

A FALL ISSUE!
SEPT. 2024
NOW WE ARE 5

Grafton Gazette

Proudly serving the community of 5 Ogilvie since May 2019

Autumn is a second spring.. when every leaf is a flower.....
Albert Camus

WELCOME & CONGRATS TO OUR NEW BOARD

Louise Kemp
Sandra Litt
Paul Cvetich



View from Dundas Peak

A Message from the Board

The nights are becoming cooler, the leaves are turning colour, the squirrels are foraging for their winter pantries, and I for one am looking forward to one of my favourite seasons of the year: that being Fall.

I am one of two new Board members that was elected at the AGM on August 22nd. My name is Louise Kemp (unit 304), and my husband and I will be moving into the building in mid-October. I lived in Dundas during my teen years and always hoped to return one day and call Dundas my home. My husband and I have lived in condominium communities all our lives whether it was a low-rise, high-rise, townhome, or bungalow condominium communities. We have also each served as Board members on condo Boards in the past.

Sandra is the other newly elected Board member. Sandra Litt owns unit 401. She is presently leasing it to her stepfather Wayne Irwin, who used to live there with her late mother Flora. Sandra is a retired special education teacher who lives close by in Millgrove.

We would like to send out a great big thank to Sheila and Gerry for their invaluable involvement over previous years on the Board of Directors. Now they can take a much-deserved rest from their Board duties! Thank you also to Paul for continuing in his

Board position. Sandra and I look forward to working with Paul.

Sandra and I have had the opportunity to read through past issues of the Grafton Gazette to become even more familiar with the community at 5 Ogilvie. We are most impressed with the efforts that Catherine has made with past volunteers in the production of this wonderful publication. It's an amazing way for residents to feel connected with one another and to be informed of events and activities in the area. We love to see the residents' submissions of recipes, personal stories, and reflections. We're looking forward to reading this current issue!

Good luck to everyone during the upcoming shut-down of the elevator on October 28th. If everyone keeps an eye out for their neighbours and volunteers to help them out when needed, we hopefully can get through this with as little disruption as possible.

Wishing you all an early Happy Thanksgiving! We look forward to socializing and getting to know all of you at future events in the building!

Louise

for the Board - Paul & Sandra

FALL 2024
A FALL WE'LL RECALL!

FIRST DAY OF FALL
Mon. Sept 22,

OUR THANKSGIVING
DINNER –Tues Oct 8

THANKSGIVING DAY
Mon. Oct. 14

TEXTILE RECYCLING
DAY Sat Oct 19

C U LATER ELEVATOR
Mon Oct 28

HALLOWEEN
Thurs Oct 31

U S ELECTION
Tues Nov 5

U S THANKSGIVING
Thurs Nov 28

BUY NOTHING DAY
FRIDAY Nov 29

HOORAY! DAY! ?
Mon Dec 13

WINTER SOLSTICE
Sat Dec 21

CHRISTMAS DAY
Wed Dec. 25

GOOD NEIGHBOURS

are like stars ...
You don't always see them ...
but you know they are always there.

From Mina

SOCIAL LIFE AT 5 OGILVIE

Welcome to all the new folks who have recently moved into 5 Ogilvie St. For many of us who live here, our building is more than a home. It's also a community of neighbours that offers companionship and a helping hand when needed.

One of our regular social activities is the **biweekly coffee hour** in the Community Room at 10:30 on Tuesdays where we share treats and friendly conversation. This also gives us a chance to discuss any practical issues we are having in our units and to discover whether our neighbours have similar experiences and can offer tips and solutions for problems we are having. The residents of each floor take turns hosting the coffee hour. Duties include making the coffee and tea, providing goodies to share, and cleaning up. The schedule is posted in the elevator. The coffee/tea is provided free of charge. The cost of the supplies is covered by the revenue from the dinners and other events that are held throughout the year to celebrate various holidays, such as Thanksgiving, Christmas, Easter, etc. The food for these dinners is ordered from restaurants and those attending pay a surcharge of a few dollars that is added to the cost of each meal. Other events that are held in the evening include monthly pizza nights that include a vegetarian option, strawberry socials, wine and cheese events.

Residents can reserve the **Community room for private functions for a fee of \$25.00** which is paid to the Social Committee. Reservations are recorded on the calendar on the wall next to the fridge in the Community Room.

Elaine Carr and Donna Yates, who are the current members of the Social Committee, are looking to grow the committee. One or two new members are needed as Donna has decided to step down in the near future. She has enjoyed her time on this Committee, but is busy tending to the gardens at the side and front of the building. **If you would like to get involved or need more information, please contact one of the following: Elaine Carr, Unit 308; Donna Yates, Unit 408.** The Social Committee plans and organizes the informal dinners and get-togethers that help to foster the sense of community that we enjoy here.

The Committee also gathers and provides information about resources, services, activities and events in Dundas and beyond that may be of interest to residents. We are fortunate to live in an area where there is so much going on. Much of this information is posted on the bulletin board on the 1st floor outside the Community Room.

The **Social Circle** was started by residents who wanted to meet informally for conversation and companionship on a regular basis without the fuss of refreshments. They meet at 2:00 in the Community Room every 2nd Tuesday, alternating weeks with the coffee hours. Everyone is welcome.

We are fortunate to have **farm fresh eggs from Lynden** delivered to our Community room every 2 weeks for the great price of \$5.00 per dozen. The order sheet is posted in the elevator and payment is made in advance to Unit 205. Trish and Paul, who arranged the egg delivery, were neighbours of the egg lady when they lived in Lynden.

Donna & Elaine

DON'T FORGET: OUR THANKSGIVING DINNER — TUES OCT 8
CHINESE FOOD—WATCH FOR SIGN-UP SHEET

GRAFTON SOCIAL CIRCLE

During winter 2024, a few of us expressed a wish for a get-together to play cards, games or knit with others. Some don't get out as much over the winter and there was a nice gathering which came together. After some weeks, we decided all the activities were actually crowding out what we really wanted to do - Chat!

Even though #5 is a very social building, there have been many changes and some residents are new. There will also be some structural repairs made necessitating big adjustments. Recently we have shared some ideas of how we might cope during the upcoming elevator replacement.

But generally, this is a simple gathering, never the same configuration, where we come and go, support each other, laugh & share news we might miss. **Please join us! All welcome!**

**Alternate Tuesdays from Coffee Tuesdays
At 2:00 pm.**

Bev & Sheila



The Social Circle's 1st incarnation: A Games Get-together!
Marlene, Deanna, Trudy, Bev, Elaine, Sheila



The Social Circle's 2nd Phase: handiwork (if desired)
Bev, Sheila, Donna, Trudy, Jeet.

AND WELCOME TO LOUISE AND DAVID KEMP!

Good luck with your mid-October move!
We look forward to having you with us.

WELCOME NEW RESIDENTS

Welcome **Diane Johnson** (#307) who, with husband **Nigel Roberts**,

moved to Dundas after living in Southampton 10 years. He's in an apartment in Grafton Sq. Main St.. Diane's twin girls & their families both live nearby. One daughter has 2 girls, the other has 4 children! Obviously Nigel & Diane wanted to be near their grandchildren! Nigel has 3 children of his own, 13 grandkids & 5 great grandchildren—scattered throughout Ontario! Diane likes to paint & refurbish furniture & would be glad to show & talk with anyone who has an interest. Nigel enjoys art, cooking & keeps up on world politics & 60's YouTube videos and things historical! We hope you feel at home here with a good balance of privacy & community.

-D.O.



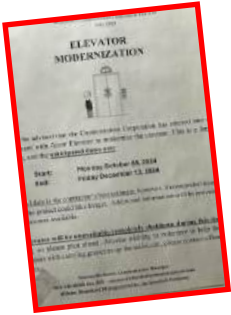
We welcome **Linda & Bruce Mills** (#406). Linda and Bruce have recently moved here from Tillsonberg but they feel very at home in Dundas, having lived here for 23 years earlier in their married life. Plus they have a daughter in the neighbourhood! Linda is an artist but she used to teach - grades two to eight including special education. And she especially loved teaching art! Bruce used to be a Process Manager, a job requiring a lot of travelling all over North America - he would help companies work out the best type of packaging for their products. [Always nice when he came home with samples from Hershey's Linda says!] Linda and Bruce are enjoying Dundas already, are pleased to see it's a thriving little town. Here's to them spending many happy thriving days here at #5.

[P.S. Bruce is a little camera-shy - like many of us here!]



A LITTLE ELEVATOR WIT, WISDOM & WACKINESS.. YOURS & OURS

Take what you like and leave the rest



<-- **BAH HUMBUG**

SURVIVING

Whistle for help if you're hungry.
Wearing masks better than eating dust.
If at first you don't succeed: call a neighbour.
Drown out their noise with your music.
Wear headsets or earplugs to protect ears.
Remove hearing aids if you're deaf already.
Learn a new language so you can swear discretely.
Remember: use a checklist for things you need. Remember: take it with you.
Phone a friend or relative every day.
During adverse conditions, I put my faith and trust in God that He will give me strength and courage to see me through.. Amen.

TOYS & PROJECTS FOR YOUR LOONEY-BIN

Jigsaw puzzles, crossword puzzles.
Games, cards.
DVDs & CDs [Dundas Library has lots].
Maybe subscribe to a free trial of a streaming service (but don't forget to cancel).
Books From our library or theirs
Write letters to the editor.
Write a story about your elevator experience for the next GG!
Take out your UFO (unfinished fabric object) & get it done..(or your UKO)
Sit and be fit with You Tube.
Organize something.

STOCKING UP MATTERS

Keep the list of residents' phone numbers handy.
Batteries? light bulbs?
Tylenol? Aspirin? Prescriptions? Band-aids?
After covid, nobody forgets toilet paper!
Long life milk is not bad.
Frozen orange juice isn't either.
Laundry detergent strips work well & you won't miss the water or the plastic (Fortino's)
Candy might actually be dandy.
A little extra cash on hand might help.
Christmas will come! Get your decorations out!
Lay in some 'hardship' snacks. Save for hardship.

LEVITATE TO ELEVATE

Tough times never last but tough people do [Robert Schuller]
Difficult roads always lead to beautiful destinations.
Forget downward dog on the stairs.
Meditate, It's time.
Enjoy a little more time for self-care Here's an idea (& eucalyptus leaves have healing properties). [Tx Jane Bonham]

WORRIES, FEARS

Will I be able to cheer for New Year?
Will I be able to sleep in my bed on my birthday?
Will Santa Claus remember I'm home?
Will we survive the US election?
How will I get my Halloween candy?
Keep the faith folks.



WE'RE SINGING ON THE STAIRS

(& Singing in the rain)

Well, there's a lovely echo for our operatic voices
Put cookies for encouragement in a stairwell corner.
Eat them before the firemen do.
Use back packs.
Have a phone? Always take it when doing stairs.
Go down stairs on your butt, but do not drink alcohol.
Remember: 'Good foot goes up to Heaven
& Boot foot goes down to Hell
[Or Good foot goes up first (going up stairs) & bad foot goes down first (when descending).]
No you can't throw things over the edge.
You can't sit on chairs but you can sit on the steps.
Take a pillow.
Is it time to pretty up our stairwells?



DELIVERIES

—Dekyi says your friends & relatives can leave items on her 1st floor balcony & you can arrange to get them from her [#103, is unit nearest driveway]

-A few Amazon agents take the stairs now but most are unlikely to be enthusiastic stair-climbers (& are already overworked)..

—Our condo angels deliver to doors now but may be best to minimize ordering

--Some services (Dash the dishes?) might do door to door if you beseech & reward them

—Back packs good for carrying light items.

LET THE PROBLEM-SOLVERS RISE TO THE FORE! LET EVERYONE'S NEEDS BE MET...WE SHALL OVERCOME!

A SPECIAL MESSAGE FROM PATTI

Patti McGhie is our very own Spectator Carrier. Many of us know her & she is definitely a part of our G community!



Hello everyone!

I walk your halls and stairways in the wee hours each morning (3.30 to 4 a.m?). delivering several different newspapers door to door. I started working in the Spectator Newsroom in 1971....eventually wanting to be a Contractor! Sooo this is now my 40th year delivering! I love my routes of 350+ customers, who I like to think are all my friends....and try to do whatever I can for everyone.

I feel terrible that your elevator will be down soon for at least 6 weeks, but it will be wonderful to have a nice shiny new one that we can all trust! During this time I will insert your papers (when necessary), number each one and leave them in your Lobby on a table. I'm hoping someone from each floor will kindly take their neighbour's papers when they head up the stairs?! I truly appreciate everyone's help!

Thank you!

PATTI

IF YOU'RE MOBILITY-CHALLENGED [BUT EVEN IF YOU'RE NOT...]

Whenever the going is physically demanding: self-awareness is crucial.

Know your limits and stick to them. Do not attempt stairs if you use a walker. And if you use a cane be very careful.

Pace yourself, allow for recovery time after exertion. Allow extra time for *everything*.

Ask someone to accompany you on the stairs if you think it would be helpful.

Ask a floor buddy to collect your eggs or your mail.

We can do more than we think we can — if we do it slowly and mindfully.

GO as gently as possible, try not to rush anywhere.. Wear supportive shoes.

We may not like this challenge but we're all in this together - one day we might need the very help we give today.

**GOOD LUCK EVERYBODY
MAY ALL GO AS WELL AS POSSIBLE**

And now, moving on.....

NEEDED: SPECTACLES!

PLEASE DONATE YOUR OLD NO LONGER NEEDED EYEWEAR: Prescription, readers, sunglasses, etc

Catherine [#405] will take them to Jamaica and donate them to the *Jamaica Association for the Blind* Diabetes is a major cause of blindness in Jamaica and vision problems are rife. Glasses are super-expensive there but the Association can match your glasses to people in need. And they much appreciate our help!

Before October 20th to Unit #405

Thank you!

PS This will be our 3rd donation to this organization!



LOOK WHAT WE DID! 14 BAGS OF GROCERIES FOR THE COMMUNITY FOOD DRIVE WELL DONE GRAFTONITES

Thanks to Elaine for coordinating..

OUR STORIES / OUR-SELVES... WE LOVE STORIES & ARE GRATEFUL FOR THESE VERY DIFFERENT THOUGHT-PROVOKING PIECES

SMALL CHANGE

My mother lost everything in childhood. She had lived on an estate in rural Germany with her mother and sister. Her father had died when she was three, but life went on in a genteel fashion until the beginning of the war. When she was fifteen, her mother went out to talk to a neighbour over the back fence, had a massive heart attack and died.

Three weeks later, the Russians swept over the land, and she and her sister were forced to flee on a bus. During a road stop to eat, the bus driver left with all of their suitcases. There were only three pictures of her family that remained in her purse, along with a bit of money. As a result of this incident, my mother was always conscious of the value of money, and to the end of her life, knew where every penny went.

When I got to the age where I was reading, I read about the atrocities that Hitler unleashed on the world, and got to wondering about how much my parents knew about the massacre of the Jews. I asked my mother about it. She said that she had no idea of what was going on. She heard Hitler speak at a rally, and said he was charismatic, interesting, and with the memory of the Russians still fresh in her mind, vital to the health of Germany. Because she was living in a town far away from any of the major fighting and killing, she said that life was very calm, and the war was a far-off event.

When my parents were courting in Germany, my mother worked at an asylum. One day as they were out strolling, my father noted bruises on my mother's legs. "What is that from?" he asked her. At first she was reluctant to tell him, but eventually she capitulated and admitted that one of the particularly violent patients had beat her. She did not make a fuss about it because she needed the work. My father was horrified, and immediately insisted that she quit. In order to insure that she did not go back to that hellhole, he paid the rent on a room for her, and bought her groceries.

After my parents immigrated to Canada, they had a fairly equal division of labour. They both worked on a farm for two years, then moved to a city, and took different shifts working in a factory. When the children began to come, my mother stayed home to take care of us, while my father worked out in the world as hard as he could. He hand-built the family home after his regular job over the space of two years. My mother did all the grocery and clothing shopping, and kept an impeccable house.

When I was eight, I accompanied my mother grocery shopping one day. We went to the cashier, unloaded the groceries, and my mother carefully counted out the payment. The clerk gave my mother her change, which my mother counted, and then, very quietly, she said to the clerk, "This is 10 cents short." The clerk launched into a tirade of epic proportions.



One of three photos that remain of Liz' mother's family. Liz' aunt Cilly is on the left, Hildegard, her mother is in the center and her grandmother is on the right.

"Why don't you go back to Germany where you came from?
 You are no good, and should not be living in this country.
 What right do you have, after all the murdering
 YOUR Hitler did, to live peacefully in this country?"

My mother was flabbergasted - stunned and embarrassed. There was a long lineup of people behind her, her groceries were all packed up, and this woman had cheated her, then yelled at her. We left with the groceries, without the correct change.

From that day forward, my mother refused to go out into the world to shop for groceries, or clothing, or anything else that needed doing beyond the doors of her house. My father shouldered the extra burdens without a murmur.

Liz Locs

POWER AND WONDER

Lynn and I fulfilled a wish of a few years to descend the decommissioned power generating station in Niagara Falls. Built in 1901, it was an engineering feat of its day. Using the most primitive construction equipment, workers dug down six floors below the surface, removing the earth by horse and cart. The water-driven turbines are now reached at the bottom by elevator. They were driven by water piped in at great force turning the turbines 235 revolutions per minute. The water was then expelled back to the Niagara River down a 1/2 miles sluice way.

Today the sluice is paved, damp but free of rushing water and one can walk to the exit where the water was originally expelled. The Falls falling nearby are putting up a spray that is almost deluge strong. The Parks Commission does provide a plastic poncho which is almost ineffective in the spray, but well worth the look.

This is a wonderful piece of our history, preserved and administered by the Niagara Parks Commission. Tickets are timed and seem to be good for about an hour. A guided tour is available to explain more fully the operation but an audio guide is provided to access the various explanation stations.

We decided to access this facility on a Dundas Probus bus trip. No guesswork about traffic putting our timed entrance in peril, with transportation and parking a convenient walk away. The trip included the Butterfly Conservatory, lunch and a fairly new walled garden in Niagara on the Lake. A rose garden, falls garden and Japanese garden were contained within the walls, and were peaceful and Monet beautiful. A stop at a fruit stand, then quietly home.

Ontario Hydro has long-ago replaced the old generating plant. How very fortunate we are to be able to tap into this endless River power with no residue, emissions or pollution.

Not having been to Niagara for a few years, we had dismissed just how magnificent the Falls are. To stand at the brink and see that grand arc and expanse of powerful volume cascading over the brink gives one a sense of wonder still.

It fuels hydro-electric generating stations on both sides of the Niagara River to be reused time and again.

We tend to dismiss locations in our own neighbourhood, yet throngs from around the world make it a destination and stand marvelling at the sight.

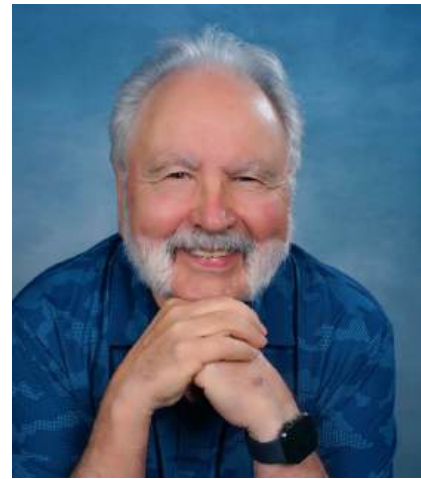
Beverley Hayden



THANK YOU TO THE SOCIAL COMMITTEE FOR A FUN-FILLED PIZZA NIGHT



HAPPY 67TH ANNIVERSARY JOHN & JOYCE



Welcome back Wayne Irwin! [#401]. Some of us know Wayne for he lived here with his late wife Flora until 2021. He moved then to Oakville, to be closer to his son, Aaron. Wayne runs a business creating websites for churches (and helping run them if necessary.) One of his churches is St. Paul's here in Dundas. He moved to Locke St circa 2023 but was delighted when he heard, unexpectedly, that his old place here was becoming free. So he's back - his stepdaughter (Sandra Litt, our new Board Member) is his landlady and he's enjoying re-connecting with friends and activities here. Wayne is an avid traveller, reader and hiker. It's good to have you back Wayne!

**REFLECT, REDUCE, REUSE, RECYCLE
WANTED: TEXTILES**

Too worn, too faded, too stained, too full of holes, etc. Too many textile products end up in landfill. Twice annually (spring & fall) St. Andrew's Church in Ancaster has a company collect textiles which folks drop off at the church. These fibres get taken and reprocessed and made into rugs. Leather belts & shoes are okay but not cushions or pillows. Scraps & threads okay.

[In April we donated their biggest load of the day!]
Please bag textiles & put on top of (or in) the big brown box at Bay 17 (end near Mickey's) [Navy Elantra in slot]
SATURDAY OCTOBER 19 by 10 AM.
Thank You

***NOTE TO NEW PEOPLE:** you can find names and numbers of reasonable local 'handy men' (recommended by residents) on the bulletin board or in the last two copies of the G.G. [see folder in community room].

(EASY) GINGERBREAD CLOUD COOKIES

Ingredients

Dry

- 2/3 cup brown rice flour*
- 2/3 cup blanched almond flour*
- 1/3 cup coconut sugar*
- 2 Tb arrowroot starch (omit for regular flour)
- 1 1/4 tsp ground ginger
- 1 tsp cinnamon
- 3/4 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt

Wet

- 3 Tb blackstrap molasses*
- 2 Tb fresh orange juice
- 1/4 cup unsweetened soy milk*
- 1 tsp vanilla extract

(*reasonable substitutions are acceptable!)

Preparation

1. Place oven rack in middle of oven & preheat to 350. Line a baking sheet with parchment & set aside.
2. In a large bowl, mix all dry ingredients, breaking up clumps of flour or sugar.
3. In a separate small bowl, whisk together the wet ingredients.
4. Add the wet ingredients to the dry and combine using a spatula until all ingredients are incorporated. The dough will seem wet -this is normal.
5. Use a large spoon to scoop out the dough and transfer to the sheet pan. Leave at least 1" between each cookie as they'll spread. Using a heaping tablespoon of dough for each cookie, shape into a ball with damp hands. The cookies will not be perfect circles but they will taste great.
6. Now, use a wet fork (wetness prevents sticking) and gently press the center of each cookie so they're 2" in diameter. I like to keep a glass of water nearby and dip the fork in water between pressing each cookie.
7. Bake for 14-16* mins. until slightly firm to touch but give a little when pressed. Remove from oven and cool completely on the pan. They'll firm up as they cool but are intended to be soft & chewy. Keeps in fridge for 2-3 days or freeze up to 3 months. *Do not overcook!

ENJOY!

***Ashley Madden's**

Plant-based C-B

LOTS OF FUN EVENTS TO ENJOY!



Quilt Show



Cactus Parade!



Art in the Park

DON'T FORGET OUR THANKSGIVING DINNER

TUESDAY OCT 7—A CHINESE FEAST

Feel free to bring your own Three Sisters!

YOUR NEWSLETTER COMMITTEE You will be happy to know that Dekyi-Lee has joined the Committee as a Reporter-at-Large! She joins Bev and myself. Bev is our proof reader—she makes sure this is readable and error-free. Welcome to Dekyi & welcome belatedly Bev! I thank them & all our super contributors! *Next issue:* early Jan.

CREDITS THIS ISSUE: Louise Kemp (for The Board), Jane Bonham., Elaine Carr, Beverly Hayden, Liz Locs, Mina Parkin, Donna Yates, Coffee morning participants for Elevator tips & Marlene Buchanan who requested the cookie recipe. **Photos:** Elaine Carr, Wayne Irwin, Diane Johnson, Dekyi-Lee Oldershaw, Catherine Woodley..