

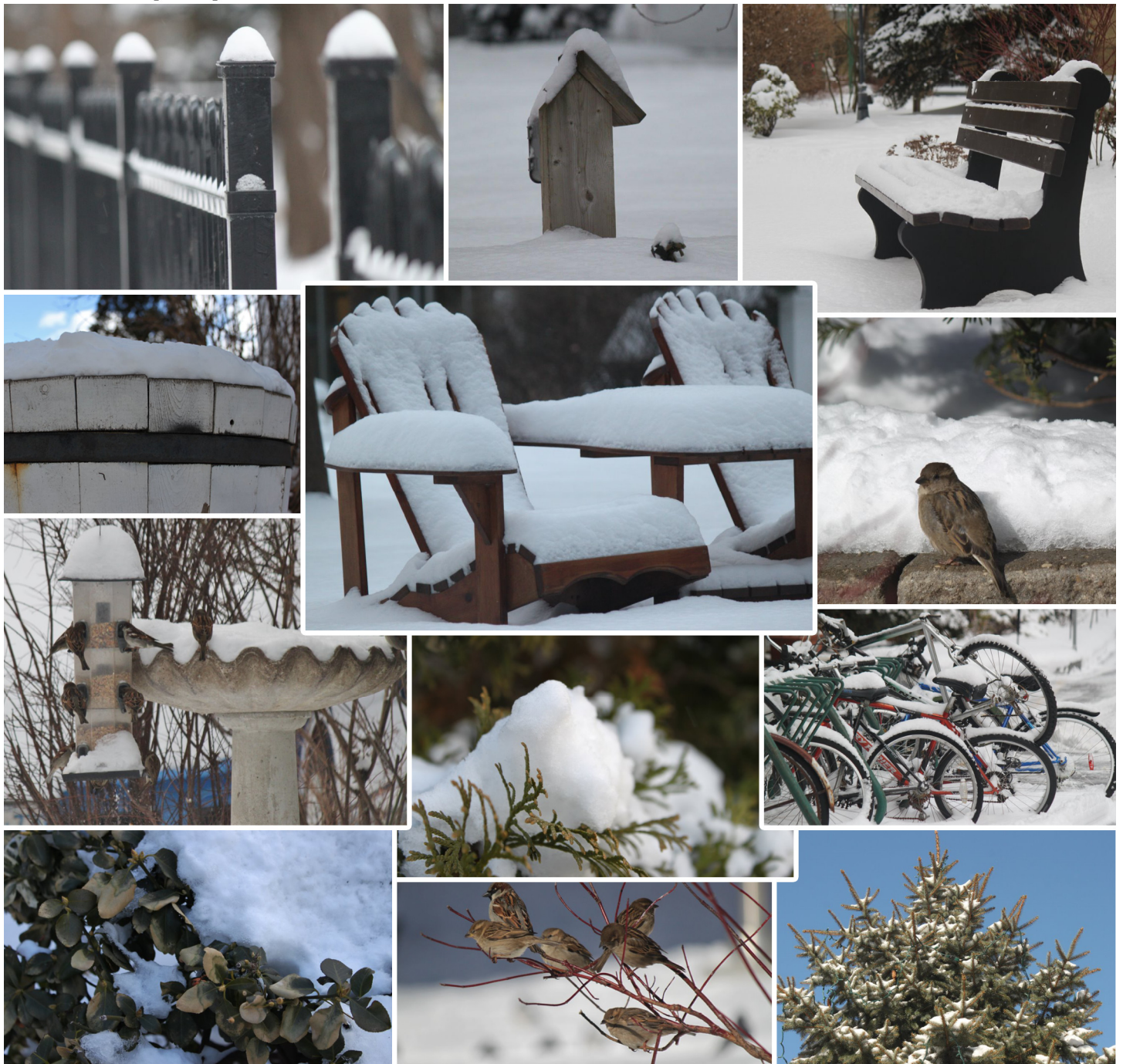


APRIL~MAY~JUNE 2016

Volume 21 - # 2

NEXT DEADLINE: MAY 27, 2016

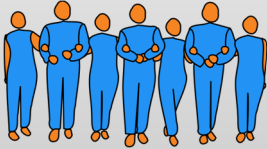
RARE SNOW EVENT FROM THE (UN)FORGETTABLE WINTER OF 2015/2016



(PHOTOS BY JOHN GORDON)

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Your **LINK** Team:

Editor: Bob Harrison Drue

Copy-Editor & Board Liaison:
Laurel Tate

Events Photographer: Mitch Lambert
Coordinator: Ritchie Doucet

IT'S A DIRTY JOB

In my humble opinion, some of City Park's surplus should be used to build an environmentally friendly cenotaph to those members and employees of the Co-op who toil in the thorny fields of "damned if I do and damned if I don't."

Candidates are almost too numerous to mention. For example, the President of the Board, the Property Manager, the chair of the Landscape Committee, members of Maintenance who pick up Fido's droppings in the garages. The cenotaph would not be complete without the name of Mashkoor Sherwani.

In Pakistan, Mashkoor's family was involved in the stock market and were members of the Islamabad and Lahore Stock Exchanges. It was during his time as a stock broker that Mashkoor assisted the National Accountability Bureau in its investigation of corrupt practices by

government officials and politicians. His evidence raised some alarm bells which is not always the best thing to do in Pakistan. Mashkoor and his family arrived in Canada 2002.

What surprised and pleased Mashkoor about Canada was its ethnic diversity. On the other hand, Pakistan has, for the most part, a single nationality, religion, and culture. As with most immigrants, Mashkoor and his family faced many hurdles: securing jobs, finding accommodation, a constrained budget, and settling in two children. In 2003, he obtained a job in Maintenance at City Park.

To prepare himself for the considerable challenges of working at City Park, Mashkoor took a number of courses: Building Maintenance and Repair, Property Management, and Preventive Maintenance. The question is begged whether or not any one can be fully prepared to work at City Park. From Mashkoor's perspective, the major challenges for him are member expectations, maintaining City Park standards, and an aging infrastructure. The greatest infrastructure issue is the 60-year-old plumbing.

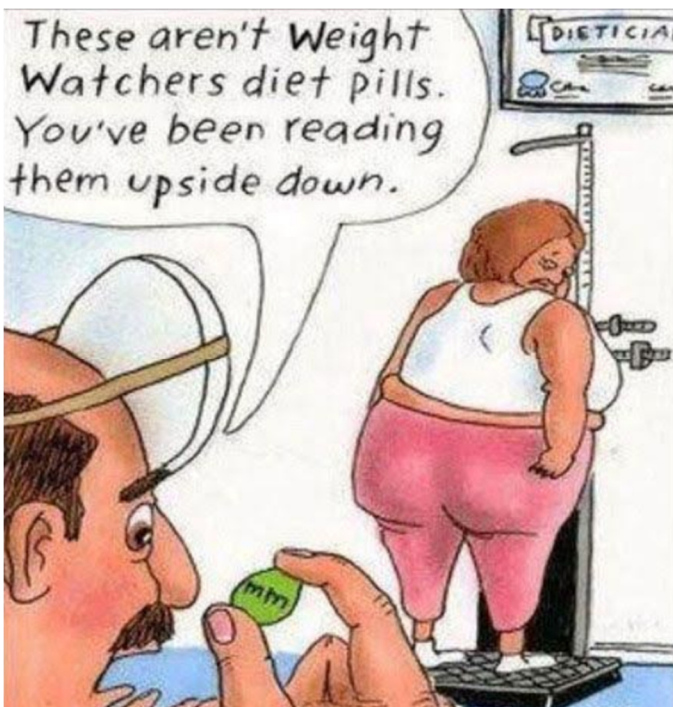
So, life has brought Mashkoor from a career in answering questions about portfolios, to answering questions of a more personal nature. Questions such as: Why is my paint flaking?

Why can't I have puce coloured tile in my living room? What have you got against pit bulls?

To gain some respite from the demands of his job, Mashkoor gardens and volunteers within his community by sitting on school councils and working on local accessibility issues as a citizen member of two accessibility studies in the City of Mississauga.

What is Mashkoor's advice for our new Syrian refugees? "Work hard and respect your new homeland." I think Mashkoor is taking his own advice.

Tom Maunder ~ 51 Alexander



Welcome to the Future

Our vision has helped us plan our future, to make City Park a special place to live, a great community, a well-managed business.

Improvement is a continual process. Your Board, staff, committees and projects can't do it alone; they need to hear your input and ideas.

The Board is planning a workshop for the Members to hear what matters to us, now and for the future.

A facilitator from CHFT will lead us through that process, from the very first step to a final result.

All Members are invited to participate. Dates are yet to be confirmed with CHFT.

The information will be posted.

"It is the set of the sails, not the direction of the wind, that determines which way we will go". ~ Jim Rohn

Achira Saad

Member Relations Liaison

Yikes! Have you seen the Rezoning Application submitted to allow 65 storeys at 475 Yonge (where the Marriott Courtyard Hotel is now)?

Go online to:

<http://urbantoronto.ca/news/2016/03/rezoning-application-submitted-allow-65-storeys-475-yonge>

Thoughts and Observations

Here you live your life, enjoying it most of the time, and think you are in control.

Guess what?

Toward the end you find out: "It's only been on loan and you have to give it back".

Borry Sande ~ 51 Alexander

TALKING TO YOUR DOG

As I sit in the sun in the garden between 484 and 51 and channel my inner Tippi Hedren, my thoughts often drift to the intense conversations taking place between men/women and their dogs. I keep hoping for some facsimile of Lassie and Rin Tin Tin responding to the commands of their masters and rescuing Members in distress but, alas, that is not the case. Most of the human and dog conversations I overhear resemble those of overly doting parents and their fractious children.

Dog owners of City Park, let's up the ante and ask your pets challenging questions designed to increase their intelligent quotients and give them a sense of participation. Here are some suggestions:

1. George, are you really happy with your name? Want something more glamorous, like Rex?
2. Penelope, what do I do that most pleases you? Taking you on

long walks? Opening bags of dog food? Sharing my dinner?

3. Crumpet, what do I do that most annoys you? Snore? Vacuum? Pause for chit-chat on Church Street?

4. Persimmon, how would you like to see the City Park Gardens made more dog-friendly?

5. Roscoe, when strolling the Boulevard of Broken Dreams, what places should we frequent? Avoid?

6. Titus, what has caused you the most happiness in your life? The most unhappiness?

7. Walter, I am designing a summer T-shirt for you. What motto would be most appropriate?

Tom Maunder ~ 51 Alexander

Hats off to Jane Welowszky of the "The Star."

DID YOU KNOW... the drain pipes of the kitchen sinks of our apartments ending in 05 and 17 are connected to the bathtub drains of the next door apartment (i.e. 06 and 16)?

When you fail to use the strainer in your kitchen sink (and throw what collects into your wet recycling can), the food that collects and decays in the drain pipes, eventually back-up into the bathtub of your next-door neighbour! Since my husband and I used to live in an 06 apartment, I remember at least two occasions where our bathtub refused to drain and our bathtub filled up with chicken soup noodles!

This needlessly requires Maintenance to come in to the 06 and 16 Members to snake out the drain pipes to get them free-flowing again.

Kindly use your kitchen sink strainer.... its function is to collect solid waste so you can pitch it into your wet garbage and not let it go down the drain.

Thanks Alice in 31 for reminding us about this. ~ed.



DID YOU KNOW...

Type 1 diabetes is an autoimmune disease where nutrition and fitness are essential in managing blood sugar levels. The immune system attacks and destroys insulin-producing pancreatic beta cells, so daily injections of insulin are usually necessary.

Type 2 diabetes is a condition that involves lifestyle factors and insulin resistance. These can both lead to complications like neuropathy, retinopathy and cardiovascular disease.

The highly processed Western diet, lack of exercise and increased stress levels have all contributed to unhealthy conditions in our gut.

Many new studies have revealed an interesting connection between the health in our gut and its influence on our brain health. Allegedly, if undesirable microbes pass through the intestinal lining, it can directly affect our mood.

Fermented foods, believe it or not, take centre stage in correcting this situation!

Slowly introduce some into your diet if you don't already do. They include the following: active culture plain yoghurt, kefir, small amounts of soy sauce, fermented tofu, miso and tempeh, Korean kimchi, sauerkraut and pickled vegetables.

As we age, yours truly included, it becomes imperative to do all that we can to keep ourselves as healthy as possible and maintain the highest quality of life as possible. That said, things still happen, and some things you just have no control over, especially when it comes to genetics/things you've inherited.

Now that I'm in my sixties, I notice that I don't have the energy I once had, and I get frustrated that I can't accomplish all the things I want to get done on a daily "To Do" list.

To maximize your energy level, it is imperative that you eliminate processed foods that are high in salt and sugar, and replace them with natural foods. No one says you have

to completely eliminate them from your diet... just make their use as infrequent as possible.

Try making new recipes that you normally wouldn't try. I have found many recipes on the Internet that turned out to be truly amazing...all for free. There's really no need to buy cookbooks any longer. A website I find very useful, is called "Yummly", which is basically an aggregator of recipes from a wide variety of sources. You just type in what you're looking for and you'll have dozens of results. Check it out: www.yummly.com ~ed.

Tragedy in Newfoundland

The day after his wife disappeared in a kayaking accident, a Twillingate, NFLD man answered his door to find two grim-faced RCMP officers.

"We're sorry Mr. Flynn, but we have some information about your wife," said one of the officers.

"Tell me! Did you find her?!" Cedric Flynn asked.

The officers looked at each other. One said, "We have some bad news, some good news, and some really great news. Which would you like to hear first?"

Fearing the worst, Mr. Flynn said, "Give me the bad news first."

The RCMP officer said, "I'm sorry to tell you, sir, but this morning we found your wife's body in the bay."

"Lord have mercy!" exclaimed Flynn. Swallowing hard, he asked, "What could possibly be the good news?"

The officer continued, "When we pulled her up, she had 12 of the best looking Atlantic Lobsters that you have ever seen clinging to her. Haven't seen lobsters like that since the 1960's, and we feel you are entitled to a share in the catch." Stunned, Mr. Flynn demanded, "If that's the good news, then what's the great news?"

The officer replied, "We're gonna pull her up again tomorrow."

Thanks for the laugh Ron (Connors)!

JOIN THE CDC

The Community Development Committee has mandate to foster a closer community feeling by bringing City Park Members together to enjoy and partake in differing events during the year.

This is a great way to get to know other people who are your neighbours!

We are actively looking for new Volunteers to either become needed helpers or to join our Committee on a full-time basis.

If you are interested, you can contact Orlando Flores or John Fowler through the Co-op Office.



Bright Ideas & Notes from our Maintenance Committee

- 1) How about an area to wash our Recycle Bins after use? This practice would prevent, as well as reduce, the smell of garbage, fumes, and other odours throughout our basements and parking garages.
- 2) In the furniture disposal area at the south-west corner of 31 (exit to Wood Street), how about we install a waste compactor? This area serves the entire Co-op. When it's full, furniture is stored there for days; a perfect breeding ground for pests. *[It also attracts dumpster-divers who don't take a locked-gate for an indication to stay out. ~ed.]*
- 3) Our Maintenance Committee is asking all Members to check the door and windows to their balcony to feel for draughts of cold air. If you can feel cold air, kindly fill out a work order to see if something can be done.
- 4) A notice will be sent out to Members in the near future, to help in registering their bicycles. Any bicycles that are not claimed are subject to disposal via recycling.
- 5) Did you know...the key to open some cans of processed meat can be

left on the balcony to be used to open the balcony door should you get locked out?

Members get involved!
Choose a committee or project. The Maintenance Committee meets the 2nd Wednesday of every month.

Check our Notice Boards for further information.

Sheldon Charles ~ 31 Alexander

Ritchie's Christmas 2015 Drop-in



Computer Dave Update

Some of you may remember that a few issues ago, I mentioned that I didn't like Windows 10 and that I was suggesting that people might want to carefully consider if they want or need to update.

Since then, I have decided to keep it, as most of my concerns are related to the look and feel, rather than the functionality. In fact, it does seem to run faster and, so far, I haven't had any system issues with it. I do resent the fact that Windows 10 tracks what you do on your computer and reports the results back to Microsoft. They freely admit that Windows 10 is spying on you. However, you can Google how to turn off this tracking, so this is not something to worry too much about. Also, they try to make you use their applications but, again, there are work-arounds if you want to use your own software.

Now, the reason I am submitting this column to LINK is to, once again, warn you about phishing scams. Phishing (pronounced 'fishing') is called that because scammers are 'fishing' for passwords and financial information.

The latest scam is targeting iTunes users. According to the newspapers, a current email phishing scam involves sending email to an iTunes user, telling them that they have been accidentally billed \$50. They can request a refund by clicking a

link in the email. You fill in all your credit card information and send it directly to the scammer.

Please remember: No company, no bank, no credit card company, the police or anyone else that is a legitimate company, will ever ask you to submit financial information over the internet or via email. It is never safe to give out this information, even if you are originating the email and sending it to a verified contact. Never give out your information via the internet, email or telephone. If someone phones asking you for such information, just refuse to give it to them and ask them to forward their request to you via Canada Post.

Currently, scammers are also targeting your cell phone via phishing texting. Don't believe those texts either.

It's unfortunate, but you just can't trust anyone with your personal information except face-to-face.

Dave Wickett ~ 51 Alexander

For more information on phishing, please refer to the following website:

<http://www.cleo.on.ca/en/publications/scams/what-are-some-common-telephone-and-internet-scams>



My Arctic Adventure

In 1955, I was hired by the Canadian Marconi Company of Montreal to work in communications on the DEW line in the high Arctic. I am sure you know about the DEW line ("Distant Early Warning System"). It was a line of approximately twenty-three radar stations in the high Arctic. It was financed by the American government and was built as an early warning in case of a Russian attack during the Cold War. My job was a radio-teletype operator that handled the communications to the radar sites under construction and the head office in Montreal. Previous to that, I worked for the CN telegraphs in Toronto and Halifax as a teletype operator. This job no longer exists due to the advances in communications.

As you can see by the pictures, a co-worker and I decided to explore a bit of Frobisher Bay. We met an Eskimo family, now called Inuit, who just returned from a hunt on the bay and had our picture taken with them. There is also a picture of yours truly and a picture of one of the radar sites. After a brief stay in Frobisher Bay, I was posted to another site higher up in the Arctic, called FOX. We flew at night on an old DC4 aircraft. It was very cold and the temperature outside the aircraft was minus 60F. Due to the extreme cold weather, the landing gear on the

plane froze in place and could not be extended, and we were asked to prepare for a crash landing. We had a Catholic missionary on board on his way to a mission. He started to pray with his rosary beads which made the passengers all the more nervous! When we looked out the aircraft window, we could see the fire trucks and the ambulance by the runway for our arrival. The pilot made a pass and touched down briefly on the runway to see if he could get the landing gear in place for our landing. To everyone's relief, it worked, and we circled around and made a safe landing.



After a two month's stay at Fox, I was again posted to my last posting at Coral Harbour, which is a large island at the top of Hudson Bay. The

campsite where we lived was near the airstrip and the radio station where I worked, about two miles from the camp site. A large Bombardier covered vehicle, which held six passengers, was provided for our transportation to get to our work place. We employed several Inuit to work at the site. Sometimes they would drop by the radio station after our shift and offer us a ride back to the site on a dog team. It was quite a thrill to ride on a dog sled. Sometimes during the night, we would look up and see a large black nose in the window. It was quite frightening, as there were a lot of polar bears in the area, but it turned

out to be husky dogs roaming around.

We worked a twelve-hour shift, seven days a week, which was just as well, as there was nothing to do; we didn't have satellite tv in those days. Once a week we had a movie, and a number of the Inuit who worked for us would attend, some with their families, as it was quite a treat for them since they lived in a primitive society. After about one hour into the movie, when people started to thaw out, the smell was quite noticeable due to the lack of bathing facilities. Most locals lived in igloos which, of course, had no bathing facilities.

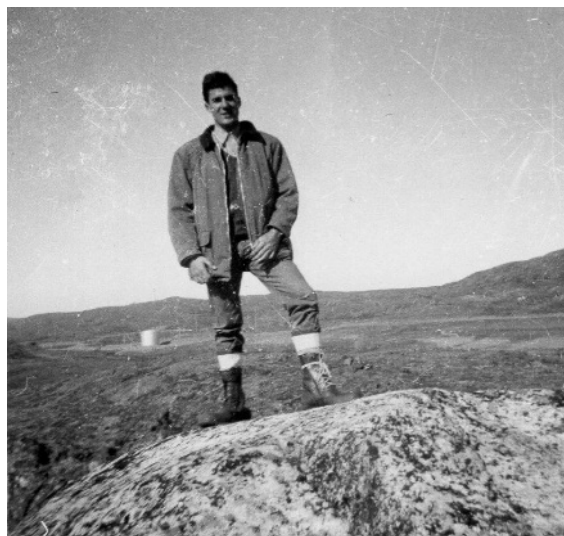
We had a great chef who prepared excellent meals - so that compensated in some way - for lack of things to do, and helped to pass the time. There was an old man who used to visit the site, about once a week, and the chef would serve him a meal. We were always telling dirty jokes, and it turns out the old man was the Catholic priest at the mission. Some of us were quite shocked to say the least.

During Christmas, the priest invited us to midnight mass at the mission, and we all piled in the Bombardier for a five-mile journey to his church and residence. The priest preached in three languages: French, English and Inuit. After the service we were all invited to join him and his congregation for a meal. On the stove was a large pot of walrus stew. It didn't look very appetizing, so we all took a pass, but the Inuit all dived

in and had a great feast, as it was quite a treat for them.

It was quite an experience living in the Arctic for one winter and seeing how the Inuit lived. I really enjoyed the experience seeing a different way of life. It is a very barren land but beautiful in its own unique way.

Ron Connors ~ 51 Alexander



Tax Clinic: Now Booking Appointments

The Tax Clinic at the 519 helps eligible individuals, who are not able to prepare their income tax and benefits returns.

The Tax Clinic provides income tax services, by appointment, on Thursday evenings and Saturday afternoons.

Taxes are prepared for current year income only. The Tax Clinic runs from March through April each year. Appointments can be booked in person at the 519 front desk, or by calling 416-392-6874.

Bucket List

At the recent General Members Meeting held on January 23rd, a request was made to City Park Members to kindly submit articles to LINK.

Here is my idea to get the ball rolling. How about listing some things on your bucket that you want to do, and some that you've accomplished? It can be even just one.

Here's one of mine.

Every summer, my friends and I go on our annual day-trip to Wasaga Beach.

On our drive there, the music is cranked up to our favourite golden-

oldie songs, as we sing like nobody can sing in a shower, along with our (in)famous seat dancing, acting like teenagers. Young teenagers. For the record, we are men in our 50's.

Upon arrival, we go swimming with a blow-up raft. No rules here, as we each try to lay claim to it. Water up the nose from laughing so much, awful jokes, mooning each other, and sore knees from carrying each other on our shoulders. All in a day's work.

Before we leave, junk food is our rule. Anything and everything with MSG, grease and sugar. This is our 'cheat day' with food and we make the best of it.

More loud music, seat-dancing and howling like cats on our drive home. Lotsa fun and bonding with friends. Nice.

Will I do it again? Hmm, I'll have to think about it. O.K., I thought about it. Yes.

This is one thing on my bucket list that I have ticked off. Now it's your turn. Tag, you're 'it'!

John Gordon ~ 51 Alexander



Thanks to City Park generosity



Nellie's
970 Queen Street East
PO Box 98118
Toronto, ON M4M 1J0
www.nellies.org
Tel: 416-461-0769

January 20, 2016

Orlando Flores CDC Chairperson
City Park Co-Op
Community Development Community
484 Church St
Toronto ON M4Y 2C7

Dear Orlando Flores:

Thank you for your support of Nellie's Women's Shelter. Your donation will go a long way to help feed, clothe, shelter and care for hundreds of marginalised women and children in our care. You are the reason why we are able to offer dignity, respect and hope to our residents, supporting them towards a life free from violence, poverty, homelessness and despair.

On behalf of all the women and children at Nellie's, thank you for your support.

Sincerely yours,

Fran Odette
Fran Odette
Nellie's Board President
(416) 461-8903

*Your generous support
of this important service
is very much appreciated*

Receipt Nellie's

970 Queen St E, Box 98118 Toronto ON M4M 1J0

The Sum of / La somme:
Received from / Reçu de:

\$499.20
City Park Co-Op
Community Development Community
484 Church St
Toronto ON M4Y 2C7

ID: 6851

Receipt No. / No du reçu: 1157

Receipt Date / Date du reçu: January 20, 2016

Received on / Reçu le: December 31, 2015

Authorized Signature / Signature autorisée



November 25, 2015

City Park Cooperative
484 Church Street
Toronto ON M4Y 2C7

Re: City Park Annual Food & Clothing Drive

Dear Residents,

You are making a positive difference! A heartfelt thank you to all who participated in the City Park Annual Food & Clothing Drive – together you collected 22 boxes of food for PWA's Essentials Market. Across the city, people living with HIV/AIDS are coming to PWA for help. At the time of their greatest need, clients can take comfort in the fact that donors like you offer a helping hand.

The Essentials Market Food Bank at PWA is the only food bank in Toronto that exclusively serves people living with HIV/AIDS. With over 870 visits each month, clients are met by welcoming volunteers and are provided with a dignified opportunity to choose fresh produce, dry goods, canned goods and meat...items of their choice, not ours.

The Essentials Market is made possible by the generosity of individuals and organizations in our community, and we are tremendously grateful to the residents of City Park Cooperative. With the support of people like you, the holidays are brighter and there is hope for those who need it most.

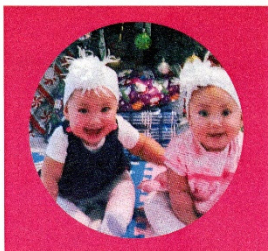
Your donation makes a 'positive' difference for people living with HIV/AIDS in Toronto. Thanks again and happy Holidays to everyone at City Park Cooperative.

Sincerely,

Douglas Taylor
Douglas Taylor
Philanthropy Officer



Making a positive difference.



THANK YOU
FOR GENEROUSLY SUPPORTING
NELLIE'S SHELTER
FOR WOMEN & CHILDREN
IN 2015
&
BEST WISHES FOR A HAPPY NEW YEAR
IN 2016!



RECEIVED FROM / REÇU DE	- PWA	No. 31
	Nov. 25	2015
	Orlando Flores / City Park Co-ops	523.00
The Sum of / la somme de	Five Hundred & Twenty Three	xx Dollars
	cheques	
	<i>[Signature]</i>	

Thank You

Noise By-law Update

Our councillor, Krystyn Wong-Tam, tells us in her winter newsletter that her office is continuing to monitor closely the progress of Municipal Code's Chapter 591 review.

She is advocating for stricter enforcement and enhanced resources for city investigators. While an urban environment will mean having to accept a certain level of noise, residents are looking for relief. No kidding. Construction noise is one 'source' she mentions.

I recall the rebuild of the former Westbury Hotel was certainly an ongoing irritant, with some aspect of the construction starting well before the allotted 7:00 a.m. start-time. Dump trucks are generally not very considerate in terms of turning off their engines while they wait for another load of earth.

Wong-Tam says in her newsletter that the lead policy staff from Municipal Licensing and Standards were to appear in the January meeting of the Licensing and Standards Committee. If you'd like an update, getting to the 'source' might be the most effective and that contact is Jessica Walters, Senior Policy and Research Officer, email: jwalter2@toronto.ca or Intiaz Ruffudeen, Manager, Policy and Planning Services, email: iruffude@toronto.ca. Or if you don't have a computer, just pick up the phone and dial 311 to be directed to either of those contacts. (Don't

forget, the computer in the PMG Hall lets you use email.)

Michael Shelley ~ 31 Alexander



Be kind to your neighbours in the apartment below yours: kindly install felt pads on the feet of all your chairs and sofa...anything that gets moved around on a daily basis.



Felt pads are inexpensive (you can find them at Canadian Tire/ Marshalls...even Dollarama) and last quite a long time. They do need replacing from time to time, but they definitely keep chairs from screeching across our wooden floors. ~ed.

411 Church Street Mixed Use Development

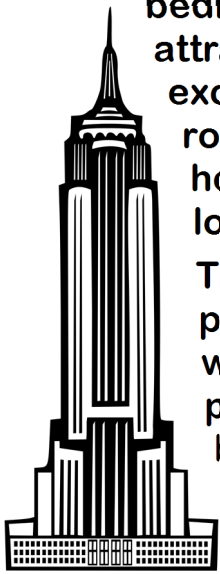
Location: Southeast corner of Church and Wood streets. Developer is Centrecourt Developments.

This developer has four or five other projects in the downtown area, each of which is massive. This project is rather thin so to speak, but tall.

The meeting on February 9th was the second meeting for this proposal, and was held because the first meeting did not provide sufficient

advance notice. Mind you, the first meeting did attract quite a vocal crowd, out of which changes were made to the design. I noticed several members from City Park.

This project is primarily residential and will include about 10% three-bedroom units. The idea is to attract families in light of the excellent school across the road. These need however, to be located on lower levels.



There were about 80 persons in attendance, with a variety of city planning personnel, led by Mark Chlon who gave us a very thorough presentation on planning requirements.

This project exceeds those standards because at 45 floors, it is 20 floors higher than the number of floors for this site, as per the building code for the area.

Out of the re-design after the first public meeting, a second floor retail level was eliminated, replaced by condos and public areas for the residents. Retail was also removed from the Wood Street ground level and the entrance was moved to the middle of the building on Wood Street.

The audience seemed divided into two age groups; young people and older persons. The former expressed a need for housing in a manner which seemed as though this development was the only condo and

didn't seem concerned about the cost. At one point, a member of the Church Wellesley Neighborhood Association shouted out that these people were 'plants' to talk favourably about the development. The developer objected mightily, barely under his breath. But, this happened in the past.

One of the young persons emphasized the need for accommodation for Ryerson students. There is such a need, but not at the price these condos will be, unless they have wealthy parents.

An issue that was discussed very extensively was the location of the entrance/exit to the garage. It seems the Stanley development on the north-east corner of Church and Carlton Streets will have this feature on Church Street.

In the re-design, the developer has provided two sites for outdoor patios. It was noted, however, these are useable no more than five months a year and the suggestion was offered to make the patios appear to be outside, enclosed in something like a greenhouse. As usual, the concept drawings showed Church and Wood Streets with mature trees and Wood Street having paving blocks instead of asphalt.

The re-design also addressed the concern that the original ground floor walls were rather unfriendly, namely glass, and asked for a more human-friendly type of surface. This has been done.

Each condo project does a shadow impact study. It would appear the north half/east-side of 484 will be in shade at some times and also the school playground. This was a 'hot' topic for some, and then for others not a concern. In other words, a mixture of very opposing responses.

However, the councillor has told us that the shadow effect on the Church Street Public School will be considered more thoroughly. A past project, at 61 Davenport, the Jesse Ketchum School, the TDSB received funds to put in place extensive improvements to the playground, because of the extensive loss of sunlight to the property.

The meeting lasted two hours, with about 45 minutes dedicated to questions, all of which were intense but factual, well, for the most part. All in all, the audience was very informed and intelligent.

It was pointed out that Church Street is a neighborhood street; the way Bay Street turned out as an example of what was not appropriate. I suggested Church Street could also be a tourist destination, with shops of a size and type that would appeal to visitors, and residents of the neighborhood. (I believe the BIA wants to maintain the gay aspect of this street, a state which is already diminishing, perhaps inevitably.)

Both the developer and planner agreed box-sized retail would not be placed in the retail space.

The councillor, Krystyn Wong-Tam, gave a summary, very calm and encouraging. She noted with two simultaneous projects - this project and the adjacent Stanley - there would be a lot of noise and dust. In her remarks, she told us that there are currently 133 projects being proposed.

For those who want to be informed as this project evolves, we could give her office our contact information.

If you would like to be informed further, Mark Chlon can be reached at 416 397-1761 or mchlon@toronto.ca. Ms Wong-Tam's number is 416 392-7903 or councillor-wongtam@toronto.ca. (I have

found Mr. Chlon very responsive.) (Prior to the meeting I chatted with one of the planners. Out of this conversation he offered a certain frustration about the Ontario Municipal Board (OMB). After 25 years of employment, he still cannot figure out how the OMB makes its decisions.)

In summary, the height of the project - 20 floors higher than the number allowed in the built-form policies - and the entrance/exit to the garage were the ongoing issues referenced by the audience.

Michael Shelley ~ 31 Alexander



MY NEW LIFE AT CITY PARK

A recent issue of LINK contained an article by Tom Maunder relating his experience of moving out of his bachelor apartment in 51 into a one-bedroom a floor below. He made a remark to the effect that the new occupant of his former apartment seemed able to give it a love he himself had never been able to muster for it. Well, since I am that new occupant, it seems only fitting to write my end of the story!

Last July 7, thirty-one years after I left Toronto – for eight years in the States and then twenty-three in B.C.

-- I returned to re-settle in my home city. Actually, the Young Me had never expected to live anywhere else: raised in Ottawa, I came to Toronto, to attend Glendon College, in 1967

and, except for two years, lived here until 1984. In 2010, on one of my frequent pilgrimages to my beloved Toronto, I thought "What the hell?" and submitted an application at City Park and waited till it defied gravity and rose in the pile. Invited by Anjali last spring to come from Victoria and interview, I didn't hesitate and, once back in Victoria, enlisted the help of super-humanly generous friends to organize and prepare me to move. (I



was in too much of a state to organize anything but a meltdown.) Pushed in a U-Haul truck onto the early ferry at Swartz Bay, Victoria last June 30, I set off for faraway Toronto, a speck on an imaginary horizon beyond the Prairies and Lake Superior, having optimistically scheduled the move-in for one week later. As it turned out, the afternoon of July 7 was one of the few times that month that rain fell in any quantity: there were two deluges, at 2 and 5 p.m., the start- and end-points of my move!

Why, you ask, would anyone consider moving from Vancouver Island to downtown Toronto? Isn't Victoria Lotusland?! Yes, in a way. To be sure, I didn't return for the weather. Although I confess I missed the defined seasons of Eastern and Central Canada. Victoria has either two or twelve seasons, depending

on how you look at it, among them Earliest Spring (January 21st or so), June-uary (gloomy, cool May and June), Waiting-for-Summer (most of July), and the Worst-of-the-Wind-and-Rain (Nov. 15 to Dec. 15). Think Flanders & Swann's "A Song of the Weather"! Basically, though, I just missed the Big City. As an architectural historian by trade, I, um, am in need of architecture and thus an urban setting and echoes of

age – echoes Toronto's city government and its pet developers are fast dampening.

Coming home, what did I find? A city, in my opinion, with a duller downtown than the one I left – because over-priced and inhospitable to old, independent businesses – but, maybe consequently, peripheral neighborhood villages on the whole more interesting and varied, if also expensive, than they were. I may explore that subject in another article if the editors let me.

Above all, most days I am thoroughly pleased to be living in City Park, though in a west-facing bachelor I wondered last summer if I had made the right move! In its own way, I consider City Park an exceptional place, and may condo-builders keep their distance! For one thing, it is big enough to be interesting. I wouldn't want to live in a co-op of twenty-five units; would you? But, while large, aptly-named City Park is one of the greenest places between the Don Valley, Rosedale Ravine, and Queen's Park, while also being an example of the futuristic modernism that was in vogue in the Fifties. (I confess the heart *does* break to think what Teperman must have mowed down to make way for City Park.) Our apartments are well-oriented and spaced, with plans and appointments not to be equalled today. And, at a time when apartment-living and Modernistic

design had to be 'sold' to a skeptical public, the apartments were equipped with entry-halls, parquet flooring, ribbon-windows and full-width balconies; high-quality kitchen and bathroom appliances and cupboards, besides enough elevators and generous ground-floor lobbies. The outdoor courtyards, gardens, and broad, tree-shaded sidewalks are treasures, and I am daily grateful to the Landscape Project and Holiday Lighting Project. Told in advance about the lighting, I found it truly brightened my first Christmas back in Toronto (which, nearly snowless, was as grey as one in Victoria, and much in need of colour and light). I enjoy nearly all my conversations in the elevator – and always those with 51's guardian-angel, Rosa! Serving in that lobby as Deputy Returning Officer on election day in October was perhaps a mixed blessing: we opened late and had our share of problems in the evening but eventually caught on! I am enjoying the social events and Movie Nights staged by the Community Development Committee and have come to appreciate the hard work of the Library Project. Living alone as I do, I am grateful to be joining a community, one to which I hope to contribute.

Chris Thomas ~ 51 Alexander

Born to swim

Last summer, Michael from 484 sat forlorn on the garden steps of 31. He had just lost his dog Cody. Every pet

owner understands how devastating that is. Time passed, and one fine day, Michael showed up with a little brownish-black fur ball, not much bigger than my dog Kelsey, a Yorkie-Shi-Poo. We all welcomed the new little puppy to City Park. Kelsey played with him and so his socialization started.

Michael's new companion is called Darcy (which mysteriously brings smiles to some faces. It is explained, if you watched *Pride and Prejudice*, and admired Mr. Darcy).

This canine is a French water dog, also called a Barbet

(pronounced 'Bar Bay', meaning 'beard'). To prove that he was indeed a water dog, Michael took him to Lake Ontario. Well, Darcy jumped right in and there was no question: He was 'born to swim'.

Darcy has beautiful wavy hair and comes from an old breed of water dogs, including a Portuguese water dog who assisted fishermen for over two-thousand years, and the Barbet, mostly used to flush out waterfowl. After a while, the breed became almost extinct until recently re-discovered, and only lately recognized by the Canadian Kennel Club.

Michael met his first Barbet at the 519 dog park (now called Barbara Hall Park) and basically fell in love with this loving and kind breed,

which is very well-behaved once grown up. The fur is another story. Michael will need a lot of elbow grease to keep this canine brushed, in addition to getting a haircut about every three months. Michael and Darcy have been together now for about seven months and they are in love with each other. Darcy is very



smart, loves learning new tricks, and is very affectionate. They both love the outdoors and are made for each other.

At least twice a week, these two wander to the beaches and have the time of their lives. It's windy and wet these days, but it bothers neither Darcy or Michael. A happier pair of 'Member and his pet'

cannot be found these days.

We look forward to seeing these two on their walks.

Karin Williams ~ 51 Alexander

COFFEE and BOOKS: well, not so much books...

Every Friday morning, an eclectic group of City Park Members gather in the PMG Hall at 10:30 a.m. The project is called 'Coffee and Books' and is the brainchild of Jeff Kirby and Jo-Anne Kennedy. There is no agenda, no formal facilitator, and no lack of coffee and treats. Homemade muffins and cinnamon buns, from the 'Martha Stewarts' in the group, bring back memories of North York in the

Fifties, when suburban housewives met for coffee and commiseration.

A member in the group will suggest a topic to initiate the discussion, and others will join in. Nothing is off-limits except City Park politics and gossip. This is a hard rule to follow, but the group does try, valiantly. I have been impressed with the range of topics.

One topic, which aroused considerable interest, was the story of the death of a relative of a Member by ingesting tainted tapioca pudding. Where is Agatha Christie when you need her? This anecdote reinforces my theory that tapioca pudding should be avoided at all costs!

Because many members of the discussion group have connections with the nether regions of Ontario, the topic of outhouses engendered much comment and many scatological reminiscences. Design and functionality considerations were reflected upon, as was the inestimable value of the Sears Catalogue. It saddens me that all this has been lost in the age of indoor plumbing and paperless communication.

The discussion of outhouses morphed naturally into a discussion of toilets which, after the completion of one life cycle, acquired new meaning as planters and objet d'art. Our design mavens were full of suggestions.

Another meeting extolled the virtues of misshapen apples as more economical and just as nutritious.

Not everyone needs to be round and firm and fully packed.

On a somewhat more serious note, the one room school, teacher salaries, and Canada's chronic literacy deficiencies, were discussed. It was suggested that a Literacy Project be established for the Members of City Park... 'how to get hydro bill reductions', 'strategies for dealing with the Canada Revenue Agency (CRA)', and 'Kirby's Library Conference' were other topics covered.

So, if you free between 10:30 a.m. and 11:30 a.m. on Friday morning, come and join the Coffee and Books Group. You never know what you might hear!

Tom Maunder ~ 51 Alexander

Winter? What Winter?



I took this picture off my balcony on February 16th. It was our first accumulated snow for many weeks. It looked so pretty, I wanted to share it with you.

It's been a rarity this winter. I can't remember a January and February that have been this fall-like. I love winter; having said that, I've enjoyed walking on dry sidewalks and wearing shoes instead of boots, which I've had on twice this season.

I'm sure many of you – who don't love winter – are happy with this, and

are thankful to climate disruption. Unfortunately, our habitat isn't so pleased. Come spring, she'll be even less so. The soil, trees and plants need continuous accumulated snow in order for proper budding and growth in the spring. An upcoming rainy season wouldn't entirely make up for our current very dry one.

Let's hope we do have a lot of rain this spring. I never complain about rain. I like having water to drink and food to eat. I enjoy the beautiful, healthy flora and fauna that we wouldn't have in a desert. I appreciate being able to shower and do laundry.

Hooray for rain!

Laurel Tate ~ 51 Alexander



Our next **LAWN SALE** is scheduled for May 28th (rain date May 29th or June 4th).

Registration will take place in 51 Alexander on Wednesday, May 18th between 7 & 8:00 p.m. and Saturday, May 21st from noon to 1:00 p.m.

Interview with a Director

This is the first in a new series, familiarizing our readers with the Directors on City Park's Board.

Bob Fisher is our current President of the Board of Directors. He moved into City Park in November 1985. He has been a Director six or seven times. This is his fourth time as President; he has also been Vice-President twice.

Over the years, Bob has served on several committees and projects: By-Laws Chair and Vice-Chair; Finance Committee Vice-Chair; Membership Selection Committee Vice-Chair; Pet Committee Member; CDC (Temporary) Chair; Ad Hoc Nominations Committee Chair; Liaison to Co-op Housing Sector;



City Park Staff Liaison (in his capacity as Board President). Outside City Park, he has served as President, Vice-President, and Treasurer of Co-op Housing Federation of Toronto (CHFT).

Also outside his City Park life, Bob recently retired from a career in both the federal and provincial governments, after 42½ years. Congratulations!



He remains very busy, however, and not just here at the Co-op. He is on the Board of Directors of a 12-step program. Presently, he is a General Service Trustee, i.e. Director-at-Large on that board, on their Executive Committee, which deals with the business side of things. In the past, he served as Chair of the Board, First and Second Vice-Chair, and Treasurer.

Bob is a Member of National Parliamentarians, too. He used to be a member of the Party Riding Executive of the political party that he supports. It goes without saying – though I’m saying it – that Bob has always been heavily involved in politics: federal, provincial, municipal co-ops, and our co-op. He classifies himself as a ‘Fiscally conservative social activist.’

In another arena of his life, Bob has acted, sung, directed and produced

plays, musical theatre and opera. He is a trained operatic tenor. Now that he’s retired, he wants to get back to singing and probably will, in the near future.

I asked Bob what he’d like to say to our Members:

“Moreover, any man more right than his neighbours constitutes a majority of one.” (Thoreau, Civil Disobedience)

Important to remember when you’re President of the Board of Directors.

Laurel Tate – 51 Alexander

BONITO

Bonito, a Blue-Front Amazon parrot, hatched June 17, 2002. Three months later, he came to City Park to live with his new parents, Jane and Joe.

From the minute he arrived, he established himself as King of the Castle! Like a human toddler, Bonito endeavoured to get his footing on his ‘boot camp’ playpen. Mom wanted to intervene but knew her little guy had to figure it out on his own. He loved his menagerie of toys that stimulated his complex little brain.

Bonito’s capacity to learn words and phrases was outstanding. He learned to sing ‘Macho Man’, ‘Jingle

Bells', and 'Happy Birthday' to himself within the first year. He spoke clearly and all was in the right context.

He had conversations with people on the other side of the front door. Once, that was the UPS man, who truly believed he was talking to a human.



Bonito understood so much, felt sadness in me, was joyful, loved music and would dance. He was sassy, too. If I said, "Bonito, you made such a mess", he would often answer, "Whatever."

At night, he would whisper himself to sleep. He expressed what he wanted very well. He spoke at least 100 words and phrases.

My Bonito was a remarkable companion for me living alone. Unfortunately, in spite of the fact that he should have out-lived me, Bonito died just before Christmas this past year. At the vet's, his last words to me were, "Bonito good boy? Bonito go home?"

His ashes are here with me. How could I possibly not keep him with me now?

He remains in my heart, and I am grateful for the time that I had him and the gift of memory. His feathers were like the 'coat of many colours' and I have many. Thank you to those of you who left cards on my door.

Jane Ingravalle ~ 484 Church

[Copy-editor's note: I cried when I read Bonito's last words] 😭

OMG!



Be very grateful that you live where you do. The following is what folks pay for rent across the street from us (the Greenrock apartments), and generally, for apartments that are smaller than ours at City Park! ~ed.

Bachelors:

437 & 371 sq. ft.: \$1,250 per month

1-bedrooms:

437 to 500 sq. ft.: \$1,300 to \$1,695

2-bedrooms:

921 sq. ft.: \$2,250



Look what's happening across the street from us. This major landscape project should look great, however, it will be gated and only accessible by Greenrock residents:



Interview with a Director

This is the second in our new series, familiarizing our Members with the Directors on City Park's Board.

Achira Saad is our Vice-President. She was born in Casablanca, Morocco, but considers Canada her home, especially Toronto.

As you see in the accompanying photo, she loves snow.



She moved into City Park in 1992 and has always lived in 31 Alexander. She was appointed to the current

Board in February 2014. She was a Director twice before, for a total of six years, during which time she served as Vice-President and Corporate Secretary.

Over the years, Achira has been involved in Co-op activities in a variety of ways. She was Chair, Vice-Chair and Member of the Membership Selection Committee, for a total of four years. Currently, she is our Event Planner for parties, e.g. Staff Appreciation, Volunteer Appreciation, etc. As part of her role as Vice-President of the Board, she is a Staff Liaison, and the Liaison to Members Engagement. In the latter capacity, she organizes workshops in Director Training, Mediation, Mental Health, etc.

Achira works full-time in a demanding job as a Coordinator in the public sector. She loves to travel and has, extensively, with Europe – especially Paris – being her favourite. In her leisure time, she likes to paint and listen to soft music.

She is extremely family-oriented and loyal to her friends. Here at City Park, she gets on very well with her neighbours and many acquaintances, and enjoys close friendships with some of our Members.

I asked Achira what she'd like to say to our Members.

“When someone asks me where I live, I proudly answer ‘City Park – all of City Park, not just my unit.’”

Laurel Tate ~ 51 Alexander

Interview with City Park Co-op Staff

This is the first in a new series, familiarizing our readers with the Staff in the Co-op office.

Ivor Traynor is our Property Manager. He’s been with us since October 2012. Ivor is an employee of Ontario Property Management Group Inc. (OPMG), the company that we contract to administer City Park. He’s worked for OPMG since 2010, managing some of their other sites. Ivor entered this field in 2008, working in the private sector, managing condo properties and student housing. Before that, he was in the hotel industry, which explains his professional and diplomatic demeanour, especially when dealing with difficult situations.

The duties of our Property Manager are numerous and varied. Here’s Ivor’s daily routine:

-Listen to voicemails (the majority of which are Member complaints);

-Read emails and letters (from Members, the City of Toronto, OPMG, contractors, etc.);
-Hold brief one-on-one meetings with Security and Maintenance Managers
-Reply to emails from CP Board of Directors, which involves investigating and resolving issues, many of them major
-Meet with contractors; follow-up phone calls with same
-Member appointments, scheduled for Monday thru Thursday afternoons



-Overall supervision of Office staff

That’s every day.

Other items of business come up weekly or irregularly:

-Prepare documents and letters for Board of Directors Meetings
-Weekly cheque-signing by the Directors, which keeps Ivor late
-Twice-monthly Board of Director Meetings, which go very late
-Reports to OPMG
-Keep abreast of new City of Toronto by-laws, rules and regulations

Then there are the unexpected events and emergencies, e.g. floods, mechanical malfunctions, heat and water issues, etc. Sometimes we have a critical situation, e.g. a major fire with extensive property damage, even loss of life. On these occasions, Ivor is always on site. If it’s after

hours, on a weekend, holiday or his vacation, he comes in from his home in Mississauga. He stays until the situation is safe or resolved.

Ivor also attends events throughout the year, e.g. Annual General Meeting in September and General Members Meeting in January; Special Members Meetings; Volunteer Appreciation Party in December, etc., all of which are held outside regular office hours.

After reading this, I hope more of our Members will understand the demands of his job, and appreciate all that Ivor does for us, helping to keep our Co-op a great place to live.

I asked Ivor what he'd like to say to our Members.

"Due to my personal ethics, I'm very committed to a site that I manage. City Park is like a second family to me. I might not always be visible but I'm always here."

P.S. Mr. Joshua Shulman is the Assistant Property Manager. All inquiries regarding Member concerns, should be directed to him.

Laurel Tate ~ 51 Alexander

Cranberry Orange Muffins

Compared to the usual muffin recipes, these muffins are on the healthy side (*no shortening, no hydrogenated fats, no trans fats!*) and are really quite addictive. This

recipe makes 12 and you won't be disappointed.

2 cups whole wheat flour
1/3 cup coconut sugar (any sugar will do)
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 large egg
1 1/2 cups of fresh squeezed orange juice (commercial juice will do)
1/4 cup canola oil
1 cup cranberries, cut in half (fresh or frozen, or the 'Patience Fruit & Co.' dried cranberries that are sweetened with apple juice)
Preheat oven to 400 degrees F.

In mixing bowl, whisk flour, sugar, baking powder, baking soda, and salt.

In another mixing bowl, whisk egg, orange juice and oil until blended.

Add wet mixture to dry, mixing just until everything is moistened. Fold in cranberry bits.

Coat 12 muffin cups with cooking spray or brush with oil. Paper liners can be used instead if you prefer.

Fill each cup 3/4 full with batter and sprinkle the tops lightly with sugar.

Bake 15-20 minutes (until a toothpick inserted into the centre of a muffin comes out clean).

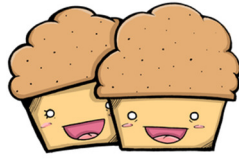
Cool for several minutes before removing from pan to a wire rack.

Best served warm.

Will keep for several days in an air-tight container.

Approx. 153 calories each

*Originally seen in
the Taste of Home
magazine ~ ed.*



Review Panel Takes on Improving City Streetscapes

We seem to be increasingly surrounded by higher and higher structures which are purposed for residences. You might think developers have a kind of carte blanche to build what they want as they want. That attitude or conclusion isn't necessarily true, since many of the projects are reviewed by the City of Toronto's Design Review Panel.

This group consists of independent design professionals, including architects, landscape architects, urban designers and engineers. They review large-scale private development and public projects, and provide objective advice aimed at improving design of the public realm. I have attended their open panel meetings, and found the questioning quite vigorous. My one comment on this panel focuses on the word 'large-scale.' Large-scale seems to be out of hand, i.e. it is the dominant form of condos.

An item on the agenda of a late winter meeting caught my attention since it deals with our streetscape. The project is called Complete Streets Guidelines. The city leader on this project is Adam Popper,

Transportation Services Pedestrian Projects, City of Toronto.

It might seem as a given, that Complete Streets should be streets that are designed to be safe for all users, such as people who walk, bicycle, take transit or drive, and people of varying ages and levels of ability. Sometimes those parameters are not in place or respected.

I was encouraged, however, to see the project will take into account other uses, such as sidewalk cafés, street furniture, street trees, utilities, and storm water management. But, maybe someone should tell the panel plunking down chairs and tables on the asphalt road does not make for an appealing, or even safe, café.

The Complete Streets Guidelines builds on many of the city's existing policies, guidelines and recent successful street design and construction projects.

It was a surprise to read that more than 700 jurisdictions in Canada and the United States are adopting a Complete Streets approach. New York, Chicago and Boston have complete streets guidelines. So I say, go for it Toronto.

If you would like more information the web link is

<http://www1.toronto.ca/wps/portal>

If you don't have a computer, just call 311 and ask for the contact to send further info to keep you informed. Don't forget, you can also provide feedback, e.g. about street cafés along Yonge, where the Lanterra project is going up behind us.

Finally, for those who think your participation is a waste of time, let me note that the boulevard planting along Bloor Street was a development that I promoted, admittedly, for about four years after seeing Chicago improve its streetscapes. Am I positive I helped the changes to Bloor? Well, nobody told me I was, but I am willing to believe my initiatives did help.

Michael Shelley ~ 31 Alexander

Pest Infestation and Hoarding

On January 28th, the Board of Directors hosted a town forum for Members to ask questions and discuss their concerns regarding pest infestation and hoarding patterns in the Co-op.

Approximately 25 Members attended the meeting in the PMG Hall, including Board Directors and Staff.

Invited guest speaker Richard Grotsch, Pest Control Manager for Toronto Community Housing, led the discussion, with support and comments from representatives from the two different Pest

Management companies servicing City Park.

Preventive measures were highlighted, and a commitment to continuing these discussions was agreed upon.

Board Director David Wootton, Liaison for the development of a new Pest Prevention Committee/Project, hosted a drop-in on March 14th in the PMG Hall, for Members who were interested in developing the next phase of the Pest Prevention Project.

Members who are interested in forming a Pet Committee/Project were asked to join David immediately following the Pest Prevention gathering.



David Wootton ~
Director

HELLO? Is Anyone There?



We hear, repeatedly, from other Members, that they don't understand why our Office folks (including our Manager, Maintenance, and Co-op President) have email addresses... since they (almost) NEVER answer their email? Why is that?



Classic Movies

Apr. 13, 2016

7:00 p.m.

In the Peter Michael Gernon Community Hall

Sorry, Wrong Number

1948 – 7.5/10 stars – 89 Minutes

Staring: Barbara Stanwyck, Burt Lancaster, Ann Richards, Lief Erickson
Director: Anatole Litvak

Leona Stevenson is an alluring, wealthy, and irritating hypochondriac whose psychosomatic illness has her bedridden. Leona's only lifeline is the telephone, which she uses to excess. One evening, Leona impatiently tries to locate her henpecked husband Henry who is late in coming home. However, when phone lines cross, she overhears two thugs plotting a murder. Desperate to thwart the crime, Leona begins a series of calls—to the operator, to the police, and others—and eventually deduces the shocking identity of the victim. Meanwhile, unbeknownst to Leona, Henry is having problems of his own—he's become involved in a swindle and is being blackmailed. The film follows Leona, trapped in her lush apartment, as she tries to prevent an innocent from being murdered.



Classic Movies

June 8, 2016

7:00 p.m.

In the Peter Michael Gernon Community Hall

Charade

1963 – 8/10 stars – 113 Minutes

Staring: Cary Grant, Audrey Hepburn, Walter Matthau, George Kennedy
Director: Stanley Donen

Regina Lambert returns to Paris from a ski holiday in Switzerland to find that her husband has been murdered. She is later told by CIA agent Hamilton Bartholemew that Charles Lambert was one of five men who stole \$250,000 in gold from the U.S. government during World War II, and the government wants it back. The money was not found among his possessions, and Regina can shed no light on its whereabouts. Later that day she is visited by Peter Joshua, whom she had met briefly while on holiday. When her husband's former partners in crime, who were double-crossed by Charles, start calling her looking for the money, Peter offers to help find it. Thus begins an elaborate charade in which nothing is what it seems to be.



Classic Movies

May. 11, 2016

7:00 p.m.

In the Peter Michael Gernon Community Hall

The Prime of Miss Jean Brodie

1969 – 7.6/10 stars – 116 Minutes

Staring: Maggie Smith, Gordon Jackson, Robert Stephens
Director: Ronald Neame

A liberated young schoolteacher at an Edinburgh girls' school in the period between the two wars, instructs her girls on the ways of life. Ignoring the more mundane subjects, she teaches them of love, politics and art. Her affairs with two male teachers become known and she finds herself fighting to keep her job. She believes that she can always count on the 100% support of her favourite pupils, but one of them does not feel that Miss Jean Brodie is in her "prime" any more. No longer swayed by her teacher's eloquence, she begins to learn about life and love herself.

DID YOU KNOW...

Elderly folks may benefit from exercises designed

to maintain balance, so the chances of falls are reduced during everyday activities.



It's crucial that we learn to recover quickly when balance is lost, so slips and trips don't turn into falls!

Step-training is one of the easiest and best ways to condition our muscles so we can pull ourselves out of a potential fall.

Recent studies found that step-training significantly improved

decision-making and stepping reaction time, a single-leg stance, and the time it took folks to get up from a seated position and start moving.

It's not just the elderly who benefit from 'functional training', as it's commonly referred to, but it's especially critical for older adults trying to maintain independent living.

We must learn to improve our walking ability, standing on one foot, reaching, shifting weight from one foot to the other, squatting, stairs, and walking on different (and potentially dangerous) surfaces.

The goal is to improve balance by strengthening all the muscles involved, and improve our reaction time when we're suddenly challenged.

Falls, and fall-related injuries, are among the most common and serious medical issues experienced by the elderly.

DID YOU KNOW... In the U.S.A., there are approximately 300,000 hip fractures a year in older adults....90% result from falls. 33% of women and 17% of men will fracture a hip if they live to 90. It's a fact! ~ ed.

DID YOU KNOW... Pulses (dry peas, beans, lentils and chickpeas) have been shown to reduce blood sugar

and cholesterol levels, as well as lower risk factors for high blood pressure and diabetes.

When pureed or in powder form (e.g. chickpea flour or pea protein powder...both available the Bulk Barn), pulses won't have much impact on flavour, but will seriously boost its nutritional value. ~ed.

ROAD TO RIO

Greetings to all:

My daughter, **Shaina Harrison**, will be representing Canada at the 2016 Olympic Games in Rio de Janeiro, Brazil this August.

The 'Road to Rio' is not an easy path, as it requires much mental and physical preparation. It also requires a substantial financial commitment for each athlete. Her track club, Flying Angels, share the responsibility of ensuring that athletes are financially stress-free. Their quest to success involves a few travel meets, and the costs can be enormous. We can't do it alone, but we are committed to seeing them through.



There are two qualifying track meets that are critical to attend. One is the Provincial Championship being held in Windsor over a period of three days this June. The second and most important meet to attend is The Canadian National Championships, being held in Edmonton this year. The estimated cost to attend both these essential meets is \$2,000 per athlete, to cover their hotel accommodations, ground transportation, airfare, and food. In addition to these two major meets, they also have several other track meets leading up to the main event that incur travel and accommodation expenses.

As her father and track club sponsor, we are committed to doing everything we can to support our athletes in reaching their Olympic dreams, but we need your help. We graciously ask for your support.

If you wish to donate, please visit this site: <https://www.gofundme.com/FlyingAngelsElite>

or visit the Property Management Office during business hours, or the Security Office at 31 Alexander.

Thank you for your support.

Kevin Harrison ~
Senior Security
Guard



It completely baffles me why our washing machines have yet to be bolted to the floor, or secured well enough, that there is no possibility that they can topple over and pull the plumbing with it!

This has happened at City Park a few times, yet the possibility still exists.

Mind-boggling!

Bathroom rugs, that can easily be washed in any washing machine, are a terrible risk here at City Park because they can cause the machine to become unstable and rock violently, with the potential to cause the machine to fall forward and off its ledge.

Maintenance, can we please put this issue to bed once and for all? (I'm really tired of going to the Laundry Lounge just to wash bathroom rugs!). ~ ed



Bored? Need something to do?

Enter the following link into your browser:

<http://www.highparknature.org/wiki/wiki.php?n=Explore.WalkingTours>

Free Sunday walking tours in High Park, the 1st and 3rd Sunday of the month, including Holidays, from 10:30 to 12 noon.

Meet at the benches across the road from the south side of Grenadier Restaurant.

*Thank
you*

for reading this issue of LINK. If you are about to throw it away, kindly take it back to the rack at the front door so another Member can read it. Much appreciated from your friends at LINK.

WE 
VOLUNTEERS

City Park Staff and Volunteer Dinner
December 2015

(Photos courtesy of Herb Losch)



...cont'd on back cover



(George's photo courtesy of Ritchie Doucet)

George Ricardo of 51 Alexander has done it again! He won 2 Gold and 1 Bronze medals at the Canada Winter Special Olympics.

BIG CONGRATS GEORGE.... from all your neighbours at City Park.