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strategic goal-setting to halve the  
incidence of poverty by 2030.

The Poverty Reduction Strategy  
(PRS) builds off of work by the  
federal government and \$22 billion in  
spending since 2015. The  
announcement introduced three key  
initiatives:

1. Creating an official income  
poverty rate;
2. Reducing the poverty rate by  
20% by 2020 and 50% by 2030;
3. Creating an arms-length  
National Advisory Council on  
Poverty made up of people with  
direct experience.

Defining poverty, identifying the  
amount of need, and bringing those  
with lived experience to the table are  
encouraging steps to hold this  
government and future governments  
accountable in the delivery of the  
Strategy. Further, the federal  
government intends on entrenching  
these three initiatives in legislation,  
making it more difficult for future  
governments to eliminate them.

The PRS sets an official definition of  
poverty, which did not exist until  
now. The official poverty line will  
now be based on the 'Market Basket  
Measure,' which establishes a  
basket of basic goods and services  
(including rent and utilities) that  
families or individuals should be able  
to afford. If that family or individual  
cannot afford it, they are considered  
to be living in poverty. The 'basket' is



## FEDERAL GOVERNMENT LAUNCHES POVERTY REDUCTION STRATEGY



This past summer in Vancouver,  
Minister of Families, Children and  
Social Development Jean-Yves  
Duclos announced the release of the  
Government of Canada's 'Poverty  
Reduction Strategy'.

CHF Canada applauds the federal  
government's consultation and

customized to different communities across the country.

The Poverty Reduction Strategy builds on the National Housing Strategy (NHS) released last fall, which addressed the expiry of subsidies for low-income households living in housing co-ops. The NHS contained \$16.1 billion in federal investments in provincial and territorial housing programs and \$1.2 billion in Canada's Homelessness Strategy. Budgets 2017 and 2018 also provided \$1.7 billion to facilitate Indigenous housing strategies and programs.

An affordable place to live is fundamental to the income security of Canadians, particularly those living in poverty. Nearly one in five renters across the country spend half of their monthly income on housing, demonstrating a clear need for greater housing affordability nation-wide. Canada's housing co-ops are eager to provide safe, permanently-affordable homes for Canadians and look forward to the delivery of the National Housing Strategy over the next decade.

### FUN FACT:



Apple co-founder, Ronald Wayne, sold his 10% share in 1976 for \$800. If he would have kept it, today it's worth nearly

\$60 billion.

Yes, that's with a "B"!

## FASCINATED BY CEMETERIES 4

### *Island of the Dead - Boothill, Tombstone, ARIZONA*



Boot Hill graveyard in Tombstone, Arizona dates back to the post-Civil War era. Its name signified a place where men 'died with their boots on' or violently and suddenly, as opposed to expiring quietly in bed.

The town of Tombstone dates back to 1879 when a prospector first discovered silver, at which point prospectors, gunslingers, gamblers, Chinese labourers and fancy ladies flocked to the town. At its height, Tombstone reached a population of 20,000 people. Of course, shortly after the mine opened, the area found itself in need of a graveyard. A slight hill northwest of town was chosen and named Boot Hill.

A single event in the folklore of the West put Tombstone and Boot Hill on the map... 'The Gunfight at the OK Corral'. On October 26, 1881, US Marshalls Wyatt Earp and his brothers, joined by the newly deputized Doc Holliday, faced down the Clantons and McLaurys. Half a minute and 30 shots later, Billy Clanton and the McLaury brothers

were ready for their journey to Boot Hill.

One of Boot Hill's best-known epitaphs comes from a grave marker for one Lester Moore, who worked for the Wells-Fargo Stagecoach. He and another man had a dispute over a package. Both men died in the gun battle that followed. Moore's marker reads, "Here lies Lester Moore. Four slugs from a .44. No Les no more." George Johnson's epitaph also approaches poetry: "Here lies George Johnson, hanged by mistake. He was right. We was wrong. We strung him up and now he's gone." Johnson was hanged for stealing a horse – which in fact he had legally purchased.

John Heath was taken from the county jail by a mob from the nearby town of Bisbee. They were incensed because he'd led five men in a robbery and killed 'respected citizens.' Heath was lynched from a



telegraph pole near the city court house.

The graves in Boot Hill were originally heaped with stones 'to keep the varmints from stealing the bones.' Those heaps of stones and

historic records helped to make markers for the graves, but a number of pioneers went to their final rewards anonymously. No one carried ID in those days. The names and stories of some of these pioneers will never be known.

### *The Catacombs of St. Sebastian, ROME*

On a hot dry day in Rome, I walked reverently along that most famous of ancient roads - the Appian Way - toward the Catacombs of St. Sebastian. The Appian Way is best known these days for its role in the slave revolt led by Spartacus in 73 BC (who I always visualize looking a lot like Kirk Douglas). Once the Roman army quashed the revolt, they crucified more than 6,000 slaves and lined 130 miles of the Appian Way with their bodies.

The Catacombs of St. Sebastian were founded in the 1<sup>st</sup> century AD and contain nearly 7 miles of tunnels. Guides of many languages lead tours into the catacombs, which you aren't allowed to explore on your own. Whilst you might be thinking that these are gruesome and rather gory places to visit, the reality is actually quite different. There are countless pieces of early Christian art to be found in the catacombs, and the fact that you are surrounded by such ancient history is a good enough reason to head underground and explore the mystery.

The tours pass through only a fraction of the four levels of the catacombs. The other levels are unlocked only to archaeologists approved by the Vatican. There aren't actually any bodies in the tunnels. Most were removed in the 4th and 5th centuries, when the catacombs were vandalized by barbarian hordes. And the electric yellow globes, hung at intervals, do little to brighten the gloom.

It was the early Christians who excavated the catacombs by hand and carried the earth away in baskets. The ground here is tufa, a lava rock that is easy to dig. The walls of the tunnel look as if bunks have been carved into the stone. The shallow niches are just large enough to tuck a body inside. The dead would be wound in a sheet and placed here without a coffin, then a slab of marble or terracotta, if they were wealthy, would seal them inside.

I tried to get a sense of what the place must have been like when bodies filled it. There was no embalming in the Roman world at that time. When people died, their survivors had to cart them out of Rome, since the law forbade burial inside the city walls. Most Christians, who usually came from the lower and slave classes, did not own a horse or ox, so the transportation of a



cadaver presented a pressing concern in the Roman summer. Early Christians pursued the custom of burial because Christ had been placed whole in his tomb. They also believed that the dead were merely resting until Christ came again and ushered them into heaven.

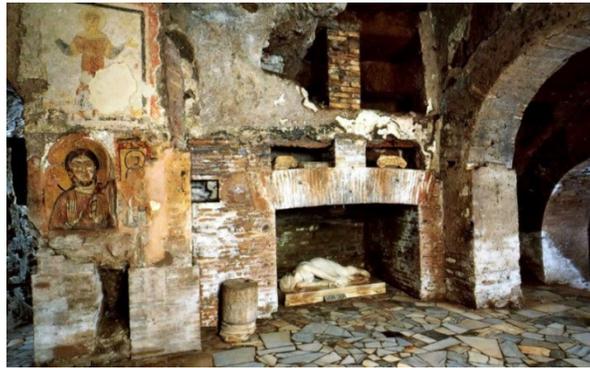
Our guide now led us into a room that was paved with marble and had walls that were whitewashed. In contrast to the rest of the catacombs, this room was brightly lit and contained a simple stone table, draped with a white cloth edged in lace. Across from that, on a pedestal, was a polished marble bust of a man in pain or ecstasy – this was St. Sebastian.

Sebastian was a Roman soldier who decided he could no longer persecute Christians. The other soldiers tied him to a tree and shot him with arrows. They left him to die, but he recovered and started to preach. They captured him a second time, and this time succeeded in killing him. Christians buried his body beneath this altar. Later, a church was built above the catacombs and St. Sebastian's bones moved into the basilica, directly overhead.

Our tour made one final stop. During the excavation of the catacombs in the late 1800s, archaeologists had

discovered three Roman-era tombs. These little villas had been perfectly preserved and their beautiful mosaics brightened up the roomy interiors.

“Here is the origin of the word catacomb,” our guide Maria said before we left the area. “This place was called cata cumbas”, meaning the low place near the quarries. In this area the Romans cremated their dead. Since it was already a necropolis, it made sense for the Christians to bury their dead here.



### *Tobruk, LIBYA*

In the early 80's I travelled to Tunisia where I spent a couple of weeks seeing the sights. I intended to travel onward to Egypt by bus which meant going through Libya. At the Tunis bus station, I met Sandra, an English nurse who wanted to visit the oasis town of Ghadames in Libya. We decided to travel together for safety's sake. However, after a very adventurous week in Tripoli, we opted to get a boat to Alexandria instead of continuing on by bus. Unfortunately, we were told that boats no longer went to Alexandria from Tripoli – Benghazi was the place to be. In Benghazi, we



learned that going to Alexandria by boat was also not possible, due to some political reason which was never made clear to us.

Discouraged, we headed over to the bus station and to our surprise, managed to procure two tickets to Alexandria without a fuss - despite the fact that we had been told in

Tripoli that westerners could not travel through Tobruk.

It was a very early departure the next morning. The bus was filled to capacity,

and for the first time since entering Libya, where we had always been the only women on board, there were actually a few women here. Egyptians, we were told, returning to their homeland. By mid-day we arrived in Tobruk where we stopped for an hour for a refreshment break.

From the little we saw, Tobruk seemed a strange city – modern, harsh and dusty. Not much to look at.

We managed to persuade the bus driver to make a brief stop at the outskirts of Tobruk so that we

could view the WWII cemeteries (with a healthy bribe of baksheesh of course). Arriving at the scene, we stood in awe gazing at the endless

rows of white headstones stretched out into the horizon. There were separate sections for French, Italians, Aussies and other nationalities, but the most extensive were those for the British and Germans. We checked out the German war memorial built in the shape of a four-towered fortress – dark and brooding in a Germanic sort of way. There was a succession of walls around the courtyard which held the engraved names of the dead, running continuously on in mosaic – the two most common names being Schmidt and Gruber.

Another time, on a trip to Greece, I sought out the gravesite of Nikos Kazantzakis in Crete. Kazantzakis is mostly known for his book ‘Zorba the Greek’. He died in 1957 and his simple tomb is located at the highest point of the Martinengo Bastion overlooking the town of Heraklion.

I was the only visitor there that day and was enjoying the view when the peace and quiet was suddenly shattered by the appearance of five very noisy cats, followed by an elderly lady dressed entirely in black, who scowled when she saw me. The cats all rushed over to



check me out. The woman continued to scowl at me and muttered something under her breath before walking over to Kazantzakis tomb, where she proceeded to tidy up the site. She arranged fresh flowers in the vase and stood in front of the tomb for a few moments. The cats crowded around her and purred loudly. Then, with a final scowl in my direction, she made her way down the stairs followed by her five cats. After a few moments, I got up and walked over to the gravesite. The tomb was plain with just a wooden cross for adornment. Etched into the tombstone was a most inspiring epitaph “I hope for nothing. I fear nothing. I am free”.

Ursula Carter ~ 51 Alexander

### FALLING LEAVES

All week the leaves have fallen  
Some gracefully letting go  
And gently surrendering at the  
appointed time

Others whirling and spiraling  
And plummeting directly down  
On a crash course toward the next  
life

Some playfully dancing back and  
forth  
Upon the unseen breath of life  
And then lightly falling upon the  
carpet forming below  
Which has been patiently waiting for  
new arrivals

Some leaves holding on for dear life

Others letting go, only to be caught  
And held up for a while by other  
leaves still clinging  
Before their final release below

Each leaf a teacher and a teaching  
About holding on and letting go  
The arising and falling away  
Of each moment, each breath  
Each lifetime

May there be an ease of letting go  
When the time has come to say  
goodbye  
To an old habit, a dear friend  
Or life itself

*O, sweet surrender*

John Pollard ~ 31 Alexander St.

### DATES TO REMEMBER:

November 16 thru 18 –  
Food and Clothing Drive for the PWA  
and the Yonge Street Mission.

December 15<sup>th</sup> –  
Final judging date for City Park  
Window and Balcony Holiday Lights

Weekends of December 22/23 and  
January 5/6 –  
Bottle Drive for Nellie's Shelter

### DID YOU KNOW...

Today in Canada:

250,000 people live in co-ops in  
91,552 units, in  
2,203 housing co-ops.

50% are single women with or  
without children  
11% are visible minorities  
20% are immigrants  
4% are indigenous, and  
12% are folks living with physical  
disabilities.

*(Data from the CHFC website).*

### NANCY CARROLL SCOTT: A Tribute in Time

In the halcyon days of my misspent youth, City Park was the fantasy location. It had many of the qualities lusted after by a North York boy. It was a high rise; it had spacious, well-designed apartments; it was downtown, and really happening. It also had the advantage of smart, trendy tenants who knew how to party. It was near the newly-minted dance clubs and the 24-hour Fran's. It had an edgy cachet that both frightened and appealed. Somehow, City Park was for risk-taking adults, so I settled for the safer grounds of St. Clair and Yonge, but always hoped to one day settle in City Park.

Eventually, the Housing Gods did smile on me and I secured a bachelor apartment in City Park. As I settled into City Park, I was pleased to find that my initial impressions of City Park were correct, and it did have some interesting people with interesting stories and personalities. One of these was Nancy Carroll Scott.

What was it that made Nancy Scott interesting to me and many others? Nancy was a ‘crap’ detector who used a low key but biting sense of humour to get her point across. Perhaps it was a trick of the glasses, but Nancy’s somewhat quizzical expression reinforced a sense of skepticism. Nancy was interesting because of what she did for a living, MacLaren Advertising and Hockey Night in Canada. The hockey connection stretched back to her father, the trainer/coach Frank Carroll, and his connection with the Toronto Blue Shirts of 1914 who won the first Stanley Cup. Nancy’s brother was noted writer and photographer, Jock Carroll. All this ‘history’ made for interesting stories over a glass of red wine. When I moved to the 10<sup>th</sup> floor of 51 and had the Scotts for neighbours, I came to appreciate Nancy’s courage and determination as she fought the ravages of COPD.

City Park and its wellbeing mattered to Nancy; the evidence can be found in Nancy’s work on ‘LINK’. She wrote for LINK for a number of years, and, during those years, helped to facilitate, in various roles, its smooth operation. Smoothness of operation in a committee or a project is an elusive goal. I was able to read the Minutes from early meetings of LINK and was intrigued to see how little has changed. Nancy wrote a column entitled ‘A View from Here’, in which she shared her opinions on various City Park issues. I would like to close

with a quote from Nancy’s column of August 1998. In this column, Nancy was exhorting members to run for the Board of Directors: “The time is now! Stand up and make a positive contribution. This is your home. Aren’t you willing to do your part?”

On July 15<sup>th</sup>, 2018, Nancy Carroll Scott passed away and City Park lost another who knew the difference between a home and a place to live.

Tom Maunder ~ 51 Alexander

### ARE YOU READY FOR THIS?

Dr. Sandra Lee is a board-certified dermatologist and global social media sensation. She has a slew of expert skin care advice videos that include blackhead, whitehead and cyst extractions that are really gross and popular on the internet. She’s affectionately known as Dr. Pimple Popper.

She’s now responsible for a game called ‘Pimple Pete’. The following excerpt is from Amazon where the game can be purchased for \$19.99 USD.



“Fun and funny family game: pimple Pete is a silly and exciting family game for 2 or more players. Play one on one and take turns ‘popping’

pimples. The player who bursts the mega-zit is eliminated and the other player is the winner. Add more players for a pimple-popping competition. Earn points for each pimple you 'pop' without exploding the mega-zit. The player with the most points is the Pimple Pete champion!

Exploding mega-zit: first, load all the squishy pimples into Pimple Pete's face, then fill the mega-zit plunger with water. How carefully can you wiggle out and 'pop' each fleshy pimple without upsetting Pimple Pete. Some pimples are easy to pull out and others will take extra careful twisting and maneuvering. If you pull any pimple too hard, *you risk setting off the mega-zit on his nose – and the pimple juice will spray your way!*"

I've just lost my appetite... you? ~ ed.



"Better to be silent and be thought a fool, than to speak out and remove all doubt" –  
Abraham Lincoln

### **CITY PARK'S LANDSCAPE PROJECT: Fighting the good fight**

The years roll by, committees come and go, Boards change, Property Managers appear and disappear, but the Landscape Project endures. As the growing season draws to an end, I thought the time was appropriate to pay tribute to City Park's intrepid gardeners. Under sometimes very

challenging circumstances, these volunteers do what they can to make our lives a little more beautiful.

The Landscape Committee/Project was formed in 1992 with ten members and gardens desperately in need of some tender and loving care. In 1993, the first of several necessary repair projects took place at City Park when the concrete roof above the garage was waterproofed. Construction began in April and put paid to that growing season. The members spent many long hours trying to save as many plants as they could for eventual replanting. On the plus side, an irrigation system was installed in 1995 which meant the members of the committee were not tethered to cumbersome garden hoses. Dragging hoses may be good cardio, but it is backbreaking. The most recent retro fit for City Park took two years to complete and, yet again, shrubbery and trees were uprooted, stored, and replanted. This time the goal was simplicity in case there was more construction for the sixty-year-old City Park.

For me, one of the most interesting features of the gardens is the fact that they are divided into pods, and each member of the committee is responsible for one or more pods. The members are given an appropriate budget for each planting season and must be very careful as to costs. Not unlike the co-op itself, these pods represent individual initiative under a collective umbrella.

It is always interesting matching the pod to the gardener and what I know of his or her personality. The Noreen Peters' pod is quite distinct from the Ray Bakey pod in terms of design and plant choice.

The City Park gardens are the result of contributions of many people over the years. Maria Rivera, an original member, has long made the front of 484 a thing of beauty for both members of City Park and pedestrians on Church Street (see front cover for one her prized blooms).

Harley Jackson is fondly remembered for his encyclopedic knowledge of roses which he tracked down in pre-internet days. Many of the roses we enjoy today are the result of Harley's efforts. Another name which warrants remembering is that of Trevor Maclean who was responsible for setting up the gardens.

Suzanne Geddes, the current Co-ordinator, would like to thank the good Samaritans who are not members of the committee but who turn out to help with specific tasks, like moving the bags of mulch. Suzanne would like to invite members of the Co-op to join the monthly walkabouts and to attend meetings of the committee to see if they would like to join. Suzanne's wish list for the Landscape Project is clearer signage, better fencing, ground cover to curtail animal

damage, and MORE volunteers. Suzanne points out that there are pods available just waiting for nurturing.

The City Park Gardens have won many awards for excellence and that fact is not surprising considering the passion and dedication shown by the members of the Landscape Project.

Tom Maunder ~ 51 Alexander

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### FUN FACT:

United Parcel Service ('UPS') was founded by two teenagers with one bicycle and \$100.

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### 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.

*(Jon Hamilton – 'Shots – Health News from NPR').*



"Always remember that you are absolutely unique ... just like everyone else is" - Margaret Mead

## THE MYSTERY OF THE SPITTING CACTUS

First, I noticed that our recently washed window had spots all over it. Then, I noticed that the drape that hid the cactus at night had a large damp spot on it. That was it? This was the cactus that I had watered and talked to with no results, but, when I let it go dry for five weeks, it flowered, so I spoke angrily to it. Now, it was getting its revenge on me. So, I took it to the laundry room and put it in the sink. It was then I realized that the plant was wet all over, our window sill and adjacent floor were also wet, and the electric outlet in the corner was making rude noises.



What was going on?

I submitted a work order. I learned that someone on a floor above had a leak from something and was flooding everyone below. At that point, I decided to forgive the cactus with its really beautiful flowers and returned it to our window sill where water continued to drip for another five days. So, the moral of this story is that, if you think your cactus is spitting at you, it probably is not. Look around. It may be something more serious.

Helen Juhola ~ 51 Alexander

## DID YOU KNOW...



The IRS in the USA has an employee handbook called 'Internal Revenue Manual' that provides instructions

for collecting taxes after a nuclear war.

## A BIT OF THIS AND A BIT OF THAT

1. 'LINK' wishes to show its support for the various upcoming CDC events designed to reach out to our community. The first event is the Food and Clothing Drive for PWA and the Yonge Street Mission. Volunteers will be in the lobbies of 484, 51, and 31 to collect food and clothing for those who need extra cheer in the Holiday Season. The Food and Clothing Drive takes place on the 16th, 17th, and 18th of November. Please make a difference and donate. The highly competitive Bottle Drive for Nellie's will take place on December 22, 23, and January 5 and 6. Put your drinking to good use and save those bottles.

Don't delay designing a plan to transform your balcony into a winner for the Holiday Lights Balcony and Window Contest. Final judging takes place on December 15. So, dust off your bulbs and get stringing.

2. City Park welcomes its new Housing Manager, Corina Stavre.

Here's hoping her stay is a fulfilling one.

3. Another welcome goes out to Enterprise Car Share which rents several parking spaces in front of 484. As its name implies, Enterprise Car Share affords the Members of City Park the convenience of a renting a car for one or more days. Please visit the office or [EnterpriseCarShare.ca](http://EnterpriseCarShare.ca) for more details. One of these details involves a special for City Park residents. Check out Enterprise Car Share and then hit the road.

4. City Park lost one of its true characters when Gary Chapman of 51 died on September 8<sup>th</sup> after battling an insidious illness. No more will we see Gary's imposing presence on the bench in the front of the 51 garden. From this vantage point, Gary could observe the passing parade of weirdness and loveliness along Alexander. He could direct traffic and warn strangers that the gardens are not public. Gary's T shirts were the colours of legend as was his love of books and reading. For Gary, there was nothing better than a good meal, a good gossip, and good book. Enjoy your new bench, Gary.

Tom Maunder ~ 51 Alexander

## DID YOU KNOW...

Dell Computers was started by a 19-year-old with \$1,000. Today Michael Dell is among the 1%.

**CORRECTION TO NOTE:**

At our most recent General Meeting, our President made an error when he said the City's heat bylaw states that the heat must be turned on September 15th.

**This is not correct.**

LINK Volume 22 #4 included an article about the heat bylaw that should have set the record straight.

The bylaw dictates we must have a minimum air temperature of 21 degrees Celsius in our units between September 15th and June 1st. The bylaw does not say that the heating system must be turned on starting September 15th.

We are fortunate at City Park for our new and improved 'smart' heating system that is based on the outside temperatures. If Mother Nature is working overtime, then our boilers don't need to send out hot water to heat our units.

The actual bylaw is as follows:



“A landlord shall provide heat to a dwelling unit that is rented or leased and that is normally heated at the landlord's expense

so that a minimum air temperature of 21 degrees Celsius is maintained in all areas of the dwelling unit from the 15th day of September in each year

to the 1st day of June in the following year”.

This bylaw is very misunderstood, because many landlords in Toronto do misinterpret the bylaw and turn on their furnaces, only to leave tenants sweltering in their apartments. It was no different at City Park, because all the Property Managers we've had since I moved in here in the mid-90's did in fact turn the boilers on every September 15th and leave them running until June 1st, regardless of the weather outside and the excessive heat in our units.

Thankfully that's all in the past for us here at City Park. Unfortunately, City Hall tells me that it is not a priority to amend this bylaw, but it is definitely on their 'To-do' list. ~ed.

As part of the recent heating system retrofit which was funded under a now-defunct provincial program, a thermal solar wall was installed on the south-facing wall of 484 Church Street. Due to shadows from tall buildings on Carlton and Yonge Streets, the sun profiles for 51 Alexander and 31 Alexander were not sufficient for solar walls or they would have been installed on those buildings as well. The solar wall on 484 Church Street does not generate electricity; rather, it contributes to the heating of the building. Warm air is drawn from a space behind the dark metal exterior of the solar wall and added to the heat provided by the new boilers. The solar wall will

provide maximum contribution during the shoulder seasons of fall and spring. The consulting engineer who designed the system estimates that the solar wall could provide as much as 10% of the heat required for the building over the course of the heating season.

Nigel Aplin – Project Co-Ordinator

### THE BEATLES

I went home from work this day in 1964 I think, and when I told my wife what happened that day, she told me I better not repeat that story if I don't want the hatred of a million people on my head... or worse.

When I was a seaman, I used to get the odd shore job between voyages. This time it was working in Toronto for a lighting company that manufactured and supplied electric lighting to the industry, and I was an electrician's helper that used to go around servicing lighting fixtures in every type of business and building imaginable.

This time it was a big multi-lit chandelier in the King Edward Hotel in downtown Toronto that wasn't working and needed a manufacturer's electrician to fix it. It was the kind of job that you needed to finish in one go because the



scaffold we were using took up so much room in the middle of the floor.

I was pissed off because that meant working overtime until the job was done, and I had something planned for that evening. It was the time the Beatles were in town and performing at Maple Leaf Gardens.

I didn't know that until my attention was drawn by the screaming of hundreds of fans, mostly teen-age girls outside the hotel where the Beatles were staying. The doorman told us later that some of them had been camped out there all night. It was easy to tell when the Beatles had arrived because the screaming and yelling increased to an unbelievable pitch.

We were up on the scaffold, the electrician to fix the problem, and me to hand him tools. I looked down just in time to see the Beatles and their entourage come trooping in, walking in single file, one behind the other, right past our scaffold. They didn't appear to be taking notice of the out of place scaffold... or us. That is until one of them looked up and made eye contact with me.

I didn't know much about them at the time; their type of music had no interest for me and I wasn't in a good

mood because I had to work overtime. When I made eye contact with, who I found out later was Paul McCartney, I gave him the finger. My middle finger... and a scowl to go with it!

Nobody else saw it, not even the electrician who was there with me up on the scaffold, he told me later. Paul McCartney wouldn't know the meaning of 'giving the finger' at that time because the equivalent of giving someone the finger in England was the 'two fingered salute', same meaning, but with the middle finger and the forefinger.

All the Beatles and their team disappeared, and we finally got the job done, took down the scaffold and went home.

That night the Beatles arrival was on TV and that's when I told my wife that they were staying in the King Eddy and I saw them up close. For some reason she was impressed that I'd been so close to the Beatles and couldn't wait to tell the girls at work the next day. That is, until I told her about giving one of them the finger. I showed her which Beatle it was when it was pictured in the newspaper the next day.

She said she would leave that bit out when telling the girls and advised me not to tell anyone about the finger incident. She said, "You don't know what those Beatle lovers will do."

I didn't tell anyone for many years until I was telling a group of guys in a pub one night and... I became famous as the 'Guy that Gave the Beatles the Finger'!

Peter Nicholson ~ 31 Alexander

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## LOVE FOOD HATE WASTE

Torontonians are wasting a lot more food than we realize. The average household in Toronto throws out 209 kilograms (over 460 pounds) of food per year. While some food waste such as scraps, bones and peels is unavoidable, the majority of our food waste is perfectly edible leftovers and untouched food. That's a lot of good food going to waste! It's also a huge waste of money. Follow these simple steps to help reduce food waste.

### PLAN IT OUT

Spend some time on the weekend planning meals for the following week. Check your fridge and freezer before you go shopping. Purchase staples such as whole grains, herbs, sauces and frozen vegetables and use them to create meals out of leftovers.

### KEEP IT FRESH

Keep food fresh longer by storing it in the correct place and setting the temperature in your fridge to four degrees Celsius (or 40 degrees Fahrenheit) using a fridge thermometer. Put drinks and ready-to-eat foods such as berries on the top shelf and raw meats on the

bottom shelf where it is coldest. Learn the shelf life of different foods and freeze items to make them last longer. For example, bread can last up to three months in the freezer, chicken can last up to nine months and most vegetables can be frozen for eight months to a year.

### USE IT UP

Are your vegetables wilting? Try putting wilted celery, lettuce, broccoli and carrots in a bowl of ice water for ten minutes.

Vegetables and fruits past their prime are not only great in smoothies, they also taste great in baked, stir-fried and grilled dishes. Any food scraps should be placed in the Green Bin to help divert more waste from landfill.

Making these simple changes can save you money and reduce food waste. Learn more tips and find tasty recipes at [www.lovefoodhatewaste.ca](http://www.lovefoodhatewaste.ca)

(From [www.onthego.to](http://www.onthego.to))

## COMMON BUCKTHORN

Common buckthorn (also known as European buckthorn) is a small shrub or tree native to Eurasia. It was introduced to North America in the 1880s as an ornamental shrub and was widely planted for fencerows and windbreaks in agricultural fields. Since then it has spread aggressively throughout southern Ontario and in other

provinces.

Common buckthorn can thrive in a wide range of soil and light conditions, enabling it to invade a variety of habitats. It is most often found in woodlands and open fields, where it forms dense stands under which few other plants can grow. Buckthorn can spread widely with the help of birds and animals that eat its fruit, carry the seeds long distances and deposit them in their droppings. Stands of buckthorn can invade roadsides, riverbanks, mature forests, farm fields and hydro corridors.

Outside its native range, common buckthorn is found in Canada as far west as Saskatchewan and as far east as Nova Scotia. It also grows throughout the northeastern and north central United States.

### Impacts of Common Buckthorn

- Buckthorn thrives in a variety of habitats and forms dense thickets that crowd and shade out native plants. It can alter nitrogen levels in the soil, creating better conditions for its own growth and discouraging the growth of native species.
- It produces large numbers of seeds that germinate quickly and prevent the natural growth of native trees and shrubs.
- The shrub can host oat rust, a fungus that causes leaf and crown rust and affects the yield and quality of oats.
- The soybean aphid, an insect that damages soybean crops can use

buckthorn as a host plant to survive the winter.

Because it can affect agricultural crops, common buckthorn is listed as a noxious weed under Ontario's Weed Control Act.

### How to Identify Common Buckthorn

Buckthorn is usually the first shrub to leaf out in the spring and the last to drop its leaves late in the fall.

- It often grows two to three metres tall. Occasionally it reaches six metres, with a trunk up to 25 centimetres in diameter.
- Smooth, dark green leaves are finely toothed, 2.5 to six centimetres long, and arranged in opposing pairs along the stem.
- Most branches older than one year end in a short, sharp thorn.
- Flowers have two to six small yellowish-to-green petals.
- Common buckthorn produces clusters of berry-like black fruit in late summer and fall.

Common buckthorn resembles another invasive species, glossy buckthorn (*Frangula alnus*), and a much smaller native shrub, alder-leaved buckthorn (*Rhamnus alnifolia*).

### Other Resources:

[www.invasivespeciescentre.ca](http://www.invasivespeciescentre.ca)  
[ontario.ca/invasivespecies](http://ontario.ca/invasivespecies)  
[www.ontarioinvasiveplants.ca](http://www.ontarioinvasiveplants.ca)  
[www.invadingspecies.com](http://www.invadingspecies.com)

### Common buckthorn



(*Rhamnus cathartica*)  
(invasive)  
• Grows in drier areas  
• Often two to three metres tall;  
can reach six

metres

- Twigs end in sharp thorn
- Usually opposite leaves with finely toothed edges

### Glossy buckthorn



(*Frangula alnus*)  
(invasive)  
• Grows in wet areas  
• Often two to three metres tall;

can reach six metres

- No sharp thorn on end of twig
- Alternate, shiny leaves with smooth, wavy edges

### Alder-leaved buckthorn



(*Rhamnus alnifolia*)  
(native)  
• Grows in very wet areas  
• Up to one metre tall

- No sharp thorn on end of twig

- Alternate, shiny leaves with toothed edges
- Small growths (stipules) at base of leaves

### What You Can Do

- Learn how to identify common buckthorn, glossy buckthorn and other invasive plants, and how to effectively manage these species on our property.

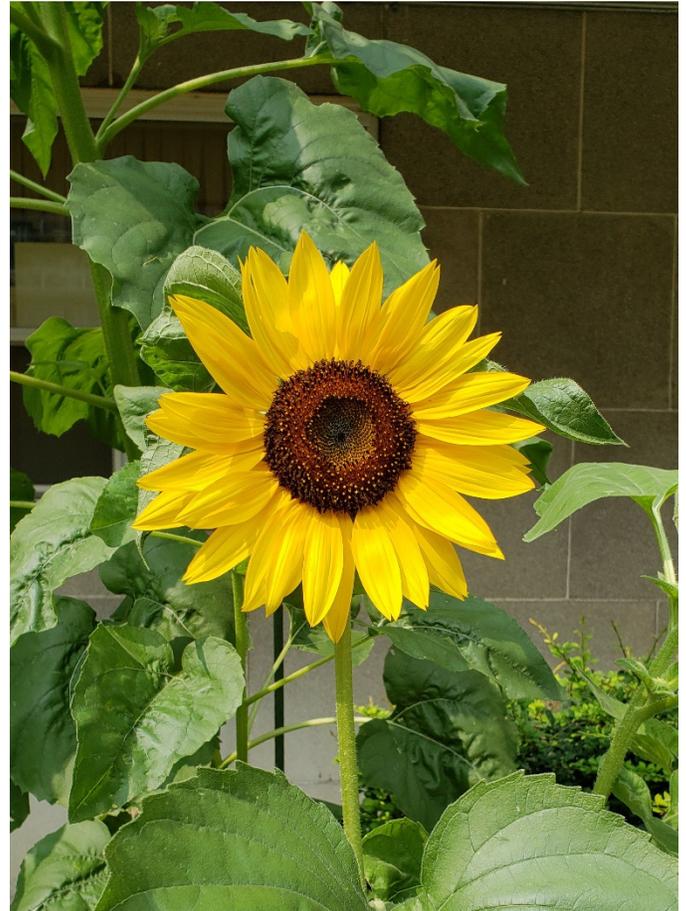
Here's a list of things you can do to help fight invasive species:

- Avoid using invasive plants in gardens and landscaping.
- Buy native or non-invasive plants from reputable garden suppliers.
- Dispose of invasive plants in the garbage. Do not put them in the compost or discard them in natural areas. Discarded flowers may produce seeds.
- When hiking, prevent the spread of invasive plants by staying on trails and keeping pets on a leash.
- If you've seen common buckthorn or other invasive species in the wild, please contact the Invading Species Hotline at 1-800-563-7711, or visit [www.invadingspecies.com](http://www.invadingspecies.com) to report a sighting.

### 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](mailto:CityParkLINK@gmail.com)



### DID YOU KNOW...

Gambling generates more revenue than movies, spectator sports, theme parks, cruise ships and recorded music combined!

*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.