

LANDMARK LIFE



CONTENTS

President's Message	2
Management's Message	3
Obituaries	5
Why is There a Steam Locomotive in Our Lobby?	6
Kingston Penitentiary – The Crown Jewel of Prisons	10
Kingston Penitentiary – Revived?	13
D-Day: The Normandy Invasion - A Stoker's Experience	14
Springtime	18
The Animal Trainer	19
HeyThere Neighbour	22
Food, Food, Food...	23
Social Committee Events	25
Social Committee - Upcoming Events	27
Committees and Activities	27
Fitness Activities at the Landmark	30
Health and Safety	31
Living in Harmony	31
Energy Saving Tips	32
Safety is Everyone's Concern	33

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PRESIDENT'S MESSAGE

Dear Landmark Owners and Residents;

AH!! At last, the sweet smell of spring. Longer days, warmer weather and more time spent outdoors.

While the winter was not severe, we had our periods of extreme weather. Landmark residents, however, remained warm and cozy. Comments from residents and the gas bills over the winter, indicate that our new windows were definitely a significant contributor. And, when you needed to get out of your unit, many of you went to the refurbished pool – where our records have shown an uptick in use.

During the winter, we moved the bicycle storage to a new location, and are in the process of cleaning up Storage Unit 3. The space freed up will either be used for additional storage lockers or as a possible site for the new emergency generator. We have also been scanning old files into electronic formats and getting rid of paper. As well we have removed surplus equipment and spare parts so we had more storage space for new equipment/materials. Finally, we are in the process of replacing the water shut-off valves at the base of all the stacks (36 valves in total). Most were original and needing replacement.

The refurbishing of the Second Floor Lounge is underway. A Committee has been struck and has identified what changes are wanted; issued a Request for Proposal; met with some design firms and are expecting proposals before the end of April. It is reasonable that we might begin this project by June 1.

We have commissioned Keller Engineering to do a feasibility study to replace the emergency generator. The current generator is original and spare parts are difficult to find. As well, regulatory requirements have changed in 35 years and we will need to replace it with a substantially larger generator.

During the summer, we are planning to repair/replace damaged balcony membranes; paint the balcony railings; repair and paint the undersides of the balconies and paint the white slab face between each floor. We are working with Keller Engineering to develop the specifications for this work and expect to have tendering completed and contracts in place before July 1.

Because of the costs are expected to be significant, and there are other projects we need to do, we will likely spread this work over two years

Springtime is also clean-up time at the Landmark. Later in April we will be spraying for spiders and then cleaning the windows. In May we will be cleaning the garage and the hall carpets.

However, a community like the Landmark is not just about building maintenance and upgrading, it is also about social interaction. Special thanks to the Social Committee for the events that they have sponsored over the last year. Exercise and Aqua-Fit classes continue to attract participants. The Snooker group are always welcoming new players and the Bridge Group is ongoing – although they are down to one table and would welcome some more bridge players.

Thanks to the Bendale staff - Terry, Armando, Angela, Darlene and Ron for keeping the building clean and running smoothly.

Welcome to all new owners and residents. I am sure that you will find the Landmark a great community in which to live.

As well, a warm welcome to the Anglican Diocese which moved into the empty office space in the commercial unit.

Best Regards,

Dave Sim – President

PROPERTY MANAGER'S MESSAGE

I have always said that you are only as good as the team, and at the Landmark we have a great team. Your Board is extremely conscientious and works diligently on your behalf, and I thank them for their efforts and the assistance they have provided over the past year. We have not missed a beat in terms of Board members.

I can never say enough about our Superintendent Armando. He is hardworking, caring, conscientious, and takes pride of ownership in the building. Darlene has been an unbelievable addition as, the place has never been so clean. She truly cares and she is pleasant to everyone she meets. With Angela doing a fantastic job in the office, we are in pretty good shape moving forward.

The pool repairs have been very successful. The appearance of the whole area is greatly improved and The leakage into the commercial parking garage has stopped. The new finish that was applied in place of a liner will reduce maintenance issues in the future, which results in savings.

A new, larger and extremely well lit bicycle storage area have been built in the south corner of the parking garage. A vast majority of the comments have been positive. The old bicycle storage area has been cleared out, and we hope to be able provide additional storage lockers in

that space. Board member Janice Kelly deserves a special vote of thanks for spearheading this project.

Last fall we sprayed the windows for spiders a few days before the window cleaning. This has been quite effective and this will become a regular part of our maintenance program.

We have been negotiating with Bell Canada about the possibility of bringing Bell Fibe to the building, and that now seems very likely. Bell Fibe will provide our residents with an alternative to Cogeco for television and internet reception.

You are all aware of the many more projects that are underway or are going to be undertaken, including the renovation of the pool lounge. With a strong Board and the assistance of our committees we will ensure that the projects are completed as proposed and in a timely fashion. I would like to thank the numerous volunteers and committee members who give of their time and energy. I encourage everyone to attend the Town Hall Meetings, and if you have any specific concerns or have questions please contact me, by phone or during site time hours.

Reminders

We continue to have many people ignoring rules and not using common sense, this is concerning. Please read the reminders at the end of this newsletter which address some of these issues. There are a couple that I want to emphasize here:

- People are continuing to use the garage door to enter and exit the building on foot. It is for your safety as noted in the rules that you are not to use this door. Enter and exit the building through the side door. Secondly we need to restrict the number of cycles that our garage door makes to cut costs of door repairs.
- Speed in the garage has been an issue lately. We have people walking about the garage in very tight quarters, please slow down and abide by the posted signs.

I will say however, that our efforts at communicating the issues with the garbage chute and recycling seem to be having a positive effect, we've certainly seen an improvement there. We are looking at alternative ways of improving the safety of our staff in the garbage room.

Terry Landon - Property Manager

OBITUARIES



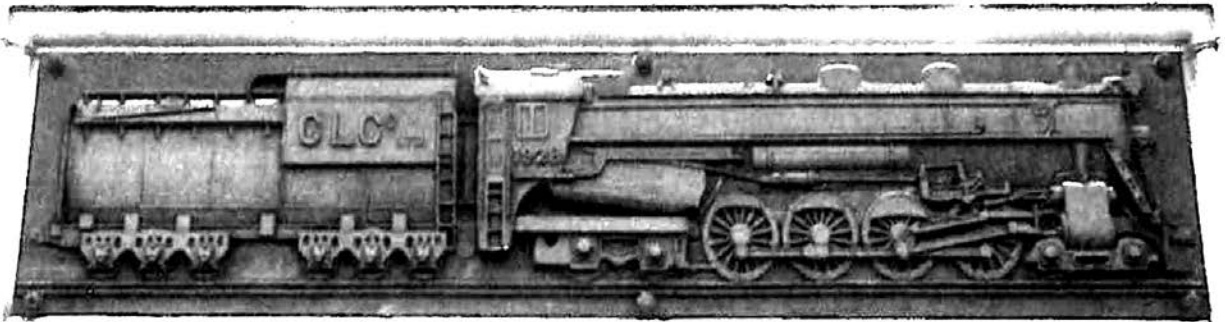
SCOTT, Esther (June 3 1923 – October 13 2016) passed away peacefully at her new home of Arbour Heights at the age of 93. Beloved wife of the late Gerald Scott of Kingston, and loving mother to recently deceased daughter Beverley Scott and Brenda Sullivan of Calgary. Fondly remembered by family and so many dear friends and special caregivers. Born in Chauvin AB, she graduated from Business College and worked as a secretary at Marshall Wells in Edmonton. It was there during the war that she met her life mate Gerald at a Red Cross dance for military personnel. Their courtship led to marriage and a move

cross-country to Ontario. There, not only did Esther raise her own family, but also studied music at the Royal Conservatory in Toronto and taught private piano lessons to the next generation of great musicians. Retirement meant a move from Belleville to Kingston, where church, sewing, bridge and helping others became her new life. During her time at the Landmark, she partook in Christmas parties, TGIF and other events. In declining health, she was fortunate to receive the same kindness she had given to others throughout her life. She will be sadly missed.

ARKETT, Douglas T. - Died peacefully at Rideaucrest Home on Wednesday, November 23, 2016. Predeceased by his wives Joan and Pearl. Dear father of Ronald (Kathy) of Kingston and the late Jane Ellen Whyte. Cherished grandfather of Andrew, Neil and Chris Arkett (Mara) and Margaret Marrocco (Drew).

WHY IS THERE A STEAM LOCOMOTIVE IN OUR LOBBY?

by Rick Holt



When Helena and I bought our condo in the fall of 2012, we immediately noticed the bas-relief of a steam locomotive on the brick wall outside the mail room, facing the lobby. A small plaque under “The Locomotive” explained that this bas-relief had been *in the lobby* of the head office of the Canadian Locomotive Company which had *been on the site of our building* (the italics are mine, because that’s what *I think I remember*). During the renovation of the lobby in 2013, that brick wall was knocked down, leaving the opening that now gives more direct access to the mail boxes. As you know, “The Locomotive” now resides on the wall opposite the atrium. When it was rehung, no plaque appeared to explain what it was, or why it was there. It seems the plaque was lost during the renovation work. No one has been able to trace it.

This left newcomers to the building to wonder what it was doing there, and to rely on the (gradually fading) memories of earlier residents. I had probably read the plaque as recently as anyone, and generally have a good memory, but wasn’t absolutely sure of the “facts” in italics above. I wasn’t able to get any more than “I think it may have said that” from anyone I spoke to. I thought that a pity, and decided to dig a little bit to see if I could verify my recollection.

The Canadian Locomotive Company:

The Ontario Foundry started in 1848 on the Kingston waterfront between Gore and William Streets. It began building locomotives between 1848 and 1854, becoming widely known as Kingston Locomotive Works (KLW) – a name that stuck in the public consciousness, although it was never officially adopted by any of the companies subsequently running the plant. The KLW completed its first steam locomotive on Dec 20, 1854. The company had orders from the Grand Trunk Railway (GTR) but fewer than 30 locomotives were built when it went bankrupt in 1860.

Over the next four decades the KLW had several incarnations (Canadian Engine & Machinery Company in 1865, Canadian Locomotive and Engine Company (CL&EC) in 1878). The respected locomotive builder Dübs and Company, of Glasgow, Scotland, gained control in 1888,

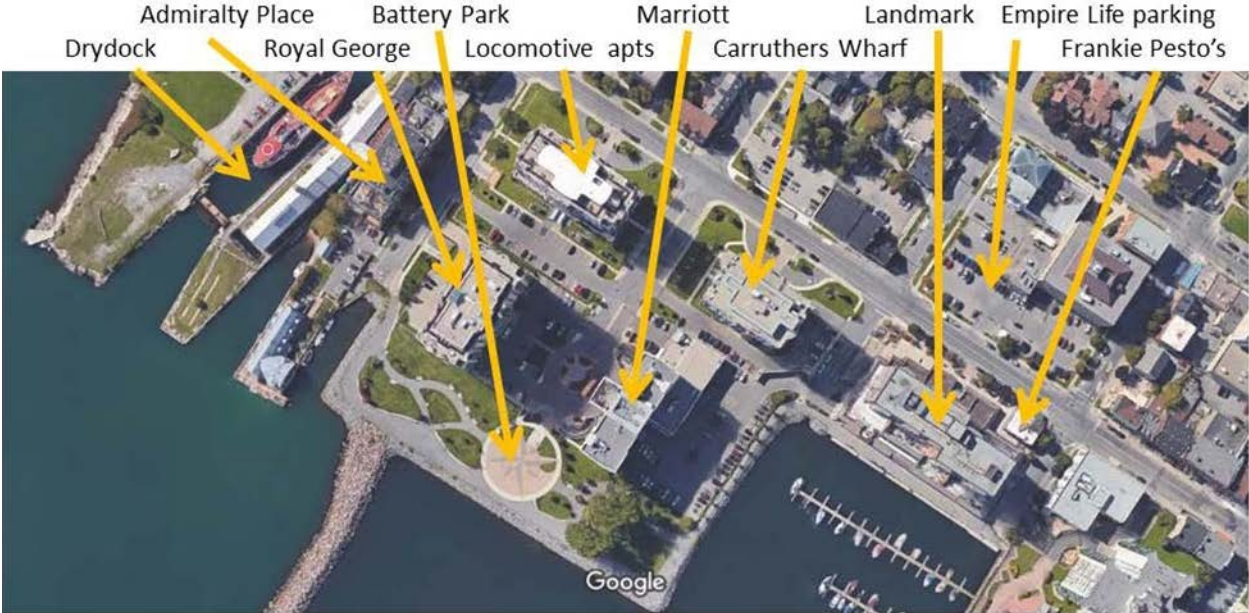
the CL&EC delivering reliable locomotives to the Canadian Pacific Railway (CPR) for more than a decade.

The CL&EC became insolvent and the plant was closed in 1900. It was bought by new investors and incorporated in February 1901 as the Canadian Locomotive Company Ltd. (CLC). It reorganized and increased its production to one locomotive per week. Orders and output increased until the end of the Great War, and then started to decline. The CLC stayed viable with orders to Belgium, France and India.

As the Second World War approached, the CLC realized that the future lay in diesel locomotives and it started investigating partnerships with US companies that had diesel expertise. The CLC never had a lot of success in the diesel locomotive field. After partnering with and/or being sold to several US concerns, the CLC closed its doors in 1968. The KLV had built more than 3000 locomotives over its 120 years of existence.

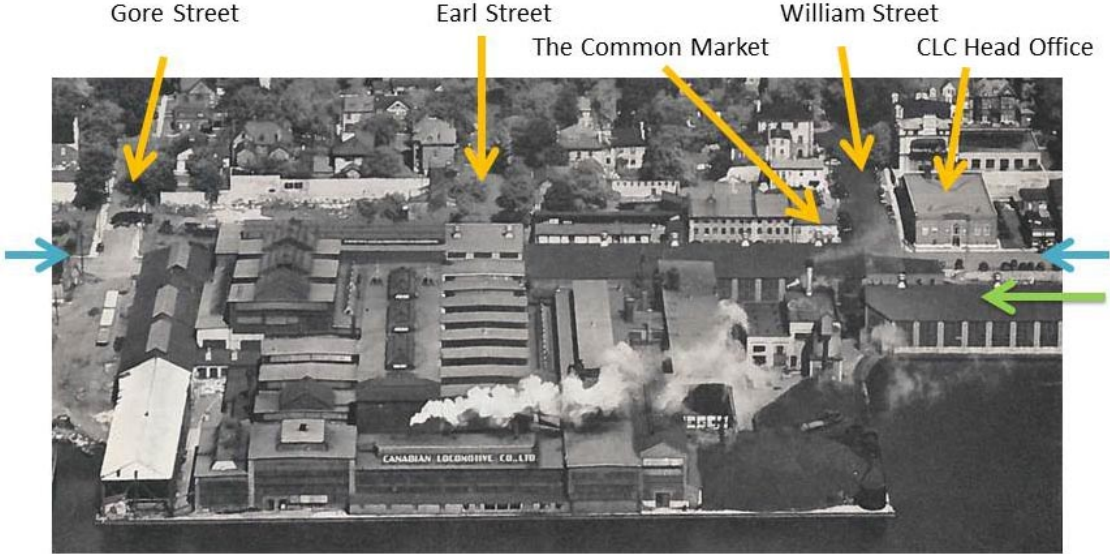
What has this to do with us?

When the KLV could not be sold, the facilities were demolished in 1972, leaving empty the site where the Landmark was built in 1981 and "Block D", now the site of our neighbours Carruthers Wharf, the Locomotive apartments, the Royal George, the Marriott and Battery Park.



Satellite view of the current landscape at the site of the old CLC factory. What is now Frankie Pesto's was originally the Grand Trunk Railway station as pictured in our lobby.

As it turns out, the head office building of the CLC was *not* on the site of the Landmark, but was across Ontario Street, where the parking lot of Empire Life now is.



The CLC, probably in the 1950s. Ontario Street runs horizontally about 2/3 of the way up the picture (blue arrows). Most of the factory occupies "Block D". The building that now houses The Common Market can be seen on the corner of William and Ontario Streets. On the opposite side of William Street is the old head office of the CLC , in what is now the parking lot of Empire Life. The CLC machine shop (green arrow) is the only CLC building on the site of the Landmark. The rest of the site, between the machine shop and Ontario street was a rail yard (not seen behind the machine shop).



The head office of the CLC located on the north-west side of Ontario Street where the Empire Life parking lot now is. The building that now houses The Common Market is recognizable in the background by the quarter circle window under the pitched eave. The locomotive bas-relief above the front door and pictured at the start of this article is indicated by the arrow.

Over the front door of the head office was a bas-relief the same as the one in our lobby (see the header of this article), a portrait of CLC locomotive 1928, the first 4-8-4 (a powerful freight locomotive with four leading wheels, eight drive wheels, and four trailing wheels) made at the KLW. CLC 1978 was purchased by the Canadian National Railway and renumbered by them as CNR locomotive 6100.

The bas-relief in our lobby may be the same one (painted and remounted) or else a duplicate. The book *Constructed in Kingston*, a history of the CLC by D.R. McQueen and W.D. Thompson¹, states that the bas-relief from above the front door of the CLC head office is in the Pump House Steam Museum. The curator of the museum, Gordon Robinson, told me that he has had many queries as a result of that statement, but that, if the museum ever did have the bas-relief, it no longer does so. It seems reasonable to suppose then, that our bas-relief is the one from above the front door of the CLC office. How it crossed the street, and ended up in our lobby, and whether it paid a visit to the Pump House Steam Museum on the way, is still a mystery. If anyone reading this has more information, please contact me.

However it is appropriate that “The Locomotive” came here – after all, we do share our site with the ghost of the Kingston Locomotive Works.



New industrial locomotives awaiting shipment in the rail yard on the site of the current Landmark. The building now housing Frankie Pesto's is in the background at the centre.

Sources:

1. *Constructed in Kingston: A History of the Canadian Locomotive Companies 1854-1968*, D.R. McQueen and W.D. Thompson, (2000) ISBN(-)-9698285-1-9.
2. The Queen's Archives – with the assistance of Jeremy Heil
3. Wikipedia: https://en.wikipedia.org/wiki/Canadian_Locomotive_Company
4. Old Time Trains: <http://www.trainweb.org/oldtimetrains/CLC/history.htm>
5. Google Maps: <https://www.google.ca/maps/@44.2227889,-76.4782862,15z>

KINGSTON PENITENTIARY – “THE CROWN JEWEL OF PRISONS”

“The Kingston Pen stands idle and empty; an unlikely marker of time, no longer a guardian of secrets but now a custodian of history”, as Martha Ilboudo writes in *Power and Influence* fall 2016” (The Hill Times). She continues “Shortly after it closed its doors, new life was breathed into the aging facility in the form of guided tours to raise money for United Way charity. The monotonous footsteps of inmates threading through the long narrow hallways have been replaced with the hurried sound of excited visitors looking to get a glimpse behind the prison’s famed walls.” She ends, “Although tides of change are coming, Kingston Penitentiary remains, as it always has, a quite observer – jutboxed (*sic*) between the here and now, the past and the future, quietly watching and waiting for its next chapter”.

So Kingston Pen is closed. We might not miss it as such but it has an interesting history. Here is an historical overview mostly as per The Kingston Whig-Standard from 2013.



Construction begins 1834

English-born architect William Coverdale arrives in Kingston as construction begins on the Provincial Penitentiary.



First convicts arrive 1835

Portsmouth Penitentiary opens; the first six convicts arrive from Toronto. Prisoners were not allowed to speak to each other, “exchange looks or winks,” or “laugh, nod or gesticulate to each other.”



Female prisoners block built 1913

The Northwest Block is built for female prisoners. Maid Grace Marks served time at Kingston Penitentiary after being convicted in the 1843 of murder of her employer Thomas Kinnear in 1934.

In 1996, author Margaret Atwood published a novel about Marks, “*Alias Grace*” and in 2017 an American-Canadian television miniseries adapted from the novel by Sarah Polley will be aired.



Five convicts escape 1923

Notorious bank robber Norman “Red” Ryan and four other convicts escape by setting fire to a stable next to the east wall. With a smokescreen to shield them, they propped a ladder against the wall and clambered over. The gang was eventually captured after deadly gunfire with Minneapolis police.



First riot 1923

The prison experienced its first riot, a six-day disturbance that was the largest of 16 serious uprisings that took place between 1932 and 1937. Convicts seized guards, barricaded the prison tailor shop and threatened to set it afire. Tear gas was used to quell the disturbance.



Million-dollar riot 1954

A two-hour riot broke out involving hundreds of prisoners when some convicts were getting ready for a baseball game. They knocked down a guard with a baseball bat and, using a lighter, set fire to buildings, including shops and a warehouse. Fire destroyed the grand dome and total damage was estimated at \$1 million. The disturbance was quelled by guards with the aid of 160 soldiers and a squad of RCMP officers.



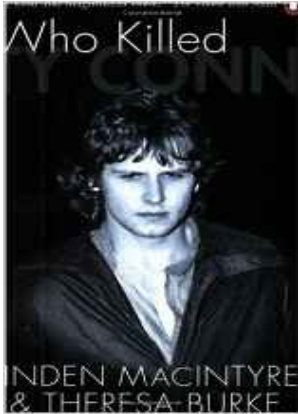
Guards held hostage for days 1971

During a four-day uprising, inmates held six guards hostage, destroyed most of the cell blocks and killed two prisoners deemed “undesirable.” The occupation ended with the inmates gaining no concessions from prison officials, but an inquiry into the cause of the riot resulted in recommendations that led to avenues for prisoner redress.



A national historic site 1990

Because of the “sophistication of its plan, its size, its age and the number of its physical facilities of special architectural merit that survive from the 19th century,” Kingston Penitentiary becomes a National Historic Site.



Conn escapes 1999

Convict Tyrone Conn employed a ladder and a homemade grappling hook to scale the prison's 10-metre-high wall and used cayenne pepper to prevent dogs from following his scent. His escape wasn't detected for four hours. Two weeks later, police surrounded the Toronto apartment Conn was in. He took his own life rather than being captured.



Closure announced 2012

The federal government announced that Kingston Penitentiary would be closed within two years. The date was eventually set to the end of September 2013.



Inside Kingston Penitentiary 1835 – 2013

by Goeffrery James

Cell decorated with Harley Davidson and East Van logos.



Public Tours

Guided tours through KP will offer a rare and unique opportunity to go behind the walls of Canada’s oldest and most notorious maximum security prison. The tours, starting mid-May, will provide an up-close look at KP as an amazing historical building and a national historic site, that predates Canadian confederation.

KINGSTON PENITENTIARY – REVIVED?



Below is some interesting news concerning Kingston Pen, as per the Kingston Whig-Standard.

A project proposal called Hatter's Bay is led by five prominent Kingstonians, including former mayor Harvey Rosen. Other members of the lead group are George Hood, George Jackson, John Curtis and Dr. Michael de la Roche.

The group sees the penitentiary property as a prime site for Canada's first "sailing centre of excellence" as well as a wind research facility, prison museum, condominium development, a hotel similar to the Liberty Hotel in Boston, (which retained much of the historic structure of the former Suffolk County Jail), along with shops and lots of outdoor public space. The group confirmed late last year that it has secured \$300 million in funding from the Bank of Nova Scotia for the mothballed prison property.

The City of Kingston is also undergoing its own visioning process for the property and hasn't yet publicly endorsed the Hatter's Bay project. The property is still owned by the federal government. According to George Hood, a prominent Boston architect, Norris Strawbridge, created the drawings.

George Hood knew Strawbridge when both men worked together on the Queen's Centre during Hood's tenure as the University's Vice-Principal of Advancement.

Strawbridge, who is also a two-time winner of the America's Cup sailing race, in 1967 and 1970, was involved in the design of the sailing venue for the 2004 Olympics in Athens.

D-DAY: THE NORMANDY INVASION - A STOKER'S EXPERIENCE

My name is Lorne Empey; I was a stoker on HMCS Minas, one of ten Canadian minesweepers crewed by 850 Canadians which formed the 31st Minesweeping Flotilla that led the American Forces to Omaha beach on D-Day; June 6, 1944.



It was 0800 hours on June 4, when I went on watch in the boiler room. When I was relieved four hours later, I discovered that the Captain had made a speech. "What did he say?" I asked Jimmie

Owls, my relief. "Well first of all, he pointed at a city on the coast of England and said that's Poole; we'll be here till were told to move. I can't give it to you exactly what he said," said Jimmie, "but the message is that the invasion of France is gonna start soon, and we are gonna lead the way. There is gonna be six minesweepers in the sweeping configuration. The other four minesweepers will be on standby ready to fill in if one of us gets knocked out. The orders are that there is no stopping or turning back, no matter how many ships get sunk. It's imperative that all mines are cut up all the way to the beach. He says that it's almost certain that we will be discovered, and we will be at the mercy of the German shore batteries. He said that the brainy guys who figured this out say that they are expecting between 30 and 50 percent casualties. He says now is a good time to write your loved ones and your will."

The boys in the stokers mess are really talking up the situation. They understand what is about to happen. They talk about how they could save themselves if their ship is sunk. Everyone had a new life jacket with their number stencilled on the back. The jackets had a pocket with a light, a battery and a whistle. Allan Matheson suggested that they could be rescued from the water easier if they had something on their jacket to hook onto. "Great idea," said Phil Quigley, "I'm gonna loop a rope through the arm holes of my jacket and join it with a splice." "I'm gonna do the same thing," said Eddy Sorel. I agreed, "It's a good idea," and I did the same. No one could come up with any more ideas on how to improve our chances. The odds of making it seemed to be between 50 and 70 percent. "Oh hell," said Army Armstrong, "the odds are better than 50 percent, let's go get supper." I'm not sure of how the other guys really feel, but I'm trying not to worry about surviving the operation. It must have something to do with the "can't happen to me" mindset of youth. I guess.



It was the afternoon of June 4th while I was off watch that I heard the anchor chain start to rattle up. I went up on deck and looked around. The ships of the 31st Minesweeping Flotilla were all starting to stir. And they were soon making their way slowly back out to sea. The HMCS

Caraquet and a Fairmile took the lead followed by the HMCS Fort William, the HMCS Wasaga, HMCS Cowichan, HMCS Minas, and the HMCS Malpeque. Following in their wake was HMCS Milltown, HMCS Blairmore, HMCS Mulgrave, and the HMCS Bayfield. Two danlayers: Gunner and Green Howard came next, followed by two Fairmiles. The flotilla started to stretch out as they moved seaward. The flotilla was well trained and each ship knew exactly what to do and when to do it. The Flagship, the Caraquet under the command of Commander Tony Storrs, was first to get her sweep out and as soon as distance would permit, the Fort William fell in directly behind the Caraquet's float and began to deploy her sweep wire. Like clockwork, the four following sweepers fell in, in their turn until the entire flotilla was stretched out over its entire length and breadth of about 6000 yards long and 1200 yards wide. Watching the entire show, I marvelled at the magnitude of this momentous operation, and the skill of the people carrying it out. From my perch on the bow of the Minas, I see the Caraquet is so far ahead (about two miles) that it is nearly out of sight, and the ships bringing up the rear are about a half mile behind. I can see that the helmsman on the Minas will need to see the float of the Cowichan on his port bow at all times. And I wonder how he'll manage once it got dark. At about 1700 hours, the strung out flotilla began the slow crawl toward France. I estimated the speed to be about a very brisk walking speed.

Very soon after leaving the staging area, word came down from the Captain of the Minas reiterating what he had said before except now that the flotilla was under way, the mess decks will be cleared and closed up because of the danger of entrapment. I am well aware of the possibility of entrapment of the stokers on watch in the stokeholds. To escape, the stokers will need to climb the vertical ladder, and negotiate the air lock to get out on deck.

I am on the 1600 - 2000 watch in number one boiler room, when at 1730 hours, word came down from the bridge that the invasion is postponed due to rough seas, and the flotilla is ordered to stop and return to the staging area.

In the afternoon on June 5, the flotilla once again begins to stir from their anchorages, and the ships begin to make their way back out to sea following the same pattern as the previous day. By 1730 hours the flotilla is once again on its way to France. I came off watch at 2000 hours. It was not yet dark, the sea is choppy, and it's cloudy. The mess deck is closed, so I make



my way to the foredeck, scanning the seas for floating mines. I am able to see the Cowichan's float at the end of her sweep wire faintly about a hundred yards ahead off the port bow, but I see no floating mines. All of the off watch crew, deprived of the shelter of their mess, are somewhere on deck doing exactly the same thing as I: roaming the deck. I speak to a friend; a seaman who is on watch as part of the sweeping gear crew. "Do you know if we've cut up any mines so far?" I ask. "No way of telling," replied the seaman, "and no one has reported seeing any that was cut up by the Cowichan." Soon it becomes dark, and I wonder again how the Minas will be able to maintain station without benefit of visuals. I am happy to go on watch in number one boiler room at midnight. I feel that I really

need to do something. The boiler room is actually a pretty good place to be. It is kept cool by the forced draft fan, and at this slow pace of the ship, the boiler requires only one oil burner to keep the steam pressure up. My job is to have an eye on several things constantly, but there is always the danger of inattention. All the systems are manually controlled and they require frequent adjustment. Night watches are particularly difficult at times because of the natural inclination to want sleep. My mate and I, for four full hours, continuously interact with each other in order to keep our minds busy and alert.

I finish my watch at 0400 hours on June 6, get a snack from the galley, take a stroll around the deck, and I see that conditions are the same. It is still overcast, very dark and quiet. I find a quiet spot, and lay out on the deck hoping to get a little sleep. I'm uncomfortable on the steel deck, and unable to sleep, I get back on my feet, and begin strolling the deck, and assessing the situation. It's still very dark and very quiet. Word from the bridge says that we are about 6 miles from the French coast. We have swept and marked a corridor, 1200 yards wide, and we are now clearing a large area for the transports to congregate. I wonder, "If we are so close, why haven't we heard from the Germans?" The sweeping continues on a line parallel to the coast, getting closer and closer to the beach. It is still very quiet and very dark. Away off in the distance, somewhere inland there are explosions, probably from bombs being dropped by the allies. With the dim light in the background from the exploding bombs, I can just barely see the faint line of the French coast. "But why don't the coast batteries see us?" I continue to wonder, "Well, it's still dark and maybe they can't see in the dark. Maybe they don't know we're here; maybe they do and they're playing possum: just waiting for us to get closer."



I glance at my watch: it is almost 0600 hours when suddenly with a tremendous roar, the sky is abruptly bright daylight; an explosion of brilliant light, lit up by star shells and shore batteries, and the sky is full of aeroplanes heading toward the coast, I look seaward and there in the forward area are the battleships, cruisers, and beyond that, troop transports and a whole armada as far as the eye can see. The big guns are spitting fire over my head toward the coast. And on the coast above the cliffs, which are now visible, the bombs and the projectiles are exploding. The sights and sounds are spectacular and ear splitting. The coastal batteries are actively firing at the big ships. The flotilla is in the process of hauling in their sweep wires and are turning toward the big ships, when suddenly a very large cruiser comes barreling along the coast with all guns blazing: cutting across the bow of the Minas and missing it by only a few yards. With the sweeping gear finally aboard, the Minas makes its way seaward to the battleships, passing and cheering on the first of the soldiers heading to the beach. The Minas circles its way around to get beside a battleship and drops anchor. The first part of the job of the 31st is done. From this vantage point, the crew of the Minas become spectators to a horrendous pounding of the cliffs above the beach by the battleships and bombers. Looking eastward, I see the same scene, with the same pounding of the coast and at the same time loaded landing crafts slowly puddling their way toward shore through the choppy water. Most

making it, and some not. I see lots of evidence of destroyed boats as debris of all kinds comes floating by; moving slowly on a tide that was moving west to east. This debris includes lifeboats, and unopened boxes, and who can tell what else. I am too far away to see the Americans hit the beach, but I can imagine what they must be going through, and I can not help but reflect on the truly miraculous luck that kept the shore batteries (Hitler's Vaunted Atlantic Wall) from discovering the 31st under their noses. At 0800 hours, when I go on watch in the boiler room the battle seems to have let up. The battleship Texas and the cruiser Augustus are now silent, but aircraft are still evidently busy inland, and there is still a steady stream of landing craft headed to the beaches. Looking seaward, there is nothing but ships of all sizes and purposes. Back in the boiler room, I am back at work at my familiar duties, feeling for myself and for my mates that we are now comparatively safe.



As the morning wears on, The Minas engines are silent, but ready, and the boilers are on standby at full pressure, ready to take the load at a moment's notice. But the ship remains anchored throughout my watch. Back off watch at noon, I find the conditions around the ship pretty much as I had left it at 0800 hours with two welcome exceptions: the mess decks are opened up, and the crews are back on the regular 4 on, 8 off schedule. I'm very tired: I've had little sleep in the last 48 hours. I grab a quick dinner, and then hit my hammock. It seems to me that my eyes have just closed, when someone is poking me to go back on watch at 2000 hours. The sound throughout the ship tells me that the Minas is back at work. I ask my work mate, "What's going on?" "There's a message on the notice board from Commander Storrs congratulating all the crew on a very successful undertaking. He goes on to say that there are still much more work to be done. There are nine other corridors the same as ours cleared, but there is still vast areas between and around those ten swept areas that need to be cleaned up. So that is what we are doing."

The flotilla swept mines continuously without letup for 25 long days, breaking off for only long enough to steam over to Portsmouth to refuel, then straight back again. The first couple of days after D-Day, only a few mines were cut up. But on the third day, it was reported that 85 cut up mines were destroyed by the 31st Fairmiles.

June 6, 2017 is the seventy-third anniversary of D-Day the invasion of Normandy.

On June 6, 1944, 4400 allied soldiers gave their lives for the freedom we enjoy today.

We owe them so much. We will remember them.

SPRINGTIME by Suzanne Harding



Sunshine
Promise
Renewal
Inspiration
Nourishment
Growth
Tenderness
Intuition
Magic
Expectation



THE ANIMAL TRAINER

by Helena Lindqvist

The summer warmth was gone; it was the end of the season. Dark clouds were racing cross the sky and a slack rope, intended to fasten the large tent to the ground, was flapping violently in the wind. The rhythmic sound of horses' hooves could be heard from inside the tent and an occasional elephant's lonely trumpeting shot through the evening air.

Mario was sitting in a simple wooden chair beside a large cage, outside the circus tent. He was already dressed in his performance costume of black velvet, tightly secured with a broad belt decorated with a gold-coloured buckle. Mario was a good-looking man, not young but not old either. He had dark, slightly rough skin and a large nose, but otherwise fine features. His hair was almost black, with a hint of gray at the temples, tied back in a short ponytail. His most prominent feature was his eyes though. They were dark and very beautiful, yet no one had ever truly looked into them.

One day Mario had arrived at the circus; nobody seems to know from where. He said he wanted to become an animal trainer and old Tony, the lion tamer, became his mentor. First he simply cleaned cages; later he performed acts of his own. After Tony died, Mario became the main attraction of the circus. Despite that, he had no intimate friends and seldom talked with the other members of the troupe.

Beside Mario, in the cage, was a large, male African lion. The animal had its eyes closed and was resting its heavy head on its huge paws. On occasion, it whisked a fly away with its tail. The cage was small, with three sides closed and one open to display the animal. In a corner of the cage was a large bowl of water. There were no leftovers from the animals recent meal.

Mario tapped the wooden chair nervously with his fingers. He was not usually a nervous man, but just before performances he felt a stir in his body. Anxiety and excitement were mixed into feelings he both loved and feared. He looked at the lion. The animal opened its yellow eyes but did not look directly into its master's eyes. It never did. The lion always fixed its eyes just below those of his master. Sometimes this irritated Mario.

When the animal trainer could not sleep at night, he wondered how his life would be if he could truly communicate with the lion, if he and the lion could be equals, perhaps even friends. In the morning, when the pale daylight found its way into his caravan wagon, he realized the necessity of the animal's total submission, that no equality would ever be possible and he shook off the disturbing, nightly thoughts.

Mario lifted his head to see a young, barefooted girl running towards him across the sun-dried field, her cotton dress flapping gaily in the wind. The girl always came over before a performance to wish him good luck in her soft, childish voice. Today as always, he told her forcefully to go away emphasizing how important it was for him to concentrate and for the lion not to be disturbed. She said she was sorry - she always did - but this time she put her small, white hand on his broad shoulder. Mario tensed up, feeling his irritation grow. He needed to build up his strength and power, he needed to feel in complete control, in control of his own feelings and in control of the lion. The animal stirred in its cage, it started to walk restlessly back and forth, swinging its head from side to side. It was time for Mario to stand, feet far apart, in front of the lion cage and stare straight into the animal's eyes. He needed to project all his will

onto the lion. The girl's little white hand disappeared; the girl disappeared. The lion grew bigger and so did Mario. There was nothing else in the world but the lion and the lion tamer.

Mario continued to stare at the lion until it slowly shrank from his gaze. The wind had died down and a soft rain started to fall, but neither man nor lion noticed. The man was in complete control of the animal; it had no will, no thoughts of its own. Mario loved the feeling of complete power and superiority. He grabbed his well-used whip. It felt good in his hand. He cracked the whip in the air producing a sharp sound like a gun shot. The lion sat up on its haunches. Mario cracked the whip twice. The lion roared. The audience always found it exciting to hear the lion roar before it came into view.

Now it was time to hook the cage to the two strong horses that would wheel it into the circus ring. Mario knew that his performance would be the climax of the evening. Not every circus had an animal trainer who would put his head into a lion's mouth. The first one doing so had been Isaac Van Amburgh and very few had repeated it. Ever since Mario was a little boy he had been fascinated by the act and admired the great animal trainer. Suddenly the sun broke through the heavy, dark clouds. Rays of sun danced over the wet canvas tent and the yellow grass field making the water drops sparkle. The horses, with great difficulty, rolled the cage into the ring. Two men were still cleaning up after the liberty horses' last act and the smell of damp sawdust and horse manure was strong.



Mario saw the spectators through a haze. His heart was beating violently. He circled the lion cage slowly taking large powerful steps. Mario cracked his whip twice. The lion roared. The lion cage was now attached to a larger cage used only during performances. Mario entered it through the specially made double gate. Most trainers had a revolver easily accessible when working with their animals inside a cage. Initially Mario had used one too, but after Tony died he decided it was not necessary; he felt in complete control. For Mario, the performances always passed quickly. He cracked his whip, waved his large hands and called out command after command in his powerful voice. The lion jumped from one colourful stool to another, it walked short distances on its hind legs and it jumped through hoops attached to the ceiling of the cage while the band enhanced the animal's movement with drills on the drums or tremolos on the violins.



The final, famous act was announced. The climax of the evening performance was to begin. The music stopped. Mario looked the lion straight in the eyes and as usual, the animal did not return his gaze. Mario moved his large hands in a wide circle. The lion opened its huge mouth and showed its powerful teeth. There was complete silence in the audience. Mario approached the lion slowly but steadily. When he reached its huge, black-maned head, he twisted his own head sideways. He steadied his feet on the ground.

He closed his eyes and slowly, very slowly moved his head further and further into the beast's mouth. Mario could feel the lion's hot breath and smell the putrid odour of old meat. When Mario's head was completely inside the lion's mouth, he let his thoughts drift to one of the rare pleasant events in his childhood so as not to be overwhelmed by his fear. A skilled lion tamer always prolongs the most fearful moments to clearly show his bravery and so did Mario. The lion's tongue slightly touched Mario's ear and drops of saliva fell from the roof of the lion's mouth. Finally, Mario removed his head from the lion's mouth as slowly as he had put it in. This was the most difficult and dangerous part of the act. Any sudden move would trigger the lion to close its mouth. Mario's head was out. He retreated from the animal. The lion tamer was victorious! He had triumphed over the lion! Mario's heart was still beating violently, but he knew the feeling would soon pass. He turned to the spectators and bowed. He could hear the applause from afar distance. A warm feeling of contentment filled his weary body and his tense muscles started to relax. Mario made one more elegant bow and then suddenly, in the midst of the enthusiastic applause, the lion roared. *The lion roared without first receiving a command from its master.* Mario quickly turned around. The lion had jumped down from its platform and was now standing on all fours. Mario first felt a mixture of anger and irritation. He immediately ordered the lion back, but the animal, with its head held low, started to advance slowly towards its master. Mario felt himself shrink in the presence of the lion which, in his mind, was growing larger and larger. Mario's hands, his whole body, turned cold, stiff and damp. Sweat ran down his forehead into his eyes making it difficult for him to see clearly. The animal trainer realized that he had never experienced fear before and this was fear. The lion was now standing in front of its master. It lifted its heavy head and for the first time, Mario and the lion looked into each others eyes. The animal's eyes showed no evil. To Mario's surprise, they showed only power and intelligence. Mario looked at the lion, whose master he had been for so many years. He looked at his huge, black-maned head, his golden-brown muscular body, his powerful paws and for the first time, saw beauty.



Mario's body slowly relaxed. He felt remarkably calm. Suddenly he knew he was not the master and never had been. The true master was standing in front of him baring his large, powerful teeth. Gradually Mario's body was filled with an emotion he had never experienced before: respect; respect for the animal he had mastered and controlled, the animal he had forced into submission. The lion roared again. Mario reached for his revolver but felt strangely relieved when it was not there. The lion tamer understood that this was the end, but deep inside, without exactly knowing why, he felt joy. What happened next, happened quickly and in complete silence except for a short cry uttered by a young girl.



*SPECIAL NEIGHBOURHOOD
GUEST ROOM RATE*

Are you hosting visiting family and friends? We'd love to have them as our guests and are pleased to offer 20% off our best available rate. To make a reservation, simply call 613-549-8100 and ask for the "Neighbourhood Rate."

*PRIVATE DINING & CATERING
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Reserve a private or semi-private room, ideal for up to 16 guests. Hosting a gathering? We cater and offer pick up, drop-off or full service. Contact 613-650-5424 (Catering) or 613-549-6243 (Reservations).



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off**

Valid on food and non-alcoholic beverages only. Not to be combined with any other offers or promotions. No cash value. Not valid Friday, Saturday, holidays (i.e. Thanksgiving, Christmas, NYE, Valentines Day, Easter) or during special events. Expires April 30th, 2018. Please present to server before ordering.

FOOD, FOOD, FOOD – RECIPES AT THE LANDMARK

Nettle Soup by Helena Lindqvist

This is a dense and delicious dark green nettle soup. Make it when nettles show up at the Wood Nettle Farm stall at the Memorial Center Market in May or go and pick them yourself at one of the conservation areas. Remember, they are not called stinging nettles for nothing!



- 1 pound stinging nettles
- 2 teaspoons salt
- 1 tablespoon extra virgin olive oil
- 1 white onion, diced
- 1/4 cup basmati rice
- 4 cups chicken broth salt and pepper to taste



1. Bring a large pot of water to a boil with 2 teaspoons of salt. Drop in the stinging nettles, and cook 1 to 2 minutes until they soften. This will remove most of the sting. Drain in a colander, and rinse with cold water. Trim off any tough stems, then chop coarsely.
2. Heat the olive oil in a saucepan over medium-low heat, and stir in the onion. Cook until the onion has softened and turned translucent, about 5 minutes. Stir in the rice, chicken broth, and chopped nettles. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 15 minutes. Puree the soup with an immersion blender, and season to taste with salt and pepper.

Fall-Off-The-Bone Roasted Chicken Thighs by Bernd Rummel

- 12 chicken thighs
- 1/3 cup (80 mL) each: Dijon mustard, low-sodium soy sauce
- 1/4 cup (60 mL) fresh lemon juice (from about 2 lemons)
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) dried fines herbes (parsley flakes, chives, tarragon, chervil leaves)
- 1 tsp (5 mL) fennel seeds
- Kosher salt
- Cracked black pepper
- 2 cups (500 mL) chicken stock

Place chicken in single layer in 9-inch by 13-inch (3.5L) baking dish. In bowl, whisk mustard, soy sauce, lemon juice and oil. Pour over chicken; turn to coat evenly. Sprinkle with mixed herbs and fennel. Season to taste with salt and pepper. Cover with foil. Bake in preheated 350F (180C) oven 45 minutes. Remove foil; baste with juices. Add 2 cups (500 mL) stock; stir to turn up any bits that have formed on bottom of pan. Baste again. Roast 1 hour. Tops of thighs will turn caramel colour.



Transfer chicken to platter. Transfer liquid to gravy boat to pass separately.
Makes 12 servings.

Rick's Lobster Dip by Rick Holt

¾ cup shredded mozzarella cheese
¾ cup sour cream (I use 5%)
½ cup mayonnaise (I use Hellman's low fat)
¾ cup grated parmesan cheese
2 tbsp whole grain Dijon mustard
½ lb (250 g) chopped lobster meat (I use 2/3 of 340 g can of frozen lobster meat)



1 cup loosely packed chopped parsley
½ cup chopped onion
½ cup loosely packed chopped dill (or 2 tbsp dill paste)
¼ cup commercial bread crumbs
½ tsp ground black pepper
Reserve ¼ cup parmesan and bread crumbs.

In a mixing bowl combine sour cream, mayo and mustard. Stir in mozzarella, parmesan, onion, dill and parsley. Stir in the lobster last. Add pepper. Salt to taste (amount of salt will depend on the lobster).

Spray the inside of a shallow 1 liter casserole with cooking spray. Distribute the dip mixture in the casserole. Combine reserved parmesan cheese and bread crumbs and distribute evenly over the dip.

Bake 20-30 minutes at 350 °F (mixture should bubble at the edges, and brown slightly). Cover and let stand ½ hour.

Serve with crackers, pita wedges, carrot sticks, celery sticks etc.

If making ahead, cover and refrigerate for up to 24 hours before baking.

Celeriac Soup by Nancy Fairman

50g butter
1 celeriac, peeled & cubed
1 potato, peeled & cubed
1 leek, trimmed, washed & roughly chopped
1 onion, peeled & roughly chopped
1 garlic clove, sliced
1 litre stock, chicken or vegetable
parsley & walnut pesto to serve



Melt the butter in large pot over medium-low heat. Add the celeriac, leek, potato, garlic & onion; season generously, & gently sweat the vegetables until they're all starting to soften. Add the stock, bring the soup up to a boil, turn down the heat & simmer for about 20 minutes or until the celeriac is completely tender.

Blend until smooth, return to the pot and reheat over a medium heat. Just before serving, check the soup for seasoning & serve with a drizzle of pesto.

SOCIAL COMMITTEE EVENTS



Halloween – October 31 2016

35 men and women, some dressed up, enjoyed wine and cheese in the Pool Lounge.



Movie Night - November 16 2016

While visiting family in the Scottish Highlands, a troubled couple (Rosamund Pike, David Tennant) try to put on a happy face, but their three children innocently reveal all of their biggest secrets.

Directed by Andy Hamilton and Guy Jenkin with Scottish funnyman Billy Connolly.

It was shown in the Gym to an audience of about 15.



Townhall Meeting November 30 2016

Drinks and nibbles were served in the Pool Lounge to those who attended the townhall.



Seasonal Potluck December 8 2016

More than 50 people mingled and chatted and ate (wonderful turkey from [BLU Martini](#)), drank and were merry. Santa paid a surprise visit.



Movie Night - January 20 2017

Strictly Ballroom is a 1992 Australian romantic comedy film directed and co-written by Baz Luhrmann. It tells the story of an Australian dancer, and his struggle to establish his personal style of dance on his way to win the Pan-Pacific Grand Prix Dancing Championship. It is based on a critically acclaimed stage play originally performed in 1984 in Sydney.

It was shown in the Pool Lounge to an audience of about 15.



Lunch at Aqua Terra – February 23 2017

Mid-winter blues instantly alleviated for the eleven people attending.



Movie Night - March 16 2017

Casablanca is a 1942 American romantic drama film directed by Michael Curtiz and based on Murray Burnett and Joan Alison's unproduced stage play *Everybody Comes to Rick's*. The film stars Humphrey Bogart, Ingrid Bergman, and Paul Henreid. Set during World War II, it focuses on an American expatriate who must choose between his love for a woman and helping her Czech Resistance leader husband escape the Vichy-controlled city of Casablanca to continue his fight against the Nazis.

It was shown in the Pool Lounge to an audience of about 15.



Townhall Meeting April 12 2017

Drinks and nibbles were served in the Pool Lounge to those who attended the townhall.



Dinner and Movie Night April 18 2017

First a great dinner at Chez Piggy and then the British-American drama film *The Sense of an Ending* based on the novel of same name by Julian Barnes at the Screening Room. The film had its world premiere at the Palm Springs International Film Festival on 2 January 2017. An elderly divorcee receives a letter that unlocks memories of a relationship he had with an enigmatic woman in the 1960s.

About 20 people enjoyed the evening.

SOCIAL COMMITTEE - UPCOMING EVENTS



June 2017
Lunch on the patio at the St. Lawrence Golf Club.



July 2017
Wine tasting tour in Prince Edward County.



August 2017
Dinner on the patio at the Wolfe Island Grill.

COMMITTEES AND ACTIVITIES

We invite and encourage all residents to volunteer on committees and to participate in the many activities offered. Please see the list of contacts if you are interested.

Standing Invitation to TGIF - Every Friday



A regular event! Everyone welcome!!

Come join your neighbours and friends for a social and convivial TGIF gathering each Friday at 5:00 p.m. in the Pool Lounge or, if weather permitting, outside on our 2nd floor lookout deck. Bring a glass of your favourite beverage and enjoy good company and a chat.

SOCIAL COMMITTEE

The Social Committee is a group of volunteers who organize social events for everyone in our condo.

We aim to hold one event per month. Past activities include movie nights, restaurant outings, bus trips, and potluck suppers.

The events are always posted on the notice board in the mail room, in the lower (basement) lobby, and under the events tab at www.landmark165.com.

Minutes of Social Committee meetings are available under the Committees & Fitness tab at www.landmark165.com.

We welcome new members to help with planning and preparation, and to contribute new ideas.

We normally meet on the second Tuesday of the month at 11:00 am in the Pool Lounge.

Contact

Molly Knowles: 613-547-4828

WELCOME

The Landmark Welcome Committee was formed in August 2013. At present, it consists of two people: Pat Nekus, unit 508, and Ginny Frost, unit 207. They welcome new residents, answer any questions new residents may have, or refer them to someone who might be able to help.

Contact

Ginny Frost: 613-546-9314
Pat Nekus: 613-544-0068

HOBBY SHOP

The Landmark's Hobby Shop is equipped with basic woodworking tools and is available for use by all residents. The previous table saw has recently been replaced with a larger and much safer one. There is also a mitre saw and small drill press, in addition to a variety of hand tools. The space can be used for various projects including woodworking, painting, re-upholstery, and various repairs.

To use it, please get a key from the Landmark Office. You will be required to sign waivers and pay a small deposit for the key.

Note that it is not our superintendent's responsibility to clean the Hobby Shop. Please clean up after you use it and do not leave unfinished projects in the shop. The large pieces of scrap wood in the corner may be used by anyone. You may add large pieces for reuse, but please do not discard small scraps here. They should be disposed of in the garbage cans.

Contact

Sanjay Luthra: 613-542-4489
Bob Johnston: 613-531-3616
Dave Sim: 613-766-9348

SNOOKER REGULAR SCHEDULED GAMES

Games are scheduled Monday, Tuesday and Thursday from 4:00 to 5:30 pm.

New players are welcome any day – no need to participate every day. We will show you how the game is played. Ladies are very welcome.

Contact

Lorne Empey: 613-549-6487
Dave Sim: 613-766-9348

INTERIOR SPACES COMMITTEE

The Interior Spaces Committee (ISC) was reformed at an open meeting of owners/residents on January 10, 2017. The final project in our five-year plan is a renovation of the pool lounge. The purpose of the meeting was to (1) ask for volunteers to serve on the committee and (2) solicit ideas regarding the upcoming renovation project. Approximately 15-20 owners attended that first meeting.

Volunteers serving on the committee are: Helena Lindqvist, Suzanne Harding, Bernd Rummel, Irena Manilou, Genny Payn, Sanjay Luthra, Linda Patry and board representative Janice Kelly.

Terry Landon is the Project Manager.

The committee elected an executive with Genny Payn as chair, Bernd Rummel as vice-chair and Sanjay Luthra as secretary. Subsequent ISC meetings were held to determine the "project requirements" for the RFP (request for proposal to be sent to interested design companies) and to establish a tentative schedule for the project.

The ISC will continue to focus on the selection of designers who will prepare concepts/storyboards of their design for the lounge. These concepts will then be displayed for owner viewing, followed by a preferential ballot; dates to be confirmed. The Board of Directors will make the final selection of a design team and will announce the winner at the AGM on May 25.

The ISC will keep owners informed on a regular basis by posting meeting minutes on the website. Minutes will also be available in the office.

Contact

Genevieve Payn 613-63-6202

BRIDGE

Our Bridge Club is a social group that meets once a week on Wednesday at 7:00 pm. New members are always welcome.

Contact

Lorna Sim 613-765-9348

LIBRARY

The library is brimming with good books - assorted titles are in the "new acquisition" section. Come and see what we have! When returning books, please do not put the books on shelves - the committee will do that for you. Place all returns on the glass topped table. A further request - we sincerely appreciate donations to our library (mysteries, fiction, biographies and current magazines are greatly appreciated) but if you plan to drop off boxes of books for us to use, please contact the committee first. Note: no self-help, travel or books in poor condition please.

Contact

Lorna Hand: 613-544-1597

Nancy Fairman: 613-544-4952

FITNESS ACTIVITIES AT THE LANDMARK

In addition to the exercise opportunities offered by the wide range of equipment in our 2nd floor exercise room, there are a variety of scheduled classes provided for interested residents.

AQUAFIT CLASSES

Aquafit classes in the pool are scheduled on Mondays from 9:00 - 9:45 am. They are usually offered in 6-8 week sessions to any interested resident. The cost is based on the number of participants (usually \$8 or less per session) payable at the beginning of the session. The final Spring session started on March 13th and will continue until May 29th. There are no classes on holiday Mondays (Easter Monday, April 17 & Victoria Day, May 22). There are no classes scheduled during July and August. We anticipate that classes will resume in September.

Contact

Pat Nekus: 613-544-0068
or email nekus@kingston.net

**** NOTE:** Aquafit classes are offered by Judi Cova, a qualified personal fitness trainer and group instructor. THE FIRST CLASS IS COMPLIMENTARY FOR NEWCOMERS –COME AND TRY IT OUT!

NOTICE EXERCISE ROOM USERS!

After using weight lifting or any other equipment in the exercise room, please restore all equipment to default settings and return all equipment to its original storage location. Free weights and movable equipment are provided for use by all residents and are not to be removed from the exercise area.

PLEASE CHECK THE BULLETIN BOARDS OR LANDMARK WEBSITE FOR UPDATES ON RELATED INFORMATION.

RIDEAU TRAIL

Every Wednesday afternoon throughout the year, several Landmark residents join a group of about 20 Kingston people to walk in the local Conservation areas.

We call ourselves the Wednesday Walkers and are part of a much larger organization extending out as far as Ottawa.

The newsletter for the complete organization with its all day hikes can be found at www.rideautrail.org.

For information on the less vigorous Wednesday afternoon walks...

Contact

John Beck: 613-544-6119

The association would also be happy to add your name to the distribution list for our email, which tells you where we are going each week.

SENIORS FITNESS

Exercise classes suitable for seniors are taught by Rachel Miller, a certified group fitness instructor and personal trainer. Classes are held Tuesdays and Fridays (except statutory holidays) from 10:00 - 10:35 am in the 2nd floor fitness centre. Fees are payable in advance at the first class of each month:

- March (9 classes) \$27 due by March 3rd
- April (8 classes) \$24 due by April 4th
- May (9 classes) \$27 due by May 2nd
- June (9 classes) \$27 due by November 1st

Subsequent months will be posted at a later date. Please note that classes may be cancelled if fewer than five people sign up each month. For more information

Contact Rosemary Wilderspin 613-541-1036

PLEASE ... for the health and safety of our staff

Garbage/Recycling

- We do not have a trash compactor. All bags dropped down the garbage chutes are manually handled by our staff. Please be considerate by double bagging using only tough bags to securely contain all garbage and tie them so they do not open. Please do not use grocery store bags.
- Pet litter must not be dropped down garbage chutes because bags explode when they hit the basement. Please double bag it and take it to the garbage containers.
- Battery and ink cartridge disposal containers are provided in the garbage disposal room. Please do not discard batteries inside garbage.
- Recyclable materials are not to be dropped down the chutes. Newspapers, glassware, plastic bottles, cans should be carried to the basement and placed in the appropriate recycling bins. Glass and plastic containers should be rinsed clean before being recycled.
- Cardboard boxes must be flattened and cut into pieces that can be accommodated by our garbage bins.
- Please do not leave renovation waste in the basement and instead ensure that your contractor removes all waste from the premises. Disposing of such waste costs us all money.
- Broken glass and sharp items must be wrapped before disposal. These items must not be pushed down the chute. Instead, they must be carried to the recycling room and placed beside the general garbage bin.

LIVING TOGETHER IN HARMONY

Just as “good fences make good neighbours” our House Rules exist to ensure a safe, secure and comfortable environment for all residents. Please visit the Owners Only section of our website for a full copy.

The Lounge is available for all owners to use for social events. To book for a private event please contact Angela in the Office on the 2nd floor. Please note: due to TGIF held every Friday between 5 and 7 pm, private bookings cannot be accommodated during that time. When hosting a private event, your guests are welcome to use the pool and outside patio on the 2nd floor. All rules apply and the host/owner must accompany the guests if they frequent the above areas.

Notices on Bulletin Boards shall be approved by the office and date-stamped before being posted.

Items from Common Areas shall not be removed. They are placed in these areas for the use of all owners, and therefore should be left for all to enjoy. We have experienced some problems with items leaving these areas. If you wish to discuss this, please feel free to contact the Building Manager.

As a pet-friendly community, we welcome well-behaved “four-footed friends”, however residents are asked to note that pets are permitted only in their units, corridors, elevators, stairwells and parking garages. They should use the lower lobby for entry. Pets may be carried but are not permitted to walk through the front lobby. They are not permitted in any other common area.

Use of elevators and/lower lobby for moving in and out must be booked at least 48 hours in advance. The front lobby may not be used for moving furniture or equipment. Please ensure the lower lobby doors are not blocked for access.

The Landmark is a residential community. Suites are not intended for commercial enterprise. If you rent your suite, be aware that leases may not be for a duration less than six months.

Food aromas in hallways should be avoided. Please use your extractor fans when you are cooking.

Parking Garage Visitors using visitors parking spots must display the parking pass of the unit that they are visiting. Residents, contractors and personal service workers may not use visitor’s parking spots. Personal service workers may use the parking spot assigned to the resident they are visiting if they displace the parking pass.

Renovations The rules for the installation of hard flooring have changed. Laminate flooring may now be used provided that the flooring plus its underlay provides adequate sound absorption.

ENERGY SAVING TIPS

Our Utilities Kingston bill is the biggest part of our monthly maintenance fees and it is WAY up!! Electricity is our biggest single expense. We all pay for electricity. Let’s all do what we can to help reduce this part.

- Consider using less air conditioning. Open windows and let in fresh air. It’s healthier anyway!

- Keep windows and doors closed when using air-conditioning. One can't reverse global warming that way!
 - Keep blinds closed in the blazing sun to reduce solar gain. That will also help keep your carpets from fading.
 - Switch to LED light bulbs. They last a long time and use only a fraction of energy.
 - We don't need to illuminate empty rooms! Turn off lights when not in use.
 - Did you know most washing can be done in cold water?
 - Buy energy efficient appliances. You may even find a government rebate for them.
-

SAFETY IS EVERYONE'S CONCERN

Open Doors are an invitation to unwelcome persons. Do not allow unknown persons to enter our home.

Garage Door: Wait until it is closed behind you before leaving the area.

Lobby Doors: Please ensure both doors close behind you when entering or exiting. Do not admit strangers into the building.

Lower Lobby Doors to Garage: If you or a contractor doing work for you unlatches the small lower lobby door to bring through large items, make sure that the door is latched when work is complete. Otherwise anyone can simply pull the doors open, even if they are completely closed.

Speeding in the garage is a problem. Please observe the posted speed limit signs. Remember that pedestrians also use this space. Please drive on the left-hand side of the garage according to the arrows on the floor.

Telephones in the garage are only for urgent or emergency situations.

WHEN A FIRE ALARM IS ACTIVATED

- All residents should exit the building using the nearest stairway if this is safely possible. Do not use elevators. Both elevators will return to the Lobby and may be operated only by the Fire Department personnel.
- Feel your door before opening it to go to the elevators. **If it is warm, keep it closed and stay in your unit.**
- If you choose to remain within your unit, keep doors into hallways closed but unlocked.
- Fire Department equipment will arrive within 3 to 5 minutes of the Alarm sounding.
- Listen to instructions from the Fire Department transmitted using the Emergency Paging System. Stay close to the speaker in your unit and turn off all background noise.
- If an evacuation is ordered, the Emergency Paging System will instruct residents on WHEN and HOW to evacuate. The floor affected will be evacuated first, followed by the floors immediately above and below and finally all other floors. Evacuation must be by STAIRWAY.

**AUTOMATED EXTERNAL
DEFIBRILLATOR (AED)**

Currently we have 3 AEDs installed at the Landmark. One is located in the gym (on the wall near the multipurpose equipment), another is on the 7th floor near the elevator, and the third is installed on the 12th floor also near the elevator.

EMERGENCY ELECTRICAL POWER

In the event of a power failure, the Emergency Generator will automatically provide power for common areas including garages, hallways, one elevator and the Public Address System. Residents will be kept informed of current conditions and instructions via the PA system.

EMERGENCY CONTACTS

Please keep the Office informed of any changes in your Emergency Contacts information.

- Post emergency numbers near all phones.
- Keep a flashlight and extra batteries readily available.

We recommend that you:
