



The PAL Leader

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Toronto Lights its First Gas Lamps

By Bruce Bell

Our neighbourhood has always been a neighbourhood of firsts. At one time it saw the town's first store, first Post Office, first market, first Bank, even the first street (George Street).

Another first happened on December 28, 1841 on the corner of Front and Church Streets in front of where the Flatiron Building now stands. It was on that spot that Toronto emerged from its dark ages when we lit our first gas streetlamp.

The gas made from coal, long lasting and plentiful but ultimately dirty, however in 1841 no one was thinking of the environment

Before the gas was lit, we endured the night with candles and fireplaces-- romantic yes, but practical no. Going out after dark was a dangerous undertaking, with wild animals still roaming about and perceived evil lurking in every doorway ready to bounce.

The gas lamp would change all that, we finally had come out from the shadows. At first people were reluctant to venture out after dark, but after a few weeks of this new-fangled gas lamp the streets at night were now as bright as they were at noon, or so wrote one essayist of the day.

Soon gas lamps would not only be on the street but also in our homes with large hanging gasoliers above the dining room table. One of the oldest and still in operation is the great crystal gasolier at St. Lawrence Hall installed in 1850, although it has been converted over to natural gas

Gas lamps were the preeminent form of lighting in Toronto from 1841 until 1912 when electrical lines were first installed from Niagara Falls to Toronto.

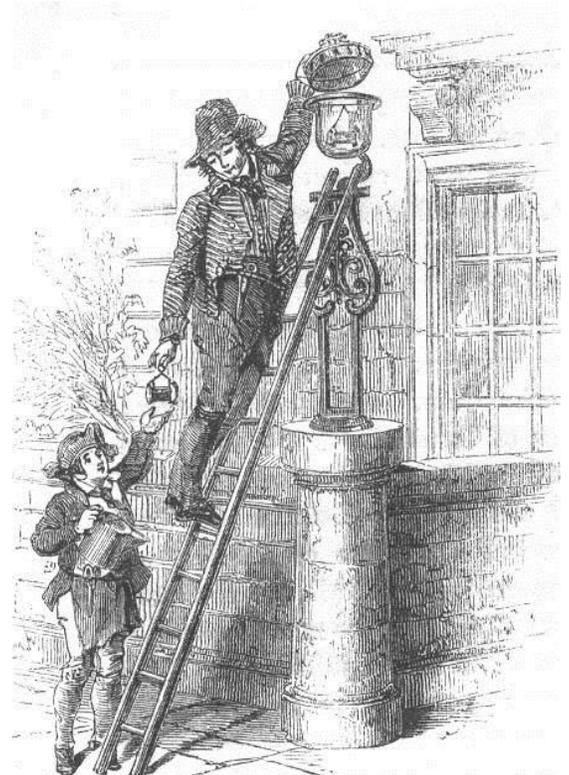
However, it must be noted that as far back as September 1879 the first electric lights in Toronto, invented by Toronto electricians Henry

Woodward and Mathew Evans were demonstrated in McConkey's Restaurant that at one time stood at 145 Yonge Street just south of Richmond Street.

Even though two Torontonians held the first patent for the modern light bulb, it's American born Thomas Edison who is often, if not **always**, given the credit. Edison bought their patent, never giving them the credit.

While I'm grateful for the modern light bulb, I often wonder how our streets would have looked 150 years ago on a snowy winter's eve bathed in the warm glow of gaslight. I can imagine passing the lamplighter on Front Street as he lit each lamp one by one, the street now bathed in yellow glow, as he moved on to the next.

Hang in there, everyone! All the best, and here's to 2021!





A Word from The President

By: Elva Mai Hoover



Hi fellow PALs:

I'm sitting here happily surrounded by Christmas lights and two trees, one in the living-room and one on the balcony!

So many people on the courtyard side have broken out lights and decorations and it really does soften the isolation, as we now enter our second lockdown due to the Pandemic.

Special thanks as always to Bob Peaker, and now Suzan Ayscough for making sure our roof is lit up as well! Next year, the Green Room, please!

It warms my heart to see so many using their masks in the halls as well as the elevators and common spaces, and also for understanding that not everyone is comfortable with travelling with more than one person in the elevator. That's part of what being a PAL is all about.

Congratulations to Lynn Kinney, Dini Petty and all their incredible volunteers for keeping the Residents' Loaves and Fishes Saturday event going. Also, thanks for understanding that we need to limit liability, and continue this event for only those residents who are willing to sign waivers and do contact tracing. We've been blessed so far to keep our building healthy. Let's do everything we can to maintain it.

We have a new Admin Assistant to the Board to replace Andy. Many of you have already met him, but for those who haven't, his name is Brad Dale, and he's working on Tuesday, Wednesday and part of Thursday for the time being. The door is locked at the moment, and masks are mandatory, but he can always be reached at admin@paltoronto.org or the office line (416)777-9674.

On another note, we survived our first online AGM, thanks to incredible work on the part of our Board, particularly Jocelyn Reneuve, Rex Hagon, and Barb Sadegur. Barb and Jocelyn also helped many of our residents' vote, if they weren't comfortable with the online process. The result is an excellent working Board, and I'm incredibly grateful to all who took part.

This Holiday Season will be different than any other. We'll miss the Board Brunch but are working on another way to wish you the best of the season.

Hang in there, everyone! All the best, and here's to 2021!



Editor's Two Cents

Greetings All;

Suffice it to say, no one could be happier than I to see this crazy year come to an end. We here at PAL have done a remarkable job weathering this storm. Congrats to all!

So, I'm wondering, how many of you out there have left your apartment *twice*... second time to remember your mask. Ya... more times than I care to admit.

I started my knitting and crocheting early in the year, thinking I would have products to sell at our annual Christmas Bazaar. Well, I guess, it just wasn't meant to be. But I have managed to increase my repertoire of patterns, much to the delight of my twin grand nieces. It is fun to create for the little ones.

This COVID life may have slowed down the parties but it will never stop the holidays.... This year will end, and life will go on with a new vaccine. Our job at this point is to keep a positive outlook.

Although many have compared this disaster to the Spanish Flu. You can only imagine this situation without email and Skype/Zoom.... Technology has, indeed helped us. Television has been good company... I would even suggest our computers has given us something to do... well, when they work?

So, if I could quote one saying, "God bless us, everyone! Be Well and Stay Safe and WEAR YOUR MASK. See you next year.

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Hello All,

It has been two months since I took on the role of Administrative Assistant to the PAL Board of Directors. It has been a pleasure to meet many of you in the hallway, outside the building and in the lobby, albeit masked and socially distanced. I hope to be able to meet many more of you soon. The recent news of a vaccine gives hope that you will soon be able stop by the admin office (Room 328); perhaps, in the new year.

I have learned so much about the Performing Arts Lodge, its mandate, and the Performing Arts Industry in general. I realize that the Performing Arts Industry faces many challenges, of which many have been compounded by the covid-19 pandemic. I am proud to be part of PAL Toronto and am excited for what 2021 holds for it.

I hope you all have a wonderful holiday season.

Best, Brad Dale



Join the CLUB!

By Aggie Elliot



Well, it's day number... oh, I don't know, I think I stopped counting around 200! I do know that it has been a while since I last submitted to *PAL Leader*. Days tend to blend together lately. We got through summer and fall and now we'll manage to get through the winter months somehow, in this time of upheaval and change. Hope this 'new normal' doesn't last long into the new year!

Our latest AGM brought changes, too. Our new board, with a blend of old and new directors, looks very promising for the new term to 2022. Many thanks for your votes, by the way! The pandemic does make it harder to get down to business in person but rest assured technology has made it possible for the board to carry on.

As you know, I no longer chair *Supporting Cast*. With our full time Health Services Co-ordinator, I'm confident that taking care of the well-being of our residents is in great hands. We are fortunate to have such a professional on staff at PAL Toronto. Bryann has been a *tour de force* during these crazy pandemic times to say the least. She was pro-active from the beginning of COVID -19 and has stayed on top of all the Public Health recommendations and safety concerns, working together with our property management, and building manager, to ensure PAL residents are safe. Fear not! This does not mean the end of *Supporting Cast*. It has evolved and still has its place at PAL. In fact, we still need volunteers to help with clothing and food drives, cooking for our shut-ins, cooking for our *Palzapoppin'* monthly potpourri of food and entertainment and our fundraising events. And some day, hopefully in the not too distant future, we will need door greeters for all of our events. But, most importantly, *Supporting Cast* has always been, and remains to be, the "buddy system" of our PAL community. I encourage everyone to get to know your neighbours if they so wish. Give them a call once in a while, since meeting face-to-face is not encouraged right now. I know we will get through this together and soon we will be enjoying each others' merriment and camaraderie in person.

As for me, well, I'm excited to be wearing a new hat on the board as Chair of the *Celebrity Club!* This too will SOMEDAY re-open, so stay tuned

because "The fat lady hasn't stopped singing yet"! Ha-ha-ha!

In closing, I'd like to share a sentiment I try to keep in mind. "Remember to be kinder than necessary, for everyone you meet is fighting some kind of battle." These days, we are all in that club!

I wish you all many Blessings this "Covid" holiday season. Stay well! Stay safe! See you in 2021!



Our Neighbour

By Norman Hart

It's been a month now since Michael (Paul) Kent passed away in the bus shelter situated just under my 3rd floor bedroom window.

I first noticed Paul back in early May but thought nothing much of it at the time as I'd seen many homeless people rest in bus shelters as they wandered the street. Little did I realize that he had actually started to live in it. This is the time we were starting to live with Covid being around. By May 23, I Facebooked an article about the increase of the homeless in our area that included a photo of Michael. Several months later I wrote another article specifically about Michael and his condition after he was stabbed, which included more pictures and video of the area. Many people reacted to the FB post some showing great concern...and rightly so...through their concern the police and other agencies visited several times to talk him into going with them for his safety but he kept on refusing.

It hurts me because I was his neighbour through all of this...I saw and heard these goings on day and night...and on top of that it all happened yards away from a Shelter created for people in his situation. After Michael passed his family were contacted and held a memorial at the Shelter. I learned his real name was Paul who grew up in North York but ended up in Vancouver before returning to Toronto. The local press wrote stories as to who's to blame for his and other unnecessary homeless deaths...there's a lot of coulda, shoulda, woulda...going on right now. The truth is the one person that can do something hasn't, and that's a huge shame on us all.



Thank you for the Break, Santa

by Margot Roesslein



The first snowfall brightened the outlook of downtown Christmas shoppers, by and large worn out from Covid, and politics.

The Young Actress shook snowflakes off her shopping bags and boots before entering the Film Club. After signing in, she spotted at the bar the Actor she had met briefly on a film set some time ago. Seating herself next to him she referred to that memorable film shoot, thus opening a dialogue about the pros and cons of the film industry. He had substantial achievements.

She explained her position, "I wished I could say the same. When finally, I had a character role, the movie was a flop. Why can't I ever get to 'break a leg', so to speak! I have taken an abundance of acting classes and workshops; did the triple threat and I'm learning languages—"

He interposed, "All right, so you are ardent about acting but do you have talent my darling—just asking."

"Oh yes. Attested to by many, I humbly concede," she said mockingly.

"Unfortunately, from auditions to the top it's a long winding road; luck is lopsided."

She interjected, "About luck, why is it superstitious to say 'good luck' to a performer, do you know?"

"Yes, it refers to the actor Booth who broke his leg fleeing after he shot Abraham Lincoln at the theatre"

The bartender approached and announced complimentary drinks from a nearby club member watching on television a film with subtitles, who now saluted them. They waved to him, mouthing their thanks.

She did not wait for the rest of the anecdote, "Let me explain my perception of luck. To me acting is a calling I am destined to follow. But I cannot just wait for luck to turn up by chance. I have to work harder, be better. My break will come I know. Oh, look out of the window. In the lamplight the snowflakes sparkle like a million stars. Oh yes, stars. That should be my Christmas wish, to be starring."

He raised his drink, "Here's to 'sic semper tyrannis' as per Booth, and to 'break a leg', hypothetically speaking. The film industry is dry at the moment, but here is to you and stardom in the New Year and I'll be front row."

Uplifted by his playful optimism, she intended to clink her glass at his but lost her balance, fell off the barstool and landed on the uncarpeted floor breaking a leg. With her glass still clutched in her hand she lifted it toward him, "Thank you for the break, Santa?" At that she burst out laughing, mixed with tears.

Taking the glass from her he said with obvious surprise in his voice, "I don't even know your name. My apologies, I'm Noel. Here let me help you."

"Noel," she repeated in wonderment. "My name is Holly; how do you do? Holly and Noel, that is so quaint."

As Noel helped her off the floor, club members applauded emphatically. The bartender called a taxi. Everyone followed Holly out to the street. Despite the snow, her taxi came careening round the corner. Noel helped Holly into the back of the taxi and before shutting the taxi door behind them he took a bow, "Merry Christmas and Happy New Year to you all, my friends."

"Break a leg," a club member shouted rambunctiously while capturing the moment with his iPhone.

The TV film-watcher called out after the departing taxi, "Cheers to my heroes."

"How so?" the iPhone person inquired.

"They talked to each other," the TV film-watcher laughed, "atypical nowadays, given the long lockdown."

"Yes, it's safer to watch and listen to people on screen: Thanks goodness for actors and affiliates," the iPhone person opined merrily.

"I second that. Brr, it is cold outside. Let's all go back inside and toast to a marvellous 2021--c'mon, people."

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From the MRC Chair

By Rex Hagon



"I followed the protocols, but I've heard nothing back despite filing 3 work-orders."

"I have a minor concern but don't know where I turn to be heard."

"A building supplier made a rude, personal comment when I asked him to put on his mask."

Should you have an unresolved issue or concern about our building or staff, and you want to share a constructive idea with the MRC, we would like to hear about it.

Your home is here in the building. You have the best perspective regarding what's working well and what the MRC might appreciate hearing about.

Drop me a line: rexhagon@me.com

Festive Greetings to each of you.

Welcome back, from your PAL Library volunteers!

By Marcia Tratt



As most of us residents know, the PAL Library, which had been closed tight since April due to Covid, has reopened during the past 2 months. At present, we're open only on Monday evenings, 6pm to 9pm, and there's a sign-up sheet on the door for 15-minute slots: only one person and one volunteer are permitted in the library at a time, and of course mask-wearing, distancing & sanitization protocols are followed for the safety of all. But hooray, we're open so come on down (or up, depending on where you live)!

The pandemic has put the kibosh on so many of our usual activities, but **reading** is not one of them. And how lucky are we to have this great resource, our own library, run by the dedicated Shirley Lewis - we don't even have to go outside in the snow and slush to access this plethora of our own books and DVDs.

So as the festive season arrives, it's beginning to feel a lot like - READING!

There are so many interesting books on our shelves, it's hard to choose which to suggest - but looking for a few possibilities to delight your spirits?

Bring on the Empty Horses by David Niven (921 NIV) is the second part of this actor's best-selling autobiography (the first is *The Moon's a Balloon*), dealing with his years of success as a Golden-Age-of-Hollywood leading man. Considered the epitome of a true British gentleman, Niven's writing is smooth and diverting, and the thumbnail sketches of some of his fellow movie icons at the end of the book are priceless.

Just Kids by Patti Smith (921 SMI) was a #1 New York Times Bestseller in 2010, a coming-of-age memoir by rocker Smith who arrived in NYC in the 1970s and met burgeoning artist Robert Mapplethorpe. These 2 kids seized their destinies as artists and soulmates, and the NYC locations and personalities of the era-before Times Square became Disneyfied-are brought vividly to life.

Bossypants by Tina Fey (921 FEY), the iconic comedian tells all, from her youthful days as a "vicious nerd" to becoming the first female Head Writer (and performer) on the legendary halcyon seasons of Saturday Night Live. Thought-provoking and thoroughly funny. And how about something to expand your mind?

A Short History of Nearly Everything by Bill Bryson (500 BRY) is the ultimate journey into the most intriguing questions that science seeks to answer. Aided by leading archeologists, anthropologists and mathematicians, Bryson takes us on a clear, profound and entertaining adventure into the realms of human knowledge.

What the Future Looks Like by Jim Al-Khalili (501 ALK), leading science experts reveal the surprising discoveries and ingenious solutions that are shaping our world, for better and hopefully not for worse. So interesting!

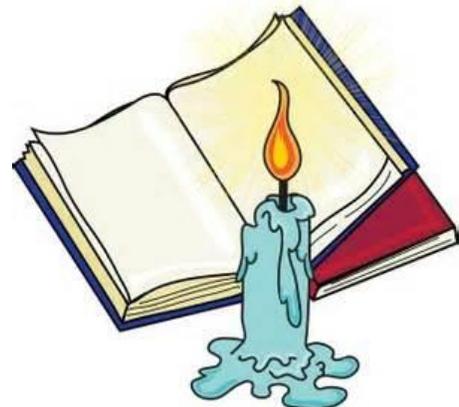
The Planets by Dave Sobel (523.2 SOB, Large Print) explores the origins and oddities of the planets through the lens of culture, from astrology, mythology & science to art, music, poetry, biography & history.

And let's not forget that Spring is just around the (slow-to-arrive) corner:

What Flower is That by Stirling Macoboy (582.13 MAC) an *Wildflowers of Canada* by Tim Fitzharris (582.13 FIT) are 2 coffee-table books with beautiful colour photos and lots of interesting facts about the blossoms that will be starting to creep into our mid-winter daydreams...

That's all the room there is for now. We also have shelves of DVD feature films - including many black-and-white classics - and TV series on DVDs, so come and visit and make use your PAL Library. It's all here for you to enjoy.

Keep warm and safe: even Santa's reindeer will be social-distancing, don't you know-Ho-Ho! Happy holidays from PAL Library Volunteer Marcia Tratt



Aaah Soup!

By Vivienne Muhling

Soup's so nice for lunch in wintry weather. Here's a very Canadian soup -- made from apples and squash.

Ingredients:

- 1 med. Chopped onion
- 1 tbsp veg. Oil
- 4 cups chopped, peeled butternut squash
- 3 cups chopped, peeled apples
- 1 clove minced garlic
- 1 tspn dried thyme
- 4 cups chicken stock
(or 2 chicken bouillon cubes dissolved in 4 cups water)
- Pinch of nutmeg
- salt & pepper to taste.



Heat oil in a large saucepan, add onions. Cook at medium heat till softened. Add garlic & thyme. Stir and cook for 1 minute. Add apples, squash, and stock.

Stir well, bring to a boil, lower heat, and simmer till squash is soft (about 15 mins). Puree with a hand blender.

Season to taste with nutmeg, salt & pepper. Enjoy!

A friend I visited in Jerusalem served me a delicious lunch that she called "a meal in a bowl". It was a soup made with frozen fish.

Here's how to make it:



Ingredients:

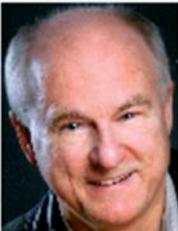
- 2 frozen fish fillets (could be tilapia, sole, perch, etc.)
- 1 large onion
- 1 med. potato,
- 3 or 4 med. carrots
- 2 fish or veggie bouillon cubes dissolved in 1 pt. water
- 1 bay leaf
- ½ cup chopped parsley
- 1 tspn tomato paste
- salt and pepper to taste
- 2 tspns oil

Heat oil in a saucepan, add chopped onions, carrots, potato. Saute for 5 minutes, stirring occasionally.

Add the still-frozen fish, cover and cook until the fish has thawed (about 10 mins). Mash with a wooden spoon, breaking the fish into small bits. Add bay leaf, parsley, tomato paste. Add the stock plus a cup or two more stock or water as needed to cover the mix. Simmer for 5 minutes. Transfer ½ the mixture to a bowl and puree with a hand blender. Pour the pureed soup back into the saucepan, stir to mix with the rest. Season to taste, reheat and serve!

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ATTENTION PAL RESIDENTS
The Daniel & Brian
PAL-Uber Ride Share Service
is still continuing through these
Extenuating Circumstances.
If we can be of service to you,
please call 647-701-5033
to dicuss your transportation needs.





Up Your Fitness Game

By Brenda Merriman

Are you missing your regular exercise class? Can't access the internet? You have the wherewithal right there in your own suite; no fancy equipment needed. First thing is to set your alarm for a convenient time of day because you are going to do these ultra-basics every day. Next, remember how important it is to breathe deeply and calmly.

1. If you're still in bed, wiggle your feet. Still there? Good. Pull one knee at a time up to your chest. Okay, a few inches will do. More than once. Then bend both knees and let them drift together from side to side to the mattress. Sooner or later you will feel like extending your legs out over the side of the bed, find the floor and trust your limbs to propel you upright. Rotate your head very slowly a few times. Stop when it crunches.

2. After you've got yourself together, go to your window if you live on the building front. You were going there anyway, to see if anyone is living in the bus shelter today. Using the windowsill as your support, feet apart, lean sideways back and forth from the waist to stretch your ribs. Then bend one knee at a time to each side, back and forth. Rotate your ankles in time to the backup beep of the transport truck going into the LCBO. Back yourself up, lean forward to the sill, heels down, to stretch your calves.

2.(b) Those stretches also work if you have a balcony, but alas, not as much to see out there. Pushing the dead plants to a corner, use the railing for support. For added mental health and lung power benefit, wait for the garbage trucks to arrive and let loose with the loudest possible rendition of your favourite song. All eight verses should do it. Ask yourself if you are breathing. Of course, this works if it's not minus 10 Celsius out there and you don't have a pile of snow and ice. If it is and you do, retreat to the kitchen sink.

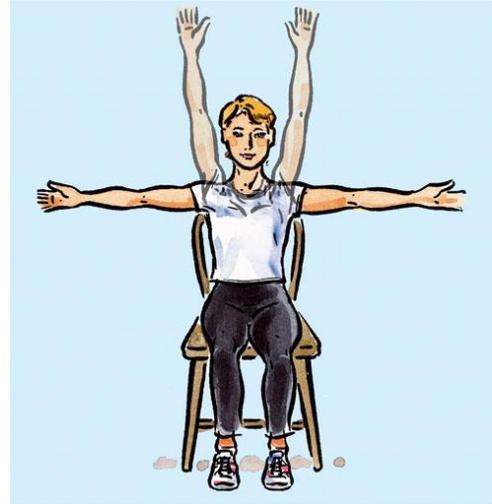
3. When you're tired of that, sit on a kitchen-type chair. Stand up. Sit down again. Repeat until the thighs start to protest. You're not finished yet. Alternatively, lift one leg one at a time as if you are marching. You ARE marching. And yes, you can do it sitting down. Flap your arms up and down at the same time like you're a baby seagull heading for its first kill. Breathe calmly.

4. Kitchen sink, windowsill, or behind a chair. Bend over to touch your toes. Or at least your knees, please. Don't bang your head on the sink, sill, or chair. Now squats, people. The foundation of strong legs. Put some power into about 25 of them. Best to be within grabbing distance of your support. Breathe. Try not to bang your knees on anything. Knees are also important.

5. For a little cardio, turn your oven on to 450 and open the door. Fetch a teatowel. Do some shoulder shrugs and waist twists. When the smoke alarm goes off, leap at it repeatedly with wide sweeps of the

teatowel. Change arms from time to time. When the fireman comes to yell at you, breathe deeply and turn off the oven.

6. Your workout cool-down period includes a glass of water and going back to bed. Well done! Breathe.



Our Gerry Pearson

By Arlene Meadows

He was loved
But not our lover
He was our clown
But never feared
He was like a big brother
Even when he was acting "weird"
We laughed, sometimes
We were "Stupid"
But his "Flanders Fields"
Stopped us in our tracks
His hometown never really knew him
So he ran away 'cause he wanted to act.
He was our Gerry Pearson.



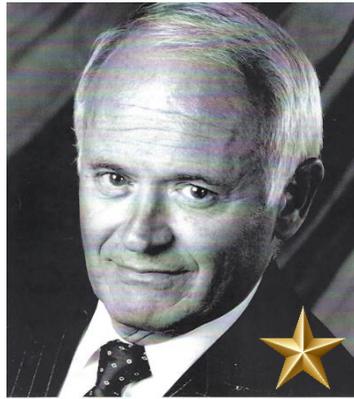
A Final Bow - 2020



Friends Forever, Never Part, Maybe in Distance, but Never in Heart.



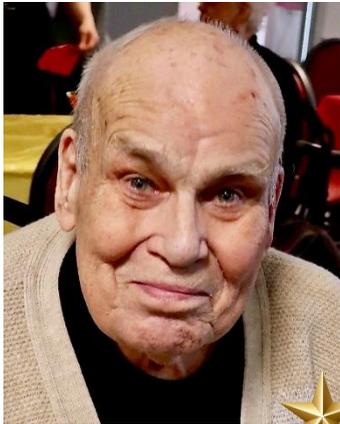
Donna Linden



Peter Langley



Paul Wildbaum



Gerry Pearson



Lillian Grudeff



June Mitchell



John Sutton
(Captain Jack)



Jane Meade

What the Dickens

Y	S	Q	C	X	T	E	K	C	U	B	R	O	T	C	E	P	S	N	I	D	F	M
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T	O	C	I	E	X	S	N	M	I	S	S	H	A	V	I	S	H	A	M	D	T	W

Find the following words in the puzzle.

Words are hidden     and .

ABELMAGWITCH

ARTFUL

BILLSIKES

BOBCRATCHIT

BUMBLE

CHARLESDARNAY

DANIELQUILP

DAVIDCOPPERFIELD

DODGER

EBENEZER

FAGIN

HAROLDSKIMPOLE

INSPECTORBUCKET

MADAMEDEFARGE

MARLEY

MISSHAVISHAM

MISSMOWCHER

MRMICAWBER

MRSGAMP

NICHOLASNICKLEBY

OLIVER

PIP

ROSABUD

SAMUELPICKWICK

SAMWELLER

SCROOGE

SYDNEYCARTON

TINYTIM

TWIST

URIAHHEEP

PAL Toronto Board of Directors

- Elva Mai Hoover - President
- Rex Hagon - Vice President
- David Plant - Treasurer
- Jocelyn Reneuve - Secretary
- Rex Hagon - Mgmt. Committee Chair
- Aggie Elliot - Celebrity Club
- Jocelyn Reneuve - RAC
- Barbara Sadegur - Communications Committee
- Rochelle Porter - Fund Development Chair
- Dini Petty - Director
- Scott Walker - Director
- Stephanie Belding - Director
- Doug Paulson - Director

Committees can be reached by email when visiting the PAL Toronto Website at: paltoronto.org. or you may address a letter to the committee chair and give it to our Admin Assistant, Brad Dale (328) on the 3rd floor.

PTRA

To be announced

PAL LEADER Contributors

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Sandra Fresco (Proof Reading)

- | | |
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| Rex Hagon | Margot Roesslein |
| Elva Mai Hoover | Marcia Tratt |
| Brenda Merriman | |



Got a story to tell?

You can leave submission at apt 305.
-or email to-
bsadegur@gmail.com

Next Deadline: Feb 28,2021

Telephone Numbers

- | | |
|-------------------------|----------------|
| Building Manager | 416-955-4645 |
| Superintendent Emg. | 416-806-4588 |
| Superintendent Emg. | 647-528-4588 |
| Admin & Green Room Resv | 416-777-9674 |
| Supporting Cast | 416-368-1677 |
| Dixon Hall | 416-365-0145 |
| Emergency | 911 |
| Dixon Hall Emergency | 416-873-5852 |
| Wheels of Hope | 1-800-263-6750 |

