



JULY~AUGUST~SEPTEMBER 2017

Volume 22 - # 3

NEXT DEADLINE: SEPTEMBER 22, 2017

OCCUPANCY BY-LAW #3 SCHEDULE M, #7



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The next **LINK** deadline for submissions
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support for the You Hold the Key campaign, endorsing the U.N. sustainable development goals, and bylaw amendments for directors' terms. Members also passed two resolutions to support the development of new co-op homes.

Resolution 4 called on CHF Canada to devote at least \$1 million to explore opportunities and build development capacity. CHF Canada Executive Director Nicholas Gazzard said these resolutions show that Canada's housing co-ops are thinking about more than just themselves.

"We will work to bring our financial and real estate assets to the table in partnership with government and the private sector to develop secure, community-oriented affordable co-op housing for the benefit of Canadians."

The meeting also featured an address by Ralph Marcus, chair of the National Association of Housing Co-operatives from the U.S. and a keynote speech by Kishone Roy, executive director of the BC Non-Profit Housing Association about exciting new partnerships between BC's co-op and non-profit housing associations.

At their meeting, Ontario delegates gave a standing ovation to Ontario Minister of Municipal Affairs and Housing Chris Ballard.



Close to 750 housing co-op members, supporters and staff attended CHF Canada's 2017 Annual Meeting in Niagara Falls recently to learn, to network and to shape an exciting future for co-op housing.

At the AGM opening, they heard from Adam Vaughan, MP for Spadina-Fort York and Parliamentary Secretary to the Minister Responsible for CMHC, give a thrilling speech about the potential for co-ops to be a significant part of a renewed national focus on addressing the housing needs of Canadians and particularly Canada's Indigenous peoples.

Delegates approved eight national resolutions including continuing

During the week, participants chose from scores of workshops at the Member Education Forum, and the Co-operative Management Conference offered professional development opportunities for managers of housing co-ops.

CHF Canada also celebrated notable contributions to co-operative housing by member co-ops and individuals.

The recipient of CHF Canada's Award for Co-operative Achievement is Sarcee Meadows Housing Co-op in Calgary, Alberta for starting a Women's Circle to learn about each other's cultures. The co-op is being recognized for building bridges in their community, living with diversity, and reminding us that everyone benefits when all cultures are welcomed and included.



Diane Miles (pictured to the left with Harvey Cooper) was named Honourary Lifetime Associate. Last year, after a 40-year career in housing, mainly co-op housing, she retired as Manager, Co-

operative Services at CHF Canada's Ontario Region. Diane left her legacy in every corner of the work done for Ontario co-ops. She worked in the supportive housing sector before becoming manager at John Bruce Village and Windmill Line Co-op. Diane was a steady hand who

provided co-ops with professional, practical advice as they dealt with change and upheaval. Throughout every major co-op housing issue and program change in Ontario, Diane was there, helping members adjust to the new ways of doing things.

Liberal MP for Spadina-Fort York Adam Vaughan received the Award for Outstanding Contribution to Co-operative Housing. Adam has long been recognized as a co-op housing champion, ever since he was first elected to Toronto City Council in 2006. As part of the new Liberal government elected in 2015, Adam has established himself as one of the most influential MPs on Parliament Hill, especially on housing, most recently as Parliamentary Secretary to the Minister Responsible for CMHC, Jean-Yves Duclos. He has been a leading force behind the development of a National Housing Strategy. Adam has also campaigned fiercely on behalf of extending rent-geared-to-income subsidies.

For more information about CHF Canada, please visit www.chfcanada.coop

THE BEST SENIOR DISCOUNTS IN CANADA

HOW SENIORS CAN SAVE ON SHOPPING, TRAVEL, DINING AND ENTERTAINMENT

If you're a senior living in Canada, you're in a good position to save.

Some businesses offer discounts for customers who are 55 or older, and many more offer discounts for customers who are 60 or 65 and older. Check out this list of senior discounts for Canadians, so you don't miss out on any of the savings that you're entitled to.

Note: While every effort has been made to verify these offers, discounts may change and sometimes they vary from location to location. Check the websites of these businesses for changes, availability and restrictions for each program. Call to confirm availability in your area before you head out.

Avis

Get up to 25% off the lowest rate. You must be a CARP member. You'll also get free enrollment into their Avis Preferred service and earn Aeroplan points.

Hudson's Bay: The first Tuesday of every month, Seniors 60+ get an extra 15% off everything, even sale items!

Best Western

If you're 55 or older, you'll receive 10% off or more. You may also receive early check-ins, late check-outs, and free room upgrades. Simply make a hotel reservation and show proof of age upon check-in.

Budget

Save up to 25% off the lowest car or truck rental rate. Must be a CARP member. You'll also get free enrollment in their Budget Fastbreak service and receive Air Miles.

Choice Hotels: Includes: Choice Hotels – Comfort, Comfort Suites, Quality, Sleep Inn, Clarion, EconoLodge, Rodeway Inn®, MainStay Suites, Suburban Extended Stay, and Ascend Hotel Collection.

A 10% discount when you book in advance. Ages 60 and over.

DoubleTree

Senior discount rate available at participating hotels. Ages 65 and over are eligible. You can also book a second room for family members at the same discounted rate.

Go Transit: Half off the adult fare for a single-ride day pass. Ages 65+

Greyhound: A 10% discount. Ages 62 and over qualify for the discount.

Marriott

Save 15% or more off rates. Ages 62 and over qualify.

Mandarin Chinese Buffet

Get 20% off the buffet price with valid ID. Ages 65+ qualify.

Rexall Pharma Plus

Save 20% on regular-priced merchandise on Seniors' Day (happens every Tuesday). Some exclusions apply.

Sandman Hotels

Sign up for 55Plus Program for discounts at all locations.

Shoppers Drug Mart

Get 20% off regular-priced

merchandise on Seniors' Discount Day, every Thursday. Some exclusions apply. Ages 65 and over are eligible.

Toronto Symphony Orchestra: Save 25% on certain shows if you're a CARP member

Via Rail: Discounted fares are available for all people age 60 and over. You can save 10% on the Economy Plus fare and on regular Sleeper, Sleeper Plus and Touring fares.

Wyndham Hotels:

Includes: *Baymont, Days Inn, Howard Johnson, Hawthorn Suites, Microtel and Travelodge, Wingate by Wyndham*

Up to 20% off the best available rates for ages 60+.

From the frugal living website:

www.thebalance.com

THERE'S NO ESCAPE

Unfortunately, you are sadly mistaken if you think that you and your apartment here at City Park are immune from having a bed bug or two visit you from time to time. Until the world's scientists can come up with a pesticide that won't kill us too, we are going to be annoyed by these pesky little creatures for some time to come.

It annoys me no end to learn that some people who get bitten don't even know it until they see the

distinctive pink/red welt that appears on the skin sometime after a bed bug has its meal. No itch, no nothing! Yours truly, on the other hand, am extremely allergic to their bite and itch constantly for about five days before it stops. Nothing helps reduce the itch for me, other than taking Chlor-Tripolon (an old-school anti-histamine like Benadryl) and/or applying very hot water to the bite. Applying stingingly hot water stops the itch for quite a while, but it always comes back.

Fortunately for my husband and I, we haven't had many instances with bed bugs, but, we have had a couple over the years (thankfully always just one or two...no infestations). No matter how well you clean and try to keep all bedding materials off the floor, one will get you sooner or later. I have caught one crawling in the common hallway of our floor, and in another instance, found one crawling in our living room window frame. Isolated cases thankfully; there were no others.

For us, the best solution was to throw away our wooden bed frame and replace it with a metal framed bed, keeping all bed feet on open glue traps. (These must be changed every few months because they get dusty and full of hair). The comforter is always tucked in and never touches the floor. No bed skirts either and no carpet in the bedroom. Vacuuming, Swiffering and damp mopping must be done on a very regular basis.

Unfortunately, there are still a few Members at City Park who drag in wooden items found in the garbage on the street, or at lawn sales, and these are two of the worst ways of keeping the bed bug situation at City Park thriving.

Once one of us gets bitten, we strip the bed (except for the bed bug mattress cover because there's nowhere for them to hide) and rush everything, including the pillows, to a hot dryer which always gets them (along with a thorough vacuuming of the bed frame). It is highly recommended to buy the best quality mattress cover you can afford... don't buy the cheap plastic ones that are guaranteed to prevent you from a good night's sleep!

If there are tell-tale signs of more than one, for the sake of yourself and all your neighbours and pets, you must fill out a work order and have your unit treated. Left untreated, your problem will get worse and affect you, your pets, and all those living around you.

~ ed.

LIKE HUNGER OR THIRST, LONELINESS IN SENIORS CAN BE EASED

It's widely believed that old age is darkened by persistent loneliness. But a considerable body of research confirms this isn't the case.

In fact, loneliness is the exception rather than the rule in later life. And when it occurs, it can be alleviated.

Only 30 percent of older adults feel lonely 'fairly frequently', according to data from the National Social Life, Health and Aging Project, the most definitive study of seniors' social circumstances and their health in the U.S.

The remaining 70 percent have enough fulfilling interactions with other people to meet their fundamental social and emotional needs.

"If anything, the intensity of loneliness decreases from young adulthood through middle age and doesn't become intense again until the oldest old age," said Louise Hawkley, an internationally recognized authority on the topic and senior research scientist at the National Opinion Research Center (NORC) at the University of Chicago.

Understanding the extent of loneliness is important, insofar as this condition has been linked to elevated stress, impaired immune system function, inflammation, high blood pressure, depression, cognitive dysfunction and an earlier-than-expected death in older adults.

A new study, co-authored by Hawkley, highlights another underappreciated feature of this affliction: Loneliness is often transient, not permanent.

That study examined more than 2,200 Americans ages 57 to 85 in 2005 and again in 2010. Of the group who reported being lonely in 2005 (just under one-third of the sample), 40 percent had recovered from that state five years later while 60 percent were still lonely.

What helped older adults who had been lonely recover? Two factors: spending time with other people and eliminating discord and disturbances in family relationships.

Hawkley explains the result by noting that loneliness is a signal that an essential need — a desire for belonging — isn't being met. Like hunger or thirst, it motivates people to act, and it's likely that seniors reached out to the people they were closest to more often.



Her study also looked at protective factors that kept seniors from becoming lonely. What made a difference? Lots of support from family members and fewer physical problems that interfere with an individual's independence and ability to get out and about.

To alleviate loneliness, one must first recognize the perceptions underlying the emotion, Hawkley and other experts said.

The fundamental perception is one of inadequacy. People who are lonely tend to feel that others aren't meeting their expectations and that something essential is missing. And there's usually a significant gap between the relationships these people want and those they actually have.

This isn't the same as social isolation — a lack of contact with other people — although the two can be linked. People can be 'lonely in a marriage' that's characterized by conflict or

'lonely in a crowd' when they're surrounded by other people with whom they can't connect.

Interventions to address loneliness have received

heightened attention since 2011, when the Campaign to End Loneliness launched in Britain.

Here are two essential ways to mitigate this distressing sentiment:

Alter perceptions. Loneliness perpetuates itself through a gloomy feedback cycle. We think people don't like us, so we convey negativity in their presence, which causes them to withdraw from us, which reinforces our perception that we're not valued.

Changing the perceptions that underlie this cycle is the most

effective way to relieve loneliness, according to a comprehensive evaluation of loneliness interventions published in 2011.

Heidi Grant, associate director of the Motivation Science Center at Columbia University, described this dynamic in an article published in 2010. “If co-worker Bob seems more quiet and distant than usual lately, a lonely person is likely to assume that he’s done something to offend Bob, or that Bob is intentionally giving him the cold shoulder,” she wrote.

With help, people can learn to examine the assumptions underlying their thoughts and ask questions such as “Am I sure Bob doesn’t like me? Could there be other, more likely reasons for his quiet, reserved behavior at work?”

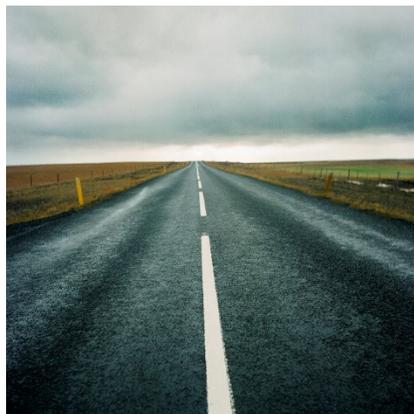
This kind of “cognitive restructuring” is an essential component of LISTEN, a promising intervention to treat loneliness developed by Laurie Theeke, an associate professor in the school of nursing at West Virginia University. In five two-hour sessions, small groups of lonely people probe their expectations of relationships, their needs, their thought patterns and their behaviors while telling their stories and listening to others.

Joining a group can be effective if there’s an educational component

and people are actively engaged, experts said.

Invest in relationships. With loneliness, it’s not the quantity of relationships that counts most. It’s the quality.

If you’re married, your relationship with your spouse is critically important in sustaining a feeling of belonging and preventing loneliness, Hawkley said.



If you haven’t been getting along, it’s time to try to turn things around. Remember when you felt most connected to your spouse? How did that feel? Can you emphasize the positive and minimize the negative? If you’re badly stuck, seek professional help.

Investing in relationships with family members and friends is similarly important. This is the time to move beyond old grievances.

“If you want to recover from loneliness, try to deal with difficulties that are disrupting relationships,” Hawkley said.

Also, it’s a good idea to diversify your relationships so you’re not depending exclusively on a few people, according to Jenny de Jong Gierveld and Tineke Fokkema, loneliness researchers from the Netherlands.

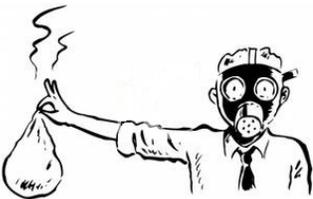
Training in social skills can help lonely people deal with problems such as not knowing how to renew contact with an old friend or initiate conversation with a distant relative. And learning coping strategies can enlarge their arsenal of adaptive responses.

Both strategies are part of a six-week “friendship enrichment program” developed in the Netherlands. The goal is to help people become aware of their social needs, reflect on their expectations, analyze and improve the quality of existing relationships and develop new friendships.

One simple strategy can make a difference. “If you have good news, share it,” Hawkley said, “because that tends to bring people closer together.”

From Kaiser Health News (KHN) – an American national health policy news service.

SUMMER SENSE



Now that the hot, humid weather is here, most of our windows are closed with the A/C running, and our apartments tend to start smelling up from cooking and the cigarette smoke from our neighbours.

A great solution is to simmer some potpourri on your stove or in a very small slow cooker with the lid off.

Here’s some pleasing ideas:

- 1) Stovetop scents don’t have to be sweet. Try a simple blend of fresh rosemary, lemon slices, vanilla extract and water for a fresh, clean, and not the least bit cloying scent.
- 2) How ‘bout a fall type scent mixing cinnamon sticks, apple and orange slices and a sprinkling of whole cloves with water of course.
- 3) Here’s one that’s guaranteed to please: a mix of red grapefruit slices, shredded coconut, eucalyptus leaves, rosemary, vanilla and water.

Ideas from www.rodalorganiclif.com

PHYSICAL ACTIVITIES TO TRY AS YOU GET OLDER

As you get older, physical activity and exercise really helps you stay healthy, active and independent. However, making sure it is fun, and that you can do it with relative ease, is important too.

Keeping fit is an essential part of making sure that aches and pains don't catch up on you, and can help with lowering the risk of heart disease, type 2 diabetes, depression and dementia. Remaining active ensures that you can continue to

enjoy activities and hobbies that you have always loved.

Physical activity can include all sorts, from simple sitting exercises to practising yoga or walking around the garden. Guidelines suggest you should aim for at least 150 minutes of moderate activity each week, especially as you begin to age.

Here are five low-impact physical activities to try, that can help improve your health and wellbeing:

1. Aerobic Exercises – Yoga: The one regret you will have when taking up yoga is that you didn't start sooner. Many people often start yoga in their seventies, because of its health benefits.

Previous research suggests that regular yoga practice can be hugely beneficial for people with aches and pains, including lower back pain, heart disease, high blood pressure, as well as depression and stress - and can improve overall mental wellbeing. Yoga is often popular amongst people living with arthritis, as it is a gentle way to promote flexibility and strength.

You can start practicing yoga at any point, even if you have never tried it before, as there are classes and exercises for every age group at every level. You might find activities like meditation helpful, too.

2. Table Tennis: Activities such as table tennis have been proven to improve motor skills and increase blood flow to the brain.

Table tennis is a great way to engage with physical activity as it is competitive, and is sociable and entertaining for those who participate. Playing table tennis also improves hand-eye co-ordination and balance, and **builds self-confidence** to help reduce the likelihood of a fall.

Table tennis can be played by people of any age, and can even be played sitting down.

3. Walking Football: Walking Football is the new latest craze. The rules of walking football are like a normal game of football, but the teams are made up of five to seven players, rather than eleven, there are no off-side rules. The ball is to be kept below head height and more importantly, running or jogging is not allowed.

The game is as mentally demanding as it is physically, as players must resist temptation to run for the ball. As a result, it is a **great way to socialize**, stay active and continue playing the game you have always loved to play.

4. Walking: Walking is an ideal form of exercise for people if you are not used to regularly exercising, but want to start being more physically active. Regular walking of a

moderate intensity has been shown to have wider health benefits, reducing the risk of chronic illnesses such as heart disease, stroke, asthma and type 2 diabetes.

Walking in a group or with a friend is a great way to stay motivated, get physically active and socialise at the same time. What's more, you won't even realise that you are exercising!

If you feel you are able, you can always finish your walk off with some gentle stretches to improve your flexibility.

5. Sitting Exercises: Gentle sitting exercises are a really easy way of improving your mobility and fitness, and can be done from the comfort and confidence of your arm chair.

Sitting exercises are movements that can be built up slowly and can begin to be gradually repeated over time. Combining a few sitting routines together and performing them at least twice a week can really help to improve core strength, balance and coordination.

By sitting on a chair, **which is stable and solid**, you can also carry out exercises which are good for your overall **posture**, such as chest stretches.

It is advised that you consult a fitness professional or health professional if you are living with chronic pain or illness, before you try certain physical activities.

From www.netdoctor.co.uk



"Ask not, what the Co-op can do for you, but what you can do for the Co-op".

David Horne ~ 51 Alexander
via JFK

PAUL BAKER IS 'A MOVIN' ON

One of the mainstays of the City Park family, Paul Baker, has moved on to a Jesuit retirement facility in the bucolic splendor of Pickering. The move was a challenge for Paul because of the separation from friends, the sorting of Smithsonian-like archives, and the disposal of furniture. Paul had to downsize and the mantra of 'Pitch or Keep' was chanted quietly in the wee small hours as Paul filled box after box. In Paul's case, it was even more of a challenge due his inclination to keep documents because one just never knew when they may be needed. And, after 15 years, 7 months, in City Park, there were plenty of documents but no longer the need.

Paul's interest in the Co-operative Movement originated while studying at St. Francis Xavier University and from his contact with Moses Coady, one of the founders of the Antigonish Movement. This movement advocated for Co-operative principles in the economy of the Maritimes. It was only natural that Paul would bring his co-operative



principles to the running of City Park. These principles found fruition in Paul's many initiatives and projects while at City Park.

Most Members will likely associate Paul with the Seasonal Light Project which

brought a glow to our otherwise dark gardens and sore knees to Paul as he sorted bulbs in the basement of 51. Paul also worked on the always interesting Landscape Committee and Membership Selection. One of Paul's ongoing concerns is the process for acquiring the Board of Directors at City Park. Paul advocated for a more careful screening of Board members to ensure skill sets and experience that would benefit the Co-op. Acclamation was not Paul's favourite means to get Board members.

We wish our favourite gadfly well, and look forward to his efforts at keeping the Jesuits up to the mark.

All flocks need shepherds.

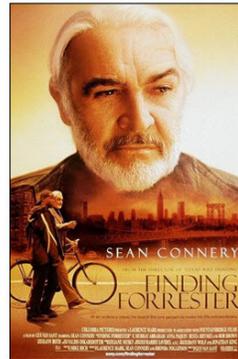
Tom Maunder ~ 51 Alexander



In the Peter Michael Gernon Community Hall
Finding Forrester

2000 – 7.3/10 stars – 136 minutes

Starring: Sean Connery, Rob Brown, F. Murray Abraham
Director: Gus Van Sant



Plot: A unique relationship develops between an eccentric, reclusive novelist and a young, amazingly gifted scholar-athlete. After the novelist discovers that the young athlete is also an excellent writer and secretly takes him on as his protégé, they develop an unlikely friendship. As they learn more about each other, they learn more about themselves, and ultimately, with the help of his new mentor, the basketball star must choose the right path.



In the Peter Michael Gernon Community Hall
Madame Sousatzka

1988 – 6.7/10 stars – 122 minutes

Starring: Shirley MacLaine, Navin Chowdhry, Peggy Ashcroft
Director: John Schlesinger



Plot: In London, eccentric piano instructor Madame Sousatzka (Shirley MacLaine) takes on a new prize protégé, Manek (Navin Chowdhry), a teenage Bengali immigrant who displays incredible talent. Manek forms a close bond with his teacher, but soon discovers that she expects her pupils to become disciplined in all areas of life, and not just behind the piano. As he struggles to meet the challenges, Manek must also deal with his mother (Shabana Azmi), who vies with his teacher for his attentions.

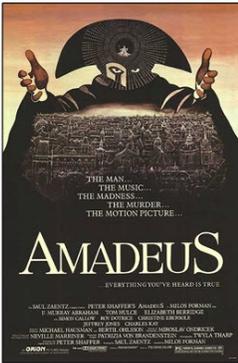


In the Peter Michael Gernon Community Hall

Amadeus (Director Cut)

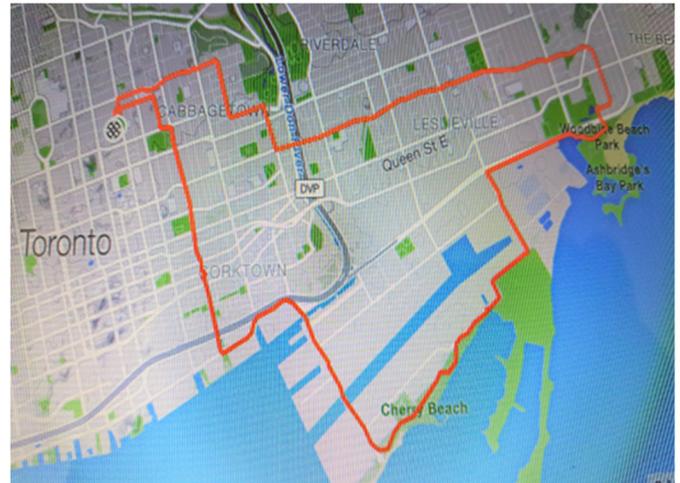
1984 – 8.3/10 stars – 160 minutes

Starring: F. Murray Abraham, Tom Hulce, Elizabeth Berridge
Director: Milos Forman



Plot: Wolfgang Amadeus Mozart (Tom Hulce) is a remarkably talented young Viennese composer who unwittingly finds a fierce rival in the disciplined and determined Antonio Salieri (F. Murray Abraham). Resenting Mozart for both his hedonistic lifestyle and his undeniable talent, the highly religious Salieri is gradually consumed by his jealousy and becomes obsessed with Mozart's downfall, leading to a devious scheme that has dire consequences for both men.

cyclist we are a vehicle on the road and must obey the rules of the road. If we respect the rules of the road, the rules of the road and hopefully other users of the road will respect our rights to the road. That being said, as a cyclist we have an advantage as we can easily switch from a 'cyclist' to a 'pedestrian with a bicycle'.



You should always ride within your comfort zone and biking abilities. If you're not comfortable with high traffic areas or say, 'left turns from centre lanes' just get off your bike and walk a bit, it's an advantage we have over road bound vehicles. Sometimes, instead of doing the left-hand turn from the centre lane, I move over to the curb, get off my bike, walk the sidewalk and crosswalk to line up in the direction I want to ride in (it can be even faster at some intersections than waiting for the lights to change).

With all that being said, I thought I would share one of my routes that I take, 'Summer Ride'. This is a nice summer's day ride of about 20 km with lots of tree shaded streets, lake



BIKING WITH BJ

I've been riding bikes ever since I can remember and now, into my sixties, I still enjoy the freedom and pleasures of riding. In the average year, I cycle about 3,500 km and enjoy road, paved trail and dirt biking equally. I use a program called STRAVA that lets me track and save all my bike rides, but it also can do the same for runs and walks. It does it through your cell phone and it's free. "www.strava.com"

One of the important things to remember about riding is that as a

breezes, interesting sights, coffee shops, restaurants and public facilities (washrooms and water fountains) along the way.

Take Alexander to Church and turn left, Church to Wellesley and turn right, Wellesley (*bike lane*) to Sackville and turn right, Sackville to Spruce and turn left, Spruce to River (*road bends to the right at the end*), continue down River (*first block is a busy road, then it's a bike lane*) to Dundas and turn left (*usually quicker and safer to get off and walk across Dundas*), Dundas (*bike lane*) to Kingston Rd and continue straight through on Dixon (*contraflow bike lane – love them and the City should have a lot more of these*) to Lockwood and turn right, Lockwood to Queen and continue (*When it's busy, it's easier to get off and use the pedestrian crosswalk to cross Queen Street at this corner*) straight through on Sarah-Ashbridge to Boardwalk and turn right, Boardwalk to Northern Dancer and go into park and turn left on recreational trail, take the recreational trail across Lake Shore into parking lot of Ashbridge's Bay Park and to Martin Goodman Trail (*marked with green and blue centre lines most of the way*).

① At this point you can go left to ride the trail to the end at Balmy Beach Club and back to add an additional 4 km to your ride or turn right and follow the trail where it zig zags through the park, along Lake Shore, down Leslie, to Unwin.

② At this point you can continue down Leslie and ride the entire length of the Leslie Spit (*open to the public all day on weekends, holidays and weekdays from 4 to 9 pm*) to add an additional 10 km to your ride or turn right and follow the trail as it continues to zig zag through Cherry/Clark Beach, up Cherry and back along Lake Shore to Sherbourne and turn right, Sherbourne to Carlton and turn left, Carlton to Homewood and turn right, Homewood to Maitland turn left, Maitland to Donna Shaw Lane turn left and to Alexander and home, sweet home.

I have one last word on cycling in the city. When a driver does something nice and/or gives you the respect that we cyclists deserve on the roads, be nice and say thanks, it goes a long way to creating a better rapport between the drivers and the cyclist.

A quick wave, a thumbs up, a nod of the head or a simple "thank you" makes everyone feel good.

If you guys like this, my next route will be 'Early Fall Ride'.

Bill Janes ~ 51 Alexander

OLD SAYINGS AND CUSTOMS.
ORIGINS EXPLAINED (*Thanks to Ron Connors for sending this to us*).

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2 ... WHY?

Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3 ... WHY?

Why are zero scores in tennis called 'love'?

BECAUSE

In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love.'

4 ... WHY?

Why do X's at the end of a letter signify kisses?

BECAUSE

In the Middle Ages, when many people were unable to read or write, documents were often signed using

an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5 ... WHY?

Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE

In card games, it was once customary to pass an item, called a 'buck', from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6 ... WHY?

Why do people clink their glasses before drinking a toast?

BECAUSE

In earlier times, it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

7... WHY?

Why are people in the public eye said to be 'in the limelight'?

BECAUSE

Invented in 1825, limelight was used in lighthouses and theatres by

burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the centre of attention.

8 ... WHY?

Why is someone who is feeling great 'on cloud nine'?

BECAUSE

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9 ... WHY?

In golf, where did the term 'Caddie' come from?

BECAUSE

When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her.

Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

10 ... WHY?

Why are many coin collection jar banks shaped like pigs?

BECAUSE

Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

BIG CHEEKS

Bet you don't know 'Big cheeks'. Big cheeks. A grandson of slaves, was born in a poor neighbourhood of New Orleans known as the 'Back of Town.' His father abandoned the family when the child was an infant. His mother became a prostitute and the boy and his sister had to live with their grandmother. Early in life he proved to be gifted for music and with three other kids he sang in the streets of New Orleans. His first gains were coins that were thrown to them. A Jewish family, Karnofsky, who had emigrated from Lithuania to the USA, had pity for the 7-year-old boy and brought him into their home initially giving 'work' in the house, to feed this hungry child. There he remained and slept in this Jewish family's home where, for the first time in his life, he was treated with kindness and tenderness. When he went to bed, Mrs. Karnovsky sang him a Russian lullaby that he would sing with her. Later, he learned to sing and play several Russian and Jewish songs.

Over time, this boy became the adopted son of this family. The

Karnofskys gave him money to buy his first musical instrument, as was the custom in the Jewish families. They sincerely admired his musical talent. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions, such as *St. James Infirmary* and *Go Down Moses*. The little black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family and until the end of his life, he wore a Star of David and said that in this family, he had learned 'how to live real life and determination.' You might recognize his name. This little boy was called: Louis 'Satchmo' Armstrong. Louis Armstrong proudly spoke a lot of Yiddish! And 'Satchmo' is Yiddish slang for 'Big Cheeks'!



BEAR AND JO-ANNE: An Internet hook-up that's working!

We hear a lot about a boy and his dog. This article is about a woman and her dog. The woman in question is Jo-Anne Kennedy; the dog is her

trusted companion, 'Bear', a loquacious Pomeranian.



Not surprisingly, Jo-Anne wanted to adopt a rescue dog. As you likely know, a rescue dog has been rescued from an abusive or neglectful situation and given a second chance in a new and more loving home. Jo-Anne used Loyal Rescue and its webpage to find Bear, an eleven-year-old Pomeranian without teeth.

Jo-Anne was seduced by Bear's appealing face and come-hither eyes, but she did her research. Bear is genetically encoded to be an alarm dog, to be intelligent, and to require frequent brushing. Bear and his tribe are prone to heart murmurs and dislocated knees. Sounds very familiar, Bear.

Bear is alert and inquisitive and enchanted by the outside. Bear is not the most modest of creatures, but his pleasures are simple. For example, sitting in a garden with Mom and watching the passing

parade of pigeons, squirrels, other dogs, and other Members of the Co-op. Bear is a people dog, as long as the people are not groomers carrying brushes. Bear's heart is filled with affection for someone named 'Tom'. Life is good for Bear except when the fire alarm sounds.

Jo-Anne does not know what Bear experienced before coming to City Park, but feels he has now found his heaven: many friends, nutritionally balanced meals, and prompt scooping. Oh yes, those wonderful benches.

Tom Maunder ~ 51 Alexander

[MODERN WORRIES... thanks again to Ron Connors for sending this to us](#)

I no longer open a public toilet door without using a paper towel or have them put lemon slices in my ice water without worrying about the bacteria on the lemon peel.

I can't use the remote in a hotel room because I don't know what the last person was doing while flipping through the adult movie channels.

I can't sit down on the hotel bedspread because I can only imagine what has happened on it since it was last washed.

I have trouble shaking hands with someone who has been driving, because the number one pastime while driving alone is picking ones'

nose (although mobile phone usage may be taking the number one spot).

Eating a little snack sends me on a guilt trip because I can only imagine how many tonnes of trans fats I have consumed over the years.

I can't touch any woman's handbag for fear she has placed it on the floor of a public toilet.

I MUST SEND MY SPECIAL THANKS to whoever sent me the one about poo in the glue on envelopes because I now must use a wet sponge with every envelope that needs sealing.

ALSO, now I must scrub the top of every can I open for the same reason.

I no longer have any savings because I gave it to a sick girl who is about to die in the hospital for the 1,387,258th time.

I no longer have any money at all, but that will change once I receive the \$15,000 that Bill Gates /Microsoft and AOL are sending me for participating in their special e-mail program.

I no longer worry about my soul because I have 363,214 angels looking out for me, and St. Theresa's Novena has granted my every wish.

I no longer eat KFC because their chickens are actually horrible

mutant freaks with no eyes or feathers.

I no longer use cancer-causing anti-perspirants even though I smell like a water buffalo on a hot day.

THANKS TO YOU I have learned that my prayers only get answered if I forward an e-mail to seven of my friends and make a wish within five minutes.

BECAUSE OF YOUR CONCERN, I no longer drink Coca Cola because it can remove toilet stains.

I no longer can buy gasoline without taking someone along to watch the car so a serial killer won't crawl in my back seat while I'm filling the tank.

I no longer use Glad Wrap in the microwave because it causes cancer.

AND THANKS FOR LETTING ME KNOW I can't boil a cup of water in the microwave anymore because it will blow up in my face... disfiguring me for life.

I no longer check the coin return on pay phones because I could be pricked with a needle infected with a horrible disease.

I no longer go to shopping malls because someone will drug me with a perfume sample and rob me.

I no longer receive packages from Australia Post, TNT Couriers or Fed Ex since they are actually Al Qaeda in disguise.

I no longer answer the phone because someone will ask me to dial a number for which I will get a phone bill with calls to Jamaica, Uganda, Singapore, and Uzbekistan.

I no longer buy expensive cookies from Neiman Marcus since I now have their recipe.

THANKS TO YOU I can't use anyone's toilet but mine because a big brown African spider is lurking under the seat to cause me instant death when it bites my butt.

AND THANKS TO YOUR GREAT ADVICE, I can't ever pick up \$5.00 dropped in the parking lot because it probably was placed there by a sex molester waiting underneath my car to grab my leg.

I can no longer drive my car because I can't buy fuel from certain gas companies!

I can't do any gardening because I'm afraid I'll get bitten by the white tail spider and my hand will fall off.

SLEEP APNEA

It can get anyone, including a princess!

The Los Angeles coroner recently announced that a contributing factor in the untimely death of actress Carrie Fisher, was sleep apnea. Many Members of City Park Co-op are dealing with sleep apnea and the time may be right to alert others.

Sleep apnea is a common sleep disorder that affects about one in five Canadians. The most common form of sleep apnea is obstructive sleep apnea or 'OSAS'. As I understand the condition, the airway bringing oxygen to your heart and lungs becomes constricted and you experience sleep arousals as your body seeks to bring in more air. Now, at my age, sleep arousals might be a cause for celebration, but these arousals also mean you are not getting the benefits of a deep sleep. Your body is telling you to wake up and breathe and, if you do not, the consequences can be dire. If untreated, sleep apnea can contribute to high blood pressure, stroke, traffic and work accidents. There are many causes for sleep apnea: increased age, obesity, family history, small upper airway, deviated septum. There are many symptoms: snoring, excessive sleepiness, depression, poor concentration, memory loss. There are several treatment options. The one I am using is a 'CPAP machine' which pumps air, and thus oxygen, into my system while I sleep. The machine pumps in the air and gives me some tracking information. For example, when I began treatment I was averaging sixty-five (65)

arousals per hour. Now, I am hovering around ten (10) arousals per hour. I also get to wear a mask which reminds me of my tours of duty in the trenches in WW1.

If you feel you have sleep apnea, consult your doctor and get a referral to sleep specialist. Being a Scorpio, I resisted the inconvenient change to my life which the CPAC seemed to promise. The CPAC is not the definitive answer, but it is a step in the right direction for keeping this old barge afloat.

Tom Maunder ~ 51 Alexander

FASCINATED WITH CEMETERIES

Cemeteries have long held a fascination for me – particularly ones with old tombstones. It's not a morbid curiosity – more like a historic one. Seeing the old dates and inscriptions often paints a vivid historical picture in my mind. The language and symbols depicted on the monuments are so very different from the more modern gravestones. In addition, cemeteries are an ideal place to wander through if you're looking for somewhere to sit quietly and contemplate.

Wherever I travel, I frequently seek out those cemeteries that look especially intriguing. This curious pastime seems to be more widespread than one would think – there's even a name for such as we – 'tadophiles'. William Shakespeare

and Edgar Allan Poe were said to be tadophiles.

Starting locally, I'll begin with the **Necropolis Cemetery** which I discovered one day during my exploratory wanderings around Toronto. Situated in its picturesque plot in the Cabbagetown section, this cemetery was opened in 1850 and features some wonderful examples of Gothic architecture. Here are included tombs of many prominent Torontonians such as William Lyon Mackenzie and more recently, Jack Layton. It also holds the remains of many bodies removed from the much older Potter's Field (Yonge & Bloor area) in 1855 due to Toronto's rapid growth. Many of these early bodies were victims of the cholera epidemic which swept through Toronto in the 1830's. There is a section of the grounds entitled "The Resting Place of the Pioneers" – as well as an area of war graves containing about 70 servicemen from WWI and WWII. In all, the Necropolis cemetery has over 50,000 bodies.

On the main grounds the stones are mostly understated and simple, with a few crypts and larger monuments for well-known historical figures scattered throughout. One gravestone that stands out is a grey stone pillar commemorating the two

farmers hanged for their part in the Rebellions of 1837.

There are several graves that consist of mini gardens instead of the traditional memorials. A bamboo fence outlines one area filled with large leafy greens, while another is covered with potted orange and white daisies and tealight lanterns.

In the warmer weather, I often come here and sit on a stone slab



overlooking much of the cemetery and admire the tranquil beauty of the place - especially lovely in autumn when the colors of the old maple and oak trees are just spectacular. A pleasant getaway

from the bustle of the surrounding city.

We move on now to the U.S., specifically to the island of Manhattan. One of the oldest surviving graveyards in New York City founded in the late 1600's, is in the **Trinity Churchyard**, located at the head of Wall Street. Skyscrapers now overshadow the church spire and the beautiful tombstones.

The most famous resident of Trinity Churchyard is Alexander Hamilton, the first Secretary of the Treasury. He died in 1804 after a duel with Vice President Aaron Burr. His epitaph so entertained me that I want to share it

here - *“The Corporation of Trinity Church Has erected this Monument in Testimony of their Respect for The Patriot of incorruptible Integrity, The Soldier of approved Valor, the Statesman of consummate Wisdom, Whose Talents and Virtues will be admired By Grateful Posterity Long after this Marble shall have moldered into Dust.”*

Also buried here is Robert Fulton who died in 1815. Fulton was a painter who developed the first practical steamboat as well as a submarine for use in torpedo attack. In 1901, the American Society of Mechanical Engineers erected a monument to him. Well - better late than never

According to “The Graveyard Shift” guidebook, tens of thousands have been interred in Trinity Cemetery since its beginnings - there are 3 separate gravesites in Manhattan associated with Trinity Church due to lack of space in the original cemetery.

Across the Atlantic now to Ireland. Biking outside the town of Killarney I came upon an ancient ruin of a monastery slumbering on the edge of a forest. Propping my bike against a tree, I approached the crumbling structure reverently. What a find! And it was exclusively mine to explore. I wandered around the two levels, peering into every nook and cranny hoping to find some relic, an old wooden rosary perhaps, or a

worn hymnbook. But nothing turned up save a squirrel’s acorn stash and a few dried leaves. Disappointed, I turned my attention to the adjoining cemetery.

Now here was something worth writing home about. Tombstones so old they fired up the imagination. Some had inscriptions written in old Gaelic dating all the way back to 200 A.D. Just fancy! These very ruins had for centuries been silent witnesses to the county’s continual evolution. Time, and the destructive forces of nature and human folly had taken its toll and the place looked every bit its age.

I envisioned the monastery as it must have been at its peak, with rosy-cheeked monks in the prime of life busily scurrying about, planting and watering the garden, beautifying the grounds... burying their dead in the very plot I was now wandering through.

A gust of wind sent a chill through me and I emerged from my reverie to find myself back in the 20th century. The monastery, which had been whole and intact in my mind’s eye, now lay in ruins again, while all the healthy young monks so full of life only a moment ago, were lying cold and lonely in their graves. “Tempis sure fugit,” I announced aloud, smiling at my own wit as I mounted my bike and rode on back to town.

Ursula Carter ~ 51 Alexander

One in three elderly people will have a fall this year, but would you know what to do?

See:

<http://www.netdoctor.co.uk/healthy-living/a27578/what-you-should-do-if-you-fall/>

PLEASE FOLKS: STOP throwing dead plant matter off your balcony. It all lands on mine, so I need to pick it all up. Don't be lazy – get a garbage pail and leave it on your balcony for this purpose.

**SPRING '17
LAWN SALE AT CITY PARK**
(Photos by John Gordon of 51)



MY 15 MINUTES OF FAME



You may not have been around in the 60's, but drag was. Loonie Lanie, Madam Melba, Rusty Ryan and Ms. Goodwill were some of the originals here in Toronto. One Toronto legend that still graces the stage at various

bars, fundraisers, weddings and even Bar Mitzvah's, is 'Fontaine'. Her first appearance was at the 511 (across from the famous St. Charles Tavern on Yonge Street) where one of the Great Imposters nurtured her career. Vanessa was her name at first, but was later changed to Fontaine by Rusty Ryan.

In the late 60's, Fontaine took a leave of drag, got married and fathered three children, (now with five grandchildren), then divorced getting full custody of all three children. After ten years, she returned to the stage.

Fontaine's comeback was in DQ '88, having a solo performance leading to fundraising for the gay community for over forty years. Her list of titles is as long as her gowns; Miss Colby's, Miss Trax, Miss Boots as well as headlining for Cornwall's Pride, two years in a row. She still represents Pizza Pizza in the Pride Parade for the past ten years. She also appeared in 'Seeing Things', a movie called 'Struggle' and is a

Golden Girl along with the late Ele Mae.

It is great that we have a jeweled legend as a member of our community here at City Park.

As Fontaine would say, "What the world needs now is love".

David Civin ~ 484 Church St.



... an inquisitive (and brave!) kitty @ 31 Alexander St. Photo by John Gordon

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.