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Your **LINK** Team:

Editor/Coordinator: Bob Harrison Drue

Contributors: Tom Maunder and
Ursula Carter

Distribution/Events Photographer:
Mitch Lambert

Panel moderated by Vision Summit participant Darrah Teitel of Abiwin Housing Co-op outlined Canada's most urgent housing issues and challenged everyone to promote and expand co-op housing as a smart and successful solution.

At the national business meeting on Saturday, June 9, Adam Vaughan, MP for Spadina-Fort York and Parliamentary Secretary of Housing and Urban Affairs, outlined funding in the National Housing Strategy for development of more co-op homes.

Delegates approved nine national resolutions including –

- a Vision Framework based on extensive consultations with members and stakeholders, supporting the growth of co-operative housing under the banner 'Co-op Housing for All'.
- support of 94 calls to action from the Truth and Reconciliation Commission
- actions to combat Canada's opioid crisis.
- authorizing draws of \$500,000 from each of CHF Canada's national and Ontario endowment funds to support development of more co-op housing.

The meeting also featured an anniversary lunch featuring a CHF Canada time capsule and congratulations on behalf of housing co-ops in the U.S. from the chair of



ANNUAL MEETING ENDORSES VISION OF 'CO-OP HOUSING FOR ALL'

More than 700 housing co-op members and supporters took part in CHF Canada's 50th anniversary Annual Meeting in Victoria, BC last June 6 to 9, endorsing a vision framework for the future of Canada's co-op housing movement and mobilizing \$1 million in support of new development.

At the AGM opening plenary on Friday June 8, members heard BC's Minister of Municipal Affairs and Housing, Selina Robinson, outline her province's ambitious ten-year plan to create 114,000 new affordable homes. Then a Vision

the National Association of Housing Co-operatives, Fred Gibbs.

The Ontario Region business meeting featured a presentation by Dr. Paul Kershaw on the impact of the affordable housing shortage on Ontario's young adults, and the signing of a historic Memorandum of Co-operation between Ontario's co-op housing federations and CHF Canada.

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

Mark your calendars now for June 5 to 8, 2019 for their next meeting in London, Ontario.

In addition, several new CHF Canada videos celebrating co-op housing were launched at the Annual Meeting:

- CHF Canada's 50th anniversary video looks back at the accomplishments of Canada's co-op housing movement and forward to what we might achieve together in the next half century.
- Two short but powerful videos celebrating a few of this year's award winners, Bain Co-op's Honour Canoe Project and B.C.'s Community Land Trust.

- And from CHF Canada's Ontario Region, Open the Door and annual report videos.

These videos, available on their website, will help share the latest co-op housing news and success stories. See:

<https://chfcanda.coop/workshopmaterials/>

MEMBERSHIP HAS ITS PRIVILEGES

It may be so long ago for some of us that we have forgotten, but each of us were given a privilege when we became Members of City Park; when we chose to live here: once each of us had been here a year, we were eligible to run for the Board and participate in self-governance.

The idea of serving on the Board may not seem like a privilege to some, but it is. It is to be of service. There are, of course, difficulties to face when serving on the Board, but so there are with anything worthwhile.

Remember that most of those around us in this neighbourhood (indeed this city – and if you want to go global, the world) are tenants, held to the whim of a landlord – usually a huge nameless, faceless, compassionless corporation. Not us. We are the landlord.

Remember the size of our units, and that the common space of our complex is generous and beautiful. We all have balconies (except of

course for the Members who live on the ground floor). We live in an architectural landmark: the first high density multi-unit building in Toronto. It is a good place to live.

Remember again that we are not tenants. We self-govern (within City of Toronto parameters). There is no one above us. We self-determine. That is the responsibility and privilege of Co-operative living.

I once heard someone deconstruct the word 'responsible' in a way that made new sense to me.

"Responsibility is respond - ability", he said. "How able are you to respond to the need at hand? Respond appropriately."

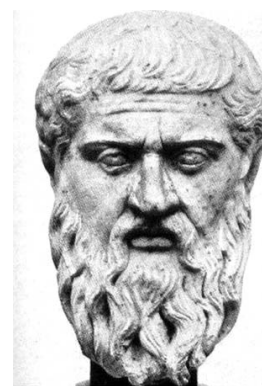
We need capable and interested Members to stand for and sit on our Board of Directors.

How able are you to respond to our need for strong self-governance as we head into 2024, and the end of our Operating Agreement? How willing are you to take pride in where you live, and participate in the destiny of the place you live?

This is a call to those of us who have been a Member of this Co-Op for less than ten years, but plan on staying a while. To those Members who understand and are interested in the long-term planning of this experiment in Co-operative living. To those Members who have strong vision as well as financial skills. To those new Members who understand

and are excited by an opportunity to help guide an autonomous, and diverse socio-economic collective of people sharing space. We are the largest Co-Op in the country. We can be an example to the world, but we need the interest and participation of new Members.

Blair Williams ~ 31 Alexander



"Be kind, for everyone you meet is fighting a mighty battle"

- attributed to Plato

LAKOTA MEMORIALS

In September of 1982 I made my way to Rapid City, South Dakota where I had enlisted as a volunteer with the Black Hills Alliance, a coalition of ranchers, environmentalists and native Americans, gathered together to put a stop to the coal and uranium mining in the Black Hills. The argument was that mining would contaminate water, land and air, not to mention that the Black Hills or Paha Sapa were sacred to the Lakota people. I had made arrangements also to reside at Yellow Thunder Camp, a native spiritual camp created to claim back the National Forest. Basically, the Native Americans were occupying



the land as their right, according to the Fort Laramie Treaty of 1851.

I entered the Black Hills office with much trepidation. The first person to greet me was the Camp's leader, Russell Means. He welcomed me cordially, then looked me over and grinned. "Did you think you were coming to a resort camp?"

I had dressed to impress - with three pieces of designer luggage in tow. There were giggles coming from a bunch of young Native Americans who had gathered to watch. I mumbled something about not being sure what to bring so I brought everything. More laughter. An hour later I was on my way to the Camp with Russell and assigned a teepee that I would share with an English journalist who had come to write an article about the Camp. I was relieved to find that I would not be the only Caucasian there.

I lasted at the Camp for a whole nine months – it was rough going a lot of times and I was never totally accepted – but that's a whole other

story. I got a place in town and began working for two lawyers, both of whom were involved with Indigenous affairs. During my stay in Rapid City, I had occasion several times to visit Pine Ridge Reservation and the Wounded Knee Memorial.

The Battle of Wounded Knee occurred on December 29th, 1890. By the time it was over, approximately 300 Lakota men, women and children had been killed. Twenty-five soldiers also died. Twenty soldiers were later awarded the Congressional Medal of Honor. The site of the battlefield/massacre was designated a National Historic Landmark in 1965, but it wasn't till 1990 that the U.S Congress formally expressed "deep regret" for the massacre.

In 1903, the survivors of Wounded Knee erected a monument at the gravesite. The memorial lists many of those who died, along with an inscription that reads: "*This monument is erected by surviving relatives and other Oglala and Cheyenne River Sioux Indians in memory of the Chief Big Foot massacre on December 29, 1890. Col. Forsyth in command of US troops. Big Foot was a great chief of the Sioux Indians. He often said, 'I will stand in peace till my last day comes.' He did many good and brave deeds for the white man and the red man. Many innocent women and children who knew no wrong died here.*"

During my time in Rapid City, my friend Diane and I did a lot of exploring of the west. One day we drove to Wyoming to see Devil's Tower, a butte (or hill) that rises 867 feet from base to summit. The site was made a national monument by Theodore Roosevelt in 1906.

Devil's Tower is a sacred site for the Native Americans whose name for it is 'Bear's Tipi'. According to Native American lore, a group of girls went out one day and were spotted by several giant bears who began to chase them. In an effort to escape, the girls climbed atop a rock and prayed to the Great Spirit to save them. The Spirit made the rock rise from the ground towards the heavens so that the bears could not reach the girls. The bears, attempting to climb the rock, left deep claw marks in the sides. Those are the marks which appear today on the sides of the tower. When the girls reached the sky, they were turned into the stars of the Pleiades. (There are a few other versions of this legend).



Of course, I had my own sentimental attachment to Devil's Tower because it

had featured prominently in one of my favorite films, 'Close Encounters of the Third Kind'.

Another time we headed for Montana and the site known as Little Bighorn Battlefield – another national monument which memorializes the battle between General Custer's 7th Cavalry and the combined Sioux, Cheyenne & Arapahoe tribes. It was to be one of the last armed efforts to preserve their way of life. The battle took two days in June 1876 and is commonly known as 'Custer's Last Stand'. The battle resulted in the total defeat of the U.S. forces and an overwhelming victory for the Native Americans who were led by several major war leaders, including Crazy Horse and Chief Gall. They had also been inspired by visions of Sitting Bull.

Five of the 7th Cavalry's 12 companies were annihilated, and Custer was killed. Public response to the 'Great Sioux War' varied in the aftermath of the battle, but generally speaking, Custer and his troops came to be considered rather heroic figures in American history. There is a park in South Dakota called 'Custer National Park' which Diane and I found rather cheeky, given that the park is located in the middle of Sioux territory.



I spent a total of three years in South Dakota and when the time came, I found it difficult to leave. I still miss it at times despite the hardships at the Camp and the constant struggle to remain solvent (getting work was often a somewhat sporadic event). But I took with me the memory of a most wonderful adventure and a few lasting friendships to this day. I recall too, the counsel frequently offered me (rather mockingly) by some of the Lakota braves at the Camp – “... remember that Custer died for your sins”. It always brings a smile to my face.

Ursula Carter ~ 51 Alexander

THE VERSATILE PRESSURE COOKER



With the help of an Instant Pot, healthy cooking is easier than ever before. Multi-purpose and incredibly fast, this safe electric pressure cooker also

acts as a rice cooker, slow cooker, and yogurt maker. Here's a look at seven good-for-you foods to prepare in your Instant Pot today:

1. Beans and Lentils

Also known as pulses, high-fiber foods such as beans, peas, chickpeas, and lentils are one of the

smartest solutions for a healthy diet. And with an Instant Pot, it's amazingly easy to prepare dried pulses (a low-cost, low-sodium alternative to the canned variety).

While traditional cooking methods require you to soak your dried pulses overnight, you can often shorten the soaking time (and often skip it altogether) when you cook them in an Instant Pot.

Loaded with nutrients, foods like beans and lentils make a fantastic addition to salads, soups, rice bowls, and countless other dishes. Look for recipes like chickpea curry, white bean dip, beans and rice, and meat-free chili.

Research shows that increasing your intake of pulses may help lower your cholesterol, boost your heart health, and even promote weight loss.

2. Steel-cut Oatmeal

Although steel-cut oats typically take about a half-hour to cook on the stovetop, an Instant Pot can get the job done in just minutes without requiring constant stirring.

Another top source of fibre, oats are known to keep cholesterol in check. In addition, a report published in '*Nutrients*' in 2015 suggests that oats may help improve blood sugar control and, in turn, aid in the management of diabetes.

To bump up the nutritional content of your oats, try adding protein-packed nuts and seeds, spices like cinnamon, or antioxidant-filled fresh fruit.

3. Yogurt

A fabulous sidekick to steel-cut oats, homemade yogurt is a snap (if your model of Instant Pot has the yogurt-making function). You can even make super-creamy Greek-style yogurt simply by using a cheesecloth as a strainer.

One of the healthiest ways to increase your calcium consumption, eating yogurt on a regular basis can help keep your bones strong as you age. Indeed, a study published in *'Osteoporosis International'* in 2017 found that high yogurt intake was associated with greater bone mineral density and better physical function in older adults.

Yogurt is also full of probiotics, a type of beneficial bacteria found to stimulate the immune system, enhance digestive health, and fight inflammation.

4. Hummus

If you're seeking a nutritious snack on the cheap, try whipping up your own hummus in an Instant Pot. The perfect dip for veggies or edamame, hummus contains fibre-rich chickpeas, heart-healthy olive oil, and plenty of garlic (an herb found to boast numerous health benefits).

You can also use hummus as a sandwich spread, salad dressing, or substitute for mayonnaise in foods like chicken salad and deviled eggs.

5. Sweet Potato

Sometimes referred to as a 'super starch', sweet potato supplies precious nutrients like vitamin C, vitamin B6, beta-carotene, potassium, and magnesium.

After preparing sweet potato in your Instant Pot, try using the extra-tasty root vegetable in soups, dips, baked goods, and casseroles. When sweetened with cinnamon and maple syrup, it's also an ideal pairing for yogurt.

6. Poached chicken breast

Another versatile ingredient, poached chicken breast is a favourite among health-conscious Instant Pot chefs. Once you've prepared your poached chicken, you can slice it and use it in sandwiches and salads or try shredding it for tacos.

Like fish and vegetable protein, chicken contains significantly less cholesterol and saturated fat compared to red meats. To keep healthy, the American Heart Association recommends sticking with a three-ounce portion of any type of meat (an amount roughly the size of a deck of cards).

7. Hearty soups and stews

For a heart-smart overhaul of your everyday eating habits, use your Instant Pot to create healthy yet hearty soups and stews. From black bean soup to veggie chili, Instant Pot meals based on pulses and vegetables can supercharge your health in more ways than one.

For starters, choosing hearty soups and stews can greatly increase your vegetable intake and help you hit your recommended nine daily servings of fruits and veggies. Further revealing the health power of plant foods, a 2017 report from the '*International Journal of Epidemiology*' found that a fruit and vegetable intake above five-a-day may considerably lower your risk of heart attack, stroke, cancer, and early death.

Focusing on hearty soups and stews may also help you slim down. In fact, a study published in '*Food and Nutrition Research*' in 2016 found that meals based on beans and/or peas may be more satisfying than those based on animal protein sources.

Whether you opt for pozole or minestrone, Instant Pot soups and stews also let you load up on herbs and spices packed with health-enhancing phytochemicals, such as turmeric, cayenne, rosemary, basil, and oregano.

(www.verywellfit.com)

For more information on the Instant Pot, please see the Canadian company's website: <https://instantpot.com> – There are different models, some have the yogurt function, others sterilize, and they come in 3, 6 and 8-quart size and are available almost everywhere. I have two and use one almost every day. Highly recommended...just stay away from their new 'Max' model. The older models work much better, according to a test by CNET ~ ed.



"Everyone's always talking about the weather, but nobody does anything about it!" - Mark Twain

34 REASONS WHY HYDROGEN PEROXIDE BELONGS IN EVERY HOME

Hydrogen peroxide – chemically represented as H₂O₂ – is one of the most common household disinfectants in the world. In fact, odds are pretty good that you have a bottle in your medicine cabinet or under your kitchen sink right now. People typically use hydrogen peroxide for sanitizing small cuts and as a whitener for delicate items, however there is much more to this little brown bottle than most of us realize.

1. Disinfect small wounds - Hydrogen peroxide is a natural anti-septic, therefore one of its most common

uses is to clean wounds to prevent infection.

2. Bleach your hair - Because it is gentler than household bleach, hydrogen peroxide is also great for lightening hair.

3. Just add highlights - To get a classic “sun-bleached” look, simply spray hydrogen peroxide over damp hair and let it soak in for 10 – 15 minutes before rinsing out.

4. Whitening toothpaste - Mix baking soda and hydrogen peroxide to make a homemade whitening toothpaste that will also remove stains from teeth when used daily.

5. Antiseptic mouth rinse - Use a cap full of hydrogen peroxide as a mouth rinse to help whiten teeth and kill germs that cause bad breath.

6. Disinfect toothbrushes - Soak toothbrushes in hydrogen peroxide to kill staph bacteria and other germs common to the bathroom environment.

7. Whiten your nails - Soak fingertips and toes in hydrogen peroxide to naturally whiten your nails.

8. Clear up acne - Use hydrogen peroxide as a face rinse to kill the bacteria that cause acne and help clear your complexion.

9. Help heal boils - Pour half of a bottle (about 8 ounces) of hydrogen peroxide into warm bath water and soak to treat boils.

10. Soften corns and calluses - Mix equal parts hydrogen peroxide and warm water to make a foot soak that will naturally soften corns and calluses.



11. Remove ear wax - Put a couple of drops of hydrogen peroxide into ears, wait a minute or two, then follow up with a couple of drops of olive oil. Wait another minute, then drain fluid from ears to remove ear wax.

12. Prevent ‘swimmer’s ear’ - Mix equal parts hydrogen peroxide and vinegar in a small dropper bottle. Put several drops in each ear after swimming to prevent infection.

13. Relieve ear infections - Put 6 – 8 drops of hydrogen peroxide in each ear to alleviate symptoms and help clear up an ear infection.

14. Kill sub-dermal parasites - Apply hydrogen peroxide to skin affected with mites or other parasites to kill them naturally.

15. Treat foot fungus - Combine equal parts hydrogen peroxide and water in a dark colored spray bottle (light exposure weakens hydrogen

peroxide) and apply to skin affected by foot fungus each night to stop fungal growth.

16. Clean tile surfaces - Spray hydrogen peroxide directly onto tile to remove dirt and stains.

17. Whiten grout - Mix hydrogen peroxide with white flour to create a thick paste. Apply to grout and cover with plastic wrap overnight. The next day, simply rinse with water for whiter grout.

18. Clean toilet bowls - Pour about half a cup of hydrogen peroxide into toilet bowls and let it soak for at least 30 minutes to clean and remove stains.

19. Remove tub scum - Spray hydrogen peroxide on soap scum, dirt, and stains in the bathtub. Let it sit for at least 30 minutes then rinse to loosen grime and make cleaning easier.

20. Control mold and mildew - Spray hydrogen peroxide on areas where mold and mildew are present to stop fungal growth and remove discoloration.

21. Clean glass surfaces - Spray hydrogen peroxide on dirty mirrors and other glass surfaces to loosen dirt and grime. Wipe away with a clean, lint-free cloth.

22. Disinfect countertops - Spray hydrogen peroxide on kitchen and bathroom countertops to clean and disinfect.

23. Disinfect dishrags and sponges - Drop dirty rags and cleaning sponges into hydrogen peroxide and let them soak for 15 – 30 minutes to disinfect.

24. Disinfect cutting boards - Spray hydrogen peroxide on cutting boards to kill germs and bacteria from raw meat and other foods that may have soaked into the surface of the board.

25. Wash fruits and vegetables - Spray fruits and veggies with hydrogen peroxide and let soak for a minute or two before rinsing in clean water to remove dirt, wax, and other contaminants.

26. Clean your refrigerator - Spray hydrogen peroxide around the inside of your refrigerator and let it soak for a few minutes. Then wipe away with a clean cloth to remove food and disinfect.

27. Whiten laundry - Add about a cup of hydrogen peroxide to your wash water and soak fabrics for 15 – 30 minutes to revitalize dingy or yellowed whites.

28. Remove organic stains - Mix two parts hydrogen peroxide with one-



part dish detergent and apply to organic stains (coffee, wine, blood, sweat, etc.) to remove them. Remember, hydrogen peroxide will bleach darker fabrics. Use this technique with caution!

29. De-funk musty fabrics - Mix hydrogen peroxide with white vinegar and soak musty fabrics to remove unwanted odours.

30. Clean rugs and carpets - Spray hydrogen peroxide onto light-colored carpets and rugs to remove stains from mud, food, etc. Just remember that hydrogen peroxide will bleach some fabrics. You may want to test this technique in an inconspicuous area first.

31. Refresh re-usable bags - Spray hydrogen peroxide inside your re-useable cloth shopping bags to clean, disinfect, and remove food odors.

32. Disinfect lunch boxes - Spray hydrogen peroxide into lunchboxes, coolers, and cooler bags. Let it sit for a few minutes then wipe away to clean and disinfect.

33. Cleanse humidifiers - Add a pint of hydrogen peroxide to one gallon of water and run the solution through humidifiers to disinfect and remove any mold or mildew that may be growing inside.

34. Improve seed germination - Soak seeds in hydrogen peroxide to

remove fungal spores and increase germination rate.

You can purchase 3 – 10% hydrogen peroxide at most food and drug stores. For cleaning purposes only, you may also want to try 35% hydrogen peroxide, but it's harder to find.

Remember to always exercise caution when using hydrogen peroxide – especially in higher concentrations – as the liquid and vapours can burn skin and lungs. Also, be very careful to never swallow hydrogen peroxide when using orally. Consumption of H₂O₂ can be severely detrimental to your health, causing dizziness, nausea, vomiting, and (in large enough quantities) even death. Hydrogen peroxide is for external use only!

(www.naturallivingideas.com)

FYI:

What 'Food Basics' is to Metro, and 'No Frills' is to Loblaws, 'Fresh Co.' is to Sobey's...their budget grocery store.

A new 'Fresh Co.' recently opened within walking distance of City Park at 559 Sherbourne Street near Isabella, close to where a No Frills used to be before it was demolished to squeeze in a new high-rise between the 555 and 565 Sherbourne rentals.

Their weekly flyers are usually included in the package of flyers and coupons that are delivered to our mailboxes every Thursday. ~ ed.

THE HIGHLIGHTS OF THE BOARD MEETING: REQUIRED READING?

In terms of audience appeal, I realize that the biweekly 'Board Highlights' do not rival Stephen King's latest potboiler, but they are worth some attention. They are worth attention because they give the membership an idea of the issues facing City Park and the Board's thinking on these issues. Let's take a quick look at the Highlights for 12/06/18 which was an in-camera meeting. One meeting each month is in-camera and not open to the membership because of possible privacy concerns. The second meeting of the month is a combination of 'Open' and 'In-camera'.

The first observation that comes to mind is the range of topics being discussed: security for the electrical panels, ongoing deficiencies with the retrofit project, FOB access to the lockers, and the cost and installation of CO Detectors. For the Board member who takes her/his job seriously, there is a lot of technical



information to digest. The Board packages are several pages thick with reports, contracts, specifications, and letters of supplication/complaint to the Board. Another element to note in the Highlights is any directive of the Board to the Property Management to do something. For example, the Co-op office must provide information for all recommendations from Membership Selection. In order to make informed decisions, the Committee needs the data from the office to be presented in a timely fashion.

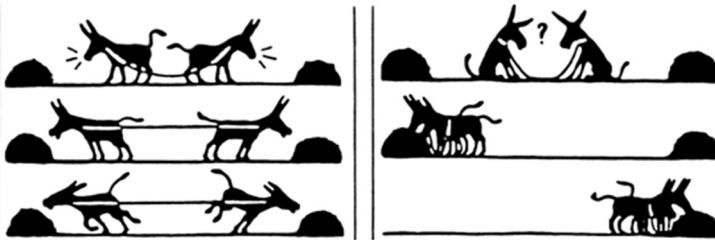
Other items to note are the newly instituted monthly inspection of the property by the Maintenance Manager and the results of Nigel Aplin's unit inspection findings. City Park's

infrastructure is aging and needs constant and expensive attention, but it is unfortunate that some people thwart that process by denying access to their units. I have been asked by several people about the changes in parking locations and hourly rates. The Highlights alert you to the fact that a notice from Michel Gauvin will be posted shortly outlining these changes. Many of you are concerned about bylaws which are not being enforced, but, according to the Highlights, Bob

Fisher and Michel Gauvin will be conducting a systematic review of all the bylaws as to wording and enforceability. Our thoughts and prayers go out to them!

In conclusion, take a few minutes out of your busy schedules to join the lines in the front of the glass cases in the lobbies and read those Highlights recorded by Bob Fisher. You might learn something about what's going on in City Park.

Tom Maunder ~ 51 Alexander



What is Cooperation?

©2004, www.archimedes-lab.org

SUN

The sun arises
each day
though is not
always seen

Seen or not
the sun has given
warmth
sustenance
growth
light
hope

the sun has given
all this and more
endlessly
since the beginning
of time

And what does it ask
in return

Not a single thing

If that isn't
unconditional love
I don't know
what is

A BUTTERFLY CROSSED MY PATH

Out walking today
a Monarch butterfly
crossed my path

It seemed perfect
in every way

Was it my friend
whose grave we visited
just
yesterday
one year
after her
death

Was it my
brother
who died last year
or my mother
20 years ago



Or was it a simple
yet miraculous
being of nature

Whoever or whatever
you are
dear butterfly

You lifted my spirits
awakened the inner child within
and reminded me
yet again
of wonder

Both poems courtesy of
John Pollard ~ 31 Alexander

BEGINNER TIPS FOR WINDOWSILL HERBS

You don't need to be a great gardener, or even have a garden, to enjoy success with herbs. Here are a few general tips to get your indoor herb farm started.

- Choose fast-growing, leafy herbs such as basil, cilantro, chives, dill, mint (always in its own container only), or parsley.
- Use simple containers – anything from paper cups to plastic trays will work.
- Use a fine-grain soil. Special seeding soils are widely available.
- Check the seed packet information to find out if you need to soak seeds before planting.
- Sow seeds to a depth one to three times the diameter of the seed; follow the packet guidelines for spacing.

-Put containers in a warm place and cover them with newspaper until seeds sprout.

-After sprouting, be sure to expose herbs to at least five hours of sunlight per day (basil likes quite a bit more). If necessary, supplement with full-spectrum light bulbs.

-Maintain a medium-low level of moisture.

-Add a little fish fertilizer once a week to give the plants an organic boost.

-Wait one to four weeks, depending on the plant and season, then start enjoying your herbs!

PLEASE NOTE:

**BLACK PLASTICS, INCLUDING
BLACK GARBAGE BAGS,
NEVER GO IN RECYCLING.**

**ALWAYS PUT THESE ITEMS IN
THE GARBAGE.**

Bad things happen when non-recyclable materials are placed in the Blue Bin. How bad? Bad enough that it can damage equipment, cause workplace injuries at the recycling facility and ruin otherwise perfectly good recyclables. Contaminated recycling is currently costing the City millions annually and last year more than 52,000 tonnes of non-recyclable material was incorrectly put in the Blue Bin. That's a big problem YOU can help fix.

AIP: WHAT IT DOES DO AND WHAT IT DOES NOT DO

Some Members have questioned the exact role of AIP at City Park. Hopefully, this article will provide some clarification.

Several years ago, at the urging of CHFT, a number of co-operatives banded together to start a program called 'Aging in Place'. Based on the discussions among the participating co-ops, a mandate was hammered out. The overall mandate for the Aging in Place initiative was "to help Co-op Members remain in their homes for as long as possible by maintaining and enhancing their physical and emotional well-being." This mandate not only made sense in human terms, but also in financial terms. Keeping seniors in their homes is much cheaper than housing in extended care facilities. The two representatives from City Park at these start-up meetings were Jo-Anne Kennedy and Michael Shelley. In 2014, a formal proposal was made to the Board to establish an Aging in Place Committee; this proposal was accepted by the Board on January 1, 2014. Why was Aging in Place a worthwhile endeavour for City Park?

First, seniors were growing in numbers at City Park. Second, these seniors, through surveys, expressed an interest in obtaining specific information about specific issues affecting their lives. Third, Toronto is

blessed with an impressive range of social services but focus and precision are needed for the most useful access to be obtained. How does AIP at City Park go about providing this focus and potential access?

Over the years, City Park's Aging in Place team has provided a number of Sunday afternoon workshops on a wide variety of topics: estate and financial planning, nutrition, medications, and ROM programming. Experts were brought in, information was delivered, and questions were answered. In addition to our Sunday afternoon workshops, AIP at City Park supports an ongoing exercise and fall prevention class which meets twice a week in the PMG Hall. The focus here is to improve strength, balance and co-ordination. There is also the Friday Morning Coffee Club which allows Members to eat, drink, and be merry. Social interaction is an important component in mental health. AIP does a lot around City Park, but what can it not do?

Because AIP is made up of volunteers and NOT professionals, it does not actively intervene in Member issues. If an issue is brought to our attention by other Members or personal contact, we will ascertain exactly what the issues are, and attempt to direct the Members to sources that might help them. Fortunately, we now have a General Manager, Edward Carrington, who has strong contacts in the Social

Service Community. These contacts can provide specific, ongoing help. AIP will continue to do what it can to offer information, pertinent suggestions as to sources of help, and, perhaps, most importantly, a friendly ear. The goal of City Park AIP continues to be keeping Members in their homes for as long as possible. AIP can't do this alone. Other Members need to step forward if they see a need and discuss their concerns with AIP or the General Manager.

Tom Maunder ~ 51 Alexander

PLEASE HELP CONTROL PESTS

The most important action you can do is to identify and report pests within your unit or in the common areas, such as lobbies, lockers, hallways and laundry rooms to the Management office at 484 Church. The Board has hired reputable pest control companies that are licensed to treat pests. Let them do what they do best: eradicate the pests. Taking matters into your own hands IS NOT effective at preventing an infestation.

Allowing access to your apartment is required. Members have denied access to Pest Control companies in the past. The Board has adopted a Standing Resolution to stop this behaviour; this Resolution has been delivered to our doors and is available from the office. Please read it carefully, as denied access may result in financial penalties and

ultimately eviction. Delay in treatment also helps worsen an infestation making it more difficult to eradicate.

Bedbugs:

Adult bedbugs are flat and have rusty red-coloured bodies and resemble an apple seed. Unlike cockroaches, bedbugs need blood to live and grow. They are not likely to be found in kitchens and bathrooms, as they are most active at night when and where we sleep. Remember: bedbugs can enter homes by latching onto used furniture, luggage and clothing, and by travelling along connection pipes and wiring. NEVER bring bed frames, mattresses, box-springs or other upholstered furniture found on the street into your home.

Cockroaches:

Cockroaches are yellowish-brown and about a half-inch long, with tentacles. They move very quickly. Cockroaches tend to be near food and water sources. Leaving unwashed dishes and wet garbage exposed attracts these pests. Washing your dishes and removing garbage every day will deter these pests.

Birds and other pests:

Birds, especially pigeons, can pose and cause serious health risks. Their droppings contain germs, viruses and bacteria that, if touched or inhaled, can put you in the hospital. They are especially threats to seniors and people with

compromised immune systems. City Park By-laws clearly state that feeding birds is prohibited.

If you see rodents or other pests, please report what you see to the office immediately.

Reporting: What to do?

Contact the office immediately if you suspect you have a problem, by calling 416-924-6294 or by email: pest.control@cpco-op.ca

A Work Order may be required. State the nature of the infestation and where it is occurring. The office will then instruct and advise what will be done.

Edward Carrington
General Manager, City Park Co-op.

DIABETES: THE SILENT THREAT TO OUR HEALTH

Part of the mandate for Aging in Place is to provide useful information and websites to the entire City Park Membership in support of overall health and wellbeing. This information is given through posters in the common areas, and the Sunday afternoon workshops. One of these recent workshops dealt with issues surrounding diabetes and was facilitated by the Taddle Creek Family Health Team, conveniently located at College and Bay Streets.

Diabetes presents some unique features which make effective treatment an ongoing challenge. The

first reality about diabetes is that there is no definitive cause and, therefore, no magic pill to make it all go away. The science seems to suggest that diabetes is the result of a complex interaction between genes and lifestyle. Good luck with that one ladies and gentlemen.

What are the generally accepted risk factors? They are a family history of diabetes, ethnicity, being over forty, high blood pressure and cholesterol. As with other chronic illnesses, the diagnosis of diabetes can unleash a flood of disparate emotional reactions: disbelief, denial, fear, guilt, depression and anger. These emotional reactions are a lot to deal with while following various treatment strategies. Being diabetic is not easy, but diabetes can be successfully confronted and kept at bay.

The first priority is to have your blood tested regularly for glucose levels. Second, develop a diet that is healthier by reducing sugar levels through a more equal representation of the food groups. Incorporate more sustained physical activity into your daily routine. Walk to the next subway stop; don't take a cab. Make a conscious effort to reduce the risk factors. For example, stop smoking and take a pass on bacon flavoured, maple donuts. The key component in all of this is self-discipline.

Diabetes can be contained but you are the gatekeeper and it is a 24-hour job. On the other hand, you are

not alone, as millions of people worldwide are dealing with diabetes. The numbers are growing and so are the rates of heart disease and obesity, but there are specialists, clinics and support groups.

The given is that we are all aging and subject to age related diseases; the variable is what we are doing about them.

For more information, please see: <http://taddlecreekfht.ca/programs/diabetes-education/>

Tom Maunder ~ 51 Alexander

IS IT TIME TO CHANGE YOUR PILLOW?

The right pillow is one of the easiest ways to improve your sleep and it's an important part of your sleep system. Once you get the right pillow, it's important that you properly care for it at home, so you maximize the useful life of your pillow and also protect yourself from potential health hazards.

These are a few telling signs that it's time to start sleeping with a new pillow:

1. **Do you have neck pain when you wake up every day?** Your body will tell you if you're not getting the support you need from your pillow.

2. **Does your pillow have lumps and bumps?** Your pillow should be smooth and free of lumps and

bumps. If you need to fluff or punch your pillow to make it comfortable, it's time to get rid of it.

3. **Is your pillow flat?** Dust mites and allergens accumulate in your pillow over time. This weighs down your pillow, making it go flat or lose its shape.

4. **Try the fold test.** Fold your pillow lengthwise and hold it in half for 30 seconds, then let it go. Your pillow should spring back to its original shape very quickly.

If it's time for a new pillow, there are a multitude of stores, materials and price-points to choose from. Choose one that matches the way you sleep most: on your back, side or stomach.

Don't forget to protect your pillow from allergens, dust mites, bacteria and bed bugs by purchasing a top-quality pillow protector. They're not cheap, but they will provide years of protection and peace of mind.

SUPERCHARGE YOUR DIET WITH BUCKWHEAT

Buckwheat is a little-known and underappreciated plant traditionally consumed in Eastern European and Asian cultures. With recent increasing interest in gluten-free and organically grown foods, buckwheat promises a range of impressive health benefits.

Buckwheat, also known as *Fagopyrum esculentum*, is a

nutritionally dense food dating back millennia. Although it is commonly thought of as a grain, buckwheat is actually classified as a seed. As such, it contains a high nutrient content and is a naturally occurring gluten-free grain alternative. Studies demonstrate a range of health benefits, which mimic those of nuts, in lowering blood glucose and cholesterol. Incorporating a little buckwheat into our diets can be a good way to help us 'health up'.

Buckwheat's nutrient profile consists of higher protein content than most grains, including essential amino acids and 6 grams of protein per quarter cup (60ml) of dry seeds. It also contains soluble and insoluble fibre, flavonoid antioxidants such as rutin and quercetin, and a component related to B vitamins called D-chiro-inositol, which is known to help improve the action of insulin. Because of these characteristics, buckwheat is being researched as a potential functional food, which is a food used to improve or target specific health conditions.

Human studies have demonstrated the benefits of buckwheat in reducing blood glucose and cholesterol. According to a Chinese study, buckwheat consumption reduced fasting glucose and glycosylated hemoglobin in patients with diabetes. Another study found that, although consuming buckwheat crackers did not improve blood glucose, it improved hormones

associated with satiety (feelings of fullness), suggesting it may be helpful for assisting with weight loss! With respect to cholesterol, one study found that consuming buckwheat as cookies (admittedly a flawed method) reduced levels of myeloperoxidase (MPO), a marker of inflammation, and also reduced cholesterol. Studies in animals have also found blood pressure lowering, antioxidant, and antidiabetic effects.

In addition to being a nutrient-dense, gluten-free option, buckwheat has the additional benefit of minimal pesticide exposure. Buckwheat is a rapidly growing plant with a 30-day maturity cycle which allows it to outcompete weeds and render pesticide use unnecessary.

Buckwheat is commonly found almost everywhere these days (including Bulk Barn) and can be eaten as a hot cereal, as a savoury dish, in pancakes, in bread, or as Japanese soba noodles. You should try some today. It's dee-lish!

(ALIVE.COM – JANUARY 2017)

SAVE THE WHALES! SAVE THE BEES! SAVE THE TURTLES!

If you are like me, then you may get overwhelmed by the amount of trouble our planet and our animals are in.

I sometimes look at all the campaigns for donations and letter

writing etc. and I feel helpless. I only have limited funds for donations and I only have so much time and energy. I read an article today that said it isn't just the oceans that are being clogged with plastic. The Great Lakes are also being polluted with plastics. Lake Ontario and the animals that live in and around the lake are being affected by plastic and other waste.

The problems just seem so huge. To help, we can all start in our own backyard and in our own kitchens. First, we can stop buying bottled water. Unless you need distilled water for medical reasons, the tap water in Toronto is perfectly fit to drink. It is checked 4 times a day. <https://www.toronto.ca/services-payments/water-environment/tap-water-in-toronto/>

Bring your own cotton bags when you shop. There are some great washable bags available. You don't even need to use the store branded carry bags. Even though they are reusable, they are plastic and can eventually end up in landfill.

Marine animals and land animals alike can suffocate in potato chip bags (or any bag like that) if they go in for a tasty treat and get their heads caught (this goes for our domestic animals as well). Before you throw chip bags and the like in the garbage, take a few seconds to cut the bottom off and then cut the bag up so it lays flat.

It only takes a few seconds and could save the life of a pet, wild animal or bird.

Speaking of birds – those little plastic tabs that hold bread bags together can stop a bird from eating if it gets caught on their beak. Just cut or snap the ends off. Plastic can be ingested by wildlife killing them. Make sure you then put the pieces in the recycle bin.

And what about recycling? It can be confusing sometimes but the City of Toronto has a great website with information on what goes where! <https://www.toronto.ca/services-payments/recycling-organics-garbage/waste-wizard/>.

It only took me a minute to get the following information: Bags with draw strings, metal detailing and hard handles and compostable bags should be placed in your **Garbage Bin**, tin foil goes in **Garbage** (but rigid aluminum containers can be washed and blue-binned), dog poo goes in the **Green bin**, plastic water bottles with the lid on go in **Blue Bin**.

Finally, we can make sure that City Park stays a green space. If you see waste, like water bottles, garbage bags or chip bags in our gardens, pick them up and put them in the appropriate bin.

You have probably heard these ideas before, but some of them may be new to you. I am sure you may have many more environmentally friendly

ideas to share. Send them into LINK. As I said, I sometimes feel overwhelmed and powerless in the face of the harm being done to our planet and our wildlife. It is hard to be vigilant all the time, BUT, when I act on these small suggestions, I do feel better. I feel like I am doing my part. We can all help. Please do your best.

As for the bees...that is for another article.

Jo-Anne Kennedy ~ 51 Alexander

WHO NEEDS MUSKOKA WHEN WE HAVE THE CITY PARK GARDENS?

The lazy, hazy, crazy days of summer have descended on City Park, its Members, and its gardens. With the arrival of summer, thoughts naturally drift to Muskoka with its cooling breezes, pristine lakes, roaming fauna, majestic flora and socially inclined neighbours. We tend to envy those who can afford to escape the pollution, the construction noise, and the tourists flocking to Toronto. On the other hand, if we look at the City Park Gardens with fresh eyes, we will realize that Muskoka is but a poor, boring second to City Park.

Cooling breezes surge through the centre courtyards of City Park with almost cyclonic intensity due to the wind tunnel effect caused by the surrounding buildings. The Canadian flag is seldom limp at City Park as it

snaps to attention in the wind. City Park Members do not have access of pristine lakes, but they do have bird baths which are filled regularly by the bird people. If your imagination is still active, seeing song birds and pigeons splashing about may make one forget about pristine lakes. I know that it is a bit of a stretch, but visualization does work.

There is no absence of roaming fauna at City Park. The aforementioned birds are joined by squirrels who have been given their own names, arrogantly slow-moving racoons, and bobbing and weaving coyotes. Overhead, a peregrine falcon patrols the sky looking for plump pigeons. Although not roaming, the dogs at City Park come in a myriad of colours, sizes, breeds and personalities. The personalities range from total indifference to their surroundings to a burning need for attention and treats.

The flora: – trees, shrubs, and plants – is idiosyncratic and eye catching because Members can have their own pods and landscape to their hearts' content. The care lavished on these pods is quite remarkable.

The rapidly disintegrating benches in the centres of the gardens invite social intercourse. Privacy is in short supply, but not splinters. From these benches, one can observe the arrivals and departures of ambulances, police cruisers and Meals on Wheels. There are many victims of whiplash as necks crane

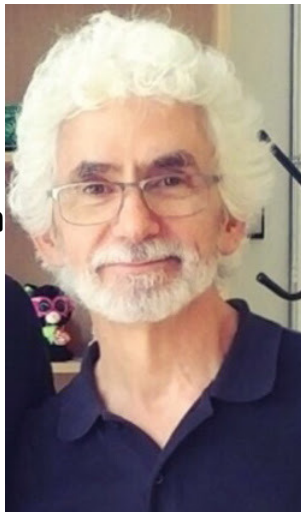
to see who is in the stretcher. The comings and goings seem to pulse like blood through arteries. I can attest to the many pleasant hours that can be spent monitoring all this activity to the accompaniment of pneumatic drills, dropping dumpsters and leaf blowers.

So, don't envy those in Muskoka, but celebrate the richness of summer in the City Park Gardens.

Tom Maunder ~ 51 Alexander

CO-OP HOUSING CHAMPION CHRISTOPHER WILSON DIES AT 68

Canada's housing co-ops are mourning the loss of Christopher Wilson, a significant force in the co-op housing movement.



In his mid-twenties Christopher worked alongside his sister Alexandra Wilson (currently the CEO of the Agency for Co-operative Housing) to convert Toronto's Bain Apartments into one of the first co-ops in the city. A few years later, they were involved in the successful campaign to convert a seniors' property that the Borough of York had decided to close. Christopher made a film about the experience called 'The Battle of

Beech Hall'.

He also worked as a co-op housing developer and led several national government relations campaigns for CHF Canada.

Longtime housing co-op advocate and former CHF Canada staffer Merrilee Robson worked with Christopher on campaigns in the 90s. "I was impressed by the energy and focus he brought to his work on behalf of co-ops and his availability to talk regularly about campaign issues," says Robson. "He put together a tight group and inspired the rest of us to work with the same level of energy."

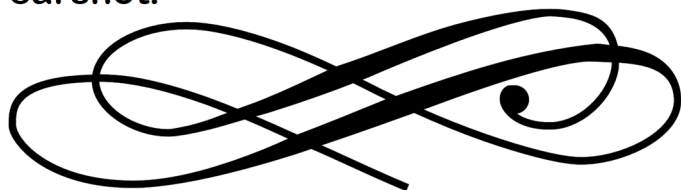




On May 25th at 10:30 in the evening, a very large branch suddenly broke off a tree at the back (north-end side) of 484, ruining part of the fence, and landing across Alexander Street, completely blocking the road.

Two City Park Members kindly took it upon themselves to direct oncoming cars up the laneway to Maitland until the Police showed up.

It wasn't until 5 in the morning that a City of Toronto crew came to remove the branch, the parts of which went into a wood chipper, much to the annoyance of all residents within earshot!



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

*Thank
you*

for reading this issue of LINK. If you are about to throw it away, kindly take it back to the rack at the front door so another Member can read it. Much appreciated from your friends at LINK.