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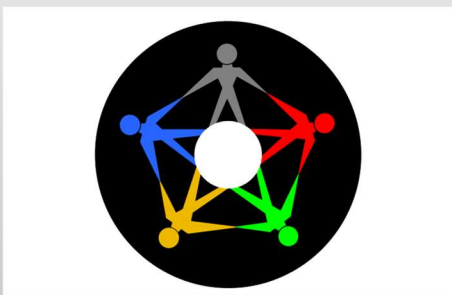
NEXT DEADLINE: MARCH 25, 2022

SOMETHING TO CHECK OUT THIS WINTER...more inside



LINK is published quarterly
as of January 2022.

The next **LINK deadline** for submissions
is **March 25, 2022**.



Your **LINK** Team:
Editor/Coordinator: Bob Harrison Drue
Contributors:
Ursula Carter, Merle Matheson &
Mitch Lambert

All we are asking is for you to take a few minutes to call or email the names listed below and urge them to accept a fair and reasonable offer from the province to buy the land and preserve the co-op.

The 115 Place Housing Co-op lease is ending, and the owners – the International Union of Operating Engineers Local 115 pension fund – are poised to sell to a private investment firm.

The co-op's 244 member households were given 48 hours to sign a 10-year lease extension that comes with immediate rent increases of more than 50% (and subsequent annual increases). The new owners can also charge more for parking, laundry, keys, and other items. This is despite the fact that more than a third of the co-op's 244 member households are seniors over 75 on limited incomes.

The province, through BC Housing, has made a fair offer to purchase the property from the pension fund, keeping co-op members safe and secure, and ensuring a strong return on investment for the pension fund. But the pension plan wants more – leaving 244 co-op homes in the balance.

How Can You Help?

We can protect these co-op homes and ensure the members of Local 115 receive the security of a generous pension – but one that doesn't come at the cost of low-



115 PLACE HOUSING CO-OP IN BRITISH COLUMBIA NEEDS OUR HELP!



During this holiday season, when we think of giving and helping those in need, CHF Canada is putting out an urgent appeal to help the members of a housing co-op in Burnaby, BC who face an imminent threat to their homes from a property owner threatening to sell their leased land.

income seniors. Let the pension fund know you hope they'll reconsider and do the right thing. Contact the pension fund administrators at the emails or phone numbers below and urge them to re-engage with BC Housing on a reasonable agreement to sell this property to the province:

Lee Riggs, Pension and Benefits Administrator and
Brian Cochrane, Business Manager:
lriggs@iuoe115.ca

604-291-8831
1-888-486-3115

We can help save this co-op – but there isn't much time. Thank you for joining us in our efforts to protect 115 Place. To learn more, see the story and video message from the Co-operative Housing Federation of BC website.

Hoping many of you will contact Lee and Brian by email, you will most probably receive a templated answer like this:

"Good afternoon,

Thank you for contacting us about the Cardston Court co-operative.

We share your concern for the residents and have been trying for the last several years to facilitate a smooth transition of Cardston Court in a way that avoids displacing residents and

preserves the units as affordable housing.

Our pension plan identified a buyer who offered a fair price for the property and committed to supporting the residents. The buyer was prepared to extend the building lease with the co-op by 10 years and offer the residents rents at 20% below Canada Mortgage and Housing Corporation (CMHC) rates. What does this mean?

- The co-op and residents would be secure for another 10 years at Cardston Place.

- Residents would pay more than today, but rents would be far below market rates in Burnaby and better than CMHC averages. Media reports suggested rents would increase by 50% - this is not true.

- The co-op would also no longer be responsible for approximately 1.2 million in operational costs.

- Acceptance of this offer was in the best interests of IUOE Local 115 members and would contribute to the resiliency of our pension plan for retired workers. Failure to accept the offer would run counter to the B.C. Pensions Benefits Standards Act that requires pension fund trustees to make decisions that are solely "in the best financial interests of plan members."

We spent time with the co-op residents to describe the terms of



the proposed sale and we sought their agreement. We were disappointed to learn through the news media that the co-op had rejected the proposal.

IUOE Local 115 continues to be prepared to work with the residents at Cardston Place and we have been fair and transparent in our dealings. It is unfortunate that misinformation is being spread about the nature of the sale and the actions of the IUOE Pension Plan trustees who are simply trying to carry out their legal obligations. We remain committed to find an agreement that meets the needs of our Pension Trust and the retirees who rely on those investments.

Sincerely,

Lee Riggs, Pension Plan
Administrator and Brian Cochrane,
Chairman”

TORONTO ATTRACTIONS VIII

Harbourfront Centre



The Harbourfront Neighborhood is something of a playground in Toronto, as well as being an amazing destination for tourists. Among the many landmarks here are Harbour Square, Harbourfront Centre, Queens Quay Terminal, Jack Layton Ferry Terminal, HTO Park and Toronto Music Garden. It also contains many shops, restaurants, and cafes, which are great places to visit and shop.



For those people who love food, Harbourfront offers very cool options, like the International Marketplace Festival, that offers food from across the globe; and the World Café, which serves dishes from various restaurants around Toronto. When the weather is nice, there are many patios to enjoy the environment. There are also many

options there for those who love the nightlife, including rooftop lounges and dance clubs.



Harbourfront Centre is one of the most popular cultural sites in the city with more than 4,000 events per year. There are performances of dance, theatre, music, literature, and film. It also offers sailing lessons, craft workshops, food fairs and jazz festivals. Lots of shops for browsing and buying, cafes and outdoor Lakeside Terraces.

In the winter people can enjoy the place with recreational skating and even DJ skate night parties. During the summer months it's a great place for children to enjoy educational, and fun-filled programs, such as mini-camps with everything from circus, cooking, and sports, to kayaking, sailing, and digital photography.



The Power Plant is a leading attraction of Harbourfront Centre and has a distinctive architecture with its smokestack. It's one of the most influential art places in the city. People can experience contemporary art, theatre, dance, performance, and other artistic activities. Selected screenings and special film premieres spotlight noteworthy moving images by artists and performances by some of the world's most exciting contemporary artists.



Queen's Quay Terminal is an art deco building from the 1920's that has been converted to a multi-purpose complex featuring condominiums, upscale shops and restaurants. Fleck Dance Theatre is located on the third floor and there are great views of the Toronto Islands.



Boxcar Social offers a rotating list of coffees, wines, craft beers, scotches and bourbons and a full food menu, creating a most unique tasting experience for its customers. Boxcar Social sits right on Toronto's waterfront with an outdoor patio that is massive and overlooks Lake Ontario. Inside, its dark walls are livened up with plants and eclectic art, including a huge mural of several birds. It's a great place at any time of day, both as a coffee shop, somewhere to eat a meal or go for a drink.

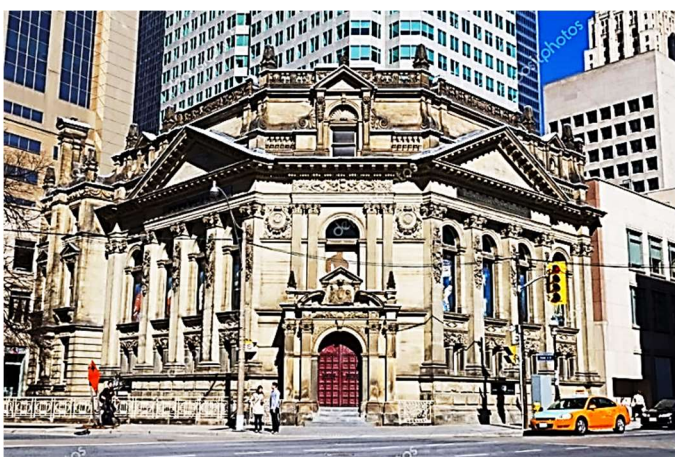


In 2018 Canadian artist Ola Volo transformed the World Café building into the **Peacock Mural** - an elaborate, dynamic mural. Her work has a distinctive style drawn from multiculturalism and folklore, including her own Kazakhstan heritage. It brings architecture, flora and fauna together that are rich with symbolism while highlighting the simple moments of everyday life.

Then there's **Harbourfront Square Park** located next to the Toronto Ferry Docks which offers folks a spot to sit and watch the ferries travel back and forth to the island. It's also a great spot for a picnic lunch.



The Hockey Hall of Fame was founded in 1943 to establish a memorial to those who have developed Canada's great winter sport — ice hockey. It relocated to its present location at the corner of Yonge and Front Streets in 1993. An annual induction ceremony takes place each November to honour outstanding contributors to the game.

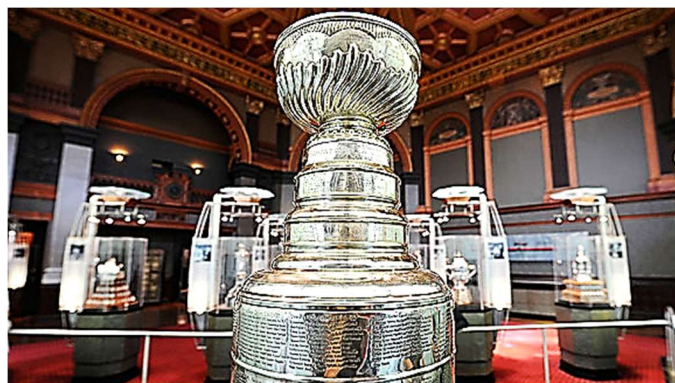


The Entrance Foyer – upon entering, visitors will be greeted by a 9-ft tall statue of the legendary “Mr. Hockey” himself – Gordie Howe. The entrance usually hosts rotating exhibits and four Honoured Member Columns.



This is the game that defines Canada and a sport that has been adopted by over 70 countries. The Hockey Hall

of Fame is a vibrant, innovative and interactive celebration of hockey. It offers the finest collection of hockey artifacts at all levels of play from around the world; state-of-the-art games where you can face-off against life-size, animated versions of top players in a model rink; themed exhibits dedicated to the game's greatest players, teams and achievements; theatres; larger-than-life statues; a replica of a NHL dressing room; an unrivalled selection of hockey-related merchandise and memorabilia within the store; and NHL trophies including, best of all, hands-on access to the Stanley Cup.





Here are just a few of the many attractions for visitors in The Hockey Hall of Fame:

NHLPA Game Time - among many other attractions, visitors can try their hand at shooting goals in state-of-the-art interactive games.

Video Game Kiosks – visitors can enjoy the latest in ice hockey video games here.

Slapshot Trivia – hockey fans can test their knowledge of hockey trivia in this area.

Upper Deck Collector's Corner – this area features premium collectibles like autographed merchandise and playing cards.

Esso Great Hall – this is the heart of the Hockey Hall of Fame, with portraits and biographical sketches of Honoured Members, as well as all significant NHL Trophies, including the Stanley Cup.

Tissot World of Hockey – this is the largest exhibiton area and pays tribute to international hockey.

Fun Facts About The Hockey Hall of Fame:

The Hockey Hall of Fame has the largest hockey-book collection in the world.

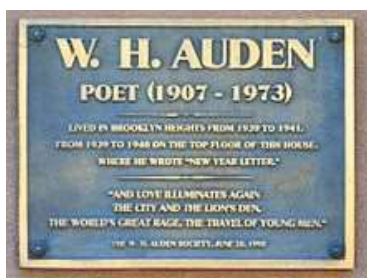
It also has the world's most extensive hockey-stamp collection. Only 45% of collected material is on display, the rest is continuously rotated from storage to public display throughout the year.

The Hockey Hall of Fame receives over 300,000 visitors every year. The building that houses the Hockey Hall of Fame (the former Bank of Montreal) was built in 1885 and was the only building on the block that survived Toronto's Great Fire in 1904.

The building has its own resident ghost – Dorothy. It's said that she can sometimes be seen in a window that overlooks Yonge & Front Streets.



Ursula Carter ~ 51 Alexander



"We are here on earth to do good to others. What the others are here for,

I don't know". - W.H. Auden
(February 21, 1907 – Sept. 29, 1973)
(*British poet*)

36 MOST CLEVER COOKING TIPS

1. Use Jell-O vanilla pudding mix in place of half of the sugar when baking cookies. It keeps them super soft for days and gives them a cake-like interior.

2. Put some mustard in mac 'n' cheese (even the boxed stuff). The flavour isn't noticeable, but it adds delicious depth of flavour. You can use Dijon, whole grain mustard, or even mustard powder. It all results in delicious mac 'n' cheese.

3. Cook just about any frozen food in the air fryer to crispy, take-out quality perfection. (I'm looking at you: Trader Joe's mandarin orange chicken). Oh, and it's great for crisping up any leftovers, too.

4. Microwave lemons to get more juice out of them. After a quick 20 seconds, they're so much easier to squeeze and yield so much more juice.

5. Instead of sautéing mushrooms in olive oil or butter, start cooking them in a dry pan for a few minutes. This gets much of the moisture out so they brown better.

6. Give a stale loaf of bread a new life by running it under water, then baking it in a warm, 300°F oven for about 10 minutes. The oven steams the stale, soggy bread and makes it as good as new.

7. When it comes to baking anything with a flaky dough (biscuits, cookies, pie dough, etc...) freeze and grate the butter, freeze the flour, and even freeze the mixing bowl for the best results. All of these steps keep the dough colder and makes for better baking results.

8. Pre-make roux in big batches, then freeze it in silicon ice molds. Use the individual portions of roux whenever you're making something like gravy, mac 'n' cheese, or béchamel sauce. It's a total time saver.

9. Bake with browned butter instead of regular butter. Brown butter has a richer and nuttier flavour that will enhance whatever you're baking (cue: the world's best chocolate chip cookies).

10. Add a little bit of mayonnaise to beaten eggs before scrambling them or making an omelet, quiche, or frittata. It makes them super light and fluffy.

11. Use the spice packet that comes with instant ramen as a popcorn seasoning. Mix the powder with some melted butter or margarine and then toss with the popcorn. It's even better than the movie theater stuff.

12. Make a life-changing topping for vegetables by browning butter in a skillet, then adding breadcrumbs and nutmeg. Then add it on top of anything like roasted cauliflower, sweet potatoes, or Brussels sprouts.

13. Put a bit of mayonnaise in your cake batter. Once you realize that mayo is mostly eggs and oil, it's not so hard to understand why it tastes so good.

14. When making grilled cheese, schmear a little bit of salad dressing on the outside of the bread. Most people do this with mayonnaise, but salad dressing (like store bought Italian dressing) is even better. Just a light spread is all you need.

15. Line the lid of your slow cooker with paper towel to soak up extra condensation and prevent your food from getting watery. This is especially useful if you're making dishes with a crispy top like lasagna or mac 'n' cheese with a bread crumb topping.

16. If you're making soup, stew, or even a sauce that looks too thin, add a bit of instant mashed potatoes as a thickener. It's an easy fix when you

realize too late that you've added too much liquid.

17. When breading something like a chicken cutlet, forget about the egg and coat it in mayonnaise before the breadcrumbs.

18. You can boil eggs in the air fryer with no water necessary. Set your handy appliance to 270°F and place the eggs inside the basket. Cook 10 minutes for soft boiled or 15 minutes for hard boiled.

19. Starchy foods like rice, pasta, potatoes, and quinoa taste better when cooked in stock, rather than plain water.

20. Make an amazing pie crust using Girl Scout cookies like Trefoils or even Thin Mints. Just crush up the cookies and add melted butter to hold it all together.

21. For the creamiest mashed potatoes, forget about cream and butter and just crack an egg into them when they're just about ready. The heat of the mashed potatoes will cook it and make it safe to eat.

22. Instead of salting your pasta water, add a chicken stock cube. It doubles the flavour of the pasta and the sauce. It's the easiest way to upgrade pasta night with a single ingredient.

23. Add fish sauce to Caesar dressing. The flavour is a bit more muted than that of anchovies, but it

still gives the dressing that much-needed salty punch. It makes for the best Caesar salad ever.

24. Adding an extra egg yolk to any cookie recipe will result in softer, fluffier cookies that taste freshly baked even after a few days in the fridge.

25. Make homemade whipped cream with just heavy whipping cream and a mason jar. Pour in the cream, fasten the lid, and shake, shake, shake for about 20 seconds. You'll have delicious, fluffy whipped cream in no time.

26. When in doubt (or when your spices are looking scarce) rub any meat in Sazón or taco seasoning. The mixture of spices is amazing, and it makes anything from chicken or flank steak to pork so flavourful.

27. Add a dash of vanilla extract and cinnamon to pancake or waffle batter. It gives the final product a touch of sweetness and richer flavour.

28. When baking something like carrot cake or zucchini bread, swap out half the oil with unsweetened apple sauce. It keeps the bread super moist and doesn't change the flavour.

29. Mix soy sauce and butter to instantly boost the flavour of just about any savory dish like fried rice, mushrooms, or salmon.

30. Put a splash of orange juice in the batter for baked goods like pumpkin bread, banana bread, or cranberry muffins. Even store-bought juice is perfect. The acidity adds brightness to complement the spices.

31. For the crispiest fried or roasted potatoes, dip them in ice water first. When you're cutting potatoes, toss them into a bowl of ice water. Give them a swirl to wash off excess starch, then drain and pat them dry. Even soaking them for a few minutes is enough to get them really crispy.

32. Add a few drops of lemon or lime juice to a cutting board before you dice onions. It doesn't impact the flavour whatsoever, but the acid from the lemon neutralizes the fumes from the onion so you won't cry.

33. Stir some cream cheese into your mac 'n' cheese to keep it creamy even after you've refrigerated the leftovers. It prevents the pasta from absorbing all the liquid, so the cheese sauce stays creamy and thick for days. Oh, and for an additional flavour boost, try scallion cream cheese.

34. Turn frozen bananas into one-ingredient ice cream without any fancy equipment. Freeze bananas until they're solid then pop them into the blender until smooth and custardy. You can add in extra ingredients like cinnamon, chocolate chips, or peanut butter, then immediately freeze it for later.

35. Add a small amount of water to the pan when frying bacon. The water significantly reduces the amount of fat splattering, and it actually results in really crispy bacon.

36. And finally, if you're making a dish that relies heavily on spices for seasoning, toast the spices before adding them to your recipe. You only need to cook them on a pan for about 30 seconds until they are fragrant, but it vastly improves their taste and amplifies the flavour.

(www.buzzfeed.com)



CITYPARK LIBRARY UPDATE

City Park Library has been open for business for the past few months now and I would like to once again welcome all enthusiastic readers to come and check it out. We have a great collection of books which is steadily growing and includes fiction & non-fiction, crime/mystery books and some great coffee-table-type books with wonderful photos for your enjoyment.

All of the books have been 'cooked' for 3 hours to destroy any potential bed bugs lurking among the pages.

We also have a wide range of current magazines to browse through. In addition, we have two computers available for those who have need of them.

There are only 3 volunteers currently on staff doing 3-hour shifts, 3 afternoons per week. Ideally, we would like to have the library open 5 days per week – perhaps 3 shifts in the afternoons and 2 in the evenings – but to do that we need more volunteers. If you're interested in donating some of your time in being a library volunteer, you can email Ursula Carter at animoverite@gmail.com.

The library is currently open on these dates:

Wednesday – 1pm to 4pm

Saturday – 11am to 2pm

Sunday – 11am to 2pm

"A library is a good place to go when you feel unhappy or sad – for there, in a book, you may find encouragement and comfort." E.B. White (author of *Charlotte's Web* & *Stuart Little*)



"Never go to a doctor whose office plants have died". –

Erma Bombeck
(February 21, 1927 – April 22, 1996)

WHAT TO DO IF YOU'RE EXPERIENCING ONLINE HARASSMENT (FROM A LEGAL PERSPECTIVE)

by Michael Hackl

This article was first published on www.rabble.ca via Iler Campbell LLP (our Co-op's Law Firm).

The internet can be a horrible place, where people can spread conspiracy theories and misinformation and can make defamatory and harassing comments about others. The nature of the internet means its users have the ability to post comments that are then instantaneously distributed around the world with a simple click, which can magnify the impact of online harassment dramatically.

In an increasingly polarized social and political world, the internet has revealed itself to be a useful and common conduit for people who wish to participate in such harmful behaviours.

I'm being harassed online – what can I do?

As to defamation, there has always been the ability to sue the party for making a defamatory statement about you. Granted, the law faces challenges in how it deals with

defamation over the internet, but it does provide someone a way to seek a remedy against someone who posts false and damaging information about them, and courts are adapting the existing law about defamation to respond to the particular issues caused by the nature of the internet. There are numerous cases which deal with defamation over the internet, whether it is to recognize the exceptional damage that internet defamation can cause by virtue of its instantaneous global reach and the ease with which others can forward material posted on the internet, or to find that the moderators and

administrators of a website can be liable for publishing defamatory statements even where the statements are posted by others.

The situation is somewhat different where

the messages being posted are harassing, but do not amount to defamation. The reason is that while there are some instances where a person will have a remedy if they are being harassed (for example, where the harassment is on the basis of sex, gender, race, or any other ground that is protected under the relevant human rights legislation), there is no freestanding cause of action for harassment. In fact, when



a court in Ontario decided that the law should recognize a new cause of action for harassment in 2017, the decision was appealed and the appellate court overturned that decision, essentially stating it was not necessary to create a new cause of action for harassment to deal with the circumstances in that case. It might be tempting to say that this gap in the law is just an academic concern, because if the statement is false the victim can make a claim in defamation, and if it is true then maybe it should not be wrong for the person to make the statement. However, the recent case of *Caplan v. Atas* has pointed out that there could be situations where existing causes of action, like defamation, might not be adequate to deal with harassment over the internet.

A new cause of action for internet harassment. In that case, the defendant posted numerous incredibly vexatious comments about pretty much everybody who she felt had crossed her (the decision addressed four separate lawsuits involving about 50 plaintiffs who claimed to have been harassed by the defendant, and the judge noted that there were as many as 150 victims of the defendant's online attacks). Many of those comments would likely also support a claim of defamation, but as the judge pointed

out, some of the comments were not defamatory because they were not factual allegations that could be true or false (so they would not support a claim of defamation) but were rather abusive comments that might be part of a pattern of harassment. Some of the other comments were not made about the victim of the harassment, but about their family members, including deceased family members; in those cases, the plaintiff could not claim for defamation because the comments were not about them, but the comments might still be part of a pattern of harassment against the plaintiff.

The court determined that there should be a new cause of action for internet harassment, so that a victim could seek a remedy if "the defendant maliciously or recklessly engages in communications conduct so outrageous in character, duration, and extreme in degree, so

as to go beyond all possible bounds of decency and tolerance, with the intent to cause fear, anxiety, emotional upset or to impugn the dignity of the plaintiff, and the

plaintiff suffers such harm."



What will the impact of this decision be?

It remains to be seen just how the courts will address the issue of internet harassment in the future, and how far this new cause of action

will be applied. The Caplan v. Atas case has already been cited with approval in other cases in Alberta, British Columbia and Ontario. In addition, some provinces such as Manitoba and Nova Scotia have legislation that protects victims from internet harassment in certain specific situations.

While it will be important that the courts remain vigilant against this cause of action being used to argue about minor disputes, it is equally important for the courts to fashion a remedy for people where they are the subject of extreme and outrageous harassment.



"Too bad that all the people who know how to run the country are busy driving taxicabs and cutting hair". –

George Burns

(January 20, 1896 - March 9, 1996)

LETTING PEOPLE BE

Letting people be
who they want to be
... freedom

MESSAGES

Large black rough letters
on boarded up walls
of a building

"Email God.
Church closed."
on one board

And on the other
"You are not
your mistakes."

Amen

SQUIRRELY SQUIRRELS

Squirrely squirrels skip
and dance over the new snow
with wild abandon



It has been suggested by a few folks around the world that unvaccinated folks who get Covid-19 and need care in hospitals be made to pay for their treatments in full...including here in Canada!

GRIEF

Grieving our losses
takes time and space
... take it

John Pollard ~ 31 Alexander

MENTAL HEALTH & OTHER RESOURCES

A pandemic is a very stressful event for individuals and communities. It's normal to feel some stress and anxiety. It's also very common for people to display great resiliency during times of crisis.

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.

The 519 offers support to our community despite the pandemic:
www.the519.org/news/covid19-the-519-info-updates

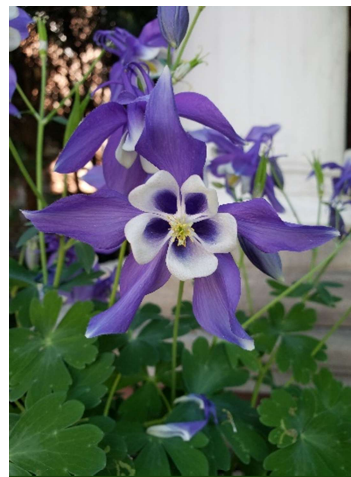
The Mental Health Commission of Canada is an organization that has useful tips for coping with Covid anxiety:
www.mentalhealthcommission.ca/English/covid19

Toronto's Centre for Addiction and Mental Health (CAMH) also has an extensive part of its website devoted to this:
www.camh.ca/en/health-info/mental-health-and-covid-19

The Canadian Mental Health Association also offers support:
www.cmha.ca/news/covid-19-and-mental-health

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!