



**APRIL~MAY~JUNE 2021**

**Volume 26 - # 2**

**NEXT DEADLINE: JUNE 25, 2021**

**COMING SOON!**



Feature Walters was contracted by DonRos Landscape Construction (DRL) to supply and install the steel for an illuminated glass fence at Church Street Junior Public School located at 85 Alexander Street in Toronto. The wall spans 39 meters and consists of 144 panels, each with a height of about 2.4 meters. The panels are made up of a mix between galvanized steel and aluminum capping which will conceal the fasteners. The tempered glass will have different coloured LED lighting installed to give the fence a playful unique look.

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as of January 2021.

The next LINK deadline for submissions  
is **June 25, 2021**.



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online socials (even a co-op  
documentary night!) are in store - all  
of which you can enjoy from the  
safety and comfort of your own  
home.

Stay tuned as they roll out more  
details on the schedule, registration  
fees and exciting features in the  
coming months!

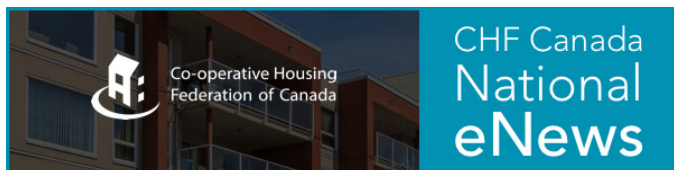
([www.chfcanada.coop](http://www.chfcanada.coop))

## NAPPING IN THE AFTERNOON CAN IMPROVE MEMORY AND ALERTNESS...HERE'S WHY

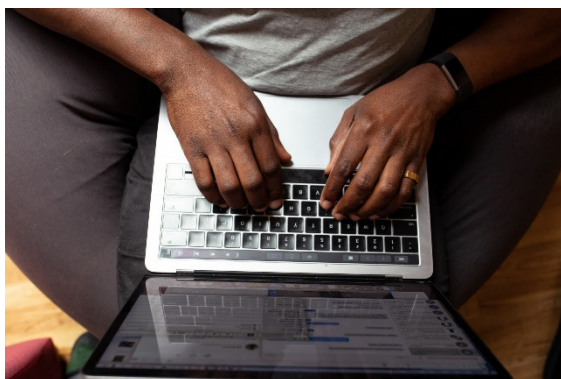
Some people swear by an afternoon  
nap – whether it's to catch up on lost  
sleep or to help them feel more alert  
for the afternoon ahead. Even Boris  
Johnson supposedly favours a  
power nap during his work day  
(though the prime minister's staffers  
contest this claim). Winston  
Churchill, Albert Einstein, and  
Leonardo Da Vinci were all famous  
nappers.

But while many of us may not feel we  
usually have enough time to squeeze  
a nap into our day, working from  
home during the pandemic may now  
afford us an opportunity to give  
napping a try.

Napping is a great way to feel more  
rested and alert – and some  
research shows it can benefit our  
cognitive function. However, you  
may want to consider how long you  
have to sleep before heading to bed  
for your midday nap.



## SAVE THE DATE: JUNE 10-13 VIRTUAL ANNUAL MEETING



Planning is well underway for CHF  
Canada's Virtual Annual Meeting, so  
mark your calendar for June 10-13,  
2021.

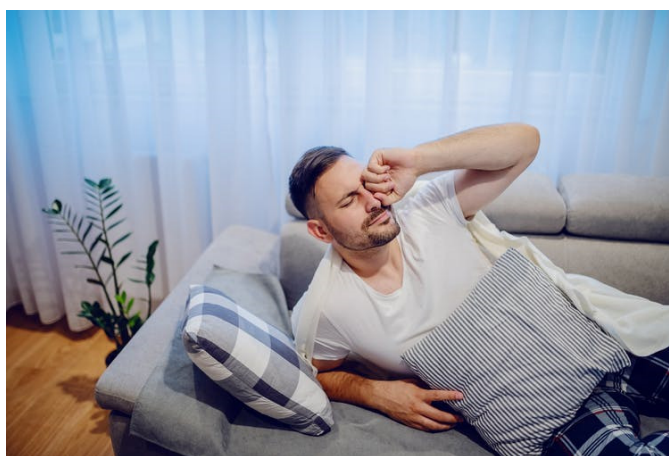
Their focus is on making this virtual  
conference inspiring, informative  
and fun! An exciting lineup of  
workshops, panel discussions and

If you need to be alert right after waking up (for example, if you're catching a few extra minutes of sleep during your lunch break), so-called "power naps" of 10-30 minutes are recommended. Longer naps may cause some initial drowsiness – though they keep sleepiness at bay longer. But drinking coffee directly before a nap may help you wake up without feeling drowsy while also boosting your alertness.

While short naps are great for increasing energy, longer naps are both more restorative and beneficial for learning. For example, they improve activation

of the hippocampus – an area of the brain important for learning and memory. A one to two hour afternoon nap is shown to benefit both your motor skills and your ability to recall facts and events.

A recent study from China has even suggested that regular afternoon napping is linked to better cognitive function in older adults. The researchers asked 2,200 over-70s about their napping habits before having them undergo a series of cognitive tests which measured things like memory and language skills. They found that those who usually napped were less likely to have cognitive impairments than those who didn't. This was true



regardless of age or level of education.

But nap length may play a role here – a similar study showed that those who usually napped for 30-90 minutes had better overall cognition compared to those who napped for longer or shorter, or who didn't nap at all.

### Why naps work

The reasons why short naps are so beneficial for alertness and focus are not well understood. It's possible that napping helps the brain clean up sleep-inducing

waste products that would otherwise inhibit brain activity, and that they replenish the brain's energy stores. Short naps may also help improve your attention by letting particularly sleepy areas of the brain recover, thereby preventing instability in the brain's networks.

Longer naps, on the other hand, are more restorative partly because there is time to enter multiple sleep stages, each of which supports different learning processes. For example, during REM (rapid eye movement) sleep, the brain is almost as active as when awake. This activity in different brain regions – including those important for learning and memory – may be why

REM sleep supports both long-term memory and emotional memory.

During REM sleep in particular, the brain strengthens newly developed connections that are important for improvements in motor skills. Longer sleep also reduces unimportant connections, and this balance can improve how quickly and effectively the brain works as a whole.

Non-REM sleep – the sleep stage we spend most of our time in – contains both slow brain waves and sleep spindles. The sleep spindles are periodic burst-like signals between different brain areas, which are believed to reactivate and consolidate memories. Both the slow brain waves and the spindles increases plasticity – the brain’s ability to learn and adapt to new experiences.

Although napping has many positive short-term effects, they are not recommended for people who suffer from insomnia. Because naps decrease sleepiness, they may make it harder to fall asleep when going to bed in the evening. Naps should also be avoided in situations where optimal performance are needed instantly afterwards, as it may take some time to fully wake up.

Other research has shown that frequent napping was related to high BMI and high blood pressure. Napping was more common in shift workers, retired people, and smokers, and in people with genes

related to sleep disorders or obesity. To what degree napping was harmful or beneficial for these groups remains unknown, but it’s clear that napping is more common in groups who have disturbed sleep or need more sleep.

If you’re finding that your attention span is wavering in the afternoon while working from home, perhaps try squeezing a nap into your lunch break. Short naps are great at improving alertness and attention – and if you have time for a longer nap, this can support memory and learning.

[www.theconversation.com](http://www.theconversation.com)

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## **AGING OPTIMALLY IN 2021**

A new year is upon us, and for many, a new year signals a fresh start. 2020 was a challenging year for many of us as we navigated a global pandemic that changed much of what we were used to. As we look toward a new year, we often make resolutions, many of which are centred around health and wellness. While we continue to navigate lockdown restrictions in many parts of the country, we have compiled a few ways you can stay healthy, both mind and body, while at home.

### **Play board games for your health and well-being**

Board games (including their digital versions) can help us to break social

isolation with fun activities (while maintaining the rules of confinement and social distancing). Take your board games out of the closet so that you can play with other people who are under the same roof as you or download a digital version to play with others virtually.

### **Exercise safely at home**

Keeping both your body and brain healthy with exercise is an important part of healthy aging. And while the pandemic has made it more challenging to exercise, there are still creative ways to move safely and do both your body and your brain some good! There is an abundance of exercise classes offered online, virtually, or available on DVD. Grab some water and a towel, and make sure you clear some space around you to move. If you're new to either exercise, remember to start slowly and be mindful of your health status, abilities, and limitations.

### **Lean on laughter**

Laughter and humour are strategies such as laughter yoga, and humour interventions, such as watching a funny movie, can be used to maintain perspective during difficult times. Research has that, overall, laughter and humour interventions may reduce feelings of sadness and worry in adults and may also positively impact sleep quality.

### **Eat healthy to benefit your mind and body**

Crises, like the current COVID-19 pandemic, impact mental well-being

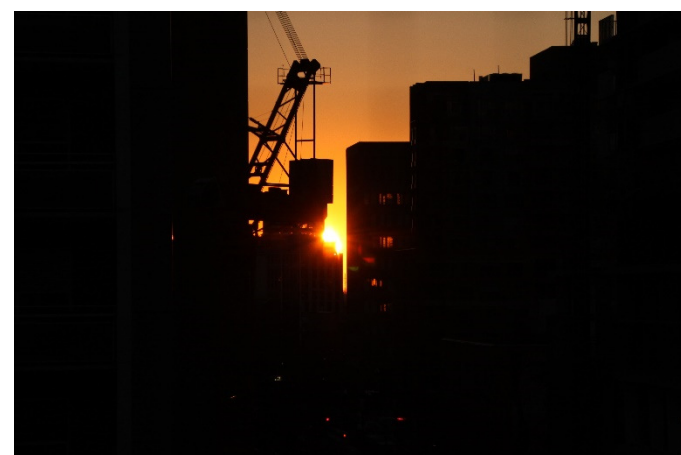
by giving rise to feelings of sadness, fear, stress, and boredom and these emotions can impact our diet. Given the established benefits of adopting a healthy diet on physical health—such as achieving, weight loss, avoiding weight gain, and reducing the risk of chronic disease—and emerging evidence around potential benefits to mental well-being, paying attention to our diet is a good practice with many positive benefits.

### **Kick bad habits to the curb**

From cancer to heart disease, the hazards of smoking have long been documented. Emerging evidence appears to suggest that there could also be a dangerous association between smoking and COVID-19. Consider becoming smoke-free for your overall health and well-being, both within and outside of this pandemic.

Submitted by Jo-Anne Kennedy ~ 51

([www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org))



Sunset from City Park – courtesy of John Gordon – 51 Alexander

## **TORONTO ATTRACTIONS IV**

The Beaches – or The Beach, depending on your politics, is a charming, laid-back neighbourhood located within the Old City of Toronto. Home to just over 20,000 residents, it is situated on Lake Ontario and is home to four lakefront beaches. Known for its strong sense of community and character, the Beaches area is filled with vintage shops, independent cafes, and lots of specialty stores. In addition, the area has an interesting mix of Victorian, Edwardian, and contemporary homes.

Four separate beaches make up the shoreline: Balmy Beach, Scarborough Beach, Kew Beach, and Woodbine Beach.

It's a great getaway from the downtown city rush and particularly convenient because it's accessible from the Queen Streetcar. I have walked the 3 km of wide wooden boardwalk many times over the years – bike and rollerblade paths stretch out alongside. Benches are scattered at frequent intervals along the walk so you can sit and look out at the lake and watch the activity on the beach. In the summer months, there are kayakers and sailboats and people swimming. The beach is crowded with sunbathers, picknickers and folks playing volleyball. There are dogwalkers casually sauntering along the boardwalk, led by a variety of happy-looking dogs of all sizes. There is

often music playing somewhere – once I came upon a piano player on the beach playing a medley of show tunes. The lifeguard chairs have been made into a work of art and there are people flying kites or kids throwing frisbees. It's just lovely.



The Beach has the greatest variety of architectural house styles of any Toronto neighbourhood. The charm of these homes is accentuated by the tree-lined streets that wind their way down to the lake. Many of the original frame Beach cottages built in the latter half of the 1800's and the early 1900's, have been modernized and are still standing today. However,

the majority of The Beach homes were built during the 1920's and 1930's.



The area has two main attractions: its sandy beach and its Queen Street strip. If ever a street was made for idly sauntering, it's Queen Street East in the Beaches. This vibrant section of Queen Street features colorful indie shops, trendy boutiques, intimate bistros, and hip bars, along with homey bakeries and ice cream parlours.



If you're looking to dine out, you'll find everything from authentic Thai cuisine to Southern barbecue. Some of the area's top restaurants include Hogtown Smoke, Green Eggplant, Thai House Cuisine and Xola Mexican Food.



Then there's Kew Gardens - a large public park which is home to many festivals, craft shows, concerts and exhibitions, including the annual Beaches International Jazz Festival, which attracts tens of thousands every July. This festival

spans 10 days and is one of Canada's largest free jazz festivals. It features nearly 1,000 artists performing on six different outdoor stage locations, several of which are found in Kew Gardens and Woodbine Beach Park.



**Ashbridge's Bay** is a small body of water that was once part of a marsh. The bay is named for the Ashbridge family that once lived nearby on a farm. The current bay is surrounded by marinas and the treatment plant, which is a local landmark.



**Ashbridge Bay Park** is a good birdwatching destination and a popular fishing spot. You can go sailing or boating from the boat launch at the Park. The park is also the venue for fireworks during Victoria Day & Canada Day.

The Beaches contains a number of buildings that are designated under the Ontario Heritage Act, including: The Bank of Toronto building, now 'The Stone Lion' pub, built in 1950  
Beaches branch of the Toronto Public Library – built in 1916  
the Fox Theatre, built in 1914, North America's oldest continuously operated movie theatre.  
The Goof – officially The Garden Gate Restaurant – a Chinese restaurant since 1952.  
Kew Beach Firehall No. 17, built in 1905 and still in use today as a working firehall.

### **FUN FACTS**

The Beaches has been home to many notable people over the years. *Suits* Patrick J. Adams, Olympic swimmer Penny Oleksiak, Miley Cyrus grew up in the Beaches (for four years while her father was filming *Doc*). Meanwhile, Keanu Reeves, Donald & Keifer Sutherland and John Candy all attended school in the Beaches. Glenn Gould also grew up in the neighborhood.

### **CHORLEY PARK – ROSEDALE**

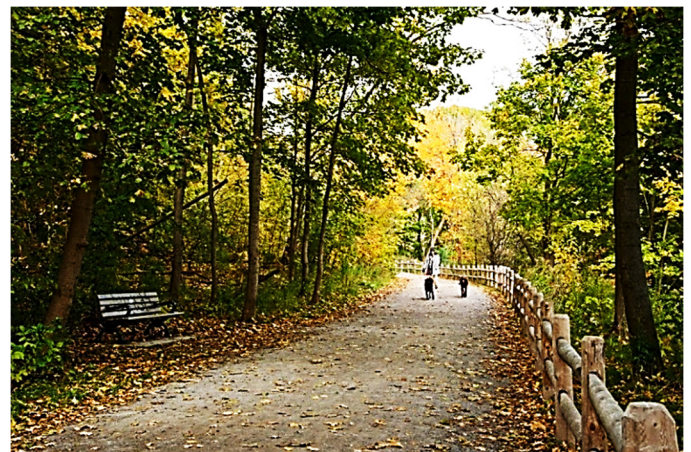
*"Stately Chorley Park is no more."*  
And with that announcement in the March 17, 1961 edition of the

Toronto Daily Star, the story of Canada's most magnificent mansion ended in a heap of rubble. Built in 1915 for more than \$1 million, it was the official residence of Ontario's lieutenant-governor. The opulent estate's glamorous early years were spent serving high society for princes and potentates and as a host of soirees and charity balls.

Chorley Park was magnificent - framed by mature trees - it was wonderfully picturesque. Modelled on the French chateaux of the Loire Valley in France and roofed in red ceramic tile, it far outshone the governor-general's residence in Ottawa. The gardens surrounding the house combined a formal entrance with a series of terraces above the slope of the site. The formality of the house was thus complemented with the natural character of the view from the valley. But extravagance proved to be its undoing. With unmanageable maintenance costs, it slowly deteriorated and was re-purposed as a military hospital, RCMP headquarters and a haven for Hungarian refugees. Alas, in 1959 Toronto pulled down this opulent mansion in the name of savings! The site was preserved as a park and the only trace of it left is the bridge to the forecourt.



Today, Chorley Park is a City green space and woods – a great place for trekking, biking, and walking your dog. There are also a number of picnic tables and benches throughout the park, providing plenty of picnic spots for the warmer months.



There's a staircase, as well as a pathway leading down to the trail

that connects to the Don Valley Brick Works, the Beltline Trail and Moore Park Ravine. At the very start of the trail, you can venture off to the nature trail portion. The short walk down into the ravine offers plenty of views.

*(The Don Valley Brick Works was a former quarry converted into a city park with naturalized ponds and Toronto's largest Farmer's Market. The buildings have been restored and opened as an environmentally focused cultural center. The Beltline Trail (a former rail bed) is also a park connecting the neighbourhoods of Rosedale, Moore Park, Forest Hill, and Chaplin Estates. Moore Park Ravine – well, it's a ravine.)*



Ursula Carter ~ 51 Alexander

### THE CITY PARK LIBRARY, COVID-19, AND MYSTERY!

Many City Park Members may not know it yet, but a small, bright room on the laundry floor level of 31 Alexander was prepared to be a

library and community computer access room last year. Plans to open up again were delayed, as you may have guessed, when the COVID-19 pandemic was declared. It has been a year now that the reopening of the City Park Library and Computer Access Room has been on hold. Despite warnings that the COVID-19 pandemic is entering a third phase in Ontario, I hope that the warmer weather and longer days will hopefully be harbingers of an opening of this community asset by the summer. If you're a book lover like me, a big part of the joy of reading includes being able to touch a book without fear, read the story summary and maybe a first page, whether in a library or bookstore, before deciding to choose it to read. Let's hope we defeat the COVID-19 virus soon and such small but pleasurable activities can begin again!

The Library Committee has not been totally idled by the epidemic. Last year a City Park reading enthusiast, Tom Maunder, passed away and his estate left his collection of mystery novels to the City Park library. Over 100 mystery novels were catalogued for the library. Tom was an enthusiast of British and foreign mystery novels, so his collection has a definite focus on this type of mystery as well as a focus on women mystery writers. In the next issue of LINK, I will feature the Swedish mystery writers Maj Sjöwall and Per Wahloo, whose Martin Beck mystery series Tom believed should be a

must read for any serious mystery reader. A former English teacher, you can imagine the pleasure he took in making this point to me. The series is great, and I appreciated his effort to broaden my mystery reading horizons.

As a new Member of the Library Committee, I hope that, by the next issue of LINK, we will be able to inform you of when the library and computer access room will open and reach out to any other Members who wish to join the Committee and help out.

Michel Gauvin ~ 484 Church

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Photos courtesy of John Gordon ~ 51

## WALKING IN KINDNESS

walking in kindness  
along snowy streets

stepping aside for others  
or others smiling and  
stepping aside for you

little pandemic  
moments

## MY FRIEND

after retreat meditation  
not wanting to  
exit zoom

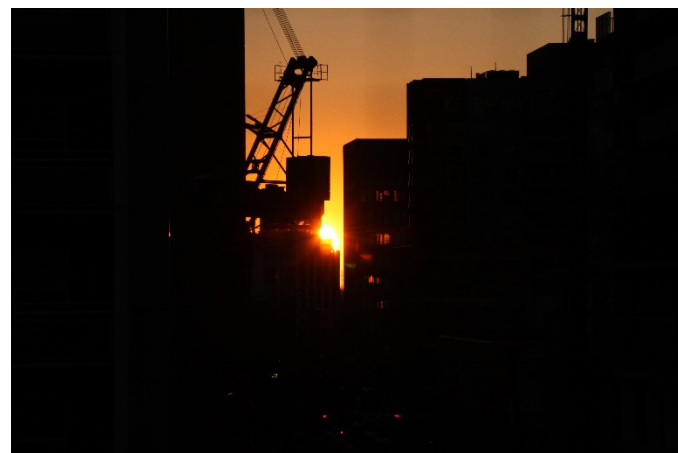
wanting to linger  
on your face

knowing  
it would not always  
be there

... nor will mine

John Pollard ~ 31 Alexander

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## BEYOND FACE MASKS

We hear so much these days about the importance of wearing our face masks, washing our hands, and maintaining social distance. What isn't talked about is the importance of strengthening our immune system. Viruses are a natural part of life. They are ubiquitous. And our bodies have the capability of fighting off most bacterial and viral infections given that we maintain our health and boost our immune system.

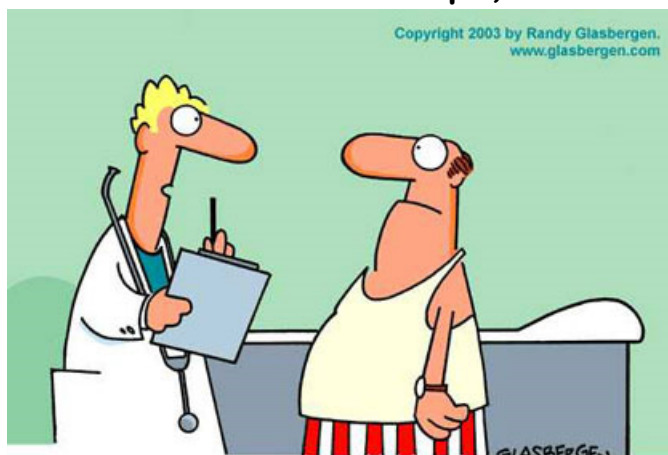
How to go about that? I have been in the health and healing arts field for over thirty years. In the old days, i.e. 1970's, nutritional supplements were practically unheard of. We had to buy them from specialty health food stores which were few and far between. Today, we can find them in most grocery stores. Sprouts, which are loaded with super-nutrients, were also very rare. I used to grow my own.

Having a strong immune system has different components such as exercise, a healthy diet, nutritional supplements, and a positive state of mind. So yes, it does require effort, but it's well worth it.

Here are some suggestions:

1) First the basics: Keeping 'bad' foods to a minimum. We all need our comfort foods, it's the quantity we're talking about here. That means reducing the amount of sugar, alcohol, fried foods and packaged snack foods like chips.

2) Increase 'good' foods, i.e. you know what most moms used to say: "eat your vegetables, my child! If you want strong bones!" Our moms didn't know that veggies can also boost immunity. Try to eat a variety of vegetables such as carrots, celery, broccoli, Brussel sprouts, zucchini, greens, etc. steamed, in soups, a nice curry etc.



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

3) Essential fatty acids. Stay away from commercial oils and choose ones like cold-pressed olive oil. Keep fried foods to a minimum.

4) Modern agriculture has depleted our soils, so food generally contains less nutrients than in the past. Nutritional supplements can fill the gap such as a multivitamin /mineral supplement.

5) Exercise: Since Covid, I have been going out almost daily for a brisk walk. When I don't go, I really notice the difference. If you can find a form of exercise that you enjoy, you'll be more likely to stick with it. The key word here is 'regular' exercise.

6) Maintaining a positive attitude: This one is challenging with the stresses we face today. But just think of it. Worrying doesn't solve problems, it only undermines your health. Creating a more positive attitude is a practice. I once read a quote from the Dalai Lama: "Every morning when I wake up, I adjust my attitude."

I hope this information has been helpful. Wishing you all good health in 2021 and beyond.

Louise Gabrielle ~ 31 Alexander

## PLAYING FOR TIME: TRENDING OF ADULT PIANO LESSONS

For some time now there has been an increasing enrollment in adult piano lessons. This includes absolute beginners and people who have taken lessons as a child and decide to return. More recently, there has been an almost explosive escalation in this trend. In general, well over fifty percent of the inquiries piano teachers receive are for adult lessons. While there may be multiple factors at play, three appear to be the most significant.

### Playing for Time

Over the last five years, research widely reported in the media suggests that keeping the brain active, such as learning a musical instrument, may delay the onset of dementia up to five years.

Awareness of these research findings is fueling this heightened interest in adult piano lessons.

This research informs us that brain stimulation may counteract changes that occur because of cognitive decline. This will allow a person to function for longer. Brain networks strengthened by musical engagement compensate and delay the detrimental effects of aging, a process called cognitive reserve. The effect is more pronounced the earlier in life a person is musically engaged, but it is still possible to modify the brain in an older person who is already showing signs of decline. Harnessing this neuroplasticity provides us with the greatest hope for dealing with the cognitive decline in advanced age.

### Debunking Outdated Beliefs

The second factor behind this increase in adult enrollment is the debunking of outdated beliefs. Prior to about the 1980's, if you expressed an interest in taking beginner level adult piano lessons, in all probability, this would have been received with laughter and ridicule. The belief was that we must learn to play the piano as a child. Since that time, research in neuroscience has completely debunked this belief. We now understand as adults we retain a high degree of neuroplasticity, or capacity to learn, throughout our lifetime.

A frequently asked question is "Do children learn to play the piano faster than adults?". The answer is no! In general, adults learn faster than children. The most important factor that determines the speed of learning is the amount of practice. Adults have greater ability to understand the complexity involved in playing the piano and progress quickly with focus and daily practice. It has taken time, but many have freed themselves from imprisonment by this outdated and erroneous belief.

### Saved by Technology

The third factor at play is the impact of technology. One barrier that prevents people from taking piano lessons is the availability of an instrument for practice. In this situation digital pianos are a blessing. The early models of these instruments were disappointing, to say the least, but this technology has improved by leaps and bounds. Many of the current models on the market are fine instruments. I would argue they are better than most upright acoustic pianos.

On a practical level, equipping ourselves with an acoustic piano is a major ordeal. Purchasing an

expensive acoustic piano and moving this honker into our home is daunting. Not to mention the problems encountered with a neighbour (or family member) complaining about the noise. Many of us live in apartments, co-ops, or condos and where this is a significant problem. The digital piano offers an attractive solution.

### Perspective

The statistics about the aging population are staggering. The number of Americans 65 and older with Alzheimer's will nearly triple by 2050. The numbers will increase 5 million from 13.8 million. According to the Alzheimer's Association, the annual cost of dementia in the United States in 2050 will be \$1.2 trillion! Perhaps we have found yet another rationale for encouraging and supporting our youth to engage in music education.

Ford Barker ~ 31 Alexander

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**Don't waste your time with explanations, people only hear what they want to hear – Paolo Coelho (Brazilian novelist)**

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## MEMORIES OF GEORGE RICARDO

Many of you were familiar with George Ricardo who passed away shortly before Christmas 2020. George lived at 51 Alexander for a long period of time and was always visible around City Park. I became acquainted with George soon after I moved into City Park – mostly because he would pop up unexpectedly wherever I happened to be. It rather astounded me at first. I would run into him in the City Park garden, in the apartment lobby, on Wood Street or Yonge Street. He would suddenly appear out of nowhere. But he seemed an amiable chap and I would often take the time to stop and chat for a while. He was an interesting fellow and I enjoyed hearing his views on life. He talked a lot about his personal life and I was amazed at how adventurous his life had been.

George was a member of the Special Olympics Team in Toronto and as such had travelled quite a bit in Canada, the U.S. and Europe. His personality really shone through when he talked about the Special Olympics and all the places he had been. His last venture was to Abu Dhabi where his team won a bronze medal. I spent the good part of an hour looking at his Abu Dhabi photos. He was so proud of having



been there and also of his team's achievement. George confessed he was oftentimes lonely and enjoyed getting together with people. He once told me that he had a lot of women friends at the Co-op because he generally found women to be more sympathetic. George and I had many 'friendly', albeit short chats, and I admired how enthusiastically he lived his life, despite some physical disabilities. Granted, he could be annoying at times – but he was always so eager to be of help, that I really couldn't fault him. George had a rather wacky sense of humour and would repeat things he thought were funny over and over again. Like the time he learned I was born in Hamburg, Germany and persisted in calling me a Hamburger whenever he saw me – until the day I firmly asked him to stop. And of course, he was a fixture at the Koffee Klutch gatherings – he really enjoyed being part of the group – and particularly the treats that were provided.

All in all, I think George lived a fulfilling and adventurous life. His unique humour and personality led him to meet and connect with all sorts of people during his short time on earth. It seems strange not to see him anymore when he was such a familiar presence here for so long. He is certainly missed by his many

friends and acquaintances at City Park.

Ursula Carter ~ 51 Alexander



**DEAR CRABBY:**

**CRABBY SOLVES  
ALL**

Since Crabby was away for our last edition of LINK, he has kindly provided two concerns from our membership!

### **1) Has City Park been invaded by Pigeons?**

Dear Crabby: I'm worried about the increasing number of pigeons at City Park. If nothing is done someone should do a sequel to Hitchcock's, The Birds, and call it something like City Park Pigeon Nightmare.

Sign me 'Concerned'!

**Dear Concerned:** Crabby loves nature but, like you, he is concerned by the increasing number of pigeons at City Park. Are they becoming more aggressive? You may have a point. Last Summer as I was walking, at a leisurely pace, to the front door of my building, I felt something on my head. While it was not a pigeon a nice runny bit of pigeon poop had got me. At the time, after muttering a few

choice words, I thought my bald spot had offered too tempting a target. However, late last Fall, as I was walking on Wood street at the entrance to 31 Alexander, a squadron of them flying in formation dived towards freshly laid out food scraps and, if I had not bent over in a protective crouch, I'm certain some of them would have hit me. The sound of the wings flapping over my head as I crouched certainly made me think of Hitchcock's, The Birds, as well.

The first step to get rid of pigeons is to never leave food out for them but the odds of controlling this at City Park is unlikely. I see too many Members of the Co-op feeding them regularly. I can only also assume that these Members also volunteer as cleaners and help clean up the balconies of other Members our feathered friends leave covered in their toxic droppings. Pigeon droppings are a source of histoplasmosis and cryptococcosis that are quite dangerous to the many immune suppressed residents living here. Their acidic droppings are not only unsightly, but also acidic and erode metal and stonework.

A few years ago, I had to clean up my balcony of pigeon droppings after I had been gone for a scant three weeks. It was a frustrating and an achy weeklong task. Their droppings solidify and stick to everything. This year, I've been chasing them away from my balcony all winter and have

paid to have a net installed to keep them away. I could not bear the thought of cleaning up the mess they make another time. The week after the installation of the netting, I heard that City Park pigeons had found a way onto another screened balcony by using the small drainage holes through the balcony side walls. They are formidable adversaries.

Like you, I believe the City Park pigeon squadrons are marshalling their forces, so City Park Members had better do their best to protect themselves. I thought the plentiful bounty of food laid out for them by some residents would make them lethargic, but this is not so. This pigeon control strategy is not working! So, let's do all we can to protect ourselves. I've heard rumours that another invader, rats, is now problematic in Toronto and the food being laid out for City Park pigeons will attract them. I can only fight off the pigeons for now!

Trying to shore up my defenses against pigeons before the Summer balcony season.

Crabby

## #2 Idle Members

Dear Crabby: I'm concerned about idle Members at City Park. I'm worried about idle Members being as bad for a co-op as the idle rich are to society.

**Dear Concerned:** As my back and joints creak to pick up litter dropped on the elevator floor by a Member or their guest on an almost daily basis, you raise an interesting point. Being kind, I thought throwing litter in the elevators, hallways and grounds was an attempt by some Members to provide the aging residents of City Park with encouragement to bend, stretch and exercise. Had I ever littered or not picked up after myself, I know what Mom or Dad would have done in the day, but that day is now far in the past.

Your question has opened my eyes and now makes me wonder whether too many Members of the co-op expect the co-op to serve them rather than individually accept their collective responsibility as Members of a residential co-op. City Park provides all Members of the co-op with very affordable housing in a premium downtown Toronto location, but can a small group of aging volunteers keep it going as a viable co-op? The idle Rich are characterized as societal parasites, enjoying the best society can give while contributing nothing. Idle Members in a co-op may be much the same but, in a co-op, it may impact its very survival as it is a corporate body not society. I have to agree with you, now that you've brought this to my attention, that many City Park Members have become quite idle. Whether it is participation at General Meetings, Board elections and committees, turn out is pretty

sparse. Like you, I am now concerned!

As the COVID-19 battle turns and the glimmer of enjoying City Park's gardens this Summer and chatting with friends, I hope, like you, that Members realize a co-op is about all Members contributing something. Some Members enthusiastically call City Park the 'Four Seasons' of Toronto's residential co-ops but, to ensure this continues, every Member has to help in some way. It could be as little as picking up after themselves, encouraging Board and Committee volunteers or volunteering for the Board or a Committee. "IDLENESS No More" I say!

Crabby

**Sure hope this is over!**



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 documents 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.

**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!**