CANADIAN MACEDONIAN PLACE CELEBRATES 30TH ANNIVERSARY

Sunday, Oct 4, 2009 the Macedonian community in the GTA gathered at St Clement church to celebrate the 30th Anniversary of Canadian Macedonian Place.

It is hard to believe that three decades have passed since the ribbon cutting ceremony that launched CMP as a place for our community to gather and a home for our seniors to live amongst friends and family in a caring and comfortable environment.

Along with dinner, dancing and all things
Macedonian, the evening was dedicated to all the
past Presidents of Canadian Macedonian Place;
the Daughters of Macedonia and the Canadian
Macedonian Youth Organization. In her speech, CMP
President Marilyn Trentos, took a moment to thank
all the past Presidents, committee members and
volunteers of the aforementioned organizations who
-- through their tireless hard work and dedication
over the years -- have collectively raised millions of
dollars for CMP in the past three decades.

Also during her speech Marilyn announced that she is donating \$20,000 in honour of her Baba and all of the happy years that she lived in the CMP Home. This most generous donation marks the first newly renovated individual suite in CMP to be designated in honour of the TRENTOS family name.



The 30th Anniversary celebration of CMP held a message of renewed commitment from the Canadian Macedonian community to honour our seniors, preserve our heritage and to rejuvenate our Home. Through the continued participation of all Macedonians in cultural events that support and contribute to the financial well being of CMP, we ensure that there will always be a Home to live in for our senior citizens and a welcome gathering place for the Macedonian community.

With CMP's first 30 years now behind us, and the second phase of renovations to the Home's building now in full swing, our community is excited for the future and all the new and wonderful events taking place that are sure to make the next 30 years of Canadian Macedonian Place even more special than its first.





Special Thanks To:

In memory of loved ones, Elsie Karfilis and Family at Christmas donate trays of sweets, fruits and ham.

Pauline & Chris Stavro never forget us with their kind donation of seasonal fruits and flowers.

The Literary Group 'Braka Miladinovci' of St. Clement for the 'Poetry Night'. Dragica Dimovska and members always prepare a mouth watering spread of home made goods.

Olga Sandolowich for the 'Fun Hour with Olga'. Not only does Olga bring joy with the song and dance but she also brings sweets for the hour that follows the dance.

Mary and Angelo Minas also add to our joy. Residents count the days to when Mary will come to sing and dance with the residents accompanied by Angelo who plays the accordion. After dancing everyone enjoys Mary's cake and coffee.

Donna Scotland visits with us weekly and is in the ORO. Donna brings us different homemade sweets every week.

Olga & Peter Petro bring all kinds of sweets at Christmas, Valentines, Easter - residents enjoy the treats as well as their company when they come to visit.

CMP Donors Pay Tribute to Family, Friends and Loved Ones

Making a donation is a wonderful way to commemorate a special occasion or the life of a loved one. By using the enclosed reply coupon and postage-paid envelope, you can easily make a tax-deductible gift to CMP in honour or memory of a loved one. Your gift will be recognized in the next issue of the *Zdrawets* and the honouree(s) or next of kin will be notified of your generous gift with a special card.



Upcoming Events

Sunday, March 7, 2010

Annual Fashion Show by the Ladies Auxiliary of St. Clement of Ohrid

Sunday, April 4, 2010 Macedonian Easter

Wednesday, April 7, 2010

Celebration 2010 - Honourary Chair John L. N. Bitove Kidney Foundation of Canada - Metro Convention Centre Contact Lorie Scratch @ 905-278-3003 x 4963

June 3-5, 2010

Register for the UMD Global Conference 2010
Register now for the 2nd UMD Global Conference!
Sheraton Centre Toronto

Wednesday, July 7, 2010

68th Annual Macedonian Open Tournament

Canadian Macedonian Place Board of Directors 2008-2009

Marilyn Trentos President Jordan L. Bitove

Jordan L. Bitove Past President

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> 850 O'Connor Drive Toronto, ON M4B 3L6 Phone: 416-755-9231 Fax: 416-755-9232



Keeping the Canadian Macedonian Community In Touch and Informed

A Message From The President



Greetings and thank you. Thank you for taking the time to read this newsletter and being a friend of Canadian Macedonian Place.

Well, as I often say, things are busy at the home. Since our last newsletter, we have celebrated the 30th anniversary of Canadian Macedonian Place with a President's Ball. The evening

was a huge success and you can read more on that in the newsletter. For me, it was a particularly special evening as I recall as a teenager attending a "President's Ball" during my father's tenure as President. It really felt like a déjà vu and I was so pleased to be able to honour all Past Presidents of CMP as well as those that had been involved in the "Daughters of Macedonia" and the Junior Board.

At that event, I told a heart warming story about a dear friend of mine, Chris Temovsky, who had recently assisted his own beloved grandmother to find her way to making Canadian Macedonian Place her home. Chris had said to me that until he went through the experience himself personally, he really never had appreciated how lucky we are to have Canadian Macedonian Place. I urged him to write his story and we are pleased to have included their experience in this issue of *Zdrawets*.

Now that the celebrations are over, we are busy with the ongoing renovation of the suites. As reported earlier, the Board has approved a renovation of each of the individual apartment units, as they too are 30 years old. So far, we have 11 down, 98 to go and they look marvelous.

In order to continue, we are pleased to offer naming opportunities of the units in gratitude of donations over \$5,000.

I am thrilled with a recent donation by the village of Zagorichani. For their generous donation we have named the office at Canadian Macedonian Place in honour of that proud village and in the memory of all Zagorichani members who started the Mutual Benefit Society of Zagorichani - Kostursko back in 1907.

Additionally, I also take great pleasure in offering my pledge of \$20,000. One unit will be named after my Baba Vana Trentos, a past resident so that her name may grace the halls of Canadian Macedonian Place.

If you or your village and/or association would like further information on other naming opportunities, please contact Zlatka or myself directly.

As current President, it gives me great pleasure to be involved in putting together this newsletter. It's a wonderful way to keep in touch with our community. Our distribution is to over 1,500 households and the list is growing. If you know of anyone that would like to receive our newsletter please contact the office. Also, if you would prefer to receive it by email, email us and we would be a happy to send you one electronically.

Thank you for taking the time to read *Zdravets* and I hope you enjoy the rest of the newsletter. On behalf of Canadian Macedonian Place I wish you all a wonderful spring and a very Happy Easter!!



LIVING IN STYLE: CMP RENOVATION UPDATE

Visitors to Canadian Macedonian Place have and continue to comment on the beautiful surroundings and elegant common areas that have been transformed as a result of the first phase of renovations to the Home that were completed just a year ago.

Now with the second phase of CMP renovations well under way, the interior transformations of several refurbished apartments are being met with considerable interest and accolades from prospective new tenants. Included in the renovation of each suite is all new parquet flooring; ceramic backsplash in the kitchen along with new cabinetry and ceramic flooring in kitchen and bathroom. The bathroom is also equipped with a new vanity and walk-in shower. All light fixtures, shelving and storage has been replaced and air-conditioning units have been installed in each newly renovated suite.

To date eleven suites located on the second and third floors have been totally renovated. After a short hiatus during the winter months, renovations will resume in March with ten more suites slotted for complete make-overs bringing the total to twenty-one.

Due to the vacancy period necessary to complete the renovation of each suite, there remain a few newly renovated apartments available for immediate occupancy. So if you or someone you know is interested in making a move for the better, please call Zlatka at CMP and set up an appointment to tour the Home and visit one of these beautifully remodeled suites.





To arrange a tour of our newly renovated suites and to see the benefits that Canadian Macedonian Place has to offer seniors age 55 plus, please call Zlatka Cokov at 416-755-9231 or email zcokov@canadianmacedonianplace.com.

Zdravets **SOCIETY**

Donations totaling \$5,000 or more are recognized on the beautiful new *Zdrawets* **SOCIETY** Donor Wall. If you and your family or your business would like to learn more about making a contribution to Canadian Macedonian Place please call Zlatka Cokov at 416-755-9231 or feel free to contact a member of the Board.

Donation Level	Recognition Level
\$100,000 and beyond	Diamond
\$50,000 to \$99,999	Platinum
\$25,000 to \$49,999	Gold
\$10,000 to \$24,999	Silver
\$5,000 to \$9,999	Bronze

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"MY BABA DOES NOT EAT SMOKED SALMON!"

My Baba's journey to CMP took a little longer than perhaps most. After nearly 10 years living alone since my Dedo Simo passed away in 1999, we could see that she had become lonely and not in a position to look after her own home any longer. There had to be better options.

Baba Donka is a very strong willed lady. My wife Susan reminds me how I always return Baba's calls right away while others can wait. Baba came from Veluchina via Bitola where she married and began her family before relocating to Toronto in the mid 1950's. She has been with me all my life and was always there for me as a child; now it was my turn to look after her.



Looking back on our journey to CMP, Baba was at first set on moving to an assisted living centre in Mississauga; near family members. After exploring options and discussing CMP with her at great length, Baba, insistent as she is, wanted to be in Mississauga. There was no room for discussion. What Baba says, Baba does; or tells you how it will be done. So we booked the truck, moved her belongings and set her up in a very nice room of her own. Meal plan, activities, and social hour: this place seemed to have it all.

One evening during a visit, she asked if I could join her at the table with her two new friends, Joan and Debra. Baba did not have too much to say, while Joan and Deb chatted away in perfect English between themselves while my Baba looked at the appetizer with a perplexed gaze. Baba turned to me and asked: 'Babe....sho je ova ziva riba?(Grandson....what is this raw fish)?' Call it a defining moment, but in that instant I knew that Baba was not for this place. My Baba does not eat smoked salmon! Never has and at nearly 90, never will! My Baba wanted her graf, luti piperki and belo sirenje. Not even a month later, I received the call, it was time to leave Mississauga and go back home.

My next call was to Zlatka and as luck would have it, the newly renovated suites were in the process of being released and there was space for Baba at CMP. (I will never forget the first time I walked into Canadian Macedonian Place with my Baba. It was like taking her to her long lost home. Immediately upon arriving, several tenants recognized her and greeted her in Macedonian. We were treated to lunch and the meal was unquestionably delicious and familiar).

It has now been one year and thanks to CMP, Baba Donka has been transformed from a frustrated and lonely grandmother into the person I have always known and loved, less the frustration and worry about food, company and activity.

I can't thank the people of CMP enough for making it possible for my Baba to live her life on her terms, and

Until you have had to deal with a loved one under similar circumstances, I don't think you can fully appreciate what value we as Canadian-Macedonians have in CMP. Our home is a true gem and we should be so proud that it showcases the importance of having such a home for our seniors. Macedonian tradition is to celebrate, respect and honour our elders; what better way than to give them the best possible option to live on their terms and in their own way.

My Baba does not eat smoked salmon and thanks to CMP she never has to question what is served at dinner any more.

CMYK

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Many thanks to everyone at CMP!

Chris Temovsky

ANNUAL CHRISTMAS PARTY HONOURS VOLUNTEERS

On Friday, December 4, 2009, attendees of the annual Volunteer Christmas Party filled the dining hall and common areas of Canadian Macedonian Place with festive joy and laughter. In addition to CMP volunteers -- members, residents and the Board of Directors -where all in attendance.

CMP President Marilyn Trentos welcomed and thanked everyone for their thoughtfulness, dedication and hard work over the past year.

The Home's catering staff set up a wonderful Macedonian buffet dinner complete with cabbage rolls, sausages, baked beans and pita. This delicious food was a sampling of what is now being offered on the CMP "Macedonian Feast" Take-out Menu.

During the course of the evening, several guests took the opportunity to tour the beautiful, newly renovated suites. A great deal of favourable commentary on the fresh contemporary and comfortable feel of the Home became a popular topic of conversation as a result.

In addition to congratulations offered at the party, on Tuesday, December 1st everyone gathered at the Home to celebrate the 80th Birthday of Olga Sandolowich. Olga is a long standing CMP volunteer whose generosity and dedication to our residents is exemplary and remains an inspiration to us all. Wishing Olga many happy returns!

Overall, it was a warm and festive evening. A great start to the Christmas season. Za mnogu godini!







VOLUNTEER YOUR TIME AT CMP

Do you have an interesting hobby? Would you like to volunteer an hour of your time and share your interests with others? Have you been thinking of starting a craft or games club? CMP offers the perfect venue. Our downstairs lounge is complete with comfortable chairs, a fireplace and a bright beautiful view of the ravine. Bring a friend or two and ask our residents to join in. Who knows, you may reconnect with familiar acquaintances or make some new friends?

Every Tuesday afternoon one of CMP's long-time volunteers Olga Sandalowich hosts an hour of song and dance at CMP. Everyone has a chance to actively participate in an oro or two.

Please come and join us and see what all the fun is about.

If you would like to volunteer or organize an activity please contact Margarita at 416-755-9231 ext. 21 or email at Mdonakovski@canadianmacedonianplace.co

ST. CLEMENT LADIES AUXILARY CELEBRATES **MACEDONIAN CHRISTMAS AT CMP**

Ladies Auxiliary from St. Clement of Ohrid visited with us during Macedonian Christmas & old New Year - the homemade piti, sweets and gift for every resident added a wonderful touch to the celebration. Everyone joined in the ORO.













COMMEMORATE A LOVED ONE AT CMP

We are pleased to offer our generous supporters naming opportunites for donations of \$5,000 or more. A naming opportunity is a great way to pay tribute to a loved one while supporting a wonderful cause. All naming opportunities include a dedication plaque to be placed in the home as well as a listing on the Zdravets Donor Wall for all to see. Below are some of the naming opportunities available:

Suites	\$5,000	Second Floor Wings (north & south)	\$15,000
Sitting Areas (2nd and 3rd Floor)	\$5,000	Third Floor Wings (north & south)	\$15,000
Display Cases	\$5,000	Lower Floor Wings (north & south)	\$20,000
Staff Room	\$5,000	Front Entrance	\$25,000
Computer/Activity Room	\$7,500	Back Patio	\$25,000
Mural	\$10,000	Kitchen	\$25,000
Front TV Room	\$10,000	Main Floor Wings (north & south)	\$30,000
Laundry Room	\$10,000	Board Room	\$50,000
Third Floor Wings (north & south)	\$15,000	Front Patio	\$50,000

If you would like to arrange a naming opportunity please contact Zlatka Cokov at 416-755-9231 or zcokov@canadianmacedonianplace.com.

CMP SENIORS ATTEND MACEDONIAN FILM FESTIVAL

On Saturday October 17, 2009, the Macedonian Film Festival welcomed a group of seniors from Canadian Macedonian Place to the screening of Stole Popov's classic film The Red Horse. The film is based on the novel by Georgievski and the story is set mainly in Uzbekistan between the end of the Civil War in Greece and into the beginning of the 1960's. Attending as honoured guests, many CMP seniors are able to personally relate to the situations and settings depicted in some of the classic films screened at the Festival.

Canadian Macedonian Place has been a major sponsor of the Macedonian Film Festival since the festival's debut in 2006. At the 2009 festival, CMP President Marilyn Trentos was presented with a plaque at the world premiere screening of A Name is a Name.

The Macedonian Film Festival will be celebrating its fifth year in 2010. We encourage all Macedonians to attend this important cultural event on October 16 and 17, 2010, at the Innis Town Hall Theatre. For information please go to www.macedonianfilmfestival.com and/or join our Facebook group -- Macedonian Film Festival -- for regular news and updates.

Virginia Dubiel

The Canadian Macedonian Historical Society is planning a Symposium on Sunday April 25th at the North York Civic Centre, Council Chambers at 2:00 p.m. We will be presenting the stories about Canadians and their journey from Macedonia, the route they took, the times in which they arrived in Canada, etc. If you are interested in participating, please address your inquiries to John Thomas, symposium@canadianhistory.ca. John is planning three meetings when he will be assisting the participants with their material, such as scanning photographs and the information each participant will present. Be part of the Symposium on April 25th or plan to attend. These are our stories, our immigrant lives and the Historical Society is part of the Canadian Macedonian experience. This is the second event of the season. Don't miss it!

'GOURABEE' - SHORTBREAD

THESE COOKIES KEEP A LONG TIME WHEN PACKED IN A TIGHTLY COVERED CONTAINER

temperature.

Ingredients:

- 1 lb. Sweet butter • 1 tbsp. Baking powder
- 3 egg yolks
- 1 tsp. vanilla
- · 6 tbsp. lcing sugar • 4 ½ to 5 cups allpurpose flour
- 1 oz. Whisky
- Icing sugar for top

Let the dough stand for 15 minutes **Directions:** before shaping. Preheat oven to 350*.

Shape the dough into small crescents Have all ingredients at room or fingers and place on an ungreased cookie sheet. Place the butter in a large bowl and

Bake for 20 to 25 minutes or until the

they are completely cooled, sprinkle

generously with icing sugar.

shortbreads are lightly browned. When

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beat for 10 minutes at high speed with electric mixer. Add the egg yolks, 6 tbsp. Icing sugar,

baking powder, whisky and vanilla.

Continue beating until well blended.

Sift the flour and mix in enough to make a soft, pliable dough. The less flour you use, the richer the cookie

Variation: Crushed almonds or crushed walnuts may be added to the dough before shaping. Also, the dough may

be rolled out lightly and cut with a cookie cutter. will be.

To keep up with our Macedonian traditions and culture we will be featuring a recipe in every Zdravets. This will help our new generations learn about the Macedonian way of life, customs and cuisine.