



JULY~AUGUST~SEPTEMBER 2020

Volume 25 - # 3

NEXT DEADLINE: SEPTEMBER 25, 2020

A DAY IN THE PANDEMIC LIFE IN OUR NEIGHBOURHOOD



April 22, 2020

Elevator Use

Dear Members,

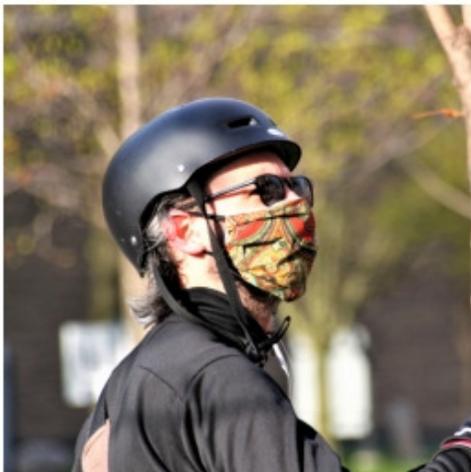
In an effort to stop the spread of COVID-19, please be considerate of the amount of people using the elevators.

**PLEASE USE ELEVATORS ONE PERSON AT A TIME.
IF THE ELEVATOR IS BEING USED, PLEASE WAIT FOR THE NEXT ONE.**



VectorStock

Yours Sincerely,



(Photos courtesy of John Gordon ~ 51 Alexander)

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submissions is **September 25, 2020**.



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HOUSING CO-OPS AND COVID-19

CHF Canada is working hard to support our housing co-op during COVID-19.

CHF Canada continues to add information and updates to their main 'Housing Co-ops and COVID-19' webpage which contains answers to Frequently Asked Questions (FAQs).

They are also maintaining pages with the latest on what COVID-19 means for co-ops in Alberta, Manitoba, Newfoundland, Nova Scotia, Ontario, P.E.I., and Saskatchewan and links for info in Quebec and BC.

CHF Canada survey results and response:

In May, CHF Canada launched a **COVID-19 Member Survey** to understand how co-ops have been affected by the health emergency,

and how they can best support us through these challenges.

They received **158 responses** from roughly equal numbers of co-op members, co-op board directors, and co-op managers and staff. Geographically, the response was fairly proportionate to CHF Canada membership: Ontario (66%), Prairies (13%), BC (11%) and Atlantic (9%).

The majority of responses indicated that, although there have been challenges, co-ops have been managing reasonably well so far with members supporting each other in ways that have made many respondents proud. There were concerns, however, most significantly about things like observing public health protocols and ensuring that co-ops continue to communicate well, be it electronically, with signage or other means.

Respondents indicated that CHF Canada's COVID-19 FAQ webpages have been helpful (86% said they used them and 92% said they found what they needed).

Asked how CHF Canada can best support co-ops going forward, members asked for links to public health advice and tips. They are working on compiling additional links to public health resources, useful site signage to encourage safe distancing, and other tools.

The top request was for information on how to handle board and members' meetings in compliance with provincial rules and regulations.

In response:

CHF Canada is developing more tools to provide guidance on conducting meetings, with the first focus being board meetings. The online program of webinars planned for late June will feature a session on board meetings, with emphasis on how to conduct them in the context of physical distancing.

They are also working on the more complicated question of AGMs, to comply with the various provincial acts on issues like proper voting, and inclusivity. For now, they are advising they be postponed. In the meantime, they urge members with any questions or concerns about holding meetings in their region to visit the COVID-19 FAQs and regional updates and to contact your local CHF Canada staff via phone or email.

CITY PARK BOARD ELECTIONS

Be Part of the Solution

Serve on the Co-op's Board of Directors

2020-21 CHALLENGES FOR CITY PARK

In September 2019, I was privileged to be appointed by the Board of City Park Co-operative Apartments Inc.

as President. My maximum 4-year term as a Board member ends this September. I would like to point out what, I believe, are some of the key upcoming challenges the next Board will have to tackle.

The challenges facing City Park today are as great as the ones that led former tenants to create City Park Co-operative Apartments Inc. some 30 years ago. Fighting against unjust rent increases and to better self-govern this wonderful residential complex for the best interest of its residents was no easy task but, the battle was won, and the Co-op was created. The Co-op has successfully provided comfortable and affordable housing in downtown Toronto for nearly 30 years. This has been done by following Provincial and Municipal guidelines as set out in our original 30-year Operating Agreement which will end in 2023. Important challenges that the next Board will have to resolve are in my opinion:

- 1. End of the Operating Agreement in fiscal 2023-24 (End of Mortgage).** The financial implications for City Park remain unclear as the City and Province are unable to provide any clear guidance on what the financial subsidy changes will be. The Board cannot make long term commitments beyond fiscal 2023-24 until this question is resolved.

2. Capital Projects. Two recent building condition assessments (BCAs) done by Enerplan (2019) and Walterfedy (2020) point out to multimillion dollar requirements that cannot be accommodated by the current operating and capital budgets that are proscribed by our existing operating agreement and City guidelines. Similarly, Colandco, a legal entity (land trust) controlled by the Co-operative Housing Federation of Toronto (CHFT), the owner of City Park, cannot provide guidance on the ability of City Park to remortgage the land to effectively tackle deferred maintenance issues.

3. Member Participation. Thirty years of affordable downtown housing seems to have diminished the interest of Members in the Co-op's activities. Be it a lack of desire from Members to serve as volunteers or on the Board of Directors, complacency is a threat to the future of City Park as a viable Member controlled Co-op.

The situation, while challenging, is no worse than the challenges original tenants had in the 1980's; fighting huge rent increases caused by numerous property ownership flips and creating a co-op to manage the property for the Members while keeping housing charge increases reasonable. What is important to remember is that City Park is not alone. Many other Toronto co-ops also have to

deal with the end of operating agreements, lack of membership interest, coping with deferred maintenance costs and operating a co-op on land held by a land trust. These major challenges lie ahead and can be overcome.

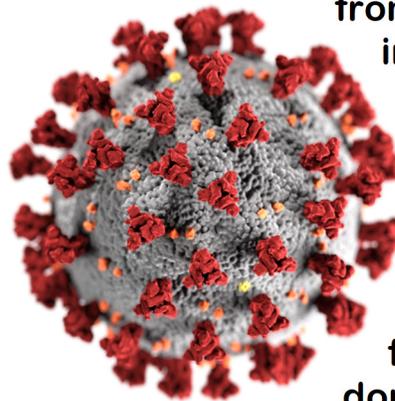
DO NOT STAND ON THE SIDELINES. If you feel you can serve the Co-op, now is the time to consider offering your name for the next Board of Directors election to be held September 12th.

It has been a pleasure to serve you by serving on City Park's Board of Directors over the last 4 years.

All the best,

Michel Gauvin, President – City Park Board of Directors

“All of humanity's problems stem from man's inability to sit quietly in a room alone”
– Blaise Pascal (kind of appropriate for the times, don't you think?)



MY BATTLE WITH PIGEONS

For some time now, I have been in the midst of an ongoing battle with the pigeons who frequent City Park. They evidently get fed from neighbouring apartments and then come to poop on my balcony railing and floor. It is difficult to clean up the mess afterwards – especially if they poop on the cement floor. This has been going on for months and months.

I have tried a few methods that I got on the Internet to discourage the pigeons – but all in vain. I have sprayed bleach on my railing (and accidentally splattered some on my clothes once). It worked initially – but I quickly learned that you need to spray daily or even twice daily. Another trick I tried was tying pie tins to the balcony cause I was told that the flashes of light that hit the tins when the sun came out frightened them and they were supposed to dislike the sounds the tins made when the wind blew them around. But that too didn't work - they quickly overcame their fears (if any existed) and were soon back performing their ablutions.

They frequently seem to come in droves in the late afternoon – I shoo them away and they seem angry, flapping their wings and lingering in the air in front of me for a few seconds. Then they circle around the courtyard numerous times – I stand on my balcony scowling, with my

arms crossed on my chest – trying to look scary, don't you know? Then they're heading straight towards me, but I stand my ground. Just before reaching me, they make a sharp turn and settle on the balcony next to mine. After which they fly away, and the entire show starts again until they disappear somewhere for the night.

It may seem silly: do pigeons really represent a dangerous nuisance? I did some research to find out just how dangerous they are. Are they really disease carriers or just dirty



aggressive birds who make a godawful mess? The answer is: yes. They carry extremely virulent germs. Among other ailments, *pigeons* are one of the causes of lung disease, one of the several forms of pulmonary fibrosis. It will make you shudder when you

consider the multitude of pathogens and diseases that may be present in pigeon poop. Pigeons can also carry mites and lice. Yuck!

Personally speaking, I really resent the way they strut around with their chests sticking out as though they own the place. I hate the godawful mess they leave wherever they go. It's not their fault, though – that's their nature. I blame the people who encourage them.

Despite all the warnings, some folks persist in thinking that the pigeons are not doing well enough on their own and continue to feed them. Also,

did you know that the population of smaller birds decreases with every increase in the pigeons?

Controlling pigeons permanently is difficult because these birds have adapted to stress, and there are many sources of food available in urban areas. Here's some other ways you can deter pigeons from landing on your balcony.

- Never leave food out where pigeons can get it.
- Try spraying them with water - pigeons won't appreciate the concentration of the water being targeted at them.
- Set out decoy owls or rubber snakes so that they are visible to the birds.
- Tie a string an inch or so above the railing of balconies so they can't land.
- Affix a mesh net to prevent entry into your balconies.
- One of the most effective methods of ridding the pigeons is liquid bird repellent. This repellent offers lasting results without causing harm to birds, pets, or the surrounding environment. Most bird repellents can be bought at hardware stores or garden centres – Canadian Tire should carry them as well.

And of course, lastly, and most importantly – don't feed them!

Ursula Carter ~ 51 Alexander

DID YOU KNOW?...

If humans killed each other at the same rate that we kill animals, we'd be extinct in 17 days! IT'S A FACT!

DID YOU KNOW?...

Humans have more empathy for dogs than they do for other humans. IT'S A FACT!

NOW FOR SOMETHING YOU REALLY DIDN'T WANT TO KNOW...

Most of the dust under your bed is actually your own dead skin!

UPDATE ON 2019-20 CITY PARK PROJECTS

Dear Members,

The City Park Board of Directors has been busy working on your behalf since September 2019. Below are a few of the projects undertaken by the Board in addition to its oversight of day to day activities.

1. Water Savings. Reducing water waste is an important benefit to the environment and will also help reduce operating costs. From January to March 2020, water saving toilets, low flow shower heads and aerators for the kitchen faucets were installed throughout City Park. This important project was completed without any problems.

2. Hydro Vault. Toronto Hydro instructed City Park to repair the

hydro vault (located on the west side of 51 Alexander) and this project begun in January and completed in April 2020.

3. End of Operating Agreement.

Sometimes referenced as the end of our mortgage, this will occur in fiscal 2023-24 and preliminary discussions with the City, CHFT, and the Province have been held. Funding beyond 2023-24 needs to be clarified before the Board and the Co-op can enter into any long-term contractual obligations.

4. Building Condition Assessment (BCA).

Studies completed by Enerplan for City Park (2019) and WalterFedy for the City (2020) demonstrate the need for multi-million-dollar investments in capital repairs that City Park cannot afford. This issue is closely linked with the end of the operating agreement issue. Preliminary meetings with City staff and CHFT have been held.

5. COVID-19. Since March 2020, this pandemic has created numerous challenges that were dealt with by our administration team. These challenges included: 1) staff assignments were modified to focus on building sanitization; 2) access to elevators, meeting rooms, the office and laundry rooms was reduced to minimize exposure risks; 3) a plastic shield was installed in the office as well as a debit machine for easy access for members; 4) electronic payment options (especially for rent) were made available to Members; 5)

Board meetings are now held electronically and 6) revenue losses are being tracked closely.

6. Office Staff. The 3year contract we had with RCMS to provide City Park office staff (6 positions) expired on May 31st, 2020, and, after careful consideration, the Board decided not to re tender for these services but rather hire staff directly. Hiring staff during COVID 19 restrictions has been made more difficult but all positions are now filled. Please welcome Jill Bailey-Manager Finance and Corporate Services, Kimberly DePass-Senior Administrative Assistant, Premilla Christy-Financial Assistant, Karena Gordon-Housing Administrator (RGI), Shelima Basdeo-Administrative Assistant and Tanya Nipa-Administrative Assistant to City Park.

7. Garbage Bin Storage Rooms.

Toronto Fire Services (TFS) identified the need to enclose, for fire safety, the garbage bin storage areas in our underground parking garages. Work begun in March 2020, was delayed because of COVID 19 restrictions but the project is expected to be completed by the end of summer. Although no car parking spaces were lost in the garages 22 storage lockers will be lost because of this reuse of space.

8. Member Lockers. City Park does not have as many storage lockers as units and some Members have been waiting for an available locker. The elimination of 22 lockers for the

garbage bin enclosure process necessitated the identification of available lockers to enable Members to move their locker contents. A thorough review identified numerous lockers that, while full, were unassigned, lockers that were still assigned to past Members as well as Members with 2 or more lockers. Numerous notices have been posted and unassigned lockers will be emptied in July so that they become available for City Park Members (1 locker per unit). Members with more than 1 locker have been asked to choose the one they wish to keep and empty the other(s).

9. Member Services. The Board recognizes that better tracking and follow-up of Member requests, work orders, complaints and payments is required. A new computerized management software YARDI-Voyager is being installed and should be operational by September 2020

10. St Jude Community Homes. City Park launched a pilot project with this social service agency to make it easier for City Park Members who need to access social support services. In February 2020, the service was launched but was halted in mid-March because of COVID-19 requirements. Service will hopefully begin again soon and, after six consecutive months of operation, both agencies will review the initiative.

11. Computer access and Library. In March 2020, a room in 31 Alexander (laundry level) was allocated for this service. Dotto-One and City Park have co-operated to provide 2-3 computers for use by Members who do not have access to one. Opening has been delayed because of COVID-19 requirements.

12. Asbestos Remediation. A comprehensive Asbestos Remediation Assessment for City Park's common areas and problem units was completed in April and remediation options and costs identified in June. The safety of City Park residents and staff is important, and work will begin as soon as possible. Notices will be posted when these projects begin.

13. Accessibility. Given the age and design of our buildings, accessibility for all will remain a challenge. Automatic doors have been installed for improved accessibility to the mailrooms, the co-op office, and the PMG Hall through 31 Alexander. Additional work will be undertaken to ensure the new garbage storage rooms are accessible.

On behalf of the entire Board of Directors, I would like to thank all the volunteers who contribute their time and efforts to help make City Park a great place to live in.

Michel Gauvin, President – City Park Board of Directors

REMINDER: Volunteering on City Park Committees and Projects is important. If there is a Committee or Project that interests you, please contact the Office. At this time, the Membership Selection Committee is looking for new members.

7:30

Each night
religiously at 7:30
we go out
onto our balconies
and make some
noise

Clapping, banging,
singing, ringing,
all to say
thank you

Thank you
to all frontline workers
in this pandemic
astonishing, remarkable,
courageous
possibly fearful
hearing the call
and moving into action
we are
so very grateful

Coming out onto the balcony
each night
I am so moved to see others
in my community
also show up
mothers and their children
seniors alone

Some nights



I love seeing
new people out
along with those
who come out
every night

Tears inevitably form
when the remembrance
of why we are coming out
arises

And how it feels
to experience the community
emerge and connect
mostly strangers reaching out
and showing up

Maybe this pandemic
will leave us with
newfound friends
possible connections

Let's at least hope
that hearts remain open
as our new world
slowly emerges

John Pollard ~ 31 Alexander

MUSINGS FROM 51

1. As City Park begins to emerge from the restrictions imposed by Covid-19, it is interesting to speculate as to what will be the permanent changes for the Members. Old friends from the neighbourhood who have succumbed to the economic collapse may never return. One of my favourite watering holes, Cora's, is no more. I will miss Sunday

breakfast with the regulars who always sat at the same tables and always ate the same breakfasts. Never mix; never worry. Carlton Printers has also bit the dust. Carlton Printers has had a long and checkered association with City Park, but no more will those white boxes appear packed with City Park documents. Staples doesn't provide the same thrill. Too corporate. The Lady Bug Florist, which was beside Dudley's, has now gone. The staff was both knowledgeable and obliging and their insights and suggestions will be missed as will the fragrance of their roses. These are but a few of the stores which will not be around after the pandemic.

Information has just reached me that VAP 29 has gone in a puff of smoke. On the positive side, one result which will hopefully stay is the support given by Members to each other. Errands run, prescriptions picked up, lottery tickets bought, and food requests filled. One thing I have noticed is phone calls from old friends who are reaching out to see if the old boy is alive and kicking. I now have next of kin as a first cousin has tracked me down.

"Nothing gold can stay/ All must change and fade away." Let's focus on the new gold in our lives.

2. I have been called many things during my long life. Some were pleasant; some not so much. On a recent overnight visit to TGH for an angiogram, I was ascribed a new

moniker - elder orphan. I learned the name when a discussion arose as to whether or not I could go home and be alone for the night. I have lived alone all my life and the prospect of someone sleeping over in my space was quite daunting. Nurse Ratchet was having none of my plans to have 2-hour checks by Security as they were not health professionals. As a result, I stayed in the hospital with the non-stop noise, a Code Blue, and a hallucinating roommate. Elder orphans live alone, have no family, no partner, and must fend for themselves. As a segment of the general population, the numbers of elder orphans are increasing, particularly among women. What can be done? Make sure you have a will with clearly delineated responsibilities, particularly Power of Attorney, and Power of Attorney for Personal Care. If possible, develop a community of support to monitor one another's situation. Even more than the traditional orphans, elder orphans need to take control of their own situation and make their own decisions. It is not always easy living out of mainstream.

3. As the pandemic seems to be continuing for the near future, the large balconies at City Park take on a new importance. These balconies have always been considered by some Members as extra rooms. Small patios can be created with chairs, tables, and flowers. Social distancing with masks can be

practiced easily with one guest. The balconies can be used as an expression of personality and creativity. When looking at balconies in other buildings, one is made aware of the diversity at City Park. Some balconies are neat, well-scrubbed, and colour coordinated. Umbrellas match chairs match awnings. Plants trimmed to the same height. Other balconies exhibit a more bohemian approach with mismatched furniture, faded awnings, and English Country Gardens gone wild. Other balconies appear to be used as revenue streams with drying laundry, evidence of furniture refinishing, and steel pipe grinding. Some balconies defy the laws of gravity as the piles of 'stuff' grow and teeter; others are hidden behind thick curtains. I wonder what is going in those apartments? On the other hand, maybe it is better not to know.

Tom Maunder ~ 51 Alexander

PARKS OF TORONTO II

TORONTO ISLANDS

The Toronto Islands are the most popular recreation destination for Torontonians. They are a home to parkland, the Billy Bishop Airport, several yacht clubs, Centreville Amusement Park, a residential area and several beaches. There is a bicycle rental place on Centre Island and canoes, kayaks and paddle boats can also be rented.

Half the fun of getting to the Islands is the ferry ride. You board a ferry from Queen's Quay docks and enjoy an exhilarating 15-minute ride to the island of your choice. The spectacular view of Toronto's skyline from across the harbour is well worth the trip alone.



But did you know that the Toronto Islands were once a peninsula? About 162 years ago a series of severe storms washed away the long sandy beach that connected to the mainland, forming what is now a series of islands.

There are three major islands – Centre, Ward's and Hanlan's Point – with paths, bridges and boardwalks that connect the islands. A short walk or bike ride takes you to one of



four sandy beaches – Centre Island Beach, Gibraltar Point

Beach, Hanlan's Point Beach and Ward's Island Beach.

I have visited the islands many times over the years, sometimes with a friend and sometimes alone. We would often rent bikes in order to cruise around the three islands and see the sights. Disembarking at Centre Island, we strolled toward the bicycle rental place – passing Centreville Theme Park along the way. There are over 30 amusement rides at the Park with scores of shrieking, fun-loving kids running around every which way. The park's buildings have a 1900's turn-of-the-century village theme and a lovely 1907-vintage carousel. Among other attractions are a Ferris wheel, a miniature roller coaster, swan boats, antique-style motor cars, an aerial ride & a miniature train ride. There's also a petting zoo and pony rides. Sometimes my friend and I would stop and watch the kiddies at play, followed by their frenzied parents. We couldn't help feeling a certain sense of relief that we had opted not to have kids.



After we got our bikes, we headed westward towards Hanlan's Point which provides a quiet escape and is best known for its clothing optional beach, where you can rid yourself of your garments and swim butt-naked

in the lake. There are public tennis courts located at Hanlan's Point and a sexy memorial of the island's namesake – Ned Hanlan who was one of Canada's great oarsmen. There is also a haunted



lighthouse, the Gibraltar Point Lighthouse, built in 1808 and one of the oldest buildings in the city to which is attached an eerie local lore about a murdered 19th-century lighthouse keeper.



Onward to the Toronto Island Marina. Recreational boating has been a popular activity on the Island for over a century and there are now several yacht clubs. There is also a

Toronto International Dragon Boat Race Festival here that is held annually. Canoes, kayaks and paddle boats are available for rental.



Our favorite island was Ward's Island which has a community of approximately 300 homes, concentrated at the eastern end of the Ward's and Algonquin Island. There are approximately 150 residences, most of which are occupied on a yearly basis. The layout of the streets remains as it has been since 1915. Ward's is cozy and secluded, with a few leisurely activities like baseball and lawn bowling.

I once had a good friend who lived on the island and we had some crazy good parties at his cottage. That was during the early '70's when Ward's Island looked more like a hippie haven. There are still remnants of those days present, but today it looks a trifle more yuppified – very pretty with some well cared for homes and flower gardens. A wonderful boardwalk lined with trees takes you along the water from Centre Island to Ward's. I've walked this boardwalk many times – it's a

long walk, but there are benches along the way and wonderful Lake Ontario to gaze at. A favourite eatery here was the Rectory Café, where we used to stop and have lunch. The Café had a pleasant patio overlooking the lake and the food was always great. Unfortunately, the Rectory is no more – due to the floods of 2017 and financial problems. The Island Cafe near Ward's Island ferry dock is also a fun place which offers snacks, meals and takeout.



Since opening in 1999, **Artscape Gibraltar Point** has become one of the Toronto Islands most popular event venues. All sorts of artists complete their residencies at this creative space where thousands of people have practiced their craft in the seclusion of artist residencies and studio spaces.

William Meany Maze is a little patch of magic. Small but mighty, this labyrinth of evergreens is a fantastical getaway. Located at the south end of Centre Island, the maze contains 1,200 black cedars which

create the twisting 15,000 square foot labyrinth. Kids & adults love it.



Ursula Carter ~ 51 Alexander



DEAR CRABBY:

CRABBY SOLVES ALL

19/06/2020

Dear Crabby,

In spite of the ever present danger of the spread of Covid-19, I think it is time for the City Park Management Team to unlock the doors and end the social distancing designed to keep us safe but lonely. Why do I say that? Because of the uptick in paranormal activity I have witnessed. One of the root causes for paranormal activity is the frustration caused by thwarted desires. When this occurs, the spirits

wander and the strange behaviour begins. What I have observed?

Information posters that appear and disappear. Painter tape on the lobby floor to demarcate safe distancing and control access to the elevators vanishes, only to return hours later. Mounds of laundry rest on the tops of four washers for two days and then evaporate into the ether. Is it a phantom doing his or her knickers who couldn't wait for the dryers?

Suspicious looking plants pop up on a balcony railing one day and are gone the next. Perhaps, someone is re-enacting *The Day of the Triffids*?

Stairwell doors opening and shutting by themselves; mysterious rummaging noises from the janitor rooms. Disappearing mail packages. Forget asbestos abatement; bring in Zak and the ghost busters.

Quaking in my sling backs.

- - - - -

Dear Quaking,

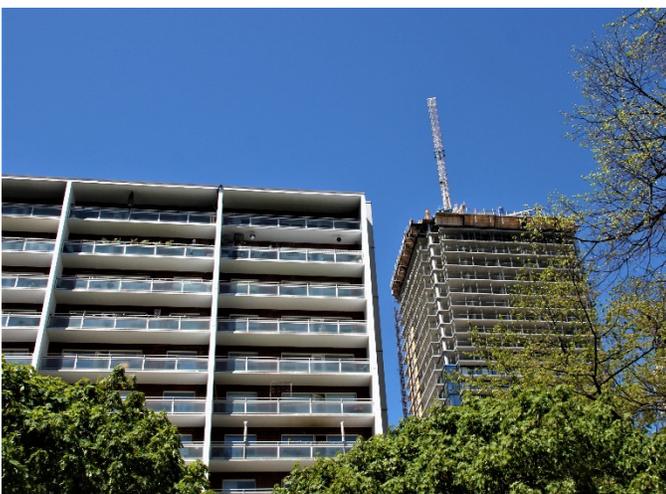
Get used to it. Behaviour in City Park moves to many different drummers. Some have said it is always Hallowe'en around here. I take a more positive position and celebrate City Park's diversity either corporeal or spectral. Welcome the spirits as they may be potential volunteers for Membership Selection. I would caution against balcony watching as it can cause delirium tremens.

Pursuing apparitions while wearing sling backs is also problematic.

Crabby

“TO DO LIST: Go to the pet store. Buy bird seeds. Ask how long it will take for the bird to grow. Watch for the reaction”.

FAMILIAR NEW SIGHTS





Photos courtesy of John Gordon ~ 51

THIS AND THAT AROUND CITY PARK

Although time seems to be standing still at City Park, there have been a number of initiatives completed, underway, or in the planning stages.

1. Members of our Landscape Committee have bravely undertaken the renewal of the two long pods in front of the entrance to 51. Previously, visitors to 51 would be greeted with what resembled over grazed cow pastures featuring a wide variety of weeds and concrete hard soil. Neglect ruled the day and ↑

→ created a very negative impression of City Park. These pods now feature a riot of colourful vegetation and prepared soil that might actually grow something, now and in the future. As the Bible says, to cast co-op seed is good thing.

2. In addition to the efforts of the City Park gardeners, we have a new landscaper called Shade Tree Landscaping under the direction of Alan and Aurilia, not Orillia. Hope always springs eternal, but it is often tested at City Park. Our thoughts and prayers are with Shade Tree as they break their backs to enhance our lives.

3. Michel Gauvin, our retiring President, has provided a list of the various projects and projects undertaken by the Board during 2019-2020. Several caught my attention. The response to the Covid-19 pandemic seems to be working well with most Members complying with the restrictions. Certain events have been cancelled but will, hopefully, live again in the Fall. There has been a complete reboot of the office staff and the hope is that many new brooms will sweep really clean.

4. We look forward to the reopening of the St. Jude Community Homes Outreach initiative and we also look forward to the opening of the library once the plague moves on and we can still read.

5. The Garbage Bin Storage Rooms, built with concrete blocks, are nearing completion and could also be used by Members for bomb or hurricane shelters or escapes from partners.

6. For those of you who are missing your visits to the gym, you might consider obtaining a copy of Physical Activity and Arthritis from the Arthritis Society. The exercises are low impact, do not require masses of equipment, and can be done on the balcony. If you choose to use the balcony, make sure you wear a fetching exercise outfit as dates may result.

7. Going to Loblaws or Shopper's is like a journey into uncharted waters. What will the staff be wearing for protection? Will I be allowed to pay with paper money? Will there be any thing beside chips on the shelves? Will I even be allowed in?

8. The jungle drums are beating to encourage Members to run for the Board. I hope some of you are listening and are prepared to jump into the fray.

9. Many thanks to Michel Gauvin for his tireless efforts as President. It has not been an easy time for City Park, but Michel soldiered on with good humour and patience. We wish him well with his new enterprise – B&B 484.

Tom Maunder ~ 51 Alexander



HOW TO PROTECT YOUR PET FROM FLEAS AND TICKS

A cat or dog with fleas or ticks in their fur is an uncomfortable and irritated pet. But did you know that these infestations can lead to more serious health problems for both your pet and your family? Some animals, and people, can suffer allergic reactions to flea saliva, causing rashes. Sometimes, fleas and ticks can transmit disease.

One of the best ways to detect fleas or ticks is to inspect your pet regularly, especially after an outing or contact with other animals.

Here's what to look for:

-Fleas are small insects (one to four millimetres long) with dark brown or reddish-brown flattened bodies. Look for black particles the size of milled pepper on your pet's skin near the tail on the back of your dog or cat.

-Ticks feed on the blood of animals, including humans. They have four pairs of legs and can be easily seen, especially when they're feeding.

If you find a flea infestation or a tick on your pet, the first step is manual removal:

-For fleas, use a flea comb and focus on where fleas are most likely to gather, usually the neck, tail or belly of your pet. Flea combs allow hair to pass through the tines, but not the fleas, and remove fleas, flea feces and dried blood. Deposit any fleas

you catch in hot soapy water to kill them.

-Ticks need to be removed carefully. Wear disposable gloves and grasp the tick with a pair of fine tweezers as close to the skin as possible, with the tweezers held at a right angle to the tick's body. Gently but firmly, pull the tick up and away from your pet's skin. Avoid twisting or turning the tick during removal. To kill a tick, you can freeze it, or submerge it in rubbing alcohol. Afterwards, throw out the gloves and wash your hands and the tweezers thoroughly. When appropriate, disinfect the site where the tick was feeding.

If you suspect Lyme disease and wish to send the tick for laboratory testing, contact our provincial public health department to find out where it is to be sent. Advice on how to handle, package, and ship ticks is available from the Public Health Agency of Canada at: www.phac-aspc.gc.ca, under Infectious Diseases.

To protect against fleas and ticks, many pet owners use products that are designed for skin contact with pets, such as spot treatments, shampoos, sprays, and collars. These products have been proven effective; however, it is extremely important to read and follow all the label directions for the safety of your pet and family.

More information, including a video on how to properly apply pet protection products is available at: www.healthycanadians.gc.ca.

You can also contact Health Canada's Pest Management Regulatory Agency at 1-800-267-6315 or www.pmra.infoserv@hc-sc.gc.ca

(from www.newscanada.com)

TIPS AND TRICKS FOR KEEPING YOURSELF BEHIND THE WHEEL AS YOU AGE

Practical tips can help reduce stress while driving and help you stay on the road longer.

If you wear glasses, use them. Driving is no time to be vain. If you have a second pair of glasses you no longer use but that are only a couple years old, leave them in the car. That way, if you break or lose your current glasses, you have a temporary pair at the ready. Other tips include:

-Keep your body as fit as possible. Whether it's yoga, dancing, or a full workout, a healthy body and mind help keep you flexible and strong enough for the demands of driving, including turning your head to check your blind spot, steering and stepping on the breaks in an emergency.



-Get regular checkups. Aside from physical health, your vision and hearing are vital parts of safe driving.

-Review your medications. Older drivers may take several different medications, some of which may affect your driving. Speak to your pharmacist about their effects (and combined effects) and what you can do to reduce their impact on your driving.

-Focus on your driving. While we constantly warn young drivers to limit distractions such as looking at your cellphone and texting, older drivers must also limit distractions and that includes chatting with passengers, changing the radio station and drinking coffee or water.

Concentrate on driving, and if you have passengers, explain to them that you need to focus.

-Tailor your car to your driving needs. If you share your car with your spouse or anyone else, ensure it's fit for you before you start the car. Is the seat positioned correctly? Mirrors?

For most of us, driving into our later retirement years is possible. We may need to adjust how and when we get behind the wheel, but these modifications will help keep us safe – and help us keep our independence on the road for years to come.

(an excerpt from www.goodtimes.ca)

AVE AND DAV PANDEMIC DINING



DID YOU KNOW...

Without your pinky finger, your hand would lose 50% of its strength. It's a fact!

And finally...did you know that 2,500,000 of your cells died while you were reading this sentence? It's a fact!

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

Why don't we ever see the headline 'PSYCHIC WINS LOTTERY'?



for reading this issue of LINK.

