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AHH SUMMER.... WHAT'S NOT TO LOVE?



(Photo courtesy of Ritchie Doucet)

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City Park's 'Not-So-Hidden' Treasure - The Ongoing Success Story of City Park Library (CPL)

What do gypsy jazz guitarist Roberto Rosemann, blues artist Joel Krivy, award-winning trans artist phenom Vivek Shraya, local alt-rockers Long Branch, novelists and poets Marnie Woodrow ('Heyday'), Jim Nason (Touch Anywhere to Begin'), Barrie Poet Laureate Bruce Meyer, Elizabeth Ukrainetz ('The Theory of Light at Midnight'), YA Sci-fi author Charlene Challenger ('The Voices in Between'), Playwrights Bobby Theodore (award-winning translator) and Jonathan Garfinkel ('The Road to Paradise'), Performance artist Cathy Gordon ('Hammer'), stand-up Janette Platana ('A Token of My Affliction'), graphic novelist



Elisabeth Belliveau, resident artist Trish Cummings, along with authors Shawn Syms, Don Pyle, Cathi Bond, Ben Ladouceur, Dani Couture, Jeffrey Round, Tara-Michelle Ziniuk, and a host of others have in common?

They have all performed and contributed to the ongoing success story that is City Park Library.

But the real triumph of this not so hidden gem, about to celebrate its 2nd Anniversary at one of their Toronto 60s-inspired coffeehouse events, 'Friday's Child' (July 15th), is how this community-led endeavour continues to tend to the daily needs and interests of the Members at City Park Cooperative.

"For two years now, CPL has been quietly going about the business of rekindling and enriching our community, both within and without", says Library Manager Jeff Kirby, who recently spoke at the Ontario Library Association Super Conference about the project. "The

level of community involvement/engagement continues to be phenomenal. Such generosity and good will. And such love," says Kirby. "I believe it stems from a love of books, but also a shared desire to be involved in something grand."

Community engagement is the top priority at CPL. All programs have stemmed directly from responding to Co-op Members' requests and interests. "Co-op Members read thrillers, so Jo Nesbo, Henning Mankell, Walter Mosley and company are front and centre, alphabetized, easy to reach and find." "Artist on Display" has showcased work by resident artists Trish Cummings and Leo Scopacasa, along with a rotating gallery from resident art collector and proprietor of Gallery 1007, Thomas Maunder.

Free wi-fi (generously supplied by Dotto One) and a brand-spanking new HP computer (a gift from OPMG) has made free Internet access available to all City Park Cooperative Members.

Members can sign up for Internet use basics with a Library Volunteer.

CPL hosted its first student field placement, which developed and offered a free 12-week course in computer basics with our Members, along with a computer drop-in on Wednesday evenings, to practise what they learned. Huge demand by our Members has set plans for this to repeat in the fall/winter.

Co-op Members also look forward to a social hour, Coffee & Books, every Friday morning in the library, beginning at 10:30 a.m. A wonderful collaboration between the library



and Aging in Place founder Jo-Anne Kennedy.

After a sold-out community writers workshop with author Marnie Woodrow, the library has now formed its own writers group of Co-op Members (and friends), A2GR ('Aspire to Great Rubbish') which meets monthly.

And the library was selected as one of the host sites for Naked Hearts, the first LGBTQ Writers Festival in Toronto this past fall which introduced hundreds in our neighbourhood and the international community to City Park.

The library has approximately 200 visits each month. Over a thousand books have been circulated. They receive book and furniture donations

daily, and all books are heat-treated so they remain pest-free.

"We receive truly remarkable donations each and every week," remarks Kirby, "I'm always surprised by the quality and range of the books and items people give, both within and outside the Co-op. It's a testament to the project itself. We are very fortunate and thankful."

Ten library volunteers cover the 720 regular hours the library is open, five days a week, Tuesday thru-Saturday. They are a committed bunch, with a passion for arts and culture, serving Co-op readers, and the project.

On top of all that, CPL has ushered the Co-op into online blogging and social media. You will find an amazing website at cityparklibrary.com; on Twitter (<https://twitter.com/cityparklibrary>) with up to the minute info, and they've recently launched their own online quarterly journal, The City Park Reader (<http://cityparkreader.tumblr.com/>). This was all built, and is maintained daily, by library Volunteers.

And here's the kicker: City Park Library is entirely grassroots, community led, Volunteer and donation-based. Every book. Every furnishing. Every event. The website. Free. No additional cost to the Co-op.

Zero.

"That fact that we're self-sustaining made us very attractive to the Board. We wanted to show that a community-led vision doesn't always require lump sums of money for it to come into fruition. There are incredible untapped talents and resources amongst our Membership and the community we take part in.

Give them something to love and believe in and they'll show up with bells on" "We love that people are still finding us," Kirby smiles. "The response we hear time and time again is, 'I had no idea.'"

That's CPL. Quietly building community, a day at a time. Once found, always welcome.

Keep an eye out for the 2nd Anniversary Bash on July 15th (All-star line-up to be announced).



Spring Arrives in City Park: The Top Ten Signs

10. The streets surrounding City Park are alive with the sounds of jackhammers.
9. Construction dust settles comfortably on furniture and books.
8. The benches in the centres of the gardens fill with Members seeking to replenish their reserves of Vitamin D.
7. Cardinals and blue jays return, adding pops of bright, accent colours.
6. The vociferous Security Guard, who directs the arrivals and departures of Loblaws trucks, respond to spring by being even louder and more balletic.
5. The return of lawn mowers and leaf blowers wielded by the blue-shirted amazons of Wild Rose.

4. Our traffic wardens resuming their posts at the front of the gardens.

3. Clusters of the Landscape Project staring intently at the ground, willing the plants to grow.

2. The blossoming of the lilacs, which remind me of home.

1. The most welcomed sign of Spring is the return of Ray Bakey, with his straw hat and hose, making our lives a little more beautiful.

Tom Maunder ~ 51 Alexander



On May 10th of this year, Health Canada issued a warning that the following preservatives in cosmetics, non-prescription and natural health products:

MI/MCI =
Methylisothiazolinone and
Methylchlorisothiazolinone

could be the cause of unexplained rashes, itching, dry/cracked skin, blisters and burning feelings on our skin!

Products that commonly contain these chemicals are: moisturizers, massage products, make-up, antiperspirants/deodorants, sunscreen lotion, antiseptic cleaners, acne creams, diaper rash creams and lotions, and wash-off

products like shower gels and shampoos.

If you are experiencing any of these reactions, it could be because of these chemicals. Check the labels and report your experience to Health Canada at 1-866-225-0709.

They also maintain a database called the "*Cosmetic Ingredient Hotlist*" that is available at the following website:

www.hc-sc.gc.ca/cps-spc/cosmet-person/hot-list-critique/hotlist-liste-eng.php

It's a lengthy list of ingredients that are restricted and/or prohibited for use in cosmetic products in Canada.

~ed.

VoIP Telephone Service Available to City Park Members

Below are links to information on popular voice services compatible with City Park's Dotto-One Internet services.

Each of these providers uses a small device that connects both to your Internet connection and to your home telephone, in order to provide you with a digital telephone service. In each case, the new service provider will 'port' your current phone number over from your current telephone provider for you.

Be sure to 'port' your telephone number before you cancel your current telephone service in order to retain your old phone number.

OOMA: <http://ca.ooma.com/how-ooma-works>

With OOMA, you purchase their 'Telo' device from any local retailer and then begin your account setup online.

Vonage: <http://www.vonage.ca/how-vonage-works/>

With Vonage, you sign up online and they send you a device as part of your service. Vonage has no upfront hardware cost but is more expensive on a monthly basis.

MajicJack:

<http://www.magicjack.com/how-it-works.html>

With MajicJack, you purchase the hardware and then activate your service, similar to OOMA.

If you have any questions regarding these services, please do not hesitate to contact Dotto-One.

Increasing The Guaranteed Income Supplement For Single Seniors

Canada's retirement income system has been successful in reducing poverty among Canadian seniors, according to the Hon. Bill Morneau, Member of Parliament for Toronto Centre. However, some seniors continue to be at heightened risk of living on low income. In particular, single seniors are nearly three times

more likely to live on low income than seniors generally.

Budget 2016 proposes to increase the Guaranteed Income Supplement top-up benefit by up to \$947 annually for the most vulnerable single seniors, starting in July 2016, which will support those seniors who rely almost exclusively on Old Age Security and Guaranteed Income Supplement benefits and may therefore be at risk of experiencing financial difficulties. This enhancement more than doubles the current maximum Guaranteed Income Supplement top-up benefit and represents a 10% increase in the total maximum Guaranteed Income Supplement benefits available to the lowest-income single seniors.

This measure represents an investment of over \$670 million per year and will improve the financial security of about 900,000 single seniors across Canada. Single seniors with annual income (other than Old Age Security and Guaranteed Income Supplement benefits) of about \$4,600 or less will receive the full increase of \$947. Above this income threshold, the amount of the increased benefit will be gradually reduced and will be completely phased out at an income level of about \$8,400.

Benefits will be adjusted quarterly with increases in the cost of living.

PET ALERT: The following plants should be kept out of reach of your pets.

Cats and dogs are curious creatures, especially when it comes to the plants you have in your

10 Most Common Poisonous Houseplants

<p>Asparagus Fern <i>Asparagus aethiopicus</i></p> <p>Poisonous Part: Entire plant including berries</p> <p>Symptoms: Vomiting, Diarrhea, Abdominal pain, Skin irritation</p> 	<p>Dracaena <i>Dracaena spp</i></p> <p>Poisonous Part: Stems & leaves</p> <p>Symptoms: Vomiting, Depression, Increased salivation, Appetite loss, Dilated pupils in cats</p> 
<p>Dieffenbachia <i>Dieffenbachia spp</i></p> <p>Poisonous Part: Juice/sap from plant</p> <p>Symptoms: Lack of appetite, Death, Kidney failure, Lethargy</p> 	<p>Easter Lily <i>Lilium longiflorum</i></p> <p>Poisonous Part: Entire plant</p> <p>Symptoms: Oral irritation, Increased salivation, Difficulty swallowing, Vomiting, Death</p> 
<p>Jade Plant <i>Crassula ovata</i></p> <p>Poisonous Part: Entire plant</p> <p>Symptoms: Vomiting, Depression, Incoordination, Slow heart rate</p> 	<p>Aloe Vera <i>Aloe vera</i></p> <p>Poisonous Part: Juice / sap from plant</p> <p>Symptoms: Vomiting, Reddish urine</p> 
<p>Philodendron <i>Philodendron spp</i></p> <p>Poisonous Part: Entire plant</p> <p>Symptoms: Swelling, Spasm, Burning of mouth, Seizure</p> 	<p>Sago Palm <i>Cycas revoluta</i></p> <p>Poisonous Part: Entire plant, Seeds</p> <p>Symptoms: Vomiting, Diarrhea, Liver failure, Death</p> 
<p>ZZ Plant <i>Zamioculcas</i></p> <p>Poisonous Part: Entire plant</p> <p>Symptoms: Vomiting, Diarrhea</p> 	<p>Common Ivy <i>Hedera helix</i></p> <p>Poisonous Part: Leaves</p> <p>Symptoms: Breathing difficulties, Rash, Paralysis, Coma</p> 

www.humanesociety.org

apartment. The following tips will help you keep your little darlings away so you can keep your plants alive.

It's only natural for your pets to try to interact with houseplants but, in the process, they can make a huge mess, ruin the plant, or even hurt themselves.

- Always keep plants on tables or shelves where pets can't reach them.
- Don't put dangling tablecloths or runners under plants—pets might use these as tug toys.
- If you have cats, try putting aluminum foil, covered by a layer of soil, inside potted plants. Cats don't like the feeling of foil under their paws.
- Line the rim of the planter or the edge of the shelf with double-sided tape, another material cats hate to walk on.
- Avoid placing plants on narrow ledges or shelves where your furry friends might knock them over. Toppled plants not only make a mess, but sharp broken edges could cut your pet's paws.

It's all about keeping your houseplants out of reach of dogs, and deterring your cats from wanting to interact with them. Cats will be able to get to the plant no matter where you put it, but you might be able to convince your kitty that the plant isn't worth its while.

*(Information obtained from
apartmenttherapy.com via lifehacker.com)*

Minister Morneau Brings Welcome Relief to Federal Co-ops and Their Low-income Members Who Faced the Loss of Rent Subsidy Funding

April 22, 2016 (Toronto) – The co-op housing sector was pleased to welcome The Honourable Bill Morneau, Minister of Finance, to the Hugh Garner Housing Co-op and hear him reiterate his firm support of Canada’s housing co-ops.

At the announcement, the Minister highlighted the \$30 million re-allocated in the budget, to ensure that federally-administered social housing providers like Hugh Garner, whose long-term operating agreements have ended or are ending soon, can continue to provide income-tested assistance to low-income households over the next two years.

Hugh Garner is a non-profit housing co-op in Minister Morneau’s riding of Toronto Centre. Of the 181 units, 62 households receive income-tested assistance, funded by the federal government, to help pay their rent. Before the release of the 2016 Budget, those 62 households were in danger of losing this assistance that they depend on to afford their homes, when the co-op’s federal operating agreement expires in 2017.

In his visit to the co-op, the minister said, “every time I visit Hugh Garner Housing Co-op, I am always struck by the strength of the community... I know uncertainty has been hard for co-ops, especially those whose long-term operating agreements have ended, and I want you to know the government stands with you and will be a reliable partner.”

Quotations

“This assistance is a huge relief to our members whose operating agreements have ended, or will end in the very near future. It will help hundreds of vulnerable co-op members across Toronto stay in their homes. We look forward to working with Minister Morneau and his colleague, Minister Duclos, on a long-term solution so that these households are protected after 2017, and so these good-quality, affordable homes continue to be available in this City where there is such overwhelming need.”

- Tom Clement, Executive Director, Co-operative Housing Federation of Toronto

“Minister Morneau has shown tremendous leadership on affordable housing, and on this issue. He has taken a deep personal interest, and is the first Minister of Finance in recent memory to champion the importance of affordable housing, both for the economy, and for people’s ability to take part in it. We sincerely appreciate his commitment

and dedication, and look forward to working with him on this critical issue for our members.”

- Harvey Cooper, Managing Director, Co-operative Housing Federation of Canada Ontario Region

CHF Canada Ontario Region is the voice of Ontario’s co-operative housing movement. Its members include over 500 non-profit housing co-operatives and other organizations across the province. More than 125,000 Ontarians live in housing co-ops, in every region of the province.

For more information:

Harvey Cooper, Managing Director, CHF Canada Ontario Region, cell [416.809.5048](tel:416.809.5048), hcooper@chfcanada.coop
Tom Clement, Executive Director, Co-operative Housing Federation of Toronto, [416.801.4207](tel:416.801.4207), tom@coophousing.com



Retirement is what’s commonly known as the ‘golden years’ – a time to spend with those you love, as you embark on new life experiences and adventures. You would think that this time would allow you to relax and support positive health, as you become immersed in a life that is less stressful and less chaotic.

For years, researchers have been trying to uncover the ways in which retirement affects health. Does it have a positive, negative, or neutral impact? Based on a Health and Retirement Study, it appears as though retirement can have a negative impact on your health – but you could potentially change that.

After studying 5,422 individuals over the age of 50, it was found that those who had retired were 40 per cent more likely to have a stroke or heart attack, in comparison with those who were still working. The effects of this transition on positive health have been documented in a number of earlier studies as well.

With that being said, some studies have shown an improvement in health after retirement, so what are the key contributing factors regarding an improvement or decline in one’s health? What can you personally do to protect yourself, allowing your golden years to truly shine?

Retirement Brings Changes

There are various transitions in life – but few are as monumental as retirement. This transition brings many changes, as social situations, various stressors, and health behaviours become altered. Perhaps it's this process which causes a spike in health problems – as some do not adjust as smoothly as others do.

So, on average – why is it that those who continue to work experience fewer health problems?

The answer lies in staying active – both mentally and physically. Although there are clearly individual differences, it's believed that once people stop doing something which requires them to learn, interact, and stay active, their health can significantly diminish.

Work provides us with a sense of purpose, a reason to get up in order to use our bodies and brains. Once you retire, you can still maintain this desire to stay active, you just need to switch your focus to other activities and social networks.

The key is finding a new and exciting sense of purpose. In fact, [a recent study](#) from Carleton University, found that having a sense of purpose, can actually extend one's lifespan. Just because you leave your workplace does not mean that you have to stop setting goals and

achieving challenging tasks on a daily basis.

Remember, retirement simply means that you're ending a chapter which requires you to go to work – it does not mean that you are retiring from life. Life after retirement means you'll have opportunities to try new things, explore possible volunteer positions, babysit, or even go back to school.

As you embark on new experiences and remain physically active, you will support two of your most critical organs – your heart and brain. Since research has shown that continuing to work reduces your risk of major health complications, why not pick up a part-time job or embark on self-employment opportunities?

This will provide you with some structure day in and day out. With that being said, you're not limited to paid working opportunities only. Volunteering is another great way to stay socially, mentally, and physically active. The positive effects of volunteering have been documented time and time again.

A national survey collected data from 3,351 adults, finding that those who volunteered felt better both mentally and physically. An incredible 94 per cent said that volunteering improved their mood; 78 per cent said that volunteering lowered their stress levels; 80 per cent of volunteers said they felt as

though they had control over their health.

There are plenty of organizations - such as the Ontario Volunteer Centre Network - which help you find opportunities in your area. CESO is another exciting opportunity, allowing Canadians to volunteer while they travel. From Africa to Asia, you can apply to not only see the world, but make a difference.

As you approach retirement, remember these key areas and then make plans, according to your circumstances, passions, or interests.

- **Continue to grow your social network.** Whether you volunteer or take on a part-time job, it's important to continually meet new people. When you retire, you lose that daily interaction with colleagues. Join a club in your community, contact old friends, and don't be shy to make new ones.
- **Never stop playing.** Whether you go travelling, play golf, or sign-up for dance lessons, never stop being physically active. These activities will stimulate positive mental and physical health, while allowing



you to establish new relationships.

- **Continue to learn.** Support your creativity and allow yourself to learn new things. Have you always wanted to play an instrument? Now is the time to do it. Do not underestimate yourself and your abilities; you can only benefit your body and mind.

If your career was extremely stressful and tiring, retirement may

actually improve your health. Take this opportunity to find enjoyment in new activities and hobbies. This is your time to focus on things that bring you joy, while reducing stress levels.

Regardless, you need to stay active as you enjoy your golden years. Continue to achieve your goals, embark on new opportunities, and challenge yourself. Retirement truly can be golden. Allow yourself to experience the retirement in which we dream about. If you would like to seek work after retirement, Service Canada provides some great resources.

(An excellent article that originally appeared last December on <http://www.thistlecreekhealthcare.net>)

~ed

Landscape Project

The Landscape Project is actively seeking Volunteers for a wide variety of tasks in the upkeep and beautification of our award-winning gardens. The tasks include: planting, transplanting, watering, weeding, deadheading, and litter pick-up.

Whether you have a green thumb, outgrown your balcony garden, or are willing to learn about gardening, Members are welcome to work with other Volunteers to maintain our gardens.

The project meets every second Monday of the month from April to October. If you want to volunteer, you can come to a meeting, leave your info at the Office, or e-mail Project Liaison Paul Kazlauskas at p.kaz@bell.net.

Power to the Pigeons

As surprising as it may seem, there are issues and questions which, on occasion, ripple across the surface of the mill pond that is City Park.

What are these issues and questions you may well ask? When will the Property Management ever respond to my phone message? What DOES Wild Rose really do for its money? When will the lawn cease to look like a spotted ...?

One topic that consistently causes debate is that of City Park's pigeons.



In the interest of a balanced debate, let's add some grist to the grinder.

For some people, pigeons are disease-carrying vermin that defecate their way through metal, stone, and car roofs (*and Members' heads and clothing ~ed*). For others, pigeons are part of the tapestry of nature and should be viewed as friends, not enemies. The battle lines have been drawn for a number of years. Here are some points to consider.

Humans, closely followed by their pets, are among Mother Nature's worst polluters. Check the sidewalk beside Loblaws. Pigeons are attracted to the rich food cache which is a city. Humans have built the high-rises which provide homes for themselves and, inadvertently, the pigeons. Humans love green spaces to walk and congregate, and so do pigeons.

There is much ambiguity and contradiction in the governmental regulations regarding pigeons. Pigeons are not covered by Ontario's Fish and Wildlife Conservation Act, and a small-game licence entitles one to the hunting of pigeons.

The only caveat is that the killing must be done without suffering to the birds.

Pigeons are not covered by the Migratory Birds Convention, and pigeons are not native to Canada,

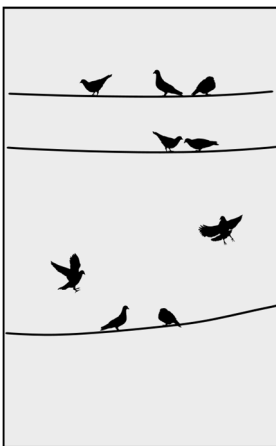
but arrived here sporting European passports. Some municipal by-laws ban the feeding of pigeons but, as we well know at City Park, by-laws are often ignored.

Is there a solution?

Not really, according to Christian Szabo from Pigeon Busters. Culling the pigeon population seems only to encourage 'breeding overdrive' which is obviously counterproductive. Relocation is time-consuming, costly, and not always effective. Enclosing pigeon incubation sites does help but is not a lasting solution. Not feeding the pigeons in the summer months might help.

So, when it comes to pigeons, the millpond will likely continue to ripple. Thanks to Calum Marsh of Walrus magazine for his article entitled, rather aptly, A Roost of One's Own which gave me much grist.

Tom Maunder ~ 51 Alexander



Everyday Foods That Can Poison Your Pets

XYLITOL: That sugar-free chewing gum or candy? A small amount is extremely dangerous to your pets. Xylitol is a synthetic sweetener that causes liver diseases and blood clotting disorders. Initial symptoms include vomiting, lethargy, loss of coordination, and seizures.

RAW FISH: Watch out for salmon and trout. Raw salmon can be fatal, especially if the fish is infected with the bacterium *Neorickettsia helminthoeca*, which, in some cases, can be fatal to pets. However, cooked salmon or trout is fine. If diagnosed early, your pet has a big chance of recovering.

LIVER: Although a small amount of liver is okay, feeding too much of it to

your pet can be harmful. Liver contains a lot of Vitamin A, which can damage your pet's muscles and bones.

MUSHROOMS: The wrong mushroom can poison your pet. Although some mushrooms are edible, it's best to avoid feeding them to your pet. Mushroom toxicity can be fatal, causing seizures, tremors, and organ failure.

UNRIPE POTATOES: Although this seems surprising, raw and unripe potatoes are toxic to pets. A few symptoms of poisoning from eating potatoes include vomiting, nausea, seizures and heart problems.

RHUBARB: This vegetable is used in making pies but should never be given to pets. Its leaves and stems are known to deplete calcium levels in dogs. When fed to pets, it causes renal failure and medical problems.

GRAPES & RAISINS: Better check that cookie. Grapes and raisins can cause dehydration and intestinal problems. Symptoms include vomiting and diarrhea.

MACADAMIA NUTS: they contain a toxin that causes kinesthetic issues, tremors, and swollen limbs. Symptoms include muscle weakness, tremors, vomiting, and depression. Not good.

ONIONS: can mess up the red blood cells in your pet. Onions contain

compounds that can be harmful to pets.

GARLIC: can potentially do more damage to pets. They contain compounds that are poisonous to pets. They also affect red blood cells. Your pet's urine may turn orange or dark red in color. Also not good.

AVOCADOS: While the fruit is delicious to us, it has been linked to causing vomiting, breathing difficulties, and heart congestion in pets. Avocados contain the toxin persin, which upsets your pet's stomach. It has also been known to cause breathing difficulties.

CITRUS FRUITS: The stems, leaves, peels, and seeds of citrus plants contain citric acid, which can cause irritation. When ingested in significant amounts, it can negatively impact your pet's central nervous system.

COCONUT: Although a small amount isn't harmful to pets, the milk of fresh coconuts contains oils that may cause stomach disorders and diarrhea. Also, avoid giving coconut water to your pet, as it's high in potassium.

YEAST DOUGH: When consumed, yeast dough can ferment and expand in your pet's stomach, rupturing the intestines. Symptoms include severe stomach pain and internal bleeding.

APPLE CORES: Like peaches, pears, apricots, and plums, apple cores contain glycosides, a.k.a. cyanide. When eaten by pets, it can potentially cause dizziness, collapsing, breathing problems, hyperventilation, shock or coma.

CHOCOLATE: Of course you've heard about chocolate and why it's toxic to dogs. Chocolate contains caffeine and theobromine, which are considered methylxanthines. When eaten, it can cause vomiting, dehydration, abdominal pains, severe agitation, muscle tremors, irregular heart rhythm, seizures or death.

MILK: Pets, particularly dogs, can suffer from lactose intolerance, too. Milk contains a type of sugar that dogs cannot digest, due to their lack of enzymes. Milk can cause vomiting, diarrhea, and gastrointestinal problems.

CHEESE: Like milk, cheese has sugars and fatty acids that dogs cannot digest properly. When consumed in large quantities, it causes diarrhea, vomiting, and gastrointestinal diseases.

ALCOHOL: What makes you drunk can make your pet sick. Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, breathing difficulties, tremors, abnormal blood acidity, coma, or even death.

RAW OR UNDERCOOKED MEAT, EGGS AND BONES: Raw meat and eggs can contain bacteria such as salmonella and E. coli, which are harmful to both pets and humans. Raw eggs contain an enzyme called avidin that decreases the absorption of biotin, leading to skin and coat problems. Feeding your pet raw bones can also cause internal bleeding and choking.

COFFEE: Avoid giving coffee to your pets. Coffee will not only make your pets nervous, it could make them thirsty and hyperactive, too. Caffeine causes excessive panting and seizures.

Excellent advice from the [Petcube.com](#) blog

Director Interview

This is another in our ongoing series of interviews of our Board of Directors.



Rod Bessette was elected to the Board – for the first time – in September 2014. He serves as Liaison to CDC (Community Development Committee).

Presently, he's also Acting Chair, until the position is filled by another. Rod first lived in City Park from 1983-'96. He moved out for a few years, then came back in 2000. He's always

lived in 484 Church St. His hometown is Astorville, Ont., near North Bay. He goes back often, and to Ottawa, to visit family.

His first involvement with a committee was back in 1989, when City Park first became a co-op. He worked on the Visitors' Parking Committee.

Rod has been an integral part of CDC since 2003. Over the years, he's been Chair, Vice-Chair, Treasurer, and Secretary – all several times. The Committee organizes the co-op's lawn sales, barbecue picnics, and brunches throughout the year, and provides the prizes won by the attendees.

Rod believes that volunteering is special, because it provides the opportunity to meet new people, as well as doing good for the community. City Park's organization of committees and projects makes it easy to get involved.

"It's wonderful to live here, because of the way the people in our community connect with each other."

Note: CDC is seeking new Members. If you'd like to join the Committee, please leave your name and contact information at the Office.

Laurel Tate ~ 51 Alexander

Volunteering at City Park

Look around the neighbourhood. You will agree with us that City Park is a great place to live. To make this happen, the Co-op depends on the hundreds of Volunteer hours needed to ensure that on-going activities function, and issues raised are resolved. All who have lived here since we became a Co-op know the value and necessity of volunteering. If you are wondering how to get involved, the following brief descriptions of each of the committees and projects will help you to choose the activity that best reflects your interests and skills.

Aging in Place Project. This project was formed in response to the needs of the seniors in City Park. The purpose of the project is to provide support and education around the specific needs of this population. The project has provided various workshops on topics such as nutrition, the safe use of prescriptions, and estate planning. The project is also involved in pursuing grants to update City Park to become more senior-friendly.

By-Laws Ad Hoc Writing Project. The By-Laws are City Parks' Constitution. The By-Laws Writing Project meets on an ad hoc basis. The Project's mandate is to amend existing by-laws as well as draft new by-laws, when necessary. All by-laws must be reviewed and approved by the Board of Directors and

presented to the Membership at a General Meeting for final approval.

Capital Projects Task Force. Ad-Hoc Committee which deals with capital projects not covered by the Operating Budget. Its Members are drawn from the maintenance and Finance Committees, as well as the Board of Directors.

Christmas Drop-In Project. This project is an annual event on Christmas Day. The event has food, soft drinks, coffee, as well as door prizes. The Co-ordinator does the purchasing of items with the help of Volunteers. These Volunteers also welcome Members on this day, to offer companionship.

City Park Library Project. Volunteers at the Library work with the Library Project Manager to cover all of the hours of operation that the library is open, library maintenance, and in support of library programming serving the City Park community. There is also upkeep of the library blog and social media, book reviews, and contributions to "The City Park Reader", the library's online journal. To volunteer at the library: apply in person, during library hours, and express your interest in volunteering along with your contact information. The library is located in the PMG Hall. A response, and/or follow-up meeting will be issued/scheduled in a timely manner. Please go to www.cityparklibrary.com for all information regarding the library.

Community Development Committee. This enthusiastic committee meets on the third Thursday of each month. The CDC plans and sponsors the following activities: Movies Classics Night, December Food and Clothing Drive, Spring and Fall Lawn Sales, Valentine, Easter and Halloween Brunches, Balcony Contest, and Bottle Drive (both in December). If you wish to help with any of these events, just let the CDC know.

Finance Committee. This great committee reviews all contracts, expense budgets, insurance coverage, etc. Many of the responsibilities of the Finance Committee are outlined in the Occupancy By-Law No. 3, Article 4 and Schedule "K" Spending Policy.

Historical Project. This project is responsible for collecting, storing and displaying items that record the life of City Park and its residents. There are photos of the property and surrounding neighbourhood before City Park was built, during its construction, and the six subsequent decades. All this is housed in the Archives Room in 31 Alexander. If you are interested in history or enjoy work that requires organizing, our Project would be happy to welcome you.

Landscape Project. The Landscape Project is always in need of part-time and full-time Volunteers. This means being involved in the planning, planting, watering, and weeding of

the various plots which encompass our beautiful gardens. We are looking for hard-working, consistent Co-op Members who have a love for plants and are seeking a creative outlet. We meet the second Monday of every month from March to October. One does not have to be a professional gardener to join us, so please consider giving us a hand!

LINK Project. This Project publishes City Park Co-op's newsletter under the title LINK. It is published quarterly. Articles and photos are taken from submissions from Members and Staff. We rely on these submissions to inform Members of events around City Park Co-op. These are sent to the Project by email at cityparklink@gmail.com or left at the Office. Members are encouraged to join LINK.

Maintenance Committee. This committee is involved in submitting recommendations to the Board related to changes to the infrastructure of the Co-op, as well as other ways to improve the lives of Members of the Co-op. The committee has had a history of saving the Co-op money by recommending energy efficiencies, e.g. light bulbs. The Maintenance Committee meets on the second Wednesday of every month. Please see the notice boards for information pertaining to current issues.

Nominations/Election Volunteers. This group is formed once a year, in the spring. They publicize the

election of Directors to the Board, seek out candidates, distribute nomination forms, arrange for all-candidates meetings, print ballots, and supervise the voting process at the Annual General Members Meeting each September.

Pest Prevention Project. This project will meet once a month. The initiatives developed and executed by Members and City Park Administration are to create awareness of preventing cockroach and bedbug infestation.

Membership Selection/Welcome Committee.

This committee meets on the 3rd Monday of every month and is comprised of up to 15 Co-op Members. Two Members of the committee conduct interviews of applicants wishing to become Co-op Members on an as-needed and rotating basis, usually twice a month. The committee is responsible for reporting to and making recommendations to the Board regarding new applicants; priority cases; creating and/or amending committee policies as needed; working with the Housing Administrator regarding maintaining the external and internal wait lists.

This committee also provides a group "Meet and Greet" session for new Members who have recently moved into the Co-op, welcoming them over tea, coffee and cookies.

We provide information about City Park and the surrounding area. We assist new Members in identifying and resolving, if possible, any issues arising related to their recent move-in. Our informal sessions include: answering questions or concerns new Members may have or directing them to the appropriate person/committee; becoming familiar with the By-Laws Binder; encouraging community involvement. The handout 'Volunteering at City Park' lists and describes the various volunteer committees and projects of the Co-op. The MSC updates this list, which is subject to Board approval. If interested in joining a committee or project, please contact the office or notify the Chair of MSC to help facilitate a referral.

Seasonal Lights Project. This project began in December of 2002. We were the first neighbourhood lighting display in the Church Wellesley Village. Since then, we are now decorating 32 trees and shrubs on the Centre lawns and by the sidewalks of Church and Alexander Streets. The display is divided into sections and Volunteers work on one of them with an experienced facilitator.



[A Visit to Historical Edinburgh](#)

Edinburgh is very much a city of landscaped gardens, squares and narrow busy thoroughfares. Dominating the city from atop Castle Rock is the fortress, Edinburgh's oldest survivor, built in the seventh century. Between the castle and the gates of Holyroodhouse, the 16th century palace of the Stuarts, stretches 'The Royal Mile' and the centre of the old town.

Travelling on my own, I had secured a cozy bed-and-breakfast in the town centre and, the next morning, prepared to walk the Royal Mile with all the reverence of a pilgrim on her way to Mecca. I stood poised on the rock looking out over the city ~ imagining what it had looked like in Mary, Queen of Scots' time. I had read Mary's biography by Antonia Fraser and had been captivated by the story of the hapless queen. Mary had married the Dauphin of France at the age of 16 and was widowed two years later. She returned to Scotland as queen, and here her life entered its most melodramatic phase. Her marriage to Lord Darnley and her alleged dalliance with David Rizzio, her secretary, all contributed to her downfall. David Rizzio was eventually stabbed to death by orders from Lord Darnley, who was himself 'quietly and efficiently strangled' in his garden. Mary then married the treacherous Lord Bothwell and this marriage led to her long captivity at the hands of Queen

Elizabeth. She was beheaded at the age of 54.

My first stop on the Royal Mile was the Crown Room inside the Castle, which contained the Scottish Crown Jewels, older even than the Crown Jewels in the Tower of London. I lingered at the Royal Apartments, where Mary had given birth to her only son, who ultimately became King James VI of Scotland and King James I, thus uniting the two countries.

The next stop was Lady Stair's house, a 17th century dwelling containing manuscripts and relics of Robert Burns, Walter Scott and Robert Louis Stevenson. I continued to follow my map until I reached a heart-shaped pattern in the brick street, which is all that remained of an ancient prison called Old Tolbooth. Not far off was another famous landmark by the name of Mercat Cross where, in 1513, the townspeople gathered to hear of the death of 10,000 Scots at the Battle of Flodden, a conflict between the Kingdom of England and the Kingdom of Scotland. It remains Scotland's darkest hour.

I paid a cursory visit to St. Giles High Kirk, the cathedral where the protestant minister John Knox delivered his fiery sermons denouncing poor Mary, mainly for being a Catholic. The cathedral was dark and gloomy, but was saved from total oblivion by the vivid

colours of the famous Scottish regiments decorating the interior. The Royal Mile ended with Holyrood House, the home of Mary, Queen of Scots, Bonnie Prince Charlie, and still used on occasion by Elizabeth II. It was here that Mary lived and played and where the intrigue surrounding her came to its bloody conclusions with the death of Rizzio and Lord Darnley.

A murky business to be sure and it did not do much to lighten my spirits. So far, almost everything I had seen had been tinged with dark and tragic overtones. It was with relief that I entered the Royal Picture Gallery and entertained myself by looking for a royal personage that I resembled. "Who knows but that I may have been royalty myself in a past life", I told myself while peering closely at the dark portraits. "After all, I am frequently visited by delusions of grandeur entirely out of keeping with my present status in life." Chuckling to myself, I continued examining the portraits and came up with one or two distinct possibilities.

The following day I visited the Scottish National Gallery, which contained Scottish and international art from the Renaissance period to the beginning of the 20th century. There are a number of good galleries in Edinburgh and during my time there I visited two or three of them.

Edinburgh is blessed with many beautiful parks. Some, like the Royal

Botanic Gardens, were exquisitely designed and manicured. But my favourite was the Princes Street Gardens, which are allowed to remain in a more or less natural state. I came here every day after my sightseeing, and it was here that I had my first glimpse of the elderly gentleman who came daily to feed the birds.

He was a beautiful old man, gentle in his manner and always impeccably dressed. The birds knew him well and hundreds were on hand for his arrival. When he appeared, they started an uproar that could be heard from a considerable distance. Flying about wildly, some came to rest on his shoulders and arms and even perched on his head, while others hopped around on the ground near him. After eating their fill, the birds fluttered about for a few minutes, chirping and whistling, as though to express thanks. When they took their leave, they did so in groups, flying out over the treetops and across the pale expanse of sky to further destinations. Despite being an avid history buff, this remains my favourite memory of Edinburgh.

Ursula Carter ~ 51 Alexander

Brain Health Tips

1. Get your Omega 3's. Eat wild fish, like salmon, or take an Omega 3 supplement. These supplements contain DHA, which supports brain

health, specifically preventing mental decline and brain degeneration.

2. Exercise! Engaging in physical activity, especially aerobic exercise, brings oxygen and increased blood flow to the brain, which triggers numerous chemicals that directly benefit cognitive function.

3. Challenge your mind! Use it, or lose it: keep learning and participate in brain challenging exercises, even something as simple as doing a crossword puzzle, Word Jumble or Sudoku.

4. Get enough sleep! Memory, creativity, and thinking skills can be compromised by a lack of sleep. Aim for 7-9 hours a night, and drink very little after dinner, to minimize nocturnal trips to the can!

Common Telephone and Internet Scams

Phishing

Someone might pretend to be your bank, your employer, someone that you owe money to, or even an old friend. Scammers use phone calls, emails, or fake websites to trick you into sharing your personal information. These tricks are sometimes called 'phishing'.

The scammers then use your information to apply for credit cards, bank loans, and other kinds of credit. They can take money from your bank accounts and shop with your credit

cards. This is sometimes called 'identity theft'.

If you receive telephone calls from collection agencies or creditors for accounts that you do not have or purchases that you didn't make, you might be a victim of identity theft. Also, your bank or other financial statements might show withdrawals, transactions, or transfers that you didn't make.

If you find that someone has used your identity, there are a few things you should do as soon as possible:

- Report the identity theft to the police.
- Contact the financial institutions, credit card issuers, or companies that are involved.
- Report the identity theft to the Canadian Anti-Fraud Centre (CAFC).
- Cancel any missing identification.
- Contact the credit reporting agencies Equifax and TransUnion.

Telemarketing Scams

Some scammers pretend to be telemarketers calling to offer you deals on products and services. They will ask you for your bank account or credit card information to pay for them.

They can then use your information to take all the money out of your bank account or charge your credit

card up to its limit. Then they might send you a low-quality item that is not what they described, or they might send nothing at all.

To avoid most telemarketing calls in the future, register on the National Do Not Call List. To register, visit www.innate-dncl.gc.ca or call 1-866-580-3625

Prizes and Lottery Scams

In this scam, you get a phone call or email saying that you have won a prize, such as cash, a car, or a vacation. The scammer will tell you that to collect your prize, you must pay a small fee, and they might ask for your credit card information. You will not receive the prize that you were promised but now the scammer can make charges on your credit card. If you send them money, you will not get it back.

1-900 Numbers

1-900 telephone numbers are often used for services like dating hotlines, weather updates, contests, and horoscopes. 1-900 numbers might sound like they are toll-free but you are actually charged very high rates when you call. Other numbers like this include 1-976 and 1-809.

Real toll-free numbers that you can call for no cost use area codes 1-800, 1-888, and 1-887. Some telephone companies offer a call-

blocking service that stops 1-900 calls.

Emergency or 'Grandparent' Scam

In this type of scam, a caller or email sender pretends to be a close friend or a relative in trouble. They might ask you to send money because of an accident, an injury, an arrest, or because they have been robbed. Like other scams, this is likely just a way for scammers to get access to your bank account. They often target seniors but anyone of any age can be the victim of this kind of scam.

Cheque Over-Payment Scams

This scam usually happens when you are selling something online or in the newspaper. A buyer will send a cheque to pay for the item, but the cheque will be for a larger amount than you asked for. The scammer will tell you that they made a mistake, and ask you to deposit the cheque to your account and send the extra money back to them. Later the bank will tell you that the cheque is fake. You usually cannot get back the money or the items that you've sent to the scammer.

Advance Fee Fraud

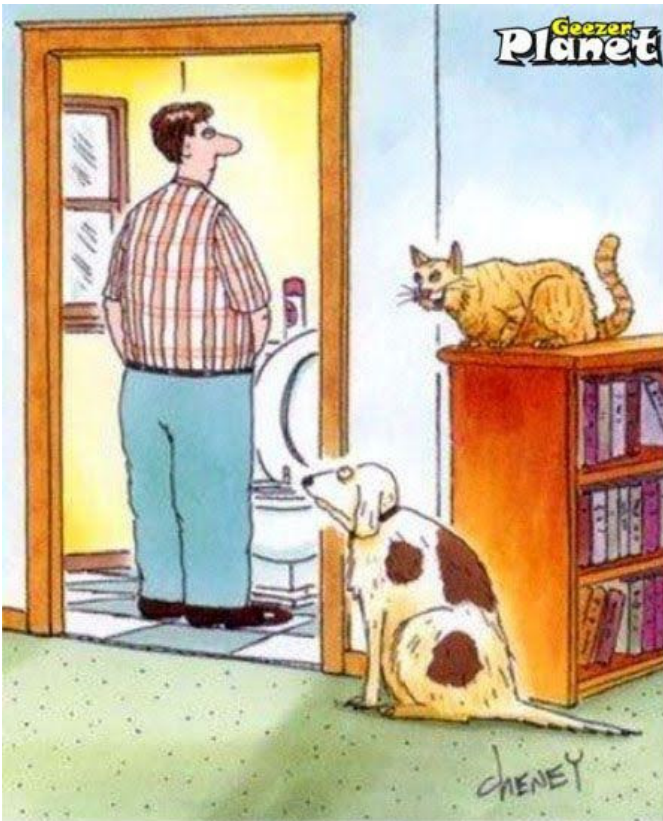
In this scam, you receive an email or a letter from a person asking for your help to transfer a large amount of money. They offer to share the money with you if you agree to give them your bank account information to help with the transfer. Sometimes

they will ask you to pay fees and taxes before you can receive your share. But you will never receive any money from them. And once the scammers have your bank account information, they can take any money in your account.

Another version of advance fee fraud involves companies that promise you a loan or credit card, even if you have no job or bad credit. They tell you that you have to pay a fee before you can get the money or the card. But once you pay the fee, you never get the loan and the scammers disappear with your money.

(From the Community Legal Education Ontario "CLEO" website: www.cleo.on.ca)

SCHEMING
CRAFTY
AGGRESSIVE
MALICIOUS
DON'T LET THEM CON YOU

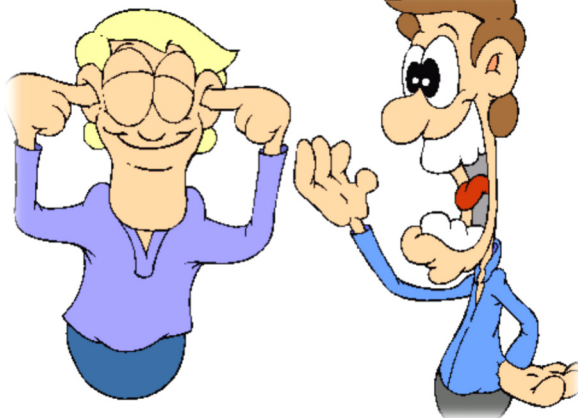


"So, if you're his best friend, then why is he always peeing in your drinking water?"

This n' That: A Potpourri of Events in and Around City Park

There is always a plethora of events within and around City Park which are there for the taking and enjoying. Just keep your eyes and ears open and **PARTICIPATE**.

One of my favourite galleries is Gardiner Museum of Ceramics which is located on Avenue Road opposite the ROM. The Gardiner offers a range of lectures and classes for the pottery enthusiast. I, and a number of blue-haired matrons, recently



attended an informative series of lectures on the history of ceramics. Pottery is, perhaps, the world's second oldest profession.

The AGO has/had two exhibitions of note: 'The Outsiders' which features photography and film from 1950-1980 in the United States, and a collection of the paintings of Danish artist Vilhelm Hammershoi. These are two quite different visual experiences: the former visceral and in your face, the latter muted and enigmatic. See one after the other. The AGO is free on Wednesday night after 5:00 p.m. You can't beat that price.

Peregrine Co-op, our neighbouring co-op, has a very active Committee for Seniors. Its most recent offering, presented by the Alzheimer's Society of Toronto, was an informative overview of dementia and Alzheimer's in all

their many manifestations. If interested, I have copies of the handouts from the session. Please feel free to contact me at tomcarl@sympatico.ca

The City Park Library continues to provide an exciting range of programming: book talks, artist interviews, the ever popular, ever titillating Coffee and Books, and the newly hatched Creative Writing

Group. Well done, Kirby and Jo-Anne.

Rumour hath it that there will be a study group for the PBS series 'Grantchester.' This show has subtext for days and should spark lively discussion.

Don't forget to attend the various meetings protesting the seemingly unfettered condo development in our neighbourhood. Well done, Cathi Bond.

So, there is no reason to stay alone on the shelf. If all else fails, there is always the ongoing drama of the garden in front of 51.

Tom Maunder ~ 51 Alexander

Did You Know?

Volatile organic compounds (VOCs) found in everyday conventional cleaning products can increase toxic indoor air quality?

We are very fortunate here at City Park to have vents in our kitchens and bathrooms that help keep air moving in our homes.

That said, we are still exposed to these VOCs, which come from our furniture, carpets, upholstery, some cosmetics and cleaning products.

In winter, because we stay inside more and have our windows closed, there's less air circulation and we

are exposed to higher levels of VOCs.

Effects from breathing in these VOCs can include headaches, nausea, vomiting, eye/nose/throat irritations, dizziness and worsening asthma symptoms.

Long-term exposure has the potential of an increase in cancer and damage to our liver, kidneys and central nervous systems.

Try making your own cleaning products, to help lessen exposure to these off-gasses. They're cheap and easy to make and the internet is full of ideas. Here's my favourite for glass/mirror cleaner:

Combine in a spray bottle:

¼ cup vinegar

¼ cup isopropyl (rubbing) alcohol

1 tablespoon of cornstarch

2 cups of water

8-10 drops of essential oil

A drop or two of food colouring if you so desire, but totally unnecessary!

Did You Know?

Long-term, frequent use of air-freshening sprays, scented products (including burning candles) and cleaning products are linked to cardiovascular health hazards, especially in those with pre-existing lung issues.

It's a good idea to keep windows open when you clean, and use 'green' household cleaning products. There are some shady

ones on the market, so it's important to learn about certain ingredients which you should avoid like fragrances, chlorine bleach, sodium laureth sulfate, ammonia, ethoxylated alcohols and phthalates.

~ed



Kitchen Do's and Don'ts

The pipes in any type of building are like arteries to a human body and here are some of the best practices. Do's and Don'ts:

Kitchen DONT's

- Avoid pouring cooking oil and greasy left-overs down the sink
- Avoid over-the-counter drain chemicals from department stores
- When ordering take out, try not to use disposable plates and utensils
- Avoid washing pets and animals in the kitchen sink
- Avoid throwing kitty litter in ANY plumbing system

Kitchen DO's

- After cooking, collect and put left-over oil in the freezer, let freeze, then throw away
- When going out of town, always plug your sink with the basket strainer covers
- Install screens to catch small food particles that get into the sink (they add up quickly)
- Always run the hot water for about a minute after cooking
- Keep your eyes and ears open for gurgling and bubbling

The Plumber's Tip!

One of the best ways to easily test your kitchen drains is to fill up your sink with water; once filled, reach down and pull the plug:

- If the sink creates a little tornado swirl and ends with a sucking sound – everything is good!
- If the water starts to bubble and gurgle – a problem is lurking!

Courtesy of CPL (Canada Pipe Lining Technologies Ltd.)





If you're searching for a great time-waster that's good for your brain, try downloading the 'Wordbubbles' game,

which is available for both Apple and Android users.

The goal is to unscramble a set number of words, in the correct order, and using the correct number of letters.

It's free, but the hints will cost you, and trust me, you will definitely need help now and then! ~ed



Why do we keep seeing Members sweeping their balcony and brushing the dirt and dust through the bottom

and over the edge? In addition to this, we're also seeing Members shaking out their dirty rugs and linens over the edge of their railings!

Not nice. Not nice at all.

Don't you realize that your dirt and dust are falling on the plants, railings and floors of the neighbours below you?

And do you not realize that there is a Co-op by-law that forbids this?

It's very inconsiderate and un-neighbourly.

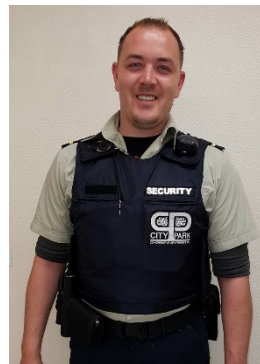
The smart and best way to clean the balcony is to vacuum it and wipe

down the railing and window ledges. For those folks that don't have a vacuum cleaner, a simple broom, dust bin, and garbage bag do the trick!

C'mon folks. Be considerate to your neighbours. ~ed.

Staff Interview

This is the second in our series of City Park Staff interviews. This month, we feature our Security Manager, Jayde Clancy.



Jayde came to our co-op as a Security Guard in September 2012. He became Acting Security Manager in May 2015 and was officially promoted in September.

Jayde's genuine concern and professionalism come to him genetically. His father is an OPP constable. His home life includes his fiancée and son, who turned two in June. They are generally concerned for his safety, but Jayde reassures them by discussing the events of his day and explaining how he and his staff handled each situation.

Prior to joining City Park, he worked at a large condominium complex. That situation presented many varied challenges. The condominium had similarities to City Park, but more extreme. Gaining experience in

that position gave Jayde the grounding and skills that serve him so well working for us.

Jayde ensures that his department works as a functional staff that attends to all site matters related to security and safety. Our guards respond to incidents of Members' complaints, disputes, medical matters, parking issues, property crimes, fire alarms, and assisting Emergency Services.

His days are very full. He keeps it together by effectively planning what he needs to do for the day. He categorizes tasks by level of importance, so that the most important items are dealt with, leaving room in the day's schedule in the event that plans change. Least important tasks can be dealt with at a later time. At the end of the day, he reviews the staff's accomplishments, determining if his goals for the day have been met.

Jayde takes his position seriously. To him, it's imperative to remain neutral in all disputes between Members. Transparency and accountability are paramount. He's friendly and approachable, yet maintains an air of authority and dignity.

He says, "I believe that playing semi-professional hockey taught me the core values of being a leader, having a strong work ethic, being a team player, and being strong both

physically and emotionally. Having this experience and carrying these traits, I am able to successfully perform my duties in my day-to-day role as both a Security Guard and Manager, and apply similar principles to a team environment.

"I truly believe that thinking positively does help with being able to resolve issues and generate a positive attitude towards goals and life success in general. Thinking positively may not always work, but if you have a clear understanding and think positively to see things through, I think the outcome and reward will be that much greater."

In this writer's opinion, City Park is very lucky to have Jayde looking out for us.

Laurel Tate ~ 51 Alexander

The New Boys on Patrol

On behalf of no one but myself, I would like to welcome two new Security Guards, Matthew DePersiis and Sebastian Koch, to our happy City Park family.

Matthew joined the City Park Security Team in March of this year and Sebastian joined in April. Both of these young men shared a similar journey to City Park: security training, obtaining a security license, and working in a variety of security situations. Two pieces of information that caught my attention: Sebastian

has a handcuff license and Matthew worked Nuit Blanche and overnight shifts at McDonald's. The overnight gig at McDonald's would fit into my definition of Hell.

Matthew and Sebastian believe in a bundle of qualities that make for a



successful security guard: there should be a willingness to provide customer

service, demonstrate common sense, and be flexible in facing the myriad of situations that surface at City Park. Both these young men want to contribute to a safe and happy environment at City Park. Good luck with that, boys.

Sebastian and Matthew try to affect a balance between work and personal life. Sebastian boats in the summer and rides his ATV; Matthew plays sports, works out, and practises positive thinking. Matthew is aiming for a career in policing, while Sebastian wants to continue to grow as a person and build on his experiences at City Park.

So, welcome to City Park, gentlemen. The ride may be bumpy but never dull.

Tom Maunder ~ 51 Alexander



Easy Peasy Slow Cooker Recipe

Mongolian Beef

In a 4-quart slow cooker, combine the following:

- 2 cloves of minced garlic
- 2 tsp finely grated ginger
- 1 small onion, chopped
- 1 large carrot, cut into strips
- 1 red bell pepper, cut into strips
- 1 cup brown sugar (use less if you don't like it very sweet)
- 1/4 cup sweet chili sauce
- 1/2 cup low sodium soy sauce
- 1 cup water

Cover and cook on high for 1 hour.

While waiting, slice 1kg of round beef steak into small strips. Using 1/2 cup of cornstarch, dredge each piece.

When the hour's up, add the beef to the slow cooker and give it a stir.

Cover and continue to cook on high for 2 hours. In the last half-hour or so, make some brown rice (it's much healthier than white).

Serve the Mongolian Beef on a bed of rice sprinkled with sliced green onion.

From the onepotchefshow.com website. Check it out...he's a hoot!

~ed

CHFT Sector Report – April 8, 2016**by Paul Kazlauskas,
City Park Delegate**

In 2012/13 the CHFT Board of Directors created a five-year plan that would strategically guide the federation and help determine the key priorities of the federation with feedback from the members. Next year, they will start on the next five-year plan. The board felt it important to highlight the success of the federation's efforts over the last couple of years to the members. The board shared updates to its key priorities outlined in the five-year plan. They include:

1. Addressing the end of the operating agreements and transition planning
2. Government Relations and political action
3. Building networks and solidarity
4. Promotion of co-op values
5. Ongoing education and training
6. Leadership renewal and youth engagement
7. Communications and technology
8. Expand Cost Cutters and bulk purchasing

Some of the highlights and updates in the summarized progress report include:

- CHFT worked closely on a case by case basis with co-ops coming out of their operating agreements.
- CHFT worked with the City to provide shelter allowances to low income members at Beech Hall and Norris Crescent.

- Very active working with co-ops and CHFC to host election meetings
- Provided detailed briefings for candidates of all parties
- Relationships with other organizations primarily built on government relations in end-of-operating agreements
- They are working with other groups through the Social Planning Council.
- CHFT signed a memorandum of co-operation with other federations.
- CHFT worked with member co-ops to become 2020-certified, giving co-ops the tools they need to thrive in the long run.
- Continue portable workshops teaching member co-ops best practices
- Providing additional resources in key areas like chairing skills
- International co-operative organization featured two presentations about the CHFT Diversity Scholarship
- CHFT has developed new partners to expand the Cost Cutters Program
- New web design for homepage and other webpages underway will launch in May 2016

Ongoing updates about CHFT'S work can always be found online at www.coophousing.com, on CHFT's Facebook page, in their weekly e-newsletters, or follow their Twitter feed @coophousing3

CHFT Sector Report – May 12, 2016

by Paul Kazlauskas,
City Park Delegate

CHFT'S 42nd AGM took place at Oakham House, 55 Gould St. Toronto, at 7 p.m.

The highlights included:

1. 2015 audited financial statements
2. Appointment of the auditor
3. Election of the Board of Directors
4. Anniversary award presentations for 20, 25, 40 and 80 years (Campus Co-operative Residence).
5. Thank you to retiring director Bob Wiseman
6. 2016 CHFT's Diversity Scholarship Program
7. Honorary Lifetime Award presentation to Jo-Anne McNamara
8. Government relations report

Interview with a Director

Here is another in our ongoing series of interviews of our Board of Directors.

Paul Kazlauskas was appointed to the Board – his first time as a Director – in September 2015. An appointment was necessary because only four candidates were nominated to fill five vacant positions. His term ends this September. (Board appointments are for one year.) He



serves as Liaison to the Landscape Project, and he is City Park's Delegate to the Cooperative Housing Federation of Toronto.

Paul moved in to City Park in 2004. He came to Toronto from his hometown of North Bay in 1974. He was very active in competitive body-building; he was Mr. Toronto 1983. He also worked in window display, men's wear, and interior decorating; his work was showcased in almost every mall in the city. He's lived in several North American locations, including Montreal, New York, Los Angeles, San Francisco, and Florida. In his own words, he knows all the 'A Gays' in New York. Being involved in the body-building scene is definitely an 'in' to the gay community.

He is also personally invested in party politics. For decades, he's been on the Executive of his party in our riding of Toronto Centre. He works on every campaign, federal and provincial, and has been well-acquainted with all the candidates in every election.

Here at City Park, Paul has been a member of the Landscape Committee/Project for about five years. His work in his pod, north of the front door of 51, was always lovely. He definitely has an eye for beauty and design. He was also a member of the By-Laws Committee/Project.

Paul wants to tell the Members of City Park to, “Keep faith in the co-op system.”

Note: The Landscape Project is looking for new Volunteers. If you enjoy gardening and would like to join, please leave your name and contact information at the Office.

Laurel Tate ~ 51 Alexander



In the Peter Michael Gernon Community Hall
The Grand Seduction

2013 – 7/10 stars – 113 Minutes

Staring: Taylor Kitsch, Brendan Gleeson, Liane Balaban
Director: Don McKellar



The small harbor of Tickle Cove is in dire need of a doctor so that the town can land a contract to secure a factory which will save the town from financial ruin. Village resident Murray French (Gleeson) leads the search, and when he finds Dr. Paul Lewis (Kitsch) he employs - along with the whole town - tactics to seduce the doctor to stay permanently.

You Can Have Bed Bugs and Not Know It ~ Here's What to Look Out For

A study in New Jersey found the creepy-crawlers in 12 percent of low-income homes and nearly 50 percent of people were unaware of an infestation. Here's how to tell if you've got them, and where they love to hide.

It's no secret that bed bugs are seriously freaky creatures. After all, they like to live in your bed and feed on your blood *while you're sleeping*. Now, scientists at Rutgers University are trying to determine where bed bug outbreaks happen, and how to prevent and control them.

In a new study published in the *Journal of Medical Entomology*, Rutgers researchers examined more than 2,000 low-income apartments in New Jersey for the presence of bed bugs. What they discovered: 12 percent of apartments had bed bug infestations.

Researchers also found that beds were 'significantly' more likely to contain bed bugs than sofas or upholstered chairs, and women were more likely to report bed bug bite symptoms than men were (although they didn't specify whether women had worse reactions or were simply more sensitive to the bites).

Perhaps the most disturbing finding: While 68 percent of people with bed bug infestations had symptoms, nearly 50 percent of the bed bug



infestations happened in apartments where residents didn't know they had the critters.

So, how are you supposed to know if you have bed bugs or just some skin condition? Experts say there are a few telling signs.

One of the most common symptoms is waking up with bites or finding bites on your body that you can't explain, bed bug expert Jeffrey White, technical director for BedBug Central, tells SELF. But there's a caveat: Everyone reacts differently to being bitten by a bed bug. "For some people, it can take up to two weeks for them to react," White says.

The bites themselves don't look unique to bed bugs, White says, but they do tend to show up on the arms, shoulders, neck, and face ~ all of which are exposed while you're sleeping, and therefore easier to reach. Bites that show up in rows or clusters are also concerning, he says.



If you suspect that you have bed bugs, it's time to look for them. Michael Potter, Ph.D., a professor of entomology at University of Kentucky, tells SELF that it's a good idea to inspect your mattress and box spring, paying special attention to the area near the headboard. "Look in the seams - bed bugs love edges - and folds," he says. If you

have a box spring, flip your mattress and look at the top part, all the way around the edge. (Adult bed bugs will be about the size of a tick, Potter says, while babies can be the size of a speck of dust.)

Found some? Experts agree that it's a good idea to call in a professional to help, if you can afford it. But, you don't have to twiddle your thumbs while you wait. "Any professional that tells you not to touch anything until they get there is setting an unrealistic expectation," White says.

There are a few things you can do while waiting for help to arrive, Ron Harrison, Ph.D., an entomologist with Orkin, tells SELF. The first is to reduce clutter around your bed. "Clutter means there are hiding places for bed bugs," he says. "But it's important to bag clutter in your bedroom and throw it away outside your house, so you don't accidentally scatter bed bugs around your place."

"You can also purchase a mattress encasement, i.e. a cover that goes over your mattress and box spring, to contain the bed bugs", Harrison says.

Potter recommends purchasing bed bug monitors. While they're designed to help you figure out if you have bed bugs, they can be placed under your bed and catch the critters, reducing the number of bites you'll get.

Contrary to what you may have heard, you don't need to throw all of your stuff away. White says putting your bedding (and clothes, if you suspect they're infested) through a hot/dry cycle in your dryer will kill off bed bugs that may be living there.

Finally, you can use a vacuum to suck some of them up. "They can live in the bag or filter, so dispose of both in an outdoor trash can afterward," says White.

While freaky, experts say it's completely possible to get rid of a bed bug infestation.

"If you don't allow it to get out of control, ridding yourself of bedbugs is fairly straightforward," White says. "It's nothing to lose your mind over."

(from the [self.com](#) website)

Membership Selection Committee

The Membership Selection and Welcoming Committees amalgamated in December 2014 to:

□ Evaluate Membership Applications

The Membership Selection Committee (MSC) meets on the third Monday of each month, excepting holidays. Committee policy (creating or amending) and discussions of new applicants are conducted at this time.

□ Interview Prospective Members

Interviews of applicants are conducted twice a month.

□ Recommend (or not) Approval of Membership

The Committee is responsible for reporting to and making recommendations to the Board of Directors; reviewing priority cases (internal moves and external move-ins).

□ Greet New Members

The Committee Members meet with all new Co-op Members, to familiarize them with the Co-Op by-laws; acquaint them with the committees and projects on which they can volunteer; inform them on different aspects of living in City Park, e.g. garbage disposal, laundry facilities, recycling program, etc.

Currently, MSC has 12 active Members. It's a vital and very busy committee; new Co-op Members are needed to add to the existing hard-working group.

If you're interested in joining, please leave your contact information with the Co-op Office.

'Fraying at the Edges'

No, this not the title of my autobiography. It is the title of an article chronicling the fascinating personal experience narrative of Geri Taylor as she confronts the early stages of Alzheimer's. The article is written by N.R. Kleinfield

and appears in a recent issue of the New York Times. The article is both timely and instructive. What I have written below are my gleanings from the story of Taylor's journey. Please read the article which can be accessed on the NYT website.

The first indication for Taylor that things were not right occurred when she did not recognize herself in the bathroom mirror. Over the ensuing days and months, other hints appeared: the vanishing of belongings, trouble with elapsed time, loss of sequencing, less interest in food. Trained in nursing and health administration, Taylor knew the steps and was not afraid of confronting the issues.

A visit to the family doctor led to an appointment with a neurologist and the battle was joined. The Mini Mental State Examination revealed mild cognitive impairment and Aricept was prescribed. To quote Taylor, "... it's like Purgatory before Hell." Taylor had joined the ranks of the Americans who are struck with Alzheimer every 67 seconds. Two thirds of these are women.

How to fight the good fight? Pep talk with a husband who was having trouble adjusting to the diagnosis and the behaviours. Choosing the time & place to tell family & friends. Siblings like to be told separately; friends embrace or flee. Join groups like Caringkind and Memory Works, groups that make Alzheimer seem

normal, a fact of human life. Learn the organizational value of the iPhone, develop a Find My Friends application, keep a daily journal to chart the course of the disease, join research and political action groups, write a play.

"The pain doesn't go away, but I adjust to it day by day, making changes and accommodations as necessary." Fight on, Geri.

Tom Maunder ~ 51 Alexander

What Is City Park?

City Park is about housing, but we are also a community. Members not only become residents, they are Members of a co-operative community/lifestyle.

Members of This Community:

- Volunteer whenever possible, either with a formal Committee/Project or on a "Special Event" basis.
- Participate in Member meetings.
- Share common interests in safe, secure, decent, affordable housing.
- Commit to support each other.
- Choose to share responsibility for the well-being of the community and to appreciate each other's differences.

- Ensure that the Co-op is a safe place to be, where one can express their own point of view.

City Park Co-op Web Site address:
<http://www.cityparkco-op.ca>

Link Project

This Project publishes City Park Co-op's newsletter under the title LINK. It's what you're reading right now.

It is published quarterly. Articles and photos are taken from submissions by Members and Staff. We rely on these contributions to inform Members of news and events in and around our Co-op. These can be sent to the Project by email to cityparklink@gmail.com or can be dropped at the Co-op Office.

We would be pleased to have more Members join LINK. If you enjoy reading, writing, or gathering news and information, please consider becoming a Volunteer on this Project. It's one of many valuable ways to contribute to the City Park community.

SUBMISSIONS TO LINK

All Members are encouraged to submit material of interest to the Membership for publication in LINK. All submissions should be one page or less, TYPED or CLEARLY PRINTED and include your full name, building and apartment number.

Unsigned submissions will not be considered.

City Park Lawn Sale May 28th



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.