

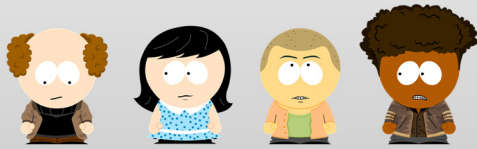
CITY PARK 2019 STUNNERS



(Centre photo courtesy of Nick Franco of 31; Bob Harrison Drue of 31, the remainder)

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by-laws and rules approved by members. The Board sets priorities for CHF Canada based on resolutions passed by members at the AGM. The Board hires and supervises the executive director.

CHF Canada has five standing committees:

The Finance and Audit Committee watches over CHF Canada's finances on behalf of members. It advises the Board and reports directly to members.

The Risk Underwriting Fund (RUF) Administration Committee administers loans and loan guarantees to help member housing co-ops undertake development projects, carry out repairs to buildings or address operating difficulties.

The Diversity Committee advises CHF Canada on issues of diversity, equity, inclusion and human rights programming to meet the needs of housing co-ops and their members and partners.

The Aging in Place Committee helps guide CHF Canada's work on aging in place, supporting and identifying the needs of older members in housing co-ops.

The Executive Committee conducts urgent business between Board meetings.



FYI: CHF Canada's members and associates include more than 900 housing co-ops across Canada and organizations closely linked with them.

Membership is voluntary. More than eight out of 10 housing co-ops outside of Quebec are CHF Canada members.

Quebec's housing co-ops are connected indirectly through regional federations that hold membership in CHF Canada.

Individuals and organizations that support CHF Canada's aims can join as non-voting associates.

CHF Canada is a co-operative association owned and controlled by its members. The Board of Directors governs CHF Canada according to Canadian law and the

Other work groups are created from time to time for specific tasks.

CHF Canada's Ontario Region advocates and works for our Ontario members on provincial matters. The elected members direct the work of the Ontario Region, based on input given by members at the annual meeting.

The 2020 CHF Canada AGM will be held June 11 – 13, 2020 in Halifax, Nova Scotia.

FEAR AND LOATHING AT CITY PARK: THE BLAIR WITCH HUNT

For the most part, City Park is a pretty good place to live. The list of its benefits is long: the gardens, the size of the units, the community. One of the benefits many of us have experienced is the ability to change units – upsize or downsize as our circumstances change. We can move from a smaller to a larger unit, or from a larger unit to a smaller one, depending on our needs. The process for these changes is well established: you need to be in a unit for at least a year before you can request a transfer; you can specify which building, which floor, and indeed which unit you are willing to wait for.

There are protocols in place to ensure this process is fair and objective. One Member cannot move into a two-bedroom. A unit that has been specifically requested by a

member will be offered to that member when it becomes available. The wait list is kept and maintained by the office. It is not available to any member to tamper with, although you are always free to check to see where you are on the list, as units become available.

In my case, I lived in a bachelor for eight or so years before a one bedroom became available, and when it did, my partner Stephanie and I moved in. When a year had passed, we put our name on the waiting list for a two bedroom, expecting a very long wait indeed. But after another eight-year wait, a unit came became available, two floors above us in building 31. We looked at it, and thought about it, but decided we didn't want to look over the parking lot and the hotel, so we re-specified our choice to 484, or 51, so we would overlook one of the courtyards. We had no idea how long we would wait, but were content that the wheels would turn, and eventually, like everyone on the list before and after us who waited long enough, we would be offered another unit.

It happened sooner than we thought it would.

Now here's the thing: City Park is a small village, and little happens without word getting 'round. The day after we had been offered the unit, rumours reached Calvin Barrett, the President of the Board that I had somehow cheated to get

this unit. To put these libelous rumours to rest, Calvin informed the Board at our next meeting that he had gone over the process that led to our being offered the unit with Santosh, the Property Manager, using a fine-tooth comb. No irregularities were found. This information was given to the Board, with the understanding that Directors, when confronted by concerned members, would be able to say with some authority that the gossip was unfounded. The same protocols that apply to everyone had, in fact been applied to us.

Nevertheless, the rumour mill ground on, spewing out more and more unlikely scenarios: Calvin had forced the Members on the list ahead of me to decline. I had actually broken into the office, and literally altered the list –none of which was true, but many of which were speciously and shamefully fed by a Board member who knew the truth. Eventually, it reached a fever pitch, and a petition was circulated to have us evicted from our new home, claiming I had abused my position on the Board, and broken a number of Bylaws by accepting ‘remuneration’ in the form of a two-bedroom apartment.

It must be said that this toxic gossip hurts us all. Not only does it attack me personally, but it tells people that we as a co-op are dysfunctional and that we operate like a banana republic, with no regard for rules and order. It implies that the Board is

unethical and corrupt. It sends the message that our Property Manager and his office staff are unscrupulous and dishonest.

(And let me be clear: The Board has no control or influence over the allocation of units. The office staff work for the Membership, they do not work for the Board, they do not work for individual Members, and they certainly do not work for me. They are objective and professional in the administration of their jobs.)

But perhaps most damaging, in making a member of the Board and his partner the target of malicious and toxic untruths, it discourages Members from wanting to serve the Co-op in any way, fearing that they might also end up being a victim of destructive and mean spirited attacks, motivated by God knows what.

I was told by one of the petitioners, when I asked him to identify the source of his misinformation that he “never liked me”. That’s fair. I don’t expect to be liked by everyone. But “not liking me” is hardly reason to make false accusations, spread lies and move to have me removed from my home.

I would ask all of us before we start, spread or listen to hurtful, slanderous and deeply destructive lies that damage a member’s reputation, the board, and the Co-op itself to ask three questions: Is it true? Is it kind? Is it necessary? If it

isn't one of these things, it doesn't really have a place in a community that aims to be co-operative.

Margaret Cho says, "Sometimes, when we are generous in small, barely detectible ways, it can change someone else's life forever". What would happen if that "small, barely perceptible way" was to think well of each other? To not suspect the worst. To be generous of spirit, and kind of heart. What might happen? What might living at City Park be like?

Blair Williams – 484 Church

CITY PARK BYLAWS

I thought I would write an article about a subject near and dear to the heart of every City Park Member...the Bylaws. There are Bylaws for just about everything that happens here. The Bylaws are seldom read by many and frequently misquoted. There are Bylaws that have not been enforced and more often ignored. That doesn't mean the Bylaws are invalid or no longer in force. Perhaps, the Bylaws in question are not enforceable. Perhaps, some need to be rewritten. Perhaps, we all need to pay more attention to what is there and not there.

By way of illustration, if a Bylaw doesn't have language that takes individual circumstances into account, that means there aren't any. If a Bylaw states the Board has

sole discretion or authority, that means the Board can't just give that authority to someone else.

Confused yet?

In some instances, there are different rules and Bylaws for members on RGI or not on RGI (Market). Not fair? It depends on how you look at it.

The Co-op is under several pieces of legislation, regulations, policies, etc. that might be Federal, Provincial or Municipal. One of the biggies is the Housing Services Act. I'm not suggesting that everyone sits and reads through the binder of City Park Bylaws. I do recommend checking when someone quotes 'the Bylaws'. My favourites are the Bylaw that deals with dogs on the centre lawns and the Bylaw that talks about feeding pigeons. They do exist and are frequently ignored.

Over the last few months I've been told we should follow the Bylaws. I agree. However, that means all of the Bylaws. Not just the ones that you like. I default to literal readings. Whatever is written must be followed until such time as the Bylaw is amended at a General Members Meeting.

A poster will be going up shortly to ask for Members who are interested in working on the Bylaws to contact the Office. The names and contact information will be forwarded to me and I'll then set up a meeting time.

If you have any questions, by all means ask. I look forward to lots of Members contacting the Office to work on the Bylaws.

Bob Fisher, Director – Liaison to the Bylaws Committee

WORDS THAT ARE THEIR OWN OPPOSITES

Here's an ambiguous sentence for you: "Because of the agency's oversight, the corporation's behaviour was sanctioned." Does that mean, "Because the agency oversaw the company's behaviour, they imposed a penalty for some transgression," or does it mean, "Because the agency was inattentive, they overlooked the misbehaviour and gave it their approval by default"? We've stumbled into the looking-glass world of contranymy—words that are their own antonyms.

1. *Sanction* (via French, from Latin *sanctio(n-)*, from *sancire* 'ratify,') can mean "give official permission or approval for (an action)" or conversely, "impose a penalty on."

2. *Oversight* is the noun form of two verbs with contrary meanings, "oversee" and "overlook." Oversee, from Old English *ofersēon* ("look at from above") means "supervise" (medieval Latin for the same thing: *super-*, "over" plus *videre*, "to see.") Overlook usually means the opposite: "to fail to see or observe;

to pass over without noticing; to disregard, ignore."

3. *Left* can mean either remaining or departed. If the gentlemen have withdrawn to the drawing room for after-dinner cigars, who's left? (The gentlemen have left and the ladies are left.)

4. *Dust*, along with the next two words, is a noun turned into a verb meaning either to add or to remove the thing in question. Only the context will tell you which it is. When you dust are you applying dust or removing it? It depends whether you're dusting the crops or the furniture.

5. *Seed* can also go either way. If you seed the lawn you add seeds, but if you seed a tomato you remove them.

6. *Stone* is another verb to use with caution. You can stone some peaches, but please don't stone your neighbor (even if he says he likes to get stoned).

7. *Trim* as a verb predates the noun, but it can also mean either adding or taking away. Arising from an Old English word meaning "to make firm or strong; to settle, arrange," *trim* came to mean "to prepare, make ready." Depending on who or what was being readied, it could mean either of two contradictory things: "to decorate something with ribbons, laces, or the like to give it a finished appearance" or "to cut off the outgrowths or irregularities of." And

the context doesn't always make it clear. If you're trimming the tree are you using tinsel, or a chain saw?

8. *Cleave* can be cleaved into two homographs, words with different origins that end up spelled the same. *Cleave*, meaning "to cling to or adhere," comes from an Old English word that took the forms *cleofian*, *clifian*, or *clifan*. *Cleave*, with the contrary meaning "to split or sever (something)"—as you might do with a cleaver—comes from a different Old English word, *clēofan*. The past participle has taken various forms: *cloven*, which survives in the phrase "cloven hoof," "cleft," as in a "cleft palate" or "cleaved."

9. *Resign* works as a contronym in writing. This time we have homographs, but not homophones. *Resign*, meaning "to quit," is spelled the same as *resign*, meaning "to sign up again," but it's pronounced differently.

10. *Fast* can mean "moving rapidly," as in *running fast*, or "fixed, unmoving," as in *holding fast*. If colours are fast they will not run. The meaning "firm, steadfast" came first; the adverb took on the sense "strongly, vigorously," which evolved into "quickly," a meaning that spread to the adjective.

11. *Off* means "deactivated," as in *to turn off*, but also "activated," as in *the alarm went off*.

12. *Weather* can mean "to withstand or come safely through" (as in *the company weathered the recession*) or it can mean "to be worn away" (*the rock was weathered*).

13. *Screen* can mean to show (a movie) or to hide (an unsightly view).

14. *Help* means "assist," unless you can't help doing something, when it means "prevent."

15. *Clip* can mean "to bind together" or "to separate." You clip sheets of paper together or separate part of a page by clipping something out. Clip is a pair of homographs, words with different origins spelled the same. Old English *clyppan*, which means "to clasp with the arms, embrace, hug," led to our current meaning, "to hold together with a clasp." The other clip, "to cut or snip (a part) away," is from Old Norse *klippa*, which may come from the sound of a shears.

16. *Continue* usually means to persist in doing something, but as a legal term it means stop a proceeding temporarily.

17. *Fight with* can be interpreted three ways. "He fought with his mother-in-law" could mean "They argued," "They served together in the war," or "He used the old battle-axe as a weapon." (Thanks to linguistics professor Robert Hertz for this idea.)

18. *Flog*, meaning "to punish by caning or whipping," shows up in school slang of the 17th century, but now it can have the contrary meaning, "to promote persistently," as in "flogging a new book." Perhaps that meaning arose from the sense "to urge (a horse, etc.) forward by whipping," which grew out of the earliest meaning.

19. *Go* means "to proceed," but also "give out or fail," i.e., "This car could really go until it started to go."

20. *Hold up* can mean "to support" or "to hinder": "What a friend! When I'm struggling to get on my feet, he's always there to hold me up."

21. *Out* can mean "visible" or "invisible." For example, "It's a good thing the full moon was out when the lights went out."

22. *Out of* means "outside" or "inside": "I hardly get out of the house because I work out of my home."

23. *Bitch* can derisively refer to a woman who is considered overly aggressive or domineering, or it can refer to someone passive or submissive.

24. *Peer* is a person of equal status (as in a jury of one's peers), but some peers are more equal than others, like the members of the peerage, the British or Irish nobility.

25. *Toss out* could be either "to suggest" or "to discard": "I decided to toss out the idea."

The contronym (also spelled "contranym") goes by many names, including auto-antonym, antonym, enantiodrome, self-antonym, antilogy and Janus word (from the Roman god of beginnings and endings, often depicted with two faces looking in opposite directions).

www.mentalfloss.com



"Personally, I don't think there's intelligent life on other planets. Why should other planets be any different from this one?"

Bob Monkhouse (British comedian)

Regarding an article from the last issue (Volume 24 #3) "City Park: Never A Dull Moment" from Tom Maunder, a Member writes:

I'd like to state the true facts to an article that mentioned a 'Board Member biting the dust'. The fact is, the Office staff and the Board of Directors didn't do their due diligence in checking the length of time I've lived here. It will be 1-year in September 2019.

The Members Selection meeting for me was the same night as my first Board of Directors meeting. It was a very upsetting, embarrassing

moment as I was verbally attacked by a member of the selection board. I did receive an apology letter from the Chair of the Selection Committee. He asked me to sit on the Board since I was also on the CDC committee and M.A.P.S.

Someone didn't do their due diligence making sure I was a Member. At this point, I had not lived here a whole year.

The Board of Directors sent me an apology letter for their neglect in doing a full check if I was qualified to sit on the Board.

Please, in the future, get the facts right so the person who you are referring to does not go through any further embarrassment and/or hurt feelings.

Brenda L. Ezeard ~ 31 Alexander

IT'S ALL ABOUT COMMUNICATION

As I write this, we're gearing up for the September AGM. How it will turn out, nobody knows, but the one thing I want to promise you is that I am going to work diligently on improving the communication among the Office, the Board, and the membership. It's become clear to me, and in fact everyone, that there is a real lack of understanding from the membership in terms of what the Board is doing.

The things I've heard about the Board are, in large part, simply fallacious. The first myth to dispel:

a) Board members only join so they can get sweet deals on moves or repairs or even free rent. I actually heard that and laughed out loud. I've never gotten a single favour, nor have I asked for one, from the Board, or the Office. In fact, if I did, I would be duly chastised. What we do get, is a lot of work and put plenty of time into it. I can't speak for the others, but the reason I serve is to protect our housing from a city that is growing at the speed of light, and I'd like us to have some say in how things are run. If only a squeak, my squeak will be heard. Yours could be too.

b) "It's always the same people who run." That's true. And you know why? Because nobody else steps up to the plate. I would love to step down next year and never run again, but I imagine that I'll be back and so will many of the others, because nobody else runs.

c) "If I join a committee I'll only be bullied," is another all too familiar and unfortunately, in some committees this refrain is sadly true. This fall, we plan to put best practices in place that will admonish anyone who makes a volunteer feel anything but welcome and encouraged by the rest of the committee. Of course, not all your suggestions will be accepted, as few

of mine are, but the reason for being turned down will be politely explained. At least, that's what we're aiming for.

d) And then maybe, just maybe, if we can get ourselves operating as a more functional community, more people will run for the Board in the future. That is my dream. To turn City Park from dueling factions and mudslinging to an inclusive community where everyone's voice is heard.

It's a big dream and it's going to take a lot of work to get there. But I am making a commitment to you that I will make the Board more transparent via LINK and the website:

<http://www.cityparkco-op.org/>

Cathi Bond ~ 31 Alexander



THE RAVINES OF TORONTO



The Toronto ravine system is a network of deep ravines that runs throughout much of the city. Despite the dense population of metropolitan Toronto, many of the ravines have been left largely in their natural state. The most important reason for this is the danger of flooding. The rivers and streams that flow through the ravines are highly variable.

During the late summer, many of the smaller ones will slow to a trickle or disappear completely. In spring and after major storms, the creeks often overflow their banks. Every few decades, a massive flooding event will occur where the ravines are almost totally flooded.

It's impossible to imagine this city without its ravines – they are one of the most distinctive features of the geography of Toronto and have offered an escape from the urban landscape since the early days of Toronto's settlement. Toronto's slogan – 'the city within a park'

partially stems from the extensive ravine green space.

Here are 8 amazing ravines to explore.

CROTHERS WOODS – EGLINTON & BAYVIEW AREA

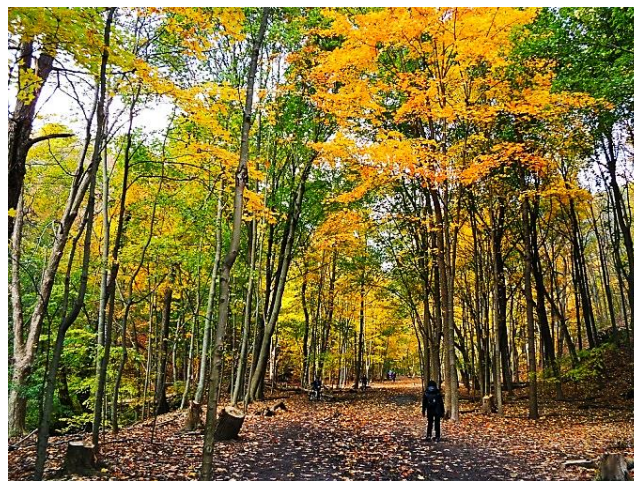


With around 10km of natural trails, a diverse bird population and some spots offering a spectacular view of the Toronto skyline, Crothers Woods is a popular escape into nature. It feels like a forgotten wilderness in the heart of the city. There's lots of walking and cycling to be done here - nearly all the trails are tight and winding - making it one of the best places to take a break from the city and enjoy the incredible scenery that the landscape has to offer.

MOORE PARK RAVINE – MT. PLEASANT CEMETERY TO DON VALLEY BRICK WORKS

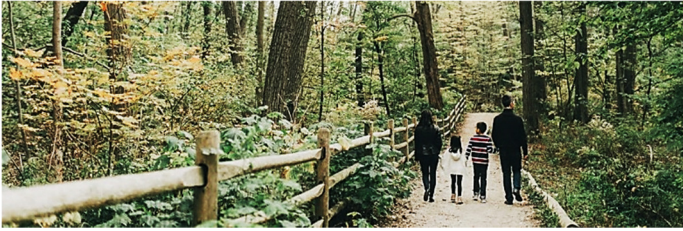
The Moore Park Ravine is a lush, tree-lined stretch of land that offers one of the most beautiful nature walks in the city. The tree canopy is spectacular, and a southeast trip down the valley is probably one of the most pleasant bike rides in the city. Some days you'll see the path

bustling with joggers, bikers, and dog walkers taking a stroll or a ride along the creek. Other days you'll find the trail quiet enough to catch a glimpse of some white-tailed deer.



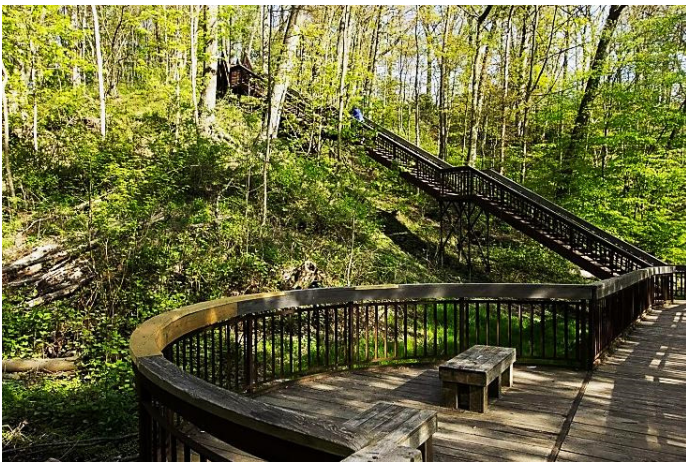
CEDARVALE RAVINE – FROM HEATH ST. NW TO AVA ROAD

This route offers walkers another chance to see a little nature in the very heart of the city. Flanked by fancy homes, Cedarvale Ravine combines open parkland with rugged wilderness at its edges. The green space remains a haven for joggers, dog walkers, bird watchers and in the winter cross country skiers. Also, an opportunity for anyone looking for a temporary return to nature. Tiny streams run through the ravine and there is a diverse landscape populated by both native and foreign trees and other flora. This ravine was a favourite haunt of Ernest Hemingway, who while writing for the Toronto Star back in 1919 enjoyed this particular patch of green.



GLEN STEWART RAVINE – SOUTH OF KINGSTON ROAD IN THE BEACHES

Glen Stewart Ravine is a walker's paradise with trails that pass through wonderful, undulating terrain including a stream bordered by steep wooded slopes with a wide diversity of plant and bird life. The extensive wooden foot path and stairs allows visitors to focus on the lush vegetation. A massive restoration saw hundreds of trees, shrubs, herbs and grasses planted in 2016. The looming forest now looks like a boreal paradise, with greenery surrounding you as you walk.



ROSEDALE RAVINE – FROM SHERBOURNE STREET TO THE DON RIVER

The Rosedale Ravine is amazing because it's right in the centre of Toronto. It starts right at Yonge and

St. Clair where you go down a staircase at the end of Heath Street East (a very short street east of Yonge) and suddenly you're immersed in the forest walking along a creek.



THE HUMBER RIVER, VALLEY & MARSHES

The Humber River watershed is the largest in Toronto. It's a significant corridor for migratory songbirds and monarch butterflies. More than 60 species of fish live in the river including such sport fish as trout, pike and salmon. Spring and fall, fish migration may be observed from the Old Mill Bridge. The Humber Marshes are one of the few remaining river mouth marshes in Toronto. These extensive marshes provide a breeding habitat for ducks, turtles and fish. Humber River's

significance is being recognized by its designation in 1999 as a Canadian Heritage River.

The Humber Ravine system has many affiliated parks, which feature



gorgeous areas along the river that remind one of just how wide and deep this waterway once was. If you know what you're doing, you can follow the Humber north and south across the whole city.



GATES GULLY BELLAMY RAVINE – KINGSTON ROAD TO LAKE ONTARIO

Gates Gully runs from Kingston Road to Lake Ontario and provides one of the few places where there is access down the side of the Scarborough Bluffs. Over the years it has been

home to native peoples, smugglers, soldiers and rebels. The Bellamy Ravine Creek flows through the bottom of the ravine where it makes a 90-meter drop from the table lands to the lake. Jonathan Gates built a tavern here and the ravine became known as Gates Gully.



The ravine is a migratory route for over 100 species of birds and its alive with the sound of bird calls. The wetlands are now under protection. The male red-winged blackbirds always make the news with their usual tactics of swooping near your head to let you know that you are too close to the nest.



**NORDHEIMER RAVINE – RUNS FROM ST.
CLAIR WEST SOUTH TO POPLAR PLAINS RD.
(ALMOST AN EXTENSION OF CEDARVALE)**



This ravine features a walking path through native trees & plants, plus local wildlife. Over the years volunteers have helped to plant trees, shrubs and many native terrestrial and aquatic herbaceous plants. Ongoing work by the City of Toronto, as well as volunteer stewards, has helped keep non-native invasive species at bay and allowed native species to flourish. The ravine has become a popular stopping point for many birds and other wildlife.

Ursula Carter ~ 51 Alexander

FUN FACTS

The creature that kills the most people every year isn't snakes, sharks or even other humans – it's the mosquito!

There's an island in Japan you can visit that's inhabited only by friendly bunnies.



A pet penguin in Japan, named 'La La', walks into town by himself with a backpack every day to collect fish from the local market.

Doesn't seem it, but there are actually more public libraries in the U.S.A. than McDonalds.

Before the invention of colour tv, 75% of people said they dreamed in black and white. Today, only 12% do.

It's illegal to own just one guinea pig in Switzerland because they get lonely.

For a short time, the planet 'Uranus' was named...'George'.

While children of identical twins are legally first cousins, genetically they are actually half siblings.

According to recent research, there is a correlation between a poorer sense of smell and psychopathic personality traits.

Again, according to recent research, new friends become better friends over time if they have similar levels of social anxiety.

'Grammar Pedantry Syndrome' is a form of OCD where someone has a compulsive desire to correct every grammatical error.

The Beatles showed their support for the U.S. civil rights movement back in the 60's by refusing to play in

concerts where audiences were segregated.

(www.onthego.to)



Some days I
amaze myself.
Other days I put
my keys in the
fridge.

- Phyllis Diller

DOG URINE SPOTS ON THE GRASS

I did some research on how dog urine affects our lawns (just on the web so you can take or leave this research).

First of all, I was always under the impression that the urine from male dogs does not yellow the lawn. It seems I was wrong (hard to believe I know).

From the website 'Cuteness.com':
"It's not what [is] *in* their pee, it's *how* (and how much) they pee that matters! Female dogs squat to urinate, depositing a concentrated amount in a single spot, compounding the grass damage. Male dogs lift their legs and spray, which disperses the urine over a wider area, and damages the grass more slowly, but in a wider area." And of course, larger dogs have more urine (more of the other thing too but I won't go there).

So, what causes the yellowing of the grass? "Grass turns yellow where

dogs urinate because of chemistry. Urine is naturally high in nitrogen, and nitrogen alone can cause grass burns. While nitrogen is an essential component of healthy soil, high concentrations of it can cause patches of grass to turn yellow or brown". This wisdom comes from www.thesprucepets.com

There are many suggestions on the web about what to do about this problem. Trading your dog for a cat is one. Changing the dogs' diet or giving it supplements is another. This seems rather drastic. The suggestion that seems the sanest to me is to carry a spray bottle of water with you when walking your dog. No, this is not to be used on complaining neighbours! Spraying the spot where your dog just peed will help dilute the pee and cause it to soak into the soil faster, so it doesn't do as much damage to the lawns. (Someone told me about this: he heard it on a radio show....so, I am passing it along).

Ok. Yes, I know. There is a Co-op Bylaw that suggests that dogs (or their owners) shouldn't be peeing on the lawns in the first place. There are countless reasons why they do. This is an argument as old as the Co-op. I am neither going to defend or condemn the action. The reality is that dogs do pee on the grass. I present this possible solution to you in the spirit of compromise and co-operation.

Jo-Anne Kennedy ~ 51 Alexander

THE LAST ALL-CANDIDATES MEETING

At the All-Candidates Meeting in September, one of the candidates was running on a single-issue platform, 'Member safety at City Park'. Was he right? There is certainly evidence: more frequent visits from the police, rising 'incident' reports from Security, and unsavoury characters in our halls visiting resident drug dealers. At the forefront of the fight to maintain safety at City Park is our Security Team headed by our new Security Manager, James Holmes. City Park has been deluged with many new managers in recent months and the Members should get to know something about them. Let's start with James.

James cut his policing teeth in the Royal Ulster Constabulary in Northern Ireland. He was stationed in Londonderry which, I am sure, was no bed of roses or shamrocks. Functioning in a volatile situation taught James the value of teamwork. James moved to Canada and joined Toys 'R Us where he worked as National Loss Prevention Director. During James' five years as Director, his team won several awards for its efforts. James next joined the University of Toronto Police at the Scarborough Campus where he worked for 12 years.

In dealing with Member issues, James wants to make every effort to listen carefully, to develop possible

solutions, and to devise appropriate actions. Our Members often complain that there is no follow-up and they are left wondering as to next steps. Hopefully, James will be able to change that perception. James agrees that feeling safe is not just a matter of equipment but attitude and empathy. When dealing with his staff, James attempts to foster a collegial model where problems are brought forward and solutions are developed by all involved. Not surprisingly, there are frustrations for James in doing his job and one of the main frustration is staff turnover and lack of professionalism. One thing that keeps James going is being thanked by Members for his efforts. Money permitting, three items on James' wish list are a refurbished office, a salary increase for the security staff, and improved training opportunities for the men and (hopefully) women of the Security Team.

James' free time is spent with his family, his dog, his garden, and his photography. Reading is high on James' list of relaxing pleasures with a particular emphasis on Canadian history.

It is James' hope that, working in harmony, we can make City Park a more welcoming, inclusive place for all. Amen to that say I.

Tom Maunder ~ 51 Alexander

COCKROACHES ARE BECOMING IMMUNE TO INSECTICIDES. HAVE A GREAT DAY!

If it's not the heat death of the Earth that consumes us; if we are not snuffed out by blight, famine and the volatile hubris of mankind, it's only a matter of time before the cockroaches rise up and conquer us all. They are growing stronger.

They are savvy to our defenses and devour them, snickering all the while at our impotent pest control burlesque. If things continue down this dark path the exterminated, in time, will become the exterminators.

This fatalistic vision is brought to you by the very disturbing news that cockroaches have apparently begun to develop a cross-resistance to powerful insecticides.

Scientists from Purdue exposed German cockroaches to different insecticides, and found that the cockroach populations not only developed a resistance to the insecticide they were exposed to, but also picked up resistances to other insecticides.

The super-immune insects can then pass their resistance on to their offspring, making it only a matter of time before a given population becomes, essentially, insecticide-proof.

"This is a previously unrealized challenge in cockroaches," says

Michael Scharf of Purdue University, who led the study. "Cockroaches developing resistance to multiple classes of insecticides at once will make controlling these pests almost impossible with chemicals alone." The research was published in the journal 'Scientific Reports' and will become the ur-text of the coming Global Cockroach Age.

THIS IS A PROBLEM.

Here's why multi-immunity insects are a problem. Exterminators typically use a cocktail of different insecticides, which are divided into classes based on toxicity, chemical composition and other factors. That way, if an insect is immune to one kind, another kind can knock them out.

Obviously, this doesn't work if cockroaches become immune to different types.

In this study, scientists were able to keep cockroach populations level through rotating insecticides but weren't actually able to reduce their numbers.

Scharf says resistance within a single generation of the cockroaches sometimes increased four- or six-fold. Combine that with the fact a single female cockroach can produce 200 to 300 offspring in her short lifetime and, well, you're looking at some cursed math.

Scharf's team concluded the issue is worse in low-income areas and other places where effective pest control isn't available.

The way to combat this, Scharf says, is to diversify pest treatment methods. This could include physical methods like traps and vacuums, and preventative measures like sanitation.

After all, cockroaches were on this earth millions of years before us. As they evolve, so must we; or they'll be here millions of years after we're gone.

(www.cnn.com - AJ Willingham, July 2, 2019)

Moth

As I pick up a mottled yellow leaf
this late summer morn –
surely left over from yesteryear –
it suddenly flies away
taking my breath with it

Two Brothers

Two brothers
sitting mostly in silence
some random thoughts shared

Occasional reminiscences
many stretches of quiet time
two hearts entwining

John Pollard ~ 31 Alexander

THERAPY ANIMALS – A KNOTTY ISSUE

The peace and harmony of the world is riven by climate change, globalization, and Donald Trump; the peace and harmony of City Park Co-op is riven by unreturned calls, missing work orders, and the issue of legitimate therapy animals versus pets.

The issue is a knotty one. Therapy animals have traditionally been dogs who have gone through a rigorous training and certification process. This lengthy training process is to prepare the dog to respond to a variety of physical and psychological situations being experienced by the human. This degree of attention is rather like a nurse practitioner who is on duty 24 hours a day ready to provide assistance. The natural abilities of certain breeds to sense trouble and deal with it is truly remarkable. The therapy dog is recognized by a distinctive vest which alerts others and allows the human to move about more easily in the world. Special consideration is given to people using therapy dogs. This special consideration should not be abused. The acquisition and use of the therapy dog is approved by a reputable physician familiar with the case. The training of the dog and pairing with the owner takes time and money and is not entered into lightly or frivolously.

And now the fun part begins. No one disputes that pets can provide great



emotional comfort for their owners. They are always there with their little tails wagging and their eyes both pleading and devoted. These pets seem to be able to read their owners like books

and to both anticipate and manipulate moods. Pets, especially, dogs can alert, protect, and provide affectionate company. They love and are loved and so break the cycle of loneliness that some people feel. But are they therapy pets? Some would say no because they have not gone through the training and don't have the paperwork. Others would say that, even without the paperwork, they are performing an important therapeutic function. The waters are further muddled by City Park Bylaws, City of Toronto Bylaws, and provincial legislation which are seldom in harmony.

The possession of a therapy animal implies not only rights but also responsibilities in the larger community. The same strictures are not always adhered to by pet owners. The problems caused by pets are often the fault of their owners. Not surprisingly, litigation regarding so-called therapy animals is blossoming in the United States. Landlords are pushing for evictions while tenants with pets are claiming their ducks, their alligators, their

anacondas, and their insects are necessary to their well-being. On-line certificate mills crank out bogus medical certificates to be waved in front of judges and Human Rights Commissions.

City Park is multi-family co-operative where everyone has the right to a clean, healthy, and safe living environment. The different strokes for different folks, laissez philosophy has distinct limits and should be challenged with rigour and appropriate documentation.

Check out the article by Farah Stockman in the Toronto Star - June 7th. Easily found via 'Google'.

Tom Maunder ~ 51 Alexander

I walk down the street,
There is a deep hole in the sidewalk
I fall in – I am lost ... I am hopeless
It isn't my fault.

It takes forever to find a way out.

I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it – I fall in again.
I can't believe I'm in the same place.
But it isn't my fault.

It still takes a long time to get out.

I walk down the same street
There is a deep hole in the sidewalk

I see it is there
I still fall in ... it's a habit

My eyes are open – I know where I
am

It is my fault – I get out immediately.

I walk down the same street
There is a deep hole in the sidewalk

I walk around it.

I walk down another street.

Ursula Carter ~ 51 Alexander



DEAR CRABBY:

CRABBY SOLVES
ALL

Dear Crabby,

I have absolutely had it! No more City Park Co-op Members' Meetings for me. The straw that broke this old camel's back was more like a plank. The meeting in question was on September 9th and was in response to a petition put forth by certain Members with concerns about equity in apartment allocation.

Unfortunately, the wording of the petition was problematic, the flow of information and/or misinformation was frequently shouted down, and

civility and decorum were harried from the room. Unsubstantiated allegations were made, and characters were impugned with cavalier abandon. Confidentiality was left gasping in the aisles. City Park meetings are to be run by Robert's Rules. Did the Members have in mind Julia Roberts? The Menesheviks and the Bolsheviks had nothing on this bunch. The Co-op is concerned about the lack of volunteers; it needs to look no further than this meeting for reasons.

Despairing

Dear Despairing,

Let's trundle out some City Park givens:

1. It was, alas, ever thus at City Park.
2. Vendettas have long lives.
3. Careful reading is a lost art.
4. Anger clouds vision, and
5. To 'bitch' is divine

Be positive and focus on all the potential creative writing material from one City Park meeting.

Crabby

THE LANDSCAPE PROJECT NEEDS
VOLUNTEERS

There are so many reasons why it would be good for you to volunteer to work in the gardens of City Park Co-op. We read about them all the time: the fresh air, exercise, sense of

accomplishment, engagement with community, etc.

With all these benefits, it would seem that there would be more than enough volunteers to care for our gardens, but that isn't the case. So, let's consider some of the reasons that you may be hesitating to don a sun hat and a pair of gloves and join us in the garden.



Is it the dirt?

They say that we each will eat a peck of dirt before we die. If this is the case, then why not do so while beautifying the grounds of our home.

From a blog on Proverbs and Sayings:

There is a proverbial phrase "You have to eat a peck of dirt in a lifetime (or before you die)."

The point of the saying is that no one can escape eating a certain amount of dirt on his or her food or more broadly that everyone must endure a number of unpleasant things in his or her lifetime. It is often said to console someone who has eaten some dirt or had to endure something unpleasant. My

grandfather's twist on it was that 'You don't want to do it all at once!' Volunteering for the Landscape Project will give you an opportunity to digest your allotted amount of dirt slowly.

Is it the bugs?

Yes, there are a few of those around City Park Co-op and, in the gardens, there are plenty of the crawly kind. However, unless you are severely allergic to bee stings, there isn't anything in our gardens that can do you harm. Some of us use bug repellent. There are some great natural and earth friendly repellents that work on keeping the mosquitos away.

Is it the flowers?

Maybe you don't know the difference between a perennial and an annual or can't tell a weed from a flower! That's ok. Gardeners love to give advice so you will have no shortage of willing helpers.

We are approaching fall, so you have all winter to consider volunteering.

Things to consider:

- There is no dress code. We only ask that you wear pants.
- Even Master Gardeners were novices at some time.
- Plants are very hardy and forgiving.

Jo-Anne Kennedy ~ 51 Alexander



I meant to behave, but there were too many other options

- Eleanor Roosevelt

DID YOU KNOW?

1.4 million Canadians are expected to develop Alzheimer's or dementia by the year 2031, almost three-quarters of them women.

Moderate alcohol consumption (one drink a day) is fine. In fact, in moderation, the antioxidant resveratrol that's found in red wine may actually help protect the brain and nerve cells.

The Alzheimer Society of Canada recommends a Mediterranean diet rich in fruits and vegetables, beans and nuts, healthy grains, fish and olive oil, which has been associated with lower levels of inflammation and oxidative stress, both detrimental to the brain and other organs.

The brain makes up two percent of our body weight but receives 20% of our blood supply. It's a fact!

GIVE CLOTHES A NEW LIFE THROUGH DONATION

The average Toronto household throws out 17 kg. (37 lbs.) of clothing and other textiles a year (based on

City of Toronto household waste audits). That's one trend that must end!

Manufacturing clothing requires raw materials and energy and often creates pollution. Instead of throwing out unwanted clothing, give it away through donation. There are a few places that accept clothing donations, and some even will pick them up. A number of stores also offer clothing takeback programs. The condition of the items that are accepted varies by organization, but none wants items that are wet, mildewed or contaminated with hazardous waste. Tip: before making a donation, contact the organization to confirm their location and hours, what items they accept and in what condition. For a list of non-profit organizations in Toronto that accept items for donation, visit toronto.ca/reuseit or download the TOwaste app.

HOW ORGANIZATIONS USE YOUR DONATIONS

Non-profit organizations use donations in various ways. Some resell clothing and household items to provide support and/or employment for those in need and fund their activities and research. Others distribute donations directly to their clients. You can support these organizations by donating items and shopping at their retail stores.

OTHER WAYS TO SHRINK YOUR CLOTHING FOOTPRINT

First and foremost, shop consciously. Buy only what you need and look for clothes that are high quality and will last. Consider shopping second-hand at thrift stores and lawn/garage sales are great places to find clothing that is new to you. You can also borrow, share or swap clothing instead of buying new or rent clothing for a special event or other one-time use. Repairing clothing can also help to extend its life.

The City of Toronto is a member of the Ontario Textile Diversion Collaborative, which is working to find solutions to reduce textile waste and keep clothing and other textiles out of landfill.

Learn more at OTDC.ca

BUCKET LIST FOR THE BOARD

Enforce, rewrite, or remove problematic Bylaws.

Look for solutions to our Security personnel turn-over.

Determine the cause/causes of the expensive false fire alarms.

Improve documentation procedures for eviction presentations to the Landlord and Tenant Board.

Take control of when our heat gets turned on, and off by consulting the weather forecasts. Our 'state-of-the-art' heating system does not take into account humidex values, how much heat our apartments retain, and for how long.

More Board participation in Co-op events.

BUCKET LIST FOR MEMBERS

Start treating each other, the Board and our staff, with a bit more respect.

Stop thinking that City Park staff are paid by, and work, for you. They don't. They work for the Co-op.

WHAT MEMBERS CAN DO TO HELP CONTROL PESTS:

DON'T DELAY TREATMENT OF YOUR APARTMENT! If you see pests of any kind (not the human kind), contact the Office immediately for treatment (416-924-6294) or pest.control@cpco-op.ca

PLEASE DO NOT FEED THE BIRDS OR SQUIRRELS on our property. Food encourages rats and other rodents to stay at City Park. Pigeon droppings are difficult to clean and are a health hazard when dry. Also, pigeon poop is acidic and known to damage concrete and corrode steel.

Did you know, that this past summer, the City of Saskatoon spent about

\$900,000 euthanizing a larger-than-expected flock of pigeons and cleaning out 619,430 kilograms of potentially damaging bird poop from the Senator Sid Buckwold Bridge.

(<https://www.cbc.ca/news/canada/saskatoon/bird-poop-removal-bridge-1.5279525>)

LETTING GO

Letting go of a busy workaday world
who am I now

Noticing a tired body yet still busy
mind
what do I need now

Hearing the calling of a tender heart
whispering "come home, come home"

where and when do I find all this ...
smiling at strangers,
especially the unnoticed
loving the tired body, just as it is
calming the busy mind
connecting with loved ones
listening more deeply
moving more slowly
caring more openly
seeing more clearly
relinquishing more freely

What to be ...

smiling
loving
calming
connecting
listening
moving
caring
seeing
relinquishing

How to be it ...
deeply
slowly

openly
clearly
freely

My new 'to be' list

John Pollard ~ 31 Alexander



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

Thank you

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