



**JANUARY~FEBRUARY~MARCH 2020**

**Volume 25 - # 1**

**NEXT DEADLINE: MARCH 20, 2020**

## **SIGNS OF THE TIMES...YET THE CONDOS KEEP GOING UP!**



(Photos courtesy of John Gordon ~ 51 Alexander)



**LINK** is published quarterly  
as of January 2020.

The next **LINK** deadline for  
submissions is **March 20, 2020**.



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new batch of survey data released  
by Statistics Canada.

And it's not just been a matter of months. In fact, a total of 173,600 households, or nearly two-thirds of those on the waitlist, have been waiting at least two years. Out of the total number of those households, one-fifth were already in a subsidized unit and waiting to either move to a new home or have someone from the household move out on their own.

Tim Richter, CEO of the Canadian Alliance to End Homelessness, says that the need cannot be underscored strongly enough. "It also points to the urgency of a federal government response, and that we should be doing as much as we can as soon as we can," he said.

Liberal MP Adam Vaughan, tweeted that Indigenous populations need to be focused on as well, noting that a national urban Indigenous program would be "the next chapter" in the strategy. Meanwhile, Ahmed Hussen, the new social development minister, said federal efforts would go towards the best way to quickly launch low-cost developments.

Hussen lauded the Liberals for their commitment to building new housing. "The federal government's role is to be a strong and reliable and long-term partner," Hussen told reporters. "The key is to continue that, to increase those investments, to make sure that municipalities and



## **MORE THAN 283,000 FAMILIES ARE ON AN AFFORDABLE HOUSING WAITLIST!**

During the federal election campaign this past summer, Prime Minister Justin Trudeau offered a number of solutions to the affordable housing crisis. Now that Trudeau has won his election, thousands of households remain confused.

While the Liberals \$40-billion, 10-year National Housing Strategy (NHS) was to add 25,000 new housing units and refurbish more than 300,000 public housing units – Canada's homelessness rates continue to rise. Currently, there are more than 283,000 households across the country waiting for affordable housing, according to a

communities can rely on us to really address the housing crisis in this country.” He noted that while hundreds of thousands of households wait for housing, another 1.7 million of them occupy the “core housing need” subset – those who live in a home that is too small or too expensive.

Tim Ross, executive director of the Co-Operative Housing Federation of Canada, said that all red tape should be eliminated in order to streamline housing projects.

“Perhaps now there’s an opportunity to fast-track some of that funding to build new supply to address the significant core housing need across the country, particularly those who are on wait lists for social and affordable housing,” he said, noting that most who received social housing were satisfied with their homes, but wished that their energy costs were also more manageable.

“For other households who are not satisfied with their dwelling, moving may not be an option given personal circumstances, financial constraints and housing markets in their area,” the study noted. “For them, housing dissatisfaction, and the circumstances underlying it, may constitute an ongoing source of disadvantage.”

On the plus side, a portable rent supplement might be coming down the pipeline in order to offer further

support for households in housing distress.

This was hinted at by The Canada Mortgage and Housing Corporation in a recent online statement which stated that it would soon have news about agreements with provinces and territories to “unlock more funding for community housing and provide direct benefits to low-income households.”

*(Written By Jenny Febbraro for torontostorys.com)*



"When you are dead, you don't know you're dead - it's only difficult for others. It's the same when you are stupid."

Anonymous



**JOIN THE ANNUAL  
SPRING CLEANUP!**

April 24-26, 2020

It's time to get together with family, friends and neighbours to clean up your favourite park, beach ravine or any other public space, including our

own property right here at City Park! Watch out for posters in the lobbies.

## **NEW YEAR'S TRADITIONS AROUND THE WORLD**

Cultures around the world ring in the new year in a variety of ways, with each custom intended to instill hope, optimism, and luck for the year ahead. The traditions are unique to their country of origin, drawing upon specific cuisines and celebrations, inherent to the culture. The earliest recorded New Year's festivities date back to ancient Babylon.

Babylonians celebrated with a religious festival called *Akuti*, a multi-day festival that honored the rebirth of the natural world. Here are just some of the fascinating celebrations from around the world.

### **1. BRAZIL**

In Brazil, everyone wears white because the color signifies luck and prosperity and is meant to ward off



bad spirits. Revelers gather on the beaches donning white garb where they jump seven waves—a lucky number in Brazil for good fortune – they also throw flowers into the

water as an offering to the goddess of the sea.

### **2. CHINA**

The Chinese New Year is the most important holiday in China and is rife with many different traditions. Homes and cities are lined with red decorations—a color that symbolizes good luck and good fortune. Fireworks are set off on both New Year's Eve, and again the next morning as a means to ward off negative energy. In addition, there are parades, decorative dragon statues, traditional food, and imperial performances to cap off the celebration.



### **3. ECUADOR**

In Ecuador, burning effigies signify burning the old year. Ecuadorians create large effigies in the likeness of pop culture figures and other icons and set them on fire at midnight. It symbolizes the





cleansing of bad energy from the previous twelve months and is meant to bring about good fortune.

#### 4. JAPAN



Buddhist temples across the country herald in the new year by ringing their bells 108 times, one for each of the human sins in Buddhist belief. Many Japanese people believe these cleanse them of the year's sins. Other common ways of celebrating the holiday include wearing traditional kimonos, and consuming soba noodles, which signify longevity.

#### 5. ISRAEL

Rosh Hashanah, the Jewish New Year takes place in the fall. A festival candle blessing is recited as well as a blessing over wine. Those celebrating enjoy apples and other fruits dipped in honey, which



symbolizes sweetness and blessings in the coming year. Throughout the

celebration, the *shofar* is sounded. This instrument is made of a ram's horn and is meant to symbolize humility.

#### 6. SCOTLAND

Scotland's Hogmanay celebration is one of the most rousing celebrations in the world. It comprises street entertainment, fire festivals and concerts, but is also known for its tradition of "first-footing." According to custom, the first person who crosses the threshold of another's home should bring a gift of luck. Traditionally, this gift was a coal for the fire or shortbread.



#### 7. ESTONIA

Traditionally, New Year's Eve involves Estonians trying to eat 7, 9 or 12 times, as they are all lucky numbers. The more they eat, the more plentiful food will be in the coming year.





**8. ROMANIA**

Romanian farmers try to communicate with their animals on New Year's Eve. If they are successful, it is believed they will have good luck in the coming year.

**9. SOUTH AFRICA**

Residents in Johannesburg party hard by throwing appliances out of the window, representing the adage "out with the old, in with the new".

**10. ITALY**

Wearing red underwear on New Year's Eve, is thought to bring love,



prosperity and good luck. In Venice, people gather in St. Mark's Piazza with a mass kissing session.

**11. ICELAND**

Iceland has a whole host of magical traditions said to take place on New Year's Eve – such as cows being able to talk, seals taking on human form, the dead rising from their graves and elves causing mischief.

**12. BAHAMAS**

The traditional New Year's Day Junkanoo Parade sees people don elaborate costumes in the hope of winning first prize.

**13. PERU**

In some Peruvian villages, people see out the new year with a good old-fashioned fist fight to settle their



differences. They can then wipe the slate clean for the new year.

**14. CANADA**

Known as the Polar Bear Swim, this



tradition started in 1920 and involves people jumping into freezing water on New Year's Day.

**15. U.S.A.**

New Year's traditions in America



derive from a variety of origins and beliefs. In New York City in the early 20th century, event organizers arranged to have a 700-pound ball lowered down a pole. It's since become a tradition to watch the ball start dropping and count down the year's final seconds.

Ursula Carter ~ 51 Alexander

### **EVERYTHING YOU TOUCH ENDS UP ON YOUR PHONE**

Did you know that the average phone contains **TEN TIMES** more bacteria than a public toilet seat? Let's face it, we use our phones everywhere, from a ride on the subway, the occasional toilet text or touching the

phone or tablet after cutting meat. Women's phones also have the inadvertent effect of makeup smears.

Other than the obvious visible smudges and dirt, various types of bacteria live on the surface of our devices such as *Staphylococcus Aureus* and yikes, sometimes *E. coli* which can contribute to acne and be responsible for several difficult-to-treat infections.

Why do our phones not receive the proper cleaning attention when we use them daily? People know not to use harmful cleaning agents that contain alcohol or ammonia on their devices because this will damage the delicate coating and possibly void the manufacturer's warranty.

Cleaning your screen with a non-toxic and alcohol-free cleaner is a great way to practice good tech hygiene and keep your phone looking its best. Daily cleaning will reduce the number of germs that thrive on the surface of your device.

### **DID YOU KNOW?**



'Pteronophobia' is a fear of feathers and being tickled by them.

It's a fact!



May 29<sup>th</sup> is officially 'Put a Pillow in Your Fridge Day'. Celebrated in Europe and the U.S. to bring luck and wealth to the household.

A baby octopus is about the size of flea when it's born.

In 2017, more people were killed from injuries caused by taking a selfie than by shark attacks. There were five deaths due to shark attacks, and 35 deaths caused by taking selfies in 2017.

In the 16<sup>th</sup> Century, Arab women could initiate a divorce if their husbands didn't pour coffee for them.

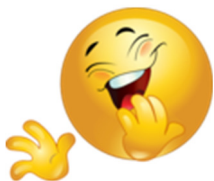
The oldest 'your Mom' joke was discovered on a 3,500-year-old Babylonian tablet in 1976.

The average male gets bored of a shopping trip after just 26 minutes.

Bananas are curved because they grow toward the sun.

And finally, what you could have lived without knowing...

During your lifetime, you will produce enough saliva to fill two swimming pools.



It's a fact!

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

Think you need antibiotics for a cold or flu?

Think again.  
Seek advice!

No, antibiotics don't work against common cold or flu viruses. Unnecessary antibiotic use can cause bacteria to develop resistance to life-saving drugs – making antibiotics less effective when you need them the most.

Learn when antibiotics are unnecessary and help to prevent antibiotic resistance.

Visit: [www.AntibioticAwareness.ca](http://www.AntibioticAwareness.ca)

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### **'TIS THE SEASON (TO AVOID GETTING SICK)**

Winter can be great, but unfortunately, it's also the season with a higher chance of getting coughs, sniffles and runny noses we all dread this time of year.

It's important to wash your hands after touching any public surfaces. A lot of people are sick during fall and winter, which is why studies show that by far, the most sick days are taken between October and March. Carry around hand sanitizer or make good use of the soap dispensers when available...and like Grandma says, "Don't put your hands in your mouth!"



Bundle up, but also drink plenty of fluids. It may seem simple, but, while we won't notice any sweat during the cold, your body is working overtime to keep you warm in the cold weather. Be sure to stay hydrated like a well-oiled machine...oiled with orange juice and pumpkin spice, of course.

A good excuse to avoid sick people is to stay inside and drink/eat warm food and drinks to keep your temperature up. Absolutely do not go out into the freezing cold with wet clothes or wet hair after a shower. Sweaty or soaked clothes are retaining all that moisture and will freeze around your body. No, it's not a protective layer of ice; it's a fast track to getting sick.

Keep your air fresh and clean...meaning, make sure you're not breathing in a lot of dust, volatile organic compounds (VOCs) and germs; keep your office surfaces as clean and sanitized as your kitchen counter at home – if possible, keep sanitizing wipes at the office. Use a humidifier if it's dry and stay away from the dingy furnaces and heaters kicking up dust bunnies from the early 80's!

Staying clean and fresh is a big part of staying healthy. Get lots of rest, change your sheets, enjoy fresh air and sunlight (while staying warm!) and stay topped up on Vitamins C and D.

And above all, go to the doctor as soon as you see any symptoms that you're taking a turn for the worse.

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

### **TO EAT OR NOT TO EAT**

Although it might be hard to believe, Canada does have a problem with malnutrition especially among older adults. A 2015 study by the Canadian Malnutrition Task Force found '45 per cent of older adults admitted to hospital ... were malnourished.' I find this figure alarming but not surprising.

Many older adults live alone due to the death of a spouse/partner or physical distance from children living in other parts of the country. Being alone after 50 years of marriage can be devastating and lead to loss of appetite and depression. There are other factors contributing to isolation and loneliness. There may be mobility issues which prevent the older person getting out to buy groceries or reduced income which curtails the buying of nutritious food. Stale dated butter tarts do not contribute to overall health and wellbeing. Vision issues may make it hard to detect the freshness of a piece of fruit. Arthritis can make food preparation a challenge as can standing at a sink for extended periods. What can be done to remedy this situation?

Cooking and eating in a social situation. For example, seek out a neighbourhood church lunch or attend a group that supplies food while discussing books or providing a guest lecturer. Art gallery openings usually provide food and drink to loosen the wallet, but you don't need to buy. Prepare meals ahead of time, a nicely presented meal whets the appetite, build up the nutritional value of frozen entrees or soups with vegetables. Find a friend to cook with or go out for lunch with on a regular basis. Watch the cooking shows or buy a cookbook which features quick, satisfying meals. It is never too late to build your food literacy. When you shop, look for the two-for-one sales and share the second item with a neighbour.

Social isolation can lead to loneliness, malnutrition, and depression. So, remember to "chow down".

Tom Maunder ~ 51 Alexander

*(With thanks to Cassandra Szklarski's article, 'Losing appetite for life and food', in the Toronto Star of February 2, 2019).*

## **CHILDHOOD MEMORIES**

On June 20, 1944 my mother Anna Martta Kesonen, my sister Marja Mailis and I, Else Mariitta Kesonen were aboard a train evacuating people from Räisälä (Finland) ahead of the advancing Russian army. Our train was stopped at Elisenvaara

along with a troop train and a train carrying supplies to the front.

While we were there, Russia deployed fighter planes to bomb the station. Being two weeks short of my fifth birthday the things I remember are vivid but other things have been blacked out by trauma or time. So, I can only write about my memory of the events that may be correct or not. My mother passed away in August 2006 and now I wish I had listened more carefully to the stories and made notes.

My sister and I were wearing white linen coats that mother had made from cloth that she herself had woven. When the planes started bombing, our Grandmother (aka 'Aiti' in Finnish) pulled us out of the car we were traveling in. The other people in that car were on the floor and to this day I do not know if they were dead or just trying to keep low. However, Aiti grabbed us and we got out of the train. Next to our train was a supply train with a gasoline car right in front of us as we exited the car. Aiti pulled us under the car with the gasoline to get way from the trains and I remember the soldiers telling her not to go there. As we got away from the trains, we started running across the open field to get into the woods. As we ran, the planes were shooting and Aiti would jump on top of us to cover our white coats so we would not be open targets. As the planes passed then we would run again.



We were able to get into the forest and rest by a tree. The planes had bombed a building, perhaps a building with hay or straw, and I recall a Red Cross worker(?) coming out of there with a woman and there was much blood on her head or face and she asked that mother cover our faces. A curious five-year-old had to see of course and that picture has remained with me.

I remember sitting under the tree and then nothing. All the rest of it has been blanked out by trauma. I was told that we were then taken to Pohjanmaa. Father, who was fighting at the front, was told that we were in the bombing and there was no information on our whereabouts till mother's letter arrived ten days later informing him that we were alive and safe.

I have often heard the term 'child of war' and have compared experiences with others and found that our emotions and actions have been influenced by these occurrences which can last for a lifetime.

We emigrated to Canada in 1952 and started our new life here. I have had two experiences in the years since that I believe are the results of the trauma suffered that June 20, 1944 day.

In the late 50's or early 60's I was returning from work on a hot summer day and had fallen asleep on

the bus. We were on the flight path of planes going to the airport in Downsview (De Havilland) and a plane was flying over and I believe the engine reminded me of Elisenvaara in my sleepy state and I started shaking with fear.

In 2001 after 9/11, I was sitting at a GO Train station in Clarkson waiting for a train back to Toronto. On a track behind me, freight cars were being shuttled back and forth. One of them was an oil tanker and once again the shaking started. So, the trauma of Elisenvaara continues.

It is incredible that a human being can remember something dramatic that happened 63 years ago, and that this memory can emerge in a safe environment so much later.

Else Kesonen ~ 51 Alexander

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### **WHAT IS THE NOTORIOUS NTA AND WHAT THE HECK DOES IT MEAN?**

Until I joined the Board, I had no idea of what an 'NTA' was and felt kind of stupid asking, but I did. An 'NTA' is a 'Notice to Appear'. You can receive one if you're in arrears, have a well-documented file of complaints from your neighbours (all which need to be backed up by security reports) and if you refuse entry for pest treatment. There are more, but you get the gist.

You've been reported for breaking by-laws often enough that it's been brought to the attention of the Board with a recommendation for a Notice to Appear. And if the majority of the Board agrees, then the letter goes out.

It's crucial that you do appear, because simply saying "I'm not going" isn't going to help your cause in the least. You'll get another one, and then eventually the office will have enough evidence that you are not willing to comply with the rules of the co-operative, and that can lead to eviction.

We don't enjoy issuing NTAs; however, if you get one, don't ignore it, please show up. We are a fair group and will listen and try to accommodate anything if we are able to.

Cathi Bond ~ 31 Alexander

### **TORONTO'S SCOOP ON DOG POOP**

Last spring, Green Bins were installed in all City of Toronto off-leash dog parks. Green Bins are for all organic waste, including pet waste, food scraps and peels, soiled paper plates and napkins.

The majority of waste generated in dog off-leash areas is organic waste, particularly dog poop. If dog owners and walkers properly dispose of dog poop in the Green Bins, there is a potential to divert an additional 300

tonnes of organic waste from landfill each year.

Using the Green Bin is easy – pick up dog poop with any plastic or paper bag and place it in the Green Bin. The bag doesn't have to be compostable or biodegradable. It is **mandatory to clean up after your dog in Toronto**. If there is no Green Bin available when you need to dispose of organic waste, put it in the garbage or take it home and put it in your Green Bin. **Never put dog poop in the Blue Bin (recycling)**. Organic waste put in the Blue Bin ruins recyclable material, sending it to landfill.

So, the next time you and your dog are enjoying a dog off-leash area in Toronto, **remember dog poop (in any bag) goes in the Green Bin (organics) and never in the Blue Bin (recycling)**.

To learn more about Toronto's Green Bin program, visit [www.Toronto.ca/Greenbin](http://www.Toronto.ca/Greenbin)

### **MORE FUN FACTS:**

Cuddling triggers the same neurological reaction as taking painkillers.

Holding hands with someone you love can alleviate physical pain, as well as stress/fear.

Studies have found that women are much more successful on dating websites if they wear red in their profile pictures.



The child of a couple in their 30s  
tends to find older faces more  
attractive than a child born to  
parents in their 20s.

Studies show that happiness is  
contagious and that potential dates  
find it hard to walk away from happy  
people.

Studies show that before a man even  
speaks, his posture counts for over  
80% of a woman's first impression.

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

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### **VULNERABILITY AND RESILIENCE**

I'm driving along in the car  
and Vulnerability and Resilience  
keep changing the station on the  
radio.

What to do?

Keep driving.

### **CHRISTMAS IS OVER**

The sunshine yesterday  
on Christmas Day  
has given way to  
clouds and rain and ice  
today

But the heart is still warmed  
by memories of family  
and friends gathering

More losses accumulate  
each year  
so each meeting

each moment of connecting  
becomes more precious

And mostly the quiet moments  
remain in the heart  
A glance, a touch  
an old remembering  
A simple favour  
A sweet parting

Maybe Christmas is not over  
after all

### **A NEW WINTER**

The first major snow of the season  
fell yesterday  
and yet it was mild out  
and good for walking  
on the land

As the ground was not yet  
frozen  
it was wonderful to smell  
the cedars and the pines  
and the earth itself

I breathed it all in  
as deeply as I could  
into the body-mind-heart  
inviting in any healing  
the natural world might offer

And then I felt drawn to  
offer myself up  
to the land  
and to the trees  
inviting them to take  
anything they might need  
from me

The perfect cotton batten snow

sat demurely and silently  
on the branches of the apple tree  
and on top of the perfectly red  
tiny crab apples  
I slowly circled the tree  
and felt drawn to pause  
in each of the directions  
knowing that no camera  
could ever capture  
what I was experiencing

I wanted to linger  
but it was time to go in  
I knew the day  
and these sights and smells  
would soon evaporate  
bringing a new day  
and new experiences  
tomorrow

But it has been  
a special day  
this first snowfall  
of a new winter

John Pollard ~ 31 Alexander



**DEAR CRABBY:**  
**CRABBY SOLVES ALL**

November 2019

Dear Crabby,

Are there no bylaws around here? Is there no enforcement of these bylaws? Is there no support for those

Members who do abide by the bylaws? Those Members who try to keep their balconies clean, who try to make sure they have rugs on their floors, who allow pest control to enter their apartments, who do not feed the sundry wildlife found at City Park. For the last four days, I have been channeling the experiences of a soldier in WW1: deafening noise, wall shaking vibrations, and dust. The cause? A neighbour decided to make significant structural changes to a unit. Once the exact location of the unit was determined, the question of valid permission was found to be more than problematic, and the work was at point where there was no going back. Promises were made to fully restore the unit; I am not holding my breath. What breath I have left. Sustained loud noises is a device used to break down prisoners of war. Is it now being employed at City Park? On the fourth day, some neighbours were informed of potential noise but, by then, the damage had been done. I hope the structural changes bring happiness to my neighbour; they made my life a living hell for four days.

Shellshocked.

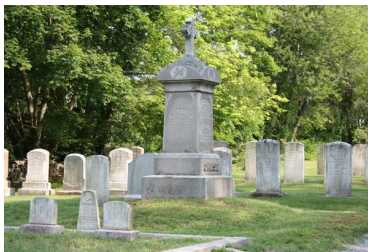
Dear Shellshocked,

Well, you're on bit of tear but I do feel your pain. Yes, City Park does have bylaws; yes, enforcement is a bit of a challenge, a sometimes-insurmountable challenge. In a perfect world, the Member would



have sought permission from the Board and some idea of the work to be done would have been presented. Documents committing to restoring the unit at the expense of Member would have been signed. Notices of intent would have been distributed along with hard hats and ear plugs. One of the tenets of co-operative housing is mutual respect for all members. In your case, respect was singularly missing all around. Gird yourself, it will happen again.

Crabby



Cemetery  
Humour - on a  
tombstone in  
New York state  
..."50 years I  
have perfect

health - now this!"

## FRIENDS FOR LIFE BIKE RALLY



I have so much to be grateful for. Good health, a loving Bike rally family and generous sponsors who have helped me contribute to its success over the years. Last year alone we raised over 1.7 million

dollars for the Toronto People with Aids Foundation.

Thank-you for that. I have been riding with the Friends for Life Bike rally since 2007. Sadly, our client base increasingly includes women and children fleeing from hostile environments who have been afflicted with AIDS. Please contribute to make a positive difference. Visit:

<http://pwaevents.org/marlin-BR-2020>  
to donate. Tax receipts will be issued for pledges over \$20.

Event Date: Aug 9, 2020

(6-Day Ride) Toronto to Montreal

Marlin Roy ~ 51 Alexander

## WHO CLEANS THE LAUNDRY MACHINES?

Recently I was stopped by two Members at 31, who voiced their concerns about the state of the machines in our building. I asked them to show me. They kindly did. If you open the washing machines you will notice rubber casings. I didn't know you could open them and clean them out. Maybe, this is the secret place where all my odd socks go. Well anyway, we opened them to find old tissue, dog biscuits, hair etc. resting therein. The Members felt that Coinamatic should be cleaning the machines.

I did take this to the Board and was informed that Coinamatic services the machines and any other

equipment they provide, but they most emphatically do not clean them. That is for our staff. We have asked our maintenance folks to do an extra check and clean, but fellow Members, what I would advise you to do is check out the machines first to make sure that the person using the machine before you didn't leave anything behind that might mingle with your laundry. Let's face it, there are Members here who aren't very considerate, and like it or not, we must take care of certain things ourselves.

It doesn't matter if it's Rosedale or City Park, there will always be inconsiderate people who leave their mess behind for others to clean up. From now on, I'm going to check and wipe out any garbage I find. Oh, life in the 21<sup>st</sup> century. Remind me to tell you story about living at 42 Maitland. There were rats in the basement laundry room, and there was a lot of screaming and then running up the stairs to get the frying pan. Some things are worse than tissue.

Cathi Bond ~ 31 Alexander



A visiting  
bird of  
prey



Snowman trying to escape!

*(Photos courtesy of John Gordon ~ 51)*

### **PHYSICIAN ASSISTED SUICIDE: A Personal experience narrative**

In recent years, few issues have galvanized Canadian public opinion in quite the same way as Physician Assisted Suicide. Physician Assisted Suicide is the procedure by which an accommodating physician will administer the drugs needed to cause a quick and painless death to a terminally ill patient. The opinions on the issue range from: this procedure is the gateway to state sanctioned euthanasia, through an affront to God and morality, to everyone has the right to choose the time of his/her death. It is not my intention to enter this debate but to merely share with you my impressions as I watched a friend wrestle with this issue as the disease took control.

My friend of forty-six years duration and a Member of the City Park Co-op entered hospital in the Spring of last year for what had finally been



diagnosed as Type 2 stomach cancer. The operation was deemed to be routine and the prognosis was very positive with a quick release from the hospital. My friend never did get out of the hospital as complication piled upon complication and the follow-up procedures eventually totalled eleven. Because I visited my friend every second day, I was aware of the precipitous physical deterioration and the panic attacks. Although the hospital talked about 'treatable,' they did not talk about 'curable.' Even if my friend managed to get out of the hospital, the quality of life would be severely compromised by feeding tubes, IV drips, mobility limitations and twice daily visits from Personal Care Givers.

My friend and I had often talked about end of life issues and he had made it quite clear that he did not wish to continue living without any real hope of things getting better. Discussions were begun with the attending physicians, the voluminous paperwork was signed, and my friend was moved to Bridgepoint and the Palliative Care Unit. My friend was kept comfortable with painkillers, but no other measures were employed. On the day of the procedure, the friends gathered in a large bright room on the 10th floor. The view to the north, east and west of Toronto was spectacular. The procedure was scheduled for 1:00 p.m.; the doctor arrived at 12:45 p.m. to explain the procedure. The friends gathered in a circle around

my friend, held hands, the two injections were made, and, by 1:05 p.m. he was dead. The group broke up and we went our separate ways.

The issue of Physician Assisted Suicide affects not only the old but also the very young. The discussions can be heart wrenching, but they must be had to make Canada a truly compassionate country.

Tom Maunder ~ 51 Alexander

### **SUDOKU (Intermediate)**

	3	8					5	9
		7	9	6				
			2			3		
	1						7	
2				5				8
9								
7							3	
	5		4		6			
1				2		8		4

Place every number from 1 to 9 in each vertical row, each horizontal row, and each 3-by-3 box – without repeating any number in each row or box. We don't have the answers, so good luck!



### **STAYING CYBER-SECURE**

Shopping, banking, and connecting online have changed our lives in a few short years, but the more time you spend online, the more you put yourself at risk – unless you know how to protect yourself.

The Internet can be a terrific resource, but it also has a darker side. All the information about yourself that you put online can come back to haunt you. Just being online without taking precautions can leave you exposed to cybercrime. As a result, you need to be cautious whenever you're using cyber technology.

Passwords are your first line of defense; they are the key that can unlock the vault, so to speak, and provide the criminal element with access to your innermost secrets and treasures. But there are many ways you can get taken for the proverbial ride online.

"The more we go digital, the greater the danger," says Ritesh Kotak, a Toronto-based cyber security expert who works with the Toronto Police Service. "There are risks and rewards, and I think the rewards outweigh the risks. But you do need to be careful."

So, what is it about the Internet that attracts all these miscreants, how do they operate, and what can you do about it?

"There's one reason criminals are gravitating to the Web, and that's because it's a lot easier than robbing a bank" says Daniel Tobok, chief executive officer of Cytelligence, a Toronto-based cyber security company. "Hacking has become a huge business," Tobok says. "It's

now the single biggest revenue generator for organized crime. Unfortunately, most people think they're not a target."

"A lot of the worst cases of individual users being affected by cybercrime are self-inflicted wounds," says Andy Ellis, the chief security officer at Akamai Technologies in Cambridge, Massachusetts. He points to people's behaviour on social media as being a widespread cause of problems, an idea with which Tobok and Kotak both agree. "Everybody puts way too much information out there," Tobok says. "People don't use common sense."

Online eavesdropping is common, Kotak says, because the bad guys are continually searching ('phishing') for any kind of useful information. "There are always more people listening than you think," Ellis cautions.

What to do about it? The first and most obvious line of defense on social media sites is your privacy settings.

"If your social media sites are completely open, scammers can use that information against you," Kotak says. "For example, we've all heard about the telephone scam where the 'grandson' calls to say he needs money because he's stuck somewhere. If your information isn't properly secured, scammers may be able to get enough information –



birth dates and ages, recent communications and so on – that they can make up a very believable story.”

“Personal information is okay among friends, but your settings may be public – if you post that information, anyone can see it,” Tobok says. “You should ensure that your settings are as private as possible.”

However, Ellis cautions that privacy settings, while helpful, are no cure-all. “Even if your privacy settings are on tight, you should assume that anything you put on your computer is public information.”

All three experts agree that the only real solution, when it comes to security on social media, is discretion.

Kotak says, “You have to treat any online information as being out there forever.”

### Online Scams

Then there are all those email or telephone scams, often using personal information that may have been gleaned from online sources such as social media.

In recent years, there’s been a dramatic growth in attacks in which you get an email or phone call purportedly from your bank or from Canada Revenue Agency (CRA) demanding some immediate action such as sending a pile of money to

avoid further grief (such as lawsuits or even jail time).

“If anybody contacts you by phone or email demanding money right away, that’s probably a good sign that they’re not legitimate,” Ellis says. “The government will send you a letter containing a phone number you can call to discuss a problem with your account. Nobody legitimate is going to demand money on the first call. What these people do is try to make you afraid.”

“These Revenue Canada scams are presented as an emergency, telling you that you have to act right away, and a lot of people get terrified,” Kotak says. “There’s always a sense of urgency. The key is not to be alarmed into doing something foolish.

“If you do get these calls, tell them you have to go but will get back to them, then hang up and look up the company or agency website or pick up the phone and call to verify that it is actually them,” Kotak says. “Always double-check any suspicious calls or emails, and never give out your username or password.”

### More Cyber-Safety Tips

There are a number of additional measures you can take. The following are some further security precautions recommended by the experts.

#### Update your software:

“Make sure you always install all the updates for your software,” Kotak says. “Contrary to what you may think, most of these updates are not to install new features; they’re usually to add more security to your system.”

#### Watch your downloads:

“Be careful about what you download, because there are a lot of viruses and types of malware out there,” Kotak says. “If they come as email attachments, they need to be deleted right away. And make sure any apps you download come from reputable sources.”

#### Avoid dodgy emails:

“Never open emails unless you know who they’re from,” Tobok says.

“Check the address and if it looks like garbled nonsense, trash it right away. Never open any attachments or click any links unless you know what they are and where they’re from.”

“We tend to take security for granted,” Kotak adds. “For the most part, we are decent, trusting people, and these crooks understand that and use it against you.”

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

## LONG-TERM GUESTS

Occupancy By-Law No. 3, Article 7.5 covers long-term guests. This bylaw is frequently misquoted. A long-term guest must be interviewed by the Member Selection Committee. The Board may approve or deny the request to allow the long-term guest.

Approval is not automatic nor is it necessarily for an indefinite period. If you have a long-term guest who is not registered and approved, that person has no status in the Co-op. That means that if something happens to you, the guest has no right to occupy the apartment unless the Board recognizes special circumstances.

The income of a long-term guest is normally included in the household income when the housing charge subsidy is calculated. This is subject to the requirements of the legislation and the City of Toronto guidelines and regulations. If the Member doesn’t report the presence of the guest and/or the income, the Member may lose their subsidy and have a charge for arrears. “I didn’t know” is not the best defense.

Now comes the subsection that causes the most confusion for many Members. Prior to September 27, 2014, a registered long-term guest in continuous residence for fifteen months was allowed to apply for membership, if the host Member consented in writing. That long-term guest would then, if approved for membership, have to reside in the host Member’s apartment for an additional twelve months before requesting a move to their own unit.

That subsection still applies, but only to those long-term guests who were registered with the Co-op prior to September 27, 2014. If the person had been resident prior to that date



but not registered, the fast track does not apply. The undocumented long-term guest would need to apply for membership and go on the external waiting list. The Board has the authority to recognize exceptional circumstances and has in a handful of cases.

Occupancy By-Law No. 3, Schedule B is the Long-Term Guest Agreement. The Member and the guest must sign it.

There are certain circumstances where a change in household may warrant approving membership for a long-term guest without going on the external waiting list. The easiest example is a marriage. Legislation defines the term, 'marriage'.

Next issue I'll write about a controversial bylaw and topic, dogs. Yes, there is a bylaw and yes, not everyone likes it and yes, there are problems.

Keep warm  
Bob Fisher ~ 51 Alexander

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### **AM I LOSING IT?**

Those of us who are fans of the murder mystery genre are aware of Hercule Poirot, Agatha Christie's brilliant Belgian detective. His uncanny powers of observation, analysis, and conclusion are not the result of his neatly trimmed moustache and shiny pomade but rather the result of his little grey cells. In other words, his brain

power. As we age, our little grey cells come under attack and lose potency. What can we do to keep them functioning as effectively as Hercule's? Here are some suggestions:

1. Be tested for sleep apnea. The test is greasy and cumbersome but worth it.
2. Practise good sleep hygiene. Do not stay up all night watching the 'Dead Files.'
3. Exercise regularly. Hercule is planning on joining the City Park exercise class. I am dying to see his exercise outfit.
4. Floss regularly. Ugh. Very demanding on your hand, eye, tooth co-ordination.
5. Engage in intellectually stimulating activity so join the City Park Book Group and be astounded by the repartee.
6. Treat hearing loss to fully know what people are saying about you.
7. Eat a health diet to protect heart valves.
8. Avoid sedatives and sleeping pills. Stick to Melatonin.
9. Face up to depression. Never easy but worth the work it takes to get better.

10. Stay socially active through volunteering. Not always pleasant but give it a try.

These suggestions are only some of many possibilities. When you discover the butter in the stove or the tenth overflow incident, the time for action may have arrived. Check out BrainMatters from Baycrest Hospital for assistance but don't expect to meet Monsieur Poirot there.

Tom Maunder ~ 51 Alexander

### CANADIAN TUNES

There are so many great music artists these days, it's hard to keep track of them all. If you don't subscribe to a streaming audio service online (Apple, Spotify, Google Play/YouTube Music, Amazon Prime Music, Tidal etc.), it's hard to be exposed to new artists/music.

Believe it or not, CBC radio does a great job of featuring a wide range of Canadian artists, including hip-hop and Indigenous artists. There are many, so please tune in (P.S. I do not work for CBC radio!).

Here's just a small list of Canadian artists that are worth checking out, especially the first one.

1. FAOUZIA – Born in Morocco and now a Canadian citizen, her vocal range is amazing, and she has perfect pitch. Her songs appeal to all ages.

2. Moscow Apartment
3. Cat Clyde
4. Kellylee Evans
5. Erez Zobary
6. Rose Cousins
7. Kayla Diamond
8. Sandra Bouza
9. Kaytranda
10. Tanika Charles
11. Nuella Charles
12. The Soul Motivators
13. Bywater Call
14. Jenie Thai
15. Tia Brazda
16. Ria Mae
17. Charlotte Day Wilson

I'm sure there are many more that can be included, but this is a good start. Enjoy! ~ ed.

### THE FACE OF POVERTY IS CHANGING OUR CITY

Poverty is no longer confined to the fringes of society. It is no longer the homeless man sleeping on the grate, the woman fleeing an abusive situation or a teen squeegee wielder. It could be your neighbour, your colleague or even a family member. The wealth gap in Toronto is widening and inequality is growing twice as fast here as in the rest of the country.

WoodGreen is one of the largest social service agencies in Toronto, serving 37,000 people each year offering long-term solutions to the most critical social issues facing our city today.



WoodGreen has a plan to tackle poverty. The Foundation is launching the 'Difference Makers Campaign', a \$20 million poverty reduction campaign to address all the inter-related facets of poverty including housing, skills training, stable employment, and the mental and physical health and well-being of the most vulnerable people in our city. Become a 'Difference Maker' and see the tangible impact in our community.

For more info or to donate, please visit [www.WoodGreen.org](http://www.WoodGreen.org)

### **GAIN WEIGHT SAFELY**

Most articles talk about New Year's Resolutions like losing weight, but some folks need help with the opposite!

If you haven't spoken with your doctor about ruling out any medical problems that could be causing you to remain underweight or to lose weight unintentionally, that's where you should begin, because conditions such as thyroid disease and diabetes can result in weight loss.

With that out of the way, here are some strategies that can help add wanted kilos in as healthy a way as possible.



**Make meals more special.** "Eating with others, eating in pleasant surroundings, and trying to make a meal an event so you're interested in eating is key," says Heather Keller of the University of Waterloo, Ontario. For example, try tucking in while watching TV, or invite a neighbour over to share a meal. And if you're not crazy about cooking, you might cut down on food prep by sharing kitchen duties with a friend or trying out a meal-kit delivery service.

**Maintain (or gain) muscle mass.** As we age, we have to work harder to keep our muscles from wasting, namely, by exercising and eating enough protein. (The minimum recommended amount for sedentary adults is 0.8 grams per kilogram of body weight each day, though many experts believe older people need

even more: 1.2 grams per kilogram.) It's also a good idea to distribute protein intake throughout the day, since if you consume too much at one sitting, your body

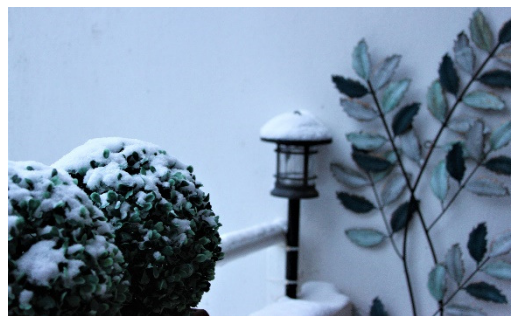
may not be able to absorb it all. Healthy high-protein foods that can easily be incorporated into meals and snacks include nuts, cheese, Greek yoghurt and legumes.

**Add healthy calorie-dense foods.** Many high-protein foods, such as nuts and cheese, are also high in calories. So are fats, so try eating more foods containing the heart-

healthy types, such as avocados and olive oil.

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

**W**ere you aware that Sobeys Urban Fresh at College Park is closing the end of January 2020? It will be replaced in the summer with a subsidiary, 'Farm Boy' which carries a lot of organic produce and products. Also, by the time this prints, Planet Fitness should be open at the south end of College Park on 3 levels. It is priced low at \$10 a month plus tax; way, way lower than the YMCA (but there's no basketball or swimming pool). ~ed.



*(Photos courtesy of John Gordon ~ 51)*



### **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)



*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.**