



OCTOBER~NOVEMBER~DECEMBER 2021

Volume 26 - # 4


NEXT DEADLINE: DECEMBER 24, 2021

BEFORE IT BECAME TOO HEAVY FOR ITS OWN GOOD!
THANK-YOU, CITY PARK GARDENING VOLUNTEERS,
FOR ANOTHER SPECTACULAR SUMMER



LINK is published quarterly
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The next **LINK** deadline for submissions
is **December 24, 2021**.



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**MEET CHF CANADA'S NEWEST
BOARD MEMBERS**



The members of CHF Canada's Board of Directors bring a wealth of diverse experiences and knowledge to the table.

Read on for some quick facts about those newly elected or appointed to our Board in 2021.

You can also read the full bios of all of the Board members on the Board of Directors page.



**GET 17 ANNUAL MEETING
WORKSHOPS FOR \$50!**

In case you missed CHF Canada's Co-op Futures Annual Meeting, you can purchase on-demand access to all the workshops and keynote recordings for \$50 per person.

You'll have access until December 31, 2021, so can watch them at your convenience. They accept payment by cheque, as well as credit card and PayPal.

Register now for post-event access.



**Allison Chase -
Ramers Wood Co-
operative
Director, Ontario**

Retired after a career in teaching, Allison sits on the executive for the Retired Women Teachers of Ontario and the social committee of the Retired Teachers of Ontario. "I'm a people person, a strong listener. I genuinely care, and people sense that."





Mary Ann Hannant
Co-operative
Housing
Federation of
Toronto
Vice-President and
Director, Ontario

Mary Ann has worked for the Co-operative Housing Federation of Toronto for 33 years and is currently a Co-op Advisor with responsibility for CHFT's education program. Mary Ann enjoys spending time with friends and family, cooking, and reading.



Sarah Jensen -
Castlegreen
Housing Co-
operative
Director-at-Large

Sarah is in her third year of the pre-law program at Lakehead University.

She can often be found working with her bees, enjoying a hike, or kayaking one of northern Ontario's many waterways.



Cassia Kantrow -
Trout Lake Housing
Co-operative
Treasurer and
Director, British
Columbia / Yukon.
Cassia is a Chartered
Professional

Accountant with over 25 years of

experience working with non-profit organizations, small businesses and co-operatives.

She enjoys knitting and playing at the dog park with her five-year old Chocolate Labrador.



David McFarlane -
Bain Apartments
Co-operative Inc.
Director, Ontario

David worked as a co-op manager with Homestarts,

then managed Bain Apartments and Arcadia Housing Co-op.

He likes spending time with his two young children, enjoying walking trails and working out at the gym.



Claude Pépin -
Québec-
Chaudière-
Appalaches
housing co-
operative
federation
(FÉCHAQC)

Director, Québec / Nunavut

Claude has been involved in Quebec co-operative housing for 25 years, mainly in an administrative capacity, and has lived in a co-operative for more than 20 years.

Claude believes that personal and collective commitment and adherence to democratic principles are central to the co-operative philosophy.



**Sahara Shaik -
Wit's End Housing
Co-operative
Director-at-Large**
An MBA graduate
student, Sahara is
a marketing
manager by
profession with ten

years' experience in marketing,
finance and communications.

Sahara is also an artist who enjoys
oil painting, pottery, calligraphy and
mandala art.



**Tanya Von Idler -
Island View
Housing Co-
operative
Director, New
Brunswick / Prince
Edward Island.**

Tanya is a small
business owner.

She loves the natural beauty of her
home province and often can be
found at the shorelines storm-
watching or simply enjoying time in
the great outdoors.



**Nicole Waldron -
Atahualpa Co-
operative Homes
Director-at-Large**
Nicole serves on the
board of The Co-
operators, CHF
Canada, Atahualpa

Co-operative Homes and
Sisters4Hope.

Nicole is the voice of the 'Victory
Speaks' podcast and online show,
and she has recently become an
author (her work can be found in the
anthology Pursued by Purpose).

A WARM WELCOME TO CITYPARK'S NEW GENERAL MANAGER

City Park LINK would like to take this
opportunity to welcome our new
General Manager, Raheela Noor, to
City Park.

Raheela is a graduate of York
University where she received a
Bachelor of Arts degree; she also
attended Seneca College Social
Service Worker program. Among her
various awards were the Queen
Elizabeth II – Aiming for the top
Scholarship, Lieutenant Governor's
Community Volunteer Award and
Award of Merit from York University.

Raheela is well experienced in
Microsoft Package and other
softwares such as CASI, SAP, SAP
Procurement and HMS; has excellent
communication skills and is highly
motivated and able to work in a fast-
paced environment.

Raheela comes to us with an
extensive background as a Property
Manager at Solutions Inc. where she
worked from 2017 to 2021.

- Among her many varied duties,
Raheela was involved with
costs management of operating
expenses – an important asset

to bring to her work at City Park. Her other duties included:

- Corporate leasing experience such as reviewing and negotiating lease transactions and agreements; Responsibility for the productivity and budgetary performance of the leasing operations department.
- Purchase order processing and contractor management.
- Maintenance Management – managing and direction to superintendents and determining work for supers, contractors, etc; providing detailed explanations of all statement variances,
- Experience in tenant recovery in terms of reimbursement, collection of unpaid rent by the residents, etc.
- Well familiar with Yardi, including entering new resident, moving outs, generating reports, reviewing vacancy logs, etc.
- Client management – working with the client, responding to issues via email, letters, etc.
- Management Reporting – attending PM meetings, updating conference call reports and attending conference calls, reporting to Property Manager.
- Work Order Processing and Administration.
- Lease Administration – leasing units, processing of Annual Renewals.
- Rent Collection, Rent-Geared-To-Income calculations.
- Preparation of Legal Documents for evictions, etc.
- Property Management Office Administration – managing, giving direction and delegating to Property Administrator.
- Conducting in suite, vacant unit inspections, building and grounds inspection.
- On call response to after hours emergency, as required.
- Other assignments within the scope, spirit and purpose of the job as reasonably requested from time to time by Management.

Prior to this, Raheela worked at Concert Properties in leasing and at a Capriet Apartment Properties.

Raheela’s plan at City Park is to be able to put a system in place that would assist the Members to reach out to the Management Office in such a way that their inquiries and questions could be answered in 24 to 48 hours. She would like to ensure that the communication between the Management Office, the Board and the Members of City Park improve substantially.

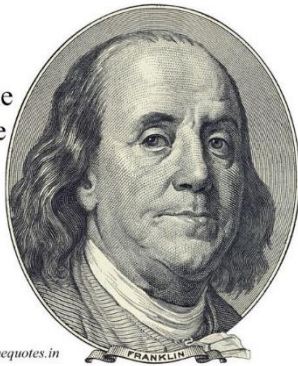
She also intends to develop a plan to educate Members on By-Law policies and procedures that are currently in place to avoid

miscommunications in the future. In addition, Raheela wants to ensure that everything that is done by Management is transparent and that any questions or problems a Member might have will be resolved to their satisfaction.

Sounds like a 'keeper' to us! 😊

Tell me and I forget, teach me and I may remember, involve me and I learn.

Benjamin Franklin



www.thequotes.in

TORONTO ATTRACTIONS VII THE DISTILLERY



The Distillery District is a great place to spend a few hours if you're in downtown Toronto and want to get away from the usual downtown stuff. The brainchild of a small group of visionaries who wanted to create a

unique neighbourhood unlike any other in Toronto. And yes, it's touristy, but you'll love the bustle, the vibe, and checking out the latest emerging trends.

You'll find stately Victorian buildings, chic converted warehouses, high-ceiling lofts, and brick-paved streets with lots of character — a hive of creativity housing anything from farm-to-table cafés to boho boutiques. Trinity Street is unquestionably the public square for outdoor markets and such.

Set in quaint 19th century buildings that once housed a large whiskey distillery, the Distillery has been drawing crowds since it opened in May of 2003. The site is designed for pedestrians only, so you can walk the pathways and people-watch or join a tour – walking while sipping beer and traipsing along its cobblestone streets lined with hip indie restaurants, bars and boutiques. The Distillery is also passionate about promoting arts and culture. For art lovers, there are the galleries, outdoor sculptures, and dance, music and stage performances at the area's several theatres.



The Distillery Historic District still maintains some of its alcohol-producing roots. Ontario Spring Water Sake Company opened the first sake brewery in North America in 2011, featuring a tasting bar where you can sample the company's products. Also, Mill Street Brewery produces some great beers and operates a pub in the district.

In December, the annual Toronto Christmas Market takes over the streets. The Market is a must, with a giant tree, an outdoor market, and a lot of holiday spirit. And hey, even if you don't buy anything, it's always free to browse.



Restaurants – there are more than a dozen places, ranging from chocolate shops to sandwich stops, a pub and fine dining. Several patios are open seasonally for outdoor dining. It's hard to decide what to eat here. There's crystalized ginger dipped in Peruvian chocolate at SOMA Chocolatemaker and decadent desserts from Cacao 70.

Dig into fresh oysters and seafood at Pure Spirits Oyster Bar & Grill, pick up all-natural breads, sandwiches, and pastry creations at charming Brick Street Bakery, and eat sushi at authentically Japanese Boku.



Theatre Arts - Soulepper Theatre is one of the backbones of the Distillery District and offers a year-round repertory season which is grounded in the classics and committed to the creation of new works, new forms and innovative practices. Several other venues present dance, theatre and song.

Art Galleries - many of the commercial galleries have indigenous, traditional, and contemporary art for sale.



Stores and Shops – there’s a wide range of more than 20 stores that sell unique items, ranging from arts and crafts, clothes, jewellery, furniture, kitchen supplies and one-of-a-kind stuff.



The Distillery District is also a unique venue for Buskers to showcase their talents and ingenuity to visitors and passers-by. There are all kinds of other events throughout the year that make it the enticing place that it is. You can check through their various social media sites online for details on everything from a food truck fair to farmer's markets.



Distillery District Highlights

- The Gooderham & Worts Distillery, one of 40 buildings that make up the best-preserved collection of Victorian Industrial Architecture.
- There are no franchises and chain operations, so the enterprises provided are unique and charming.
- Hundreds of films have been shot here, including Chicago and X-Men.
- Balzac's, a funky, independent coffee shop is a welcome change from the Starbucks on every Toronto corner.

TOMMY THOMPSON PARK ON LESLIE SPIT

Tommy Thompson Park is located on the Leslie Street Spit, a man-made peninsula that extends for about 5 km out into Lake Ontario. It provides a quiet place to walk and explore and offers some excellent views of the Toronto skyline.

(Thomas William Thompson (1913–1985) was Metropolitan Toronto's first Commissioner of Parks (from 1955 until 1981). He is known and recognized internationally for his work and his sign "Please Walk on the Grass.")



paradise with the cacophony of bird cries arising everywhere and there's no doubt you'll see a number of gulls, finches and night-herons soaring overhead.



Other recreational opportunities include hiking, cycling, rollerblading and fishing.

The complex shoreline of the park provides habitat for warm and cool water fish, invertebrates, amphibians, waterfowl and wading birds to name a few. Wetland enhancements will continue to improve the suitability of the habitat for a range of other wildlife species.

The composite of plant communities found here, as well as the rare and significant plant species, are a result of the highly variable soil of the site. Because the site was created through the dumping of construction residues, soil fertility and composition can vary dramatically within very small areas.

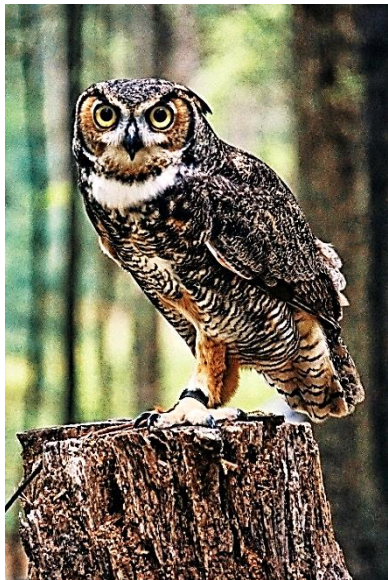
Although the upland areas do not currently support a great variety of amphibians, the park has the potential to be capable of supporting woodland dependent amphibians such as spring peepers, woodfrogs and salamanders.

Construction of the peninsula started late in the 1950s by the Toronto Harbour Commission to create a breakwater for an outer harbour. That never happened - however the Spit offered a convenient location for dumping earth and rubble from the many building projects in the rapidly developing city. Over the years, advocates for the Spit helped protect its status as a natural conservation area. The northern portion has been designated as Tommy Thompson Park, while the southern half is still used for dumping. Eventually the entire area will become parkland.

Tommy Thompson Park contains some of the largest natural habitat on the Toronto waterfront. It's home to about 400 plant species and over 300 bird species. Wildflower meadows, coastal marshes, cobble beaches and sand dunes are just some of the habitats at the park. The cottonwood forest provides habitat for tree nesting birds, songbirds and various small mammals among many others

Wildlife, especially birds, flourish here, which provides one of the best nature watching areas in the GTA. It's quite a bird lover's

Ten species of owls have been identified in the park, but there are strict rules to stay at least 12 metres away when observing or photographing. You also can't use flash or follow them. Some species are regular winter visitors, - other rarer species arrive during times of food shortage in their northern ranges.



And if you thought butterflies were extinct, you'll see dozens flittering about. And geese flying in their customary V formation. Previous visitors have

made cool sculptures from blocks of concrete, rusted iron and driftwood along the rocky shoreline. There are also lots of private places to sit on a rock, stare out onto Lake Ontario and contemplate the meaning of life.

Sitting atop High Point of the Park is the Toronto Harbour Light, an automated lighthouse built in 1974 that's powered by a solar panel and conducts ship traffic into the city's harbour.



The ecological value of Tommy Thompson Park will continue to increase dramatically as the habitat communities mature, and as the lands are enhanced through new and continuing restoration projects.

Did you know: Toronto is a migratory bird superhighway. Millions of birds migrate through the city spring and fall.

Did you know: Tommy Thompson Park is a globally significant Important Bird Area. It is a critical stopover point for birds as they migrate over Lake Ontario between Toronto and New York State.

Did you know: There are more than 10,000 species of birds around the world, all with different habitat needs?

Ursula Carter ~ 51 Alexander





Courtesy of John Gordon ~ 51

Meeting the Unknown

Someone who had been friendly
seemed to turn unfriendly
recently

An old habit of subtle shame
and finding fault with oneself
bubbled up to the surface

After a while
and over the days to come
these feelings released a bit
allowing a new sensation
of tenderness to arrive
both for self and other

So much is unknown
in life
but meeting each experience,
pleasant or unpleasant,
with an open heart
allows enough space

for all sensations and feelings
to be gently held
just as they are
in an open palm
with no need to change
anything

The Aging Mirror

Looking deeply into
the faces of aging friends
can be like looking
into a mirror
of our own aging

Or is aging
just another concept
or mental construct
rather than a lived experience
of life
moment to moment
breath after breath

John Pollard ~ 31 Alexander

VOLUNTEERING



We live in a Co-op,
neighbours
helping
neighbours.

When we were
interviewed for a living space in City
Park we were asked about our
feelings about volunteering and were
told about the many committees that
needed our input and help.

I feel like it is my duty to give back as
much as I can. Participation makes

us stronger. Volunteering has enriched my life. Not only have I met many Members who I might not have run into, it also helps me feel a part of the bigger picture.

So to all our Members out there, look around, find a committee that you might have an interest in. Join up, give back. It is so rewarding.

You will see that our Co-op is functioning honestly and for the good of all.

Get involved, be part of our community, not many hours required. We need people like you to keep our co-op moving forward.

Merle Matheson ~ 31 Alexander

EIGHT BALANCED EXERCISE EXAMPLES FOR BETTER STABILITY AS WE AGE

Proper stability is key to every fitness journey, regardless of age or athletic goals. Like eating right for heart health and improving flexibility, maintaining balance throughout your life should be a top priority for your overall health.

Boosting your balance is easy with the right training. In fact, there are handful of simple balance exercise examples you can do right in your own home, many of which take just five minutes or less. From balancing on one foot while you brush your teeth to incorporating specific

isometrics in your daily workout routine, stepping up your stability levels isn't difficult.

If you're feeling a little wobbly on your feet, below are eight trainer-approved balance exercise examples to copy at home, no tightrope necessary.

1. Balance while brushing your teeth

An easy way to build balance can be done right while brushing your teeth. Standing on one leg for your two-minute oral hygiene session can help tune-up your balance and strength as you brush. Other good times to practice? Zoom calls work just as well as standing at the sink to wash the dishes.

2. Yoga for balance

3. Lunges for stability

Did you know lunges can help with agility *and* balance? Sometimes someone will bump into you or you'll step off a curb and you have to regain your balance quickly. This requires what's called 'gait training,' which is regaining your balance during locomotive activities. Other great exercises include squats, aerobics, and simply stepping side-to-side.

4. Core workout for stability

When it comes to balance, a strong core is, well, core. Strengthen your abs and obliques in just a few minutes a day. You'll feel the burn as

you move through a circuit of serious moves, including alternative crunches, side planks, and leg lifts—all crucial to building better balance.

5. The BEEP program for balance

According to Harvard Health, BEEP—balance-enhancing exercise program—is a study-backed method to improve your balance. A 2016 study published in *Gerontology and Geriatric Medicine* found that people who stuck to it had better balance, a quicker walking speed, and more confidence. Although the program is designed mainly for those between 60-80 years old, better to work on your balance now than later.

6. Rebounder balance exercises

Give your whole body a balance-loving boost with this 10-minute total body workout. This sweat sesh uses a rebounder to strengthen muscles throughout your upper body, lower body, and core. It's also a killer for cardio, allowing you to maximize heart health while you double-down on your balance.

7. Skater lunges for balance

Skater lunges are beloved for their ability to improve balance, mobility, *and* flexibility—practically a triple threat in the workout community. If you're not familiar, the move mimics the motion of speed skating, requiring you to hop from side-to-side pushing into a lunge as you go along. Because it works multiple

muscles at the same time, the move hugely impacts your overall athletic performance, balance included.

8. Running workout for stability

Though this workout is designed for runners, anyone can do it for a boost in stability. It features lower body-focused moves designed to strengthen the muscles you need to run faster, stronger, and with better balance.

For the instructional videos that accompany this article, please visit:

<https://www.wellandgood.com/balance-exercises-examples/>

LEADING THE WAY TO WELL-TRAINED DOGS

Earlier this spring, we had a visit from the most surprising guest ~ I guess dogs were not aware of the 'stay-at-home' orders in place. This adorable puppy was running around our neighbourhood, darting across the street from one lawn to another. Thankfully, we were able to lure her over, scoop her up, and eventually find her home. The owner had been anxiously searching for Mishu. Relieved to have her back safely, he stated: "We got her to lift our spirits, but she needs to be trained; it's scary each time she runs off."

Numerous news reports cited 2020 as a banner year for pet adoptions. Working from home and dealing with lockdowns, for many, getting a pet made perfect sense. Research on human-animal interactions is relatively new but has shown some positive health effects. Interacting with animals can decrease levels of cortisol (a stress-related hormone) and may lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood. Owning a dog could go a step further, potentially improving your physical activity.

But what if your new dog becomes a source of added stress? Having it snap at people would be nerve-racking. Finding chewed-up shoes or toys will be frustrating. Or, in Mishu's case,



worrying every time they run off. **Dogs need to be trained.** After reading some great online reviews, I sat down with Michael Wilkes, founder of Leadership Based Dog Training.

I was touched by how Michael got his start. His love for animals prompted him to volunteer at the SPCA. Of the many animals he helped with, one dog stood out: Wolf was physically out of control, aggressive towards other animals, and unresponsive to

any type of intervention. Deemed much too hostile for adoption, he was scheduled to be transferred to another shelter, where he would spend six months locked up, and then be put down. Michael could not let this happen. "This was not the dog's fault." He stepped up and adopted him. Sadly, none of the trainers he went to could help. But he refused to give up on Wolf. He got to work figuring it out on his own. Among the barrage of well-intentioned advice and tools available online, he found some rare gems that worked. He refined these techniques to develop a unique

approach. Three months later, Wolf was fully rehabilitated – and unrecognizable to those who had known him before. This altruistic experience turned into a new career, and Leadership Based Dog Training

came into being.

Leadership Based Dog Training is the only service I have seen offering a written money-back guarantee. It succeeds where others fail because, it addresses both the dog's behaviour as well as the owner's leadership skills. They offer in-person training in and around Montreal. They have also developed an online course, complete with close to 100 videos, so anyone can benefit from this great method.

Visit:
www.leadershipbaseddogtraining.com

(Written by Sophia Golanowski for Flourish magazine –
www.newrootsherbal.com/en/blog)

DID YOU KNOW:



Sleep is the ultimate restorative activity. When we do not have enough sleep, we trigger our fight-or-flight

mode of our nervous system even more. When its sympathetic system is overactive, it will increase the sensation of pain perceived by the brain.

Meditation can also be a very effective tool to manage pain. Many different styles exist, so you must explore to find one that is a good match for you.

Focus on what makes you happy, have a gratitude list, concentrate on small accomplishments day to day. Such positivity has been shown to help patients heal.



VITAMIN D

Although sun exposure to the sun's rays does indeed contribute to greater production of vitamin D by the body, it may be a good idea to always keep this dietary supplement on the kitchen counter.

A multitude of health problems are associated with vitamin D deficiency, such as osteoporosis, heart disease, depression, cancer and a multiple sclerosis, not to mention the increased risks of severe symptoms of viral infections. Remember that vitamin D is a great ally in supporting immune function as well as helping the development and maintenance of bones and teeth though increased absorption and use of calcium and phosphorous.

In general, food alone (especially fatty fish, eggs, fortified dairy products, and organ meats) is not sufficient to cover our vitamin D needs, the inadequacy threshold of which is 30 nmol/l of the blood marker 25(OH)D3. Deficiency, for its part, is anything below 50 nmol/l, and while medical doctors follow a so-called 'healthy' value of 60 nmol/l, naturopathic practitioners rather seek an optimal value approaching 110 nmol/l.

As science has evolved significantly, Health Canada recently reassessed the maximum safe dose of non-prescription vitamin D supplements for children 9 years of age and older, adolescents, and adults to 2,500

international units (IU) of vitamin D per day.

The other important source of vitamin D is none other than our sun. When they penetrate exposed skin, the sun's type B ultraviolet rays (UVB) stimulate the conversion of 7-dehydrocholesterol (provitamin D3) into vitamin D3 (cholecalciferol), which is then metabolized to its hormonally active form, calcitrol.

However, the amount of sunshine in Canada is more limited than in the tropics. In a survey referenced by Statistics Canada, in the winter, about 40% of Canadians had a blood vitamin D concentration below 50 nmol/l, compared to 25% in the summer.

Many other factors also limit our exposure, such as cloudy or smoggy days, long hours spent indoors, or clothing, which covers a smaller or greater area of the body. Intensive use of sun protection, age (elderly people produce less vitamin D), as well as skin colour – darker skin limits the absorption of UV rays – are also limiting elements to be considered. In short, it is difficult to predict if one's summer exposure to the sun allows their body to produce enough vitamin D. That being said, spending about 30 minutes in the sun in shorts and t-shirt, without sunscreen, between 10 a.m. and 4 p.m. and at least twice a week would be enough to 'recharge the batteries.' However, too much exposure to the sun without

protection can increase your risk of skin cancer!

In any case, an adequate intake of vitamin D can be obtained by combining food intake, sun exposure and adequate supplementation.

(Article written by Guillaume Landry, MSc, Naturopath in Flourish magazine Vol. 5, No. 3).

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



for reading this issue of LINK.

BIG THANKS to all those who promptly got their vaccines and wear a mask properly inside the common areas, hallways, Laundry Rooms, and elevators keeping our neighbours safe from Covid-19.

Let's all help keep the transmission numbers low!