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C O - O P E R A T I V E H O U S I N G F E D E R A T I O N O F C A N A D A

Getting Our Co-op Principles Right

Here's a quick reference version of the co-op principles that we've adapted especially for housing co-ops.

7
Concern for Community
Housing co-ops work to build strong communities inside and outside the co-op. They help to improve the quality of life for others and they take care to protect the environment.

1
Voluntary and Open Membership
Membership in a housing co-op is open to all who can use the co-op's services and accept the responsibilities of being a member, without discrimination.

2
Democratic Control
Housing co-ops are controlled by their members. Each member has one vote. Housing co-ops give members the information they need to make good decisions, and take part in the life of the co-op.

3
Member Economic Participation
Members contribute financially to the co-op and share in the benefits of membership. The co-op does not pay a return on the members' shares or deposits. Instead it sets aside reserves for the future and charges the members only what it needs to operate soundly.

4
Autonomy and Independence
Housing co-ops are independent associations. They follow the laws that apply to them and their agreements with governments or other organizations. But the members control the co-op.

5
Education, Training and Information
Housing co-ops offer education and training to the members, directors and staff so that everyone can play a full role in the life of the co-op. Housing co-ops find ways to tell the public what they are and what they do.

6
Co-operation among Co-operatives
By organizing together in federations, housing co-ops grow stronger and help to build a healthy co-op movement. Where they can, housing co-ops use the services of co-op businesses to meet their needs.



**Good Governance
and the International
Co-op Principles**

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WHAT IS CO-OP HOUSING?

Housing co-operatives provide not-for-profit housing for their members. The members do not own equity in their housing. If they move, their home is returned to the Co-op, to be offered to another individual or family who needs an affordable home.

Some Co-op households pay a reduced monthly rent (housing charge) geared to their income. Government funds cover the difference between this payment and the Co-op's full charge. Other households pay the full monthly charge based on cost.

Because Co-ops charge their members only enough to cover costs, repairs, and reserves, they can offer housing that is much more affordable than average private-sector rental costs.

Co-op housing also offers security.

Co-ops are controlled by their members who have a vote in decisions about their housing. There is no outside landlord. Each housing co-operative is a legal association, incorporated as a co-operative. Canada's housing co-ops are guided by international co-operative principles, adapted for housing co-ops.

If you live in a non-profit housing co-op you are:

- A voting member who contributes to the governance of the Co-op
- Part of a community where neighbours look out for one another
- Living in housing that will stay affordable because it's run on a non-profit basis and is never resold
- Linked through the Canadian Co-operative Association and the Conseil Canadien de la Coopération with other Canadian co-operatives active in banking, retail, farming, insurance, day care, health services and more
- A member of a world-wide movement.

In a housing co-op, members have the right to:

- Vote on the annual budget, which sets the monthly housing charges and affects the quality of your housing (for example, how much the Co-op will spend on property upkeep

- Elect a board of directors made up of people who live in your Co-op
- Run for the board of directors yourself
- Receive audited financial statements that show how the Co-op spent your money
- Pay only a limited portion of your income for your housing, if you meet eligibility rules
- Live there for as long as you like, if you keep to the By-laws agreed on by the Co-op membership.

For more information on what is required to create and run a Co-op, the laws and regulations governing Co-ops, and what sets Co-ops apart from other kinds of housing, see the Canada Mortgage and Housing Corporation's "Guide to Co-op Housing".

(from the Co-operative Housing Federation of Canada website).



Influenza, also known as "the flu", is a contagious infection of the nose, throat and lungs. It is caused by influenza A and B viruses. Each year in Canada about 5 to 10% of adults and 20 to 30% of children are infected with influenza, usually in the late fall and winter.

The influenza virus is mainly spread by droplets made when people with influenza cough, sneeze or talk. These droplets can then land in the

mouths, noses or eyes of people who are nearby (within two metres). Less commonly, a person may also get influenza when they touch a surface or object that has influenza virus on it and then touch their own mouth, eyes or nose.

It can take from 1 to 4 days to develop influenza illness after being infected with the virus. People with influenza may infect others beginning from one day before symptoms start until about 5 days after becoming sick. Children and people with weak immune systems may spread virus in droplets for longer.

Getting the flu vaccine is the best way to prevent influenza. Flu vaccine prevents illness, doctor's visits and hospitalizations. Each year, there is a new vaccine to protect against the flu virus strains that are expected in the coming influenza season. Even if the strains have not changed, getting vaccinated every year is needed to maximize protection.

Other steps you can take to prevent influenza infection include: washing your hands frequently, avoid touching your eyes, nose and mouth with unclean hands, covering your cough and sneeze, staying away from people who are sick, and staying home when you are sick.

Most people will recover within one week to ten days. Some people are at greater risk of complications which include pneumonia, ear infections, sinus infections, dehydration and worsening of

chronic medical conditions, such as heart disease, asthma and diabetes. Each year in Canada, about 12,200 people are hospitalized and 3,500 die due to influenza and its complications.

If you get the flu and it doesn't get better in a few days, or gets worse, call Telehealth at 1-866-797-0000 to talk to a registered nurse 24 hours a day, 7 days a week for advice.

Flu shots are now available at your doctor's office or any pharmacy, and they are completely free. It is the socially responsible thing to do to help avoid its spread and possibly save someone else's life.

Unfortunately, there are still too many people around the world, including Hollywood stars, who spread false information about vaccines (it's been proven that vaccines do not cause autism in children, yet they still preach that it does). Vaccines are safe and have been instrumental in solving many of the world's ills over the years. ~ed.

YOU CAN'T TAKE IT WITH YOU: AN AGING IN PLACE WORKSHOP

On Sunday, October 23, 2016, the Aging in Place Project, under the facilitation of Calvin MacLean and Jo-Anne Kennedy, hosted a return to City Park Co-op of Carol MacPherson, the travelling lawyer. Once again, Carol, with humour and



insight, guided the Members of City Park through the intricacies of writing effective wills which reflect their final wishes. She also stressed the hate, horror, and expense which can result from dying without a will and no indication of next of kin.

Here are a few points which caught my attention:

1. Legal fees eat up estates.
2. Become familiar with the Family Law Act.
3. Fully understand the regulations regarding signatories to your will.
4. A handwritten will needs no witnesses.
5. More and more frequently, pets are gaining specialized status in wills.
6. Canadian law has determined that pets are physical property.
7. Special provisions can be made for pets in wills. For example, ongoing care.
8. Money can be left in the will for the care of the pet.
9. Pets can be left in the care of animal shelters to find new homes.
10. Firearms can be bequeathed and inherited. Terms of the Possession and Acquisition Licence should be followed. Contact the RCMP for Canadian Firearms Program.
11. Canadian Courts have held that genetic materials, frozen eggs, embryos, sperm etc., qualify as property. The issue appears to be 'can this material be bequeathed'?

All in all, it was a worthwhile workshop raising important issues for the Members and the Co-op.

Tom Maunder ~ 51 Alexander



RANT FOR THE DAY

C'mon folks! This is NOT the place to leave your recycling!

I do hope it was left behind in error.

It's bad enough that we sometimes see dog poo and urine in the underground garages or on our walkways, and spittle on the mirrors and the call buttons in our elevators... thankfully these things don't happen very often, but they do happen!

If you or your pet spill something in the elevator, hallways, common areas or garages, don't just leave it there, notify Security who will arrange to have it cleaned up.

This is your home as well as mine ... kindly treat it as such! ~ ed.

Can someone please tell me why vacated City Park apartments are still painted in a nauseating shade of beige when no one wants the colour?



White paint is far superior...no? ~ed.



WHY IS WATER SO IMPORTANT?

Required by every cell, tissue and organ in our bodies, water is essential for good health. When we're dehydrated, all the activities in our bodies slow down: blood becomes thick and toxic substances can take hold.

Drinking water several times throughout the day helps deliver oxygen to our cells, transports nutrients to organs, aids with digestion, helps prevent constipation, regulates body temperature and supports the body's natural ability to rid itself of toxic invaders among other things.

Drink up! ~ ed.

MUFFIN'S SONG



My Human's gone to China
and could be eating snakes
I wish I could be with him
but might be on the stakes.

Karin Williams ~ 51 Alexander



If you're diagnosed with an illness, rest assured that our healthcare professionals want the best possible outcome for your health. But only

you, or your loved ones, have the right to decide which course of treatment, care and quality of life is right for you. Before you consent to treatments and care, you have the right to have a medical professional clearly explain health problems and the risks and benefits of all treatment options. You have the right to ask questions, express concerns, and ask for a second opinion.

The following is a great checklist developed by CARP (CARP, with over 300,000 members, is our national, non-partisan, non-profit organization that advocates for financial security and improved health care for Canadians as we age):

1. What is my diagnosis?
2. What is happening to me?
3. What is my prognosis?
4. What is the recommended treatment and why is it the best option?
5. What are the treatment risks, discomforts and possible side effects?
6. Do the benefits outweigh the risks and side effects of the treatment?
7. How will I feel during and after the treatment?
8. Will this make me better? Is it a cure?
9. What are the odds of treatment success and failure?

10. What would happen if I decided not to have the recommended treatment?

11. Are there other treatments or management options?

12. What other healthcare professionals will be involved in my care?

13. If your doctor isn't certain of the cause of your symptoms, ask: are there any more tests or assessments that may help or can I get a second opinion?

14. Other questions?

Remember, doctors are busy and sometimes rushed, but better to get all your answers in their offices than in emergency rooms later on.

If you're sick, you have the right to accept, refuse, or stop medical treatments. Your healthcare professional's role is to explain everything you need to know to make an informed treatment decision. If you give consent and accept a medical treatment, you are also entitled to change your mind and stop treatment at any time.

We have many rights that include the right to appoint a substitute decision maker, our right to stop treatment, our right to 'Do Not Resuscitate' (aka DNR), our right to refuse to stop eating and drinking, our right to pain and symptom management, our right to palliative care and palliative sedation, and our right to medically assisted death.

CARP offers a great guide e-Book to its members, so if you would like a copy, please email me (Editor Bob) at CityParkLINK@gmail.com and I would be happy to forward a copy to you.

~ed.

CHRISTMASTIME IN LONDON

In the late 70's, I spent several months in London sharing a house with three other people in Notting Hill Gate. I got a job working as a chambermaid in the Royal Westminster Hotel, located near Victoria Station. The hotel attracted an international clientele that was largely made up of businessmen. Though relatively small, it had a 4-star rating and was always booked. On my first day on the job, I learned all there was to know about cleaning rooms and making beds. A young Portuguese woman took me through all the steps rapidly and efficiently. She was part of a sizable contingent of Portuguese household staff who kept largely to themselves; some of them didn't even speak English. The next day I was on my own and stacked my little cart with fresh linens, towels and cleaning supplies. I began the job of cleaning rooms with an enthusiasm that seemed to amuse the Portuguese crew. A few days later I was asked to train a Polish lady named Danuta and we quickly became good friends.

The hotel had several elaborate suites which were furnished in

various periods. Because they were large and elaborate, they took extra time to clean. I particularly enjoyed doing the suites and always saved them for last so I could linger for a while and savour the elegance of the rooms.

The Hunting Lodge was dark green and traditional looking, with heavy ornate furniture, a canopied bed, and even a deer's head (not real) above the fireplace. The Chelsea Suite was all brass and mirrors and took a long time to get the shine just right. The Italian suite had gilt-edged mirrors, silky pink wallpaper and deep red velvet drapes. A number of Raphaelite cherubs adorned the bed posts. The French suite 'a la Roi' had a gold and ivory décor with fake Louis XIV furniture. The Victorian suite was, by contrast, rather dark, but grand and imposing, with heavy burgundy-colored fringed drapes. My particular favourite was the Gladstone Suite – a graceful set of rooms furnished in the Edwardian style with tasseled green silk drapes and a gorgeous green silk bedspread to match.

Mealtimes in the staff kitchen were lively affairs. Only certain items from the menu were available to us, but we always ate with considerable gusto.

Such was my life at The Royal Westminster. I can still recall dancing merrily around the rooms to the accompaniment of the pop tunes

of the day. Paul McCartney singing about 'Junior's Farm', David Essex was 'Gonna Make You a Star' and John Lennon was belting out 'Whatever Gets You Through the Night'. During the Christmas season, the 'Womblies', an English version of the three chipmunks, sang about 'Having a Wombly Good Christmas'. (Womblies are actually from Australia, but it didn't matter, it was a fun song). And every afternoon at 3 p.m. on the dot, a funny little jingle came on the air, announcing to one and all, that it was 'time to take a break and have a cup of tea'.

Danuta and I enjoyed shopping in trendy Carnaby Street or else we would venture down to Portobello Road to explore the world-famous market there. Filled with stalls for a one-mile stretch of road, the market sold anything from vintage and second-hand clothing and handbags to antiques, sundry collectibles, books and assorted bric-a-brac. But it was during the Christmas season that the streets of London came to life. The sparkle of Christmas lights gave the city an instant festive makeover: garlands of lights stretching down the length of Regent Street; Buckingham Palace



all lit up with three big trees in front, tastefully garbed in white lights.

There was a huge ice skating rink at Hyde Park illuminated by thousands of bright twinkling lights. And best of all were the gigantic Christmas trees everywhere, such as the Norwegian fir lighting up Trafalgar Square.

Meantime, back at the hotel, it was time for the annual staff Christmas party. On the appointed evening, Danuta and I dressed for the occasion and arrived together, when the party was already in full swing. The room was beautifully decorated with festoons of garlands and tiny twinkling lights. A gorgeously decorated Christmas tree stood majestically in one corner. Helping ourselves to some wine and food, we sat down to watch the dancing and noisy shenanigans taking place on the dance floor. Much to our surprise, the usually somber Portuguese were dancing up a storm, some of them carrying on like regular party animals. It was an enjoyable and somewhat hilarious evening. Danuta and I danced with anyone who asked us, and after a few drinks, we didn't really need partners; dancing happily by ourselves around the room. I don't remember when the party ended, but it was certainly well after midnight when we headed out for nearby the tube station.

On Christmas Eve, I attended the midnight mass at Westminster Abbey with one of my housemates. We went primarily to hear the Abbey choir perform its annual Christmas

concert of festive choral works, interspersed with traditional Christmas carols. It was indeed a night to remember.

Christmas Day was spent with my housemates in Notting Hill. We all got together to cook an elaborate festive meal. For starters, there was Caesar salad and a side dish of liver pate, followed by a mustard butter-based roast turkey with chestnut and sage stuffing accompanied by Brussel sprouts, spiced red cabbage, and chunky roast potatoes. Classic plum pudding topped off the meal, all washed down with several bottles of a good red wine.

We took our time getting through the meal – enjoying each other’s company and the lively conversation. After dinner, we all sat contentedly by the fireplace, reminiscing about Christmases past and making plans for the new year to come.

That Christmas in London remains one of my more memorable Christmases and a time I very much enjoy looking back to.

Ursula Carter ~ 51 Alexander St.

SECURITY UPDATE

Before I ran for the Board, I noticed a worrisome uptick in what I consider to be potentially dangerous individuals in the neighbourhood. I wanted to help come up with

solutions to deal with this before, to be frank, it gets out of control.

While I in no way harbor anything but empathy for those down on their luck or challenged by addiction and mental difficulties, I refuse to feel unsafe in our neighbourhood. I want to feel safe when I walk my dog. I want to feel secure on the streets and in our buildings.

To discover solutions, I set up a meeting with Community Response Unit Manager, Staff Sergeant Peter Troup of 51 Division, and our terrific head of security Jayde Clancy.

Peter, Jayde and I walked the Alexander Street Parkette, as well as took a good look at our two garden areas. Peter and Jayde are working on how to best keep non-members out of our garden, employing environmental policing techniques, such as better lighting, clear sightlines, good cameras properly placed, and having officers on bicycles make regular sweeps through our parking areas to make sure that only Members are enjoying our green space.

I showed Peter where I have noticed drug users leaving needles and other paraphernalia in the Parkette. He said that he would alert the force that more transients are using the park and to move them along. Yes, they do tend to come back, but we can at least keep them migrating to

different areas and not settling in the park.

The next area of concern is City Park Members allowing non-members into the building. Folks, the only way we are going to keep our buildings safe is by having a ZERO TOLERANCE policy in effect. I know that it can be scary when somebody wants to follow you into the building, and you should never put yourself at risk, but do try to keep them out.

If they get in, contact Security immediately.

I know it's an inconvenience having to access the building by another entrance, but if you're not comfortable telling a person you can't let them in, that is definitely the best solution.

The next issue is, what if you observe a steady stream of individuals coming and going from a particular unit, or if you suspect a Member that is dealing drugs etc.? Call Security and more importantly CALL THE POLICE TIPS line at 416-222-8477.

While they can't always attend the scene, they record every single call they receive. All you need to do is call, leave the date and time, and the unit number of concern. You do not need to leave your name or number.

It's confidential. There is NO risk.

I cannot emphasize how important it is to do this. If a drug dealer pays their rent on time and doesn't break

any other laws, the office and the Board can do nothing to evict them. They are protected by the Landlord Tenant Act. However, if everyone calls and reports suspicious activities, the office is able to access these transcripts and take them to the Landlord Tenant Tribunal giving a good reason for eviction.

Drug dealing is illegal, but the police, the Board, and the office, need your help. They cannot do it on hearsay. They need you to pick up the phone.

In closing, I know that sometimes we feel that the Police don't come when called, and the attitude is 'what's the point?' The reason for that is simply because the Police consider City Park to be a safe environment. We don't have guns and knives and fighting. We are not high on their list of priorities simply because we're considered a safe community. Thank heavens for that. Let's keep it that way.

Please make those calls and please don't let strangers into our homes.

Thank you.

Cathi Bond ~ 31 Alexander St.

'BETTER THE DEVIL YOU KNOW ...'



If you are of a certain age, you are likely aware of the adage, 'Better the devil you know than the one you don't know.' It was a favourite of my aunt's, a woman who weathered the Great Depression and

whose first teaching job paid her eight hundred dollars a year. The adage suggests that one should be happy with one's lot, because things might be worse somewhere else. I used to hear a variation of the adage each time I made noises about switching schools and the principal didn't want me to leave. My answer was usually that we are discussing the 'here and now' and not what might be 'over the hill'. Loyalty usually kicked in, and I stayed, but the 'what might have been' voice called me to task. How do my maunderings apply to City Park? They apply, because, early in the new year, the Board will be tendering contracts for a new Property Management company to supply front office staff and directly hiring a new Property Manager and Assistant Property Manager. We have been mandated to do so by the City of Toronto and Mr. Steffler. The tendering of contracts involves precise job descriptions, seeking and then selecting viable companies and experienced candidates, to be interviewed. That is why the process takes months and produces many frustrations. As a result, there is, sometimes, a not surprising tendency to go with the 'known' as opposed to the 'unknown'.

With good cause, people fear the unknown and hesitate to entertain the possibility of change. However, another famous saying comes to mind, 'We have nothing to fear but fear itself.' Things may be better;

things may be worse. Slick interviews often mean nothing. What can you, as a Member of City Park Co-op, do? Think about the current Management situation. If so inclined, think about how it might be improved, and then convey your opinions to a Board member.

The final decision rests with the Board, but your input is necessary to make this process work.

'Step up to the plate' or 'Forever hold your peace.'

Tom Maunder ~ 51 Alexander



ELEVEN HOUSEPLANTS SO GOOD, THEY'RE APPROVED BY NASA!

Adding some green to a space can do a lot of good — both for your health and your style.

During the '80s, NASA began studying house plants as a means of providing purer and cleaner air.

Thanks to their now published findings, we know some of the best house plants for clean, pure air. Here are 11 plants you should definitely consider sharing your home with.

1. Peace Lilies: A beautiful house plant that blooms all summer, peace lilies ranked the highest at cleaning almost all chemicals in the air, including ammonia, formaldehyde, benzene and trichloroethylene. Wow! Something so powerful in such a pretty package.



2. Sanseveria: Native to Africa and southern Asia, Sanseveria (aka the snake plant or, for you married peeps, the mother-in-law's tongue) is almost impossible to kill — meaning they're perfect for the person who's always on the go or on vacation.



3. Palms: Great at purifying formaldehyde, xylene and toluene, there are many types of palms that'll brighten up your space and keep you healthy, including areca, lady and bamboo palms.



4. Golden Pothos: A fast growing vine that looks incredible dangling from a window, this awesome plant is an air purifying ninja. Don't have a green thumb? No problem. It's so easy to grow that you'd almost have



to *try* to kill a golden pothos for it to die.

5. Dracaenas: With three types of dracaenas making the list



(marginata, warnecki and janet craig), it's clear that this fun houseplant is so darn popular with homeowners worldwide for clearing the air of several different pollutants. However, all dracaenas are toxic to cats and dogs, so pet owners should steer clear.

6. English Ivy: Although pet owners may want avoid this traditional plant too (the leaves are toxic for cats and dogs), there's no denying that they clean the air beautifully.



7. Chrysanthemums: Another plant with a perfect five out of five score on air filtration, chrysanthemums are a beautiful addition to any home or office during early summer.



8. Spider Plants: Non-toxic and easy to care for, this personality-packed plant is NASA approved for sucking formaldehyde out of the air. And aren't they just *made* for mantles and hanging baskets?



9. Aloe Vera: Well known for its awesome burn and bite remedies,



this low-maintenance succulent is great for keeping your air clean too. And for making cucumber-aloe cocktails!

10. Ficus: A popular tree known for needing a lot of good light, add a ficus or two to your living room for a stylish and healthy statement piece. Be aware that they can outgrow your space super quickly if you let them. The trick is *not to* repot.



11. Chinese Evergreen: Benzene and formaldehyde are no match for this easy to maintain house plant. Plus, they look great almost everywhere in your home!



(from an article that appeared on the 'Brit + Co' website)



In January, City Park Members Paul Baker of 484 Church and Karin Williams of 51 Alexander both celebrate their 80th birthdays! On behalf of all City Park Members, we wish you many more active and healthy years, continuing to be an important part of our lives here at City Park.



NETFLIX

Another spectacular series from Netflix is entitled "Black Mirror" ... a television anthology series from Britain that shows the dark side of life and technology. If you loved the 'Twilight Zone', you'll love this! There's only one season available on Netflix. There are two previous seasons, but it appears they weren't able to license them for the Canadian market.

I understand a fourth season is in the works.



Also available is an outstanding series called 'Stranger Things'. It features a very talented group of young actors.

The Season One episodes are so good you'll want to

binge watch them.

The series revolves around a young boy who suddenly disappears, and his mother, the police chief, and the boy's buddies confront terrifying forces in order to get him back.

It stars, believe it or not, Wynona Ryder, who proves that she has matured into a terrific actress.

Not to be missed! ~ed.





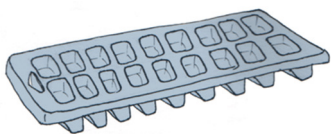
BROTH OR STOCK?

Stock, as opposed to broth, are not one and the same. Stock is made with ingredients like chicken, that includes the bones. The collagen from the chicken bones gives the stock its thicker, somewhat gelatinous texture. Stock is an ideal base for adding amazing depth to soups and more.

Broth, on the other hand, is made mainly from vegetables and aromatics with a lighter body. When cooking things like rice or quinoa, try using broth instead of water. You'll love the result.

Whenever you make homemade stock or broth, either on the stove or in a slow cooker, you'll more than likely have more on hand than you will be able to use in a few days. Pretty well all stocks and broths can be refrigerated for about four days, but freezing extends their life to three months!

The most useful method I've found, that's really handy, is to freeze the liquid (after it's cooled down a bit), in



ice cube trays. This is especially useful for when

a recipe calls for just a small amount to be used. They melt much faster than if you froze a whole container of it together. ~ ed.

BASIC CHICKEN STOCK

3-4 pounds assorted bone-in chicken parts (backs, necks, legs, and wings)
2 medium carrots, cut into chunks
2 celery stalks, cut into thirds
1 large onion, peeled and quartered
4 peeled garlic cloves
6 sprigs of flat-leafed parsley
4 sprigs of thyme
2 bay leaves
1 teaspoon whole black peppercorns

Place all ingredients into a large stock pot or saucepan and cover with cold water.

Bring to a boil, reduce heat and keep at a gentle simmer, partially covered for at least 2&1/2 hours.

You'll need to skim the scum that rises to the top, about every half hour or so.

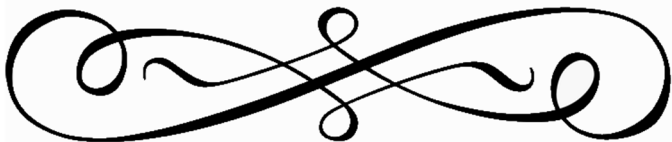
Strain the stock through a fine-mesh sieve or cheesecloth-lined sieve into a large heatproof measuring cup or another bowl or pot and discard the solids (save the meat, if any, for another use).

Let cool before transferring to airtight containers.

Refrigerate at least 8 hours to allow the solidified fat to accumulate at the top; remove the layer of hardened fat and discard it (in your wet recycling bin) before using or storing stock.



“Before you take me away, I just want to update my profile picture.” ↓



WALKER, CANE OR SCOOTER

There comes a time in life when walking on your own feet becomes a chore, or even not possible. Often, as in my case, it starts with a fall. The Community Care Access Centre (CCAC) starts by sending an Occupational Therapist to check

your apartment for obstacles, and then, most likely suggests a walker. A neighbour, who fell in the staircase while exercising, did not want a walker yet. He



borrowed mine to make it look OK. He wanted to keep on walking on his own two legs. Good for him, but I needed a walker right away and took to it like a duck to water. It became my friend, my stabilizer, my handbag carrier, my seat to relax on, and even my dog carrier, as my pet fit perfectly in the basket attached to it. It has carried me several years over all type of terrain, summer and winter. The government usually helps with the purchase of one. When you look around these days, there is plenty of company. Many users have now walkers which have a real sleek look, but the best built one is still the ‘Nexus’.

Next, in our effort to walk around, is the cane. It has served aging people for centuries to make their way around. In the olden days, it was probably cut from a tree sapling with a groove for the handle.



I use my cane in my apartment. Some folks have very expensive canes, but other just make do with what’s available in specialty stores or pharmacies. If you can get around that way, more power to you.

Then there is a group who have more severe issues than just arthritis or plain old bones. They have complicated back problems, cancer or even amputated legs. For this group, an electric scooter provides a lot of freedom. Of all three choices, I like my scooter the best. It was not

easy to learn though. Thank God I had a good neighbour and friend, who walked around with me at night. I'll never forget this person who had so much knowledge and patience. I owe him.

Once comfortable driving the scooter, I drove longer distances, all with my trusty dog on a special little Persian rug.

Oh, the adventures we had! The wind blew around her little ears and she



loved it. Once I went very early in the morning to Loblaw's when the aisles were empty. It was a pleasure to zoom around the empty aisles. Now, I drive like a professional, and am often praised for my driving skills. I never drive too fast, make the corners elegantly, and watch every man, child and dog in my way. The Government helps with the cost of a scooter as well. It opens the world to you; more and more places are now mobility friendly, whether it's a movie theatre or your Dentist's office. But mostly it's about people who help you out, if you are nice and humble. I have come home overwhelmed with the kindness of people of all races, backgrounds and ages. I talk to people, laugh with them, and even drive up to a homeless person who is begging for a few dollars to have a little chat.

There is still one means of transportation which needs to be mentioned, and that's a fantastic organization called 'Wheel Trans'. Of course, you still should be able to step into their buses, cabs, etc. with the help of your walker/cane. If interested, one needs to register with them. But once you are in, there is basically no place you cannot go to within a certain range of the city. Mind you, it's an exercise for the grey matter to keep all the timing right. I've had great adventures with them. A cab driver once drove me north of Toronto on a wintry day when the plows were not functioning on the highways. The driver drove like a madman but with great skill. I came home totally exhilarated. Most of their drivers are excellent and have great people skills. People complained about the snowstorm that day but I said 'it was adventurous and exiting'! So, no matter what you choose, you are not alone, and old age can be enjoyed much more by participating in life for as long as the glorious journey lasts.

Karin Williams ~ 51 Alexander St.

A VISIT TO PRINCE EDWARD ISLAND

While visiting my brother and his wife in Halifax this past July, we decided to spend a few days on PEI. I have never experienced the bridge and wanted to cross it. The bridge is 13 km long and it seems to take forever

to cross, but it was a beautiful day, and I really enjoyed the experience.

Upon arrival on the island, we decided to tour around, as it has been many years since we have been to PEI. Our first stop was at Malbec, which is world famous for it's oysters. We had a great meal of oysters which were exceptional, and then proceeded on to Cavendish beach. It was a beautiful warm day about 28 degrees Celsius. The beach is huge and was well worth the visit.

We then toured around the island, and visited Anne of Green Gables museum which is very interesting. In the evening, we decided to visit New Glasgow which is famous for its homecooked lobster dinners.

The lobsters are cooked to order and everything is made from scratch on the premises, like homemade bread, rolls, and pies, and included local caught mussels. It was to die for, and if anyone is ever on the island, I highly recommend a visit.

After dinner, we proceeded to Charlottetown, and stayed in an old bed-and-breakfast which was built by one of the Fathers of Confederation! It was an enjoyable stay that featured rooms full of antiques and a fabulous breakfast in the morning.

My brother's wife signed us up for a 1-day chef course at the Culinary Institute (Holland College). The course was called a 1-day boot camp. I thought 'what am I in for as I am a very basic meat and potatoes type of guy' but it turned out to be a lot of fun, and I picked up quite a few useful hints.

Upon arrival, we were briefed about the course and given a professional chef's uniform. We then headed out for a shopping trip to a local deli, and purchased an assortment of cold

cuts, cheese, breads, salads etc. We drove back to the college and the Chef instructor and Sous Chef prepared a delicious lunch. Upon completion of lunch we decided to start our culinary courses. We

worked in pairs, and were assigned 4 recipes each. My cooking partner and I had to prepare Oysters Rockefeller, Buttery Pan Rolls, Swedish Potato Casserole and Stout Steamed PEI Mussels. The preparation took four hours! We had recipes to follow, and were supervised by the two Chefs. It was not as difficult as I had imagined, and we all had a great time, a lot of fun, and picked up many useful hints. Once prepared, the dishes were put on a cart and wheeled up to the dining room that had a beautiful view of Charlottetown harbour. We were served wine, and had a great feast eating all the dishes we



prepared. It was a great experience which I enjoyed very much.

If one has not been to PEI, I highly recommend a visit. It is green and fresh, with beautiful scenery and is well worth a visit.

Ron Connors ~ 51 Alexander St

REMINDER:
ITEMS YOU SHOULD NEVER THROW
IN YOUR BLUE BIN:

- biodegradable plastic containers and film (e.g. compostable plastic bags)
- any type of black coloured plastic
- laminated plastic film (i.e. chip bags and stand-up re-sealable pouch bags)
- snack food bags (potato chips, peanuts, cookies)
- foil gift wrap
- wallpaper
- paper that is soiled or wax-coated
- meat wrapping paper (butchers paper) should be placed in the garbage bin
- Plastic pre-packaging for meat and cheese (plastic is not soft, stretchy)
- Household cling wrap
- cellophane (i.e. gift basket wrap)
- cereal liners
- shower liners
- plastic bubble wrap
- candy bar wrappers
- waxed cardboard (must be placed in garbage)

- paper items that are wax coated (many frozen food boxes) or soiled with food (e.g. paper towels/tissues, coffee filters, sugar/flour bags, etc.) belong in the green bin.
- other items that should be placed in the green bin are soiled paper fast food wrapping (no foil), paper plates & ice cream boxes

(courtesy of www.toronto.ca)

NEW SECURITY GUARD AT CITY
PARK

On behalf of all the folks at City Park, I would like to welcome our new Security Guard, Patrick Miranda.

As with many of our previous Security Guards, Patrick chose the security field as a stepping stone to police work. Many of the situations Patrick encounters, and will encounter at City Park, are analogous to policing in the wider community.

To prepare himself for the Security Field, Patrick took a two-year course called 'Police Foundations'. As the name implies, this course provides the groundwork, and Patrick's experiences at City Park will provide the bricks and mortar of his career.

Patrick sees himself as a type of 'Customer Service Representative' for City Park who tries to provide assistance to the Members while protecting personal and Co-op

property. It gives Patrick satisfaction to provide people with positive results by solving their problems. On the other hand, it concerns Patrick when he is not able to provide long-lasting results, as many of the issues at City Park need time to be resolved.

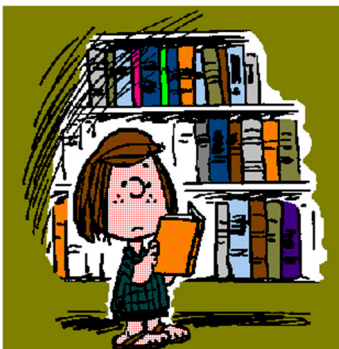
Working at City Park has provided Patrick with a wonderful learning opportunity. So many different types of people, with so many different stories, keep Patrick alert and engaged. Patrick maintains that there are no surprises to ferret about him because “What you see is what you get.” This writer can definitely support Patrick’s sentiments.

Patrick, welcome to City Park.

Tom Maunder ~ 51 Alexander

A NOTE FROM OUR LIBRARY:

The City Park Library, in the PMG Hall, was conceived and developed by Jeff Kirby. It is a fun place with books, Wi-fi and a special focus on community get-togethers.



Jeff is now on the roster of volunteers, as a consultant and a ‘media expert extraordinaire’! Also, the Project Co-ordinator is now Liz Batson.

The library hours continue to be T-W-Th 4:00 p.m. to 7:00 p.m. with Friday and Saturday being open 10:00 a.m. to 1:00 p.m.

You’re invited to drop in and browse, or leave a comment in our ‘visitors book’ about what you like or would like to see at the library. Check out a book or DVD while you’re there. We even have an old-fashioned photo album where you can share your poems.

Linda Gallant ~ 484 Church

THE U.S. ELECTION...A SENSE OF UNEASE

I have just returned from a trip to the Southern United States. I was on a road trip with three companions, but that is another story. My travelling companions and I had talked about our position as outsiders while being in the States, and had all agreed that we should keep silent about any conflicting views we might have with the people we met.

I must tell you... this proved very difficult!

The night of the Presidential election I was in New Orleans. My family and friends were on the Riverboat Natchez, watching my brother-in-law perform. He is the band leader for the current ‘Dukes of Dixieland’. Our party consisted of my sister, niece, nephew, and my three travelling companions. Even though this was meant to be a fun evening,

listening to jazz and enjoying the ride, there was a sense of unease among us. People kept checking their phones to see what the latest tallies were from the voting stations. As the evening wore on, we began to look at one another with bewilderment...Trump was winning!!!

The boat ride finished, and my companions and I returned to our accommodations. I went to bed, feeling too agitated to watch the election coverage.

My friends stayed up. When I woke up in the morning, I was greeted with: "He won". As we sat with our morning coffee, there was a cloud of doom and disbelief

surrounding us. How could a man, such as Trump had proved to be, have been made President of the most powerful nation (and dangerous) in the world?

While in New Orleans, it was our custom to have breakfast at a nearby café. It was crowded by the time we arrived. I had expected there to be a sense of celebration by the Republicans in the crowd but this was not the case. No individuals were claiming victory. No puffed-out chests. No high-fives like I saw the morning after Trudeau was elected



as Prime Minister. There was in fact a hush and a sense of uncertainty.

This is an interesting phenomenon. As my companions and I had driven down to the southern States, we did not see one lawn sign or billboard supporting either candidate. I asked my sister about this. She said it was because people were afraid of retaliation from the opposing side, Democrat or Republican. Perhaps, that is the reason there was very little talk about the election that

morning in the café. There was only that sense of foreboding we had felt earlier on, hearing the results. My poor sister was extremely disturbed. She is raising her children in the United States

and fears for their safety.

We remained in the United States six more days, and then headed home from Memphis. We saw no riots or demonstrations, no graffiti on the walls of synagogues, nothing outward to indicate what the American people were feeling. All of that was to come later, after we had arrived home safely.

In the early days after the election, there was only this sense of unease. The reality is that it was the American electoral system that had made Trump President, not the

people. Clinton had actually won the popular vote.

Those reading this will recognize me as a liberal (I would have voted for Clinton if I were a US citizen). The great thing about living in Canada is that I can say that freely without too much concern for my safety. Oh, there may be those among you who sneer at my political leanings, but I do not fear that you will start writing nasty things on my door. So far in Canada, we have freedom from that sort of persecution. Those that violate that right are punished. If we learn anything from the U.S. election, let it be 'not to take our freedoms for granted'. We cannot be complacent when it comes to our own elections. We must participate at every level to ensure that hate does not take over in our country.

Jo-Anne Kennedy ~ 51 Alexander

SENIOR HOME SAFETY TIPS: AS PROVIDED BY THE PUBLIC HEALTH AGENCY OF CANADA

Seniors requiring assistance with home safety and who have special needs, can contact the Community Care Access Centre (CCAC). They will send an Occupational Therapist (for free) to assess your home and offer advice and devices as required. Home safety equipment is subsidized for all Canadians.

As mentioned in LINK (Volume 21 #2 Page 28) earlier this year, anyone can fall. As we age, our risk of falling

becomes greater. That's the bad news. The good news is that falls can be prevented. The first step to avoiding falls, is to understand what causes them. Poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions, in and around your home, can increase your chance of falling. Staying safe, and on your feet, is a matter of taking steps to protect yourself.

You can prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices that will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

Don't forget, City Park offers anyone with health-related issues, an 'Accessibility FOB' to automatically open the front doors.

The Facts:

Falls are the leading cause of injury among older Canadians.
20-30% of seniors' experience one or more falls each year.
Falls are the cause of 85% of seniors' injury-related hospitalization.
Falls are the cause of 95% of all hip fractures.
50% of all the falls causing hospitalization, happen at home.

Possible changes to your bathroom:

- installation of grab bars by the toilet and bath to help you sit and stand. They must be installed properly and are well anchored.
- Use a raised toilet seat, and a bath seat in the shower.
- Ensure that you have non-slip surfaces in the bathtub.
- A hand-held shower will make showering much easier for you.
- A small ramp to the washroom for those with difficulty stepping up.
- Wipe up moisture or spills immediately.

Changes to your living room and bedroom:

- Reduce clutter. Get rid of loose wires and cords as well as any other obstacles.
- Consider using a cordless phone to avoid rushing to answer it.
- Have good lighting throughout the apartment and install night-lights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.
- Move slowly out of your bed or chair. Getting up suddenly may make you dizzy.

Changes to your kitchen:

- Store kitchen supplies, and pots and pans, in easy-to-reach locations (heavy items should be located in lower cupboards).
- Use a stable step-stool, with a safety rail, for reaching high places.

- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.
- Ask for help with tasks you feel cannot be done safely.

For folks in homes with stairs:

- Make sure your stairs are well lit.
- Have solid hand rails on both sides of the stairway.
- Remove reading glasses when you go up and down the stairway.
- Never rush up or down the stairs. It is a major cause of falls.

Front door:

- Keep your front entrance well lit.

Eat Healthy Meals

Nutritious meals keep up your strength, resistance and balance. Eat lots of vegetables and fruits and don't skip meals. It can cause weakness and dizziness.

Keep Fit

Engage in physical activity every day. It's your best defense against falls. Walk. Try Tai Chi. Yoga. Visit the YMCA and ask about senior programs like Aqua Fit. Do what you can to maintain your flexibility and balance. Build your muscle and bone strength by doing 'resistance' activities or exercises (such as weight lifting). Consult your doctor

before you embark on an exercise program.

Have your hearing and vision checked regularly.

Use Medication Wisely

Ask your doctor or pharmacist about possible side effects of prescriptions or over-the-counter medication.

Read directions carefully so you are aware of potential reactions with other medications. If your medication causes dizziness or sleepiness, adjust your activities so you are not at risk of falling. Don't mix alcohol and medications: alone or in combination with drugs, alcohol can cause falls.

Use Safety Aids

Don't be embarrassed to use aids for daily living. They keep you safe and active. Wear your glasses and hearing aid.

Consider using a walker or cane. If you use a cane, make sure that it is the correct height and that it has a rubber tip for safety.

Appropriate foot wear is also important. Comfortable shoes that provide good support can help to prevent falls. Find out about other gadgets that can make your life safer: reachers, anti-skid soles, hip protectors, etc. Use them!

Lastly, if you do fall...

Try to land on your buttocks to prevent more serious injuries.

Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up. Don't let the fear of falling again prevent you from being active.

Inactivity creates an even greater risk of falling.

Feroza Latif ~ 51 Alexander

PRIME-TIME: IT'S COOL TO BE HOT, NO MATTER HOW OLD YOU ARE

As we age, most of us will admit that we no longer fit our own definition of 'hot', but how about this? Recently, a young friend asked me, right out of thin air, "How cool are you?"

Jeez, I don't know. Hell, I'm now in my mid-fifties and I don't usually give it a lot of thought. How cool is a middle-aged gay guy supposed to be? What or whom do I measure myself against?

Well, I decided to give this question a definite look: see.

You know, I have to say that I was flattered to be asked. "Who would have thunk it?"

Appearance wise – definitely not. I careen from conservative short and hefty to colourful, casual indifferent. I'm hardly what you would call 'trendy'.

Attitude? Not really. I'm a pretty easy-going, down-to-earth type of

guy who hates any kind of pretense. I'm definitely not patronizing. I mean, what is his 'cool' thing anyway, and am I confusing 'cool' with 'hot'? I decided to do a little detective work and get some answers.

For many people, both gay and straight, being 'cool' is simply a mind-set. It's your perception of yourself and others. What one person finds 'cool', another will view as 'square'.

In general, among the young, what or whom is 'cool' seems to be a consensus formed among peers. Trying to appear 'cool' can become an obsession and hard demanding work, especially for the 'hot' young set. It can affect every aspect of their lives from where they shop, the clothes they buy and the look they strive to achieve. Peer pressure can dictate almost every aspect of their lives. There are 'cool' entertainers, music, magazines and cool spare-time activities. The list is endless.

For the more mature gay male, being 'cool' – instead of being about style or fighting a losing battle to appear 'hot' – is more about being comfortable in their own skin and about having a positive, self-assured attitude. Certain individuals give us a sense of being firmly in control and not easily ruffled.

For me, the people I find 'cool', and sometimes 'hot', embody the qualities of tolerance and

acceptance. They are informed, aware and non-judgmental. They are also spontaneous and enthusiastically live each day to the max. Some people, when asked if they're 'cool', will say proudly, "I'm so uncool." For them, being 'cool' carries a negative connotation. They associate 'being cool' with being trendy and snobby.

Are gays more 'cool' than straights? We'd all like to think so, right? But let's face it, there are plenty of 'cool' (read 'hot') straights out there that we'd really like to meet.

Can older people be viewed as 'cool' by the young? Apparently so.

I find it gratifying to find 51-year-old Samuel Jackson described as a 'hot guy' and as the coolest possible choice, to play a sexy, New York private-eye with attitude, in the recent film release 'Shaft'.

Who said older guys weren't 'cool' or didn't have sex appeal? Not me, but most movie tickets today are bought by people under 30.

Can ageism be giving way to a new appreciation – maybe a cool new perspective on age? If so, I'm all for it and I think it's absolutely fantastic.

John Fowler ~ 51 Alexander

(This is a re-print of a column that I wrote for 'fab Magazine' as part of a regular series that ran for approximately two years. If you'd like to contact me, my email is: Inquisitiveone2011@hotmail.com)



In the Peter Michael Gernon Community Hall
The Lady in the Van

2015 – 6.7/10 stars – 104 Minutes

Staring: Maggie Smith, Alex Jennings, Jim Broadbent
Director: Nicholas Hytner



This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years.



In the Peter Michael Gernon Community Hall
Beat the Devil

1953 – 6.6/10 stars – 100 Minutes

Staring: Humphrey Bogart, Jennifer Jones, Gina Lollobrigida
Director: John Huston



In this John Huston film -- which features an unusual mix of adventure, comedy and crime elements -- Billy (Humphrey Bogart) and Maria Dannreuther (Gina Lollobrigida) are among a number of travelers stranded in Italy en route to Africa. While the Dannreuthers seem like an average couple, they have the same goal as Mrs. Gwendolen Chelm (Jennifer Jones) and some of their other shifty companions -- to lay claim to property that is supposedly rich with uranium..



In the Peter Michael Gernon Community Hall
Trouble in Paradise

1932 – 8.2/10 stars – 83 Minutes

Staring: Miriam Hopkins, Kay Francis, Herbert Marshall
Director: Ernst Lubitsch



Thief Gaston Monescu (Herbert Marshall) and pickpocket Lily (Miriam Hopkins) are partners in crime and love. Working for perfume company executive Mariette Colet (Kay Francis), the two crooks decide to combine their criminal talents to rob their employer. Under the alias of Monsieur Laval, Gaston uses his position as Mariette's personal secretary to become closer to her. However, he takes things too far when he actually falls in love with Mariette, and has to choose between her and Lily.

HOLIDAY FOOD AND CLOTHING DRIVE NOVEMBER 2016



FYI

Home supports can help seniors who have difficulty managing daily tasks such as dressing and bathing or who need extra help with meal preparation and light housekeeping stay in their homes and maintain their independence. Most agencies offering home support providers also provide relief/respite care to allow caregivers to take a break. Some agencies also provide assistance with banking and shopping.

Have your service needs evaluated by Community Care Access Centre (CCAC) staff first, in case some or part of the care is covered by OHIP. If you do not qualify for CCAC-provided home support services, or if you want more hours or have been placed on a waiting list, there are agencies

you can contact directly to see if they can provide the assistance you need.

Rates range from approximately \$6 - \$28 per hour and may vary depending on the service provided. There may be subsidies available. Some agencies require a minimum number of hours to be scheduled. Rates and criteria are subject to change so it is best to contact the service provider directly to confirm details.

For nursing care, contact CCAC. Find more information about palliative or end of life care, or assistive devices.

CCAC Main #: 416-310-2222

frontdeskservices@ccac-ont.ca

~ ed

'OLYMPIAD'

This statuesque, youthful
Greek,
Exemplifies Olympian qualities,
In this time-space-continuum,
That Zeus and Athena,
Still mentor and applaud:
His focus! To Be The Best!!! –
His quads, biceps, traps, glutes,
abs, etc.
All vocabularize, The etymology
Of physical beauty –
But, as The 'Now-ethereal'
Socrates breathes: 'Are you
God-Man?!'

T. Josef McGrath ~ 51 Alexander

The bird feeder that is provided on
the lawn
between 31 and
51 is not feeding
its intended
target.



To whomever is
keeping it
topped up with
bird seed, we
know you have
good intentions,
but the rat and
pigeon
populations are

growing and are becoming a
concern. Kindly reconsider. ~ ed.

SUDOKU

There is no mystique about solving
Sudoku puzzles. All you need are
logic and patience (and a pencil with
eraser)!

All rows, both horizontally and
vertically, and each box of nine,
include the numbers one (1) to nine
(9).

A completed puzzle is one where
every row, every column, and every
box contains nine different numbers.
Here's a relatively easy one.

		6		9				7
	1		2		8	3	9	
	3		6		5	2		
6		1	3				8	
	9			8			6	
	5				7	4		2
		7	4		9		3	
	6	4	8		2		7	
3				1		5		

Cover the answer below before
solving the puzzle:

2	4	6	1	9	3	8	5	7
7	1	5	2	4	8	3	9	6
9	3	8	6	7	5	2	4	1
6	7	1	3	2	4	9	8	5
4	9	2	5	8	1	7	6	3
8	5	3	9	6	7	4	1	2
1	2	7	4	5	9	6	3	8
5	6	4	8	3	2	1	7	9
3	8	9	7	1	6	5	2	4



ONTARIO SENIOR ACHIEVEMENT AWARD RECIPIENT

The Ontario Senior Achievement Awards recognize men and women who have made outstanding contributions to their communities through voluntary or professional activities after the age of 65.

Among those awarded this year is City Park Member Russell Alldread who most of you only know as 'Michelle DuBarry'. Here's the excerpt from their website:



“Russell Alldread of Toronto is an advocate for gay and lesbian awareness who volunteers with The

Imperial Court of Toronto and the Canadian Gay and Lesbian Archives. As Michelle DuBarry, his world-famous drag persona, he has hosted and performed at many charitable benefit functions. In February 2016, he was awarded the Guinness World

Record for World's Oldest Drag Queen, and made history again in June by being the first drag queen to appear in Zoomer Magazine”

(<https://news.ontario.ca/oss/en/2016/11/20-outstanding-ontario-seniors-recognized.html>)

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.