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NEXT DEADLINE: DECEMBER 15, 2017

CO-OP HOUSING CHAMPION PAMELA MARGARET McCONNELL –
February 14, 1946 – July 7, 2017



Pamela Margaret McConnell was a municipal politician in Ontario, Canada. She served on Metro Toronto Council from 1994 to 1998, and on Toronto City Council from 1998 until her death this year.

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Your **LINK** Team:

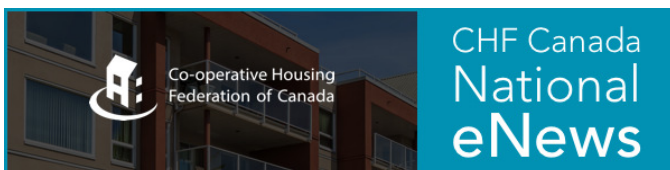
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always advocated for the well-being of housing co-ops and their members, and for affordable housing for all. To her husband Jim, and her daughters Heather Ann and Madelyn, we offer the thoughts and prayers of Pam's co-op housing friends across Canada. "Pam is a true hero – a co-op activist long before becoming a politician. She is a champion of the people." Tom Clement, Executive Director, CHFT "Pam tirelessly advocated to ensure everyone has a decent affordable place to call home. She served as a role model to us all." Harvey Cooper, Managing Director, CHF Canada Ontario Region

www.chfcanada.coop



CO-OP HOUSING SECTOR MOURNS THE LOSS OF CO-OP CHAMPION PAM McCONNELL

The Co-op Housing Federation of Canada (CHF Canada) and the Co-op Housing Federation of Toronto (CHFT) mourn the loss of our Deputy Mayor, our co-op housing champion, our friend. Pam McConnell has been a force for good in thousands of people's lives. She was admired and respected by multiple communities and organizations. But for the co-op housing sector, she was one of us. We have lost one of our own, and our hearts are broken. Pam raised her family in the Spruce Court Housing Co-op. She has served as President of CHFT. And as a Toronto Councillor and as Deputy Mayor, she has

THE FIRST MODERN APARTMENT COMPLEX IN TORONTO

(An article by Chris Bateman that was
posted in August on www.spacing.ca)

The three towers of the City Park co-op apartments on Wood Street behind Maple Leaf Gardens don't really stand out among the numerous high rises of the Church-Wellesley Village.

But the anonymity of the trio of 14-storey towers belies an important piece of Toronto history because this was the first modern, multi-building apartment complex in the city and, at the time of its construction in 1954, the biggest residential project in the country.

City Park was conceived in 1952, when Toronto city council formally identified the land enclosed by Wellesley Street, Jarvis Street, Wood Street, and the future subway line as a target for redevelopment.

The Yonge line, under construction along the western flank of the area, was expected to drive prosperity and force out slum conditions that had developed among the mostly Victorian housing stock. Many of the homes close to Carlton Street were in particularly bad shape due to years of neglect by the landlord, the T. Eaton Co. department store chain.

Eaton's wound up owning the future site of City Park in the 1910s following a dizzying and unprecedented three-day land acquisition spree. In just 72 hours, the company bought up 75 percent of the land in the two blocks north of Carlton between Yonge and Church Streets.

The haste was necessary to avoid news leaking that Eaton's was planning a new midtown store in the area.

As it happened, Eaton's College Street was built on the southwest corner of College and Yonge in 1928,

but the company continued to own the land it had assembled, selling it in pieces for Maple Leaf Gardens and the Toronto Hydro headquarters in 1931.

By the 1950s, the department store was leasing the homes on the land it owned between Wood and Alexander Streets, allowing many to fall into disrepair and subletting to get out of control.

Toronto alderman William Dennison called it "a civic disgrace, an eyesore of the worst kind."

To remedy the situation in the Carlton Street area, the city offered to expropriate parcels of land and

lease them to developers willing to put up high-rise buildings in a style "similar to the east side of New York".

At the same time, the city was planning the second phase of the Regent Park housing project

south of Dundas and had also identified the houses east of Trinity Bellwood Park between Queen and Dundas as substandard and in need of redevelopment.

A group of citizens calling themselves the Bloor-Carlton Ratepayers' Association formed to oppose some aspects of the College



Street-area redevelopment plan, particularly the city's unusual offer to expropriate the land.

"Why isn't some other district of Toronto named for redevelopment," wondered John Downes of Maitland Street to the *Globe and Mail*. "If people want to redevelop the town why don't they do it somewhere else?"

The ratepayers' group agreed, however, that the future site of the City Park complex was suitable for renewal of some kind.

The plan for City Park revealed to the public in 1952 was designed by Peter Caspari, a Jewish, German-born architect who fled his home country during the build-up to the Second World War, eventually settling in London, England where he designed several Streamline Moderne apartment buildings.

Caspari arrived in Toronto in the early 1950s and he designed the Vincent Court and Buckingham Court apartment buildings on Eglinton Avenue and several others during his first few years in the country.

When it was announced, City Park was Caspari's largest commission to date. In fact, it was also the largest private development proposal in Canada, with an anticipated 1,000 middle-income units spread between four, 15-storey towers.

The \$8 million project was financed by Swiss building company, Hubert Buildings Ltd. Instead of asking the city to expropriate (as had first been suggested), the developers bought the land from International Realty Co., an Eaton's subsidiary, for \$500,000 in February 1954.

By the start of construction, the original City Park plans had been scaled back slightly. Instead of four towers, the complex would consist of three, 14-storey towers.

"The switch to three buildings allowed better light use and larger landscaped areas between the buildings than would otherwise have been possible," architect Caspari wrote in the *Royal Architectural Institute of Canada Journal* in 1957.

Caspari also simplified his towers, creating three geometric blocks made almost entirely of reinforced concrete. Even the walls between the individual units were made of poured concrete "to eliminate all noise transmission between apartments and public corridors," Caspari wrote.

Caspari was extremely concerned about noise transmission. In addition to the thick concrete walls between units, "special acoustic plaster" was sprayed in the public passages and the units were arranged so the bedrooms were separated from the entryways by at least one internal door.

Double-glazed windows made in Switzerland reduced outside noise and noisy boiler equipment was separated from living areas by the communal laundry rooms.

The city gave Caspari special permission to include one parking space for every three units, rather than the one-for-one ratio stipulated in the planning bylaw. In total, there would 774 suites with 578 parking spaces underground and on the surface between the towers.

Construction began with the demolition of the homes on the Wood-Church-Alexander-Yonge block in 1954 and the project was completed approximately a year and a half later in 1956.

The crisp International Style apartment towers were “as modern as tomorrow,” according to the complex’s promotional pamphlet. Each unit opened into a “continental style” hallway off which the various rooms and closets were located.

The living areas came with hardwood parquet floors, built-in TV outlets, and French windows that opened onto a full-length balcony. The kitchens came fitted with General Electric appliances in a range of pastel colours—turquoise green, canary yellow, or satin white—and a milk box connected directly to the hallway for easy deliveries.

There were sun gardens on the roof of each tower and the lobbies were decorated with marble floors and polished terrazzo walls.

Bachelor apartments started at \$90 (\$830 in 2017 dollars) a month, one-bedrooms were \$155 (\$1430, 2017), and the most expensive units—two-bedrooms on the top floor—were priced at \$195 (\$1,800, 2017).

City Park was noticed around the world when it was completed. The Swiss financial backing of the towers generated front-page newspaper coverage *Der Bund*, a national German-language newspaper based in Bern.

The UK *Sunday Times* also noticed the development. In a full-page story on the benefits of emigrating to Canada written by former Chancellor of the Exchequer Peter Thorneycroft, the crisp white Church Street towers appeared beside a photograph of the Rocky Mountains as symbols of this country.

The towers were “an outstanding example of Modern Canadian architecture,” the piece noted.

In an attempt to build on the success of City Park, Toronto began seeking bidders willing to develop the next block north, between Maitland and Alexander Streets. As a sweetener, the city pledged to expropriate the land and lease it to a developer of its choosing.

The eventual winner, Ridout Real Estate, proposed 1,500 residential units spread across eight 17-storey towers.

As part of the deal hammered out during an all-night city council session, the city would buy the land at a cost of \$5 million and lease it to Ridout, allowing it to build its \$17-million complex.

The financial arrangement proved controversial, so Ridout agreed to withdraw its plans and resubmit with other developers in 1956, but the project soon became mired in problems. Firstly, only a handful of developers submitted acceptable proposals (one contained a heliport), then the city was denied federal money that would have covered the cost of expropriation.

In January 1957, Ridout went bankrupt, further jeopardizing the redevelopment. In February, the *Globe and Mail* described the city's attempt at a public-private development partnership as "an object lesson in how not to handle redevelopment."

Peter Caspari and the developers of City Park made an offer that would have mostly covered the cost of expropriation in exchange for the right to put up four buildings on the site, but were unsuccessful. The city repealed the development bylaw in June 1957, ending the experiment.

It would be almost 10 years before the block was privately developed as the Village Green complex.

Caspari went on to design the CIBC tower at 2 Bloor Street West, which was completed in 1974 and was his last major work in Toronto before retirement.

He died in 1999 having introduced Toronto to the post-war high-rise.

OUR GORGEOUS GARDENS

We are so fortunate to be surrounded by such beautiful and lush gardens. Each garden has a story to tell. Over the years, many Members have donated their time, skill and vision to our gardens. As well, many people have donated trees, shrubs and rose bushes in memory of loved ones. All the gardens hold a special place in our hearts and minds.

Over the last two years we have faced some challenges due to construction, but many people have said the gardens at 31 Alexander have never looked better!

We look forward to re-designing the gardens at 51 Alexander and at the west side of 484 Church St. This year we were able to keep all plant material on site, thereby saving on transportation and staging costs.

Moving forward, we want to plant responsibly and encourage sustainability. We would like to

provide bees and butterflies food and shelter in our gardens. Safety, security and clear sight lines have, and continue to be, of great concern. One of our goals as a Project is to make the gardens safe and inviting for us all, but we need your help. Call it a work-garden party!

We do need volunteers! Please join us every Saturday in October @10:00 a.m. in front of 51 Alexander Street.

Many thanks to Herb Losch for providing such beautiful photographs of our gardens in the display cases in each lobby. After many years, we will be putting in new photographs by professional photographer Burke Campbell. We are so grateful to all the people who help us continue to care for our gardens and all the Members of the Co-op who stop to say a kind word or compliment us on a job well done!

Suzanne Geddes – 51 Alexander

MEDICAL MARIJUANA USE RISING AMONG OLDER CANADIANS

Medical marijuana use is rising fastest among one demographic you might not expect: seniors.

Since 1996, cannabis users aged 50 years or older have quadrupled, from 2% up to 23% in 2015. The average 21st century cannabis user is now closer to 35 than in the

average 1970's user of 25.

Upon closer inspection, this makes a lot of sense. As a generation, baby boomers are becoming older, often experiencing multiple chronic age-related conditions with symptoms normally treated with pharmaceuticals. Medical cannabis offers a new option for patients who are not finding relief with pharmaceuticals. Cannabis use can also reduce side effects and limit the number of medications a patient has to take.

Once seniors become aware that cannabis can be used medicinally without needing to smoke or experience a high, they often find marijuana is an appealing option. Cannabis can replace multiple existing drugs with the potential for fewer side-effects. Patients can benefit from more natural treatments, and even reduce medical and pharmacy bills. For seniors on a fixed income this leaves more money for essentials like food and housing, resulting in greater peace of mind.

(This article appeared on <http://cmclinic.ca/> - The Cannabinoid Medical Clinic website).



MY NEW ZEALAND ADVENTURE

Looking back to those years, 1947 was a fabulous time for me as a teenager. Other young guys were working in factories, or offices, or a store; some still at school even, and here was I, working on a tramp steamer sailing to destinations which can only be described as 'exotic'.

We sailed from London in an England which was still engulfed in the drab and dreary early post war years, bound for the ports and bright lights of the USA, then through the Panama Canal, lazily steaming across the Pacific Ocean to Australia. Then on from there to New Zealand, New Guinea and eventually to many of the South Pacific Islands, which up until then only existed in most people's (including my own), imagination, or from brief glimpses seen in movies.

Tahiti, Bora Bora, Fiji, Rotuma, Makatea, Nauru, Tarawa, most of them with no harbour as we know ports to be. The ship would lay at anchor in a lagoon or bay, and with nothing to do in one's spare time but to swim and fish in the warm, deep blue, crystal clear water whilst my brothers and those other boys I had left behind in England were riding their bikes in the cold, pouring rain to get to a factory, only to stand soaking

wet all day, making cars they could never in those days dream of owning.

As I had already completed a couple of other voyages, I was rated 'Ordinary Seaman'. Amongst the crew was another young guy about my age, a first tripper, who had the rating of 'Deck Boy', and owned the status of a 'nobody' which was bestowed upon boys of that rank. Deck boy, steward's boy, galley boy, all nobodies on a ship. But...fiercely protected by the men regardless.



In the pecking order, I was about second to lowest among the deck crew whose duties and work was totally separate from cooks, stewards, engine room crew and of course, Officers. I was ranked just above the galley boy and deck boy. Above us were the seasoned seamen, men in their twenties, thirties, forties and older to whom war on the oceans was still very fresh in their minds. Some of them had been torpedoed and bombed, swam for their lives in fiery oil covered waters, spent days-on-end in open lifeboats and watched their shipmates die in agony until rescue came for those still alive. All of them great seamen who taught me the seamanship craft that stood me in good stead over the many future years that I spent at sea.

New Zealand in those days was a young country populated by

aboriginal Maoris. The Europeans, being mostly of British stock, added a very British olde-world flavour to the country, so it was a very comfortable and friendly country to visit, welcoming not just for Brits, but also for folks of any nationality.

It was a country that was a magnet for seamen to 'jump ship' as it was almost like being at home, with the English language, and employers crying out for help and offering wages that many could just not resist. This did result in numerous seamen adding themselves to the country's population, knowing that the Department of Immigration would turn a blind eye to their presence.

Actually, in stark reality, jumping ship was classed no less than *desertion*, and punishable by imprisonment.

Myself and the deck boy who went by the name of 'Ginger' (due to his mop of copper coloured curly hair), decided it was about time we had a go at this jumping ship lark, after all, what harm could befall us? Aren't we in a country almost like home and both of us with the over 'ome accents. What could go wrong? It'll be a piece of cake. Our plan was to jump the night before sailing, hide out somewhere until we were sure the ship had gone, resurface, and get one of those high paying jobs that are abounding here. Piece o'cake it'll be.

It didn't quite work out that way for us though.

Oh, jump we did. Hide out we did not. We actually watched the ship sail away, us being bold as brass and our teenager plans being kept with a determination of a pair of chocolate soldiers. What we didn't know though, was the alarm was already raised. The Captain had put out our description to the Authorities in this small New Zealand port town where everybody knew just about everybody else, and the police were already alerted for two young guys, one with copper coloured hair and one with blonde hair, both with seamen's kitbags on their shoulders. Seamen didn't use suitcases in those days.

By now we were quite hungry and we decided then to go and get breakfast and plan which one of the high paying jobs we would go after. Piece 'a cake, right? No, not right, not right at all. Oh, we got the breakfast ok and were halfway through, when a uniformed policeman came in and just sat himself down at our table and said, all friendly like, as if he'd known us all our lives, "When you've finished eating lads, you're coming with me". Just like that! That was it. That was the extent of our jumping ship. That was as far as we got. Not even 24-hours into our *new life* in a *new country*. We were not ship jumpers now, we were ship deserters, and were about to take the consequences.

The policeman who had detained us was quite an affable chap, having nonchalantly sat drinking a cup of tea

while we finished our breakfast, or tried to finish it more likely. Appetites suddenly disappeared with this bolt out of the blue. Our first day in the new land was instantly shattered. What will they do to us now? "Oh, nothing much, you'll be detained until your ship either comes back here or to some other New Zealand port, and then you'll be put back aboard her, that's all". Put back aboard? Oh no! We'll be the laughing stock of the crew, not to mention what punishment the Captain will dole out to us.

"Can't you just let us go? We can find a job and not be trouble to anybody. You'll see we can make good. Just give us the chance and we'll prove it".

"It doesn't work that way lad" said the policeman. "You're too young to go wandering around on your own, and you've got to be taken care of until you get back on your ship".

We were up before a Magistrate, who ordered us to be detained until such times as we could be returned to our ship. We weren't looked upon, or treated as criminals in the real sense. It was an Immigration offence that we were guilty of, as far as the New Zealand authorities were concerned, with our desertion from the ship being a matter for the ship's Captain to decide upon.

The jail we were put in was a local jail, not a big prison. It held about twenty small time offenders, thieves, burglars and a couple of drunk drivers, most of them guilty of petty nuisance stuff. One guy I remember was doing six months for breaking into a railway station booking office and stealing train tickets. His excuse to the magistrate was that he was waiting for a train when he heard the office phone ringing, and as it kept on ringing, he thought it might be an emergency, so he broke the window to go in and answer the phone, that's all. And that's when he was caught and arrested. The cops must have put the tickets in his pocket to frame him. This is the story he told anybody who would listen, including



me.

We heard that our ship would be away for about a month, and wherever she came back to is where we would be sent, under escort, return fare for our escorts and a night in a hotel for them at our expense yet! And while we are in jail, we're not earning anything. We'll be working forever to pay this ship jumping caper off. I made 12 English pounds per month and Ginger made 7 pounds per month. In those days, the dollar rate of exchange was around 4\$C. I made \$48 and Ginger made \$28 *a month*, his salary not even a dollar a day.

The worst thing about daily life in that jail was getting locked in a cell from 4:00 p.m. until 7:00 a.m. We did not share a cell. We had our own cells, which were not intended to be comfortable in the least. Wooden boards and a straw mattress, no pillow, no sheets, just two rough, filthy blankets. When I complained to another guy that half the straw was missing in my mattress he said to me "Yeah, the guy that had that cell before you smoked the other half". One bare light bulb went off at about 9:00 p.m. and there you were with your thoughts until the next morning. There was no toilet in the cell. At the 4:00 p.m. lock-up you lined up and took a chamber pot, of course referred to as a 'piss-pot', and took it into your cell for any personal needs you might have during the night, and that was it.

Daily routine for Ginger and I was hum-drum and boring as we had no tasks. Unlike the other cons who had mopping out, kitchen duties, and other tasks assigned them during the day, we had nothing, except to play cards or read the whole day long, waiting to get locked up again at 4:00 p.m. No radio (television, whilst it may have been invented in those days, was certainly not widespread) and certainly not available to convicts.

This boredom was soon to end for me though, and I was offered and accepted a task that relieved my boredom and led to an experience that stays in my mind until this very day.

Sid, the chief jailer and a kindly man to Ginger and me, sent for me one morning and put a proposition to me that was mine to choose or not. "Nick" he said. In a couple of days, a man will be coming in here to stay for a while until he may be sent to another prison to serve a long-term sentence. While he is here, he will wear his own clothes, smoke tailor-made cigarettes, have books and magazines, and food sent in from outside. He can have chocolates, sweets, candy and fruit as long as he is here, and during that time we'd like you to keep him company. Not share his cell, but just play cards with him, talk with him, and generally keep him company. Also, he doesn't get locked up with the rest of the guys, and you won't either, as long as you're with him. You'll only get locked up when he wants to go to sleep - how does that sound to you?"

How does that sound? Chocolate, sweets, tailor made cigarettes? Books and magazines! Suits me Sid. Bring him in! Wait a minute though. "Err... Sid, what's this guy in for? What's he done?" This is a question that one soon learns in jail not to ask. "What are you in for?" is a question that's a no-no. You will be told if the con wants to tell you, if he doesn't, don't ask. This was different though. Here's a guy going away for a long time. He can have, more or less, anything he wants, so he had to have been up to something serious, and I want to know who and what I'll be keeping company with. "He'll be going to court for trial every day and

coming back every afternoon until his trial is over". "Yeah, OK Sid, but what's he going to be on trial *for*?"

"Oh, didn't I tell you? Ah... well... Murder! He killed his wife's lover."

Murder! Yikes! Instant visions of a 6' 6" thug entered my head. A murderer and I've got to play cards or checkers with him? That means I'll have to let him win. Ah well... the chocolate and good outside grub will make up for that.

But Jack was far from what I imagined he was going to be. I was myself at that time a little shrimp of a kid. Skinny, and weighed about 125 pounds soaking wet. This 'murdering thug' was even smaller than me. In his mid-fifties I would think, bald-head and a hearing aid stuck in his ear with wires leading to a battery in his shirt pocket. Very soft spoken too, as well as being very mild mannered. Altogether different, even the opposite, from what I had always imagined to be the stereotype murderer. Ah well, at least I won't have to deliberately let him win any games we play.

Jack and I got along quite well, very well in fact. In retrospect, I think that he thought he was playing a part in rehabilitating a juvenile delinquent, a budding criminal so to speak. Each day he would go to court for his trial. Young as I was, I had to smile at the cons making book on what length of sentence Jack was going to get. They would press his pants in the prison

laundry for him. They made sure the guy with haircutting talents would trim the few hairs he had left over his ears, and give Jack a good clean shave. They seemed to have a mistaken idea, that if Jack appeared in front of the Judge, with an always neat and tidy appearance, it would somehow have an influence over the length of sentence he would hand down to Jack.

At first Jack would not have much to say about the trial when he returned in the afternoon, but as time passed, he would let on a few things that went on in court that day. I do remember one time he came back and said to me "That brother-in-law of mine has really dropped me in it. That's going to get me a few extra years." He was resigned to doing about a twelve-year sentence which is what you did if you're sentenced to life in New Zealand in those days.

Gradually, Jack opened up to me. Opened up about the actual murder, describing to me in detail how he killed the guy. It was if he was just telling me a story. "Oh, I did it alright" he told me. "And d'you know what made me laugh? He said, "They was out hunting for me and all the time I was home in bed". "Made you laugh Jack?" I thought. "You just blew a guy in two, gave him both barrels you told me, went home and went to bed, and it made you laugh because they were looking for you everywhere but the right place. Hmm..."

Getting on towards the end of his trial, we had a nice meal, and I said to him after him telling me of events at that day's trial, I said "Jack, something doesn't make sense to me and it's this. Look, really, a person doesn't have to kill anybody. You don't kill at all. But let's suppose you do, surely you make sure you kill the right one".

"What do you mean? kill the right one." "Well, look at it this way. That guy you done in, how do you know what your wife had told him, how do you know that she could have said she was a widow, couldn't she? She could have told him she was divorced. She even could have told him she was a single woman, in fact she could have told him anything."

"So? They was still carrying on, wasn't they?"

"Yeah Jack, but the difference was it was her that was stitching you up, not him. After all, he never made any wedding vows with you, did he? It was her that made the promises, not him. You told me yourself that you didn't know the guy, and you only found out about the affair by gossip, then you found out where he lived and went and gave him both barrels of your shotgun. That's why I think you killed the wrong one".

Then I hastened to add "Not that you should kill anyone".

"Nah, he had it coming" said Jack.

The following day was the day that Jack was going to be sentenced. All the cons were making themselves busy to ensure that Jack looked his best for the Judge, and I was in fact hoping that he would get a lighter sentence than they were forecasting, but I wasn't too optimistic.

The waiting for Jack to come back was nail-bite time and the time dragged slowly until the bell sounded that somebody was coming in from outside. As soon as I saw Jack's face I knew it was bad news for him. It couldn't have been worse. He looked at me and said two words, "Natural life", then burst into tears.

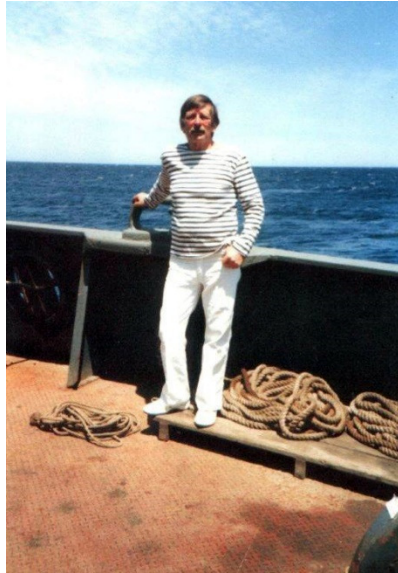
He was only given time to change into prison garb from his street clothes, gather up his personal belongings, and be hustled out to journey to the place to begin the sentence that would last until the day he died.

The last words he said to me were "I think you were right boy, I killed the wrong one" That's what he said to me.

I was told that if they had the death sentence in New Zealand, Jack would have got it. I asked the other cons what kind of life would Jack have in Mount Eden, the prison he went to. "He'll have everything he wants except the key to the front gate" they told me.

Our own time in that jail eventually came to an end for Ginger and me and we did go back to the ship with our tails between our legs to complete the voyage that lasted fifteen months.

The Captain was kind to us and told us that he was thinking of our parents when he alerted the authorities that we were missing, and if we had been over 21 years old, instead of 17, he would have left us there.



Peter Nicholson ~ 31 Alexander

WHY CHOOSE ORGANIC?

There are myriad reasons to choose organic products if you can afford them. When we support organics, we reduce the use of toxic chemicals that can be harmful for human health, as well as the environment.



Avoid genetically modified products and ingredients.



Support animal welfare and humane livestock practices.

Reduce our carbon footprint, as organic farming uses less energy.



Protect soil quality, a clean water supply, and biodiversity.

THINGS TO THINK ABOUT....

If you attempt to rob a bank, you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.

- * Do twins ever realize that one of them is unplanned?
- * What if my dog only brings back my ball because he thinks I like throwing it?
- * If poison expires, is it more poisonous or is it no longer poisonous?
- * Which letter is silent in the word 'Scent' - the S or the C?
- * Why is the letter W, in English, called double U? Shouldn't it be called double V?
- * Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- * Every time you clean something, you just make something else dirty.
- * The word "swims" upside-down is still "swims".
- * Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.
- * 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- * Your future self is watching you

right now through memories.

* The doctors that told Stephen Hawking he had two years to live in 1953 are probably dead.

* If you replace 'W' with 'T' in 'What, Where and When', you get the answer to each of them.

* Many animals probably need glasses, but nobody knows it.

* If you rip a hole in a net, there are actually fewer holes in it than there were before.

* If 2/2/22 falls on a Tuesday, we'll just call it "2's Day".

(It does fall on a Tuesday).

Thanks to Ken MacKeracher of 31 for forwarding this to us at LINK

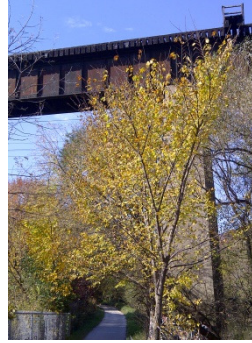
WHEN TO SEE YOUR DOCTOR FOR A COLD OR FLU

If you have any, or all of the following:

- difficulty breathing
- difficulty keeping food or fluids down
- difficulties swallowing
- fever higher than 100 F (38C) lasting more than three (3) days
- cough or nasal congestion that doesn't improve, or worsens over the course of fourteen (14) days.



Biking with BJ - FALL COLOURS RIDE



Now that summer is winding down and the fall colours are taking over, it's time to relax and enjoy

the sights along our ride before they disappear for the winter. This trip has a couple of hills, but with a summer of riding you should have little trouble managing them. Bring a camera as you will want to take pictures of the trees turning colour, and I've personally seen deer, foxes, hawks, blue herons, coyotes, beavers and even a wolf once.

Take Alexander and turn left at Church St, go north to Park Road (2nd north of Bloor St.) and turn right:

- > go down the hill to Rosedale Valley Road and turn right onto the dedicated recreational trail,
- > follow the trail as it winds through the valley to the Bayview Extension and turn left onto another dedicated bike trail
- > follow this trail up the valley (The Brickworks is part way up and has lots to see and do along with a coffee shop) to Pottery Road and turn right across the newly installed trail bridge
- > once across the bridge you use the Zig Zag trail crossing of Potter Road and proceed north along another dedicated bike trail (the next 4 km is known for many deer and hawk sightings)

> when you pass under Don Mills Road (underpass with Canoe Art on the far wall) you will come to roadway

> turn left and you can explore either 1) or 2) as follows:

1) - take the road to the left to Sunnybrook Park. This route has one long hill and you have to share the roadway with vehicles for about half the trip, but the rewards are nice. This route provides deep wide valley surroundings, parks / picnic areas, rivers, washroom / water fountains and at the end, the Sunnybrook Stables for horse and equestrian watching. (Total 5 km each way)

2) - take the road to the right to Taylor Creek. This route becomes a trail with no vehicles, and the rewards are somewhat different. This route provides a narrow but deep valley setting with numerous bridges / water crossings, parks and picnic areas, washroom/water fountains and at the end is a lush wetland for bird and turtle watching. This route also has a dirt ride portion on the far side of the river which can be accessed by one of numerous bridges along the way. (Total of 4km each way).

In either case, once at the end of each option you can rest, then turn around and proceed back the way

you came and ride all the way back down to Pottery Road

> proceed down the Don Valley trail to the Pedestrian Bridge at Riverdale Park

> climb up the stairs

> turn left and down into the baseball field and to the right

> walk up the hill to Riverdale Park / Farm, a good rest stop and visit the animals

> make your way to Sumac St (west side of park / farm) and go north to Wellesley St and turn left and head for home. It's also nice to explore Riverdale area with all the old homes and lovely gardens.



This route can range from 20 km (just going to Don Mills Road) to 40 km (by doing both options to Sunnybrook and Taylor Creek). It's a nice afternoon outing of 3 to 4 hours with lots of stops to enjoy the sights and day. Take lots of water and maybe a picnic to enjoy.

Remember - a quick wave, a 'thumbs-up' or a nod of the head to say, 'Thank You' goes a long way.

Bill Janes ~ 51 Alexander

SEPTEMBER IN CITY PARK: The People, The Places, The Things.

I am an autumn kind of guy. By the time September rolls around, (except for this year) the heat and

humidity of summer have lessened and the city is beginning to bounce back into life as Torontonians forsake cottages and campsites to face the harsh realities of returning to work. City Park, on the other hand, follows its own idiosyncratic, wandering path as it welcomes autumn. Here are some people, places, and things you might recognize.

1. If you are lucky enough to face east, the sunrise at 7:30 a.m. references the start of a science fiction movie. A tight, round, red ball climbs through parting night clouds. One can almost hear the film music, *'Also Sprach Zarathustra from Space Odyssey, 2001'*.

2. Alas, Stanley Kubrick's masterpiece music is forgotten as dumpsters are dumped on Wood Street. Is more garbage produced in September?

3. Roses, planted by the much maligned Wildrose, provide sharp pops of colour against a background of other plants and bushes whose leaves are browning and dying. Who ever said the rose was delicate?

4. The green grass still demands cutting and the wandering leaves demand attention of a raucous leaf blower. Just think, climate warming and Donald Trump may keep Wildrose gardening all year.

5. This autumn City Park has endured a number of multifaceted

projects with dust, drilling and disputes among Members and construction workers. Rising above all this cacophony has been the unflappable Nigel Aplin, the clerk of the works.

6. Most mornings Nigel, notebook in hand, can be seen scuttling across the gardens on his way to valve installations, leaks and anxious Members. A beacon of serenity amidst the waves of City Park.

7. September brings the famous Labour Day Barbecue with a flipping Bob Fisher.

8. With customary bloodletting, the AGM elects a new Board to steer the ship of state for one more year.

9. Strange animals are seen late at night wearing flashlights. Additions to the Security Team?

10. This past September brought sightings of the wandering crucifix. Has City Park become a rival for Lourdes?

So, Mother Nature may be going to sleep in September, but not City Park.

Tom Maunder ~ 51 Alexander

FUN FACTS

Studies have shown that people handle insults better when they're lying down.

Hallmark sells a line of unemployment sympathy cards you can send to people who have lost their job.

Liechtenstein is the world's largest producer of sausage casings and false teeth.

In Tokyo, they sell toupees for dogs.

The smell of freshly cut grass is actually the scent that plants release when they're in distress.

It would take about 1,200,000 mosquitoes to completely drain the average human being.

A man once wore 70 items of clothing in a Chinese airport to avoid paying the airline's extra baggage fee.

And now you know!

CDC NEWS AND UPDATES

Well after a bit of a break and two successful Lawn Sales and BBQ's, the summer is finally over. I wanted to reach out to all City Park Members to thank-you for all your support of, and attendance, at the many functions that the CDC has arranged over the last year. The following events are planned for our Members this year.

An upcoming event is our annual food and clothing drive. The food and clothing drive benefits both PWA and the Yonge Street Mission

respectively. Both organizations are very appreciative of the support from City Park Co-Op. This would be a great opportunity to clean/organize those cupboards, both in the kitchen and bedroom. Please be aware that food that is beyond the expiration date cannot be donated.

We also have an upcoming bottle drive. Please start saving your wine or liquor bottles. Our bottle drive is in support of 'Nellies Women's Shelter'. CDC has collected over \$150.00 so far, this year. If anyone wants to start donating their bottles before the bottle drive in December and January, they can call 416-967-3849 or 416-928-0162 after Thanksgiving weekend for early pick up.

Our annual balcony Christmas decorating contest will once again take place this year. Our judges will be looking for the most creative balconies (and window displays for those located on the ground floor). All Members are encouraged to participate. Cash prizes awarded!

We will once again have a 'Pub Night' called 'February Blahs'. Our Pub night was a great success last year and was well attended. Many had fun singing their favorite karaoke tunes. CDC is looking forward to having many more Members at this event. Come on out and let your talent shine.

The Committee is always looking for new committee members and

volunteers. We meet every third Thursday of the month at 7:00 p.m. in the 51 Meeting Room on the ground floor at the south end next to the laundry rooms. Please feel free to come out. Our next meeting will be on October 19, 2017.

All our upcoming events will be posted.

Warren Ewart ~ CDC Chair



ANDREW NOBLE
PROGRAM MANAGER, OUTREACH AND
EDUCATION
SMOKING AND HEALTH ACTION
FOUNDATION

Note: A version of this article originally appeared in *CondoContact*.

Exposure to second hand smoke is a daily reality for many Co-op Members and Property Staff. The smoke comes from inside units with smoking occupants into the

neighbouring units as well as the common areas.

Health Effects

Most people understand that second hand smoke (SHS) is not healthy but what many are not aware of is that it is extremely toxic. In fact, after many years of study, the best science points to the fact that there is no known safe level of exposure. In addition to causing cancer and heart conditions, SHS exacerbates asthma and other respiratory diseases and is associated with Sudden Infant Death Syndrome (SIDS).

The effect on seniors and children is especially worth noting. The risk for seniors is heightened because they are more likely to have heart and respiratory conditions. Children breathe more frequently and are developing; this puts them at greater risk of exposure to the dangers of tobacco smoke.

Even with proper ventilation, the smoke does not stay within residents' units. It moves to common areas and other units through a variety of means including: electric sockets, vents, plumbing, and differences in air pressure. As a result, according to the American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHREA) "the only means of effectively eliminating the health risk associated with indoor exposure is to ban smoking activity."

Co-op Boards and Property Managers regularly receive written and verbal complaints about second

hand smoke. Often these complaints are prompted because the residents suffer from health issues including asthma and COPD. Other times, complaints are made because there is a growing awareness about exposure to toxic substances such as second-hand smoke and a desire to reduce exposure.

Reducing exposure in multi-unit housing complexes, like a Co-op, is especially important. When a neighbour is smoking, the exposure to second hand smoke is an ongoing issue. Residents spend a considerable amount of time in their unit living, sleeping, and increasingly, working from home.

Going Smoke-Free

Because of the above-noted health concerns and other issues associated with smoking in condominiums, some Co-ops are creating smoke-free policies. For example, this year 'Bread and Roses Co-operative Homes' in Kitchener voted to go smoke-free.

The legal ability to create and enforce a smoke-free policy exists and is clear, but to ensure the policy is effective, it is important to take other steps. In creating the policy, Boards need to be conscious of keeping Members informed and aware. If the policy is seen as coming out of 'nowhere', it is likely that several people will be upset. This will make it more difficult to make the change and will impede implementation efforts.

In addition, many Co-ops implementing a smoke-free bylaw could benefit from a solid communications plan. It is tremendously important the residents understand the reasons behind the policy as well as the timing. Letters, newsletter articles and visible signage can play a key role in ensuring the right message is received. Also, it is helpful to remind people that the policy is not about banning smokers; people can continue to be smokers, but after the policy is in-force, they will no longer be able to smoke in areas restricted by the policy (e.g. their units, including balconies). Finally, if the policy is being grandfathered (i.e. only affecting new members), it is critical that everyone, including prospective Members and contractors are fully aware of the situation.

Our organization provides support for housing co-operatives who want to find out more about going smoke-free. We offer guides, success stories, videos, and sample policies on our website at smokefreehousingon.ca/housing-co-ops. Thanks to support from Ontario's Ministry of Health and Long-Term Care, our services and information are available free of charge.

(Article submitted by Andrew Lesk ~ 51 Alexander)

THE ANGEL LADY

Leticia Cruz from 31 Alexander has chosen to leave City Park and be cared for at Seven Oaks, a retirement/nursing home. She came from the Philippines. When her mother passed away, it was left to her to care for five siblings. She moved from her homeland to the United States and eventually found her way to Canada and then to City Park. One brother became a doctor and one a dentist. Leticia never married because of her responsibility toward her family.



During her many years here, she gave joyfully of herself and her cooking talents. She became a volunteer for the CDC. At many picnics and gatherings, she took care of the desserts. In my mind, I see her standing over a large cake and cutting it into portions for the waiting Members. Many actually called her the 'Cake Lady'. At an earlier stage, she persuaded the Board and Management to set up a community kitchen in 484. But as Management changed, so did that plan. It would have been a place where Members would learn how to cook and bake (Philippine style).

That did not hold Leticia back. She found another area where her help

was needed, and that was our Clothing Drive which takes place each fall. She sat for many hours in the lobby of 31 encouraging Members to give clothing, food and money. Thanks to her, it was always a success.

I called her the Angel Lady. Leticia, being of strong faith, loved angels. That word spread and she was given angels of all different types: carved out of wood, made of porcelain, stone and even glass. At Christmas time, her balcony was decorated with white wood lattice and looked like a manger with the Star of Bethlehem and many shimmering lights. Leticia knows how to live joyfully, make people welcome and always have food and drink ready for any guest visiting her. Her colourful figure will be badly missed. I intend



to visit her at Seven Oaks and would not be surprised to find her there at a function cutting a cake and as always surrounded by angels...even though they

might not be visible to the naked eye.

Karin Williams ~ 51 Alexander





In the Peter Michael Gernon Community Hall

Random Harvest

1942 – 8.0/10 stars – 126 minutes

Starring: Ronald Colman, Greer Garson, Philip Dorn
Director: Mervyn LeRoy



Plot: A veteran of World War I, Charles Rainier (Ronald Colman) has lost all memory of his life before the war. Left to wander, Rainier meets a showgirl, Paula (Greer Garson), with whom he falls in love. Rainier and Paula are soon happily married, but when Rainier travels out of town, a car hits him -- erasing the memories of his life with Paula, but restoring those of his life before the war. While he returns to his previous life, Paula tries to find a way to be reunited with her husband.

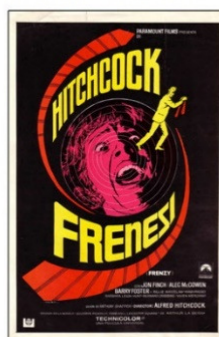


In the Peter Michael Gernon Community Hall

Frenzy

2011 – 7.5/10 stars – 116 minutes

Starring: Jon Finch, Barry Foster, Barbara Leigh-Hunt, Anna Massey
Director: Alfred Hitchcock



Plot: London is held in the grip of a serial killer whose modus operandi is to murder his victims by strangling them with a necktie. When short-tempered ex-Royal Air Force officer Richard Blaney (Jon Finch) discovers his ex-wife (Barbara Leigh-Hunt) murdered, Blaney becomes a suspect. Forced to go on the run, Blaney attempts to take refuge with his best friend, fruit merchant Bob Rusk (Barry Foster), however Rusk may, in fact, be the necktie murderer himself.

FASCINATED BY CEMETERIES – PART II

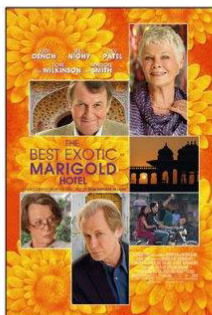


In the Peter Michael Gernon Community Hall

The Best Exotic Marigold Hotel

2011 – 7.3/10 stars – 124 minutes

Starring: Judi Dench, Bill Nighy, Maggie Smith
Director: John Madden

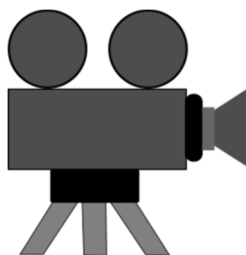


Plot: Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

In the last issue of LINK, I talked about some interesting cemeteries I visited locally and abroad. I'd like you to join me now on another episode of fascinating cemeteries and burial sites around the world. I'll start locally again with the largest cemetery in Toronto -- one that I've traipsed through many times.

Mount Pleasant Cemetery, Toronto, Ontario

Originally a 200-acre farm on what were the far outskirts of Toronto, Mount Pleasant Cemetery opened in 1876 with more than twelve miles of carriage drives along rolling hills and ponds. Today it still has many miles of walking paths, interspersed with fountains, sculptures, large flower



gardens and rare and distinct trees. Birds and other wildlife also enhance its natural beauty. The Mount Pleasant Mausoleum is a classic example of Georgian architecture with granite exteriors and finely detailed bronze and marble interiors.



As the final resting place of more than 168,000 persons and containing an abundance of remarkable architecture and monuments, Mount Pleasant Cemetery was designated a National Historic site of Canada in the year 2000.

Here are a few of the interesting sites to seek out while wandering through the grounds:

- A memorial commemorating the 118 lives lost in the fire that destroyed the Great Lakes luxury cruise liner SS Noronic on September 17, 1949.
- A Children's Garden Memorial created to remember stillborn and orphans.
- A memorial erected in honor of the war dead in the South African War of 1912.

Among the many well-known Toronto personalities interred here are Sir William Lyon MacKenzie – former

prime minister of Canada; Sir Frederick Banting & Charles Best – co-discoverers of insulin; Northrop Frye – educator & literary critic and Glenn Gould – musician & composer

Granary Burying Ground, Boston, Massachusetts

Established in 1660, this small patch of ground which barely covers two acres, has approximately 5,000 corpses. One source estimates that as many as 20 bodies lie beneath each tombstone.



The cemetery is the final home of many of Boston's Revolutionary War patriots, including Robert Paine, signer of the Declaration of Independence. In the centre of the graveyard stands a granite obelisk labeled FRANKLIN – marking the grave of Benjamin Franklin's parents. Near it is the Children's Tomb where hundreds of children are interred. Visitors line up to be photographed beside the monuments of Paul Revere, Samuel Adams and John Hancock.

Ornamentation on early gravestones features a grim death's head, the

later preference was for cherubs. These 'soul effigies' indicate a huge shift in Christian philosophy, from the Puritan belief that only the 'elect' would enter heaven, to a general sense that heaven was available to all. In the late 1700's, epitaphs that record how survivors felt about their losses came into fashion. One such epitaph read "To this sad shrine who 'ere thou are drawn near, lies the friend most joy'd, the son most dear; who ne'er gave his father grief, but when he died".

In 1879 the last body sank into the dirt of the Granary Burying Ground. It is now a place where visitors can be in touch with history.

Westminster Abbey, London, England



Originally founded in 960, Westminster Abbey is one of the UK's most notable religious buildings and the traditional place of coronation and burial sites

for British monarchs. It contains about 500 interments and memorials. Edward the Confessor was the first king to be buried here in 1066.

The Abbey is stuffed with mortuary sculpture – 17 British monarchs reside permanently here, including Mary, Queen of Scots and Elizabeth

I. Protestant Elizabeth's tomb lies atop Catholic Mary's, beneath which an epitaph reads "Consorts both in throne and grave, here rest we two sisters – in the hope of one resurrection". Elizabeth's effigy is the only one visible.

Commoners such as Geoffrey Chaucer, Charles Dickens, Rudyard Kipling, Charles Darwin and Sir Isaac Newton were honored with burial in the Abbey. George Frederic Handel is here, as well as composer Henry Purcell who is buried near the organ that he played. Explorer David Livingstone's body was unearthed from his grave in Africa and interred here. During the 20th century, coffins were no longer buried here, folks were cremated and their ashes interred in the Abbey.

Many famous Britons are commemorated in the Abbey with memorial plaques, although their remains lie elsewhere. Among them are Shakespeare, Jane Austen, William Blake, Lewis Carrol, Sir Winston Churchill, Keats and Shelley. Lord Byron's memorial was placed here in 1969; Oscar Wilde was recognized on a stained-glass window in 1995.

At the west end of the nave lies the tomb of The Unknown Warrior. The chosen unknown from WWI was reburied in the Abbey floor on Armistice Day on November 11, 1920. Of all the graves in the Abbey,

this is the only one you're not allowed to step on. Flowers or wreaths often surround it.

Shakespeare's Grave, Holy Trinity Churchyard, Stratford upon Avon, England



Holy Trinity Church dates back from 1210. One of the loveliest parish churches in England, it's visited by an estimated 200,000 people each year. Shakespeare was buried in the chancel on April 25th, 1616. The cause of his death remains a mystery. His epitaph, which he himself dictated reads "good friend for Jesus sake forbear to dig the dust enclosed here. Blessed be the man that spares these stones, and cursed be he that moves my bones". Such curses were common at the time. His wife and daughter are buried alongside him in the chancel. A memorial to Shakespeare was erected during Anne's lifetime and is believed to be a good likeness. Each year on April 23 – Shakespeare's presumed birthday – Holy Trinity hosts a flower-laying ceremony. Thousands file through the church while the bells ring and the organ plays. A Shakespeare Service is held

to remember him and his contribution to the parish and to England.

Ursula Carter ~ 51 Alexander

LIVING IN A HIGH-RISE

Over the years I've heard complaints about second hand tobacco smoke, second-hand marijuana smoke, cooking smells, incense, scented candles, chemical cleaners, unchanged kitty litter, etc. What is no problem for some is toxic or noxious for others.

This is not 'someone else's' responsibility. We share a collective responsibility to ensure that we aren't poisoning or creating problems for a neighbour. What am I doing to contain any smoke or aromas to my unit? What can the Co-op do to contain the smoke and aromas? What types of solvents and cleaners being used by staff or contractors? If the answer circles back to "It's not my problem" or "Just live with it", then nothing will happen other than continued complaining and people getting sick.

I'm an ex-smoker. I can't tolerate the smell of tobacco and am well-aware when a neighbour is smoking. The second-hand smoke wafts in through my windows. I am very allergic to marijuana. I did inhale in my far-off youth and never got high. I developed sinusitis instead. The smell of liver cooking sets off my gag

reflex. The carpet shampoo used in the hallways is noxious. The list goes on.

I'm no paragon. I cook fish. I light candles or make coffee to mask the cooking smell. My windows are open. My neighbours are good cooks and the aromas in the hallway are delicious. The second-hand marijuana smells are not. Recreational or medical, it gets musky and skunk-like very quickly. There is little second-hand tobacco smoke on my floor. Unless each unit has a self-contained ventilation system, which we can't afford, smells and smoke will bleed to other units. The exhaust fans were replaced around the same time as the fridges and stoves. The endless construction reduces efficiency. Maintenance of the fans is obviously needed on an ongoing basis. That will help but not cure. Sealing unit vents and blocking the bottom of the unit doors impedes efficiency and stops the air convection. It will not stop bugs from entering a unit either. Bugs can be carried in on your shoe.

I have many questions and not a lot of answers at this point. I would like to see a committee, not a project, look at this issue. Please no cute names.

Over to the Board of Directors!

Bob Fisher ~ 51 Alexander

SO, DO I ACTUALLY HAVE SLEEP APNEA?

In the last issue of LINK, I wrote about my nascent struggles in the murky fields of sleep apnea. Since then, many Members have approached me during my Zen moments in the garden between 484 and 51 to discuss the issue. Some stated that they felt sleep apnea was a meaningless, self-indulgent boondoggle designed to promote sales of machines that were quickly forgotten. Others felt that the sleep apnea machine had changed their lives with nights of restful slumber, increased energy and improved love lives. The machine costs approximately nine hundred dollars and its purchase is partially subsidized by OHIP. Even with a benefit package, it is a considerable expense. The question is 'Do I have sleep apnea and will the machine help?'

Let's start with do I have sleep apnea? There are a number of questions to ask yourself which might give you answers. The questions are gleaned from a slew of questionnaires which can be obtained online.

Here are some examples:

1. Do I generally feel tired/sleepy all day?
2. How quickly do I fall asleep?
3. Do I nap during the day?
4. Do I have hypertension?
5. Do I exercise on a regular basis?

6. What is my caffeine and alcohol consumption?
7. Do I snore or drool?
8. Do I doze off watching television or reading?
9. Do I sleep walk?
10. Do I have frequent nightmares?

Please do not self-diagnose but check with your doctor. The sleep apnea machine seems to work for me, but what is crucial is sleep hygiene. My sleep hygiene leaves a great deal to be desired. I go to bed at 12:30 a.m., I watch television or work on the computer, I eat, I read. I am a bad sleep bro'.

I believe the sleep apnea machine has helped me, but so much depends on my mental framework before I go to bed. My focus has now shifted to elevated blood sugar. Getting old is SUCH fun.

Tom Maunder ~ 51 Alexander

SMOKE-FREE LIVING: THE CO-OP EXPERIENCE

Other co-ops, condos, and apartment buildings have gone smoke-free. Sharon Gigliotti interviews Wayne Sawtell, of the Conservation Co-op Homes in Ottawa, about that co-op's experience.

You're the first non-smoking co-op in Ontario. What was the spark that started it all?

Several Members were fed up with having to breathe cigarette and marijuana smoke in their own units and in the corridors and other common areas in the Co-op, so they decided to form a member committee dedicated to installing some kind of prohibition on smoking.

Did you initially meet with a lot of resistance from Co-op Members?

Most of the resistance came later, after the process had gathered a lot of steam. The resistance was entirely from the 20% of the Members who smoke and was very vehement. However, even from the beginning, some of the smokers infiltrated the committee, meaning that they joined the committee with the intention of persuading committee members to water down any proposals that might be produced and to spread disinformation, particularly about certain non-existent rights, such as the non-existent right to be grandfathered.

Did you survey the Membership, and if so, how? What was the result?

The Smoke-Free Building Committee conducted a written survey of the entire Membership. It was an anonymous survey, which was distributed to every household. The office compiled the results. Over half of the Membership responded. The results were almost entirely in favour of restricting smoking in the Co-op in

some way. Members were specifically asked what kind of restriction they might be in favour of. Many favoured a total ban.

You must have translated the survey results into a by-law. How was that achieved?

Based on the survey results, and on information provided by Ottawa Public Health and by the Non-Smokers' Rights Association, the committee outlined what kind of provisions it was in favour of. The committee then drafted a by-law containing a total ban on smoking anywhere in the building, on patios or balconies, and on the grounds. There was a grandfathering clause of six months in order to allow smoking Members either to quit smoking, get in the habit of smoking only outdoors on the sidewalk, or to find another place to live. There was also a provision for three designated smoking areas on the Co-op grounds, with a one-year sunset clause on those areas. These measures were aimed at softening the transition to a totally smoke-free building and grounds.

Was the vote at the General Meeting close?

The smokers in the Co-op formed an informal group dedicated to opposing the proposed Smoke-Free Building By-Law. They organized their own strategy meetings and ran their own candidates in Board elections, with some success.

Several General Members' Meetings were held on the issue. Two professional CHF facilitators were hired to facilitate the final meeting, in which the vote was taken. Many amendments were proposed, none of which were adopted by the Membership. None of the votes on the amendments were close. However, the final vote on the by-law itself was fairly close. It required 67% approval, and received 72%.

How satisfied is the Membership with the bylaw now?

Enforcement of the by-law has been sluggish. The smokers' group persisted for a few years after the enactment of the by-law, seemingly with the intent to stymie efforts to enforce it. Anti-by-law Members continued to run for and get elected to the Board. Our management at the time was not in favour of the by-law, and it is questionable how thoroughly our coordinator tried to implement it. The idea was that not every single complaint would initiate an eviction process. Therefore, most Members' complaints did not make it to the Board. It has been up to Management to decide when a given Members' smoking has become a repeated violation of the by-law. At Conservation Co-op, Members must complain in writing about a problem in order for action to be taken by management or the Board. We do not accept anonymous written complaints. Members must sign it and their name is kept confidential.

What would you say are some of the myths and dissembling you had to face in the process?

The biggest myth we had to confront was the myth that Members of a housing co-operative enjoy all the rights provided to tenants of landlord-owned buildings under the Residential Tenancies Act. The RTA specifically guarantees tenants the right to indefinite grandfathering. However, Members of a housing co-operative are not covered by the RTA. Housing co-operatives are covered by the Ontario Co-operative Corporations Act, which does not contain any grandfathering provision because co-ops are democratically run. We also confronted the myth that smokers have a right to smoke under the federal Charter of Rights and Freedoms. No such right exists, either in the Charter (federally) nor in the Ontario Human Rights Code (provincially). Also, some Members have purveyed the myth that they have the right to do whatever they want in the privacy of their own home. There is no legal statute that guarantees any such thing, not the Charter, not the Human Rights Code, not the Co-operative Corporations Act, not the Ontario Housing Services Act. The notion is silly on the face of it. One simply has to think about municipal by-laws against noise, or the Criminal Code, for example, to know that one cannot do whatever one likes in one's home no matter what the effects are on people around you.

What lies ahead?

Recently, the Board of Conservation Co-operative has been stricter about enforcing the Smoke-Free Building By-Law. There have been a couple of evictions of particularly stubborn members, whose smoking habits, both cigarettes and marijuana, regularly filled the corridors and the units neighboring theirs. The Board hopes to continue on this path and show the Membership that it is serious about enforcing the by-law.

LONELY? VOLUNTEERING JUST TWO HOURS A WEEK MAY HELP

(Reuters Health) - Volunteering at least two hours a week may go a long way toward helping to ease feelings of loneliness and social isolation, a study of recent widows suggests.

Loneliness is a serious medical problem for many older adults; previous research links it to declines in physical and mental health as well as premature death, researchers note in the *Journals of Gerontology: Social Sciences*. Because strong marriages, friendships and social networks can keep loneliness at bay, researchers wanted to see if becoming more involved in the community through volunteer work might make loneliness less common for an especially vulnerable group: recent widows.

They found, as expected, that feelings of loneliness were much

more intense among recent widows than married people. But the recent widows who started volunteering at least two hours a week developed lower levels of loneliness on par with married people who spend similar amounts of time giving back to their communities.

This offers fresh insight into “how much of a ‘dose’ of volunteering might be needed to offset loneliness at widowhood,” said lead study author Dawn Carr of the Pepper Institute on Aging and Public Policy at Florida State University in Tallahassee.

“We do not know exactly how volunteering ‘gets under our skin,’ but there is some speculation that it is beneficial because it tends to require us to use our mind, it requires us to be more physically active, and it almost always requires us to interact with others,” Carr said by email.

For the study, researchers examined data collected from 2006 to 2014 on 5,882 adults aged 51 and older. All the participants were married at the start of the study, but 667 had become widows by the end.

People widowed during the study were more likely to be women, black, older, sicker, depressed, and experiencing cognitive decline. They were also more likely to have had a spouse who was disabled or suffering from memory loss.

At the start of the study, roughly half of the participants did some volunteer work. People were more likely to start volunteering during the study if they became widows than if they remained married, and widows were also more likely to devote lots of hours to volunteer work.

During the study, about 1.5 percent of the participants started volunteering at least 100 hours a year, and another 6.3 percent began volunteering, but less often.

To assess loneliness, researchers examined data from questionnaires that asked how often people felt isolated, left out, or that they lacked companionship.

One limitation is the possibility that less lonely people might be more apt to venture out to volunteer, rather than volunteering being responsible for any reduction in loneliness, the authors note.

Even so, the findings offer fresh evidence of the health benefits of regular social interactions, said Dr. Guohua Li, director of the Center for Injury Epidemiology and Prevention at Columbia University in New York City.

“Volunteering in particular is an activity that facilitates older adults’ social engagement and the formation of meaningful relationships with others,” Li, who wasn’t involved in the study, said by email. “Volunteering may also

increase older persons' self-esteem and give them a sense of community, decreasing their feelings of loneliness after the loss of a spouse."

To get these benefits from volunteering, though, people need to keep showing up, said Dr. Carla Perissinotto, a researcher at the University of California, San Francisco, who wasn't involved in the study.

"For some people, volunteering regularly can actually help decrease feelings of loneliness and this is important because loneliness is linked to many health outcomes such as increased risk of heart disease, dementia, functional decline and death," Perissinotto said by email.



"But the volunteering must be regular - not just twice a year - to have the benefit," Perissinotto added.

"Similarly, to exercise, you need to have a certain

amount on a weekly basis for it to be beneficial."

FINALLY, SOMEONE IS LISTENING!!!

Regarding our recent heatwave the end of September...warm and humid temperatures, and a misunderstood city bylaw, left some residents baking in their units, city councillors said according to the Toronto Star

on September 24th. We were very lucky here at City Park, because, for the first time, our heat was not turned on September 15th ... because it didn't need to be. It seems our new Management, finally does understand the bylaw as it is written. **Here's hoping they remember this next spring!**

Councillors said tenants across the city were living in 'intolerable' conditions, with some residents reporting temperatures in their units as high as 30 C. At a press conference September 20th, tenant issues committee chair Councillor Josh Matlow and board of health chair Councillor Joe Mihevc urged landlords of buildings with air conditioning to keep it on through the heat wave. "There are a significant number of people who were baking in their homes right now," said Matlow (Ward 22 St. Paul's). He called on landlords to "use common sense."

Landlords genuinely wanting to be compliant with a city bylaw governing rented units are misunderstanding the rules, the councillors said.

The bylaw dictates a minimum temperature of 21 C between Sept. 15 and June 1st. **BUT, the BYLAW DOES NOT SAY** that the heating system must be turned on starting Sept. 15, Matlow said.

"There's nothing in there that says flip the switch," he said. "So, if Mother Nature isn't taking care of it,

yes, flip the switch, get the boiler going, get the heat on. But in this case, everyone in Toronto knew that Mother Nature was working overtime. So, she was taking care of the heat. I wanted landlords to take care of their tenants.” Mihevc said his Ward 21 (St. Paul’s) office had been “inundated” with calls from those in hot buildings.

“One of the residents actually had to be hospitalized because of the lack of ventilation,” Mihevc said. The councillors said landlords worried about the time it takes to switch over from air conditioning to heating if temperatures drop quickly won’t be prosecuted by the city’s bylaw enforcement for using their best judgment and doing their due diligence to comply with the rules.



In the long-term, Matlow said Mayor John Tory is supportive of a review of the bylaw to allow for greater clarity and nuance to better protect tenants’ health.

Matlow said he hopes changes will come this spring.
~ ed.



ON A BALCONY GARDEN, SUMMER OF ‘17



(Courtesy of Grazyna Karp ~ 31 Alexander)

SUBMISSIONS TO LINK

All Members are encouraged to submit material of interest to the Membership for consideration in LINK. All submissions should be **TYPED** or **CLEARLY PRINTED** and include your full name, building and apartment number. Articles can be dropped off to our Office or sent by email to CityParkLINK@gmail.com



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.