

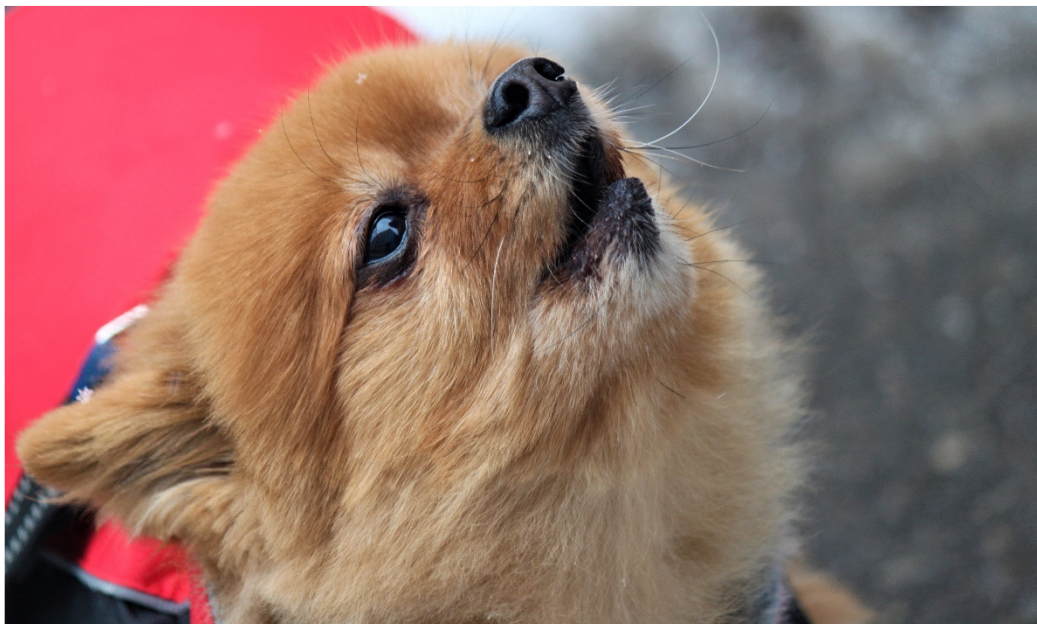


JANUARY~FEBRUARY~MARCH 2021

Volume 26 - # 1

NEXT DEADLINE: MARCH 19, 2021

IN MEMORIAM



BEAR is sorely missed by his Mum, Jo-Anne Kennedy and many City Park Members.

(Photos courtesy of John Gordon ~ 51 Alexander)

LINK is published quarterly
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The next LINK deadline for submissions
is **March 19, 2021**.



Your LINK Team:

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address the longstanding crisis of
anti-Black racism.

We see and are grateful for the work
you are doing to have these difficult
conversations in your families and
communities, and we want you to
know that CHF Canada is also
working on equity, reconciliation,
and anti-racism.

CHF Canada hopes that you will take
time to rest and connect with your
loved ones, while respecting the
public health guidelines for COVID-
19 in your area.

From all of us at CHF Canada, thank
you for all you do to build strong co-
op communities. And if you haven't
yet watched our video thanking co-
ops for staying strong during COVID-
19, you can watch it on our website.

In 2021, we'll be continuing our work
to keep co-ops secure, united, and
ensure that co-operative housing is
on the agenda as Canada recovers
from the pandemic.

We look forward to reconnecting
with you soon!

*Don't miss out on the latest co-op
news, success stories, and helpful
resources for your co-op.*

<https://chfcanada.coop>



CLOSING OUT 2020: STAY SAFE, STRONG, AND KIND!

At the beginning of 2020, none of us
could have expected how this year
would unfold.

Just as we have all had to make big
adjustments in the way we work, live,
and connect, the COVID-19
pandemic meant big changes to how
CHF Canada serves you, our
members.

This crisis has spurred us to try
many new things as an organization.
2020 has also been a year where
many of us have reckoned with how
we can support reconciliation
between Indigenous and non-
Indigenous people in Canada and

TORONTO ATTRACTIONS

St. Lawrence Market is one of my favourite spots in the city. It's a great food hall/farmer's market with a nice layout of food stalls containing great choices of fresh or prepared foods. You can come here for breakfast or lunch or to buy fresh cheese, produce, seafood, meats, pasta,



pastries, spices, including exotic foods, from all over the world. Even strange things like ostrich, kangaroo, and camel!! Or you can just roam around trying out different foods and enjoy the variety of shops. And did you know that St. Lawrence Market was named the best food market in the world by National Geographic.



The St. Lawrence Market complex was opened in 1902 and was once

home to Toronto's first city hall, police station and jailhouse. The building has two main floors with something like 200 vendors. Aside from selling food products, there are also craftspeople selling everything from handmade jewelry and clothing, to souvenirs and floral arrangements, plus a variety of curious knickknacks.



There are food stalls where you can sit and enjoy delicious sandwiches, soups, salads, pizza, cabbage rolls, juicy hamburgers – or veggie burgers - if that's your preference. There's also a great ethnic variety of food to choose from – Chinese, Japanese, Indian, French, Italian, Greek, Polish, Arabic – not to mention stalls selling health food goodies such as hummus, veggie burgers, spicy tofu



dishes, guacamole, and all sorts of organic products.

Here then are some of food stalls that will surely satisfy the most discriminating palates –

Uno Mustachio makes one of the city's best veal sandwiches - served



with a few slices of fried eggplant, slathered with tomato sauce, and loaded with complimentary sweet or hot peppers, onions, and mushrooms. Eggplant parmigiana is another delicious meal – served on a tasty Italian bun.

Carousel Bakery's famous peameal bacon on a soft bun is the most iconic sandwich in town and if you haven't yet tried it, you should consider it an obligation to eat.



Carnicero's is also a good bet - their crispy skinned, roasted side bacon is a seductive sight, and they'll carve it to order, then pile it onto a bun.



The chaotic ritual of lining up at **Buster's Sea Cove** is worth all the commotion. The sandwich features lobster salad nestled into a buttery split-top bun – you can also try their crab cakes, clam chowder or lobster bisque. A classic favourite, their fish and chip plate is hailed as one of the tastiest dishes in the market.



Yianni's Kitchen – Yianni's specializes in homemade Greek foods such as lemon chicken with rice, souvlaki (pork or chicken),



moussaka, roast lamb, stews, Greek salads, falafel, and gyros (chicken, lamb, or beef). They also serve one of the best breakfasts in the market: omelets, bacon, sausages, and salads to keep you energized all morning. A cup of coffee and a box of fresh, cinnamon sugar-covered apple fritters are a taste sensation to share with friends or family.

Non meat-eating folk are not forgotten. **Cruda Cafe** specializes in raw vegan foods including green wraps loaded with vegan pate, avocado, sprouts and seasonal vegetables. With delicious salads and smoothies, you can get your healthy eats, without sacrificing taste. Another goodie is their sun-dried tomato or enchilada wrap. If all you're looking for are some cheap snacks – here's a list of what's available - pierogi, mustard sticks, oysters, cheese-stuffed hot peppers, cabbage rolls, crepes, mushroom

pesto pizza, all kinds of delicious cheeses –



are you hungry yet?

And then there are the baked goods - bagels, Portuguese custard tarts, donuts, beautifully presented cakes and pies, cookies, buttery croissants.

There's a restaurant with live music performances so we can all eat and be entertained at the same time.

But there's more to St. Lawrence Market than buying food and such. The market also plays host to an ongoing roster of events throughout the year, such as cooking classes, culinary skills workshops, talks and dinners.

Then there's **The Sunday Market** - a weekly antiques and collectibles show that takes place every Sunday at the North Market. This is where you'll find hip young urbanites rubbing elbows with savvy collectors and interior design magazine editors. They all know that there is but one place to go for that 'one-of-a-

kind' find. From antiquarian books to vintage jewellery, from fifties retro to Victorian sterling and architectural salvage - the Toronto Sunday Antique market is bursting with rare finds.

Here are some interesting/amusing tidbits of history-based facts to entertain you about St. Lawrence Market –

1. Ye Olde Market! - although St. Lawrence Market has had many stages in its evolution, its ultimate beginning dates way back to 1803. It was Lieutenant Governor Peter Hunter who set the boundaries of Toronto's first official market - the first permanent market building was quick to follow in 1820.

2. Here There Be Shopping (but only sometimes) - the Market Block was alive with city activity! That is, when it was open. Back then in the 19th century, the Market was only open on Saturdays, which meant you had a pretty narrow window to go and get your groceries.

3. It's All Fun and Games Until Somebody Loses an Eye - for the most part, the Market was a jolly place to be – but let's remember that times were very different. In addition to auctions, socializing, and the selling of wares, the Market Block was also the place where public punishments were carried out – mainly flogging.

4. Illegal Produce

Part of the reason the Market Block was so popular on Saturdays is because it was the only place in the city you could legally buy... well, anything! Toronto bylaws of the time banned the selling of eggs, butter, meat, and vegetables between six in the morning and four in the afternoon... except at the market.

5. Up in Flames

Here we have the fiery bits of the Market's history. The original market building was made of wood, and in a time when people had less of a handle on fire safety that was just a hunk of kindling to the 1849 Great Fire of Toronto. After the blaze, a brick building was constructed in its place. They called it St. Lawrence Hall!

6. Brick Makes Everything Ritzy

The new brick structure opened up the activities that took place in the Market Block even further. Vending continued as normal, but the Hall also hosted concerts, lectures, exhibitions, and public meetings!

7. Sorry, There Are Just Too Many of You

The buildings preceding today's St. Lawrence Market underwent many renovations over the years (only one of them flame related in case you're wondering). Maybe the most peculiar reason for renovating happened in the late 1890s. The population of Toronto saw a dramatic spike around that time, so St. Lawrence Hall had to be completely rebuilt in

order to accommodate the growing populace.

8. Bunch of Copycats

So, we're not saying St. Lawrence Market was the best public market in Toronto, but we will say it was the first. Quick to follow was St. Patrick's Market founded in 1836 and St. Andrew's Market came about in 1850. Of that trifecta, St. Lawrence Market is the only one still operating as a market. Kensington Market made its appearance in the early 1900's.

9. Police Station Priorities

The South Market building, in addition to being the first City Hall, was also the first police station! The proof? There are still some chains hanging from a wall where prisoners used to be chained. (Ok, admittedly these are from a Halloween party in recent years ... but they are where we are told chains used to hang). As if being in shackles wasn't bad enough, remember that the Market sits on the shore of Lake Ontario. When inevitable flooding happened, rumour has it unlocking prisoners was not a top priority, and there were, some say, a few gruesome, watery deaths.

St. Lawrence Hall

St. Lawrence Hall (located at King Street East & Jarvis) opened in 1850 and was Toronto's first large meeting hall. Named for Canada's patron saint, it was for many years the centre of cultural and political life in Toronto.

Built to serve city debutantes and the elite for social gatherings, rallies



and recitals, St. Lawrence Hall was – and continues to be – a premiere 19th century building. With its delicately etched stonework, ornately detailed roof cresting and the domed cupola, St. Lawrence Hall is unmistakable. Designed by William Thomas of Toronto, its grandiosity and reverence as a part of Toronto's history defines it as a significant architectural masterpiece.

The Community Harvest Festival opens up Market Street to the public for an all-day street festival to share the flavours, sights and smells of fall at St. Lawrence Market! With a variety of unique food dishes from the Market merchants, as well as live performances and activities, the Festival is a popular event for Torontonians.





Ursula Carter ~ 51 Alexander



In every circle
of friends
there's always
that one person
everyone
secretly hates.

Don't have one?

Then it's probably you. ~ Will Ferrell

A MEMBER WRITES...

Dear City Park Members,

First, I want to thank those of you who voted for me to be on the Board. I thank you for placing your confidence in me even though I have never been on a Board. I discovered very quickly, however, just how much work is involved... too much, unfortunately, for me to take on.

I never realized just how much work your volunteer board does for you! It's awesome! And this new Board of Directors is a really great group of people supremely dedicated to

making City Park a great place to live. They put in hours upon hours of time and effort to make it all happen. Board meetings, for example, which occur twice a month, can be as long as four hours. In addition, each Director is responsible for reading all the material pertaining to the functioning of the Board (which is voluminous) as well as being a liaison with the various committees.

I plan to contribute as best I can by being on several committees. I want to encourage you to do likewise, knowing that you are helping yourselves and other Members to create a better place to live.

Sincerely,
Louise Gabrielle
31 Alexander

43 EMBARRASING GRAMMAR MISTAKES EVEN SMART PEOPLE MAKE

Like it or not, words, spelling, and punctuation can leave a lasting impression on others. But even the most educated people often unknowingly make these common flubs.

When someone uses grammar incorrectly, do you make an assumption about his or her intelligence or education? Like it or not, words, spelling, and punctuation are powerful and can leave a lasting impression of others.

But even the most educated people often unknowingly make common writing and speaking flubs. Check out this long list of ubiquitous grammar mistakes. Guarantee: You'll either learn something new or find a few of your biggest pet peeves here. (And likely, you'll find fault with my own use of the English language. I welcome your thoughts, critiques, and insults.)

1. First-come, first-serve

It should actually be "served." Without the *d*, the phrase above suggests that the first individual who arrives will be the one who serves everyone, which is not the idiom's intent.

2. I could care less

Think about this one for a minute. The way it's written above suggests you possess care which still could be allocated to the situation in question. "I couldn't care less" is correct because it communicates that "I have no more care to give."

3. Irregardless

Up until 2020, this was not a word, yet it was used frequently. It's simply "regardless," as in "Regardless of what you think about grammar, you'll look silly if you use it incorrectly."

4. "I" as the last word in a sentence.

This mistake is remarkably common, yet a correct example would be "Karlee talked with Brandon and me." The trick to getting this one straight is to take the other person's name out of the sentence and see if your personal pronoun choice still sounds right. "Karlee talked with I" is awkward and incorrect.

5. "Me" as the first word in a sentence.

I hear people saying things such as "Me and Brandon met at Starbucks this morning" all the time, even though it's always wrong. "Brandon and I met at Starbucks this morning" is correct.

6. Shoe-in

"Shoo-in" is what you really want to write when you're trying to say that someone is a sure winner. It's because when you "shoo" something you're urging it in a certain direction.

7. Emigrated to

"Emigrate" and "from" always go together, as do "immigrate" and "to." To emigrate is to come from somewhere, and to immigrate is to go to somewhere. "Colin emigrated from Ireland to the United States" means the same as "Colin



immigrated to the United States from Ireland."

8. Overuse of apostrophes

These little guys are ubiquitously misused. Apostrophes indicate one of two things: possession or letters missing, as in "Sara's iPad" and "it's" for "it is" (second / missing). They don't belong on plurals. "FAQs," for example, should not have an apostrophe. Also, people often make a mistake with their own last name. If you want to refer to your family but don't want to list

everyone's first name write "The Johnsons" not "The Johnson's." Another big one: Decades should not have apostrophes. For example, "1980s" is correct but "1980's" is not.

9. Prostrate cancer

This one is a simple spelling mistake resulting from an extra *r*. "Prostrate" actually means to lie face down. The "prostate" gland is a part of the male reproductive anatomy.

10. Slight of hand

A "slight" is an insult, whereas "sleight" indicates dexterity or cunning. It's why "sleight of hand" is commonly used in the world of magic and illusion.

11. Honed in

Just know that to "home in" on something means to move toward a goal, such as "The missile homed in on its target." To "hone" is to sharpen.

12. Baited breath



When I think about bait, worms and lures come to mind. The first word should actually be "bated," which stems from the verb "abate," meaning to stop or lessen. So, if you're trying to say

that someone is holding his breath, you can see that "bated breath" makes the most sense.

13. Piece of mind

If you want to share what you're thinking with someone, this could work if you add "my" before "mind." But if you're trying to indicate tranquility, then spell it "peace."

14. Wet your appetite

"Whet" means to sharpen or stimulate. As such, the latter spelling is more appropriate.

15. Make due

"Due" means "owed", and that's not the intent with this idiom. "Make do"

is the proper way to say that you're going to get along with what you have.

16. Do diligence

"Due diligence" is the proper business and legal term. It means you will investigate an individual or company before signing a contract.

17. Peaked my interest

To pique means to arouse, so the correct phrase is "piqued my interest," meaning that my interest was stimulated. While the incorrect way it's written in the heading may suggest that someone's interest was taken to a high level, it's still wrong.

18. Must of, should of, would of, and could of

All those *ofs* should be "have." The proper versions were corrupted by contractions such as "must've."

19. Per say or persay

Both are incorrect because the Latin phrase which means "in itself" or "intrinsically" is spelled "per se." The best communicators speak and write clearly and concisely and probably avoid phrases like this one anyway.

20. All the sudden

Whether you say "all of a sudden" or "all of the sudden," the preposition "of" must be involved either way. But if you're really trying to say "suddenly," just do.

21. The first-year anniversary

The use of the word "year" is redundant. "The first anniversary" or "the 50th anniversary" suffice.

22. Worse comes to worse

"Worse comes to worst,"—note the *t*—is better because it indicates

something has degraded from one negative plane to the lowest possible.

23. Unthaw

Even though people use this word as a verb all

the time, the best way to "un-thaw" something would be to put it in the freezer. Is freezing what you mean, or thawing?

24. Hot water heater

If anything, it's a cold water heater. Just use "water heater."

25. Boldface lie

"Bald-face" means shameless or showing no guilt. When a person tells a bald-faced lie, they are openly



lying. An acceptable variant of this phrase is a "barefaced lie."

26. Chock it up

The correct version—"chalk it up"—comes from keeping score on a chalkboard.

27. Through the ringer

The incorrect example above is missing a *w*. A wringer is an old-fashioned mechanism which presses water out of clothes being washed by hand, a process indicative of giving someone a hard time.

28. Subject and pronoun disagreement.

This one is subject to debate. Take the sentence, "A person who smokes damages their lungs." See anything wrong there? You should. "A person" is—obviously—one person. But "their" is a word you would use if you were referring to more than one person. Correct sentences could either read:

- "People who smoke damage their lungs."

or

- "A person who smokes damages his or her lungs."



In the first bullet, "people" is more than one person and now agrees with "their." In the second bullet, the use of "his or her" can be awkward, so you can just pick one or the other as long as you're sensitive to any gender issues an audience might raise.

29. Given free reign

It's easy to see why this one looks correct, considering that "reign" is something that kings, queens, and other sovereigns do. Yet the correct idiom refers to the reins which control a horse. When you give a horse "free rein" you let it go where it wants to go.

30. Nip it in the butt

To "nip" means to pinch or to bite. Therefore, the correct version is "nip it in the bud," which refers to snipping off a flower bud before it can bloom. The idea is to put an end to something before it gets worse.

31. Tie me over

You don't really want someone to tie you on top of something, do you? The phrase "tide me over" is talking about sustaining someone through a difficult time and refers to the ocean's tide, which is capable of moving boats to a new location when the wind will not.

32. Tow the line

To "toe the line" means to follow the rules. It comes from runners who put their toe to the line before running a race.

33. Chalk full

The word "chock" is an Old English word which means "cheek" as well as "full to the brim." In other words, "chock-full" means "mouthful."

34. Throws of passion

Just know that a throe is a sharp attack of emotion. So, to be in the "throes of passion" is to be violently consumed by something.

35. A mute point

Mute means silent, so would you really want to make a point that doesn't say anything? A point that is "moot" is debatable or doubtful. So, a point can be moot, but not mute.

36. Overuse of "literally"

Some people throw this word around as an embellishment to intensify whatever they're trying to say. But "literally" means "actually" or "in a strict sense." So, if you say, "My head literally exploded," you are lying.

37. Espresso

The strong coffee drink brewed into a tiny cup is pronounced with an "s"

in the first syllable and written "espresso."

38. Jive with the facts

Jive can be defined as a colorful form of speaking, or as referring to certain kinds of jazz or swing music. Since "jibe" means "to agree," the correct phrase would be "jibe with the facts."

39. "For-tay" for forte

If you're trying to say that something is or isn't your talent, the technically correct way to pronounce "forte" is "fort." The only problem: Lots of people understand what you're trying to communicate if you pronounce it "for-tay," which is incorrect. So, if you use the correct version you'll sound intelligent to the grammarians of the world but you risk alienating a certain percentage of people who will not understand your meaning. My approach: Avoid "forte" altogether and say, "It's not my strength."

40. Eccetera

Pronounce "etcetera" exactly how it is spelled. Lots of people bristle when a speaker drops the "t."

41. Deep-seeded

The incorrect spelling above seems like it could be right since something that is planted deeply in the ground would be firmly established. The

correct expression, though, is "deep-seated."

42. Extract revenge

When you "extract" something, you remove it. "Exact," when used as a verb, means "to require or demand." Look it up if you don't believe me.

43. Sneak peak

A "peak" is the top of a mountain. The correct word is "peek," which means a quick look.

What other written or spoken errors drive you nuts?

(Written by Christina DesMarais -
www.lnc.com)



FOODS THAT SUPPORT SLEEP

Sleep is the most effective stress-management tool we have.

Unfortunately, there is a vicious cycle between poor sleep and poor diet in that if we eat poorly, we may not be able to sleep well, and if we don't sleep

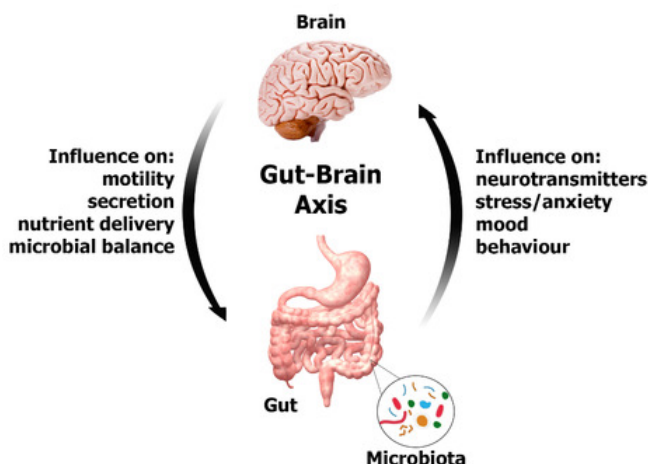
well, we will most likely eat poorly. Nutrition can and does impact the length and quality of our sleep.

If we don't sleep well we can actually wake up craving more carbohydrates. Typically this is going to be simple carbohydrates, or maybe your first go to in the morning would be a couple of mugs of coffee. These are foods that aren't going to give you sustained energy for the rest of your day – particularly if you've had a poor night's sleep. As an aside, if we're not getting enough sleep or experiencing heightened cortisol levels, this leads to reduced insulin levels and we can experience reduced muscle mass. We'll store more body fat, we'll experience increased appetite and a slower metabolism. This all relates back to hormone dysregulation.

The gut-brain axis:

This is the connection between our gut and our brain. There's been a ton of research in recent years about the connection between gut bacteria and our brains. There is communication between those two

parts of our body via the vagus nerve. We can make and convert some of our neurotransmitters in our guts if our guts are functioning well. This is extremely important when it comes to our sleep because of melatonin, the



hormone that should make us sleepy towards the end of the day.

Circadian rhythms come into play: They refer to the cycle of our cortisol and melatonin throughout the day. So let's say that in the morning (between 6-8:00 a.m.) cortisol, which is our main stress hormone, is at its highest. This is what helps you get out of bed and makes you feel awake and alert. The cortisol level slowly drops throughout the day; and as it drops off our melatonin levels slowly rise – and this is what makes us feel sleepy. We want to make sure that our gut is supported because we can make melatonin in our gut. This is where prebiotics and probiotics come in handy.

Foods that help with the process: First off, tryptophan is an amino acid which is a key component in the creation of melatonin, and which of course can be sourced from eating foods like turkey. Other sources of tryptophan include hazelnuts, nettle, green onions, tomato and pomegranate. Secondly, there's GABA which is an inhibitory neurotransmitter – that works to block the excitatory neurotransmitters such as adrenaline and calm our bodies and can be made in the gut. Sources include sprouted versions of adzuki beans, tomatoes, spinach, oats, barley, wheat, brown and red rice, mushrooms, and buckwheat. Valerian tea is also a great source of GABA. Peppermint tea is highly

recommended to relax the body and it's great for digestion.

(from www.tonictoronto.com)



*Photos courtesy of John Gordon ~
51 Alexander*

SHIFTING SANDS

Some days it feels like
shifting sands
beneath our feet

Things keep changing:
friends, the weather,
the covid numbers,
our weight, our moods

I guess we just have to
keep breathing
keep moving

keep trusting
keep honouring
however we are feeling
Chances are
things will change again
and soon

ALIGNMENT

Friendships falling
out of alignment
can sometimes
cause them to
fall back into
alignment
in a new
way

John Pollard ~ 31 Alexander

A PRAYER FOR THOSE GROWING OLDER

Lord, you know I am growing older,
Keep me from becoming talkative
and possessed with the idea that I
must express myself on every
subject.

Release me from the craving to
straighten out everyone's affairs.

Keep me from the recital of endless
detail. Give me wings to get to the
point.

Seal my lips when I am inclined to tell
of my aches and pains.
They are increasing with the years
and my love to speak of them grows
sweeter as time goes by.

Teach me the glorious lesson that
occasionally I may be wrong.
Make me thoughtful but not nosey;
helpful but not bossy.

With my vast store of wisdom and
experience it does seem a pity not to
use it all. But you know, Lord, that I
want a few friends at the end.

Amen.

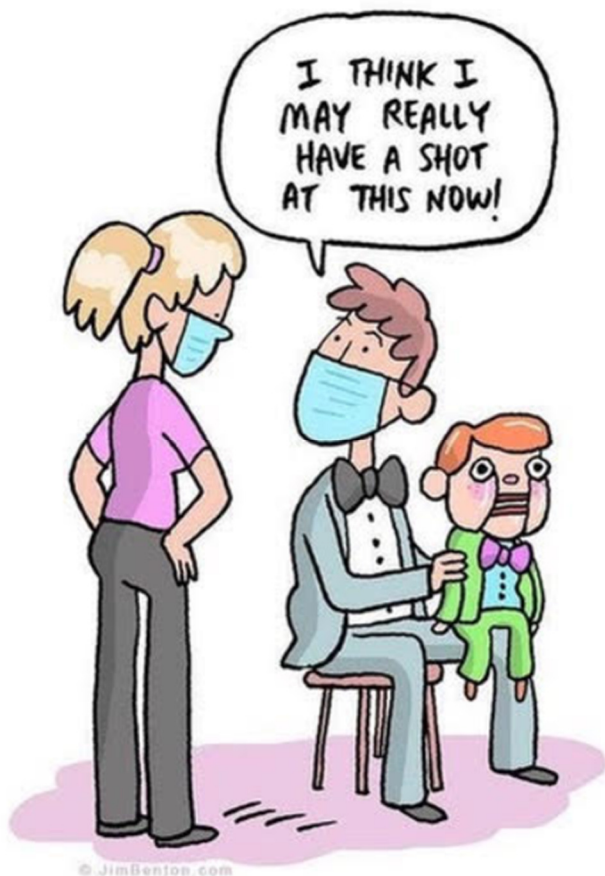
Author unknown. Submitted by Merle
Matheson ~ 31 Alexander

"Do not regret
growing older.
It's a privilege

BREAKING BAD HABITS

Why do people struggle with habits?
That's easy to explain and hard to fix.
We all get used to things in our lives
and get settled in our ways. We're
taught by our caregivers from a
young age to believe certain things
and to act in certain ways. When we
repeat something enough, it
becomes ingrained in our
subconscious mind as a habit.

Are some people more susceptible
to habits? Yes, absolutely! Some of
us are genetically hardwired to fall
into habits, and on the darker side
fall into addictions. But there's a



difference between chemical dependency and emotional dependency, which at their root is a chemical dependency, in that it is spurred by neurotransmitters in the brain, but is spurred by emotions and our ability to manage those emotions and how we cope with those emotions.

All of these habits at their root satisfy a need. Anthony Robbins discusses his six human needs: the need for certainty, variety, significance, connection, contribution and growth. During Covid-19 and/or if we've lost our job, there's less certainty. That means for some people, less security. Our habits fulfil our sense of security. "I'll feel better if I have a..." We feel

good temporarily and that gives us a sense of control.

Coaches can help break habits. A coach tries to deal with the 'now and what comes next', whereas psychotherapy and counselling deals with the past. If someone has an addiction (or something they can't untangle themselves) they should seek professional help from a counsellor or therapist with that. That being said, coaches can help to form good habits (which replace or nudge out the bad habits). Coaches can help with accountability, but more importantly unrestricted and unbiased support. The average person has other people in their lives who can provide support (ie. family, friends) but those people have their own agenda. A coach is there to help the client define what they want, and when they want it, and what they'd need to do get it and then put into a timeframe and routine to help keep the client accountable.

(from www.tonictoronto.com)



DEAR CRABBY:

CRABBY SOLVES ALL

Crabby is on a much-needed break to get his blood pressure numbers

down. We begged him not to go, considering we are in the middle of another lock-down, but he's a stubborn old man who listens to no one. He will return, hopefully alive and Covid-free, in time for the next issue. (~ed)



You know that little indestructible 'black' box that is used on planes? - Why can't they

make the whole plane out of the same substance? ~ Anonymous



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 (apartment # will not be printed). Kindly attach original unformatted documents to your email or type your article within the body of an email and send to: CityParkLINK@gmail.com

Shop assistant fought off armed robber with his labelling gun.

Police are now looking for a man with a price on his head.

2020 IS ACTUALLY THE YEAR OF THE RAT.

- We are all in hiding.
- We only come out to get food.
- We store the food in our homes to eat later.
- And we run away when people come close to us.



Thank you

for reading this issue of LINK.

BIG

THANKS to all those who wear a mask properly inside the common areas, hallways, Laundry Rooms, and elevators keeping your neighbours safe from Covid-19.

Let's all help keep the transmission numbers low!