught it's not right  
To let down and confess  
That we are humble beings  
With problems and stress  
Not to let people know  
Our hearts are not of stone  
To pretend we don't feel and we do  
And we do, to the bone  
But never expressed because of the others  
I know if just 'us'  
Could all get together  
We'd light up the room with a beautiful glow  
That's here in our hearts  
For each one to know.

Anonymous.

## STORIES...WE LIKE STORIES...THANX TO THE FOLKS WHO SUBMITTED!



Once, when attending the Festival of Friends, an acquaintance of Liz' happened to see her and said quite casually 'can you sew'? Liz responded 'yes' equally casually and was then asked if she'd help make costumes for a children's theatre. 'Sure' she said, no problem. However, she had no idea what this would mean. To her horror she found that this meant about 60 costumes with a deadline of three weeks. And this was making them from scratch, plus doing some research to work out what kind of costume worked best - it was a major creative endeavour. Ultimately she had to get a little help but it didn't alter the fact that the responsibility had become hers and she was literally sewing around the clock for the three weeks. Would she have been so quick to take on this project had she known what was involved? Certainly she had no idea she could actually do what had to be done. She assumed the task would be a reasonable one but really Mission Impossible was on the cards. But she did it: we say congratulations and very well done Super-Liz.  
**Liz Locs (as told to CW).**

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This is a true story from my youth, embedded in my brain as a child of poverty. I was determined to get a job and earn money.



Thus at 12 years old I got a job babysitting and working Saturdays from 8 am to 6 pm at a local grocery store bagging food for the great amount of \$3.00

My goal was to save enough money to take my mom to Niagara Falls on the ferry from Toronto Queenston Heights. I bought 2 tickets and off we went.

I didn't count on seasickness so I spent most of the crossing in the washroom with many others. On arriving I didn't have money for the bus to the "Falls" or food. My very wise mom did. We had a great day and the trip home was much calmer.

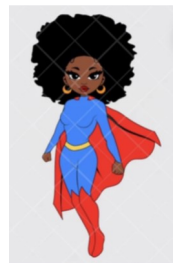
There was music and dancing and we did it all!

These are wonderful memories of my Mom that I will cherish forever.

**Mary Lou Collett.**

In 1968 I was an administrator for some specialty clinics in a busy teaching hospital in the third world (oops! Global south). One of the doctors I worked with did skin graft surgery mostly on the legs of patients who had ulcers of various kinds. This was minor surgery but it had to be performed in a regular operating theatre. On one of the days scheduled for surgery, the OR nurse let us know she could not come in but as the patient had travelled *miles* to get to the hospital at very great expense it did not feel right to cancel it. Before I knew what was happening the doctor had slotted me in to substitute for the nurse. I was horrified but he assured me I could do it - the trays would be prepared and all I had to do was pass him the instruments in order. What could I do? I trusted this doctor and the substitution was not going to be 'advertised'. So I became the OR nurse: was outfitted and plopped right into the surgery. I had no idea what I was doing but the nice doctor was quite unconcerned and just pointed to the instruments he needed and all went well. I was frightened there would be torrents of blood (there weren't) and the patient, who was mostly awake, was quite comfortable with the proceedings. I think he thought I was 'real' but of course I felt like a total fraud. Looking back on the event, however, what I remember most was the beautiful setting: the operating theatre was on the top floor of the hospital with a panoramic view of the surrounding mountains. It was breathtaking. I also recall feeling really pleased that the patient had not been disappointed; had he been turned away it would have been very hard for him. [Perhaps I should mention that the doctor didn't speak much English - he was Spanish! That should have worried me too but somehow it didn't seem to matter at all!]

On another occasion, one of the doctors came to his clinic feeling quite unwell and needed a dose of something quick. He set up a syringe and told me to inject him - well I'd never done that before and I sure didn't want to do it. But he wasn't at all nervous: 'just aim here and push the plunger' he said pointing to a spot on his muscle-y arm. In fact his arm looked so hard I was frightened the needle wouldn't go in - but it did. I am not at all 'medically' inclined and I really found this quite scary. He asked me to do this another time too. Was I any less terrified? No is the short answer.



**Anonymous**

**Stories are the communal currency of humanity  
Tahrir Shah in *Arabian Knights***

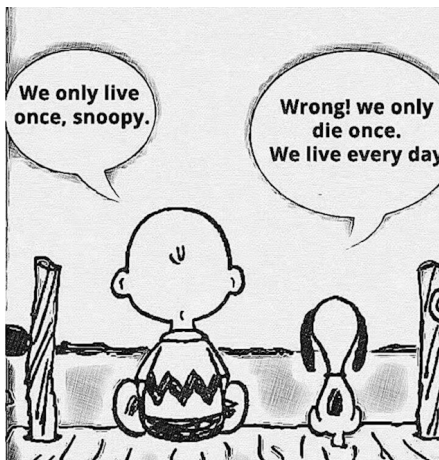


Life without migraines sounded like an impossible dream for me. I've suffered them since 2000 but they got much worse after a car accident in 2014. By December 2020, I'd had over 350 migraines - that's 24hrs in bed, in the dark, no sound, not moving & many times throwing up... I had to visit urgent care many times to get rehydrated & get IV meds. Once Ador couldn't be contacted and my dear neighbour Trudy came to the rescue. Then, after years of trying *everything* to get rid of them, I stumbled across cold-water swimming in Lake Ontario (no wetsuit!). After 3 months, the migraines were less intense, less long and soon, less frequent... Unbelievably I haven't had one now since May 2021, the day we moved to B.C.

On July 31<sup>st</sup> of this year I swam 3 Km at the Kits (Kitsilano) Challenge in Vancouver. This was my first (real) swim race in 20 years and as a friend put it "I crushed it with an unofficial time of 48:38, official time of 47 mins. 26 sec". Just two weeks earlier I'd swum 1.5 Km at Swim Bowen and had zero post-concussion symptoms afterwards. Even after years of rehab, physio, chiro, pulsed electromagnetic field therapy (pemf), etc. I'd say this is a miracle. Huge thanks go to Ador and Roxie who cheered from the beach and all my supportive friends. Amazingly, my swim number at the Kits challenge was **506** - my condo unit number in Dundas for 25 years! Pretty wild! Trudy, Beverly, Catherine, Dekyi-Lee, Phyllis and all my other fabulous neighbours and friends at Grafton Square, this swim was for you. Life and health are such precious gifts - here's wishing all at #5 Ogilvie good health and a long and happy life.

**Helene Caron**

**Don't go through Life - Grow through Life**



## HELPFUL TO KNOW

### HIGHLY RECOMMENDED (BY):

**APPLIANCE REPAIR: Sutton & Son Appliances**, 154 Gage St. N, Hamilton, 905-544-1916 (Donna: says they will help over the phone too, if necessary)

**APPLIANCE SALES & SERVICE: Peter Martin**, 140 Hester St, Hamilton, 905-383-2146 (Margaret had a great experience with them)

**ECOLOGICAL CARPET CLEANING: Eco-suds**, 905-667-5624 (Catherine recommends)

**ELECTRICIANS: Hanks Electric**, 698 King St E, Hamilton, ON L8M 1A3, 905-304-3000 (Catherine)

**PLUMBERS: Dy's Plumbing**, 16 Foundry St Dundas, L9H 2V7, 905-627-5657 (Just about everyone!)

## CARING FOR OUR PLANET

**STYROFOAM** containers for food = garbage BUT large packing Styrofoam can go to Community Recycling for free

**FOIL:** wrapping = garbage BUT foil wrap is 100% recyclable (& saves 95% of the energy used to make it)

**PLASTIC FILM** (on cheese, black garbage bags, mattress covers, etc) = garbage BUT plastic BAGS can be recycled

**\*AVOID BLACK PLASTIC CONTAINERS** all = garbage

## SUSTAINABLE PROUCTS

**[look for:** Canadian, Locally-made, Plant-based, Cruelty-free, Biodegradable, Anti-plastic, Anti-GMO ]

### CLEANING PRODUCTS include

**Eco-Max** Canadian, plant- rather than petroleum-based, **Seventh Generation Products** (still 46% fossil fuel but Unilever committed to becoming fully sustainable by 2030)

**LAUNDRY STRIPS** eliminate large plastic containers

**Nature Clean**—\$10 Fortino's & \$10 Amazon.ca

**Tru-Earth-** \$14.99 Fortino's (Sept sale: \$12.99)

Mrs. Greenway \$16.99

**SHAMPOOS/CONDITIONERS/PERSONAL CARE e.g.:** **Carina Prod:** Horn of Plenty (organic, Canadian, & online)

## DID YOU KNOW

**There's an ONTARIO STAYCATION TAX CREDIT?** To help the hospitality sector recover, you can claim 20% of eligible 2022 accommodation expenses for a stay at a hotel, cottage, camp-ground, etc. when filing tax returns for 2022. Claim up to \$1,000 to get back \$200 [or \$2,000 for \$400 for a family]. See:

<https://www.ontario.ca/page/ontario-staycation-tax-credit>.

**WE LOVE BOOKS AND MOVIES AND** ....(submit your faves for our next issue!.)

**BOOKS: MILL TOWN** by Kerri Arsenault—memoir, family, small town life, impact of industry on environment (HPL) -Sheila

Elliott Pattison’s series beginning with **SKULL MASALA** (HPL has many in this series) -Paul

Sharon Butala **WHERE I LIVE NOW** memoir, recently widowed woman, moves to Calgary & drastic new life [HPL] -Catherine

**MOVIES EMMA**—the best versions have Kate Beckinsale or Romala Garai (HPL) -Sheila

**CHAK DE INDIA** yes, subtitled but absolutely terrific—women! sports! action! fun! (Amazon Prime) -Catherine

**AUDIOBOOKS WHERE THE CRAWDADS SING** - absolutely excellent (HPL) -Elaine  
(tear off survey here)

**RESIDENTS’ SURVEY**

Your Social Committee invites you to complete this tear-away survey and leave it in the bag on the door at Unit 408, the Yates condo.

Several residents wish to resume the social life of the building. They feel that it’s time to return to a more normal life, in spite of covid, and they want to see the return of the social gatherings we enjoyed before covid; such as Easter, Christmas and Thanksgiving Dinners, Valentine’s wine and cheese, Strawberry Socials, and Peach Crisp feasts, etc. The purpose of this survey is to let the Social Committee know if the majority of residents agree and are ready to resume our community's social life.

**Name/s (optional)** \_\_\_\_\_  
\_\_\_\_\_

**Are you interested in attending a community dinner in October to celebrate Thanksgiving?**

YES \_\_\_\_\_ NO \_\_\_\_\_

***To help us in planning events, please reply even if your answer is NO.***

This dinner would be catered by Swiss Chalet. Their dinners have been enjoyed by residents in the past. If you prefer a different meal, you are invited to bring your own dinner and enjoy the convivial company. The event would take place in the Community Room on the 1st Floor after 5:30.

New residents are encouraged to attend and take this opportunity to meet their neighbours. Our building has a reputation as a friendly community where everyone is made to feel welcome.

Given sufficient interest from residents and no flare-up of Covid in the fall, the Social Committee will go ahead and arrange our 1st condo dinner event since Covid. It will be great to return to normal life.

**\*Please write your suggestions for other restaurants or kinds of cuisine in the space below. We welcome & appreciate all comments.** If you have questions or concerns, call any member of the Social Committee: **Elaine Carr: 905-627-7277, Mary Lou Collett, 905-627-1600, or Donna Yates: 905-627-0878.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*The Newsletter Committee* thanks everyone who contributed to this issue—voluntarily or otherwise! We welcome your submissions and ideas and photos for our next issue in December: (please submit by December 5) Thank you! Happy Fall Y’all!  
Catherine (405) chopwoodiv@yahoo.com, 905-745-8854; Elaine (308) laine5@cogeco.ca, 905-627-7277