

# Viewpoint50 Year in Review 2014 Digital Supplement

The guest editor for the 2014 Year-end Review was gratified with the professionalism exhibited by the many contributors. Unfortunately space and budget restricted the amount of material that could be distributed in hard copy. The webmaster, however, has countless pixels available for YCC323.com. He suggested that we convert the unpublished information and display on the website. The document is an extension of the newsletter. and is presented as a PDF file. Page references to the main edition are indicated.

## Ontario's Condominium Act Review (see page 4)

The creation of the Condo Act back in 1998 led to a construction boom in Ontario and helped establish a new condo industry in the province. Sixteen years later, there are literally thousands of self-governing condo communities housing over 600,000 units and approximately 1.3 million Ontarians across the province.

The Ministry of Consumer Services is reviewing the Act in a 3-stage public engagement process:

In **stage 1**, the public was asked to bring issues and ideas to the table. In **stage 2**, people with expertise in condominium issues, including condo residents, reviewed findings from stage 1 and developed a solutions report about how these issues can be resolved. In **stage 3**, roundtable sessions took place across Ontario. They provided condo residents a chance to discuss the recommendations from stage 2.

A panel of condo residents discussed issues and proposed solutions. It was made up of 36 randomly-selected condo owners and residents from across Ontario. Thirty were resident-owners. The remaining 6 were landlords or renters, to represent the issues and concerns of their part of the condo community

The government is now reviewing the feedback gathered at these roundtables as well as the public's comments on the stage 2 solutions report. The Ministry will use this feedback and the recommendations from stage 2 to draft a new Condominium Act.

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## Ontario's Condominium Act Review

The groups focused on:

The creation of a Condo Office is recommended to register condo developments, oversee licensing for property managers, provide education and information to owners and stakeholders and act as a first line of defence in dispute resolution processes. The condo office will be funded by user fees and a small levy of \$1-\$3 per month on each condo unit in the province.

The dispute resolution branch of the Condo office will provide owners, directors, and managers with quick, reliable and inexpensive information about the act, the meaning of by-laws and other condo-related matters.

Governance issues have been addressed, with recommendations to set minimum time limits for the retention of condo records, ensure the records are easily accessible, and clarify the rules for quorums, the use of proxies and petitioning meetings.

Condo finances need to be more transparent, accountable, fair and effective. It is recommended that boards write an operating budget and a reserve fund budget each year. Improved communication and disclosure of condo corporation financial data is recommended to help owners and investors understand potential problems in advance.

It is recommended that all property managers undertake a 2-stage licensing process overseen by the Condo Office to ensure they are qualified and well-educated in their field.

(see page 5)

## Online WASTE WIZARD has the answers!



**WASTE WIZARD**

Learn what to do with your waste materials.

**Search** 

The advertisement features a central green box with the 'WASTE WIZARD' logo and a 'Search' button with a play icon. To the right, there are four small images: a grey recycling bin, a white appliance, several brown bags, and a worker in an orange vest handling a blue bin next to a truck.

We all want to recycle all we can, but many plastics and metals can't go in recycling. The wrong items can contaminate the recycling stream, damage equipment and cause workplace injuries.

Use **WASTE WIZARD** at [toronto.ca/recycle](http://toronto.ca/recycle) to learn how to properly recycle and dispose of waste items. This online search tool currently lists over 1,500 items with proper disposal instructions.

**If you don't recycle properly, we can't either.**



Call **311**



## The Ins and Outs of Recyclable Items: Plastic (see page 5)

Despite the increased number of recyclable items, there are still some plastic items Toronto can't currently recycle. The wrong item can contaminate the recycling stream, damage equipment and cause workplace injuries. If you don't recycle properly, we can't either.

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### Top Plastic Bin Sins

These items do not go in recycling:

- Takeout containers with black bottom or tops (such as for roast chicken)
  - Plastic blister packs
    - Toys
  - Cassettes, CDs and DVDs
- Plastic pails, plastic paint pails (with metal handles)
- Plastic over-wrap on pop/water cartons, toilet paper, paper towels

Use the [Waste Wizard](#) an online search tool to help you learn what to do with your waste materials.

### The mobius loop

Just because an item has a mobius loop mark on it, it doesn't mean it's recyclable everywhere. There has to be a market to take the item, so that's why referring to mobius loops as an indicator of recyclability isn't a good idea.



### The number system is misleading - not all are recyclable

Some reasons why the number system doesn't work in identifying recyclable plastics:

- Plastic products with the same numbers may not be compatible: PET (Polyethylene Terephthalate), shown with #1 symbol, is used in a wide variety of packaging applications from bottles to egg cartons to food trays. Although the base material is PET, the manufacturers can alter the composition depending on the designed end-use. The result is that the various products can no longer be mixed for recycling purposes (e.g. there can be variations in viscosity levels (molecular), they may contain chlorine and/or be coated with silicone or glycol, which are not compatible with the bottle grade PET). To date, we have not been able to find secure markets for the non-bottle grades of PET.

A #2 HDPE (High Density Polyethelene) food tub is injection moulded and a #2 HDPE bottle is blow moulded. They both have the same number but one cannot work with the other. We accept both in our program but have two separate markets for these material types.

## The Ins and Outs of Recyclable Items: Plastic (cont`d)

What plastics the City accepts in recycling:

- Items must be solely made out of plastic (no metal, wood, etc. parts or content)
- All plastic jugs and bottles; tubs and their lids

Plastic grocery and retail bags (through processing, items will be sorted according to established markets and unwanted items will be removed)

Set out tips for plastic items:

- No need to flatten jugs, bottles, or tubs
- Tighten lids on jugs and bottles

Foam polystyrene and plastic retail shopping bags

Rinse clean and recycle

- Foam food and protective packaging (e.g. drinking cups, egg cartons, meat trays, takeout food containers, electronics packaging)
- Plastic grocery and retail shopping bags without drawstrings, metal detailing or hard plastic handles (remove receipts: place all plastic bags in one retail or grocery plastic bag and tie handles together)

**(see page 7)**

## Health and Safety Committee

### 2014 Seminar Presentations provided by Toronto Public Health

In conjunction with the office of Toronto Public Health, Ciara Parr, RN, MSc(A) and Stacey Kimura, RD , the committee facilitated three seminars for our residents:









- ⇒ Falls Prevention
- ⇒ Cooking for one or two, and
- ⇒ Reading Food labels.

Each seminar was well attended. Ciara and Stacey are excellent presenters. In addition to providing useful advice, those who attended the cooking demonstration had the opportunity to enjoy a healthy bowl of soup cooked in our meeting room kitchen.

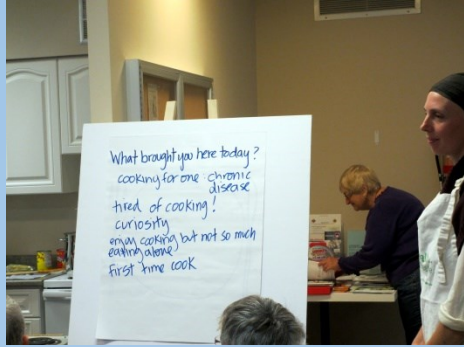
The following pages highlight the three presentations. We are exploring additional opportunities for 2015.

(see page 7)

Falls Prevention - May 28, 2014

 <h2>Preventing Falls</h2> <h3>Safety Workshop</h3> <p><b>Presentation by Toronto Public Health</b> <b>Ciara Parr, RN, MSc(A)</b></p>	
<p>Advertising workshop</p>	<p>Stretch break for attendees</p>
	
<p>Always use an anti-slip bath mat</p>	<p>After falling, roll onto your side</p>
	
<p>Use arms to raise to sitting position</p>	<p>Cross floor by crawling on hands &amp; knees, or using military crawl if knees are bad</p>
	
<p>Pull yourself up to sitting height</p>	<p>Rest often – both during &amp; after experience</p>

(see page 7)



Ciara opens the discussion “why we’re here”



Manev, Stacey and large audience



Stacey begins presentation



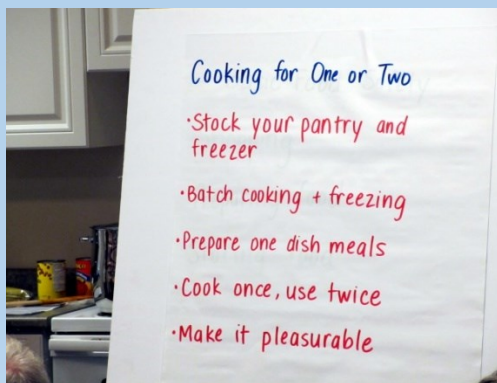
Manev hands out soup



delicious soup



Stacey and Manev clean up





# HEALTH AND SAFETY COMMITTEE

## How to CHOOSE

(see page 7)

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

**1 LOOK at the amount of food**  
 Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

**2 READ the % DV**  
 The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**  
 15% DV or more is a **LOT** } This applies to all nutrients.

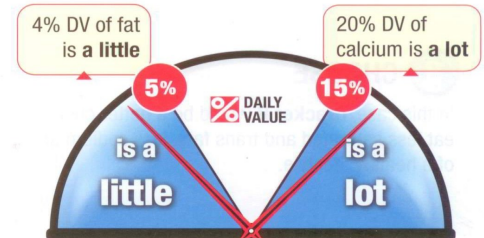
**3 CHOOSE**  
 Make a better choice for you. Here are some nutrients you may want...

- |   |   |
|---|---|
| <p><b>less of</b></p> <ul style="list-style-type: none"> <li>• Fat</li> <li>• Saturated and trans fats</li> <li>• Sodium</li> </ul> | <p><b>more of</b></p> <ul style="list-style-type: none"> <li>• Fibre</li> <li>• Vitamin A</li> <li>• Calcium</li> <li>• Iron</li> </ul> |
|---|---|

**Here is an example of how to choose:**  
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

**Yogurt**

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 75 mg	3 %
<b>Carbohydrate</b> 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
<b>Protein</b> 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



## How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

**1 LOOK at the amounts of food**  
 Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.  
**Cracker A** has 9 crackers and weighs 23 grams.  
**Cracker B** has 4 crackers and weighs 20 grams.  
 Because the weights are similar, you can compare these Nutrition Facts tables.

**2 READ the % DVs**  
 Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.  
**Cracker A** has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.  
**Cracker B** has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.  
**Remember: 5% DV or less is a little and 15% DV or more is a lot.** This applies to all nutrients.

**3 CHOOSE**  
 In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

**Cracker A**

Nutrition Facts	
Per 9 crackers (23 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 4.5 g	7 %
Saturated 2.5 g	13 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 280 mg	12 %
<b>Carbohydrate</b> 12 g	4 %
Fibre 1 g	4 %
Sugars 0 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

**Cracker B**

Nutrition Facts	
Per 4 crackers (20 g)	
Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 2 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	4 %
<b>Carbohydrate</b> 15 g	5 %
Fibre 3 g	12 %
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

**Did you know?**  
 You may be able to compare products that don't have similar amounts of food. For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.

**Understanding Food Labels**

November 24, 2014

Presented by:

Ciara Parr, RN, MSc(A)  
 Stacey Kimura, RD

## HEALTH AND SAFETY COMMITTEE

# Top 5 Things You Need to Know about TRANS FAT

(see page 7)

## 1. What is trans fat?

Trans fat is found in many foods. Most trans fat is “artificial” because it is created when a liquid vegetable oil is made into a solid fat, like margarine or shortening. Some meat (e.g. beef and lamb) and dairy products also have small amounts of naturally-occurring trans fat.

## 2. Where do you find it?

Artificial trans fat may be found in foods bought at both grocery stores and in restaurants. The following foods often contain trans fat:

- Hard margarine, shortening and vegetable ghee
- Baked goods (e.g. muffins, doughnuts, pastries, cookies, tortillas, parathas, steamed buns, pies and tarts)
- Snack foods (e.g. chips, crackers, microwave popcorn, granola bars, cereal bars, wafers, pudding cups)
- Deep-fried foods (e.g. chicken nuggets, fish sticks, French fries, onion rings, hash browns, dumplings)
- Ready-to-eat and frozen foods (e.g. quiche, burritos, pizza, pizza pockets, egg rolls, meat or vegetable pies or pastries, veggie and beef patties, breakfast sandwiches, waffles, toaster pastries, frozen potato products)
- Convenience foods (e.g. taco shells, pie crust, muffin and cake mixes, icing, instant noodles, ready-to-bake dough, puff pastry, hot chocolate mix, coffee whitener)

Read the Nutrition Facts on packaged foods to find out how much trans fat is in your food. The amount listed includes both artificial and naturally-occurring trans fat.

## 3. Why is it bad for you?

Trans fat is bad for you because it raises “bad” cholesterol and lowers “good” cholesterol at the same time. Studies show that people who eat more artificial trans fat are at a higher risk of heart disease than people who eat less.

## 4. Are all fats bad for you?

No. *Eating Well with Canada's Food Guide* recommends that Canadians eat a small amount (about 2-3 tablespoons) of healthy fats each day. This means using vegetable oils like canola, olive and soybean, and choosing soft margarines that are low in trans and saturated fats. Saturated fats are also unhealthy and can put you at risk for heart disease and stroke. Saturated fats are usually hard at room temperature and are mostly from animal sources. Limit butter, ghee, hard margarine, lard, shortening, coconut and palm oils because they have saturated and/or trans fats in them.

## 5. How much trans fat is O.K. in my diet?

*Eating Well with Canada's Food Guide* recommends that Canadians limit their trans fat intake. The World Health Organization recommends that trans fat be limited to about 2 grams or less per day for the average adult, based on a 2000 Calorie diet.

# 5 Ways to Avoid TRANS FAT and Eat Well

1. Eat more vegetables, fruit, whole grain products, lower-fat milk products, fish, lean meat and meat alternatives such as beans, lentils and tofu. These foods have little, if any, trans fat. Follow *Eating Well with Canada's Food Guide*. To get a copy, visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
2. Eat fewer processed and packaged foods, and limit fast foods and fried foods.
3. Read and understand nutrition labels. Look at the “Fat” component and choose products that have less trans and saturated fats, as in the example below. To learn more about nutrition labels visit [www.healthyeatingisinstore.com](http://www.healthyeatingisinstore.com) or [www.healthcheck.org](http://www.healthcheck.org)

Popcorn A	
Nutrition Facts	
Per 1/2 bag (40g)	
Amount	% Daily Value
Calories 130	
Fat 2g	3%
Saturated 0.5g	
Trans 0g	3%
Cholesterol 0mg	
Sodium 230mg	10%
Carbohydrate 24g	8%
Fibre 6g	24%
Sugars 0g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

CHOOSE ✓

Popcorn B	
Nutrition Facts	
Per 5.5 cups (40g)	
Amount	% Daily Value
Calories 220	
Fat 14g	22%
Saturated 3.5g	
Trans 5g	43%
Cholesterol 0mg	
Sodium 320mg	13%
Carbohydrate 21g	7%
Fibre 5g	20%
Sugars 0g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

AVOID ✗

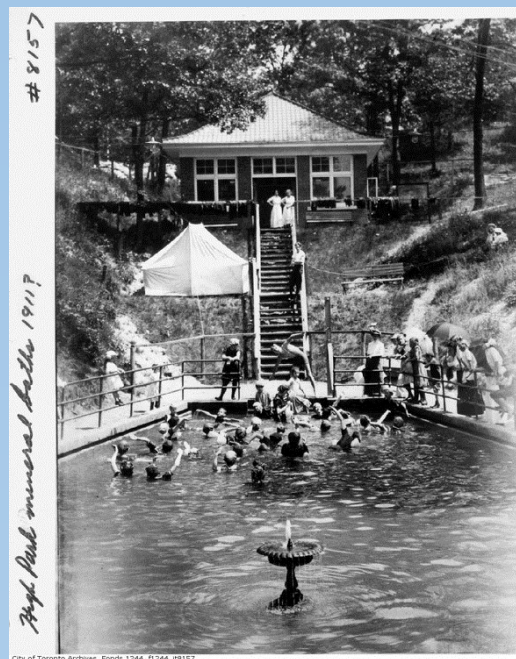
4. Cook, bake and prepare foods with healthier types of fat such as liquid vegetable oils and soft margarines that have no trans fat.
5. Find out how much trans fat is in the food you eat at restaurants and fast food outlets and eat smaller portions. Many restaurants have nutrition and ingredient information available upon request.

If you want more information, contact your local public health unit, the Heart and Stroke Foundation of Ontario toll-free at 1-888-473-4636 or [www.heartandstroke.ca](http://www.heartandstroke.ca), or EatRight Ontario toll-free at 1-877-510-5102 or [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)

This information was developed jointly by Toronto Public Health and Heart and Stroke Foundation of Ontario. The Heart and Stroke Foundation has been leading the fight to remove processed trans fats from Canadians' diets. With the serious impact that trans fats has on coronary heart disease, the Foundation will continue to lead this effort to remove trans fats from foods in Canada.

(see page 18)

## Historical Notes: Viewpoint 50 Supplement



The High Park Sanitarium was created following the purchase in 1906 by Dr. William J. McCormick of 32 Gothic Avenue, north of High Park at the location of Clandeboye, the mansion of Toronto mayor George St. Leger, built in 1899. The High Park Mineral Baths were located adjacent to the sanitarium, variously known as 1962 Bloor Street West and 2000 Bloor Street West.

The first baths were an oblong shape, and used by the patients of the sanitarium. They were subsequently reconfigured into a pair of adjacent rectangular 50 foot x 100 foot pools when the baths opened for public access in 1913. The pool was advertised at the time as the largest open air tank in Canada, at a capacity of 150,000 gallons. The baths were supplied by a pair of artesian wells, one 80' deep, the other 650' deep. The water was heated to 72°F, constantly filtered and chlorinated. At the time, the baths were at the terminus of the civic car line (street car line), making access quite convenient.

We acknowledge the following for  
information

Presented in this document

[www.vintagepostcards.ca](http://www.vintagepostcards.ca) <http://losttoronto2.wordpress.com/>

## **High Park Nature Centre**

Help teach programs, photograph events, write blog posts, or help with



## **High Park Zoo**

Friends of High Park Zoo, its Board and Friends at the Zoo are powered by volunteers. Volunteers are needed at High Park Zoo to support all zoo activities

## **High Park Children's Garden**

Help maintain the garden, help out at special events, or be a special guest at camps



## **Volunteer Stewards**

Help to protect and restore the remaining natural areas of High Park. Activities include planting, collecting seeds, and removing invasive species from restoration sites.

## **High Park Natural Environment Committee**

The High Park Natural Environment Committee is a volunteer group that advises the City of Toronto on the protection and restoration of the natural environment of High Park



For Information please go to <http://www.highpark.org>

(See Page 18)

**Historical Notes: Viewpoint 50 Supplement**

The pools were operated until 1962, when the pools were closed to make way for the underground work of the Bloor subway line. From 1922, the sanitarium was rented by Dr. McCormick to Saratoga Hospital, while 32 Gothic Avenue was rented to Strathcona Maternity Hospital. Later, Clandeboye was occupied by High Park Youth House, a charity working with disadvantaged youth in Metro Toronto. The site was eventually redeveloped into condominiums. Dr. McCormick died in 1968



*Vivian Putnam, Dr. McCormick's daughter writes:*

My father, Dr. W.J. McCormick, went to medical college in Michigan and interned in Chicago. He worked several years at the Battle Creek Sanitarium after graduation and then married my mother, Dr. Florence De Llorbe, who also graduated in Michigan, and was an anesthesiologist. After marriage, they moved to Toronto, Canada, and started the High Park Sanitarium in West Toronto. In order to practice in Canada my father had to graduate from the University of Toronto Medical School. This he did, graduating in 1906. Also, he built a swimming pool for his patients. He then established and directed The High Park Sanitarium at 32 Gothic Avenue in West Toronto, Canada, from 1906 until 1922.

"In 1922, after my mother died, my father no longer operated the High Park Sanitarium. In 1922 my father rented the sanitarium to the Saratoga Hospital and then devoted himself to private practice and vitamin research. His general practice after 1922 was at 16 Gothic Avenue, Toronto. He rented the building at 32 Gothic Ave. to the Strathcona Maternity Hospital.

"Dr. McCormick built and operated two swimming pools, each 100 feet long, at 1962 Bloor St. Toronto from 1913 until 1962. The original pool was built for patients of the Sanitarium, but later enlarged when changed for use by the general public.

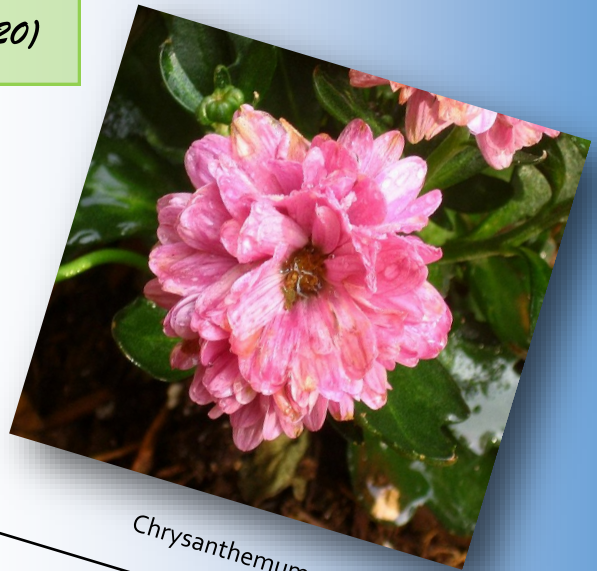
*Accent Plants (see page 20)*



Azalea



Gerbera



Chrysanthemum



Aloe Vera



English Ivy



Peace lily



Poinsettia

*Tall Plants (see page 20)*



Rubber Cane



Dracena



Bamboo (Corn) plants



Norway Palms



Weeping figs