

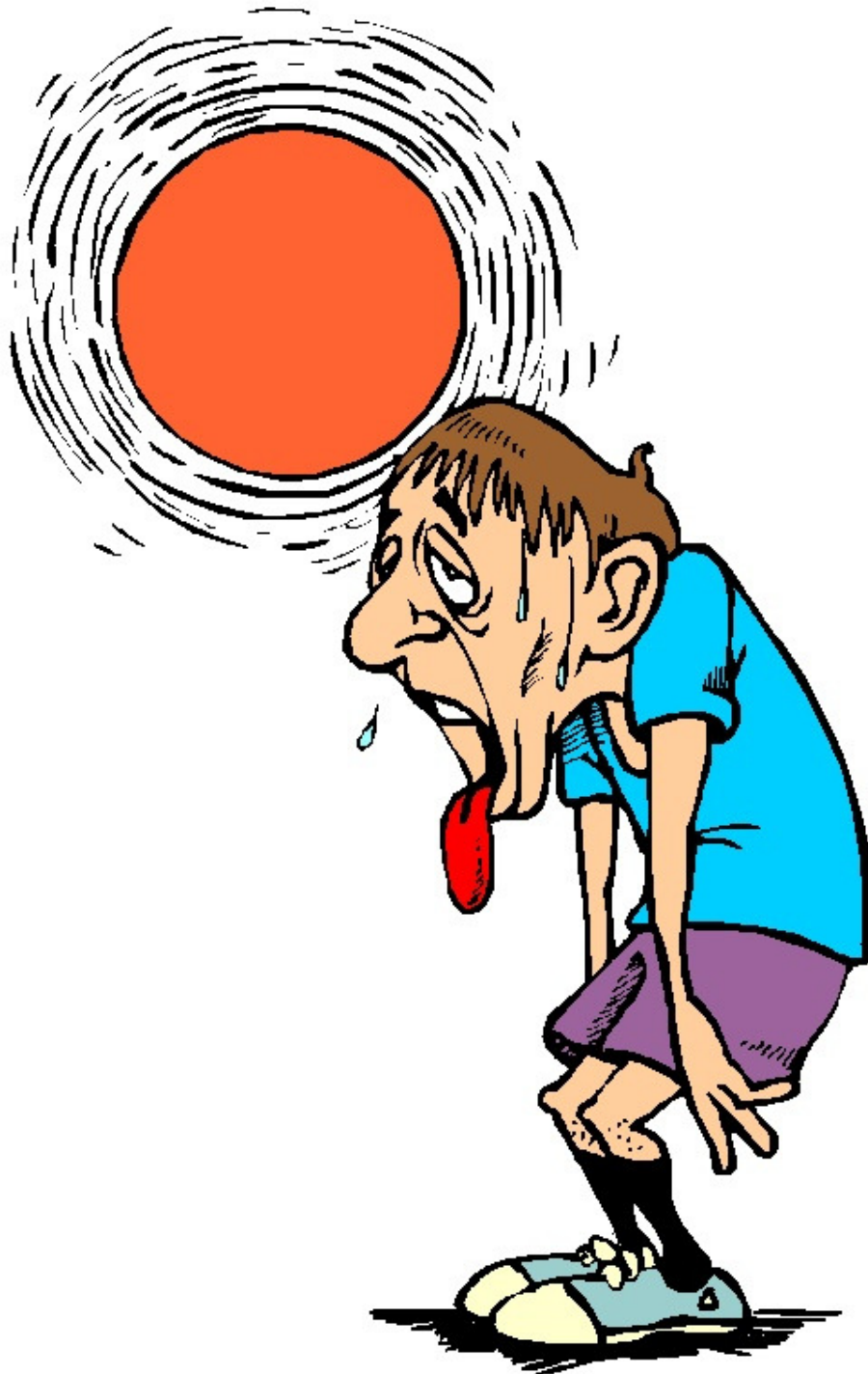


OCTOBER~NOVEMBER~DECEMBER 2016

Volume 21 - # 4

NEXT DEADLINE: NOVEMBER 25, 2016

THE SUMMER OF 2016: WAS IT HOT & HUMID ENOUGH FOR YOU?



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Your new & improved **LINK** Team:
Editor/Coordinator: Bob Harrison Drue
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John Fowler

Funny, no thundering hooves?

As of today's date, August 20th, City Park Co-op has three confirmed candidates running for the Board of Directors. Confirmed means that these three brave souls have submitted their appropriate paperwork. These submissions do not mean that, at a later date, they won't be withdrawn. If not enough candidates step forward to warrant an election, then the acclamation scenario kicks in and positions are filled by whomever submitted his/her name. I am worried about filling positions by acclamation. There are enough issues facing City Park which deserve discussion in an election reflecting a variety of opinions. So, why aren't Members applying to run for the Board? The reasons are many.

First, there is a considerable commitment of time: two Board meetings a month, lasting, based on

my experience, approximately three hours; assorted documents to read; attendance at committee/project meetings. For someone who is still employed, the feeling that two jobs are being worked is quite understandable. Second, dealing with Members' issues can be emotionally draining. Third, the loss of anonymity means no garden bench is safe for private time. Fourth, the daunting list of 21 responsibilities found in the Run for the Board package. Fifth, riding herd on the Property Management.

So, why run for the Board? The following observations are, again, based on my two years of purgatory. First, you can learn about a great many things: how a budget works; where the money goes; why some committees/projects work and why some don't. Second, Board membership allows you to have a small peek into the machinations of Social Housing in Toronto, the Landlord Tenants Board, social services and the police force. Third, if you are a student of the human condition, the Board is the place to be. Fourth, with perseverance, you can foster incremental change in the Co-op.

Am I running for the Board? Yes.

Why?

In spite of being too old, too irritable, too impatient and with no political constituency in City Park, I have heard the trumpet summoning me to,

once more, enter the breach. May the gods on Mt. Olympus smile on my endeavours and those of my fellow candidates.

Tom Maunder ~ 51 Alexander

A Glimpse of Dublin

In 1987 I took time off from my job to do a tour of Ireland. I landed in Limerick on the River Shannon and from there, travelled to Killarney, where I spent an enjoyable week or so. From Killarney I took a train to Dublin. Trains are my favorite mode of travel. Besides providing spacious windows from which to admire the view, they allow me ample time for reflection, if I need it, and I usually do, and the opportunity to read or chat with the person sitting next to me, if I'm so inclined. It also provides the time to affect that sometimes difficult transition between a departure and a new arrival.

The train from Killarney to Dublin took approximately 4 ½ hours – plenty of time to reflect, read and admire the views. Arriving in Dublin, I stopped at the accommodation centre, located in the train station, and quickly procured a bed and breakfast in elegant St. Andrew's Terrace. The room was charming and spacious with a high ceiling and lace-curtained windows which opened up onto a small shady square. As soon as I settled in, I set out to explore the city.

Dublin is the capital of the Irish Republic and is situated on Dublin Bay. The Liffey River flows through the centre crossed by lots of picturesque bridges. It is the city of James Joyce, Oscar Wilde, George Bernard Shaw and Peter O'Toole, just to name a few.

The first place I hit was Trinity College, Dublin's well-known University founded in 1591. The College has the greatest concentration of classical architecture in Europe, including a few surviving Tudor structures. The library, it is said, has a collection of one million books, but the only book I sought out was the brilliantly illuminated Book of Kells, an early 9th century manuscript of the Gospels.

Next, I visited the magnificent Malahide Castle, built in the Middle Ages and considered one of Dublin's highlights. I took a tour of the castle rooms with their beautiful period furniture and admired the many portraits of the Talbot family who were the original builders of the castle some 800 years ago. There was even a secret walled garden, complete with exotic plants, behind the castle.

All this walking had made me quite hungry so I headed out along the College Green looking for a suitable place to eat. I sought out Bailey Tavern, the restaurant mentioned in the James Joyce book 'Ulysses'. I

had twice attempted to read this book, but gave it up in despair. Written in a stream-of-consciousness style, I found it difficult to follow, to say the least. The book had originally been banned in the U.K. because of its prevalent obscenities. A massive portrait of James Joyce was on display in the pub.

The next day I set out early to do the town justice. I started at the National Gallery on Merrion Square and admired the works of masters from almost every European school of art, including an extensive collection of Irish paintings.

Art galleries were often the uppermost items on my to-do list in any new city I visited. At first I would spend inordinate amounts of time in galleries in such deep concentration that I often emerged with what is commonly called 'Stendhal's Syndrome' – a disorder named after the French writer who first described the symptoms. This condition that causes headaches, dizziness and confusion, often occurs when an individual is exposed to too many works of art in too short a space of time. It has also been described humorously as 'art attack'.

Next, I visited the Guinness Brewery. Founded in 1757, it became the largest brewery in the world in 1886 with an annual output of 1.2 million barrels. Of the 15 varieties of beer they produce, I sampled 3, none of

which I liked especially, but then I'm not much of a beer drinker. Nevertheless, it was an interesting tour.

Dublin has a wonderful theatre district and I took in several plays during my stay. I particularly enjoyed an offering by John McGrath, a contemporary Irish playwright. 'The Game's a Bogey' was a satirical look at the class struggle in Western culture. Using a game show format, the participants never get ahead of the game, and in life never have enough money, despite all their efforts. The title of the play referred to a children's term for ending a game.

My favorite thing to do in any city I visit is also the least expensive – simply exploring the city on foot. Thus, a comfortable pair of shoes was an essential item in my backpack. Dublin is pretty much a compact place and it's easy to get around. I started my walk along the College Green, a busy plaza in the centre of Dublin, and admired all the ivy-covered buildings – the impressive City Hall on Dame Street and the equally impressive Bank of Ireland building which once housed the Irish Parliament. Not far off is majestic St. Patrick's Cathedral, the largest church in Ireland. St. Pat's has been at the heart of Ireland's history and culture for the past 800 years.

I explored the ancient streets of Temple Bar, an area on the south

bank of the River Liffey which contains Dublin's cultural life, including a number of quaint and picturesque pubs. Fishamble Street near Temple Bar was the location of the first performance of Handel's Messiah back in 1742. Nearby is Cow's Lane Market, a fashion and design market, which takes place on Cow's Lane every Saturday.

One day, as I was crossing a bridge over the river Liffey, I came across a family of gypsies huddled together on the bridge. I shoved a pound note into the cup the child held, and scurried away. I found the sight rather disturbing because they were all so very young.

My favorite place to rest up was in the beautiful park called Stephen's Green. The park has four centuries of history and hosts a large number of sculptural monuments, as well as many species of birds and plants. In the centre of the park is a formal garden with a separate scented area for the blind. There is also a large lake with an artificial waterfall which provides a home to ducks and other fowls.

I spent a total of about 8 days in Dublin and vowed to return someday. Alas, to date, I have not yet done so. Maybe next year.

Ursula Carter ~ 51 Alexander

Trapeze Artist Without a Net

This past summer, while walking down Alexander St. I looked up to where one of the trees was being taken down across from 51 Alexander. On top of it was an arborist, with a chainsaw and his equipment. Looking for a cherry picker, which I thought might get him to the top, there wasn't one. I asked Mitch (in 31), how he got there, to which he replied "He has spikes on his boots to climb".



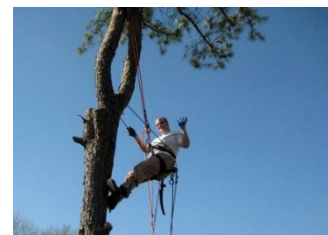
'Holy Scheiße!' I thought.

It was amazing to watch how

methodically and quickly he did this. A combination of engineer, athlete, animal and artist. Bravery at it's best.

When he finished his job I was tempted to give him a standing ovation. Truly amazing and... bravo!

John Gordon ~ 51 Alexander



We the Dog People

'Dog owners' or 'dog people' are a special breed of their own, if you pardon the pun.

They usually know each other and congregate around the same areas: the park by Buddies in Bad Times Theatre, the Barbara Hall Park and others (schsst...the school yard south of Alexander) and, of course, our own lovely grassy areas.

One often remembers the name of the dog before remembering the owner's name, and colourful names they are! Trudeau, Houdini, Bogart, Bismarck, Jackie O, Dillon, Zorro, and Jezebel, (a name from the bible) as well as Nefertiti from the Egyptians. Then there are the flower variety names: Daisy, Jasmine and Rosy. Of course, people names like George, Kelsey, Gaby, Monty, Kiki and Maggie are among them. Usually when two dog owners meet for the first time, they ask "What's your dog's name?" or they lean toward the pooch saying "And what's your name?" as if expecting that he or she might answer.

Spring, summer and fall are great times to be in the outdoors, at least twice a day. Dog people have to brave the worst of weather though, because a dog has to do his or her business. Most important for a canine is to smell all of his 'pee-mail' (as somebody called it once). They are drawn to out- of-the-way places, and often drag the owner over mountains of dirt and snow and other obstacles. So God only knows where their noses have been, and yet I cannot turn my head away if a dog wants to give me a kiss. I feel tremendously honoured.

Dog people have different items hanging near their doors where they keep their keys: harnesses, leashes plastic bags, water bottles and sometimes muzzles; not because their dog bites, but because it is in the habit of picking up dangerous things from the ground. Owners of dogs, have often a slightly untidy look about themselves. "They are never totally clean" one friend said, and there is the problem between dog people and others. We don't mind a bit of untidiness or dirt, or tracks left in the grass, but never dog poo... we are fastidious about that. Other people would rather not have them around at all. Have we not witnessed the fights here in City Park over 'When and where dogs are allowed to walk on Co-op grass?'

Some people purchase 'potty patches', which are waterproof mats covered with fake grass, to put on their balconies. They give your pooch a chance to relieve itself in-between outings. My Kelsey is no longer around to walk on her balcony; she has her space in Heaven.

Yes, we put up with a lot, we dog people, but we accept it all. Why? Because we love our dogs! How much we love them becomes fully clear when we have to part with one of our four-legged friends. The pain, the anguish, the tears, the decision to hold on or let go, are unbearable. The last hugs, caresses, the stroke to that beautiful head, the trust/loving eyes on you; it tears you

apart. And, when your friend passes, you want to find a place where you can you scream to the heavens for allowing this. I have seen grown men crumble to small heaps on the floor. Every once-in-a-while, I see a forlorn figure out of the corner of my eye and it registers, 'He is without his dog Cody, oh my God'. Where did his beloved companion go'? Often, we dog people send the poem 'The Rainbow Bridge' on condolence cards. It tells of a place where all good dogs go. Are there any other ones? I think not. Only bad owners exist. This place, the Rainbow Bridge, is where our companions play on miles of green grass, run around, frolic without pain, and are restored to their original glory. There is a gate, and once-in-a-while, a pet stops munching, ears standing up and alert, because they have caught the scent of their owner, and race towards them for a heavenly re-union.

Until then, we, the dog people, say hello to every dog we meet (at least I do) and often ask if we may pet their dog. We listen to the barks of dogs in the night and think, 'That almost sounded like my dog barking'. We keep marching on as we must, but embrace the world of canines, which is full of lust for life, joy, trust, full stomachs and yes, what comes after that, 'the walk'. If you have ever known the feeling of a leash in your hand and your buddy at the other end, your heart never wants to let go.

Until we meet again Kelsey,

Karin Williams ~ 51 Alexander

Did You Know?

Salmon from Canada (particularly British Columbia), carry fewer chemicals than fish farmed in the U.S.A.



The safest salmon, believe it or not, is from Chile.

Scottish and Norwegian varieties should be eaten as little as possible!
~ed



While Member Ron Connors (of 51 Alexander) was on holiday in Prince Edward Island this past July, he attended a 1-day 'Boot Camp' chef course.

Here's one of the delicious and very easy recipes. Thanks Ron!

Darn Tasty Drop Biscuits by Chef Ilona Daniel

2 cups all-purpose flour
1 tbl baking powder
2 tsp white sugar
½ tsp cream of tartar
¼ tsp salt
½ cup melted butter
1 cup milk

Preheat oven to 450 degrees F
(230 C).

In a large mixing bowl, combine flour, baking powder, sugar, cream of tartar and salt. Stir in butter and milk just until moistened.



Drop batter on a lightly greased cookie sheet by the tablespoon.

Bake in a preheated oven until golden on the edges, about 8 – 12 minutes. Brush each biscuit with garlic salt if desired. Serve warm.



Why Use Social Media?

Social media is a fantastic way to stay connected to old friends, new friends, family, to people in organizations, people who share similar interests as yourself, and to the wider social media community.

Did you know that over 900 million people use Facebook, and over 500 million people use Twitter, and the numbers keeps growing on a daily basis?

You should definitely check it out and get involved. It sure beats wasting time watching television!
~ed

Over 3 Million Workers on Havana's Revolution Square

My journey to Cuba was a work and study trip, called the "24th Annual Ernesto 'Che' Guevara Volunteer Work Brigade" and it lasted from April 30th to May 12th, 2016.

Upon returning, one of the City Park Co-op seniors said to me, "I'm so glad Canada never cut off relations with Cuba." The United States has tried negatively, to influence Canada and other countries around the world, to continue the fifty-year-old economic, commercial and financial blockade. This blockade made the Cuban people suffer in so many ways. It should be noted that the U.S.A. is still maintaining many of the economic blockade measures, and

still refuses to give up the illegally occupied Guantanamo Naval Base with its prison and eighty remaining prisoners.

So, it was with a cane & push cart 'strollator' that I had gone to Cuba with the other 26 'Che' brigadistas to celebrate my 75th birthday, and to show that Canadians really care about the Cuban people who are trying to maintain their sovereignty and build socialism in a joyful, collective way. They really want to be democratic, by using grass roots elections, not totally run by the Communist Party of Cuba, but by following 'democratic centralism' principles in all areas of daily living.

Everywhere in the country, one can see and feel that everyone cares about one another in a safe, socially knit community at work, school, and at home.

As brigadistas, the trip was a great way to show support from Canada, and develop solidarity friendships. In its 24th year, the 'Che' Volunteer Work Brigade stayed at the International Solidarity camp West of Havana, near Camilito. During the second week, we went to Cienfuegos, on the south central coast. Each weekday, we did 4 hours of early morning volunteer work on organic co-op farms, then travelled in a new air-conditioned 'wawa' (bus) to visit hospitals, schools, veterans' facilities, art schools and museums and, then party it up at night (all in all, some 34 different

events in less than 2 weeks). We even got to the beach, and the pools, to bask under Cuba's warm sun.

This trip was hosted and arranged by the Cuban Institute for Friendship with the Peoples (ICAP); an all-inclusive package (lodging, land transport, three meals a day, even some drinks, with medical insurance included) for the low cost of \$1150 (plus the cheap round-trip air fare).

I left Toronto early that first day with Cubana Air, and arrived at Varadero before midday, along with twenty-six other Canadians of all ages (18 to 82) in the Canadian Brigade section.

We were just in time for the first big event, the International Workers' May Day celebrations, in the Plaza of the Revolution Square. The celebrations started the next morning at 7:00 a.m. in central Havana under the Jose Marti statue.

What a sight to see: Cuban teachers, medical workers, and workers from all over the world. There were hundreds of thousands, mobilized with all their solidarity banners and flags, marching past the viewing stand. I saw our Canadian flag plus Canadian Union banners, and those from USA, Europe, Latin America, Asia and Africa. The Cuban Granma newspaper wrote, "It was the largest Workers' International Day yet." New this year, Granma reported, were workers from Israel, Ethiopia, Democratic Republic of Congo and even Iceland.

We listened to all the government officials speak, including President Raul Castro and 56 yr.-old vice-president, Miguel Dias-Canel. The march was a tribute for Commandant Fidel Castro Ruz on the occasion of his 90th birthday. The march also honoured the 55th anniversary of Cuba's Literacy campaign (to free the country of illiteracy), the 60th anniversary of the Granma yacht landing, and the 55th anniversary of the Bay of Pigs victory.



I even got to celebrate my 75th birthday! I easily got my fellow brigadistas to take turns pushing me (seated) in my strollator, to help me keep up to their walking pace. The Cubans are so very accommodating for handicapped & openly LGBTI seniors.

It was a trip I will never forget. I got to meet our Hotel maid (wearing her rainbow wrist-band) and her lesbian partner, our young, openly gay waiter, as well as a young 20-year-old worker with rainbow colours on his white golf shirt. He was marching in front of me in Revolution Square. I couldn't resist waving and saying that I was from Canada, reaching out to kiss his hand which brought a huge smile as he proudly marched with his fellow workers.

If I had only stayed two more days, until May 14th, I would have got in on

Cuba's 9th annual celebrations of the International Anti-homophobic & Anti-transphobic Day (IDAHO). I

missed conga dancing in the streets, organized by The National Centre for Sex Education (CENESEX) and headed by Director, Mariela Castro Espín who is also part of the Women's Federation of

Cuba.

Next year, I do want to go back on the 25th Annual 'Che' Volunteer Work Brigade, likely in Guantanamo province. Hopefully I will be joined by several Members from City Park. So, keep Saturday, April 29th to Thursday, May 11th, 2017 open.

David Foreman ~ 31 Alexander

Protect Your Peepers



Though 'fashion' may be your selection criteria when it comes to sunglasses,



it definitely shouldn't be your only consideration. Naturally, they should be UV-protective, but the colour of the lens filters light in different ways, so choose them according to your need.

Brown/Amber: Great on cloudy days, to brighten vision by reducing glare and blocking blue light.

Grey: Reduces brightness and glare, while allowing true colour perception (but not the best choice for contrast).

Green: In bright light, green tints help reduce eyestrain and glare, while providing high contrast and visual sharpness.

Red/Rose: Said to be soothing to the eyes and more comfortable for longer wearing. Red/Rose tint provides excellent depth perception in low light, and helps visibility while driving.

Yellow: Ideal for low light. It increases contrast on overcast, foggy or hazy days, and improves depth perception.

Mirrored: In all sorts of colours, reflects high-intensity light to reduce glare, and lets you check out that hot gal or guy without them noticing!
~ed

Did You Know?

Despite advice to increase fibre intake to avoid constipation, which affects about 14% of people worldwide, a large recent study in the 'American Journal of Gastroenterology' found that people who get plenty of fluids, regardless of fibre intake, are least likely to have irregularity.

Nutrition for Healthy Aging

As we age, the foods we consume, may help lower the risk of heart disease and cancer, while promoting cognitive health. Dietary patterns rich in vegetables, fruits, whole grains, beans, olive oil, nuts, fish and poultry, are showing benefits as we age. To transition your diet to this pattern, consider the following:

- **Shop for colors:** Stock up on fruits and vegetables in a wide variety of colors. Fill half your plate with these at meals.
- **Swap:** Try brown rice or wild rice for white rice in recipes.
- **Cook well:** Healthier cooking techniques, like grilling or poaching, are simple ways to cook. Try to include fish at least twice a week.
- **Eat your vegetables:** Enjoy a vegetable salad topped with fruit, fish or chicken, and a vinaigrette dressing.
- **Curb hunger:** Between meals reach for fruit, a small handful of nuts or vegetables, with hummus dip.
- **Savor and enjoy:** Eat every bite slowly, knowing that you're feeding your mind and body well.

(from the mayoclinic.org website)



Hard To Kill Houseplants

Snake Plant: Snake plants are very sleek and modern looking. They're ideal for adding height to a grouping of smaller plants. They can be toxic to pets and children if ingested, so set yours on top of a counter, bookshelf or end table, to keep them out of reach. They only need watering every ten days, and more often in the summer months. If the leaves start to droop, they definitely need water.

Spider Plant: Spider plants will grow in almost any lighting, just avoid direct, hot sun. Keep them from looking shaggy, by clipping their leaves close to the base, whenever they start to turn brown or look unruly. Water once or twice a week.

Ponytail Plant: An ultra-hardy plant, it has the potential of lasting for decades, if handled properly. Ponytail palms can reach four feet. To encourage growth, every other year, replant it in a pot that's four inches bigger than its present pot. It only needs watering every two weeks or so.

Air Plant: Air plants get all their nutrients through their leaves so you don't need any soil. They come in all sorts of funny shapes and forms, including curly and fuzzy ones. They need misting every few days, but a good rule of thumb is to soak them in water for about 20 minutes every week.

Rex Begonia: It's very difficult to find one you won't like because the foliage comes in a huge variety of colours and shapes, tinged red or black. They need indirect light, because in full sun, their delicate leaves will burn. A shady spot in the corner of a bright room will be ideal. It should be watered about every 10 days.

ZZ Plant: This plant requires the least amount of care...like a cactus. The ZZ plant's sap is a mild skin irritant that can be poisonous if ingested, so wear gloves when repotting or cutting off dead fronds. This plant only requires water every month in winter; biweekly in summer.

For pictures of each plant, go to:
'<https://images.google.com/>'



From the 'Real Simple' website. It has something for everyone ~ed.

Did You Know?

Almost one third of Canadians have insufficient Vitamin D levels...even in the summer months!



This hard-working vitamin is essential for supporting healthy bones since it helps your body absorb calcium.

This Woman Almost Died After Kissing Her Dog

Should you think twice before getting near your pup's saliva?

As any pet owner, or wannabe puppy mama knows, getting cuddles from a furry friend can totally make your day. But a recent case study published in the 'British Medical Journal' highlights a creepy health risk that could be lurking in those canine kisses.

According to the report, a 70-year-old woman in the U.K. developed a life-threatening infection after being smooched by her dog. She was admitted to the hospital after she was found slumped over and slurring her speech.

Initially, doctors thought she may have had a minor stroke, and her symptoms were improving. But after a few days in the hospital, she took a turn for the worse. She developed a headache, high fever, chills, diarrhea, sudden kidney failure, and severe sepsis - a complication of some infections that can lead to death.

As it turns out, a blood test revealed she had a bacterial infection called *Capnocytophaga canimorsus*, which is normally found in the mouths of dogs and cats.



Typically, doctors see this type of infection in humans after getting a bite or scratch that breaks the skin, but this woman's case shows that the skin doesn't have to be broken in order to get an infection from your pet.

So do we all need to stop making out with our pooches? Nope...cue a sigh of relief! Although *C. Canimorsus* is a totally normal part of your pet's saliva, this type of infection is super-rare in humans, says Stephen Cole, doctor of

veterinary medicine and fellow in clinical and molecular microbiology at the School of Veterinary Medicine at the University of Pennsylvania.

Like almost all infections, the very young and very old tend to be more at risk, which might be why the woman in this case was particularly vulnerable. If you're healthy, this isn't really something you need to stress about.

"The important thing to remember is that all animals carry bacteria, so you should always be practicing good hygiene when you're handling them," says Cole. This means washing your hands, keeping them from sneaking food off of your plate (easier said than done), and watching to make sure they don't lick any open wounds.

(from womenshealthmag.com)

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, and 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 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 Editor 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 need 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; and 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 folks 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 residents in identifying and resolving, if possible, any issues arising related to their recent move-in. Our informal sessions include: answering questions or concerns new residents 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.

Did you know?

An estimated 1 in 6 people don't know they have the silent killer: high blood pressure. Six million Canadian adults have it!

Even though most Canadians think that high blood pressure is more

common in men, in fact, by age 60, high blood pressure is more common among women. That said, more than 50% of people over 60 have it.

High blood pressure is the #1 risk for stroke, and a major risk factor for heart disease. It can double or even triple your risk!

Lifestyle changes can reduce your risk. They include:

- eating more veggies and fruits
- getting enough dairy
- reducing your consumption of sodium
- exercising as often as possible, and
- having your blood pressure checked at the very least, once a year.

The Heart & Stroke Foundation offers a free app to track if you're getting enough of the above. Check it out at getenough.ca/app

~ ed.

Power of Attorney...Have You Assigned It to Someone?

A Power of Attorney is a legal document in which you give another person the power to make certain decisions for you, or take certain actions for you.

In Ontario, there are two main kinds. One is the 'Power of Attorney for Personal Care'. This lets another



person make decisions for you about things like health care, personal care, medical treatments, and moving in or out of a long-term care home, if you become mentally incapable of making the decision yourself.

The other main kind is a 'Power of Attorney for Property', which gives another person the power to deal with your property and money for you, for example, to buy or sell things for you or to pay bills. If the person has this power only while you are mentally capable of making these decisions, it is called a 'General Power of Attorney'. If they have it even if you become incapable, it is called a 'Continuing Power of Attorney for Property'.

Living Wills...Have You Made One?

A living will, also sometimes called an 'advance health care directive', is a document that says what treatments you do, or do not want, if you become unable to make or express these choices in the future.

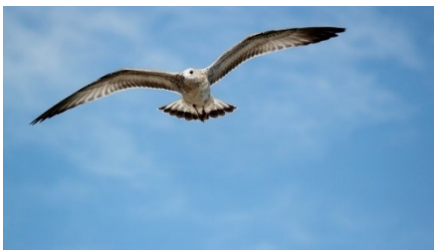
In Ontario, health care providers, such as doctors, cannot take directions from a living will or advance directive. If you become mentally incapable of making health care or personal care decisions yourself, doctors and others must get consent from your 'substitute decision-maker' (SDM). While you are still mentally capable, you can choose who your SDM will be, by naming them in a special document,

called a 'Power of Attorney for Personal Care'.

Your SDM must follow any wishes that you expressed while you were mentally capable. So, you can include these wishes in your 'Power of Attorney for Personal Care' or other document, or you can express them in some other way.

(from the wonderful "Community Legal Education Ontario" website, where you can find all sorts of answers to legal questions you may have. Type the following into your browser: cleo.on.ca).

Others who make City Park their home:



(Photos courtesy of John Gordon in 51)

In the next decade, Canada's over-65 population will grow considerably, and along with it, the number of older members who make

their homes in housing co-operatives. Helping members stay in their homes as long as possible has been the priority of the Co-operative Housing Federation Canada's Aging in Place Committee since 2010.

Part and parcel with helping co-op members age in place is ensuring that they remain engaged in their co-op's governance. After all, democratic member control is one of our co-op principles - and having meetings that include All Members is a step in the right direction.

Please do your best to attend as many of our general meetings as possible. This is your home...it's important to include your voice.

~ ed



A Calligrapher in Our Midst

as you well know, City Park is an Aladdin's cave of wonders. Some of these wonders are inspiring; some are not. One of the inspiring wonders is Sharon from 51. In my ever so humble opinion, what makes Sharon a wonder is the fact that she is a highly accomplished calligrapher, and you don't encounter too many calligraphers nowadays.

Sharon defines calligraphy simply as 'the art of beautiful writing.' Always blessed with nice handwriting, Sharon was naturally drawn to calligraphy. She began on a path of self-teaching, augmented by courses in various institutions, such as the R.O.M. To practice his/her craft a calligrapher needs rulers, nibs, straight pens, quills, and special inks. The inks are becoming harder to find as interest in calligraphy wanes. In addition to the tools of the trade, a calligrapher needs an abundance of patience, focus, self-discipline and physical dexterity. Needless to say, I could never be a calligrapher. Sharon believes her mathematical skills and bookkeeping career enhanced her calligraphic skills as well as her interest in music.

By its nature, calligraphy is a freelance profession, and jobs are often picked up by word of mouth. Sharon has done business cards, cover letters for resumes, invitations, labels for paintings, and Books of Remembrance for

crematoria. My favourite example of Sharon's work was lettering 25 baseballs commemorating the Blue Jays first game at the SkyDome (now the Rogers Centre). These balls were presented to a select group of baseball supporters. Sharon believes that one can make money at calligraphy even in this age of computer generated art, because people seem to be, once again, seeking the authentic and the traditional.

A calligrapher whose work Sharon admires, is Donald Jackson, Queen Elizabeth II's calligrapher. He was paid a million dollars by an American religious order to work on the revised, illuminated version of the Saint John's Bible. It was a yearlong project and generated a very interesting video on the work of Donald Jackson on YouTube. Check it out.

Sharon's work incorporates the use of gold leaf. So, we know the monks did it, Sharon does it, and so can you.

Tom Maunder ~ 51 Alexander



City Park Library Celebrates it's 2nd Year

July 15th marked the very day that City Park Library (CPL) opened in the PMG Hall two years ago. An anniversary bash overflowed with City Park Members, library



volunteers, guests, and well-wishers celebrating the occasion at one of their signature coffeehouse events, *Friday's Child*.

Highlighting the evening were three writers from CPL's Writer's Group, *Aspire 2 Great Rubbish*; Liz Batson, JoAnne Kennedy, and Cliff Gatchell



reading new work. These stories have been published in CPL's online

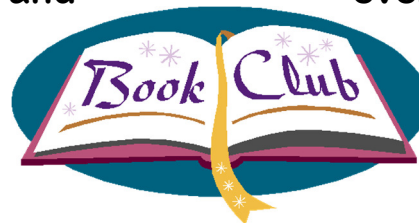
quarterly journal, *The City Park Reader* (cityparkreader.tumblr.com). The evening's special musical guest was blues guitarist Joel Krivy. Library Project Manager, Jeff Kirby, also read from his new manuscript, *This Is Where I Get Off*, featuring his new poem *Adam's Feet*, published last month in *Matrix Magazine*.

The library reopened after a summer hiatus on September 6th, resuming



regular hours: Tues/Weds/Thurs 4:00 -7:00 p.m., Fri & Sat 10:00 a.m. to 1:00 p.m.

Programs and events can be found on their website:



cityparklibrary.com

See you in the library.

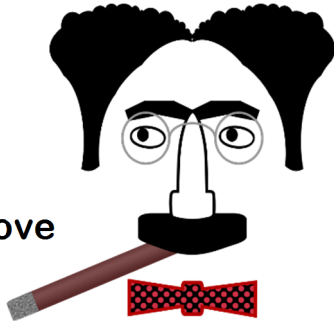
Jeff Kirby ~ 484 Church Street

The following is a re-print of a column that originally appeared in 'fab Magazine' as part of a regular series that ran for approximately two years.

Prime Time by John Fowler

Many mature gay males have had fascinating life experiences – none of them more so than fellow Prime Timer Jules Plourde, who worked in LA from the mid-70's to the late 80's as a butler and cook to the rich and famous. At one point he was working

weekdays as the butler for Loreenna Nidorf, the very wealthy widow of Louis B. Mayer, and weekends as cook for the legendary Groucho Marx, at his white stucco house at 1083 Hillcrest, high above Beverly Hills. He was hired by Marx's companion, manager and sometime actress, Erin Fleming – she of the tempestuous nature and mercurial temperament.



Little did Plourde know he was about to become a witness to the final two years of Marx's life and later to a nasty, highly publicized court case, when, in March of 1977, Marx's son Arthur sought to replace Fleming as his father's conservator, and to have the Bank of America named conservator of his father's estate.

When this controversy broke, I picked up a copy of a Toronto newspaper and Erin Fleming's name leapt out at me.



Erin...Erin... I'd known an Erin in the small Northern Ontario town of New Liskeard where I was born. In fact, it was her father who had brought me into this world. Could it possibly be the same Erin Fleming? I read on, fascinated, and determined that

indeed it was. Further details revealed that Marx was in failing health and very dependent on her, his domineering companion. Eyewitnesses claimed Fleming's treatment of Marx was questionable – perhaps even abusive. On the other hand, others, including Groucho's brother Zeppo, credited her with extending Groucho's life and helping a whole new generation of fans get to know him. Marx, who seemed to adore her, died in 1977 at the age of 86 and the Bank of America sued Fleming for funds fraudulently obtained. She eventually repaid some US\$200,000 and this story faded from the news and was forgotten by everyone, including me.

Now flash forward 25 years when a casual conversation with Plourde reveals his connection with Fleming, Marx and this case. I was curious to know what happened to Fleming, so Plourde lent me a copy of a book called 'Raised Eyebrows', written by Marx's secretary during this period, Steve Stoliar. In it, Stoliar revealed there are unconfirmed reports that Fleming, who once moved in the highest echelons of Hollywood society, had extensive mental problems, and ended up in her 60's virtually penniless, homeless and alone. She committed suicide on April 15, 2003 at the age of 61 by shooting herself. She's buried in Horning's Mills Cemetery, here in Ontario.

John Fowler ~ 51 Alexander

Email Security Checklist – Tips for Staying Safe

According to the research firm Radicati, in 2015 there were more than 2.5 billion email users out there. More than half use two or more accounts. Little wonder then, that email remains a popular medium for attempting scams. Ransomware developers, phishers, spammers, and various criminal elements, use our willingness to open messages against us.

To help you stay safer, the folks at AVG (a global leader in security software, protecting consumers and small business computer users) have developed an Email Security Checklist to help you stay clear of the worst threats.

1. Use complex passwords:

Never go for something obvious, such as *123456789* or any combination of your name and birthdate. Rather, make it strange and at least 16 characters long. To make something memorable, use the first letter of each word from a favourite phrase, then substitute a few numbers for letters (but avoid obvious substitutions, such as @ for a, or 5 for S.) This means the phrase 'One evening as the sun came out and the jungle fire was burning, down the track came a hobo hiking' becomes '1eatscoatjfwb,dttcakh'.



2. Don't recycle your password:

Never use the same password twice. Or even variations of it. This safeguards your other online accounts if your email is compromised. To keep them straight, add reminder characters to indicate what account a password is for. For example, in 'el1eatscoatjfwb,dttcakh', the 'el' is for 'email'.

3. Don't download images automatically:

Allowing images to download and display in HTML can place you at risk. It lets spammers know that your email is active – and thus a potential target. Rather, adjust your email settings to 'simplified', 'original' HTML, or better yet, plain text.

4. Know how to catch a 'phish':

Get to know phishing techniques used by scammers, so you know what to look for, and don't get caught. You might also download AVG Internet Security. It helps protect you from spam and scams before they get to your inbox.

5. Don't click:

Never take the chance by clicking on links or opening email attachments in unsolicited messages. You could end up on a website with

malware. AVG Internet Security can also help. It detects infected file attachments and blocks malicious content.

6. If it's important, back it up:

If there's any information in an email that you don't want to lose, forward it to another address so that you'll always have a copy. (Just remember to use a strong and separate password for that account.)

7. Don't use free 'Wi-Fi':

It is too easy for cybercriminals to eavesdrop on your activity and steal your passwords. If you have no choice, don't access your email using free Wi-Fi or any network that's not password protected. Even better, use a personal VPN (Virtual Private Network), such as 'HideMyAss'.

8. Never include sensitive information within an email:

No email that you send will ever be 100% secure, and you can't control what the recipient does with the information they receive. So, never email private information, like credit card details, usernames, and passwords.

9. Use a complex email address:

If you are thinking of changing your email provider, go crazy with your address. The more complex it is, the harder it will be for a hacker to auto-

generate the address or guess it based on your name. If you must use your name, add numbers or other characters to it, for example, jane_smith_388@example.com.

Be safe.



(from the AVG website
(www.avg.com))

Bone Health...A Lot More Than Just Calcium

As we age, our ability to absorb minerals and nutrients from what we eat, decreases, which makes it increasingly important to take supplements, to give our bodies what they need to thrive.

When people think about strong bones, most think of calcium, but there are so many other elements to consider. We need to ensure that we're getting enough of the following:



copper, zinc, magnesium, boron, manganese and vitamins B, C, D and K. There are others being studied, including some herbs like red clover and horsetail.

It is also very important to ensure you're getting enough omega-3 fatty acids (fish, flax) and protein (fish, meat, dairy, soy).

Before adding any new supplements to your daily diet, it is very important to talk it over with your doctor, especially if you're already taking medications for various afflictions. Some herbs can lessen the effectiveness or have a harmful interaction with medications.

A healthy diet is important, but did you know that regular exercise can increase the bone mineral density in your spine? It is essential in helping prevent falls which are the leading cause of hip fractures in older adults.

I've said it before and I'll keep saying it: the earlier you start exercising, the better, and it's never too late to start. Try making more of an effort to stand and move around if you can. Try to stand while talking on the phone, and if you're watching tv, stand up every time there's a commercial...without going to the fridge (unless it's for a glass of water or a healthy snack). As the old saying goes, "Try it, you'll like it". ~ed

Did you know?

Six separate studies point to raspberries as having potent effects on cardiovascular risk reduction, healthy liver function, and anti-inflammatory effects related to bone

health. Raspberries contribute a number of valuable essential nutrients, including Vitamin C, and they have 9 grams of fibre per cup!

Did you know?

One red bell pepper has two times more Vitamin C than an average-sized orange.

While the exterminators were working in our building recently, I had a nice chat with them to see if there were any additional precautions we could take to help contain the cockroach problem, that comes and goes, but never really seems to go away completely.

They will survive the human race I've read! "Monsters from Outer Space", I say... "Off with Their Heads!"

The gel they use, as unsightly as it is, is very effective, as is spraying, when the problem gets to be 'sightings more than once in a while'.

I mentioned that we have been using bug glue traps for many years, with really good results. Knock on wood, we have only seen one roach in our apartment, in the last three years, except for the ones that get trapped outside our front door. We have a glue trap on either side of our front door, and they always seem to catch one or two, now and then. They do need replacing every few months.

I just wanted to mention that they're relatively inexpensive and are available at Canadian Tire. They come in packages of four, and require very easy assembly. You can find them in the bug/spider and rodent section, amongst the other scary traps and sprays.

I also mentioned that we use furnace filter material behind the metal vents in our kitchen and bathroom. We also put glue traps in each vent as an extra precaution. This white material, also available at Canadian Tire, comes in large sheets that you cut down to size. Amazingly, bugs cannot get through this material; just air. They do get dirty and need replacing every few months if you want to keep the air flowing.

Our water pipes also function as a freeway for pests, so I suggested to the exterminators that a glue trap would be a good idea, installed on a regular basis, in the panels found in every hallway for our kitchen and bathroom controls. They thought it was a good idea, but I'm not sure if the Co-op can afford the extra expense. It is something that should be considered, as glue traps also help with bed bugs.

Management and the 'pest guys' they hire can only do so much...but they do try. The rest remains with us to be vigilant, get your apartment treated when necessary, and report any and all sightings...including in our common areas, so the areas can be treated. ~ ed.



In the Peter Michael Gernon Community Hall

Mr. Holmes

2015 – 6.9/10 stars – 144 Minutes

Staring: Ian McKellen, Laura Linney, Hiroyuki Sanada

Director: Bill Condon



MR HOLMES is a new twist on the world's most famous detective. 1947, an aging Sherlock Holmes returns from a journey to Japan, where, in search of a rare plant with powerful restorative qualities, he has witnessed the devastation of nuclear warfare. Now, in his remote seaside farmhouse, Holmes faces the end of his days tending to his bees, with only the company of his housekeeper and her young son, Roger. Grappling with the diminishing powers of his mind, Holmes comes to rely upon the boy as he revisits the circumstances of the unsolved case that forced him into retirement, and searches for answers to the mysteries of life and love - before it's too late.



In the Peter Michael Gernon Community Hall

Song of the Thin Man

1947 – 7/10 stars – 126 Minutes

Staring: William Powell, Myrna Loy, Keenan Wynn, Dean Stockwell

Director: Edward Buzzell



Tommy Drake (Philip Reed), a musician aboard a gambling ship, is shot and killed while trying to break into a safe. Later, amateur sleuths Nick (William Powell) and Norah (Myrna Loy) receive a visit from Phil Brant, Drake's former boss and the main suspect in his murder. After they give Brant up to the authorities, they start digging around for clues. The pair question Brant's wife and one of Drake's musician colleagues until they start to piece together the intricate puzzle.



In the Peter Michael Gernon Community Hall

Rare Exports: A Christmas Tale

2010 – 6.7/10 stars – 84 Minutes

Starring: Jorma Tommila, Peeter Jakobi, Onni Tommila
Director: Jalmari Helander



A young boy named Pietari (Onni Tommila) and his friend Juuso (Ilmari Järvenpää) think a secret mountain drilling project near their home in northern Finland has uncovered the tomb of Santa Claus. However, this a monstrous, evil Santa, much unlike the cheery St. Nick of legend. When Pietari's father (Jorma Tommila) captures a feral old man (Peeter Jakobi) in his wolf trap, the man may hold the key to why reindeer are being slaughtered and children are disappearing.

Where There Is Smoke, There Is Usually Controversy.

With canons on the right of him, and canons on the left of him, Andrew Lesk of 51 Alexander entered the PMG. Under Andrew's chairmanship, a meeting was held on August 4th to introduce the membership to the thorny issue of creating a smoke-free environment at City Park. This meeting was merely informational, a testing of the waters. Andrew had invited two representatives from Smoke – Free Housing Ontario to provide a framework for future discussions.

Here are some of the points which caught my attention: smoking in the home decreases property value by 29%, and, it is more expensive to

bring an apartment back to standard if it has previously been used by a heavy smoker. I am currently trying to ascertain how much more City Park must pay to fully eliminate smoker residue. (*Editor's note: City Park does not pay to eliminate smoker residue. When a smoker moves out, no special steps are taken to eliminate the tar and nicotine that builds up everywhere, including the metal window frames and caulking). The walls are not properly prepped before a coat of paint is applied, and, as a result, the paint starts buckling and peeling almost immediately. I am talking from experience, as the previous Member of our unit was a very heavy smoker. We had to take it upon ourselves to pay a plasterer and painter to sand down the walls and paint as it should have been done in the first place).* Smoking is the number one cause of fatal residential fires. Insurance policies are affected by the presence or absence of a non-smoking policy. A non-smoking policy may reduce premiums. A non-smoking policy is attractive to some potential renters especially if they have children. Smoke is virtually impossible to prevent moving among apartments and thus affecting the reasonable enjoyment of non-smokers. Smoking is not protected under the Human Rights Code, nor is it considered a disability. The only effective way to eliminate the health risks associated with indoor smoking is to ban smoking indoors. A non-smoking

policy does not prevent smokers from becoming City Park Members, does not evict tenants, and does not force Members to quit smoking. Members need to smoke outside, just as in workplaces and restaurants.

If I am understanding the process correctly, Andrew Lesk and his group will continue to share information about the ramifications of making City Park smoke-free. Any move to non-smoking must be voted on by the membership. Although Andrew has been in the Co-op for slightly more than a year, he is to be commended for taking the initiative on this important issue.

On a personal note, my father died at 51 from lung cancer and, as a result, I do not smoke. One does not have to smoke to understand the nature of addiction and the ravages of cancer.

Tom Maunder ~ 51 Alexander

An Update on the Courtyard Marriott Hotel Project

Hello fellow City Parkers!

Just a quick update on what is happening with the Courtyard Marriott Project. Kingsett Capital is proceeding with their application to the City to get the rights for two towers. One will be 65 stories, and the other 45. That's their current

proposal. However, it's just the very beginning of the process...their big wish list. If you'd like to see their architectural renderings, they're available at the office.

There will be a public meeting in



September, and I wholeheartedly encourage you to attend, if you are able. If not, I'll be there and give you a 'blow by blow'. The City and Kingsett should alert us to this date, but

once I've determined it, I will ask the Board to post the actual notice by the elevators and in laundry rooms.

As far as the project itself, I've spoken to Tom Giancos, the representative from Kingsett, and found him to be very open to hearing our concerns. He's also been very upfront that the project might not begin for anywhere between five and fifteen years. I believe, as do others, that Kingsett bought the Marriott property at a very attractive price, and that they want to be 'on the record' as having this long term condominium/hotel project in the pipes before the Historical Board and Heritage Preservation folks slap more restrictions on height etc., limiting future options.

Since the property has already been purchased, they will be free to grandfather in whatever the City and the OMB allow, pre the 2016 date of purchase.

As far as the dust and noise from 501 Yonge and Greenrock, I have been in touch with Tristan Downe-Dewdney, the planner at Kristyn Wong-Tam's office, and he has assured me that he has contacted Lanterra about our noise, dust etc. concerns. I've also requested a date as to when the Greenrock project will be completed.
That's all for now.

Cathi Bond ~ 31 Alexander

People Before Profits: Co-operatives and Credit Unions

Co-operatives represent a large and diverse heritage of people working together to build better communities based on co-operative principles. In Canada, many co-ops can trace their origins to Nova Scotia in the 1920's, with the work of Moses Coady and Jimmy Tompkins. These cousins, both priests, were greatly concerned for the people who faced very hard times, after several decades of downturn in fishing, mining and agriculture.

They established a credit union, starting very small, and expanding as people's confidence developed. Coady encouraged farmers, fishermen and many other economically distressed Nova Scotians, to see the possibilities of co-operation built on mutual trust.

Study clubs flourished in which co-operative group action grew out of a

process of questioning, debate and learning. The Antigonish Movement (as it became known) developed a brilliantly successful approach to adult education. Housing and other co-operatives followed. By the 1940's it became known around the world, and adult educators and social activists came to study the Antigonish model. In 1959, the Coady International Institute was established.

Over one-third of all the maple syrup consumed in the world is presently marketed by Quebec co-operatives.

Today over 17,000,000 Canadians are co-operative members, with 100,000 of them active as leaders on Boards and committees. There are many types of co-ops – worker, housing, food and child care. They employ over 150,000 Canadians, and their credit unions and caisses populaires have some \$275 billion in assets. Their turnover globally amounts to more than US \$2.3 trillion!

To learn more, visit:

www.coopcanada.coop

(Thanks to City Park Member Paul Baker in 484 Church for bringing this to our attention).



NETFLIX

For all Members who subscribe to this service, if you haven't seen the series called 'SUITS', it is highly recommended. Netflix has episodes from the first five seasons. Season 6 of this series is currently being broadcast on TV in the U.S.A. and has been renewed for a 7th season.
~ ed.



While running from a drug deal gone bad, Mike Ross, a brilliant young college-dropout, slips into a job interview with one of New York City's best legal closers, Harvey Specter. Tired of

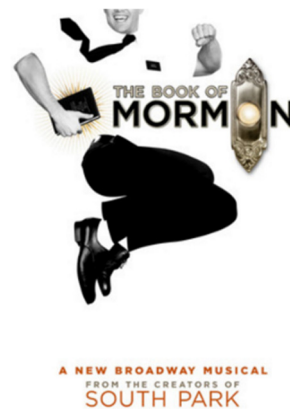
cookie-cutter law school grads, Harvey takes a gamble by hiring Mike on the spot after he recognizes his raw talent and photographic memory.

Mike and Harvey are a winning team. Even though Mike is a genius, he still has a lot to learn about law. And while Harvey may seem like an emotionless, cold-blooded shark, Mike's sympathy and concern for their cases and clients will help remind Harvey why he went into law in the first place. Mike's other allies in the office include the firm's best

paralegal Rachel, and Harvey's no-nonsense assistant Donna, to help him serve justice.

Proving to be an irrepressible duo and invaluable to the practice, Mike and Harvey must keep their secret from everyone, including managing partner Jessica and Harvey's arch nemesis, Louis, who seems intent on making Mike's life as difficult as possible.

(Plot summary from imdb.com)



Rejoice, Book of Mormon followers, for the worldwide phenomenon that knocked 'Wicked' off its broomstick, is coming to you on its massive nationwide tour, hitting the

Princess of Wales Theatre, Feb. 28 - April 16, 2017.

From the four-time Emmy Award-winning creators of South Park, Trey Parker and Matt Stone, comes this outrageous comedy musical about a pair of mismatched Mormon newbies who are sent on a mission to a place that's just about as far from Salt Lake City as you can get - Uganda. The musical was written in collaboration with Robert Lopez, the Tony Award-winning writer of Avenue Q and Frozen, and co-directed by Mr. Parker and three-time Tony nominee Casey Nicholaw (Spamalot, The Drowsy Chaperone).

With a roof-lifting 19 original songs that range from filthy and obscene to sweet and full of heart, this is sure to win over 'mostly' everyone (although perhaps don't bring your local pastor along to see it).

Does City Park Need an Ombudsman?

In my opinion, it does, and sooner rather than later.

What is an ombudsman?

An ombudsman is a person, male or female, whose job is 'to provide protection for the individual where there is a substantial imbalance of power.' The term is Swedish in origin and was coined more than 200 years ago. Initially, the imbalance was thought of solely in terms of the citizen and the state but, now, this imbalance is tackled in the private sector. For example, an ombudsman can consider complaints about public services, disputes between companies and consumers, and issues arising between students and universities. Ontario has an ombudsman as does the City of Toronto.



What does an ombudsman do?

- offers his or her services free of charge to the complainant;
- achieves redress for the individual and identifies systemic failings in the institution after a thorough consideration of the situation; and

- identifies injustice and attempts to put it right.

What are the qualities necessary to be an effective ombudsman?

- patience and tenacity;
- the ability to listen;
- an awareness of the 'larger' picture; and
- a thorough knowledge of the rules and regulations covering the institution in question.

Why does City Park need an ombudsman?

- some Members feel there is an imbalance of power in favour of the Board, OPMG, and the City of Toronto;
- excessive Board time and OPMG time spent on Member complaints which could have been dealt with earlier;
- an ombudsman might alleviate the feeling that no one is listening; and
- for some Members, dealing with the OPMG and/or the Board can be intimidating.

Please check the website ombudsmanassociation.org for more information on the role of an ombudsman.

Tom Maunder ~ 51 Alexander

Dr. Geezer's Clinic

An old geezer became very bored in retirement and decided to open a medical clinic. He put up a sign

outside that said: "Dr. Geezer's Clinic. Get your treatment for \$500. If not cured, get back \$1,000."

Doctor Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from Box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh! -- "This is gasoline!"

Dr. Geezer: "Congratulations!"

"You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory; I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from Box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, that is gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak; I can hardly see anything!"



Dr. Geezer: "Well, I don't have any medicine for that, so, "Here's your \$1000 back." (giving him a \$10 bill).

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500." Moral of the story -- Just because you're 'Young' doesn't mean that you can outsmart an 'old Geezer'. Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off!

(Shared by Ron Connors – 51 Alexander)

The Work of Christmas

When the song of angels is stilled.
 When the star in the sky is gone.
 When the kings and princes are home.
 When the shepherds are back with their flock.

The work of Christmas begins:

... To find the lost
 ... To heal the broken
 ... To feed the hungry
 ... To release the prisoner
 ... To rebuild the nations
 ... To bring peace among humankind
 ... To make music in the heart



Might some part be your challenge for 2017?

Ken MacKeracher ~ 31 Alexander



The Co-op Movement

The co-op movement started with a group of weavers in England, the Rochdale Pioneers. They were being cheated by their local shopkeeper so decided to pool their resources and open their own store.

Housing co-ops began in much the same way. There was a need for safe, affordable housing, and groups of people got together to plan, develop and eventually move into the housing.



The need continues today. Co-operatives meet the needs of people. Co-operatives exist in every area of the economy.



Co-ops are rooted in communities. They are accountable to their members and the people who use their services, because these same people own the co-op.

Co-ops around the world are involved in work that reflects the co-op principles. These co-ops create social and economic benefits for their members, workers and the community. As members of your housing co-op, you are tied to this incredible global movement.



Co-op Principles:

Open membership
Democratic control

Economic participation
Independence

Co-operative education
Co-operation among co-ops

Concern for 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.

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.