



APRIL~MAY~JUNE 2018

Volume 23 - # 2

NEXT DEADLINE: JUNE 22, 2018

SPRING HAS SPRUNG!



LINK is published quarterly
as of January 2018.

The next **LINK** deadline for
submissions is **June 22, 2018**.



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out, now we have to ensure the dollars get to the communities that need more affordable housing.”

Communities across Canada are experiencing a lack of affordable housing and co-ops are ready to provide affordable, community-oriented housing. The government’s expansion of the Rental Construction Financing Initiative from \$2.5 billion to \$3.75 billion in loans over the next three years has the potential to play a substantial role in alleviating the affordable housing deficit. CHF Canada is optimistic that community-oriented housing providers like co-ops will be prioritized in the roll-out of the program and that we will see increased construction of co-op units over the next three years as a result of this program. Additionally, CHF Canada is looking forward to the roll-out of the measures announced in the National Housing Strategy over the next decade.

Women are disproportionately affected by a lack of affordable, stable, safe, and secure housing. In fact, 45% of female-led lone-parent families are in core housing need. CHF Canada supports the measures Budget 2018 and the National Housing Strategy take to address the inequalities faced by women in Canada, particularly in finding a place to live. Housing co-ops have led the way in addressing these inequalities with women making up 58% of the population living in housing co-ops in Canada and with



HOUSING CO-OPS WELCOME FUNDING FOR HOUSING BUDGET 2018

The Co-operative Housing Federation of Canada (CHF Canada) welcomes the spending commitments outlined by the Federal Government in the recent budget which will help many more Canadians, including Indigenous Canadians, find a safe, secure, and affordable place to call home.

“Today’s budget demonstrates a continuation of the government’s good work to address the housing needs of all groups,” says CHF Canada Acting Executive Director, Karla Skoutajan. “The National Housing Strategy has been spelled

90% of lone-parent co-op households being female-led.

CHF Canada also applauds the government's announcement of distinction-based housing strategies for Inuit, Métis, and First Nations peoples which recognize the individual challenges each face with regards to housing as actionable steps towards reconciliation. The government's announcement of \$1.5 billion over five years to fund these strategies demonstrates a financial commitment towards that end.

The National Housing Strategy, launched last November, addressed CHF Canada's primary advocacy priority – the protection of 20,000 low-income co-op households – with a 10-year solution for low-income co-op households, most of whom are seniors, single-parent families, new and Indigenous Canadians, and those living with disabilities.

CHF Canada is calling on provincial and territorial governments to sign on to cost-matching programs outlined in National Housing Strategy. Tackling Canada's housing deficits will require a co-ordinated effort between all orders of government, working in partnership with the community housing sector.

THERE'S A NEW KID ON THE BLOCK

The purpose of this article is to more fully introduce to the Members of City Park Co-op their new General

Manager, Edward Carrington. Edward assumed his duties on March 19th with Scott Barry staying on site during the transition period.

The genesis for this article is the set of questions I asked Edward and his very thorough answers. Based on the quality of these answers, I think our interview team made a good choice. What follows is my precis of what Edward shared.

Edward's considerable work experience involves stints at Booth Supportive Services, the Circle of Care, 'a community support agency', Fife House, Woodgreen Community Services, and West Neighbourhood House. The continuum in Edward's work history is the desire to advocate and facilitate for all people from varied backgrounds seeking stable and safe housing in a welcoming community. Edward realizes that this goal is not always easy to achieve and has the contacts in Social Services to make targeted responses to particular needs.

I suggested to Edward that City Park is not without its social-emotional conflicts and asked him how he would solve them. He would opt for a mediation which must be done "collaboratively, carefully and sensitively". He understands that institutions have rules, staff has assigned roles and responsibilities, and Members have expectations as to behavior. Everyone plays a role in creating a positive environment.

I was pleased to read that Edward has prioritized efficient teamwork from our staff through regularly scheduled team meetings and doing 'things' right the first time. Edward believes the left hand should know what the right hand is doing. Delivery of services should not be a magical mystery tour and that social intelligence is a key quality both Members and staff should develop.

As I said, Edward's answers were very thorough and this article a mere precis. In my 'humble' opinion we have a potential winner here, so let's give him a chance.

Tom Maunder ~ 51 Alexander

CONFESSIONS OF A SWIMMING POOL DECKMAN

'Bloemfontein Castle' was named in the tradition of the Union Castle Line, a company that named their numerous ships after a city's castle. The 'Bloemfontein Castle' was named after the city of Bloemfontein in South Africa, but it did not have a castle in the traditional form. The word 'Bloemfontein' is the Afrikaans word for 'Flower Fountain'.

She was a passenger liner running from London, England, to ports in South Africa, and what was then known as 'Portuguese East Africa', via Rotterdam in the 1950s. She was an 'Intermediate', known as a cargo/passenger liner... not as big as other ocean-going liners, having a

passenger capacity of about 730 people, all one class.

South Africa still had an influx of Europeans in those days, especially British and Dutch, and the 'Bloem' as we called her, was always filled with people on the homeward bound voyage, the outbound voyage, and the two weeks of every year when she became a holiday ship on the African coast. This meant a full ship of 3 separate loads of passengers, and like clockwork, her voyages were always a duration of exactly two months and three days, with about sixteen days in London before beginning another voyage with cargo and a full load of passengers completed in Rotterdam.

I signed on her as AB (able-bodied seaman), which takes three years of unbroken time at sea to gain experience to that rating.

On my second trip on the Bloem, I was given the job of Swimming Pool Deckman. A good job to have as can be imagined. The pool was on the after-deck, in the open air with a bar very close by. It was mostly sunshine and calm seas from about the fourth day after sailing from England until the same on the homeward bound trip. It was good for me too, with numerous tips being left at the bar for me. "I've left a beer at the bar for you Peter" I would hear several times a day and of course, because I couldn't drink that much beer, I had an agreement with the barman... money instead. I wasn't allowed to drink at any passenger bar anyway,

but we had a great crew bar... crew members only, no officers, no passengers allowed.

People planning to use the swimming pool would come to me and ask when will the pool be filled, because they'd like to have a swim. I'd tell them, tomorrow it will be filled and available to all for the rest of the voyage. "Oh great. I do like a nice warm pool to swim in" or, "I hope the temperature is not above sixty-eight degrees because I like a nice cool swim on a hot day." I'd assure them that the pool will be to their comfort.

When I filled the pool, it was a matter of opening a valve to take sea water in, and opening another valve to pump water out, thereby keeping the pool recirculating permanently with clean sea water. And that's what they got... water of the temperature of the sea and which I had no control over. I wasn't at all surprised though when those swimmers came to me showing their gratitude and thanking me for "such a nice warm swim" ... or "such a nice cool swim".

The pool was kept empty in dock because dock water was usually contaminated with oil and other filthy unmentionables. It was then thoroughly cleaned before refilling when the ship put to sea again.

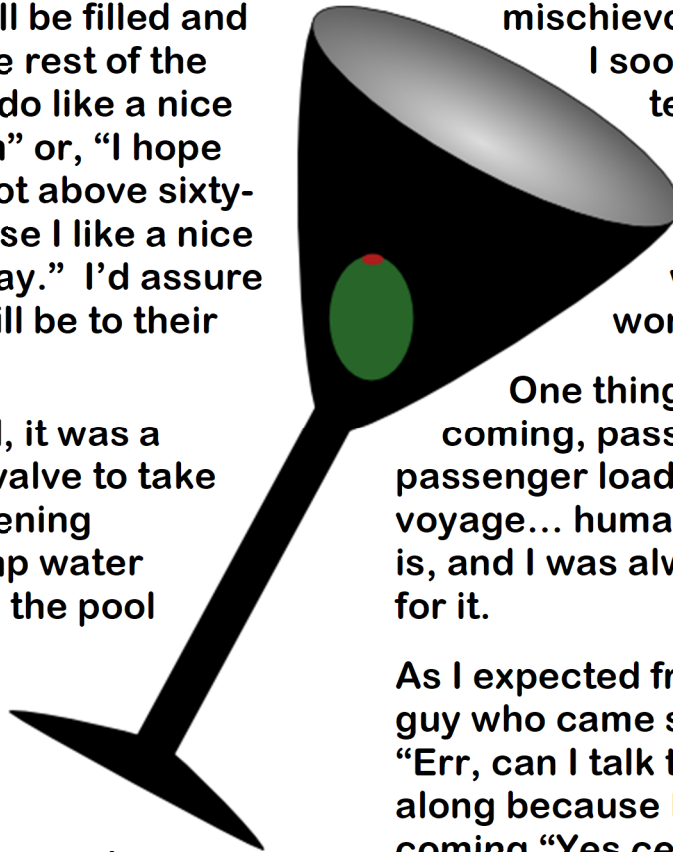
Apart from cash tips as a reward for good and extra service, there were other ways to increase the tip intake.

It didn't take long to 'sort out' the passengers, as they were under my eye for twelve hours a day from 6:00 a.m. to 6:00 p.m. I watched who was mischievous amongst the kids;

I soon recognised which teenagers were likely to be problematic. I also recognised who was chasing who in both men and women.

One thing I always knew was coming, passenger load after passenger load, voyage after voyage... human nature being what it is, and I was always well prepared for it.

As I expected from watching, this guy who came sidling up to me with "Err, can I talk to you?" I played along because I knew what was coming "Yes certainly". "Well, err... Like, I'm seeing this girl and I'm wondering if you can help me out" Though I knew what's coming next, I still played along. "So, what can I help you with?" "Well, I haven't got ...you know, I need something for, err, hmm... protection". "Mmm, I see what you mean. But we're thousands of miles out to sea, where do you think I can get something like that?" "Well I just thought...." But "Hold on a minute...I do know this engine room guy, he may be able to help us both, he's a greedy bastard though... leave it to me, I'll see what I



can do.” Then I’d let him sweat next morning and afternoon. “No, I haven’t seen him yet, but I’ll get him, leave it to me.” Towards the evening I’d single him out and say something like “Well sir, he’s got what you want, but as I said, he’s a greedy bastard, so I told him I’d have to see you first.” I knew what his reply was going to be... it always was. “It’s OK, give him what he wants, give him anything, it’s OK, just get them.” That’s when I’d go to my stash that I always had in expectation of just such an event and get a big fat price for what I got for free from the crew sick bay. It worked every time... numerous times.



Most people would take photographs on the voyage of course, especially in the open swimming pool area

where they would often ask me to take pictures of them. By doing that, I would get to know their cameras, especially the really expensive ones. That was where my ‘tippage’ increased too. Curiously, people tend to think that because they’re on a ship that they can leave stuff lying around like they do at home. Maybe it’s because they live, sleep and eat on the ship so they subconsciously think the same rules apply as when they’re in their own home. Sunglasses, reading glasses, books, magazines, towels etc. were all left

around for me to find. I’d pick them all up and safely keep them in my deck locker for the folks to get back when they came and asked me if I had found them. But often I’d find, say, an expensive camera that had been left lying on a bench for a few hours, binoculars, and once a jacket with a wallet containing money. Procedure was that anything containing money was taken to the Master at Arms, the ship’s policeman. They notified the wallet’s owner who invariably would seek me out and reward me handsomely for my honesty. As did the camera owners. In those days, unlike today, no security cameras were anywhere on the ship, so it wasn’t possible to play a video to see who had left what and where.

Another good tip producer was luggage handling at the voyages end. Each of us was given two or three passenger’s luggage to handle off the ship for them, and it would go something like this. Passenger ‘A’ has say six pieces of luggage consisting of one trunk, three suitcases, a bag maybe, and a briefcase. The briefcase was almost guaranteed to double your tip.

Ships inbound were met by a dockside train, buses, taxis, and private cars after docking. Each of us was assigned to get a passenger’s luggage from the cabin and luggage storage. We would find out from our assigned passenger where he wanted us to take his luggage; to a train, bus, taxi or

car. Any briefcase would be stashed in a very safe place and the luggage taken off the ship. "That's it sir, five pieces. A trunk, three suitcases and a bag". NO, six pieces, where's my briefcase?". "I'll run back and check sir" Go and have a smoke, then run back with the briefcase, out of breath of course. "Sorry about that sir, I just stopped it from being put on the train. One of the crew had it for his passenger and I stopped him just in time." That was guaranteed to double my tip.

Larceny and pocket filling was rife on the Bloem as it was on any passenger ship of any nationality afloat. We had to

do our own tipping as well. Crew tipping crew.

We had to pay the crew cook outward bound and again homeward bound if we wanted to eat 'passenger' food. Table waiters had to tip the dishwasher, or he'd finish up with dirty plates and glassware. The same with the 'silver king'... if he wasn't honoured with a set sum, table waiters would finish up with dirty knives, forks and spoons. Soup chefs were the same, or the table waiter would finish up with cold soup to take to their tables. Plus, they had to pay the Head Waiter who didn't serve passengers. And so it went on all through the Catering department.



The reasoning being that cooks, dishwashers and silver kings didn't come in contact with passengers to get tipped, and they knew table waiters, bedroom stewards, barmen etc. did get tipped, so they wanted their share. And that is the reason why crew members who did come in contact with tipping passengers relied on those tips.

Such was life on those ships in those times, which, looking back, all old ex-seamen look upon, and declare as the halcyon days of seafaring. That is from old Captains, Engineers, Officers and crew ratings, not because of tips which were just an

incidental part of the life. But of the ships, the shipmates, the runs. There are no Transatlantic Liners these days, such as Queen Mary and those like her. No passenger liners running the 6-week voyage from Europe to Australia and no ships existing of the likes of my Bloem. All replaced by airplanes which do those journeys in a matter of hours.

Incidentally, as a matter of interest to City Park residents, some years ago I detected a South African accent in a resident I was speaking with. After telling him I was familiar with his country and used to visit often on the Union Castle ships, he told me that his mother took him on holiday on one of them. She was

called Bloemfontein Castle he told me. Further discussion revealed he was ten years old in 1953, at the time we both were on the Bloem, him as a kid passenger and myself as a crew member! Later that day he gave me a photo of the ship. Amazing, considering this was sixty years later... a kid I was keeping an eye on in the children's paddling pool would be meeting up with me, one of the crew, as an adult, in a different country, all those years later.

Peter Nicholson ~ 31 Alexander

Since taking over the reigns as Editor for LINK a couple years ago, nothing has sparked reaction to one of our stories quite like the article 'Scruffy' did, as it appeared in the last issue of LINK (Volume 23 No. 1).



As you might recall, a couple young City Park Members found a wild baby bird and nursed it back to health. The bird is a grackle, and they are allegedly not on the list of protected birds. However, several Members made it very clear to me that this was a big no-no, when in fact, the city's Wildlife Hotline should have been called. It is too late for Scruffy, as the bird is now humanized and dependent on humans for survival. They tried to let Scruffy go, but it prefers to stay put here in our Co-op!

Should anyone come across another wild baby bird on our property, here's what to do:

Keep the baby bird in a cardboard box with a soft towel or t-shirt. Even on a warm day, babies can get cold, so give it a heat source:

- a clean sock filled with dry, uncooked rice, and microwaved for one minute
- a plastic bottle from the recycling bin filled with hot tap water
- an electric heating pad set to 'LOW' and placed under half of the box.

Put the box in a dark, quiet spot. Don't give it any food or water and call the Wildlife Hotline at 416-631-0662 – 9:00 a.m. thru 6:00 p.m., seven-days-a-week.

If you come across any dead or injured birds, please contact the Fatal Light Awareness Program of Toronto at 416-366-3527 (as recommended by Helen Juhola of 51 Alexander). ~ed.

Did you know... there is no government funding for wildlife rehabilitation in Ontario. All rehabilitators are funded entirely by private donations. Hint, hint. ;-)

PLEASE STOP FEEDING THE PIGEONS! HERE'S WHY:

Are pigeon feces dangerous to touch or breathe? It is never a good idea to

come in contact with any animal or bird droppings, and proper hygiene is a sure-fire way to make sure that no infection is ever experienced. That being said, there are some concerns when it comes to pigeons, as they tend to move into buildings and onto our balconies easily.

There are three human diseases that have a link to pigeons. They are: histoplasmosis, psittacosis and cryptococcosis.

Histoplasmosis is an illness caused with a fungus that is found worldwide in certain soils and yes, in pigeon droppings. Normal activities can lead to a person being exposed to the fungus; however, you would have to breathe in a huge amount of the fungus for it to cause infection.

Symptoms generally manifest within ten days of exposure and include fever, fatigue, plus chest pains. However, most people don't develop infections even though large amounts of people are exposed to this fungus through normal activities.

Cryptococcosis is a disease also caused by a fungus. But as with histoplasmosis, this fungus is found worldwide in soil and is associated with pigeon guano, but not exclusively. Only people with

compromised immune systems are really at risk of contracting this disease from pigeon droppings. Psittacosis is a disease brought on by a bacterial infection. This disease is rare, and most often affects parrot and parrot-like birds like cockatiels and parakeets but can also affect pigeons. If the birds' droppings become dry, the bacteria can become airborne and infect a human being. Symptoms generally occur about ten days after infection. They include, fever, and chill, rash, headache and fatigue. However, this disease can be treated simply enough with an antibiotic.



It is worth mentioning that fewer and fewer cases of this disease are reported in North America each year according to the CDC. And in 70% of the reported cases, the infection was from a pet bird and not feral pigeon guano. People most at risk are pet shop owners or

employees, bird owners and those with compromised immune systems.

It is always best to follow good hygiene practices and dispose of any animal dropping in a contained and safe way. When dealing with pigeons, wearing gloves and a surgical mask can help to prevent any concern about disease when dealing with guano. There are also

chemicals on the market that can be used to clean up the mess made by birds in a safe manner.

Check your balcony for nests, and do not feed the birds. It is not safe to sweep the droppings off your balcony... sweep them into a dustpan and into a garbage bag for disposal.

It is very apparent that some City Park Members feed the birds on their balcony, and we know who you are. You are violating our By-laws.

Pigeon droppings contain uric acid which have very corrosive properties. In fact, their droppings are so damaging that they can strip the finish off of a car in a matter of months and eat through steel in only a few years. Many of our bridges and steel structures like skyscrapers, including our balconies, are falling into disrepair because of bird droppings.

<http://www.wildlife-removal.com/pigeon.html>

HOW EXERCISE IN OLD AGE PREVENTS THE IMMUNE SYSTEM FROM DECLINING



Doing lots of exercise in older age can prevent the immune system

from declining and protect people against infections, scientists say.

They followed 125 long-distance cyclists, some now in their 80s, and found they had the immune systems of 20-year-olds.

Prof Norman Lazarus, 82, of King's College London, who took part in and co-authored the research, said: "If exercise was a pill, everyone would be taking it. "It has wide-ranging benefits for the body, the mind, for our muscles and our immune system."

The research was published in the journal *Aging Cell*. Prof Janet Lord, director of the Institute of Inflammation and Ageing, at the University of Birmingham, and co-author of the research, said: "The immune system declines by about 2-3% a year from our 20s, which is why older people are more susceptible to infections, conditions like rheumatoid arthritis and, potentially, cancer. "Because the cyclists have the immune system of a 20-year-old rather than a 70- or 80-year-old, it means they have added protection against all these issues."

The researchers looked at markers in the blood for T-cells, which help the immune system respond to new infections. These are produced in the thymus, a gland in the chest, which normally shrinks in size in adulthood.

They found that the endurance cyclists were producing the same level of T-cells as adults in their 20s, whereas a group of inactive older adults were producing very few.

The researchers believe that being physically active in old age will help people respond better to vaccines, and so be better protected against infections such as flu.

Steve Harridge, co-author and professor of physiology at King's College London, said: "Being sedentary goes against evolution because humans are designed to be physically active.

"You don't need to be a competitive athlete to reap the benefits - or be an endurance cyclist - anything which gets you moving and a little bit out of puff will help."

Prof Harridge and Prof Lazarus believe that highly physically active older people represent the perfect group in which to analyze the true effects of biological ageing.

A separate paper in *Aging Cell* found that the cyclists did not lose muscle mass or strength and did not see an increase in body fat - which are usually associated with ageing.

I met a dozen of the cyclists, on a morning ride in Surrey. Despite the bitter cold, they were universally cheerful, and clearly used to riding in all weathers.

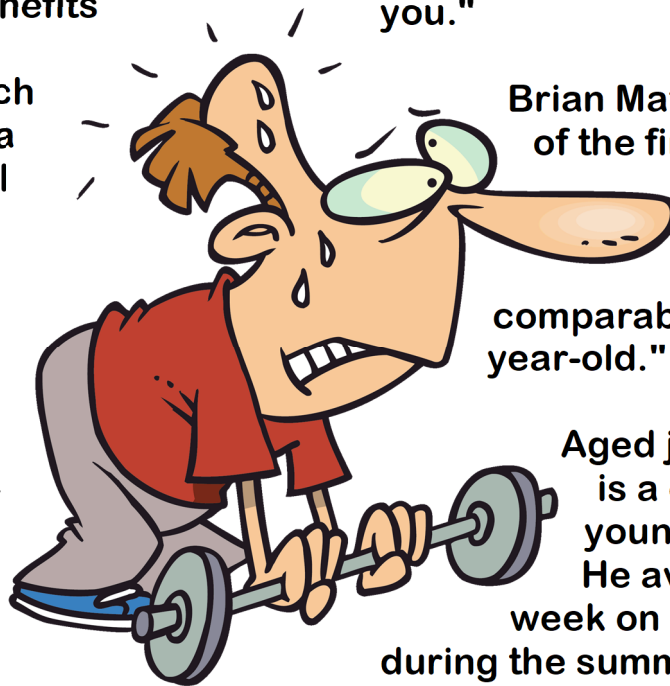
They are members of Audax, a long-distance cycling organization that organizes events ranging from 100km to 300km.

The older members - in their 80s - say they do only the 'short' 100km (62-mile) rides, but this is still highly impressive.

So why do they do it?

Pam Jones, 79, told me: "I do it for my health, because it's sociable, and because I enjoy the freedom it gives you."

Brian Matkins, 82, said: "One of the first results I got from the medical study was I was told my body fat was comparable to that of a 19-year-old."



Aged just 64, Jim Woods, is a comparative youngster in the group. He averages 100 miles a week on his bike, with more during the summer. He said: "I cycle for a sense of wellbeing and to enjoy our wonderful countryside."

Cycling 60 miles or more may not be your idea of fun, but these riders have found something that gives them pleasure, which is a key reason why they continue.

(<http://www.bbc.com/news/health-43308729>)

LOBLAWS BREAD CARD

Have you bought bread at Loblaws between 2002 and 2015 and are at least 18 years of age? Then you are eligible to receive a \$25 gift card from Loblaws as compensation for the role they played in the recent bread price fixing scandal.

You can apply online at www.loblawcard.ca or you can go to the City Park office and pick up a paper application form to submit by mail.

You can apply for the card and still take part in the class action lawsuit that is being brought forward; your settlement will just be reduced by \$25. There is a national movement to encourage every eligible person to obtain a card and make a \$25 donation to a charity to spread the windfall.

Take advantage of this offer.

(This information has been brought to you by Aging in Place).

FASCINATING CEMETERIES – PART III

Drummond Hill Cemetery – Niagara Falls

Drummond Hill Cemetery was founded in 1799 and contains more than 3,000 interments. It is a nationally recognized heritage site and is largely known for the "Battle of Lundy's Lane", the site of a fierce

battle between British and Americans in 1814. The area became known as Drummond Hill, in honour of General Drummond, a Canadian-born British officer who distinguished himself in this battle.

The cemetery contains gravestones



dating back to 1797. Drummond's men had the task of burying the 1600 dead men in trenches in the old cemetery. Twenty-two British soldiers lie beneath the Soldier's Monument which stands at the crest of the hill. The monument contains an obelisk, a pair of cannons, cannonballs and a British flag. Also buried here is Laura Secord, one of the most famous women in Canadian history, who walked over 20 miles to inform the British of an impending American attack.

Other soldiers, mostly unknown, remain buried around the cemetery. The Spirit Seekers report states that the soldier's average age was 15. Some of the men are believed to haunt the cemetery, especially at night – a ghoulish incentive for anyone keen enough to catch them in the act!

Also buried in the graveyard is Karel Soucek, a daredevil who went over Niagara Falls in a barrel in 1984. His monument is topped with a cylinder and decorated with his portrait, surrounded by a stylized cascade of falling water. It quotes him as saying “It is better for a person to take a chance at life...than to live in that gray twilight and know not victory or defeat”.

Drummond Hill Cemetery provides a pleasant distraction from the estimated 13 million people who visit Niagara Falls each year. In addition to a number of monuments, the cemetery contains several interesting pioneer graves marked with bronze plaques and a nice selection of marble gravestones with Victorian mourning reliefs. Even the more modern granite grave markers have lovely decorations. Yet there is life in the cemetery – it is alive with black squirrels and birds. Even though you can see the Skylon Tower overlooking the falls, the graveyard feels as though it’s in another world.

ARLINGTON NATIONAL CEMETERY, ARLINGTON, VIRGINIA

Arlington National Cemetery was established in 1864, encompasses more than 300,000 graves and conducts almost 7,000 burials annually. It is the final resting place for many of the nation’s great heroes, including veterans of every American conflict, from the

Revolutionary War to Iraq and Afghanistan.

The largest structure within the cemetery is the Memorial Amphitheater. Enclosed by a white marble colonnade, the Memorial is topped with a frieze inscribed with the names of 44 battles, from the Revolutionary War to the Spanish-American War in 1898. Adjacent to the amphitheater is the Tomb of the Unknowns, a burial vault containing the remains of three unidentified service members, one each from WWI, WWII and the Korean War. A white marble sarcophagus sits atop the vaults and is inscribed with three Greek allegorical figures, Peace, Victory and Valor.

The Civil War Monument was the first memorial at Arlington dedicated to the unknown soldiers of the war. Erected in 1866, the sarcophagus sits atop a burial vault containing the remains of 2,111 unknown soldiers, presumably containing both Union and Confederate soldiers.

Arlington contains many monuments, including the famous Iwo Jima monument and a Canadian Red Cross monument which commemorates the many Americans who served in the Canadian Armed Forces in WW1, WWII and the Korean War. (Because the Canadians entered the war long before the U.S., many Americans enlisted with Canada to join the fighting in Europe.)



The most visited gravesites here are those of the Kennedys - John, Robert and

Edward. John's wife, Jackie, is buried alongside him. Other notables buried here are Supreme Court Justice, Oliver Wendell Holmes, band leader, Major Glenn Miller, author Dashiell Hammett, explorers Richard Bird and Robert Peary and several astronauts.

PERE LACHAISE CEMETERY, PARIS, FRANCE



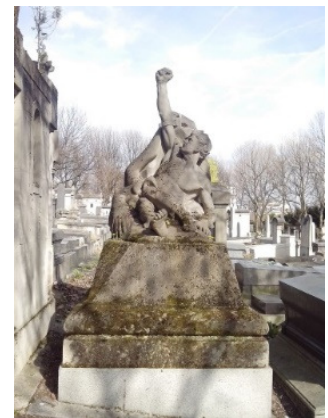
Established in 1804, Pere Lachaise Cemetery provides a combination of natural beauty, ornate tombstones and crypts, notable burials and even wildlife. There are approximately 300,000 bodies buried in 77,000 graves. It's probably the most visited cemetery in the world.

Heloise and Abelard, the famous medieval lovers, were the first to be buried here – taken from their original burial place. Soon after came Moliere's re-burial in 1792. Other famous people eventually followed - writers Balzac, Colette,

Gertrude Stein, Proust; painters - Corot, Delacroix, Max Ernst, Modigliani, Picasso, and Seurat; composers – Bizet & Chopin; and many celebrities - Sarah Bernhardt, Edith Piaf, Isadora Duncan, Yves Montand & his wife Simone Signoret - just to name a few. *Paris Access* calls it “a lively museum of French history”.

There are many spectacular monuments here – my favorite being Prometheus, shackled in granite raising his one fist against the gods.

With all those famous names, the cemetery has its share of rumors and scandal. Nine years after his death, an anonymous benefactor



retrieved Oscar Wilde's body from a pauper's grave and reburied him in Père Lachaise beneath a winged art deco angel. The angel was generously endowed, which scandalized one visitor enough to take a rock to its privates. Apparently, the severed appendage served as a paperweight for many years in the conservateur's office. In 2000, the angel's genitalia were recast in silver and reattached for a video called *[RE]membering Wilde*.

Here's another juicy tidbit - Jim Morrison of The Doors rock band was buried secretly here by his

girlfriend after his ignoble death in a Paris bathtub. Even though the grave lacked a marker, it became the site of pilgrimages, impromptu concerts, and purported satanic rituals. When “fans” attempted to steal Morrison’s skeleton, his estate placed a simple granite slab over the gravesite. A bronze plaque says merely, “James Douglas Morrison 1943-1971” and bears an inscription in Greek that translates “True to his own spirit.” A spokesman for Père Lachaise estimates that of the million and a half visitors that come to the cemetery each year - most of them want to see Jim.

In its way, Père Lachaise created the Victorian-era attitudes toward death. Death ceased to be hidden. Mourning could be flaunted. The cemetery became an appropriate place for a family cultural outing, an afternoon stroll, or courtship. Père Lachaise had become a tourist attraction by 1830. A guidebook was published in 1836. It might have been the first cemetery guidebook, but it certainly wasn’t the last.

Ursula Carter ~ 51 Alexander



A CHILDHOOD MEMORY

My mother’s Aunt Mary was a frequent visitor to our home. My earliest memories are from about six years old. For me, my great aunt was not only old, but she came with a



smell. I tried to understand the smell. At the time the best I could come up with was that women smelled

that way as they got older. I held on to this belief until I was about twelve years old. About that time, I went to visit her with an older brother in Montreal. Being from a rural village in northwestern New Brunswick, I loved to go to the big department stores in downtown Montreal. Not that I had any money, but to see so many things to buy! For me, it was a commercial museum. On one of these excursions, as I entered the store, I saw a young uniformed woman standing by a fancy cart filled with sachets of lavender. A childhood conundrum had been solved!!! It was not mother’s Aunt Mary that smelled, it was her clothes that smelled. She would keep sachets of lavender in the drawers that stored her clothes. I have always found this story interesting and amusing and have often shared it with others.

Paul Baker ~ a former Member of City Park until 2016

HOW TO PREVENT FALLS

It's that time of year again when safety-conscious organizations issue cautionary tales about preventing falls and, failing that, protecting against serious injury when suddenly descending unintentionally from the vertical.

Even if you think you already know everything you need to know about falling, you'd be wise to read on. Many of us can use a periodic kick in the pants to help keep us safe. I know, because I'm one of those prone to doing something foolhardy even while thinking how dumb it is.

Case in point: Having just read a ream of background information about the risks of falling and its exorbitant costs, both personal and financial, I did something utterly stupid. I stood on the edge of the bathtub in my slippers to clean the top of the surrounding tiles. I got away unscathed this time, but I've promised myself never to try that again. As a much younger friend reminded me, a little household dirt never killed anyone, but landing hard on bathroom fixtures is a common cause of fall-related injuries and even deaths among people of all ages, and especially those in and beyond their seventh decade.

In much of the country, fall injuries rise during the winter months when walkways become slippery and trip hazards are obscured by snow, ice or, in some areas, by leaves. Senior

citizens, being less agile and more fragile, are especially at risk. A map of fatal falls in the United States, published last April in the AARP Bulletin, provides graphic testimony:



Wisconsin and Minnesota, two of the coldest states, led the nation in deaths from falls among residents 65 and older.

Given the season, let's start with how

to avoid slips, trips and falls outdoors when sidewalks can sometimes resemble hockey rinks.

Step one: Check your footwear. Shoes and boots should have slip-resistant soles (rubber or neoprene, not plastic or leather). Or equip them with external traction cleats, sold under brand names like Yaktrax.

Step two: Take smaller steps, bend forward slightly, go slow and walk as flat-footed as possible when it's icy or snowy. Check the steps and sidewalk for black ice before going out in the morning, even if only to pick up the paper or mail. Do likewise when stepping out of a vehicle. Although the air temperature may be above freezing, dew or fog can freeze on a colder surface.

Regardless of the season, scan the path six or more feet ahead of you for trip hazards. Avoid carrying items that block your ability to see the ground in front of you. I once tripped and landed hard on an irregular sidewalk while carrying two shoeboxes in my arms. Even when empty-handed, be sure to pick your feet up to avoid catching a shoe.

Now for the most common place for falls: Your home. Most dwellings contain a catalog of trip hazards, including piles of papers, loose carpets or floorboards, extension cords and clothing carelessly dropped on the floor, not to mention water or grease on the kitchen or bathroom floor. Remove as many of these as possible and wipe up all spills as soon as they happen.

While important at any age, these precautions are critical for the elderly. Falls are the No. 1 cause of injury to seniors, one in three of whom can expect to fall each year. Too often the result is a debilitating fracture, loss of independence or death. Nearly three times as many people die after falling (some 32,000 a year) than are killed by guns in the United States. Even when the injury from a fall is minor, it can create fear that prompts people to avoid certain activities lest they fall again.

When walking indoors, always wear shoes or slippers with non-skid soles

— not barefoot (unless you want a broken toe), and never just socks unless they have nonslip grips on the soles. My slippers, which are really shoes with rubber soles, reside next to my bed so I can slip directly into them when I get up.

Always use a handrail when going up and down stairs. Consider installing a railing on stoops that lack them. If the item you want to carry is too big to hold in one hand or arm, ask someone to help. Bathrooms are particularly dangerous, especially for the elderly, who can benefit greatly from safety bars in the tub or shower and next to the toilet. Nonskid mats in the shower and tub and on tile floors are a must for all ages.



Among other steps to take that can reduce the risk of falling is to maintain physical strength and balance as you age. If you're uncertain of your stability or agility, consider some sessions with a physical therapist and practice the recommended exercises regularly. Higher levels of physical activity have been shown to protect against falls in a study of Canadian men and women 65 and older.

Think before you climb. Always use a safety stool — not a chair or ledge — when trying to reach a high-up item. I now ask a tall customer or store clerk to help retrieve a grocery item on the top shelf, instead of standing

on the edge of a lower shelf to reach or knock it down.

At home, move all frequently used items to lower shelves, or purchase a cabinet that sits on the floor to store them in.

Some experts recommend learning “the right way to fall.” In the Netherlands, physical and occupational therapists even teach classes on the art of falling. The advice tends to focus on minimizing the risk and extent of injury by landing on soft tissue as gently as possible. It includes trying to stay relaxed as you fall; the stiffer you are, the more likely an injury. As you land, try to roll like a football player.

When falling forward, the instinct is to stick out one’s hands to break the impact, which often results in broken wrists instead. If possible, try to twist as you go down to land on a side and then roll over to your back.

When falling backward, tuck your chin to your chest to avoid hitting your head, which can result in a concussion, and keep your arms in front of you.

In all honesty, these measures are more easily described than executed. Several friends of a certain age who have fallen maintain that there was nothing they could do to mitigate an injury in the split second between being upright and lying flat on the ground. But consider mentally reviewing scenarios in

which you “practice” falling more safely by visualizing the measures described above.

*(Jane E. Brody – January 2018
<https://www.nytimes.com>)*

Lavender, jasmine, rosemary, snake plant, spider plant, Gardenia, and English Ivy are a few bedroom plants that help you sleep better. Research suggests that these plants can lower your blood pressure and heart rate and soothe your senses, lulling you into a peaceful slumber. While rosemary, jasmine, and lavender promote sleep by reducing stress and lifting mood, even in babies, snake and spider plants purify the air.

Plants That Help You Sleep Better

- Lavender
- Jasmine
- Rosemary
- Snake plant
- Spider plant
- English ivy

DECEMBER BOTTLE DRIVE FYI

City Park raised \$753.00 for Nellie's Shelter;
\$150.00 more than last year!!!



READING ENRICHES LIFE

Last fall, Jean Galipeau from 484 Church St. was seen relaxing in one of our beautiful gardens reading her newspaper. With her crown of white hair, she is a familiar sight. Seeing another Member, she always has a friendly “hello”.



Jean moved into the Co-Op in 1965 together with her husband John and a nine-month-old daughter. This is where they

raised their family. Jean also belonged to the Welcome Committee and interviewed many people who have lived here now for years. Together with her husband, she attended all Co-op meetings, activities and celebrations. When her husband passed away a couple of years ago, it was hard for her to show up at meetings again. But she did. She had, and still has, an immense interest in her fellow Members and, of course, reading her newspaper... and that without reading glasses!

This interest in the world, family, friends and neighbours is what keeps her young and very much with it. She celebrated her ninety-ninth

birthday on the 28th of March. We wish her a belated Happy Birthday.

I am looking forward to seeing her, reading her newspaper, in our garden in the coming months.

Karin Williams ~ 51 Alexander

OLDER ADULTS' FORGETFULNESS TIED TO FAULTY BRAIN RHYTHMS IN SLEEP

Older brains may forget more because they lose their rhythm at night.

During deep sleep, older people have less coordination between two brain waves that are important to saving new memories, a team reports in the journal *Neuron*.

"It's like a drummer that's perhaps just one beat off the rhythm," says Matt Walker, one of the paper's authors and a professor of neuroscience and psychology at the University of California, Berkeley. "The aging brain just doesn't seem to be able to synchronize its brain waves effectively."

The finding appears to answer a long-standing question about how aging can affect memory even in people who do not have Alzheimer's or some other brain disease.

"This is the first paper that actually found a cellular mechanism that might be affected during aging and therefore be responsible for a lack of

memory consolidation during sleep," says Julie Seibt, a lecturer in sleep and plasticity at the University of Surrey in the U.K. Seibt was not involved in the new study.

To confirm the finding, though, researchers will have to show that it's possible to cause memory problems in a young brain by disrupting these rhythms, Seibt says.

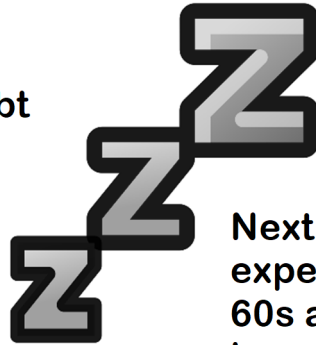
The study was the result of an effort to understand how the sleeping brain turns short-term memories into memories that can last a lifetime, says Walker, the author of the book *Why We Sleep*. "What is it about sleep that seems to perform this elegant trick of cementing new facts into the neural architecture of the brain?"

To find out, Walker and a team of scientists had 20 young adults learn 120 pairs of words. "Then we put electrodes on their head and we had them sleep," he says.

The electrodes let researchers monitor the electrical waves produced by the brain during deep sleep. They focused on the interaction between slow waves, which occur every second or so, and faster waves called sleep spindles, which occur more than 12 times a second.

The next morning the volunteers took a test to see how many word pairs they could still remember. And it turned out their performance was

determined by how well their slow waves and spindles had synchronized during deep sleep. "When those two brain waves were perfectly coinciding, that's when you seem to get this fantastic transfer of memory within the brain from short term vulnerable storage sites to these more permanent, safe, long-term storage sites," Walker says.



Next, the team repeated the experiment with 32 people in their 60s and 70s. Their brain waves were less synchronized during deep sleep. They also remembered fewer word pairs the next morning. And, just like with young people, performance on the memory test was determined by how well their brain waves kept the beat, says Randolph Helfrich, an author of the new study and a postdoctoral fellow at UC Berkeley.

"If you're like 50 milliseconds too early, 50 milliseconds too late, then the storing mechanism actually doesn't work," Helfrich says.

The team also found a likely reason for the lack of coordination associated with aging: atrophy of an area of the brain involved in producing deep sleep. People with more atrophy had less rhythm in the brain, Walker says.

That's discouraging because atrophy in this area of the brain is a normal consequence of aging, Walker says, and can be much worse in people with Alzheimer's.

But the study also suggests that it's possible to improve an impaired memory by re-synchronizing brain rhythms during sleep.

One way to do this would be by applying electrical or magnetic pulses through the scalp. "The idea is to boost those brain waves and bring them back together," Helfrich says.

Walker already has plans to test this approach to synchronizing brain waves.

"What we're going to try and do is act like a metronome and in doing so see if we can actually salvage aspects of learning and memory in older adults and those with dementia," he says.

<https://www.npr.org/sections/health-shots>



MARLIN ROY PEDALS FOR A GOOD CAUSE

City Park still has a number of people who believe in and practice volunteerism. These people keep track of neighbours, join committees, run for the Board, or, alternatively, they participate in good cause fundraisers to help the larger community.

One such volunteer is Marlin Roy of 51 who is taking time from his tree

trimming to pedal in the PWA's Friends for Life Bike Rally, July 29, 2018 to August 3, 2018. This rally covers the 600km from Toronto to Montreal and runs along the St. Lawrence River. The rally is now in its 20th year and has raised approximately Fifteen Million Dollars!



In 2016, a one-day bike ride from Toronto to Port Hope was instituted. All the money raised is used to support the PWA Foundation which provides services for people dealing with AIDS. The service providers are all volunteers and come from a wide variety of professions. The services are all individual and geared to the needs of the recipient; the bike rally is the 'anchor fundraiser' for the Toronto PWA Foundation and these services.

Marlin became involved with the rally in 2007 at the behest of his friend, Heather Miller. The riders aim for 100km per day after a 9:00 a.m. start. The biking day ends at 5:00 p.m. with the arrival in the night's campsite. To prepare for the rally, Marlin cycles every day, attends seminars on long distance riding, and participates in spin classes at the YMCA down the street.

Marlin would appreciate donations from the City Park Community. Donations can be made online to Marlin's pledge page at the Friends for Life Bike Rally.com, in person to Marlin, or the PWA office at 200 Gerrard Street East.

Your riding days may be gone but, hopefully, not your donating days.

Tom Maunder ~ 51 Alexander

CHF SPRING MEMBER FORUM MAY 9TH

These are exciting times for Canada's housing co-ops. With a National Housing Strategy and a Vision for the housing co-op sector in the works, great things are ahead for Canada's housing co-ops.

Learn what's in store at this year's Spring Member Forum. Spring Member Forums are free, fun and informative events where you and fellow co-op members can get caught up on the latest news from the co-op housing sector.

We'll discuss how you can get ready to advocate for co-op housing in the upcoming provincial election. You'll also have a chance to discuss the resolutions being put forward at our AGM and meet any candidates running in your region.

We'll provide snacks, a special 50th anniversary treat, and we'll be ready to answer any questions you may have.

Contact the CHF at 416-366-1711 or <https://chfcanada.coop>.

VETERINARIAN HOME VISIT

Aging in Place has connected with Veterinarian Dr. Khor Balsara to come to City Park to provide in-home veterinary services. Dr. Balsara may be familiar to some of you as she has been offering in-home care for thirty years and has several clients within our Co-op.

Having a vet come into your home to visit you and your pet and perform a medical check-up, administer vaccines, or other routine procedures is far less stressful for your dog, and, especially, your cat. Veterinarian clinics carry the smell of other animals which can cause a lot of anxiety for your animal.

Consider signing up for our Vet Visit which we will try to schedule sometime in April or May. We are looking at either an evening through the week or a Sunday afternoon.

A complete checkup with vaccines will cost \$90. Dr. Balsara will need at least two weeks' notice to secure vaccines for your pet.

This is a great opportunity so please let Aging in Place know if you would like to have Dr. Balsara come by to see you and your pet. Drop off your name, the type of pet you have, and whether you require vaccines in a note to the office for the attention of

Aging in Place. We look forward to hearing from our many pet owners in City Park.

WHY DO PEOPLE FALL FOR MIRACLE CURES?

If a miracle cure existed that would cure cancer or autism, it's be tempting to seek it out. The Genesis II Church of Health and Healing claimed to offer that 'miracle cure' for cancer, autism and more. But it turns out the 'miracle' remedy, which the church referred to as MMS (Miracle Mineral Solution), is a form of industrial bleach, according to ABC News in 2016. US Federal prosecutors are still investigating the church's actions.

The Genesis II Church isn't alone. There are plenty of other 'miracle' healers trying to lure consumers into spending billions of dollars each year on fraudulent health products, according to QUACKWATCH, a nonprofit corporation that combats health fraud.

"The reality is that all people who are seeking help for an illness do so with a set of expectations and hopes about getting better," Dr. David Gitlin, chief of medical psychiatry at Brigham and Women's Faulkner Hospital, told Healthline. "The need to get better, fear of failing treatment, and fear of death can drive people's expectations so much that they are willing to believe almost

anything in the hopes of getting those expectations met."

So was the case for Natasha Lipman, a 27-year-old woman in London, England who blogs about living with Ehlers-Danlos syndrome, postural orthostatic tachycardia syndrome, myalgic encephalopathy and histamine intolerance.

Lipman's conditions cause her chronic pain, fatigue, gastric issues, depression and more. After years of living with the conditions, Lipman visited a homeopathic specialist who suggested naturopathic treatments, one which included snake venom. "When I discovered that, I knew it could be quite dangerous, but when you're desperate to get better, you'll consider anything that might give you some control over your health," Lipman told Healthline. "I found myself in the situation thinking 'what's the harm?' but then I got really annoyed with myself that I had let my desperation to try anything put me in a situation that was potentially dangerous."

In addition to desperation, Gitlin points to the human need to believe.

"This has been going on for thousands and thousands of years. It is faith healing," said Gitlin, who is also chair of the American Psychiatric Association's Council on Psychosomatic Medicine. "I don't say that in a negative way. There are many well-respected religions in which faith healing is an important

component. Religion and spirituality may help more people in the world than medicine does partly because the human condition has a need to believe. When people lose a reason to believe we know people fail and die.”

Lipman says faith-based belief adds to people’s vulnerability.

“I’ve had people tell me that if I just asked God or the universe or something else, I would feel better. I find this very offensive and victim-related,” she said. “There is only so much we can do. Of course, I will eat well, rest, and see my doctors, all the things to not make myself worse, but at some point, we have to accept our condition.”

Still, positive thinking may make people feel better, adds Gitlin.

“We know from studies that when one has a positive perspective on what’s going to come and happen that that can change the brain chemistry and that change in brain chemistry can lead to actual physical improvement, particularly with diseases of the brain, such as depression, anxiety, and epilepsy,” Gitlin said. Consider psychotherapy, he adds. Studies show that psychotherapy works with mild to moderate depression.

“It’s not a sham or a miracle cure. We can measure changes in the brain chemistry for those who are depressed before psychotherapy and those who have a successful response to it based on measuring their brain chemistry,” said Gitlin.

The changes are identical to the changes in brain chemistry caused by antidepressant medications because classical cognitive behavioral therapy helps people change negative expectations, perceptions, and distortions into more positive thoughts, which can actually lead to changes in brain chemistry, explains Gitlin.



“Good doctors know that part of treatment is helping you to build resiliency, positivity, and hope because that’s part of what contributes to the improvement of all medicines,” Gitlin says, all while presenting realistic expectations.

Lipman concurs and says this is where charlatans take advantage. “The reason that many of these quack approaches make people feel better is because the people offering them are often giving people time and listening to them and comforting them, which can be hard to get from traditional doctors simply due to time limitations,” she said.

But what about being realistic? Gitlin says it's not that simple.

“When you tell someone their likelihood of surviving this cancer for more than 6 months is 10 percent, a lot of people will believe they're in that 10 percent, but there is a natural bell curve to all diseases. Some people will die quickly, some will live the average amount of time, and others will live longer,” he said.

“When we hear statistics, we have this unconscious drive that prevents us from giving in and may drive us to believe anything. In many ways this is a good human quality,” Gitlin added.

“The problem is there are a lot of bad people in the world who take advantage of that human desire and need and that's what charlatanism is at its basic core. It's not that they trick people so much as prey on those vulnerable individuals who are so desperate to change their circumstance against all evidence.”

Placebo effect plays a part:

Positive thinking carries over into the placebo effect, a phenomenon that occurs when a fake treatment (placebo) such as water or sugar is given to a person, and actually improves the person's condition.

“We know that the need to believe, the desire and the expectation and

hope for improvement can at least give the perception of improvement,” said Gitlin. “I think this may be the reason why people who seek out these cures then go on to say the miracle helped them. They can distort their own thinking, so they may say ‘I feel better. I know my cancer has shrunk’ even though the data would show that it didn't. Sooner or later, they come to realize it didn't work or they may believe it stopped working. But what's

fascinating is that they perceptually did feel better.”

The reason?

Intense desire to feel better can have an impact on brain chemistry, including

neurotransmitters, hormone levels, and inflammatory markers. Those are important in the management of many diseases.

“The brain then transmits those changes to the rest of the body and may actually lead to changes in the body,” explained Gitlin. “They may also affect the parts of the brain where one's perception of improvement occurs. There are many studies where we give people the placebo treatment, but they think they may be getting a medication. We not only see the effect happen, but even when we don't see an effect, which in most cases we don't, a percentage of patients will say, ‘I'm definitely better than I was



before.” Lipman believes the placebo effect could intertwine with a miscorrelated reason for feeling better. At one point, she was on a strict diet that she credited with helping her feel better.

“The thing is that at the same time I was coming off of meds that were causing severe reactions and making me really unwell, yet I didn’t put that together,” she said. “In fact, following a diet is very different from curing people. We might try to attribute feeling better to that one thing because we want to believe it, but there can be so many different reasons for why you might be feeling better at that time.”

Personality type puts you at risk:

What makes someone emotionally vulnerable to falling for a miracle cure?

Gitlin says it’s complicated and has to do with resiliency, personality, and experiences.

Those who have more resilience or are able to handle stressors don’t have the need to change or remove the bad things in life, he says. Instead, they adapt to them. “They may hope for the best results and may seek out intense treatments, but not so much with a miracle in mind, more because they want to do the best they can and make the best of what they get. The more resilient tend to believe —

mostly unconsciously — that while bad things happen, they are in control of how they manage those things,” Gitlin says.



On the other hand, those who struggle with resiliency may turn to someone to fix them or make their problem go away.

“They may think they are victims of the world, walk through life waiting for bad things to happen to them, and believe that nothing is under their control,” Gitlin said.

While temperament is partly biological, life circumstances also contribute to a person’s resiliency and ability to handle the hard things that come their way. Consider growing up in a traumatic environment where everything is truly out of your control.

“I see this with victims of post-traumatic stress disorder (PTSD),” said Gitlin. “When PTSD is chronic and recurrent at young ages, there is a feeling of lack of control. Things just happen to you. Bombs fall. People hit you. This tends to be connected to decreased resiliency and can make people especially vulnerable to things like charlatans and cults.”

Are all-natural approaches shams?

Barbara M. Rocha, N.D., a certified traditional naturopath, says while MMS and other “miracle cures” may

be dangerous and unhealthy, not all-natural remedies are.

“First of all, in natural medicine/healing, whatever term you want to use, we never say we can heal or cure you,” Rocha told Healthline. “Naturopathic medicine is not a ‘miracle cure,’ nor is any type of holistic treatment. It is about getting the body back into proper alignment in all aspects so that the body can move back to the proper state. And there is never just one answer or modality to accomplish it.”

“I tell my patients this takes work and time to turn things around and isn’t ‘bibbidi-bobbidi-boo.’ It takes commitment to themselves. I have been in this field a long time and have a great belief system, but never have I seen a ‘miracle’ in the sense that [the MMS church] uses,” she said.

Still, the Food and Drug Administration (FDA) warns that consumers should be mindful of products that claim to prevent, treat, or cure diseases or other health conditions but are not proven safe and effective for those uses.

“Relying on unproven products or treatments can be dangerous and may cause harmful delays in getting the proper diagnosis and appropriate treatments,” says Lyndsay Meyer, FDA spokesperson.

Despite all the warnings, Lipman understands that many products and

treatments that make headlines or have strong followings on social media may seem harmless and easy ways to take control of one’s health. However, she says always be wary.

“I understand that the will to feel better can overtake everything,” she said. “When I fell for quackery, it wasn’t that I didn’t have the critical thinking skills or intelligence. It was desperation that took over and the thought that if I couldn’t have the life I wanted then what was the harm in trying anything possible to feel better. The only reason I came out on the other side is because it didn’t work, and I accepted my limitations, as well as medicine’s.”

www.healthline.com

SPROUTING SPUDS

It turns out that the sprouts contain potentially harmful concentrations of glycoalkaloids, compounds that can have toxic effects. But sprouted spuds aren’t necessarily duds: the root itself is likely still safe to eat, so long as you cut away the little growths.

In a paper published in the *Journal of Agricultural and Food Chemistry*, USDA research chemist Mendel Friedman explains that “glycoalkaloids are produced in all parts of the potato plant including leaves, roots, tubers, and sprouts.” When consumed in large enough doses, glycoalkaloids can have some pretty nasty effects, like nausea and

vomiting. The levels of these compounds in the root itself are generally too low to have any bad effects. But “sprouts contain higher levels than do leaves or tubers,” therefore it’s best to avoid them.

Friedman mentions that “light and heat or mechanical injury stimulates glycoalkaloid synthesis,” which is why it’s a good idea to store your potatoes in a dark place. Light also encourages chlorophyll formation, which is harmless in itself. But it causes potatoes to turn green in the same areas that are at the most risk for being poisonous, acting as a visual clue for the parts you should avoid.

The USDA recommends that “if a potato has begun to grow sprouts, cut off the sprouts before cooking” and to “cut off any skin that started to turn green.” The remainder of the potato should be safe for consumption. If you do notice an unusually bitter taste in the potato, however, this could be a sign of increased glycoalkaloids in the root. It should not be eaten. (*chowhound.com*)

AGO COMMUNITY PASSES

Did you know that the Aging in Place project obtained two community passes to the Art Gallery of Ontario last summer for use by City Park Members?

These passes can be borrowed from the Co-op Office for up to three (3) days at a time and are good for two

adults and three children under the age of 18 years.

These passes expire on June 30th, 2018. Aging in Place will try to renew the passes at that time.

The gallery’s permanent collection includes a wide selection of Canadian, Indigenous, European, and African art.

The AGO also has an excellent array of Contemporary and Modern art, rare artists’ books and the Thomson Collection.



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 the Co-op Office or sent by email to CityParkLINK@gmail.com