

LANDMARK LIFE

Vol 14 Issue 1 (April 2014)

Frontenac Condo Corp #11 - 165 Ontario Street

BOARD OF DIRECTORS

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Dear fellow residents and owners

After a tough winter, typical of what I recall from my youth in Kingston, Spring is finally here. We can shed our coats and look outside to new life. We made it through the cold and kept in touch with each other through social functions, a wonderful Christmas dinner, TGIFs (which will soon return to the 2nd floor patio) and fitness activities.

As Spring approaches, we will begin our second season of reconstruction. This year we will complete our 2nd floor terrace, repaint metal roofs and ground floor railings, repair remaining concrete steps and and replace some more spelled bricks.

When this year's work is completed, we will be one more year closer to our Condo Act mandated deadline of October 2017 for a self-sustaining Reserve Fund. This year, we also begin planning our most ambitious structural project - windows replacement scheduled to start in 2015. To minimize swing-stage costs, exterior stucco surfaces will also be repainted in 2015 in conjunction with windows replacement.

After 6 months of consultation with owners at Town Halls and correspondence, the Board passed the 2014 House Rules to make them more relevant to the changing nature of our building and of our social environment.

Storage locker space continues to be in demand with a growing waiting list. To address this, we will build

lockers in the southeast corner storage room in the garage. The Board is also investigating options for relocating bicycle storage with the objective of building sufficient lockers so that each unit may have one.

2014 is an important year for Ontarians for whom home is a Condominium. The new Condo Act is scheduled to be passed and will introduce improvements to consumer protection, financial management, dispute resolution, governance and management of condominiums. We are eager to see these revisions and can with great pleasure report that The Landmark is already in compliance with almost all revisions in the Act. We are in excellent financial health and our maintenance plans described in the latest Reserve Fund Study will ensure the physical integrity of our home.

Life at The Landmark is a treasure, made so by its residents. We remain friends and neighbours even as our population evolves. As some depart, new owners are welcomed. Shared living here is easy.

While our patience and adaptability may be tested from time-to-time, these are also our strengths and will certainly see us through the changes ahead.

Thank you all for choosing to live here at The Landmark. Happy Spring!

Sanjay Luthra
President, FCCI I

RIDEAU TRAIL ASSOCIATION

The **Rideau Trail Association** is a nonprofit organization and a founding member of Hike Ontario. Its purpose is to preserve and maintain a hiking trail from Kingston to Ottawa. Its registered trademark is a red-orange isosceles triangle; these triangles are used to mark the main trail (to distinguish the two directions, Kingston-bound trail markers carry yellow tips). In addition to the main trail, there are a number of side trails which are marked by blue triangles. The total length of cleared and marked trails is 387 km.

The trail itself crosses terrain ranging from placid farmland to the rugged Canadian shield. It is only intended for walking (hiking), snow shoeing, and cross-country skiing. No part of the Rideau Trail itself is owned by the Rideau Trail Association;

the continuity of the trail is made possible by the generous permission of both private and public landowners and is enhanced by the existence of a special fund called the Rideau Trail Preservation Fund. Each of the three hiking clubs of the RTA - Kingston, Central (Perth), and Ottawa, organize outings in all seasons of the year. They usually take place on the weekend and comprise an activity appropriate for the season, such as cross-country skiing and snow shoeing in winter and hiking in the spring, summer, and fall. Other activities are scheduled during the week or on some holidays. Maps and trail descriptions are available free to both members and nonmembers on the website. Hard copies are also available for sale.

John Beck 544-6119

COMMITTEE INFORMATION

SNOOKER

REGULAR SCHEDULED GAMES -

Monday, Tuesday and Thursday - 3:30 to 6 pm.
and are played in the Exercise room.

INVITATIONS

The regular group of four invites you to join our group. We are four guys who took up Snooker after our retirement and we admit to being not very good at it. We are willing to show you how the game is played.

Why don't one, two, three or four of you get together, come on down from 5:00 pm to 6:00 pm on our regular days: Mondays, Tuesdays and Thursdays and we will show you how to do it. (If we were golfers we'd be called "Hackers")

Ladies - Try it. You might like it!

Please contact one of the below to get started.

Lorne Empey - 549-6487

Jack Dale - 544-5051

Ken Nicholson - 542-7729

Cyril Power - 549-9934

BOOK CLUB

The Book Club meets in the pool lounge on the second Wednesday of each month. All owners and residents are welcome to join us to discuss books, magazines and newspaper articles that you have read and would like to talk about.

Nancy Fairman - 544-4952

BRIDGE

The Bridge Club meets on Monday and Thursday evenings at 6.45 pm. in the exercise room. We welcome new members, so if you have played bridge but feel a little rusty please join us to brush up your game. Unfortunately, we cannot give bridge lessons.

Contact Betty Nickle, - 546-2920 or

Antoinette Memillan-Ariens - 544-0182

WE WISH TO THANK ALL COMMITTEE MEMBERS AND VOLUNTEERS FOR THEIR CONTRIBUTIONS TO THE IMPROVEMENT OF OUR LIFESTYLES.



SOCIAL COMMITTEE

The Social Committee meets regularly and plans events for all Landmark residents. Events vary - wine and cheese parties, tea parties to the recent Sweet Adeline's Concert - very successful. We are planning a tea party in April and an excursion to a local restaurant in May. Check the Notice Board for signup sheets

Molly Knowles 547-4828

WELCOMING COMMITTEE

A Welcome Committee has recently been formed. They will be contacting our new residents to welcome them, and will try to answer any questions they may have, or refer them to someone who can help.

At present it consists of:

Pat Nekus, unit 508, 544-0068

Dorothy Baldwin, unit 805, 542-6162 and

Ginny Frost, unit 207, 546-9314

HOBBY SHOP

The Hobby Shop is available for use by all residents. If you want to use it, you must get keys from the Landmark office. You will be required to sign waivers and there will be a small deposit before keys are issued.

For more information please call

Lorne Empey - 549-6487

LIBRARY

The library is brimming with good books - assorted titles in the new acquisition section, so come and see what we have! But please don't put the books on the shelves - that's a job for the committee. Put the books being returned on the glass topped table.

Thank you.

Lorna Hand - 544-1597

COMMUNICATIONS

ENTRY PHONE SYSTEM

As part of the refurbishment of the lobby a new phone system has been installed. The cost of the new system is roughly twice the cost of temporarily disconnecting the old system and reconnecting it after the new base was installed. Also with the new system we will be able to eliminate two phone lines and thus save approximately \$100 per month in phone bills. These savings will offset the cost of the new system.

For visitors the system operates as follows:

The 3 digit code for a resident, if known, can be entered right away and will ring their phone.

The "i" key will give verbal instructions on how to operate the equipment.

The Arrow keys scroll up or down to locate the name and the 3 digit code you are looking for.

The % or # keys will scroll page by page.

Green Phone symbol: This will ring the phone in the suite of the resident you are visiting.

Regular visitors or family could be given your 3 digit code to be entered and the Phone symbol pressed right away.

To permit front door entry:

Press and hold 9 on your phone.

To view the entrance:

For analog reception - Channel 69

For digital reception - Channel 398

For Star Choice - Channel 006

TELEVISION RECEPTION

Assistance in connecting to Cogeco or Star Choice should not be a problem. If so, contact:

Paul Moss, For-O-One Security Systems Ltd. at 800-363-7564.

For information or problem solving -

Cable (Cogeco) reception:

Area Sales Representative:

Brian Richardson - 613-328-5365

Satellite (Star Choice) reception:

TransStar Satellite Systems:

Don Gibson - 613-545-3573

Emergency Phone

There is an emergency phone and instructions for its use in the exercise area.

CONDO STUFF

SPRING GARDENS

Now that Spring has finally arrived we can look forward to the winter plantings on the main podium being replaced with vibrant summer colours and the peach trees coming into bloom. The grasses on the second floor Look-Out will soon start growing and the work to complete the terrace will commence. After the membrane work is completed, Scott Wentworth Landscaping will complete the terrace with the same pavers as are currently installed in the lookout area so that it will comprise one level surface. The terrace will also contain a variety of plantings around the outer perimeter to provide a visual contrast to the concrete and brick surfaces. Once completed, the terrace will be an inviting extension to our interior gathering spaces for socializing, relaxing and enjoying the lakeside views.

LANDMARK LANDSCAPING

Interior Spaces Committee was formed in the fall. This committee's mandate is to look at upgrading the interior of the Landmark . At this time we have decided to focus on the second floor amenities specifically the multi purpose room . After several public meetings a survey has been formulated and after consultation with the Board will be circulated to all residents Spring/Summer 2014. We would encourage everyone to complete this survey to enable us to meet all residents expectations.

We would also like to reassure everyone that only funds already allocated will be used for this upgrade.

Chairperson - Bernard Rummel

Vice Chair - Janice Kelly

Secretary - Lorna Sim

KINGSTON RIDEAU TRAIL

WEDNESDAY WALKERS depart at 1:30 pm. each Wednesday, except on the second Wednesday of the month when an all-day outing is scheduled.

The afternoon walks are ideal for those who wish some healthy, social exercise at an easy pace.

Contact: John Beck - 544-6119

THE FOLLOWING IS A LIST OF ALL PERSONS WHO HAVE BEEN, OR ARE RESIDENTS OF OUR BUILDING, SINCE JANUARY 2013.

BIRTH -----

Teo - son of Filip Gilic & Ana Blagojevic
Born on 16 February 2014

DEATHS -----

Sara Manoll
Gordon Smith
Watson Ogilvie
Norman Sugarman

MOVES OUT -----

Chris Borek
Felicity & Maurice Burke
Shirley & John Purkis
Louise Harris
Jean & Michele Bedard
Nancy Barker
Gini Lee
Ron Justus
Jean & Ron Burgham
Emerson Jenning

MOVES IN -----

Eldon & Doris Mosier
Tim Koniaris
Michael & Robina Shaw
David & Mary Somers
Filip Gilic & Ana Blagojevic
Andre Brault & Joseph Le Faive
David & Sally Golding
David & Lorna Sim
Greta & Bernd Rummel
Marlene & John Rego
Makhdomeh Assemi & Javad Moussavi
Silvia Frietag
Chris Fountas
Patti Riley & Ali Dar
Nancy Becker
Linda Ross & Douglas Girvin

A linguistics professor was lecturing to his class one day: "In English," he said, "A double negative forms a positive. In some languages, such as Russian, a double negative is still negative. However, there is no language wherein a double positive can form a negative."

A voice from the back of the room piped up: "Yeah, right."

FITNESS 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 weekly sessions to any interested resident. Each session costs \$36.

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

Contact: for more information.

Pat Nekus -544-0068 or Judi Cova - 545-1462

**** ZUMBA GOLD**

This is a cardio workout for Seniors which is based on international dance rhythms. Classes are held on Friday mornings from 10 - 10:30 am. in the Exercise Room. The cost is \$3.00 per class provided we have enough participants.

If you haven't signed up yet, drop in any Wednesday evening and check it out.

Contact: for more information

**** FITNESS FOR SENIORS**

"Stretch & Strength" exercise classes are held on Tuesdays and Thursdays from 9:30 -10:00 am in the Exercise Room. These classes are fully funded by OHIP and are free for residents 65 and over.

NOTE: They are offered by Centric Health contracted by the Victorian Order of Nurses. All classes run throughout the year (except on Statutory holidays).

Contact: for more information.

Molly Knowles -547-4828 or

Rosemary Wilderspin -541-1036

PLEASE CHECK THE BULLETIN BOARD FOR INFORMATION UPDATES OR CONTACT THE PERSONS LISTED ABOVE.

HEALTH and SAFETY



The safety of the building is everyone's responsibility.

Occupational Health and Safety Manual

The Landmark Board of Directors has completed a Health and Safety Manual to ensure compliance with applicable provincial, federal, and local health and safety terms and regulations. The program has been distributed to all residents. **Some of the items covered are outlined below.**

OPEN DOORS ARE AN INVITATION TO UNWELCOME GUESTS. DO NOT ALLOW ACCESS TO UNKNOWN PERSONS.

Garage Door. Wait until it is closed behind you when entering or leaving the building.

Lobby Doors . Please ensure that the upper and lower Lobby doors are closed behind you when entering or leaving the building.

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.

Smoking is not permitted in any common area, including the swimming pool, pool lounge, library, exercise room, games room, halls, garage and elevators. Do not throw cigarettes or other items from the balconies. This is a dangerous practice that can result in injury and damage.

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

Security Measures

- Don't leave the overhead garage door open.
- Ensure that keyed entrance doors close after you enter or leave.
- Don't admit anyone, including contractors and tradesmen, that you don't know.
- Don't leave unattended anyone you have admitted.
- Make certain that visitors to an open house showing are accompanied by your agent.
- Inform the office of any extended absences from your unit (more than 48 hours) by note or e-mail

EMERGENCY CONTACTS



Please remember to keep the Office informed of any changes in EMERGENCY INFORMATION.

We recommend that you adhere to the following:

- Post all emergency numbers near all phones.
- Keep a flashlight with extra batteries at your bedside to help you see at night. Do not use a candle as it is a potential fire hazard.
- To increase your safety, grab bars may be installed around the bathtub and toilet.
- Towel racks are not strong enough to be used as grab bars.
- A home health services and supplies store can advise you on safety products, such as bath stools for the bathroom.
- Do not leave any area unattended when moving.

ARE YOU IN JEOPARDY?

If you need assistance to evacuate your suite or the building, we highly recommend, particularly for those living alone, that they subscribe to a personal response service. **"Providence Continuing Care"** has information on a service called **"Lifeline"**.

If interested, call them at **613-542-9643**.

NOTICE

EXERCISE ROOM USERS!

AFTER USING THE WEIGHT LIFTING MACHINE OR ANY OTHER EQUIPMENT IN THE EXERCISE ROOM PLEASE RESTORE ALL EQUIPMENT (HANDLES, BARS, etc.) TO THEIR ORIGINAL SETTINGS AND PLACE THE EQUIPMENT IN ITS ORIGINAL STORAGE SPACE. FREE WEIGHTS OR ANY MOVABLE EQUIPMENT ARE ALL COMMON ELEMENTS AND ARE NOT TO BE REMOVED FROM THE EXERCISE ROOM.

GENERAL INFORMATION

STORAGE AREAS

Attach a label, including the date, to your items, e.g. bicycles, that are not in the secure lockers.

Please ensure that you dispose of unwanted articles properly. All items must be tagged or they may be removed.

NOISE

Noise carries. Other residents living above, below and beside you may be disturbed by noise. After 11 pm all extraneous sounds should be off. Garbage chutes are not to be used before 8 am. or after 9 pm. Please be considerate of other residents

PET LITTER

Please double bag all pet litter and take it directly to the recycling room and hand drop it in one of the two garbage containers.

and especially CAT LITTER

Cat litter must not be dropped down the garbage chute because the bag explodes when it hits bottom and the contents create a real mess that must be cleaned up. Any animal waste must be taken down to the garbage room and put into a bin inside the door.

BATTERY DISPOSAL

All batteries must be placed in the box inside the garbage disposal room.

SHOES, MATS, etc. IN HALLWAYS

Footwear, footwear trays or any other personal items, including those of guests, are not to be left in the hallways. Fire regulations prohibit this.

TELE-MARKETERS

There has been a large number of phone calls to residents offering free vacations, etc. or requesting personal and bank information to verify your credit standing.

Do not tell them anything!

Bell Telephone has set up a "No-Call" service which you can call. - **1-866-580-3625**

BENDALE PROPERTY MANAGEMENT

OFFICE MANAGER

Angela Eskerod - 546-6131

landmark165@live.com

On Site - Monday to Thursday - 1:00 to 4:00 pm.

SITE MANAGER

Dave Descent - 541-9287

ddescent@bendale.ca

On Site - Tuesday & Thursday - Noon to 4:00 pm

SUPERINTENDENT

Ron Cavanaugh - 561-7802

RELIEF SUPERINTENDENT

John Pickernell - 561-3545

NOTICE BOARD

Residents are not to remove any communications posted by the residents from the Notice Board in the lobby or the basement without permission from the relevant resident or a Board member.

There is now a Notice Board in the lower lobby.

LOCATION REFLECTOR

Attached to the ceiling in the lobby, this allows a view of the entry from in front of the elevators.

IF THERE IS A FIRE

There is a brief notice on each floor outside the elevators explaining what to do in the case of a fire. Please read it and you will know what to do.

Some changes have been made to the **POOL** water that will make it more comfortable for residents who have found salt and chlorine irritating.

Following consultations with the Health Department and St. Lawrence Pools an appropriately sized automatic chlorinator has been added to the pool and the salt injector has been shut down. This should make it easier to maintain proper pool chemistry, which in turn should reduce irritations from the water. The elimination of salt should also extend the life of pool equipment and the tile deck that surrounds the pool. Please inform the Management Office if you experience any issues with the pool

Energy Saving Tips and Ideas

Lighting

- When leaving a room for even a short time, turn off the lights. Use natural sunlight in place of electric lighting as much as possible.
- Position lamps to make the most of their light. For instance, you won't need to light up the whole room if you have a lamp by your reading chair or at your desk.
- Replace incandescent lights with ENERGY STAR qualified CFLs in fixtures that you leave on for long periods of time (kitchens, study lamps, hallways, bathrooms). They use up to 75 % less electricity and last up to 10 times longer.

Space Heating and Cooling

- During the heating season, dress appropriately and consider setting your thermostat lower at night.
- When the temperature outside is comfortable, use a window or ceiling fan instead of the air conditioner to feel cooler. A fan only requires a tenth of the electricity needed to run an air conditioner.
- If you have a fireplace without glass doors, consider plugging it when it is not in use. Even a closed damper leaks a large amount of heated air to the outdoors.

Heating - General Tips

- A properly set programmable thermostat can reduce heating and cooling costs by up to 10%. In the summer set your central air conditioner for 76F when you are home and 84F when you are away. In the winter set your thermostat at 68F when you are home and 64F when sleeping or away.
- In the winter open drapes on sunny days to let the warming rays in. At night, close your drapes and blinds to keep the heat in.

Ways To Conserve Hot Water

- Take showers instead of baths. A five-minute shower uses only about one-half as much water as a bath.
- Install low-flow shower heads. They cut the flow of water by 40 to 60%.
- Turn your faucets all the way off. Replace worn out washers.
- Do as much household cleaning as possible with cold water rather than hot.
- Only run full loads in the dishwasher. Use the air dry (or energy saver) option if available. Heat drying is a high energy user. Rinse dishes in a tub of clean water instead of under hot running water.
- Fix any leaky faucets. One constant drip can waste up to 181.7 litres of water a week or 364 half-litre-sized bottles of water. If it's a hot water faucet that's leaking, you're literally sending your energy dollars down the drain.

HOUSE RULES

The Manual of House Rules It has been distributed and contains a complete list of items that will ensure a comfortable, safe and secure environment for all our residents.

• Unauthorized Commercial Companies

We have recently had a carpet cleaning company knocking on residents' doors. If anyone bothers you, please call Ron and the intruders will be asked to leave the building.

• Moves. Use of the elevator and/or double doors for moving in, out and within the building must be reserved at least 24 hours prior to the move. All furniture and equipment must enter and exit through the garage. Make all arrangements through the Office and notify the Office when the move is completed.

• Pool Lounge use must be arranged through the Office. A refundable deposit is required to cover damage and cleaning. Please ensure that everything is left clean and tidy.

• Renting or Leasing your Suite. Please be reminded that, if you are contemplating this, there are some rules and regulations that must be observed. You should check with Angela, our Office Manager, as to what is involved.

• Pedestrians who are entering or leaving the garage should use the pedestrian entrance to save wear and tear on the garage door mechanism.

• Storage Rooms are used at your own risk. Although the rooms are locked there is no security guard posted.

• Swimming Pool

- The Pool door will remain unlocked.
- Observe the posted Health Unit Regulations, particularly regarding the use of the sign-in register.
- All users are to take a soap shower before using either the pool or the spa.
- Foreign objects, other than swimmers flotation devices, are not permitted in the pool.
- Only four guests per resident are allowed and must be accompanied by the host resident.

• Donations

Residents wishing to donate an article to the Corporation must get approval from the Board of Directors prior to placing any item in any common areas. This includes furniture, house plants, paintings, etc.