



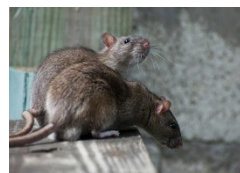
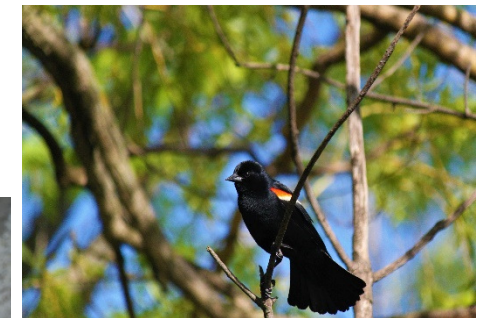
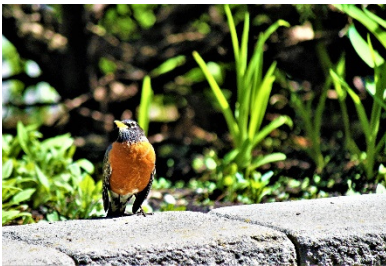
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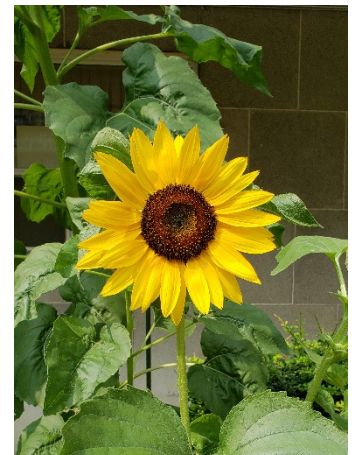
NEXT DEADLINE: SEPTEMBER 20, 2019

**DO YOU REALLY WANT MORE RATS?**

**OCCUPANCY BY-LAW #3 SCHEDULE M, #7**



**Feeding the  
birds & squirrels adds to our rat  
problem.**



Photos courtesy of John Gordon except bottom five.



**LINK** is published quarterly  
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At an announcement held in June at Briarview Housing Co-op in Mississauga, CHF Canada welcomed the launch of the second phase of the federal government's plan to protect housing affordability for low-income co-op households.

The announcement was made by the Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development, attended by his Parliamentary Secretary, Adam Vaughan, MP for Spadina-Fort York, and Peter Fonseca, MP for Mississauga East-Cooksville. "Today's announcement provides vulnerable co-op households the comfort of knowing that their housing is secure for many years to come," said CHF Canada President Frank Wheeler. "We thank CHF

Canada members, regional federations and supporters who have been advocating for this for a long time and are such an important part of this good news."

The National Housing Strategy, launched by the federal government in November 2017, contained a two-phase plan to protect these vulnerable co-op households for the next decade. Phase One of the Federal Community Housing Initiative (FCHI-1) extended rental assistance for federally administered housing co-ops to March 31, 2020. Phase 2 (FCHI-2), the details of which were announced today, extends this assistance to March 31, 2028.

The announcement confirms that the transition to FCHI-2 will be timely and seamless and that all households currently in receipt of assistance will continue to receive the same level of assistance.

"We commend the federal government for confirming this important step, and we look forward to further strengthening our partnerships to tackle the housing crisis," said CHF Canada Executive Director Tim Ross. "We know that the 1.7 million Canadians are still in core housing need, and they want the affordability, security and communities that co-ops provide." FCHI-2 also includes funding for other forms of community housing, providing similar security of tenure for a total of 55,000 households.

CMHC will communicate details in the coming weeks, and enrollment will begin this fall. CHF Canada will continue to advocate, serve and inform members through this transition.

### **NEW ACCESS CONTROL (FOBS) AND CAMERA SURVEILLANCE SYSTEMS AT CITY PARK: A FIRST STEP TO IMPROVED SECURITY SERVICES.**

**SOME HISTORY:** City Park Members approved the addition of hallway surveillance cameras as well as upgrading the camera system way back in 2017. Little progress occurred and the Board requested that I take the lead early in 2018. After careful review of 5 proposals the one from SONITROL: verified electronic security was selected. As the project began, Toronto Fire Services (TFS) advised City Park that all the locker room doors in the basement had to be upgraded. The Board was also advised that the battery powered combination locks on these doors were problematic. Then we were advised that the existing access control system (Fobs) was nearing the end of its life cycle. To improve overall security the Board decided, after reviewing proposals to renew the access control system, to include fob locks on the basement locker room doors as well as many doors on the first floor. This project was also awarded to SONITROL. As work began asbestos abatement concerns were identified. The Board acting to

ensure staff and Member health was protected, awarded all required asbestos remediation work to Decon Environmental and daily testing and monitoring to HazMat Geo. The Board was pleased that even as the work of drilling holes through walls and floors was underway that daily test results always indicated that asbestos levels were below established health guidelines.

**WHAT DID CITY PARK GET:** **Camera Surveillance System:** Sonitrol installed a brand new 3xLogic Hi-Def IP CCTV system consisting of 236 vandal proof 4 Megapixel indoor/outdoor cameras + infrared capability with 64 Terabytes of storage. The camera that's been installed inside the Co-op Office records audio as well as video. **Access Control System:** Sonitrol installed a brand new S2 Access Control system consisting of 135 access readers to restrict access to all entry points, locker rooms and other areas of concern. As part of the access control system, door contacts and REX detectors were also installed on some doors. (If an intruder forces his/her way in without using a valid fob through these doors, internal email notifications are sent to City Park security personnel who then can use the CCTV software or phone/tablet app to remotely investigate the area prior to physically going to the breach point). A network based (IP) audio/video intercom door controller was installed at the Co-op Office

door to allow office staff to decide who to buzz in when the office is closed.

**WHAT DID IT COST:** As the Treasurer I can say a lot! The camera system cost \$258,865, the fob entry system \$216,269 and asbestos removal \$225,000.

**WHAT DID WE LEARN:** We discovered that City Park Members are patient throughout a lengthy construction project and truly appreciate the Board's efforts to improve our security. We discovered that many other things must be done to improve security such as ensuring the Wood Street entry doors latch properly (done), improving the lighting in some areas as well as better patrolling and reporting by security staff (to be done). The Board is working on these challenges and our new Security Manager, James Holmes, will report back to you as these and other security improvements are implemented.

**Thank you for your patience and understanding.** Let me conclude by saying these two large projects have been longer, costlier and more frustrating than anyone would have anticipated. That said, I believe we have put in place a solid foundation for improved security at City Park. While this was an important first step, ongoing improvements must continue. If you have any concerns or ideas to improve our security, please contact our Security

Manager, James Holmes, to discuss further. As a Member, I was happy to help see the completion of these projects, but I also realize security at City Park depends on all Members being vigilant and working with our Security staff to improve security on an ongoing basis.

Michel Gauvin, Treasurer

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### **FASCINATING CEMETERIES - VALLEY OF THE KINGS, EGYPT**

Sometime in the 80's I travelled to Egypt with my friend Sandra. One of the highlights of our stay was a trip to Luxor to explore the famed Valley of the Kings. It was a hot eight-hour trip going due south from Cairo into the indefinable interior of Egypt. We watched as masses of people boarded the train, carrying their meager belongings rolled up neatly into large bundles and tied together with pieces of rope. One enterprising young man juggled his bundle and a cage full of squawking chickens onto the train.

Our route followed the same path as



the River Nile, which snaked its way from south to north, from deep inside



the Sudan all the way to the delta at the edge of the Mediterranean.

We arrived in Luxor in the early evening. Disembarking from the train, we were besieged by a contingent of Arabs, some of whom tried selling us maps, souvenirs or other trinkets, while others cried out urgently for alms. The majority, however, were simply there to watch the trainload of human cargo descending on their town. We were rescued from this colourful chaos by an enterprising man who quickly whisked us away to his horse-drawn buggy. Climbing onto his seat, he proceeded to breathe life into his tired old nag of a horse.

Luxor was something of a paradox – there was very little to invoke memories of the great capital of Thebes which had once stood there. The houses were small mud-brick structures and chickens scratched away in the dirt roads. Our driver took us to the entrance of the Majestic Hotel where we got a room with no air-conditioning – just an overhead fan that did little to alleviate the heat.

For the ancient Egyptians, the east bank of the Nile was the land of the living. Here they built their villages, palaces, temples and they lived out their lives, meagerly or luxuriously, looking forward to a glorious after life. Traces of this once fabulous city can be imagined through the remaining temples of Karnak and Luxor.

The next morning, we walked over to the Luxor Temple complex. It is the first great site that people see since it's in the centre of town. The temple was constructed in 1400 BC by three different pharaohs and is dedicated to Amon, king of the gods.

Two miles north of town lies the Karnak temple. A staggering 1,350 sphinxes once lined the road between the Karnak and Luxor temples. Only 72 sphinxes have been excavated; most of the remaining ones are still buried under the houses of modern Luxor.

Sandra and I had a pleasurable time wandering around the site. Few people were about, so I sat myself down in the lap of a pharaoh and planted a kiss on his cold stony lips. Sandra laughed and warned me that I would be cursed for being disrespectful.



The following day we set out for the Valley of the Kings. Our guide's name was Mohammed and he seemed a good-natured soul who spoke English fairly well. This was to be a day-long excursion and we

would be traveling by donkey over dusty roads, across the river and through the mountains. We mounted the beasts rather timidly, but soon found that they were gentle and manageable creatures who provided a comfortable seat.

For the pharaohs, the west bank was the land of the dead. Every evening they saw the sun 'die' behind the Theban hills, so they too went to the west to be buried. As we traveled along the well-worn route, we passed two gigantic statues called the Colossi of Memnon. For 3,400 years they have been sitting there keeping watch over the city of Luxor.



Mohammed had a fervent faith in Allah and responded to many of our questions with the word "inshallah" – if god wills it. We learned that the money he earned that day, scant as it was, would go towards the support of a wife and four children.

It was rapidly turning into another hot day and our throats soon became parched and dry. We sipped our bottled water slowly so it would

last for a while. Mohammed chopped down some sugar cane that grew wild along the



roadside and showed us how to extract moisture from the inside. The succulent canes quenched our thirst somewhat and we consumed about half a dozen along the way.

Spanning the river, we now started the long upward trek across the mountain range. The trail quickly narrowed, and we proceeded in single file – Sandra went first and I followed with Mohammed bringing up the rear. The view from the top was breathtaking – we could see Luxor in the distance and the parched terrain of the valley on our left. The path we were treading now was very narrow indeed and there was nothing on either side except the long terrifying drop to the bottom. "Can we get off and walk now please", Sandra's quivering voice broke the silence. But Mohammed only laughed and called out to us to "trust the donkey". Despite his assurances, we still felt much trepidation as we continued our slow and perilous progress along the mountain ridge.

At length, we began the slow descent into the valley and spotted a restaurant perched on a promontory



overlooking the valley. Needless to say, we made a beeline for it and enjoyed a light lunch washed down with several cold bottles of Pepsi.

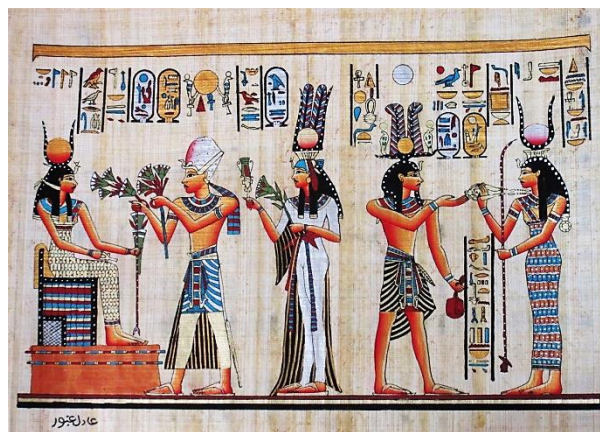
The ancient Egyptians accumulated vast amounts of treasures, creating hidden underground mausoleums that no one was ever meant to see. During the period of 1539 – 1075BC, the valley became a royal burial ground for pharaohs such as Tutankhamun, Seti I and Ramses II, as well as queens, high priests and other elites.

The tombs exhibited elaborate preparations for the next world. Mummification was used to preserve the body so that the deceased's eternal soul would be able to re-animate in the afterlife. The underground tombs were well stocked with all the material goods a ruler might need. Treasures, like the golden masks found with King Tut, are dazzling, but the tombs also contained the more mundane. They included furniture, clothes and jewelry - also enough food and drink for royal feasting in the next world.

King Tut's was the first tomb we explored. While Mohammed waited outside with the donkeys, Sandra and I carefully climbed down the steep rickety steps to the bottom. The place was dimly lit, but the artwork on the walls was vivid and clear. In the centre of the room was the original golden coffin. King Tut's mummy was still inside, though most everything else had been moved to

the Cairo museum. What remained were several golden urns and statues and a couple of ivory boxes, perhaps containing the relics of favorite pets.

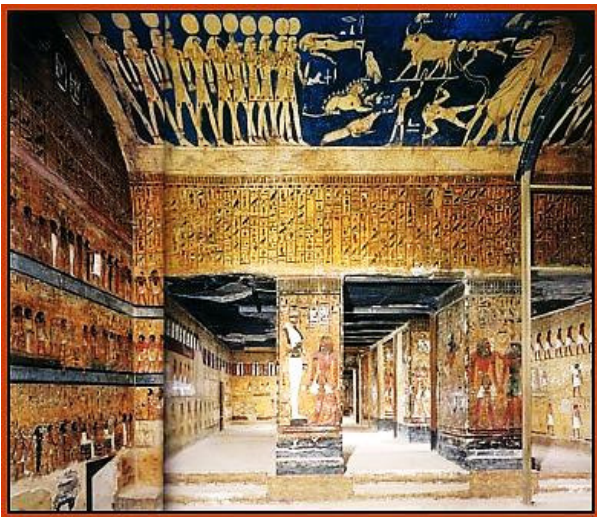
We next tackled the tomb of Rameses III which contained 13 main corridors and chambers and 14 side rooms. There were charming pictures of daily life – scenes of butchers and bakers, boats on the Nile, gods receiving offerings. The accompanying hieroglyphics described day-to-day life, as well as relating mythological tales pertinent to the king lying in state nearby.



The stairs leading to the tomb of Amenhotep went down, down, down - passing through rock cut corridors and over a deep shaft. The sarcophagus was situated on an island jutting out of this shaft and an iron railing had been constructed to prevent people from falling in. We heard a chilling tale about a lone American woman who had ventured down here on her own in the early 1940's - she had fallen into the chasm and broke her leg. She was

found months later, looking very disheveled and quite dead.

The tomb of Seti I was the best in the valley. It is the largest and most spectacular. The passage goes a long way down into the earth and its walls are covered with relief work. The best part is the funerary chamber with its spectacular astronomical ceiling – pictures of constellations in gold on blue in a wonderful state of preservation.



We visited eight tombs that day and learned some interesting tomb trivia – for instance, the large granite scarabs we saw everywhere were a symbol of eternal life and were placed on the mummified Pharaoh's heart to inspire faithfulness. We learned that the brains, blood and guts were siphoned out through the nose to prevent inner putrefaction. The organs were then placed in elaborate containers and buried with the pharaohs. Then there was the matter of the mysterious balm which preserved the bodies, some of the

ingredients have never been completely identified.

As it was now quite late in the day, we decided to head back. We had definitely seen enough tombs and treasures and ancient scribblings on walls and were anxious to return to the land of the living. Despite the awe-inspiring grandeur of the tombs, there was something decidedly decadent about the whole thing. As if we were witnessing the results of an intelligence gone mad and resorting to obscure spiritism in a desperate bid for immortality.

Arriving at the hotel, we settled our account with Mohammed and bade him a fond farewell. It had been a most memorable day, but we were relieved to see an end to it. We celebrated with a grand dinner in one of the hotels and splurged on a bottle of wine. "A toast to the kings", I said cheerily, "it's not every day that one gets to consort with pharaohs, even though they did have their brains and guts siphoned out". We raised our glasses in a toast and drank to a long and healthy life - with a quick cremation at the end of it.

Ursula Carter ~ 51 Alexander







In the Peter Michael Gernon Community Hall  
**Foreign Correspondent**

1940 – 7.6/10 stars – 120 minutes

Starring: Joel McCrea, Laraine Day, Herbert Marshall  
Director: Alfred Hitchcock



Crime reporter John Jones (Joel McCrea) is turning in nothing but dull copy. His editor, unhappy with his work, hopes a change of scenery will be the thing Jones needs to get back on track. Re-assigned to Europe as a foreign correspondent, Jones is very much out of his element. When he stumbles on a spy ring, he feels ill-equipped to unravel the truth alone and he seeks help from a beautiful politician's daughter (Laraine Day) and an urbane English journalist (George Sanders).

## CLEANING HOUSE

Keep your space spick-and-span with these tried-and-tested, eco-friendly cleaning solutions.

Mixing the following versatile natural ingredients with water is really all it takes to make your own cleaning products. The combinations create top-notch, totally effective solutions that will clean your home from top to bottom without using a single synthetic chemical.

### WHITE VINEGAR:

The acidity of plain white vinegar removes grease, deodorizes and dissolves limescale without damaging surfaces. Look for basic white vinegar and add a few drops of



In the Peter Michael Gernon Community Hall  
**Black Narcissus**

1947 – 7.6/10 stars – 101 minutes

Starring: Deborah Kerr, David Farrar, Flora Robson  
Directors: Michael Powell, Emeric Pressburger



A group of Anglican nuns, led by Sister Clodagh (Deborah Kerr), are sent to a mountain in the Himalayas. The climate in the region is hostile and the nuns are housed in an odd old palace. They work to establish a school and a hospital, but slowly their focus shifts. Sister Ruth (Kathleen Byron) falls for a government worker, Mr. Dean (David Farrar), and begins to question her vow of celibacy. As Sister Ruth obsesses over Mr. Dean, Sister Clodagh becomes immersed in her own memories of love.

your favourite essential oil. Special cleaning vinegar is also available, with a higher price tag, but plain is just as effective.

### SODIUM BICARBONATE:

Good old baking soda is great for absorbing odours – you may even already have some in your fridge for that very purpose. This multi-purpose cleaning powder is very versatile and can replace commercial scouring pastes and powders.

### CITRUS:

Citrus fruits give a fresh scent to many cleaning products, but a lemon, for example, can also be used as a household cleanser on its own. In fact, it's just as effective as

vinegar for cleaning, reviving, polishing and deodorizing floors, appliances and most surfaces in your home. Leftover cut lemons can be popped in the freezer for later use. A couple minutes to thaw is all that's needed.

#### **VEGETABLE-BASED SOAPS:**

Natural vegetable-based soaps are not harmful to the environment and are great for do-it-yourself solutions. Grate the bars yourself or purchase the soap in flakes and use for things like hand-washing delicate linens.

#### **ESSENTIAL OILS:**

Essential oils are concentrated plant extracts. They clean, add fragrance and can also be antiseptic. Tea tree, eucalyptus and lavender are great for home-cleaning because of their antifungal and anti-bacterial properties but remember to check all essential oils for contraindications before use. (Some popular extracts can be too potent to be used around small children and pets.)

*(Canadian Living July/August 2019)*

### **THINGS YOU THINK ARE RECYCLABLE AT GROCERY STORES THAT ACTUALLY AREN'T!**

Recycling in Toronto can be confusing, no thanks to grocery stores, which are home to some of the largest selections of plastic packaging.

While the provincial government tries to stem the use of single-use plastics and businesses start to go straw-less, the question of whether certain items should be recycled in the blue bin or chunked in the black bin continues to plague consumers.

"The system is really confusing," says Emily Alfred, the Waste Campaigner at Toronto Environmental Alliance (TEA). "Technically, anything that's made out of plastic is supposed to be recycled."

However, that's far from the case. There are plenty of multi-material items at the grocery store that—although plastic—are too complex for facilities in Toronto to process. "It's not [the consumers'] fault, it's also that companies are coming up with new packaging every year," Alfred says.

It also doesn't help that the rules change per municipality, so what may be recyclable in Hamilton or Barrie may not be here. Even worse, high-rise buildings have different rules, depending on if they have private or public waste collection services.

That being said, here are a few things you might think are recyclable at Toronto grocery stores that actually aren't.

**Stand-up resealable pouch bags:**  
Those highly structured, very convenient bags used for frozen



fruits and veggies belong in the landfill, not the blue bin. The tough, laminated materials they're made from can't be processed here.

**Veggie and fruit mesh bags:**

They may be great for keeping shedding onion skins intact and lemons conveniently bundled, but these bags get easily tangled on conveyor belts.

**TV dinner containers:**

It's no news by now but black plastic of any kind isn't recyclable in Toronto (though it is in Brampton).

**Meat and cheese packaging:**

Hardened plastic used to hold your favourite charcuterie slices aren't soft or stretchy enough to be recycled.

**Chip bags:**

These laminated bags are made essentially from layers of plastic and metal: a mix of materials that can't be processed in Toronto plants.

**Coffee pods:**

Even if the box says it's recyclable, it isn't here. You could recycle and compost these little things if you lived in, say, Vancouver, but Toronto isn't quite there yet.

**Cereal bags:**

You can recycle the cardboard box but throw out the liner inside, the

liner is the plastic bag that holds your breakfast.

**Cling-wrap:**

Packaging that utilizes cling wrap needs to have that wrap removed before it's recycled—that is, unless it includes black styrofoam, in which case both should go in the trash.



**Salad bags:**

Clear clamshell salad boxes are definitely allowed in the recycling, but not their

bagged counterparts. These stiff and crinkly plastics don't do well in recycling plants.

**Boxes with window lids:**

These boxes are tricky, since they feature a few different packaging materials. While it doesn't explicitly say anywhere on the Toronto blue bin guide, or on the Waste Wizard app, it's suggested that you cut and throw out the windows before putting the rest of the box in recycling.

Or, better yet, buy all your cookies in bulk from now on. While you're at it, buy your fruits and veggies in bulk too (Toronto has some great farmers' markets), use a reusable water bottle, and try not to buy things that are triple-wrapped.

*(www.blogto.com April 2019)*



"If a book about failures doesn't sell, is it a success?" - Jerry Seinfeld

## APARTMENT INSURANCE

*in·sur·ance [in' SHŏŏrəns]: a means of protection from financial loss. It is a form of risk management, primarily used to hedge against the risk of a contingent or uncertain loss...*

Hello all,  
Just a quick note on the importance of getting insurance for your personal items. While few things are worse than finding your goods destroyed, it's even harder if you have no insurance.

There has been some confusion in terms of City Park paying for items that are damaged due to fire or flood. If the roof leaks, a neighbour accidentally floods your unit, or smoke from a fire in another unit damages your furniture, it's City Park's responsibility to repair the common elements in your unit. That means walls, floors etc. However, it doesn't cover damage to any of your personal belongings. No matter who caused the damage, replacement costs to your personal items are your responsibility.

For further information about cost you might start here,

<https://tenant.hscorp.ca/>, or if you have a vehicle, you might want to ask them about an additional policy on your possessions. Thanks for reading.

Cathi Bond ~ 31 Alexander

## CITY PARK: NEVER A DULL MOMENT

Many things can be said about City Park: it is going to Hell in a hand basket, it is an oasis of tranquility in the centre of Toronto, work orders have an unsettling tendency to disappear into the ether. On the other hand, one thing that can never be said about City Park is that it is dull. Let me give you a few examples.

1. The Members of City Park often awake from their slumbers to find that they have a new General Manager. This time around, we have Santhosh Zacharias. We wish him well and hope that he stays with us for awhile.
2. Oh, where, oh where, is our new Maintenance Manager? Leaks and bubbling plaster wait for no one.
3. AIP's last Sunday event held in June was actually on a Wednesday afternoon and featured an audio-visual presentation from Nigel Aplin about his trip to the base camp on Mt. Everest. Nigel's presentation featured some magnificent photography, interviews, and an informative commentary from Nigel.



A journey of discovery on many levels.

4. Warren Ewart and his dedicated crew picked up 15 bags of garbage from around City Park on the Mayor's Clean-up Day. 'LINK' salutes their efforts.

5. Lee Konik and CDC organized City Park's annual Spring Lawn Sale. The highlights were not just the vendors' displays but also the visit from the police and the visit from the long yellow trailer.

6. In spite of summer's reluctance to fully arrive, the Landscape Committee has already produced some truly magnificent plots. Richly coloured flowers against a background of lush green. There should be NO complaints about a lack of rain.

7. Like circling sharks, the junk removal trucks have begun to cruise City Park waters. No telling what a quick dash to the waiting junk may garner for a swift Member.

8. The bullhorn lungs of the Loblaws' employee who directs traffic on Wood Street actually startle the local fauna into flight.

9. The refurbished garden benches sprang into glossy new life thanks to the Maintenance Men. I thought the police tape was an interesting touch.

10. Another Board member bit the dust but the search is on for the next one.

So, as you can read, City Park is never dull but pulses with life.

Tom Maunder ~ 51 Alexander

### TORONTO ANNUAL SPRING CLEAN-UP DAY



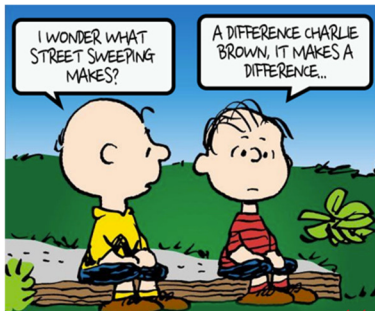
On Saturday, April 27<sup>th</sup>, 15 volunteers from City Park Co-op braved the cold temperatures and brisk blowing wind to clean up the area around the Co-op. Efficiently organized by Warren Ewart, the volunteers tackled sections of Alexander Street working their way to Church Street – along Church to Wood Street and down Wood to the end of the City Park Property.

Focusing mainly on the curbs and sidewalks, 15 bags of garbage were successfully collected. Two of the volunteers also undertook to clean the staircases that lead to Wood Street on the basement levels.

Even with so many volunteers, the job took about 2 ½ hours, but there was a real sense of accomplishment felt by everyone at the end. We all agreed it had been a productive day as well as a really fun day, despite the cold temperatures. It was very gratifying to look back and see the visible results - clean and tidy-looking streets – at least for the next day or two. Cake and coffee were served in the PMG Hall afterwards, giving everyone an opportunity to chat and get acquainted.

A special recognition goes out to Noreen Peters who, at 90 years of age, managed to outlast a couple of the younger volunteers.

Clean-Up Days first began some 30 years ago as a coastal cleanup when



communities in the U.S. and Canada rallied together with the common goal of collecting trash littering

the coastline. The movement has grown immensely since then and now includes cleanups, not only of coastlines, but also of city & town streets and surrounding areas. Volunteers all over the world come together each year to participate in a clean-up event near them.

Ursula Carter ~ 51 Alexander

## MOM

Re-reading letters from '72  
stirs the body-mind-heart  
and warms the remembrance  
of times long past

Daily life details shared  
all wrapped up in love  
and sent across the ocean  
mother to son  
heart to heart  
and back again

Decades ago  
across time and space  
without beginning and  
without end



## TO BE ALIVE

To be alive  
is a miracle

I don't need  
anything more



## HOLDING HANDS

Palm to palm, gently  
saying hello; heart to heart,  
whispering goodbye

John Pollard ~ 31 Alexander







**“I’m not afraid of death, I just don’t want to be there when it happens” – Woody Allen**

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### **SECURITY ALERT**

Over the past several weeks several Members reported items left by couriers stolen from outside of their unit doors. On several of these incidents, Security was able to identify the suspects who had been visitors to other Members’ units.

In recent days an unknown female was hanging around the vestibule in 31 Alexander waiting for a Member to leave. When the Member opened the door, the female entered the building. The female then went floor by floor looking for packages outside of Members’ doors.

If you notice anyone hanging around the vestibule that you don’t recognize as a member of City Park, please call Security at 416-990-7731 and provide the information.

If someone buzzes your unit and you cannot identify them, do not let them in and call Security 416-990-7731 and provide the information.

If you notice a person acting suspiciously in the building, please call Security at 416-990-7731 and provide the information.

**Do not let unknown people into your building.**

### **Security Tips**

- Schedule delivery of packages at a time when you are at home
- Talk to a neighbour to see if they will be at home during the delivery time and have it delivered to the neighbor’s unit
- Use an alternative address, e.g. work or a relative, to have the package delivered
- Amazon has lockers within Toronto. Items can be shipped to retailers like Best Buy, Walmart, Canadian Tire and will let you pick up internet orders from a store close to you.

James Holmes  
City Park Security Manager

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### **FUN FACTS:**

On average, a 68 kg. (150 lb.) person burns 114 calories per hour while just standing around doing nothing.

The average male hippopotamus weighs between 1,500–1,800 kg (approx. 3,304-3,968 lbs.) and the average female hippo weighs between 1,300-1,500 kg (approx. 2,866-3,304 lbs.).

Researchers have found that flossing your teeth can help your memory. Flossing prevents gum disease, which prevents stiff blood vessels, which cause memory issues.

Costa Coffee employs Gennaro Pelliccia as a coffee taster, who has had his tongue insured for £10 million since 2009.

Wildlife technician, Richard Thomas, took the famous tongue twister, "how much wood would a woodchuck chuck if a woodchuck could chuck wood" and calculated a rough estimate of what the answer would actually be. It came out to be around 317.5 kg (700 lbs.).

And finally, which we all just needed to know...

Herring fish communicate by using flatulence. It's a fact!

(onthego.to)

### **CITY PARK ALERT:**

**The rats are coming!!!**

**Correction: They're already here!**

According to a recent article in the *Toronto Star*, Toronto is experiencing an upsurge in its rat population. This upsurge is of Biblical proportions, but the City of Toronto appears to have no concerted approach to solving this problem. The solutions are left to individual homeowners and renters and are, at best, an ineffective patchwork.

What has caused this plague upon our houses? There are many culprits: Toronto's dramatic increase in population which produces a dramatic increase in garbage, the

fast food mentality which increases leftovers in public places, sloppy use of recycling guidelines, reluctance to use pesticides and massive construction sites whose debris provides many housing opportunities for rats. Although there is no data from the City of Toronto, the Orkin folks claimed Toronto is the most rat-infested city in Canada. Our rats are equally at home in upscale condos

and low-income housing.



Is there a rat problem at City Park?

The answer depends on whom is

asked. I have seen rats in the 51 gardens at night. They are in the low shrubs and the retaining walls. I have not seen rats in the locker rooms, but others have. Do these sightings constitute an infestation? The numbers of mice spotted certainly do.

What can City Park do for/to its rats?

1. Repeat all sightings to the office for pest control.
2. Keep all garbage containers tightly sealed and emptied frequently.
3. Compacters should be regularly checked for traces of rats.
4. Don't feed the birds (it's a co-op bylaw). Rats love to eat bird seed



- and everything else folks are throwing onto our property.
5. Pick up dog feces quickly.
  6. Remove food containers from the benches.
  7. Don't throw food scraps and garbage from balconies.
  8. Fill in cracks in retaining walls and be vigilant.

Rats are smart; City Park must be more so.

Tom Maunder ~ 51 Alexander



DEAR CRABBY:

CRABBY SOLVES ALL

18/06/19

Dear Crabby,  
My heart is racing, my breathing is constricted, and my head is swimming. Why? Because I can no longer remember the names of the City Park staff. There was a time when I knew all the names of the Office Staff, Maintenance, and Security. A friendly word with Rosa, a thank-you to Skender made me feel part of the City Park family where we were all on the same team. Now, I am never sure who exactly is on the City Park team. The turnover rivals Trump's White House. If memory serves correctly, the longevity prize

goes to the employee who lasted one day. On another note, when I first joined City Park, I was told of the overriding expectation that, as a Member, I was to help make the Co-op work by joining committees. So, I joined Pest Control, CDC, and the Pet Committee. I was primed and eager to be part of the team. Over the years, the attendance at these meetings shrank to the point that I brought my deck of cards, hoping to get in a game of solitaire. I am exaggerating somewhat, but you get my drift. What can I do?  
Signed, Bereft

21/06/19

Dear Bereft,  
In spite of my totally unwarranted reputation, I do feel your pain. Here are some observations and suggestions. Not all departments at City Park display the same degree of turnover. Maintenance seems to be stable except for the Manager; Security is beginning to show some consistency except for the temps on the weekends. We now have a very focused Security Manager named James who is trying to right the ship. The office staff is not City Park's responsibility and does show considerable turnover. The permanence of the General Manager is another issue but hope springs eternal with Santhosh. Why not consider learning the names of all the staff as an exercise in cognitive improvement for the aging grey cells. Pictures and name tags would, of course, help but staff is reluctant.

Please remember, it is not easy working at City Park, too many Members with too many needs. So, reach out to our staff in a positive way and their names may follow. My experience with the committees I am on has been positive. Why? Because they are small, chaired effectively, and on task. Most personality clashes are left at the door. As to your physical symptoms, new meds?

Caring Crabby

## SERVE ON THE CITY PARK BOARD OF DIRECTORS

Applications are in the office  
By our bylaws you must file by August 23 at 3:30 PM

~

The election is a major part of our  
Annual General Meeting on September 14, 2019

~

BEING A DIRECTOR TAKES SERIOUS EFFORT

~

HELP ALL OF US AND BECOME A DIRECTOR

~

PLEASE PARTICIPATE

~

RESEARCH, SORT OUT, PRIORITIZE AND VOTE ON  
THE DIFFICULT QUESTIONS AND FISCAL MATTERS  
IMPACTING ALL OF OUR LIVES AT CITY PARK CO-  
OP

~

THANK YOU

~

## CO-OPS ARE ONLY ONE BAD BOARD AWAY FROM BANKRUPTCY

Now, do I have your attention?

The above words are part of the long title of a thesis written by Josh Hawley for his Master of Arts from the Department of Cultural Studies at Queen's University, Kingston, Ontario. Other words contained in the title are "housing co-operatives", "self-management", and "landlord-tenant". All these words should be familiar to the residents of City Park. The thesis is 165 pages long and makes for fascinating, if somewhat challenging, reading. Be of stout eyes and tackle this thesis whose Table of Contents is a useful guide for more specific interests. My hope in this article is to provide a small sample of the author's thoughts and to urge you to track down the complete thesis.

The points given below are an amalgam of paraphrase, direct quotation from the author, and my personal opinion.

1. The author was raised in a co-op that "fluctuated from dysfunctional infighting to total managerial collapse." Sound familiar?
2. "A working class analysis is applied throughout."
3. "In Ontario, residents of housing-co-operatives are not considered tenants..."
4. The author looked at 5 co-ops in Ontario and 7 in Quebec. The 7 in



Quebec were in the Milton-Parc neighbourhood of Montreal.

5. The impetus behind Milton-Parc was to permit working class renters to fully control their housing.

6. Milton-Parc works because it is small (40 units), tenant participation is MANDATORY, there are no hired staff, and evictions are fewer.

7. Some members of Ontario Co-ops feel disenfranchised as their issues are not addressed by their Boards or their Property Management Companies.

8. How exactly are residents of housing co-ops different from tenants?

9. Can housing-cooperatives ever be more than a dream in our current socio-economic milieu?

10. "Co-ops larger than 40 units should be converted to regular non-profit housing."

Across Canada, there are 250,000 people living in housing-co-operatives. City Park is not alone.

Thanks to Ken Demmerling for bringing this thesis to my attention.

Tom Maunder ~ 51 Alexander

### DO YOU CARE ABOUT YOUR HOUSING?

This coming autumn, we are facing a great dilemma. The lack of interest from membership in running for the board could very easily result in the City having to come in here and run us. Some members feel that would be best. At this point, I honestly don't

know. One thing I do know is that Doug Ford and his cut and slash tactics could come in here and potentially turn us into St. Jamestown.

Is this catastrophizing? I don't know, but I do know it will put us one foot closer to being controlled by the City completely and that truly scares me. Once we give up our autonomy it will be very hard, if not impossible, to get it back. Do you really want to give up the one thing that gives us at least a degree of power with the City? And that's having our own board of directors.

I'm aware that Board Bashing is a great topic of conversation around here. It's almost as much fun as watching the latest news from Trumpland. Have there been significant problems with boards in the past? Yes. Are there problems with the current board? For sure. After all, we are simply a group of committed volunteers doing our very best with extremely limited resources. But we are trying our darndest.

All I'm asking is that rather than point fingers and blame, look inside yourselves and think about what you really want for the future of your housing. If you want us to have more affordable housing stock in the city without any independent power, then stop reading.

But if you do care about co-operative ideals, feel you have the wisdom to

deal effectively with some very difficult matters, and want to maintain our freer status, then please consider running for the board. We need bright, patient, eager to learn individuals who care about having great apartments in the centre of the city. Apartments we can afford.

Please try and put your prejudices aside and consider this. Thank you.

Cathi Bond ~ 31 Alexander

### TIPS FOR A HEALTHY SUMMER

Don't forget to use sunscreen. A little precaution goes a long way. It takes less sun exposure than you expect to start working on that killer sunburn you'll be nursing for the next two weeks. Why not save yourself the hassle with a quick application of sunscreen? Not to mention the long-term benefits of protecting yourself from the harms of sun exposure, like melanoma.

Stay hydrated. Did you know that by the time you feel thirsty, you're already dehydrated? That's why it's important to make sure you get enough liquids (NOT the alcoholic kind) in the summer heat. Water is best, but you can also boost your hydration with fruit like watermelon. Be sure to get plenty of shade and take breaks when exercising outdoors.

Did you know that we throw out 550,000 bananas EVERY DAY in

Canada? Shocking eh? But it's a fact. Let's stop wasting food.

[www.lovefoodhatewaste.ca](http://www.lovefoodhatewaste.ca)



### SUBMISSIONS TO LINK

All Members are encouraged to submit material of interest to the Membership for consideration in LINK. All submissions must include your full name, building and apartment number. Kindly attach original unformatted MSWord docs to your email or type your article within the body of an email and send to: [CityParkLINK@gmail.com](mailto: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.