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NEXT DEADLINE: MARCH 22, 2019

LONGING FOR SUNNIER WEATHER? WE ARE TOO!



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enrolment of co-ops in BC, Alberta, Ontario, Quebec and Prince Edward Island whose operating agreements expired before April 2016.

In Ontario, provincial and municipal election work raised the profile of affordable housing needs and established relationships with the new government and new MPPs at Queen's Park.

CHF Canada also continued to expand resources, including new ones to help co-ops provide good member service, comply with provincial employment laws, acknowledge traditional Indigenous territories, accommodate members with disabilities, and welcome LGBT2SQ members.

In 2018, CHF worked with members to make sure they can offer high quality affordable housing for decades to come. Through their government relations work, 20,000 households will continue to receive subsidies until 2028 through the National Housing Strategy.

CHF helped numerous co-ops with building condition assessments, asset management plans, project management services, and refinancing, helping them renovate and modernize to provide safer, more accessible, and more welcoming homes to members. They were able to support many amazing



CHF CANADA IN 2018: YEAR IN REVIEW

Last year, CHF Canada reached a major milestone in the history of Co-op Housing in Canada.

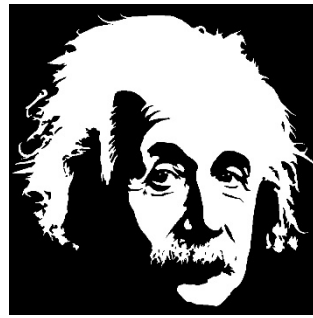
Together, we celebrated CHF Canada's 50th anniversary, and 712 of you joined us at our anniversary Annual Meeting in beautiful Victoria, B.C.

Last year, with your support, we secured the continuation of subsidies to low-income households in federally-administered co-ops to 2020, and a plan is in place to extend them to 2028. We continue to advocate for co-ops with provincially-administered agreements for the continuation of their subsidies, and for the re-

people and projects through their awards, grants, and scholarships.

Sixty-six co-op leaders from across Canada attended their Vision Summit to share ideas and inspiration on the future of Canada's co-op housing movement. The Vision Framework grew out of this meeting, and, at their AGM, you voted to adopt it.

CHF thanks everyone for being part of 50 years of success. They look forward to many more years of co-operation! (from www.chfcanada.coop)



INSANITY: Doing the same thing over and over again but expecting different results.
- Albert Einstein



Serving co-ops in Durham, Toronto and York Region.



The CHFT Diversity Scholarship has awarded \$1.7 million to over 330 students.

Diversity scholarship applicants must

- ☒ live in a CHFT member co-op
- ☒ plan to attend a recognized, publicly funded, Canadian, post-secondary education institution – community college, university or approved apprenticeship-training program on a full-time basis in the 2019/2020 academic year
- ☒ have used their knowledge and understanding of diversity to make a positive contribution to their school and/or local community
- ☒ have a demonstrated financial need

There is no minimum or maximum age to apply!

The CHFT Diversity Scholarship application deadline is
Wednesday, February 6, 2019
at 4:00 p.m.

For more information please call
416 465-8688 extension 201
or visit us at www.chft.coop



We observe and uphold Ontario's Human Rights Code

Our organization respects and follows the letter and spirit
of the Ontario Human Rights Code.

We support and protect the dignity and worth of everyone.
We provide equal rights and opportunities for all employees, clients and volunteers.

Our policies, programs and processes are designed to address, prevent and eliminate
discrimination in all aspects of employment and when we provide services to others.

We do not tolerate harassment or unwelcome comments and actions.

We take prompt action if such problems occur.

These are the prohibited grounds of discrimination under the Code:

race, ancestry, place of origin, ethnic origin, citizenship, sexual orientation,
sex, gender identity, gender expression, disability, colour, creed,
age (18 and over, 16 and over in housing), marital status, family status, reprisal,
receipt of public assistance (in housing), record of offences (in employment)
and discrimination because of association.

The Code requires equal treatment in employment, housing, contracts, goods,
services and facilities, and membership in vocational associations and trade unions.

The Ontario Human Rights Commission works to promote, protect and advance human rights.
Its main focus is the root causes of discrimination. Through outreach, cooperation, partnership
and advocacy, the OHRC aims to advance Ontario's human rights culture. Contact the OHRC
if you want to learn more about human rights education and outreach or human rights issues
in Ontario.

Website: www.ohrc.on.ca
Email: info@ohrc.on.ca
Toronto: 416-326-9511
Toll Free: 1-800-387-9080
TTY: 416-326 0603
TTY (Toll Free): 1-800-308-556

The Human Rights Legal Support Centre provides free legal services to people who have
been discriminated against under Ontario's Human Rights Code. Contact the Centre if you
have experienced discrimination and need legal advice or help deciding whether you should
make a human rights application.

Website: www.hrlsc.on.ca
Tel: 416-597-4900
Toll Free: 1-866-625-5179
TTY: 416-597-4903
TTY (Toll Free): 1-866 612-8627

The Human Rights Tribunal of Ontario deals with claims of discrimination filed under the Ontario
Human Rights Code. The Tribunal resolves applications through mediation or adjudication.
The Tribunal's goal is to resolve claims in a fair, open and timely manner. Contact the Tribunal
if you want an application guide or information about the status of your case, copies of any
Tribunal forms or information about the Tribunal's procedures.

Website: www.hrtto.ca
Tel: 416-326-1312
Tel (Toll Free): 1-866-598-0322
TTY: 416-326-2027
TTY (Toll Free): 1-866-607-1240

Case-related enquiries should be directed to:
The Registrar, Human Rights Tribunal of Ontario
655 Bay Street, 14th floor
Toronto, ON M7A 2A3
Phone: 416-326-1519 | Toll-free: 1-866-598-0322
TTY: 416-326-2027 | TTY Toll-free: 1-866-607-1240
Fax: 416-326-2199 | Fax Toll-free: 1-866-355-6099
Email: HRTTO.Registrar@ontario.ca



**Ontario
Human Rights Commission**
**Commission ontarienne des
droits de la personne**

ACCESSIBILITY FOR ONTARIANS WITH DISABILITIES ACT ('AODA')

The Accessibility for Ontarians with Disabilities Act, or AODA, aims to identify, remove, and prevent barriers for people with disabilities.

The purpose of the Accessibility for Ontarians with Disabilities Act, 2005 is to ensure that all Ontarians have fair and equitable access to programs and services and to improve opportunities for persons with disabilities.

The AODA is made up of five parts, or Standards, and deadlines for compliance began as of January 1, 2010.

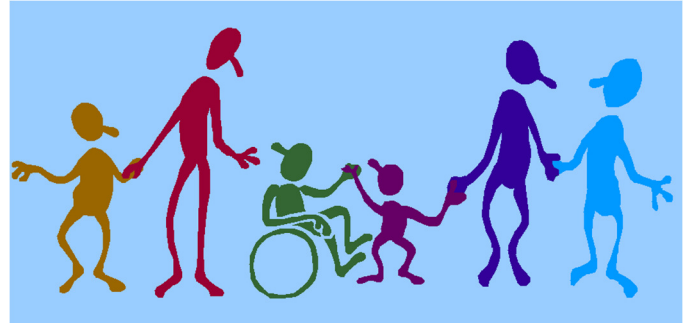
Is AODA mandatory?

All organizations with 1 or more employee(s) in Ontario must comply with the AODA. The AODA applies to all municipalities in the province, as well as ministries and agencies of the Ontario government, non-profits, and businesses.

Can individuals file complaints under AODA?

Individuals cannot file accessibility complaints under the AODA, but in cases of non-compliance, the Directorate can enforce standards through mechanisms set under the law. The Code states there is a legal duty to accommodate people with disabilities.

For more information on Standards of the act:
<https://www.ontario.ca/laws/statute/05a11>



GEM IN THE 'HOOD

You've probably passed it at least a dozen times on your way to the small Liquor Store or Dollarama on the Lower Level in College Park, but have any of you taken the time to go in to the Whole Health store?

This store is jam-packed with supplements, teas, tinctures, vitamins, snacks and healthy support items to keep your immune system in tip top shape. Prices are



good compared to Noah's and Whole Foods, and it's a family-run business that's been there since 2000. Owner Al and his wife are walking computers and can provide you with all the information necessary to

assist you dealing with your ailments and more.

Whole Health carries a very wide selection of products from the top manufacturers like Natural Factors, Sisu, New Roots, Genuine Health, Garden of Life, Greens Plus, PGX, Vega, Renew Life and many, many more.

Do drop in and have a chat with Al...you'll be pleasantly surprised with this gem in the 'hood.
(~ed.)

PAIN IS REAL AND IT'S DEBILITATING

Every year, over 11 million Canadians suffer from musculoskeletal conditions, with 1 in 8 reporting suffering from chronic back pain.

Musculoskeletal (MSK) conditions affect people's well-being, mobility, work, daily activities, relationships and mental health. In fact, lower back pain and MSK conditions are the second leading cause of disability world-wide.

Known as MSK pain for its impact on the body's muscles, bones, joints, tendons and ligaments, Canadians identified low back pain (54%), headaches (50%), knee pain (35%),

shoulder pain (34%), and neck pain (34%) as the most common.

And, despite better options for treating MSK pain, people are prescribed opioids. In Canada, up to half of non-cancer opioid prescriptions are for MSK pain, and Canadians are the second highest consumer of prescription opioids in the world. Chiropractic care can reduce the use of unnecessary painkillers.

Canada's chiropractors have an important role to play in helping Canadians better manage their MSK pain through non-invasive treatments that support the body's MSK system. Ninety per cent of Canadians who have used a chiropractor to help with their muscle and joint pain deemed it helpful.



Love your spine and download 'Straighten Up Canada' – the only Canadian app specifically designed to help Canadians improve posture and spinal health.

It's a FREE, easy-to-perform program that takes just three minutes a day.

For more information on the Canadian Chiropractic Association (CCA) or to find a chiropractor near

you, please visit
www.chiropractic.ca

(Courtesy of 'onthego' magazine)

WHO'S HUNGRY IN TORONTO?

Last fall, many of you may have seen this commercial run on local television channels. The commercial was designed to raise money for a Christmas Drive. Each time I saw that commercial I was struck by how cleverly it zeroed in on the issues of hunger in Toronto.

The commercial features a middle-aged waitress working in a diner. She likely works long hours for minimum wage; she looks worn out and tired. After she clears a table and, before the dishes disappear into the kitchen for washing, she eats the remains of a sandwich.

What does this vignette tell us about hunger in Toronto?

First, food insecurity is a fact of life for many Torontonians. Rent, childcare expenses, and utilities take up so much monthly income that there is little left over for food. If there is not enough money to shop in a supermarket then one alternative is the food bank. There are many members of the City Park Community who make use of the food banks. Of course, there is social assistance, but it is rarely

enough and recipients can only make a certain amount of outside income before their benefits are cut. Many people are trapped in the vicious cycle of inadequate social assistance, rising costs, and food insecurity.



Who's Hungry: A Profile of Hunger in Toronto 2018 is a report put out by The North York Harvest Food Bank and Daily Bread Food Bank which contains

many interesting pieces of information about hunger in Toronto.

1. There are 36 Food Banks in the Toronto area. Accessing these sites is sometimes a problem.
2. 914,000 client visits to food banks.
3. There is a 14% increase in poverty and hunger.
4. Food Banks use over 10,000 volunteers meeting needs.
5. Provincial Social Assistance is the primary income for two thirds of food bank clients.
6. Inner suburbs have seen a dramatic spike in food bank visits.
7. There has been a 5% increase in seniors visiting food banks.
8. Missed meals and no-food days are on the rise to pay for other items.
9. Most people skipped meals to pay rent.
10. Food insecurity has definite health consequences.

How does this report affect City Park? Many of our Members visit food banks. The quality of our members' lives are adversely affected by food insecurity. Members are faced with difficult decisions as to how to spend disposable income. One minor solution might be a City Park Food Bank. Track down this report as it provides interesting, if somewhat depressing, reading.

Tom Maunder ~ 51 Alexander

DID YOU KNOW?...

The man who invented pop-up ads apologized to the world for creating one of the Internet's most hated forms of advertising.

Psychologists examined Internet trolls and found they are narcissistic, psychopathic, and sadistic.

According to a study, Twitter and Facebook are harder to resist than tobacco and alcohol.

In 2008, Microsoft tried to buy Yahoo for 44.6 billion USD. Yahoo rejected the offer, then later sold in 2016 for only 4.8 billion.

Due to superstitious beliefs, some pirates were convinced that wearing an earring would improve or cure bad eyesight.

The wedding cake was not always eaten by the bride. It was originally thrown at her to symbolize her fertility.



And finally, according to superstition, if a baby cries for no apparent reason, it is believed that

there are ghosts around and the child is being disturbed by them.



"Always forgive your enemies. Nothing annoys them so much."

- Oscar Wilde

4 REASONS WE'RE SWEET ON HONEY

Beyond its delicious taste, there's justification for the buzz about honey. Here's how to tap the hive for faster healing and stronger immune defense.

In all their buzzing around, honeybees create a number of healthy products that have made apitherapy a traditional health practice since the time of ancient Egypt. They include bee pollen (the reproductive material of a flower gathered by worker bees), propolis (a glue-like mixture collected from plants and used to protect the hive), royal jelly (the queen bee and larvae subsist on this enzyme-rich milky substance) and, of course, honey.

1) More than just a way to sweeten tea, honey is loaded with enzymes, minerals and antioxidants.

2) A 2003 study published in the *Journal of Agricultural and Food Chemistry* showed that buckwheat honey, especially, contains a significant amount of antioxidants, which help promote healthy aging and protect against disease.

3) Up to two teaspoons of honey can be as effective a cough suppressant as over-the-counter cough syrup and may improve the sleep of a coughing child. (Due to the risk of infant botulism, never give honey to a child younger than one year old.)

4) Honey may help relieve seasonal allergies and heal wounds. In fact, a 2008 study found that medical dressings containing honey are also effective at preventing infection.

Raw honey is the best choice because the high heat involved in pasteurization can destroy most of the beneficial enzymes.

(Canadian Living Magazine, October 2018)

THE HEALTHIEST PEOPLE IN THE WORLD DON'T GO TO THE GYM

If you want to be as healthy as possible, there are no treadmills or weight machines required. Don't just take my word for it—look to the longest-lived people in the world for proof.

People in the world's Blue Zones—the places around the world with the highest life expectancy—don't pump iron, run marathons or join gyms.

Instead, they live in environments that constantly nudge them into moving without even thinking about it. This means that they grow gardens, walk throughout the day, and minimize mechanical conveniences for house and yard work.

In fact, Blue Zones researchers determined that routine natural movement is one of the most impactful ways to increase your life span, and a common habit among the world's longest-lived populations.

Of course, this might not seem realistic in our current knowledge economy, where we're often tied to a desk and in front of a computer screen all day.

Moving naturally throughout the day might sound pleasant and romantic, but the reality is that 100 years ago only 10% of us had sedentary jobs, whereas today it's 90%.

However, there are still easy ways to add more movement into your busy lifestyle.

One of the best ways to do this is to use an active mode of transportation. This could mean walking your kids to school, walking or biking to the grocery store, to a

friend's house, or out to dinner. Ideally you could walk or bike to work as well (or walk/bike to the bus or train station, if that's more feasible).

Research shows that the best work commute you can have is a 15-minute walk each way, but any physical activity built in along your commute is a plus. On the flip side, the daily car commute is the number two thing Americans hate the most on a daily basis, behind only housework (but maybe housework would be more enjoyable if you reminded yourself of the life-extending natural movement involved!).

If active transportation isn't possible you can still find time to go out for a walk.

A recent study from the American Cancer Society revealed that walking for six hours per week resulted in a lower risk of dying from cardiovascular disease, respiratory disease, and cancer, than not being active at all. But the research also showed that walking even as little as two hours per week could reduce the risk of disease and help you live longer.

Walking is also great medicine for your mind. A daily walk could reduce the risk of dementia by 40%,

according to Anders Hansen, a physician and psychiatry specialist from the Karolinska Institute in Sweden.

If long walks aren't your thing, break it up by taking several smaller walks per day instead (five minutes per hour). Make it a point to stand at your desk, or at least get up and move around regularly throughout the day. Get outside at lunch for some fresh air.

The bottom line is that our bodies were designed to move. And that doesn't necessarily mean going to the gym. You don't need to lift heavy weights or grind through high intensity interval workouts to live a long and healthy life.

Simple, natural movement can be even more impactful. Do as the world's centenarians do—move naturally.

[\(https://qz.com/quartz/1452630/\)](https://qz.com/quartz/1452630/)



JO-ANNE TAKES A SWIPE AT TOILET PAPER

Many of us here at City Park Co-op have had plumbing problems. I am not talking about poor functioning kidneys, though that may be relevant. I am talking about blocked, over flowing, messy and smelly toilets.

It would be easy to assume that the problem is that many of us living in the co-op are full of That may be true, but I think there is a different villain...fluffy toilet paper.

Advertisers would have you believe that the thicker the toilet paper, the better your life will be. The commercials suggest that using a plush 2-ply tissue will guarantee success and 3-ply paper guarantees nirvana. I think they are giving you a bum steer. The only thing that is guaranteed with using 'thick and rich' toilet papers in our old plumbing system is that you will get a clogged toilet. *(I realize that some of you do in fact use one of the plusher brands of paper and have never had a plugged toilet. All I can say is you must be blessed).* For those of us that have had to deal with this issue, it is a real pain in the royal keester. If you can't fix the problem yourself using a plunger then you must call

for help. This requires a work order to maintenance (however, if the toilet is actually overflowing, a frantic phone call to the emergency number is required). Then the wait, as we are held in the prioritized queue. Finally, one of our staff will appear with plunger in hand to correct the issue. Who's embarrassed? I'm certainly not embarrassed!

We don't have to suffer this scourge. I am not suggesting that you eliminate comfort all together. There

are a number of very good brands of toilet paper that, although they don't come with a promise that you will 'enjoy the go', you can still have a satisfying outcome.

Bonus! Two of these brands are

made in Canada. Cascade Fluff, which is 2-ply and created to be easy on plumbing, is one. Cascade is available at the Dollar Store and is not that much more expensive than Royale, which is the other brand of 2-ply made in Canada.

It is true that there are many factors involved in a well flushing toilet. The kind of TP is just one. You may have other issues to consider. However, using the correct type of toilet paper for our old plumbing may help.

Please do your part to wipe out the plumbing problems at City Park.



Be satisfied with getting the job done.

Jo-Anne Kennedy ~ 51 Alexander

GREEK-STYLE ROASTED LEMON CHICKEN & POTATOES

A meal-time dish that's two delicious recipes in one: moist, flavourful red or white locally-grown potatoes under crispy-crust juicy chicken.

1-1/2 lbs (750g) red or white potatoes – scrubbed, peeled and cut into 2" chunks
1-2/3 cups (400ml) chicken stock (broth will do)
1 tbsp (15ml) olive oil
2 tsp (10ml) finely chopped garlic
1-1/2 tsp (8ml) dried oregano
1 tsp (5ml) dried parsley or 2 tsp (10ml) fresh chopped parsley

1/4 tsp (1ml) salt
1/8 tsp (0.5ml) pepper
1-1/2 to 2 lb. (750ml to 1kg) skinless, boneless chicken thighs or drumsticks
1/4 cup (50ml) lemon juice
1/2 cup (125ml) bread crumbs (any)
1 tbsp (15ml) olive oil
Finely chopped fresh parsley to garnish (optional).

1) Preheat oven to 400 degrees F (200C)
2) Place potato chunks in bottom of 9x13" (22x32cm) glass or ceramic casserole dish. In a bowl, mix

chicken stock, olive oil, garlic, oregano, parsley, salt and pepper. Pour over potatoes.

3) Place chicken pieces on top of potatoes. Sprinkle lemon juice over chicken. Mix bread crumbs and olive oil and sprinkle over chicken pieces. For best results, bread crumbs should be above the level of the chicken stock to stay crispy.

4) Cover dish with foil. Bake in bottom third of oven for 40 minutes then uncover and bake another 15 to 20 minutes until chicken is cooked through, potatoes are tender when pierced with a fork, and bread crumb layer is golden. Sprinkle chopped parsley over chicken and serve.



(from *On the Go* magazine).



"Have no fear of perfection, you'll never reach it."

Salvador Dali

A PRECIOUS HUMAN LIFE

Just as the seasons of the natural world are changing
so are the seasons of the body

As the pine needles drop
along with the temperature
and as the sunshine wanes
the body, too, is slowing down
and is experiencing

new and challenging sensations
each day

We write sonnets and symphonies
about the changing seasons
of the natural world
but not of the body

So here's to each ache and pain
either newly arisen or a long-time
companion
today I will honour you
and take note of
the feelings that arise
with this honouring

Whether it be with aversion
or acceptance
or nothing much at all
it is duly noted

These sensations
be they long or short term
will all pass, eventually
one way or another
like all conditioned phenomena

But they remind us of our
brotherhood and sisterhood
in the human race

And they give us pause to
bear witness to
a precious human life
with all of its joys and sorrows

And so it is

John Pollard ~ 31 Alexander

THE FORENSIC SCIENCE OF CANNABIS

The use of cannabis, both recreational and medical, has become somewhat of an issue over the last few years here at City Park. As of October 17, 2018, smoking cannabis is now legal in Canada and presents a perfect example of the balancing act needed between Co-op Members who use and Members who do not.

Last month, Jo-Anne Kennedy and I attended a workshop presented at our neighbouring co-op, Peregrine Co-op. This workshop was presented by Peregrine's AIP Project and delivered by James Wigmore, a well-respected forensic toxicologist who has testified in over 700 cases over a thirty-year career. This article is a distillation of his talk and more details about Wigmore and his work can be found at his website: www.wigmoreonalcohol.com

Mr. Wigmore began his remarks with a quick overview of the history of Forensic Services in Ontario and his own impressive career in the field. He then went on to talk in tandem about alcohol and cannabis. His first point was that alcohol kills while cannabis chills. He then outlined the molecular differences between alcohol and cannabis and that the active drug in cannabis is THC, easily detected by dogs.

No wonder the dogs are so active at City Park. One word of caution: THC

takes much longer to exit the system than alcohol. Prolonged use of cannabis in increasing dosages of THC can produce some very unpleasant side effects. On the other hand, some cannabis types can produce moderating effects. The bottom line is that the cannabis user must be a very knowledgeable consumer. Know your product and what it can do to you.

What does the legalization of cannabis use mean for City Park? It means an understanding of the complexities of the issues and the science through education, patience and a collective will to move on.

Tom Maunder ~ 51 Alexander



Did anyone ever stop to realize that some everyday things you do might be driving your neighbours

crazy?

Is it really necessary to slam your cupboards and front door when leaving your apartment? Can you not put felt pads on the feet of your wooden furniture, so they don't scrape across your wooden floor? Must you keep dropping things on your floor? Can you not train your dog not to bark so much...and since we're on the subject of dogs, can

you not clip their nails so they don't make so much noise on the floor? When you want to go down in the elevator, must you push both the 'up' and 'down' buttons making the elevator stop for no reason when it's going up? Do you really have to yell at each other when talking? Don't you realize that our kitchen air vents are like an intercom system? Must your music be ear-splitting loud? We don't have many kids in City Park, but must you let yours run down the hall so it sounds like a herd of elephants? Must you let your guests put their cigarette butts out in our elevators, and on our hallway carpets, and on our walls? Must you spit in our elevators and on the buttons that people need to use? Must you smoke in your apartment without cracking open a window? If you're going to be a drug-dealer, can you at least do your deals off the Co-op property? Must you let your customers, aka 'the crackheads', into our buildings so they scare the Members and leave used syringes and condoms in our stairwells? Can you not take care of the common areas in the Co-op as if they are an extension of your home?

Is it really too much to ask for some common decency when living in a multi-unit dwelling?

Remember the last time a neighbour bugged the hell out of you? Yesterday? A few minutes ago? Now? Then try being considerate for a change.

Name withheld by request.

AM I OLD?

As with beauty, the meaning of ‘old’ depends on the person you ask.

A few years ago at a college reunion, I listened transfixed as the silver-haired philanthropist David Rubenstein urged us “to accelerate” as we entered the last chapters of our lives. Pick up the pace? So many of my contemporaries were stopping if not stooping — to smell the roses.

With his admonition in mind, I recently spoke with Mr. Rubenstein, now 69, and asked him if he considers himself old. “Sixty-nine seems like a teenager to me,” he replied. Coincidentally, just a few days earlier, a 68-year-old poet I know, in between surgeries to help her mend after a fall, told me point blank, “I am an old lady now.”

What makes one sexagenarian identify as old when another doesn’t? And what is ‘old’, anyway?

Having turned 61, this is a question very much on my mind — and likely to be on the minds of the 70 million baby boomers who are 50-plus (yes, even the tail end of the boom is now ‘middle-aged’ or ‘old’). Dinner conversations are now hyper-

focused on how to stay young or at least delay old.

Certainly, the definition of ‘old’ is changing, as life spans have grown longer. “Someone who is 60 years old today is middle-aged,” said Sergei Scherbov, the lead researcher of a multiyear study on aging. “When does old begin?” I asked.



Dr. Scherbov says for Americans, it’s roughly 70 to 71 for men and 73 to 74 for women, though, as he has written, “your true age is not just the number of years you have lived.”

“The main idea of the project,” he told me, “is that an old age threshold should not be fixed but depend on the characteristics of people.” Factors such as life expectancy, personal health, cognitive function and disability rates all play a role, he said, and today’s 65-year-old is more like a 55-year-old from 45 years ago.

As with beauty, the meaning of ‘old’ also depends on the person you ask. Millennials, now in their 20s and 30s, say that old starts at 59, according to a 2017 study by U.S. Trust. Gen Xers, now in their 40s — and no doubt with a new appreciation for just how close they are to entering their 50s — say 65 is the onset of old. Boomers, and the ‘Greatest Generation’ pegged 73 as the

beginning of old. Clearly, much depends on the perspective of who's being asked to define 'old.'

To that very point, I was curious to see how my friends who are 50-plus defined old — and asked them on Facebook. Among the dozens of responses, two made me smile: "Old is my current age + 4." And this: "Tomorrow. Always tomorrow. Never today." Perhaps the one most difficult to hear: "When you get called "ma'am instead of "miss." (That will never happen to me, although I'm constantly called "sir" these days.)

Other friends pointed to various physical milestones as the visible line in the sand. A colleague posted: "When you can't jog a 15-minute mile." Another friend said, "When I have to stop playing tennis." Others ominously noted cognitive benchmarks: "When you stop being interested in new information and experiences." Many focused on 'memory issues' as defining the onset of old.

The bottom line: 'old' is subjective, a moving target.

That's why David Rubenstein, 69, the board chairman of both the Kennedy Centre for the Performing Arts and the Smithsonian Institution and co-founder and co-executive chairman of the Carlyle Group, can claim he's not old, while my poet friend, a year younger than he is, refers to herself

as old. Recently, because of problems getting around, she had to bring in a home health aide for assistance, only deepening her increased dependence on others. Indeed, as Dr. Scherbov discovered, loss of independence and mobility are among the characteristics that define 'old.'

For his book "Healthy Aging," Dr. Andrew Weil, now 76, asked people to list attributes associated with 'old.' Among those most frequently cited: ancient, antiquated, dated,

dried up, frail, passé, shriveled, used up, useless and withered, worthless and wrinkled. Nice stereotypes, huh?



"Negative ageist attitudes toward older people are widespread," a 2015 analysis by the World Health Organization confirmed in a survey. Nearly two-thirds of the respondents, 83,000 people of all ages in 57 countries, did not respect older people, with the lowest levels of respect reported in high-income countries like the United States. Even more damning: These views adversely "affect older people's physical and mental health."

The good news is that those views can be altered. "Like sexism and racism, changing social norms is possible," wrote John Beard, WHO's director of aging and life course. "It

is time to stop defining people by their age.”

Hear, hear!

Am I old yet? I say “no,” emphatically. I have every *intention* of staying active and engaged at least into my 70s, 80s and I hope longer. But my good intentions could be derailed. I have cardiovascular disease and suffer from depression, and cancer runs like a river through my family. My ‘go get ‘em’ attitude could change with a single CT scan, car crash or loosened plaque in my arteries. Which means I may always be only a step or two away from crossing the threshold to old. All the more reason to pick up the pace now.

(By Steven Petrow – www.nytimes.com
December 13, 2018)

HOUSEPLANTS RECOMMENDED FOR GOOD SKIN

Peace Lily –

These attractive flowers, framed by lush green leaves, have the added benefit of a high transpiration rate, meaning they add moisture to the air. They are one of the best houseplants to get if you suffer from dry skin.



Areca Palm –

The Areca Palm has one of the highest transpiration rates of any houseplant and



are a stylish way of bringing greenery to your home. They have the added bonus of being low maintenance - and just need occasional pruning.

Rubber Plant –

Although many houseplants with a high transpiration rate tend to be ‘thirsty’ and need judicious watering, the rubber plant is handy in that it only needs a little water and can be left to its own devices in a shady part of your home.



Spider Plant –

Another hardy plant, the spider plant needs little attention as it does its work adding moisture to the air in your home.



(www.telegraph.co.uk)

HOW TO MAINTAIN A CLEAN FRIDGE

Ever open up your fridge and get a whiff of something less than appetizing? It happens to the best of us. Staying on top of spills and isolating pungent foods, such as onions and cheese, is not enough. Truth is, your groceries begin to decay before you even lay your hands on them, so shop smart. Draft shopping lists based on detailed weekly meal plans and stick to them.

Only defrost meat and fish as needed. Consume the most vulnerable produce – such as berries and leafy greens – first and leave harder fruits and veggies like apples for later in the week. Cooking food only prolongs its life by a matter of days, so eat those leftovers or toss them. Keep a keen eye on best-before dates and watch out for rot, removing culprits promptly to prevent mold and bacteria from spreading.

Deep clean -
Once a season, move all the food in your fridge to a cooler. Hand wash removable pieces separately with dish soap. Spray the interior of the fridge with a solution of equal parts hot water and white vinegar; let sit for 20 minutes. Wipe clean with a wet sponge and dry with a clean cloth. Replace the removable components and food.

Front and centre -
To prevent older food from getting buried under new, before unloading groceries, remove the perishables already in the fridge and replace them last. (This is also a great time to do any necessary spot cleaning.)

DO: Keep your refrigerator at the optimal temperature of 2-4°C.

DON'T: Over-pack your fridge; air circulation is key to maintaining a consistent coolness throughout.



Everything in its place

Here's the optimal use for each zone in your fridge:

Bottom shelf

Always the coldest: Keep milk and defrosting meat, poultry and fish here.

Middle shelf

Consistently cold: It's great for leftovers.

Top shelf

Reliably cool: It's ideal for drinks and packaged foods, such as yogurt.

Door

Fluctuating temperatures: Use for long-shelf-life items (condiments, jams, etc.).

Drawers

Cold and humid: separate produce here; adjust humidity to low for fruit and high for vegetables. If you have a third, use it for cheese.

A WELCOME, A WARNING, A CONGRATULATION, A THANK-YOU

THE WELCOME

A warm welcome to Mike Souliere who has taken over as our new Maintenance Manager and replaced Mashkoor Sherwani. According to Edward Carrington's letter of introduction, Mike has a varied work background involving The Distillery and George Brown College. Mike will

need all his experience dealing with City Park's myriad of structural issues caused by an aging plant. Good luck, Mike.

THE WARNING

As some of you may know, many of our Members have experienced the loss of personal property. These losses have involved laundry from laundry rooms, winter boots left at the door, delivery packages, and three motorized wheelchairs / scooters. These thefts are alarming and, apparently, on the rise. The ultimate responsibility rests with the victims so don't leave dried laundry in the machine for an extended period, bring in boots and let them dry inside, make arrangement for packages to be picked up by a trustworthy neighbour, and, if possible, don't leave motorized wheelchairs/scooters in the hall. Do not expect reimbursement from the Co-op.

Remember, you are responsible for the behaviour of your guests so, if you are concerned about their potential behaviour, don't let them in.

THE CONGRATULATION

Congratulations to Nigel Aplin for his November trek to the Mount Everest Base Camp in Nepal. This arduous climb was to satisfy a personal dream and promote Outward Bound Canada. The pictures on Nigel's blog site are magnificent and his

commentary fascinating. Well done, Nigel.

A THANK-YOU

Although Achira Saad did not climb Mt. Everest, she did help stage, once again, City Park's Volunteer Appreciation Dinner. Full credit to Achira and her crew for a fun evening.

Tom Maunder ~ 51 Alexander

WE'VE BEEN DUPED!

Does anyone other than me remember being sold on a new solar wall on 484 that would help with our electricity bills and our new 'smart' heating system that would reduce the heat in our rads when the temperatures outside became warm?

As you now know, the solar wall on 484 is to add heat to the system in 484 only, in the shoulder season of spring and fall (when it's barely needed anyway!).

It also now appears that our new heating system, is neither 'new' ... or 'smart'! If you recall, during the brief heatwave we had last October, our rads remained on – full



blast! Those who had them, were forced to use their air-conditioners. My questions to Nigel and the office produced bizarre answers that were questionable, and I am still waiting for the truth. Why were we sold on the idea that the heat would be reduced in our rads when the temperatures rose outside, if it wasn't true? Are we still going to roast every spring and fall?

Until every single person and property manager in the City of Toronto understands the rental heat by-law, are renters city-wide going to continue to roast in their homes unnecessarily? I keep hearing, ad nauseum, that the heat cannot be turned off because "it's the bylaw". B.S.! That isn't true. The bylaw was printed in the last issue of LINK and it simply states that the air temperature inside our rental buildings must be a minimum of 21 degrees Celsius between September 15th and June 1st. It says nothing about having the heat on or off.

During a heatwave, our heat should be reduced and kept that way until a day or two after the temperatures go back down outside. The outside bricks on our buildings retain heat, as do our units and hallways for at least a couple days.

We should not be forced to be uncomfortable in our homes because of the misunderstood bylaw. But that is not the point of this article. The fact of the matter is that

the membership who attended the General Meetings where the smart heating system was sold to us, along with the solar wall that would help with our electricity bill, were duped. We ended up with neither.

The solar wall is what it is. We cannot do anything about it now. But the heat situation is different. With climate change a reality, we should create a new heat bylaw of our own, provided it adheres to the bylaw set by the city.

Any takers? ~ ed.

Once again, the actual bylaw:

"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."

SHIELDING OURSELVES FROM THE REALITIES OF DEATH

Many of us have been taught to avoid talking about religion or politics, but those aren't our strongest conversational taboos. What we really don't talk about is death and dying, and it's costing us.

As a culture, we've increasingly sanitized death. It happens out of sight — in hospitals, hospices and

care homes. When it comes into our lives through shows and movies, it is abrupt and violent, or a soft transition from now to the hereafter, with soft music playing in the background.

The reality of death, with its breathlessness or air hunger, open sores, and alternating periods of pain and unconsciousness, is typically hidden from us. Family members, loved ones and obituary readers are assured the patient died without suffering, a comfort that is too often a lie.

Because we have so thoroughly separated death from our day-to-day lives, we aren't ready to ease its attendant suffering, whether our own or our families'.

More than half of us lack up-to-date wills, meaning we'll pass confusion, delay and costs on to our would-be heirs. And far more of us become critically ill without writing an Advance Care Plan, including naming a Substitute Decision Maker.

Our aversion to talking about death can mean we will spend a lot more time dying than we might wish.

In the absence of clear direction and someone willing to advocate for our wishes, the default of our health-care system is typically to treat, treat and treat. Family members who cannot come to grips with the impending death of a loved one may

demand resuscitation attempts that are tortuous for the patient and soul destroying for the staff.

It needn't be so. Short of an emergency, there is not a single diagnostic, exam or procedure that can be done without informed consent from us or our substitute decision makers. This plays out in ways big and small. We can refuse chemotherapy — or give it a go, then change our mind. We can stop dialysis. We can decline surgery.

Less invasive procedures are often automatic, but we can still assert our right so that we, or our loved ones, don't needlessly endure blood pressure cuffs or needles and aren't woken up to have our pulse taken or temperature measured.

Health-care professionals have heard too many patients say, "If I knew then what I know now, I would never have agreed to that treatment." But we don't know. We've typically spent our lives shielded from the realities of death and dying, and Hollywood has stoked our unrealistic expectations of post-surgical recoveries.

According to a 2017 study from The BMJ, "Television portrayal of rapid functional recovery after major injury may cultivate false expectations among patients and their families."

It needn't be this way. We can read about the reality of death in books

such as Sherwin Nuland's *How We Die: Reflections of Life's Final Chapter*. We can watch videos of actual procedures, so we know that inserting a feeding tube isn't a minor tweak, but an effort that puts a tube into our stomach by threading it through our nose. Or we can learn the actual likelihood of returning home after major surgery.

Planning for death will not just help us die better; it will help us live better, too.

Years ago, I served as a Lay Chaplain for the Unitarian Church. I provided rituals for important life events, colloquially called hatchings, matchings and dispatchings. While I loved baby-naming ceremonies and weddings, my biggest satisfaction was to create and officiate at celebrations of life.

I was rewarded by the appreciation of families and friends for a memorial service that was not merely a formula with "insert name here" but a unique ceremony that honoured the life and values of the deceased. And when I would take my leave, I would be struck anew with gratitude for the beauty of my surroundings, love for my own family and friends, and a rare perspective on what really mattered in my life.

A tapestry needs dark colours to set off those that are light and bright. And so it is with death and dying. By walling away death, we spare

ourselves some discomfort, but we suffer a greater loss. Not only do we lose the chance to ease our dying, but we miss out on appreciating our lives in a way that only death can teach us.

(by Wanda Morris, the VP of Advocacy for CARP, a 300,000-member national, non-partisan, non-profit organization that advocates for financial security, improved health-care for Canadians as we age).



'CHERIE' AND 'THE LAST OF CHERIE' by COLETTE

Chéri, together with *The Last of Chéri*, is a classic story of a love affair between a very young man (the beautiful gigolo known as Cheri) and a charming older woman (the courtesan Lea de Lonval). It takes place in 19th century Paris where just about everything is permitted: you could become a courtesan, take a much younger lover, become addicted to opium, and spend your whole life in total leisure. But this culture does have its own codes of conduct. Specifically, you must never allow yourself to feel the more heartfelt emotions, and if you do, please keep them to yourself. Be as wild as you want but take no actual risks. For all their decadence and ostensible freedom, the characters in this book are just as repressed as the people of the Victorian age.

Cheri, a selfish, self-centered young man in his 20s, is almost excessively

gorgeous. Lea, a woman who is well beyond the infatuation stage is simply besotted with him. "I've had other naughty little boys through my hands, more amusing than Chéri, more likeable too, and more intelligent. But all the same, never one to touch him."

Under her care, Cheri is spoiled, pampered, gifted with expensive presents, and indulged in every possible way. In his own pompously careless way, Cheri loves Lea as well, and partakes of her generosity like a child. So goes the relationship

- Lea, very much aware of her advanced age and the inevitable loss of her looks; Cheri, taking

everything she has to offer with complete abandon until his mother arranges a suitable marriage for him with a beautiful young woman. So ends Book I, 'Cheri.'

'The Last of Cheri' is quite a different matter. The mood of the book is one of dread and anxiety. Lea, ever the no-nonsense realist, knows that her time as a beauty is gone. Without Cheri, the spectre of aging begins to haunt her in a very real way and she fearfully contemplates her lonely future.

Cheri has changed too. He is trapped in a loveless marriage, and,

though still gorgeous, has become an apathetic, cynical man. He is depressed, but nobody seems to understand the reason why. He needs Lea. Lea needs him. Can she still be his mistress? This doomed couple cannot possibly survive as they are, and they do not. One dies. One survives. The reader cannot help but sigh for Lea and Cheri, two lovers whose affair of the heart is overwhelmed by the realities of life.

Colette was the pen name of the French novelist Sidonie-Gabrielle Colette. She is best known, for her

novel 'Gigi', which was made into a Lerner & Loewe musical film.



Colette (1873–1954) published some eighty volumes of fiction and nonfiction. She also had careers as a newspaper reporter, screenwriter, and music hall star.

Michelle Pfeiffer starred in the 2009 film 'Cheri' directed by Stephen Frears. The DVD is available at the Toronto Public library.

Ursula Carter ~ 51 Alexander



**CITY PARK VOLUNTEER DINNER
PARTY GAME**

Answers on last page – the best score at the party was 13 correct answers! **Can you do better?**

1. What year did 484 open for occupancy?
(a) 1951 (b) 1953 (c) 1954 (d) 1956
2. What nationality was CP's architect?
(a) British (b) German (c) Scottish (d) Swiss
3. How many units are there in CP?
(a) 698 (b) 770 (c) 774 (d) 804
4. What was the rent for a bachelor unit when CP opened? (a) \$90 (b) \$110.00 (c) \$125.00 (d) \$175.00
5. What year did CP become a co-op?
(a) 1983 (b) 1985 (c) 1989 (d) 1991
6. Who was the first president of CP Board of Directors? (a) Peter Gernon (b) Alice Dwornik (c) Mary Hunter (d) Marv Lucey
7. Who is the current president of CP Board of Directors? (a) Achira Saad (b) Blair Williams (c) Michel Gauvin (d) Calvin Barrett
8. How many Director Positions are on CP's Board?
(a) 7 (b) 9 (c) 11 (d) 13
9. Who is the Chair of Finance Committee?

- (a) Mark Schultz (b) Tom Maunder (c) Michel Gauvin
(d) Michael McGaraughty

10. Who is the editor of LINK?
(a) Bob Harrison Drue (b) Tom Maunder (c) Mitch Lambert (d) Bruce Slater

11. Which of the following is a project, not a committee?
(a) CDC (b) Finance (d) AIP (e) MAPS

12. Which of the following is MSC not responsible for
(a) Interviewing applicants to become members
(b) Consulting on evictions
(c) Make new members aware of the Co-op by-laws
(d) Familiarizing new members with Co-op facilities

13. What flower is on the cover of the last issue of LINK?
(a) Star Orchid (b) Starburst Delphinium (c) Star Cross Geranium (d) Stargazer Lily

14. As printed in the last issue of LINK, who wrote the following quotation: "Better to remain silent and be thought a fool than speak out and remove all doubts." (a) William Shakespeare (b) Abraham Lincoln (c) Winston Churchill (d) Sir John A MacDonald

15. Before CP was built, how many churches were on this property?
(a) 0 (b) 1 (c) 2 (d) 3

16. The Toronto Maple Leafs hockey team played their first game at Maple Leaf Gardens on what date?

(a) 1926 (b) 1929 (c) 1931 (d) 1935

17. Who was the opposing team?

(a) Boston Bruins (b) Montreal Canadiens (c) New York Rangers or (d) Chicago Blackhawks

Courtesy of Achira Saad

TWO-TIME GILLER PRIZE WINNER ESI EDUGYAN GREW UP IN A HOUSING CO-OP

News that novelist Esi Edugyan had won her second Giller Prize spread quickly through Sarcee Meadows Housing Co-op in Calgary, Alberta.



Edugyan and her family moved into Sarcee Meadows when she was 15 years old. She remembers the co-op as having been “a lifesaver” for her parents, and a friendly community

where she and her family felt comfortable.

The Scotiabank Giller Prize is one of the most prestigious prizes in Canadian literature. In 2011, Edugyan became the first black woman to win this award for her second novel ‘Half-Blood Blues’. When she won again this year for her novel ‘Washington Black’, she

became only the third author to have won two Giller Prizes.

Sarcee Meadows member Kathy Aubichon interviewed both Esi, and her father Kweku, who still lives at the co-op.

In 1968, Esi’s father emigrated from Ghana to go to school in California, where he met his wife, Nancy. They later moved to Edmonton so Kweku could complete his Masters degree at the University of Alberta. Kweku remembers their surprise at seeing snow for the first time: he ran outside and filled a bucket with snow to bring inside to show his wife. After a few harsh Alberta winters, the novelty wore off, and he sometimes questioned his decision to move to such a cold climate.

However, when Nancy, Kweku, and their three children Kofi, Abena and Esi moved into Sarcee Meadows in February 1994, they received a warm welcome.

Kweku said the community was good to him from day one, and that has continued through the years. Sadly, three years after the family moved into Sarcee Meadows, Nancy died suddenly from a heart attack. Kweku, however, still lives at the co-op and has wonderful memories from his 24 years as a member.

Many Sarcee Meadows members remember Esi warmly and join Kweku in expressing deep pride in her achievements. Edugyan told

CBC Books that for her, the most meaningful aspect of her success is that her visibility has given others the courage to start writing.

(<https://chfcanada.coop>)

IT'S ABOUT TIME!

To ensure the safety of our buildings and Members, effective January 1st, there is no entry to the two back doors (west side) of each of our three buildings between the hours of 11:00 p.m. and 7:00 a.m.

Please use the front (east side) lobby doors and the basement Wood Street doors to gain access during these hours.

Of course, the doors allow you to exit, but for the sake of the Members who live in close proximity to these doors, kindly prevent them from slamming shut.

5 HOUSEPLANTS YOU CAN'T KILL BY OVERWATERING

If you've ever drowned a houseplant, you're not alone. Even experienced plant parents get a little heavy handed with the watering can sometimes, and unfortunately that can be a death sentence for many species. But don't worry—there are some plants that actually want soil that never dries out.

For plants that tolerate, and even welcome, an overabundance of

water, it's still important to plant them in well-draining potting soil in a pot with drainage holes to prevent the soil from becoming waterlogged. Terracotta pots are an excellent choice because they allow water to evaporate through the porous clay. You might also see wet patches on the pot where the clay has soaked up excess water. This is a sign to hold off a day or two before watering again.

With the exception of cyperus, the plants below all prefer soil to be consistently and evenly damp, though not sopping wet. It's best to test the soil daily with your finger to see if it shows signs of drying out before watering again.



Baby's Tears

Baby's tears (*Helxine soleirolii*) is a bright green creeping plant with tiny little teardrop

shaped leaves. These plants are often used in terrariums because they love moisture and form a dense carpet of foliage over the soil. When planted in a pot, the vines trail down the sides, making baby's tears an excellent choice for small hanging planters. Keep the soil constantly moist and remember to pinch back vines frequently to prevent legginess.



Cyperus

If your houseplants repeatedly succumb to root rot, get yourself a cyperus. Cyperus plants

have tall grass-like shoots topped with slender bracts that droop downward in an umbrella shape. *Cyperus* are natives of tropical swamps, so it's virtually impossible to overwater them. The soil must be kept constantly damp and some varieties will survive standing water. These plants also prefer high humidity, so mist daily. There are many varieties of *Cyperus*, but *Cyperus albostriatus* and *Cyperus alternifolius* are both popular and easy to find.



Selaginella

Moisture-loving selaginellas are another great choice for terrariums. These

low-growing plants come in dozens of varieties and have a prehistoric lineage linked to the fern family. They're often used as ground covers, but they make attractive indoor plants and look nice in hanging baskets. Soil should be kept damp at all times and the plant needs to be misted frequently. There are many varieties of selaginellas with distinctive appearances—*Selaginella kraussiana* 'Aurea' has light green feathery foliage and is widely available.



Boston fern

Boston ferns (*Nephrolepis exaltata*) have upright shamrock-green fronds that droop gracefully.

Most ferns do well in damp environments that mimic their native forest floor habitat, and this classic houseplant is very easy to grow provided you never allow the roots to dry out. The leaves will turn yellow if there is not enough humidity in the room, so mist the plant daily or keep the pot in a shallow saucer of water.



Pitcher plant

Pitcher plants (*Sarracenia*) are carnivorous plants

with leaves that form long tubes to trap insects. They grow natively in bogs, so they like soil that is constantly wet. However, you should only give pitcher plants distilled water or rainwater. They are accustomed to nutrient-poor soils and the minerals found in spring and tap water may build up in the soil and cause the plant to deteriorate. For best results, keep your pitcher plant in a tray filled with an inch of water to keep the roots wet at all times, watering from the top only occasionally.

(<https://www.apartmenttherapy.com/water-tolerant-plants-262128>)

CRABBY IS BACK!



**GET YOUR
QUESTIONS IN TO
LINK TO GET THE
REAL HONEST
SCOOP
ON CO-OP
RELATED
MATTERS.**

GET A TRAINER!

I've been exercising religiously for the past 26 or so years, and it still amazes me how many folks don't have a clue how to use the machines properly or lift weights.

There is no shortage of hilarious YouTube videos showing gym disasters in progress.

Folks think they know what they're doing, but, if you've never had a trainer to show you the proper technique, I can place a fairly easy wager that you don't. Many people think they should copy the big guy near them, but trust me, just because he's big doesn't mean he knows what he's doing. Never copy.

Every day I see folks using the machines incorrectly, using poor form when lifting weights, or doing the same exercises, day in, day out. You should NEVER use the same muscle group every day as they need downtime to recuperate.

Get a trainer and learn how to exercise properly. It's worth it. (~ed)

ANSWERS TO PARTY QUESTIONS ON PAGE 24

1. 1954
2. German
3. 770
4. \$90
5. 1989
6. Peter Gernon

7. Calvin Barrett
8. Nine (9)
9. Michael McGaraughty
10. Bob Harrison Drue
11. AIP
12. Consulting on evictions
13. Stargazer Lily
14. Abraham Lincoln
15. Three (3)
16. 1931
17. Chicago Blackhawks



SUBMISSIONS TO LINK

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



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