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NEXT DEADLINE: JUNE 23, 2017



Photo courtesy of Ritchie Doucet ~ 51 Alexander

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BUILDING FOR TOMORROW

2016 HIGHLIGHTS

2016 was a year of big accomplishments for CHF Canada. Here are the highlights:

- After the successful election campaign in 2015, Prime Minister Trudeau instructed his ministers to maintain subsidies for housing co-op members, resulting in Minister Jean-Yves Duclos announcing a **two-year federal extension** at CHF Canada's Hamilton AGM.
- CHF Canada is now actively lobbying governments across the country, and through the federal **consultations on a national housing strategy**, for permanent subsidies for co-op

- members and other supportive measures for co-op housing.
- We helped member co-ops arrange more than **\$55 million to renovate and modernize** thanks to CHF Canada's **Refinancing Program**. CHF Canada persuaded CMHC to set aside \$150 million so that Section 61 co-ops, such as Village Canadien in Winnipeg, can access financing on favourable terms.
- More than 70 housing co-ops took the guesswork out of planning and project management by using CHF Canada's **Asset Management Services**.
- CHF Canada's new **Greener Co-op Microgrant** helped co-ops across Canada implement small projects that reduce greenhouse gases, improve air quality, adapt to climate change and inspire others.
- **In Ontario**: The Promoting Affordable Housing Act promises **inclusionary zoning** to produce more affordable housing, hopefully including co-ops. And a change to the Housing Services Act puts in place a long-awaited **regulatory system** allowing co-ops to challenge service manager decisions they feel are unfair.
- CHF Canada's **new Manager, Co-op Housing Development** will increase CHF Canada's capacity to encourage and support new partnerships and

innovative ways to develop new co-op homes.

- **Our Movement. Our Future. Voicing our Vision**, a national dialogue about the future of co-op housing, represents an exciting time to re-energize our movement. During the initial SHARE stage, members from across the country contributed more than 1,000 thoughts and ideas!
- Four young co-operators were awarded **Diversity Scholarships** in our regions (Nova Scotia, Southwestern Ontario and Manitoba), joining the program offered by regional federations across the country helping hundreds of young co-operators reach their academic goals.
- Our new **LGBTQ Inclusive Co-op Communities brochure** describes sexual orientation, gender expression and gender identity and how co-ops can become more inclusive communities and safe spaces for everyone.
- Other vital **CHF Canada membership benefits** came your way in 2016: education and training, a great annual meeting, enterprise services including insurance and investment programs, and your voice in the co-op movement nationally and around the world.

WORTH REPEATING

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.

To learn more, check out:

www.chfcanada.coop

For nursing care, more information about palliative or end of life care, or assistive devices, call.

CCAC Main #: 416-310-2222
or email:

frontdesk@ccac-ont.ca

Should you require a home visit by a doctor, call 416-631-3000. ~ed.

THERE'S A NEW 'PREZ' IN TOWN ~ Tom Maunder – 51 Alexander

Contrary to public opinion, Bob Fisher is no longer the President of the Board for City Park. That somewhat challenging position now belongs to Calvin Barrett.

Calvin brings to his duties an impressive arsenal of qualifications. His training and experience include Chartered Accountancy and 27 years as a Director of Finance in local government in Ontario. He can balance budgets, evaluate capital contracts, and navigate the sometimes-troubled waters of staff relations.

Calvin has lived at City Park for 23 years and has sat on the Finance and By-laws Committees and the Board. As President, Calvin has to chair the 'always interesting' Board Meetings. His goal is to get decisions made within a reasonable time frame given the other commitments that the Board members have. Once a decision is made, Calvin would like to see the Board members respect it and move on. Agenda construction

for the Board meetings is always a challenge at City Park, as the agenda must reflect the regular monthly reports, such as the Security Report, as well as suddenly emerging issues which need immediate attention. Agenda creation is not for the faint of heart.

Calvin feels that the three most important issues facing City Park are 1) cost effective infrastructure repair, 2) meeting the needs of a varied membership, and 3) fostering positive member engagement in making City Park safe for everyone. As President, Calvin's time is taken up with emails, reports to be reviewed, and issues with various stakeholders to be resolved. Calvin is concerned that some Members undervalue the work undertaken by the Board.



All work and no play makes 'Jack' morose and broody. To avoid the pitfall of being too focused on City Park, Calvin sings in a group that reached the dizzying

heights of Carnegie Hall at Christmas. As with our other Presidents, Calvin brings his unique take on a highly complex job.



RENT-GEARED-TO-INCOME HOUSING

Rent-geared-to-income (RGI) housing is subsidized housing. The rent is based directly on the tenant's income, usually 30 per cent of the gross monthly household income. If you receive social assistance, the rent charges are based on the rent benefit set by the Ontario Government, rather than 30 per cent of the gross monthly income.

RGI housing subsidies are most often available in publicly-owned social housing, but are also available in co-operative, nonprofit and private housing.

Who is eligible?

- All household members must have legal status in Canada, and must not have an enforceable deportation, departure, or exclusion order.
- At least one household member must be 16 or older and able to live independently.
- No household member with charges of fraud due to misrepresenting income in the last two years
- If any member of the household owes money to a social housing provider in Ontario, they must attach a copy of the written payment plan agreement signed by the provider.

If you are interested in applying for rent-geared-to-income housing in Toronto, go on-line to www.housingconnections.ca/HousingInfo/Rent_geared_to_income.asp

or:

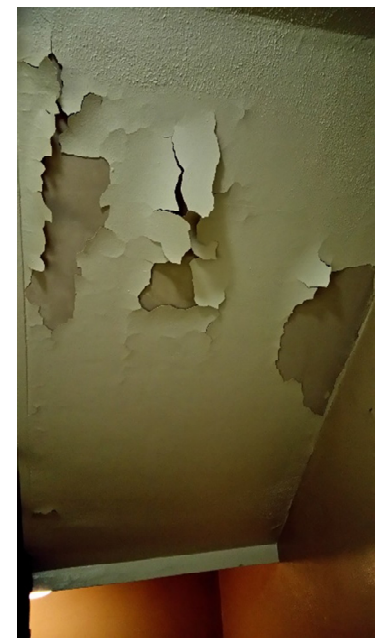
Call: 416-397-7400 to speak with someone Monday to Friday from 8:30 a.m. to 4:30 p.m. or send an e-mail to ask@housingconnections.ca for a response within 72 hours.



“We don't stop playing because we grow old; we grow old because we stop playing”.

-George Bernard Shaw

THIS is why it's important to clean and prep walls and surfaces in our apartments and common areas BEFORE painting at City Park. Otherwise, this is the result. Look familiar? ~ ed.





GET SWEET ON SAUERKRAUT

Sauerkraut contains a host of

natural probiotics... little friendly bacteria found in our guts (you know them as 'probiotics') that research scientists worldwide are 'fermenting' over.

The reason?

They're being connected to everything from our digestive health to our cognition and may hold the secret to many other systems that affect our overall health. Don't just stick to sauerkraut and yoghurt though.

Try something new – kefir, kimchi and kombucha are just some of the other yeasty ideas to ferment about.

TORONTO TO CREATE 'SENIORS SAFETY ZONES' TO PROTECT OLDER PEDESTRIANS

2016 was the deadliest year for pedestrians in more than a decade, and the worst year for older pedestrian deaths over that time.

Following the release of statistics that showed an overwhelming majority of pedestrians killed on Toronto's streets last year were older adults, the city announced, earlier this year, details of its plans to create 'seniors safety zones' at 12



The package of safety measures coming to Dundas and Bloor include speed limits reduced to 40 km/h from 50 km/h, eight 'senior safety signs' warning drivers to slow down, four 'watch your speed signs', enhanced pavement markings, and longer pedestrian

intersections. According to police data, 37 of the 43 pedestrians killed last year were 55 or older. It was the deadliest year for pedestrians in more than a decade, and the worst year for older pedestrian deaths over that time.

"We must do more to prevent these deaths and to protect residents across the city. The number of people killed on our roads, pedestrians, every year, should be zero," said Mayor John Tory at a press conference earlier this year at the intersection of Bloor St. W. and Dundas St. W.

The intersection will be the first location where the city establishes a senior zone, which was one of the measures approved by council last July as part of the new \$80-million road safety plan.

Public works chair Councillor Jaye Robinson said the locations were chosen based on where city data shows there have been a high number of seniors involved in traffic collisions, and there is a concentrated population of older residents.

crossing times. Red light cameras are also being installed.

The other zones will get a similar package of improvements. Robinson said the goal is to implement all 12 in the first quarter of this year.

Kasia Briegmann-Samson, a co-founder of **Friends and Families for Safe Streets**, said she was encouraged by the action the city has taken since council approved the road safety plan last summer, but said the measures like the seniors zones need to be expanded. She noted that seniors live in communities across the city, not just at 12 locations.

“The whole city should be seniors safety zone, should be a community zone, should be a kid zone, should be a family zone,” she said.

“There’s going to be pockets that are left out. There’s going to be neighbourhoods that don’t have resources to advocate for themselves that are going to be left out, unless we include the whole city. So that eventually needs to happen.”

In response to reporters’ questions, Robinson (Ward 25 Don Valley West) stressed that the city’s road safety plan is ‘data-driven.’

“We want to do things in a strategic way,” she said. “The strategy looks at the data.”



The road safety plan, which is the city’s first such strategy, will be executed over five years.

In addition to the seniors safety zones, other measures the city plans for 2017 include erecting red light cameras at 76 new locations, installing accessible pedestrian signals at 20 intersections, making geometric safety improvements at 13 locations, performing 14 road safety audits, speed reductions on 32 corridors, and expanding the ‘watch your speed’ program.

The initial locations of the seniors safety zones are:

- Dundas St. West and Bloor St.
- Bathurst St. and Steeles Ave.
- Victoria Park Ave. and O’Connor Dr.
- McCowan Rd. and Lawrence Ave.
- Brimley Rd. and Lawrence Ave.
- Morningside Ave. and Lawrence Ave.
- Eglinton Ave. and Midland Rd.
- Spadina Ave. and Dundas St.
- Dundas St. West and College St.
- Kennedy Rd. and Sheppard Ave.
- Danforth Rd. and Main St.
- Danforth Rd. and Coxwell Ave.

(metronews.ca - January 10, 2017)

To see the whole 58-page report, please visit: <http://www1.toronto.ca> and search for ‘Seniors safety zones’... Click on the first result.
~ed.



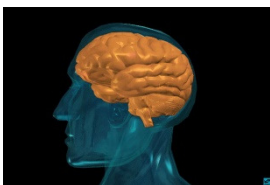
Word search on your computer, tablet or smartphone has never been more fun and exciting!

Word Stampede is created by David L. Hoyt, which some of you might remember from the syndicated newspaper puzzle 'Jumble' which he created with Jeff Knurek. 'Jumble' is also available for download as well.

Word Stampede features a 'Daily Challenge' which you really should do to rack up extra coins. They come in handy to buy more puzzles (don't worry, they add up fast). So far, I haven't spent more than \$2 on this game that I've been playing daily for several months!).

There's no word lists...you need to find the words yourself. Using every letter in the grid gets you more points as does finding two words at once when prompted to do so, and finding words when he gives you only a couple letters as a clue. The game is timed, but you can replay them as many times as you want... each time will even get you more coins!

There are hundreds of delightfully challenging word search puzzles that are definitely good for the old noggin'. You can also play with friends, so give it a go. ~ ed.



ARMCHAIR TRAVEL URSULA CARTER ~ 51 ALEXANDER

I fell in love with Paul Theroux during my first reading of the 'The Great Railway Bazaar' many years ago. An avid traveler myself, I love reading travel stories, having read dozens of them, starting with the travels of Marco Polo. I particularly enjoy reading about countries the way they were in the days of yore, including Isabelle Eberhardt's spectacular adventures in the Sahara, circa 1900, which I read while actually crossing the Sahara myself back in the 1970's; the incredible journeys of Peter Fleming (Ian's brother) in the 30's and 40's; and Bruce Chatwin, a fantastic storyteller and explorer of amazing out-of-the-way places. It was ultimately Paul Theroux who I stayed with the longest, reading most of his wonderful travel books through the years, as well as a good number of his excellent fictions.

Paul Theroux's first travel book, 'The Great Railway Bazaar', was published more than 40 years ago. It is a hugely entertaining railway odyssey that has become a modern classic of travel literature. Here, Theroux describes his early adventures on Asia's fabled trains: the Orient Express, the Khyber Pass Local, the Frontier Mail, the Golden Arrow to Kuala Lumpur, the Mandalay Express, and the Trans-Siberian Express, which takes him eastbound from London's Victoria Station through western and eastern

Europe, the Middle East, south and east Asia, to Tokyo Central, then back to London from Japan on the Trans-Siberian. It is brimming with Theroux's signature humour and wry observations. There's a smattering of historical information thrown in, but it's really about the conversations he has, and the recording of impressions of the places he visits. I imagine that he'd be a great guy to share a meal and a few drinks with. He has a very dry sense of humour and unless you pick up on this, you may think him to be something of a curmudgeon. I share the same, rather sardonic sense of humour, which is another reason I warmed up to him so quickly, and we both possess a somewhat wicked sense of the absurd which often helps while traveling... or indeed with life in general.



'The Old Patagonian Express' (published in 1979) starts with a rush-hour subway

ride in Boston, to the train station, and then catching a variety of trains along the way, ultimately winding up on the poky wandering steam engine, and coming to a halt in the desolate land of cracked hills and thorn bushes of Patagonia. But with Theroux, the view along the way is what matters: the monologuing Mr. Thornberry in Costa Rica, the bogus priest of Cali, and the blind Jorge Luis Borges, who delights in having Theroux read Robert Louis Stevenson to him.

Once again, Theroux succeeds in writing a deeply engaging book with wonderful images of faraway places, while all the time complaining about the most trivial problems. Theroux is often criticized for his cynicism and for his intense opinions. That may be, but I nevertheless found the book to be elegantly written, with observations that are vivid and thought provoking. His wry sense of humour never fails to make light of some of the hardships of traveling, and the strange and irascible characters you come across... always with helpful servings of interesting history along the way.

A truly wonderful book and the most charming aspect of his journey are the trains, mostly old but chugging away.

SEDENTARY LIFESTYLE IN OLDER WOMEN 'AGES BODY CELLS'.

Women who lead a sedentary lifestyle have faster-ageing cells than those who exercise every day, research suggests.

Research on 1,500 women aged 64 to 95 found those who spent many hours sitting, and exercised for less than 40 minutes a day, had cells that were biologically eight years older.

As people age, their cells age, causing DNA protectors to shorten and fray. But health and lifestyle factors may speed up the process, researchers from California said.

Even in old age, it was important to keep active and avoid sitting for more than 10 hours a day, they said. During ageing, tiny caps on the ends of DNA strands naturally shorten. These telomeres - which have been likened to the plastic tips of shoelaces - are there to prevent chromosomes from deteriorating. Telomere length is one indicator of biological age, which does not always match chronological age. Shortened telomeres have been linked with an increased risk of cardiovascular disease, diabetes and major cancers.

How much regular exercise people do now also appears to be a factor in their length.

To track the women's movements in the study, they wore an accelerometer on their right hip for seven days in a row, during the day and night. They were also asked to complete questionnaires on their activity.

Dr. Aladdin Shadyab, lead study author, from the University of California San Diego School of Medicine, said: "We found that women who sat for longer, did not have shorter telomere length if they exercised for at least 30 minutes a day. Discussions about the benefits of exercise should start when we are young, and physical activity should continue to be part of our daily lives as we get older, even at 80 years old."

The study is published in the American Journal of Epidemiology. It is ideal for older adults to break up long periods of sitting with light activity because "sedentary behaviour is now considered an independent risk factor for ill health".

Adults aged 65 or older who are generally fit and mobile should try to do:

- at least 150 minutes of moderate aerobic activity, such as cycling or walking, every week
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

Older adults at risk of falls, or with poor balance, should also do exercises to improve balance and co-ordination at least twice a week.

(<http://www.bbc.com/news/health>)

OUR NEIGHBOURS ~ Alice Dwornik – 31 Alexander

On August 24th of last year, I had hip surgery. I pre-arranged for one neighbour to pick up my mail, another to go food shopping for me, and a retired nurse to attend to my recovery. When I returned home, she came daily to dress my incision until it was healed.



I was also able to reach my surgeon whenever I had a question. He was always there for me.

I am now in recovery, thanks to all.
We are very lucky to have such great neighbours.

TORONTO INTERGENERATIONAL PROGRAMS

Toronto Intergenerational Programs (TIGP) have been in our communities since 1981, responding to the needs of children, youth, and seniors. TIGP community is made up of people of all ages.

Children and youth with little extended family are brought together with isolated seniors. Seniors and youth alike provide each other with skills and knowledge coordinated for a variety of programs and activities.

Partnerships offer support, resources, skills and knowledge specific to the development of successful intergenerational programs and activities.

TIGP provides Social Visiting, Health & Wellness, Seniors in Cyberspace, Seniors Assistance Home Maintenance and Volunteer Service programs.

Intergenerational Programs are developed to enrich the lives of participants through meaningful activities that bring generations together. Programs are therefore individualized based on needs, interests, abilities and available resources.

TIGP supports partners with the development of programs for groups of all sizes and assists with short and long term program planning based on the needs and interests of all participants and partners.

One-time theme events, such as cultural events, storytelling and community gardening are ideal ways to generate interest from all ages.

***Access requires membership
Please contact:***

Membership Department
Toronto Intergenerational
Partnerships
Danforth Collegiate & Technical
Institute
800 Greenwood Avenue, Room A36
Toronto, Ontario M4J 4B7
Phone: (416) 531-8447
Fax: (416) 531-7337
Email: sue@tigp.org

Link to the Membership form:
<http://www.tigp.org/sites/default/files/forms/TIGP%20Membership%20App%20lication.pdf>



STANDING ON GUARD FOR THEE:

PHOTO BY JOHN GORDON ~ 51 ALEXANDER

DO CRANKY PEOPLE REALLY DIE YOUNGER THAN POLLYANNAS?

Judging from pop culture, old age turns even the most charming socialites into lovable but grumpy misanthropes. The elderly often appear in films as lonely neighbours, grumpy grandpas and cranky cabdrivers.

But if you look at the scientific data, it turns out that most older people are not actually crankier than younger people--it's just that they don't play by the same social rules. When you're younger, being nice and presenting yourself positively can gain people's good favour down the line, says Derek Isaacowitz, a psychology professor at Northeastern University, but that ceases to be a major motivator as you age. That's why social scientists like to point out that outward expressions of grumpiness may just be a sign that someone is unconcerned with social niceties--as

opposed to being hardened and unhappy.

In fact, study after study has shown that despite appearances, people tend to grow happier with age, particularly after age 80. One reason: older adults tend to ignore negative information, focusing instead on the things they prefer to focus on. That's particularly helpful when you consider that, by and large, elderly people have more experience facing upsetting losses than younger folks, simply because they've been around longer. "You start getting the experience that this is life, and you get used to moving on with it," says Nir Barzilai, who runs a center on aging at the Albert Einstein College of Medicine in New York City. "It has to do with life experience. It has to do with psychology."

Less clear is whether happiness contributes to longevity in any meaningful way. There's plenty of research on both sides, but according to the most comprehensive research to date--a study published in the British Medical Journal--the connection between outlook and longevity appears to be stronger than previously thought. In the study, involving over 10,000 people, those who reported more enjoyment during middle age were 24% less likely to have died of any cause during the study period than their counterparts who said they did not enjoy themselves.

"The longer people are in a positive state, the better it probably is as far as their health is concerned," says Andrew Steptoe of the University College of London, lead author of the study. "This adds weight to the evidence that outlook might be relevant to health."

Still, many questions remain about the exact nature of the link. Other recent data shows a positive correlation for those over 80 between upbeat mood and good health. However, researchers like to point out that it's a classic example of the correlation-vs.-causation conundrum: Do cranky adults have poor moods because they're sick, or are they in poor health because of their bad mood? After all, not even the most resilient older adults can avoid a declining mood when faced with serious health problems. A 2012 study in the journal *Neurology* even found that in adults over 65, cognitive decline doubled after a hospital stay.

"As long as they're healthy, they're in a good mood," says Barzilai of older people. "As long as they have pains and bad quality of life, their mood decreases."

Absent stronger evidence that a positive outlook or disposition can contribute to longevity, many experts agree that it can't hurt to try, at least sometimes, to look on the sunny side. If that feels like a stretch, focus on the things that make you happy and have also been linked to a

longer life, such as keeping up your friendships and maintaining strong social ties. "It's crucial," Steptoe says. "When things are going well, you don't make so much of an effort to maintain friendships. But in many ways, it's an investment in the future."

(Justin Worland ~ Time magazine)

PILE DRIVERS ~

Peter Nicholson – 31 Alexander

In recent months, City Park has been almost surrounded by construction sites with the accompanying noise that goes with it, trying the patience of residents who have no choice but to bear it.

Seeing, and especially hearing those pile drivers banging and crashing all day, driving huge steel girders called 'piles' into the ground that will eventually support and stabilize the weight of the building, reminded me of a time back in the 50's when I was a seaman on the Cunard freighter named 'Asia'.

We were in Houston, Texas, and loaded one of those giant monster-size pile drivers on the deck of the ship. It was too big to fit into the hold along with the other cargo we loaded there, so it lay on the foredeck, securely lashed down with inch thick wire cables and chains to prevent it moving in rough weather.

Around the clock, regardless of the weather... and we did encounter

some rough weather on the way across the Atlantic... those lashings of chain and wire were checked every watch, night and day. They were checked to ensure they were secure, with no chance of that monster breaking loose and causing damage enough to sink the ship. The ship did heave, she did roll, and seas did come over the sides more than once knocking us off our feet and soaking anyone that was on deck checking those lashings, including myself.

All went well though, and we arrived in the port of London with everything intact. The crew were paid off and went to their homes until 'Asia' was ready to go on another voyage, or the men went to other ships.

I had a good couple of weeks at home and was thinking of my next trip when, (I knew it was coming), my wife said to me "Why don't you get a job ashore and be like other men". It wasn't a question though, but more of a statement... which was actually an order.

I was used to it. I meekly gave in, all the time knowing it wouldn't be too long before she said to me "Why don't you bugger off back to sea".

It had happened before.

So I did, and I got a job on construction. It was just an unskilled labourer's job. My skills were at sea on ships, which I couldn't use on land, so that an unskilled job on construction would do me until my next job on a ship. I had worked for that construction firm before and knew the foreman.

"We can use you Nick" he said, "We just got a brand-new pile driver on the site. It came from America; you can work with the guys on that".



"A new pile driver. Came from.....?" It was. The very same piece of machinery that we had nursed all the way across the Atlantic.... The monster that we had risked our lives for, many times in the dark, with seas crashing over, making sure it was safe and secure, and now on dry land, I must look after it in a

different way.

It was an easy job. Making sure certain parts were always greased, generator oil topped up, stuff like that. Still there, all the initials the guys had scratched on to it, along with the ship's name. Easy job, but boring.

Needless to say, I was soon off again to sea on another ship, to other places, carrying other cargoes to other places, on other oceans.

Now and again, when I'm silently reminiscing about events in my life and stirring my memory pot, that pile driver of over 60 years ago, is brought to mind by the banging and crashing of pile drivers coming through my apartment window in a land thousands of miles from where it first started.



Kitchen Tips

CROCK-POT FRIED RICE

More often than not, we end up with leftovers in our fridge that would be a shame to throw out if not used in a few days. Here's the perfect dish that's easy to combine and only takes a few hours to make in the slow cooker. ~ ed.

2 cups leftover rice or quinoa
3 tbl butter
2 tbl low-sodium soy sauce
½ tsp ground black pepper
¼ tsp Kosher salt
½ diced onion (or a tablespoon of dried onion)
1 cup frozen or fresh veggies (anything will do)
2 cups leftover meat (i.e. chicken, torn or cut up into bite-sized pieces)
2 eggs, scrambled
Sesame seeds to garnish (optional).

Combine everything in a 4-quart size slow cooker and heat on low for 3 to 4 hours (or high, for 2 to 3).

(from <http://stephanieodea.com>)

LEARNING FROM EVERY ONE ~ John Fowler ~ 51 Alexander

A good friend who had had several partners once told me that you gain something from every relationship. This can be both good and bad, but mostly it's good. Everybody who shares your life as a lover leaves you with a greater understanding of yourself and a keener insight. In many cases, a bad relationship can set you up to relate to Mr. Right when he comes bop, bop, bopping along!

Have you ever noticed that many people seem to move almost seamlessly from one relationship to another? We all know individuals who are always looking, and can never seem to find their ideal soul mate, and aren't willing to compromise at all. These individuals will always be alone because Mr. Perfect only exists in their minds or in fiction.

The real world demands daily compromise in almost every aspect of our lives. Why then, should our romantic lives be the exception? For most of us, choice of mate is merely the first of many compromises.

We all have friends who claim to want a lover and seem to meet one person after another. Each time we think, "well, finally this seems to be the one". Things seem to be progressing nicely and we get out our wash and wear wedding attire

expecting the big event, and it never happens.

There is always a problem with the intended and suddenly all thoughts of a relationship are off. "What in the name of God happened?", you hear yourself demanding.

"Oh, I found out that he doesn't really want the same things out of life that I want. I mean he doesn't even like Beethoven for God's sake."

Come on now, let's be realistic here. You're really setting yourself up to always be alone. What about marry now, change later?

In my instance, I spent the first 45 years of my life alone, thinking that I wanted a relationship and wondering why I couldn't seem to find anyone. Years later, I realized that I was subconsciously giving off all the wrong signals, failing to detect real interest and pushing people away. I would let them get so close and that was it. It really wasn't that I refused to compromise, I failed to be open to any possible relationships that came my way.

Finally, when I had given up all hope and had stopped looking, I did meet someone and we began a difficult three-and-a-half-year relationship. He, to be completely honest, wasn't what I thought I was looking for, but by this time, I was more than ready

to compromise. He was there and interested, so I went for it. He saved me from myself just before I completely fossilized. I was so fixed in my ways that it was pathetic. Talk about control – I was the ultimate control freak. He made me look at myself objectively and see the damage that the years had wrought.

I came face to face with my rigidity. Something had to give, and it was me.

The relationship didn't last, but the friendship will always be there. He left me a much more flexible, open and sensitive person, ready for my current

partner when he came along.

My current successful relationship wouldn't exist without my having experienced an initial failure and subsequent change.

So, from my point of view, if you are lucky enough to find someone, go for it, even if they are not your ideal. You'll never lose in the long run.

(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)



WHAT IS CHFT?

In 1974, a group of non-profit housing co-operatives set up a small organization to promote the development of new co-ops and to provide the education and assistance needed by the growing co-operative housing sector.

Today, the Co-operative Housing Federation of Toronto (CHFT) is a member-supported organization representing more than 45,000 people living in more than 160 non-profit housing co-operatives located in Toronto and York Region.

To learn more, please visit:
<https://co-ophousingtoronto.coop>



EEK!

Depending on the species, a cockroach can be large or small, living alone or in a group. No matter what kind of roaches you have in your apartment, you have probably noticed that they are quick, sneaky, and difficult to get rid of. These pests are adaptable and efficient, and they breed quickly. The problem with apartment buildings is that each unit is at the mercy of the others. Get rid of roaches in your unit by identifying where they are, eliminating those

you have currently, and doing your best to prevent them from returning.

Set traps. This will help you identify how large your roach problem is, and where they are gathering. Purchase inexpensive sticky roach traps from hardware stores or retailers such as Dudley's, Walmart and Canadian Tire, or make your own traps. Use petroleum jelly to coat empty glass jars to prevent their escape. Use a piece of white bread as bait inside the jar.

Place your traps all over your apartment. Likely places of infestation include corners, cabinets, underneath your furniture and in your bathroom.

Keep in mind that roaches prefer to travel along the edges and ends of things, not out in the open. Position traps under things, not in the middle of your floor or counter.

Leave your traps out for at least 24 hours. Look at how many roaches you've trapped, and where most of them were collected.

Throw away the roach traps and roaches you collected. Kill those in your homemade traps by filling the jar with warm soapy water.

To eliminate them, start with natural insecticidal dusts. The most popular are: (1) diatomaceous earth dust (powdered fossils of diatom algae shells), an extremely fine abrasive that kills insects and does not harm

animals and (2) boric acid, or the borax laundry product, both contain the element boron, a natural killer of insects. Pets do not find these tasty or eat them.

Spread these dusts sparingly on surfaces. Borax is effective, because it poisons the roaches. However, the diatomaceous earth dust works more quickly to destroy roaches, because it invades the insects shell at joints and its pores. They can't develop a resistance to either boron products or diatomaceous earth.

Set up bait stations. Using insecticidal bait stations will protect the rest of your apartment from poison. Brand names such as Combat and Maxforce work well. Change and replace your bait stations frequently. The bait will be consumed quickly in highly infested spots.

Look for products that include Hydramethylnon. This is an effective insecticide that can kill roaches within 3 days of consumption.

Fill out a work order and have a licensed professional exterminate your apartment. Pest control experts are permitted to use chemicals that private citizens are not.

To keep them out, **Eliminate all roach food sources.** They love the carbohydrates and sugar found in your food, soaps, and even plants.

Keep food in glass or plastic containers, with lids that fit tightly. Transfer any food that you keep in bags, boxes, or other materials that are easy for roaches to chew through.

Also, be mindful of what you bring in to your home. **NEVER**, bring in items that other folks have thrown away. This is also a great way to bring home beg bugs. Also, when buying certain things in bulk, like burlap bags of rice, make sure the bottom of the bag is not wet which could indicate a nest of bugs inside.



Replace bar soap with liquid soap dispensers, and spread a bit of petroleum jelly on plant holders and pots to keep roaches away from the plants in your apartment.

Keep a clean kitchen! Always, wipe down the surfaces in your kitchen after preparing or eating food. Crumbs, spills, and stains will attract roaches, as will spilled liquids.

Take your trash out frequently, and sweep/vacuum and/or mop your floors to get rid of crumbs and pieces of food daily.

Seal any cracks or gaps with silicone caulk. Roaches travel in and out of walls, doors and windows through cracks as small as 1/5 inch (0.5 cm)!

Check your window screens for holes or other damage. Put weather stripping over any cracks in your

doors, and if possible, leave glue traps around your apartment, including your front door threshold and around the perimeter of your unit. Install window screening in your air vents and keep them vacuumed. Leaving glue traps around your apartment is also effective at trapping bedbugs. (www.wikihow.com)

Part of what makes them so hard to control is their resiliency, which is something of a biological marvel.

1. They can adapt at a scary-fast rate

In the mid-1980s, exterminators began mixing sugary roach-bait with slow-acting poisons intended to spread and wipe out entire nests. It was an effective pest-control strategy, at least at the time. But by 1993 a strange thing happened: The toxins stopped working.

A new study from North Carolina State University may have the answer. *New Scientist* reports that, according to biologists, the cockroaches had "tweaked their internal chemistry so that glucose tastes bitter to them." Surviving bugs then "passed their aversions on to their descendants, and Darwinian selection made it more common."

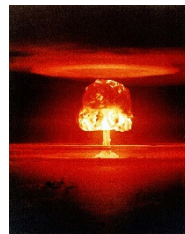
In other words, the roaches had evolved in just a few generations.

2. Females don't need males to reproduce

Females can deliver 40 to 60 live offspring per birth. But laying dozens of ghostly vermin isn't their only super-efficient reproductive trait. Females are capable of what scientists term parthenogenetic reproduction, or virgin births. According to the University of Massachusetts' biology department, "The American cockroach is said to be able to produce parthenogenetic offspring under severe conditions when no males are available." Girl roaches, in theory, *could* run the world.

3. They could probably survive a thermonuclear war

Imagine this: World War III winds to a close. The last nuclear cruise missile has long since exploded, and humans are slowly being erased from the planet, leaving Earth in the capable hands of the Cockroach World Order. You've probably heard some variation of this scenario before. And at least in theory, it's partly true.



Mythbusters tested the effects of radiation on cockroaches in an experiment. Of a population of thousands of roaches, the team discovered that 10% could survive Hiroshima-level radioactive rays after 30 days of exposure. According to the website *Slate*, it may be "because [roaches] are relatively simple organisms with fewer genes that might develop mutations." Their

cells divide far more slowly than human cells, affording the roach's cellular chemistry more time to fix the problems caused by radiation, like broken strands of DNA. Small wonder their fossil records date back to 300 million B.C.

4. They can hold their breath for a long time

Ever wonder why pesticides are largely ineffective against large batches of roaches? It's partly because of their highly efficient breathing system. A 2009 Australian study found that cockroaches can hold their breath for five to seven minutes at a time. *ABC*

Science reports that "oxygen flows in as required into the tracheal system through valves on the insect, called spiracles. But, sometimes, they shut their spiracles and stop breathing." Scientists think the mechanism helps regulate the insect's loss of water, especially during extended dry periods.

5. Yes, they can live without their heads

Here's a no-brainer: If you or I were to have our heads cut off, we'd die. We'd lose our ability to process the most basic bodily functions, like breathing. Plus, we'd quickly bleed to death.

Cockroach physiology is a totally different story. "They don't have a huge network of blood vessels like that of humans, or tiny capillaries that you need a lot of pressure to

flow blood through," Joseph Kunkel, a biochemist at the University of Massachusetts Amherst tells *Scientific American*. "They have an open circulatory system, which there's much less pressure in." If a roach were decapitated, it would simply continue to breathe through its spiracles, and its neck would seal off and clot so there's no uncontrolled bleeding.

Sure, the cockroach's aimless torso would lose a huge amount of sensory information provided by its antennae and brain, and it wouldn't be able to eat anything. That said, a newly decapitated roach who just had dinner can continue surviving for weeks on end. "As long as some predator doesn't eat them, they'll just stay quiet and sit around," says Kunkel.

(Eye-opening info from 'theweek.com')

DAVE'S DINER ~

Dave Wickett – 51 Alexander

I am an old guy and I like "diners". My first job? I was a 15-year-old short-order cook at a diner in a small Alabama town.

I was very sorry when 'The Studio' closed its doors. Friends and I ate there (east side of Church just south of Carlton) at least once a week for years. Weekend mornings the place was packed with breakfast-seeking neighbours.

I didn't know of any other diners in the neighbourhood until I came across 'Chew Chew's' on Carlton.

For others who like the 'diner' experience, it still lives at Chew Chew's Diner at 186 Carlton St. (opposite Alan Gardens park). 416-924-7583. They have a fast take-out service too.

They have all of my old favourites so check out the menu at:

www.chewchewsdiner.ca



Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." – *Dr. Seuss, The Cat in the Hat*

"WELL, THE GOOD NEWS IS ..." –
Tom Maunder – 51 Alexander

... it is not a heart attack." These *somewhat* comforting words were delivered to me while I was in the Emergency Room of the Peter Monk Cardiac Unit on New Year's Eve. To be in Emergency on New Year's Eve is a treat in itself.

I was taken to Emergency by two quite charming EMS attendants because I had suddenly fainted, flat on the floor, and was unable to get up as I had no strength in my arms or legs. The issue was then to get from the dining room to the bedroom where my phone is, all the while flat

on my back. I live in a large one bedroom; my journey to the bedroom took two hours. I finally got to the bedroom, made the 911 call, and, within about two minutes, my bedroom was filled with young men, including our City Park Security, trying to help me. Why am I telling you all this?

Because I learned some tough lessons which might be of interest to you.

Lesson #1 is that I am no longer immortal and that the Grim Reaper is moving closer.

Lesson #2 is to have a phone in the living room and, perhaps, even the bathroom.

Lesson #3 is to invest in some type of medical alert system.

Lesson #4 is to make sure my papers are in order and the City Park office knows whom to call.

Lesson #5 is to find a friend on my floor to check in on me.

Lesson #6 is to create open spaces in my apartment so that, if I do fall again, I am not going to bang my head on the corners of my furniture.

Lesson #7 is to have a small bag packed with those personal items which I need, but the hospital does not supply, and a list of all my prescriptions.

Lesson #8 is that, when fall comes to push, I will find the strength.

Lesson #9 is to never forget what a remarkable job our Security Guards do.

Wise words to note for all of us ~ ed.

TIPS TO AVOID MINDLESS EATING

Take smaller servings and use smaller dishware. This way, you can assess whether you need a second serving to satisfy your physical hunger or if you're satisfied with a smaller amount.

Try not eating when distracted. When you're absorbed by your cellphone, computer or TV, you can easily overeat, as distraction increases the likelihood of mindless eating. Pay attention to what, and how much, you're eating, and take pleasure in your meals and eating environment.

Let yourself feel hungry between meals and snacks. This is a good way to start understanding the gradual onset of hunger and what it truly feels like to be physically hungry.

Don't deprive yourself. Enjoy the occasional treat, but do so in a mindful way with a controlled portion.

WE SHARE THE AIR! WHAT IS THE FUTURE OF SMOKING IN MULTI-UNIT HIGHRISES? ~

Andrew Lesk – 51 Alexander

It perhaps comes as no surprise that in the US, in November 2016, the Obama administration banned smoking in public housing developments nationwide. They realized that there is clear and indisputable evidence that second-

hand smoke is harmful, and that living in close proximity, as we do in our high-rises, presents ongoing risks since we all 'share the air.'

Our own Canadian government has not been sitting back. Just last month, in February 2017, Health Canada released a call to action, with proposed guidelines to ban smoking inside apartment buildings and on post-secondary school campuses. In addition, the legal age to purchase tobacco products would be raised to 21.

For those of us who don't smoke – the most recent stats reveal that it's about 85% of the adult population – we know that second- and third-hand smoke directly affects our lives. Living in buildings where air flow is often problematic, we are often forced to breathe deadly carcinogens, not only in hallways but also inside our apartments.

Second-hand smoke presents particular risks for the elderly. In a study published in the journal, *Occupational and Environmental Medicine*, the article entitled 'Association between environmental tobacco smoke exposure and dementia syndromes,' states that (non-smoking) people exposed to smoky air were at greatly increased risk of 'severe dementia'; this includes Alzheimer's.

The Information Days that City Park hosted last fall (including a presentation by Andrew Noble of Smoke-Free Housing Ontario) were very well received, and the feedback

was fantastic! The City Park Board has authorized more study; and to that end, a group (comprised of smokers and non-smokers) is putting together a survey to get more feedback from City Park residents. This should be available to all within the next month, so stay tuned!

If you need more information on the Canadian Government's plan, type this phrase into Google: 'Seizing the opportunity: the future of tobacco control in Canada.' To access the article '*Occupational and Environmental Medicine*', Google the article title. If you need more information or are having difficulty accessing any of these resources, please drop me a line at alesk.cp@gmail.com.

**SO, YOU WANT TO LIVE LONGER,
BE HEALTHIER, AND MAKE
FRIENDS? JUST READ ON ~**
Tom Maunder – 51 Alexander

On February 26, 2017, Aging in Place facilitated an interactive workshop by Fitness and Nutritional Coach, Katias Yee. The purpose of the workshop was to make the participants aware of the myriad connections among diet, exercise, agility, and psychological health. In an energized presentation, Katias took the Members through a number of hoops designed to enhance wellbeing. Information and advice were shared and exercises demonstrated. Here are some points made by Katias.

1. Find the Body Mass Index chart on the Internet and calculate where you sit. The results may make you want to stand.
2. Canada's Food Guide needs revision as it is out of date.
3. We seldom estimate our weight correctly.
4. Be aware of how Loblaws encourages overeating. For example, the cash for the prepared foods is opposite the dessert counter. A dessert usually follows a meal. Right?
5. Cook your own meals. If you go out, do a calorie count of the menu choices.
6. Adults over 50 should consume 2,000 to 3,000 calories per day. A double burger has 1929 calories. Get the message?
7. We live in a fast food culture and developing healthy eating habits takes work, lots of work.
8. Moderate exercise is as good as heavy.
9. One third of older adults fall so develop and practise exercises to improve agility and balance.
10. Use sturdy furniture for support. Walk or stretch after sustained computer time while seated. The computer is a health hazard if you don't take standing breaks regularly.
11. Develop a social network to keep cognitive processes functioning. Intelligent conversation works wonders. Go to Friday Morning Coffee in the PMG.
Katias will be back, so join Calvin, Jo-Anne, and Feroza from AIP and get pumping!

HAVE YOU SEEN MARTIN? **Else Kesonen – 51 Alexander**

Who is this Martin and why was I asking for him?

He is one of the angels of City Park. Martin drives a taxi that many of us, including myself, use to get to medical appointments, the airport and, perhaps, shopping. Martin is now going into semi-retirement much to the horror of his many customers.

We are so spoiled by the gentle manner and kindness he has shown to us all.

How did all this come to be?



Martin arrived in Toronto in 1971 from Jamaica and by the next year, he was driving a taxi. Many years of driving in

Toronto followed. About 25 years ago, Deana O'Riley and our then president, Peter Gernon, arranged for two taxis access to the courtyard so the residents would enjoy easier access to transportation. The other driver was named John. He has died I believe.

There are many stories of Martin coming to pick someone up at four or five in the morning for a trip to the airport. There are stories of Martin visiting City Park residents in the hospital. He is much more than a taxi

driver. He has been a friend of many of us here at City Park.

In 2011 I had an opportunity to partake Martin's services after a bad bicycle accident in Finland. Oh, the fun he must have had taking me to the fracture clinic, doctors' appointments etc. I was mostly stressed out, hyper-ventilating, crying with fear. He would say: "Are you crying again? Soon I will have to start crying myself." Eventually his relaxed manner flowed to me and I was all right for one more doctor's visit.

He has picked me up at four-thirty a.m. to take me to the airport so I could visit my sick brother.

He was and is there for Maria, Lorraine, Barbara and Deana. Everyone at City Park is grateful for his generosity and caring. No ride was too short or too long. Weather was never a problem.

He knew all his passengers by name. He helped people to get to their apartments.

City Park has been very fortunate to have such a wonderful service from such a caring person.

P.S. You can contact Security for Martin's number.



HOUSEHOLD HAZARDOUS WASTE FYI

The following products **MUST NOT** be put in the garbage, poured down your drain/toilet, or poured in our sewers. If in doubt, check the 'Waste Wizard' website to see proper disposal instructions:

(www.toronto.ca/wastewizard)

or call 311.

Household cleaning products: Abrasive powders, ammonia-based cleaners, bleach, disinfectants, drain cleaners, floor and furniture polish, metal cleaners, window glass and plastic cleaners.

Personal care products: Alcohol-based lotions (aftershave, perfume etc.), medication, nail polish remover. *Syringes and medical sharps must be in a sealed container.*

Car / garage products: Antifreeze, car batteries, brake fluid, body filler, fuel (gasoline, diesel, kerosene), motor oil (new and used), oil filters, windshield washer fluid.

Paint, solvents, glue: Automotive spray paints, latex and water-based paints, paint strippers, rust removers, stains, thinners, turpentine, wood preservatives.

Pesticides, garden products: Poisons (ant, mouse, rat etc.),

fertilizers, fungicides, insecticides, weed killers (herbicides).

Other: Air fresheners, batteries, compact fluorescent lamps (CFLs), cooking oil, propane tanks, swimming pool chemicals.

Empty paint cans with their lids removed, and empty aerosol cans (with their lids left on), can go in recycling.



Did you know that all electronics are collected separately and should never be thrown in the garbage or recycling bins?

Lastly...NEVER mix products together. Each one disposed should have its label intact if possible.

TAKE A WALK IN MY SHOES ~ Tom Maunder – 51 Alexander

I am a Member, a Director, and the Treasurer for City Park Co-op. My purpose in this article is to give the Members a sense of what my day looks like as I attempt to do my duties.

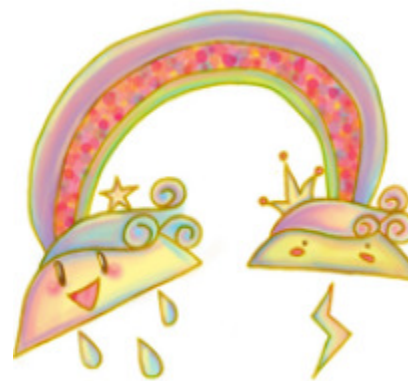
When dawn breaks over the Co-op, I go to my computer to check emails concerning the Co-op and the Board. On a slow day, there may be none; on a busy day, there may be 20. These emails cover a wide range of topics: Members' concerns, Security incidents, Maintenance issues, contract negotiations etc.

Once the emails have been dealt with, I move on to the reading required for the Board meeting. For example, there may be a number of letters from Members, a usually lengthy Security Report, and ongoing legal matters. Minutes have to be approved. Contracts up for consideration need to be carefully perused. Things move quickly in a Board Meeting and each Director needs some background to make an informed contribution.

Prior to each meeting, the President, the Vice-President, the Corporate Secretary, and the Treasurer meet in the office to sign cheques to pay the bills of the Co-op. This involves a careful consideration of the amount and the presence of the appropriate documentation. There are often 25 to 35 cheques. In addition to the above duties, each Board member acts as the Liaison to various committees and/or projects. For example, Achira Saad deals with Membership Selection, David Wootton with Landscape Committee, and Michel Gauvin with Maintenance and Property Standards. Each Director may have more than one Liaison responsibility. I have the pleasure of dealing with LINK, Aging in Place, Finance, and the Christmas Drop-In. These committees/projects usually meet once a month. In addition to his/her formal duties, a Director is often asked for help with a particular Member issue. The Director then can help that Member get in touch with the right people.

The Board and the Co-op must work within quite restrictive parameters laid down by the City of Toronto and the Province of Ontario. The Board does what it can.

As 'they' say in forensics, different eyes mean different evidence. My eyes tell this Board is working quite hard on a wide variety of issues and deserves your support.



**THE
READING
RAINBOW ~**
Linda Gallant

**City Park
Library in the
PMG**

Hours: Tues/Wed/Thurs. 4:00 – 7:00p.m., and Fridays and Saturdays from 10:00a.m. until 1:00p.m.

Our Annual Book Sale is coming up on June 2, 3 and 4th.

We will be closed from June 30 until September 5th.

We're a lending library and we treat all the books and magazines with heat to destroy any traces of bugs. We have books, DVDs, CDs and even vinyl records (a turntable that can be plugged into a stereo would be greatly appreciated if you're not using yours). We also have board games, cribbage and jigsaw puzzles. We loan these items out, but on demand, we can also accommodate or arrange group play.

We even have a childrens' and teenagers' book shelf.

A Windows 10 all-in-one computer was donated by our Management Company (OPMG) for the use of everyone, and Dotto One has donated cap-free Internet service. Our Security personnel patrol the PMG on a varied schedule. During heat waves, when the PMG opens for cooling, you're still welcome to visit us.

Donations are welcomed, especially the New York Sunday Times, The Walrus and Macleans which we get asked for all the time. If anyone has a 4-wheeled multi-shelf cart, we could really use one for a mobile book cart. We will be bringing this cart into each lobby at least once a month.

We hope to open the new season in September with an Open House event. We will also start groups dedicated to reading out-loud, and music appreciation. Please contact us to make arrangements.

We have a gold on black book at the library desk in which we welcome your comments in person, or by email at:

libraryinthepmg@gmail.com. We



appreciate our volunteers and invite you to join our team. Volunteering with the CP Library may be just the adventure you need to stretch your

limits and create a new corner in your life.

BE KIND TO YOUR NEIGHBOURS

A national survey has found that the smoking rate among Canadians is at an all-time low, at 15 per cent of the population.

Unfortunately, this also applies to us living at City Park. It seems most cigarette smokers are completely unaware that their cigarette smoke drifts out of their apartments, into the hallways, and into the apartments of their neighbours.



To those with breathing issues, like asthma and COPD, it is not a funny matter...at all!

For the health and well-being of the 85% non-smoking neighbours, please consider smoking outside the building. Remember too that kitchen and bathroom vents need regular vacuuming/cleaning, otherwise they become clogged. Ultimately, smoking anywhere inside our buildings is hazardous to everyone, pets included.



Did you know that one in five fire fatalities are caused by cigarette smokers ~ it has happened here at City Park on a few occasions over the years! ~ed.



TORONTO HEAT

BYLAW: “A landlord is responsible for providing heat to a residential dwelling that is rented or leased, to a minimum air temperature of 21

degrees Celsius from September 15 to June 1.”

June 1st ??? This antiquated bylaw has been in place for decades, and there have been numerous studies, meetings and town-halls etc., to change the date; yet the bylaw remains in place with no changes.

With global warming a reality, and yet another warm spring coming very soon, we need to keep the pressure up on City Hall.

Contact our Councillor, Kristyn Wong-Tam at 416-392-7903 or by email:

councillor_wongtam@toronto.ca

Unfortunately, the Co-op must adhere to this bylaw, BUT, our **heat output can be reduced, provided the ambient air is above 21 degrees Celsius inside our units.** I realize some units have heating issues, but when the outside temperatures climb, this is not an issue in any of our units.

It would be nice if Ivor & Mashkoor keep on top of the weather forecast without the need of Members, like myself, to keep pestering them until they reduce the heat output. ~ ed.

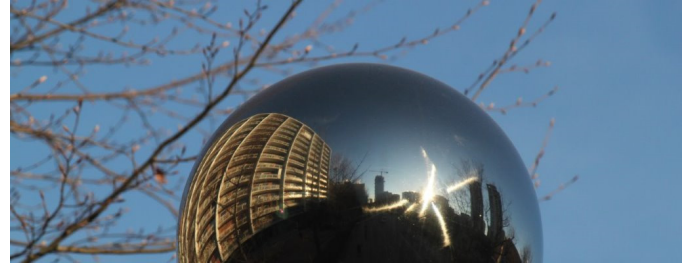


Photo courtesy of John Gordon ~ 51 Alexander

SUBMISSIONS TO LINK

All Members are encouraged to submit material of interest to the Membership for consideration 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.

