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NEXT DEADLINE: JUNE 24, 2022

IS IT OVER YET?



(Photo courtesy of John Gordon ~ 51 Alexander)

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CO-OPS ALLOW PEOPLE OF ALL INCOMES TO LIVE AFFORDABLY IN CITIES. SO WHY AREN'T WE BUILDING MORE?

They're less expensive and more secure than rentals, but those looking to create them face obstacles.

There was a time when Catherine Munn didn't know how she could afford a place in Vancouver as a single mother.

Munn, 61, was in a BC Housing-subsidized rental, took transit and still struggled financially.

Now, she lives in a bright, airy, one-bedroom apartment in east Vancouver for which she pays about

half of what market rent would be. (Munn did not want to disclose the exact figure.)

Average rent for a one-bedroom apartment in the City of Vancouver was \$1,520 as of October 2021, according to the Canada Mortgage and Housing Corporation's Rental Market Report.

In her current apartment, Munn receives no subsidy and still has enough money to pay for a car and art supplies to paint in her spare time.

"Things are a lot easier financially," she said. "I can plan for a few little trips to visit people ... [and] have more money to have a fuller life, to buy better-quality food."

Over in Burnaby, a stone's throw from Vancouver, John Bathurst, lives in the same complex as his three children, who are able to easily afford three- and four-bedroom townhouses for their families.

Munn is a care aide and Bathurst is a retired contractor. They are not millionaires, and yet they don't struggle with the cost of housing in one of the most expensive cities in Canada. That's because they live in co-ops.

Housing co-operatives are not a new concept. They have existed in Canada for decades and represent something of a middle ground between renting and owning —

security of tenure without the often-prohibitive cost of a down payment. Because they operate on a break-even basis, co-ops are often much cheaper than market rentals. They also tend to be more stable because most cannot be sold.

In today's market, all of this makes co-ops an attractive option.

But there has been almost no co-op housing built in Canada since the early 1990s. With mortgages and rents increasingly out of reach for many Canadians, advocates say co-op housing is a model that should be massively scaled up. But those hoping to build more say they need help competing with developers in order to do it.

SIMILAR AFFORDABILITY CRISIS IN THE 1980S

There are just over 92,000 units of co-op housing in Canada, according to the Co-operative Housing Federation of Canada.

The vast majority of them were built through dedicated programs in the 1970s and '80s, because governments at the time recognized there was a housing crisis, said Thom Armstrong, CEO of the Co-operative Housing Federation of B.C.

"This is going to sound really, really familiar," said Armstrong. "There was a crisis of supply and a crisis of affordability. People couldn't find

places to live and if they could find them, they couldn't afford them."

Co-ops developed under these programs had between a third and half of their units reserved for low-income households who couldn't afford the break-even housing cost, Armstrong explained. The Canada Mortgage and Housing Corporation (CMHC) also guaranteed long-term mortgages of 40 to 50 years, which gave confidence to lenders and made payments more affordable, he said.

But shifting political priorities in the 1990s meant the money that funded these programs dried up, explained Tim Ross, executive director of the Co-operative Housing Federation of Canada.

"Different political priorities emerged around significant austerity cuts to social programs, as well as a belief that the free market is best placed to address people's housing needs," Ross said. "So, we saw the cancellation of programs that were building tens of thousands of units of social housing a year, including co-operatives."

A LONG WAIT

The lack of new units, combined with rising demand for affordable housing, means waiting lists to get into co-ops can be years-long — if the waiting lists are open at all.

Catherine Munn applied to 45 different co-ops. Some required her to renew her application every year. It was six years before she was finally offered a spot in 2018.

Even without a subsidy, Munn now pays about half of what she was paying with BC Housing, for a larger place.

"It's just so much friendlier and healthier," Munn said of her co-op community. "We have children running around outside and elderly people and millennials and middle-aged people. Just a wonderful mix of all different cultures and races."

Participating in co-op projects such as the landscaping committee helped Munn get to know her neighbours.

"I feel like I've got enough people," she said. "I can live alone and not be terrified. I mean, I'm not old yet, but I'm ... going to get there and I just feel like I'm safe here, because we all look out for each other."

Bathurst also feels the security that comes from community, with his seven grandchildren growing up around him. He recognizes that having his three children as neighbours is unusual, something that is only possible because they can afford places large enough for their families.

"It's a diabolical anomaly that the Vancouver, Toronto housing markets

are so inflated that young families can't afford a place to live," he said. "And putting in little boxes [where] people are isolated and mentally unfit to function is not the answer ... Co-ops provide affordable living space."

SOME CO-OPS IN NEED OF REPAIRS

Because most co-ops were built in the '70s and '80s, some are now struggling with the cost of needed repairs. Some were able to factor these expenses into their housing charges; others have paid off their mortgages and are able to secure new financing through banks. But some need funding from governments in order to do it.

Arevig Afarian, a spokesperson for federal Housing Minister Ahmed Hussen, said the government has committed more than \$280 million in contributions and low-cost loans to renew and repair non-profit and co-op housing through the National Housing Strategy.

Ottawa has invested an additional \$102 million so far to create 1,301 units of co-op housing, of which 953 will be for those on income subsidies, she added.

Armstrong, CEO of the Co-operative Housing Federation of B.C., says he knows of several co-ops that have been able to secure funding through the National Housing Strategy. He also says a B.C. government investment of \$7 billion over 10 years

to create affordable housing is producing some new co-ops in the province.

❖ Governments have to decide if they're willing to allow housing to continue to be an asset class in someone's investment portfolio or if they're interested in creating market conditions in which housing can just simply be a home for someone. - *Thom Armstrong, CEO, Co-operative Housing Federation of B.C.*

"But this is nothing like ... what you might call a co-op boom that we saw principally in the early to mid '80s."

Ross, of the Co-operative Housing Federation of Canada, points out the National Housing Strategy programs are open to private developers creating rentals, but there are no guarantee rentals will stay affordable over the long term.

"In a co-op or a non-profit, because the rent or housing charge structure is meant to be break-even covering operating costs, paying the mortgage and setting aside some money for future needs, you see much ... greater depth of affordability and more stability year to year in terms of cost of living."

To create more co-ops, non-profit developers such as B.C.'s Community Land Trust need to be able to compete with developers to buy land and buildings to turn into co-ops, Armstrong says.

Placing land and buildings in trust removes them from the market forever and ensures homes remain affordable, Armstrong said. In a city like Vancouver, where land is scarce, this is a challenge, but he said it needs to happen on a much larger scale if the affordability problem is to be addressed. This requires co-operation and co-ordination from all levels of government.

"Governments have to decide if they're willing to allow housing to continue to be an asset class in someone's investment portfolio or if they're interested in creating market conditions in which housing can just simply be a home for someone.... The choice really is that stark.

"And if the answer is no, housing is an equity investment and we're going to continue to treat it that way, then we're condemning a whole generation of people to living in unsuitable or unaffordable housing, or not being able to find a home at all."

John Bathurst doesn't worry about the fact that he has no house to leverage for equity in his retirement. In fact, he questions the mentality that makes people think this is necessary.

"This planet's in trouble. And part of the attitude that has us in trouble is this whole thing that ... 'somehow or another I'm going to cash out with ... a huge amount of money.' Like, why?

"We can't sustain ourselves as a race unless we [look at] the way we do business."

What is a housing co-op?

- Co-operatives are run by boards elected by members.
- Co-ops usually either own their land or lease it from a municipality or land trust.
- Members purchase a share to join a co-op.
- Housing charges are set by the board on a break-even basis.
- Some co-ops have a certain number of units set aside for those on income assistance.
- Many co-ops require members to volunteer for community upkeep projects.
- Unit size is often proportional to the size of the household.
- Members can live in a co-op indefinitely, as long as they follow the bylaws.

(www.cbc.ca article by Tara Carman – Senior Reporter, Data Journalist.)

TORONTO ATTRACTIONS IX

Kensington Market

Kensington Market is a lively and vibrant community within the City of Toronto, where most merchants live above their stores in the old Victorian homes that were built in the 1800's and still line the streets of this historic Toronto neighbourhood.



Over the years many immigrants from various parts of the world settled here and made it the bustling, multicultural community that started in the 1800's and is still going strong today. Two synagogues remain in the Market from the days when the area was the centre of the Jewish community. Nowadays, there are several stores that sell Rastafarian cultural items, including a small flea-market.

Kensington Market was the setting for the TV sitcom 'King of Kensington' filmed in the 1970s to 1980s starring Al Waxman. Nearby Bellevue Square Park has a statue of him. This neighbourhood has such a rich heritage and history that it was officially designated a National Historic Site of Canada in 2005. Kensington Market is a walkable bohemian neighbourhood that draws many artists, musicians and tourists to its indie shops, vintage boutiques and art spaces. It is also home to a wide range of specialty grocers, bakeries and cheese shops. There are trendy bars, cafes and international restaurants, as well as many little 'hole-in-the-wall' places that serve up homemade foods at bargain prices. Students and

families populate Victorian houses along tree-lined streets.



I've been a frequent visitor to Kensington Market for many years. I love its gritty edginess, the mixture of cultures, the many varieties of food available and all those great vintage stores. Some of the shops have curious names such as 'Courage My Love', 'Exile', 'Be Mine' and 'Dancing Days'. I almost always walk away with a few treasured purchases.

Then there's the Blue Banana Market – a quirky emporium which stocks local & global gift and novelty items. The products range from funny and useless, to practical homeware, jewellery and clothing. A great place in which to browse. This is where I get my sequined slippers, stylish coffee mugs, incense & beautiful hand-painted Indian boxes – some of which I keep and some I pass out as gifts to friends and family.



My favourite restaurant in Kensington is the Tibet Café & Bar on Kensington Avenue. It's a quaint eatery and true Tibetan dining experience which serves up a menu of Tibetan specialties, plus smoothies, beer and sangria. I heartily recommend their vegetable momo – dumplings (steamed, baked or deep fried) made with flour and a savory stuffing. The stuffing can be made with veggies, sea food, chicken or cottage cheese. The Lhasa Thukpa is another favourite of mine - a Himalayan noodle soup which can be served with meat, chicken or vegetarian. Their wonton vegetarian soup is also yummy. In fact, everything on the menu is a culinary treat!



Since Kensington is a hub for artists, there's frequently some kind of performance happening on the streets. The area's got its fair share of buskers, sketch artists and eccentric characters. It's a prime place for people watching. If you're lucky you'll catch the skateboarding spiderman and some pretty cool musicians doing their thing, as well as mimes, clowns & acrobats. It's fun, funny & fabulous.



Many street artists have left their mark in Kensington Market – alleyways and storefronts are truly works of art. As you walk along, you'll spot mannequins on the balconies of Victorian homes, store signage that goes all the way up to the roof and the word 'Kensington'

spelled out in bike chains, just to name a few.



A prominent mural is the one on Augusta Avenue – it's called the Garden Car and was initially influenced by Czech art nouveau artist Alphonse Mucha. It's a public piece of property that doubles as a community garden and has been a staple of the neighbourhood since 2007.



The annual 'Kensington Market Winter Solstice Festival' is celebrated as a parade in December. This is a carnival parade of giant puppets, firebreathers, stilt walkers and samba musicians. The parade ends in a concert in Alexandra Park. The winter solstice festival in

Kensington is an important gathering of Ontario's pagan community.



Then there's the Pedestrian Sunday festival - a car-free festival which takes place during several Sundays in the summer bringing magic to the area with many performers doing their thing. Dance parties and kiosks with street foods feed the hungry hordes.





Nearby Bellevue Square Park hosts many concerts and festivals throughout spring and summer. In addition, the Chiaroscuro Reading Series offers readings of prominent science fiction, fantasy and horror authors, held the second Tuesday of each month at August House. There are places you can go to read and hear poetry such as the Poetry Patio Schmooze which features poetry and jazz. Another great event is the Kensington Market Art Fair which serves as a platform for local artists to share their art.

THE CN TOWER



The CN Tower is a 553.3 m-high concrete communications and observation tower located in the downtown core which opened on June 26, 1976. Its name 'CN' referred to Canadian National, the railway company that built the tower.

The CN Tower held the record for the world's tallest free-standing structure for 32 years, from 1975 until 2007, when it was surpassed by the Burj Khalifa in Dubai. It is currently the ninth tallest free-standing structure in the world and remains the tallest in the Western Hemisphere. It houses several observation decks, a revolving restaurant and an entertainment complex. The base of the CN Tower was home to the 2015 Pan Am Games flames in both the Opening & Closing Ceremonies.

Here are some interesting fun facts about the CN Tower:

- It's a multi-record-breaking tall construction and an engineering marvel.
- It took 1,537 workers working 24 hours a day, five days a week, approximately 40 months to build it at a cost of CA\$63 million.
- The Tower is a signature icon of Toronto's skyline and attracts more than two million international visitors annually.
- The CN Tower was classified as one of the Seven Wonders of the Modern World by the American Society of Civil Engineers in 1995.
- It has the tallest metal staircase on Earth with a total of 2,579 steps. Twice yearly, you can take the stairs all the way up. Each year, the CN Tower hosts two fundraising stair climbs – one for the World Wildlife

Fund of Canada, the other for United Way that attracts more than 20,000 participants and raises approximately 2.5 million annually.

-In 1997 the 'wine cellar in the sky' opened at the 360 Restaurant and in 2006 the Guinness World Records dubbed it the world's highest wine cellar – it holds up to 9,000 bottles – an impressive amount of vino – cheers!

-The glass floor of the observation level can hold the weight of 14 adult hippos.

-The 360 Restaurant takes 72 minutes to complete one full revolution.

-The Tower weighs 117,910 tonnes or the equivalent of 16,844 large male elephants

-There's a time capsule in the wall of the Tower's lookout level put there in 1976. Included in the capsule are copies of 3 local newspapers, Canadian coins, letters from children, and a letter from then Prime Minister Pierre Trudeau. The plan is to open the capsule in 2076.

-On a clear day, you can see Niagara Falls and New York state from the top.

-It's a target for lightning – according to an Environment Canada meteorologist, the Tower is typically struck by lightning 75 to 80 times a year.



-Adventurous types can experience the tower's Edge Walk, which allows you to take a stroll along a 5 ft wide ledge on top of the building's main pod – outside. You are attached to an overhead safety rail and harness system which allows you to physically lean back for a great view of Lake Ontario.



-The tower's intelligent LED light system changes colour depending on occasion or season - it goes green for Earth Day, turns blue for the Toronto Blue Jays' home opener and becomes red and pink for Mother's Day. On New Year's Eve it puts on a breathtaking light show with music.



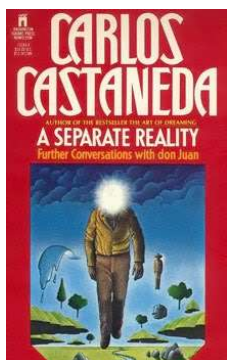
SOME FOLKS (and their furry friends) JUST LOVE WINTER

-It's got the clearest reception in North America. The 335-ft steel communications antenna at the very top of the Tower broadcasts more than 30 Toronto television and FM radio signals, as well as microwave transmissions and wireless telephone signals. The antenna, which consists of 44 pieces, was put into place by a 10-ton Sikorsky helicopter named Olga.

-In 2015, two daredevils jumped from the top of the Tower – yes, they had parachutes!

-It has been featured in numerous television shows, music recording covers, video games and films including *Highpoint* with Christopher Plummer.

Ursula Carter ~ 51 Alexander



"We either make ourselves miserable or we make ourselves strong. The amount of work is the same." –

Carlos Castaneda





(Photos courtesy of John Gordon ~ 51 Alexander)

THE TRUTH ABOUT OIL PULLING, APPLE CIDER VINEGAR, AND OTHER TRENDY CLEANSSES

Want to put some pep in your step this year? Just swish some oil around in your mouth. Or get a lymphatic massage. Or guzzle some apple cider vinegar. Or lock yourself in a sauna. Or all. Or none. Or...

If you're confused, you should be. The array of so-called health cures that claim to purify your system, cleanse your aura, and just generally give you healthier vibes can be as dizzying as your desire not to get off the couch. But do any of these viral 'cleanse' tactics actually help your body?

Here's the scoop on four of the most hyped detoxing techniques.

Apple Cider Vinegar

No list of popular cleanses would be complete without the mother of them all: apple cider vinegar. Its proponents say that the tangy brew's 'mother'—the cloudy combo of bacteria and yeast that gives the liquid its funky appearance—is a cure-all. Whether you want better skin or a more efficient metabolism, say ACV acolytes, you'd better make sure to chug some of the stuff on a regular basis. As a result, its



popularity has soared in recent years.

“Everybody thinks ACV can do everything,” says Liz Weinandy, lead outpatient dietician at the Ohio State University Wexner Medical Center. “But it’s really hard to say.”

Weinandy points to the lack of convincing studies on apple cider vinegar consumption. Many of the results that do exist come from experiments conducted in rats, chickens, shrimp, and other animals, she explains, and may not apply to humans at all; others have small sample sizes or questionable study design. While some data have suggested beneficial impacts on glucose metabolism and weight loss, other studies have found no impact compared to a placebo. And the mechanism by which this fermented fruit could affect bodily systems is still unclear.

Fermentation is one big reason people hit the powerfully scented bottle—the bacteria contained in raw apple cider vinegar is touted as a powerful probiotic that can improve gut health. But the bacteria in the vinegar may do less good than you think; researchers are unclear on whether it can survive its sloshy journey down the digestive tract, which would qualify it as a true probiotic, or whether the

microorganisms are gobbled up by digestive enzymes en route to the gut.

In fact, chugging ACV may actually do more harm than good: It’s been tied to tooth enamel erosion, gastrointestinal issues like reflux, and reduced potassium levels. So, think before you drink—you might be sipping your bank account dry while actually hurting your health.

“It goes back to basic nutrition,” says Weinandy, who recommends upping fiber and pursuing small changes instead of fast fads. “People think they have to do something extraordinary, but our bodies have their own natural cleansing methods.”

Oil pulling

The practice of swishing oil around in your mouth originated in India as an Ayurvedic folk remedy. These days, it’s bandied about as a miraculous way to cleanse the body of, you guessed it, toxins. Advocates say that swirling coconut, sesame, or other oils in your mouth for 15 to 20 minutes a day can whiten teeth, freshen breath, prevent cavities, and suck various toxins out of your body thanks to the power of fat molecules that bind to bad stuff.



But the jury is out on how effective this practice really is. Though proponents claim it's powerfully detoxifying, those benefits have yet to be shown in clinical trials. Many attempts to research oil pulling have been flawed: One 2017 review found that of examined 21 studies, only six were designed in a way that could yield accurate data.

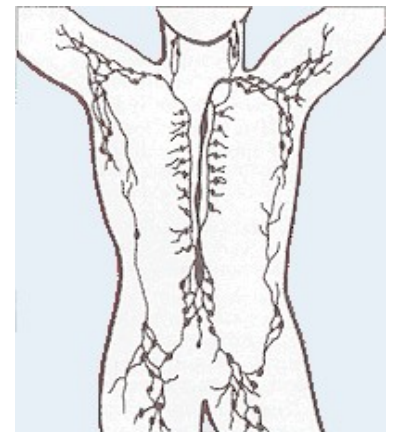
There's slightly more evidence that oil pulling can help oral hygiene, but not much. One oft-cited study from 2008 pitted oil pulling against chlorhexidine mouthwash and found a reduction in mouth bacteria in both groups. But the study was tiny, using a sample of just 20 adolescent boys. Other studies have shown that oil pulling helps people with chronically dry mouths, though only as much as water, and a 2011 study found that several oils used in oil pulling had antimicrobial or antifungal properties when used on oral biofilms in the lab.

But at least for now, mainstream dentists don't see oil pulling as a good substitute for toothpaste. "Based on the lack of scientific evidence, the American Dental Association does not recommend oil pulling as a dental hygiene practice," says the ADA on its website. The professional association recommends you stick to the tried-and-true methods for keeping chompers healthy: brush, floss, and stay away from tobacco.

Aside from the toll oil pulling sessions might take on your morning productivity, there aren't many documented harms from the practice—so if you want to give it a try in addition to your regular toothbrush routine, you'll probably be fine. However, topical allergic reactions are worth watching out for if you decide to swish. And one 2014 case study associates lipoid pneumonia—a rare disease that occurs when fat particles enter the lungs—with the practice. You probably know better than to inhale oil, but it's worth taking extra precautions to avoid any errant chuckles or gasps while your mouth is full of fat.

Lymphatic massage

If you're intrigued by the concept of a massage that prompts your body to dispose of everything grotty within, you're not alone. In recent years, a practice known as lymphatic massage has made its way out of doctors' and physical therapists' offices and into health spas and DIY TikToks.



The technique involves using a light touch to first activate the lymph nodes. These tiny trash scavengers are a vital part of your immune system, and the idea is to prompt them to process

lymph—a truly disgusting fluid made up of white blood cells, the remains of old or damaged cells, various salts and proteins, and intestinal fluid. The nodes filter out bacteria and foreign material in the lymph, then return the good stuff back into your blood.

Lymphatic massage is safe for most people, though it's not recommended if you have circulation problems, congestive heart failure, or certain infections or kidney issues. But the technique was specifically designed to help people with edema, or swelling, in their extremities, and to combat the inflammation caused by various illnesses and physical ailments.

There's evidence it helps in those situations. However, if you're looking for evidence that lymphatic massage can make you lose weight, change the shape of your face, improve your general health, or even cure cancer, as some hucksters would have it, good luck finding it. One systematic review from 2009 called lymphatic drainage in sports medicine contexts—one of its most popular applications—“a clinical art founded on hypotheses, theory, and preliminary evidence.”

Another popular use of lymphatic massage is cosmetic. You've probably seen TikTokers gently stroking their face with jade rollers or gua sha stones. But though the Chinese medicine-derived gua sha technique was associated with

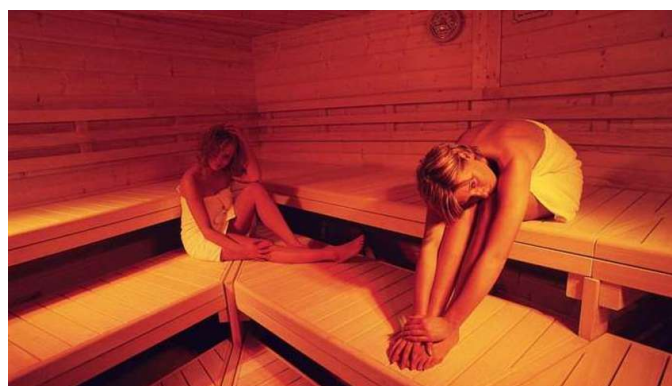
increased microcirculation in one tiny study, research remains extremely limited. That said, gentle, self-administered gua sha facials won't do you any harm.

If you absolutely need lymphatic drainage, you'll know—and your doctor or physical therapist will likely recommend it. But if you don't have any health contraindications, you may still find lymphatic massage to be relaxing and slightly de-bloating (though in reality, it's not pushing any fluid *out* of your body... just moving it around.)

Saunas

Could better health be as simple as just sweating it out? Plenty of people head to the sauna (or buy one to keep at home) to give that theory a whirl, touting everything from better skin to weight loss as its benefits.

Given the proliferation of terrible-to-middling health advice above, you might be surprised to learn that a



sauna sesh *can* actually benefit your body. Dry saunas raise the pulse and boost circulation, which can promote cardiovascular health and

mimic the effects of physical exercise. (For this reason, however, those with existing heart problems should check with their doctor before cranking up the heat.) Regular sauna sessions have been linked to everything from pain reduction in patients with rheumatic diseases like fibromyalgia to a reduced risk of psychosis (at least among Finnish men).

Why does shvitzing help health?
Researchers are still looking into the specific mechanisms that make sauna use beneficial, but hypothesize that the heat can trigger everything from hormonal shifts to reduced inflammation.

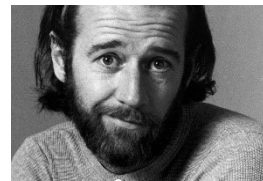
As with any wellness trend, however, time in a sauna won't do quite as much as some devotees swear. Sweating a lot can make you look a bit leaner by getting rid of some water weight, but it doesn't cause permanent weight loss. And that same temporary slimming power can easily make you dangerously dehydrated, which makes it important to drink plenty of water before and after each session. Combining a sauna visit with cocktail hour can exacerbate the risk of dehydration, not to mention injury—in sauna-obsessed Finland, an estimated one in every four burns treated in major hospitals are sauna-related.

But if you stay away from the heat source, put down the booze, and pay close attention to your body's

reactions, a sauna or hot bath can be a great way to heat up your health in the new year.

"Almost everything that goes viral isn't true," says Weinandy. But in the case of a good, old-fashioned sweat, saunas are actually kind of worth the hype.

*(Article by Erin Blakemore @
<https://www.popsoci.com/health/which-cleanses-work>)*



"Just when I found out the meaning of life, they changed it".

- George Carlin

THE KIDNEY TESTS THAT JUST MIGHT SAVE YOUR LIFE

You aren't alone if you can't remember the last time you thought about your kidneys. But thinking proactively about your kidney health can mean one less thing to worry about. The next time you see your doctor ask them for kidney screens: a simple blood (eGFR) and urine test (uACR).

Estimated Glomerular Filtration Rate (eGFR):

A blood test that assesses kidney function and helps to determine presence of kidney disease and stage by measuring how effectively tiny filters (Glomeruli) in your kidneys clean the toxins and waste in

your blood.

Urine Albumin-Creatinine Ratio (uACR):

A urine test that assesses kidney damage by determining whether albumin, a type of protein normally found in the blood, is in your urine.

Here's why. Chronic kidney disease (CKD) is highly prevalent, impacting 1 in 10 people globally. It's also highly underdiagnosed: fewer than half of all CKD cases are diagnosed. Last but certainly not least, it is now highly manageable – but like so many progressive diseases, particularly at an early stage.

In case you need a Kidney 101 review, here's what kidneys do. The bean shaped organs 'clean' your blood by removing

waste from the body through your urine, help make red blood cells, and regulate blood pressure. Every minute, your kidneys filter about one litre of blood. When your kidneys are not functioning well it can have detrimental impacts on your whole body and eventually lead to dialysis and/or transplant.

Who is at risk for kidney disease? Hypertension and diabetes are responsible for more than half of all CKD cases and cardiovascular disease is also a significant risk. Other factors include older age, family history, obesity, and substance abuse.



Unlike diseases that reveal themselves by signs and symptoms fairly early on, CKD often does not. Signs and symptoms such as increased urination, insomnia and fatigue, poor appetite, shortness of breath, muscle cramps, nausea, or dry or itchy skin often do not appear until kidney disease has progressed.

When CKD occurs, it can range from mild to severe and in some cases, lead to kidney failure. Like many diseases, patient outcomes are not as positive when the disease is found later. That's because once kidney

function is lost you can't get it back. Fortunately, new treatments that are available can slow disease progression, preserve kidney function, and improve

patient outcomes. Early intervention has never been so easy nor so important.

KDIGO, a non-profit organization focused on kidney disease clinical practice guidelines, recommends screening in those with hypertension, diabetes, or cardiovascular disease as well as those with other factors that increase risk.

Despite this, screening is simply not happening as often as it should, meaning that many Canadians have preventable disease that is progressing unnoticed. So, here's a small 2022 resolution with potentially

big impact: protect yourself and your loved ones by asking your doctor for an eGFR blood test and uACR urine test.

Learn more at:

<https://kidney.ca/Kidney-Health>

(Article from CARP Action Jan. 17, 2022).

FIFTY THINGS RETIREES SHOULD THROW OUT

1) Bulky old TV's. Old technology. Nobody wants them. Worth \$0

2) Antiques you don't care about. Hardly any of the kids' decades behind us are not interested in things we hold dear.

3) Dirty old shoes. If you haven't worn them in the last year, get rid of them...if they even still fit. Our feet spread as we age, arches fall, callouses and corns develop, so get a new pair of walking shoes that are very comfortable. You'll know it the minute you try them on.

4) Musty towels. Contrary to popular belief, towels do not last forever. Repeated use and washing, wear them out and they get thin and lose much of their absorbency. Add it to your shopping list and watch out for White Sales.

5) For those who have/had children and you're still keeping their things, get rid of them. If you haven't touched it in a year or more, pitch it. It's probably covered in dust and smells.

6) Old cameras and recorders that use film or tape. They're now worthless, for the most part. Most folks use their cellphone these days.

7) Old Beta or VHS tapes. If you haven't converted them by now, you never will. Throw them out.

8) Phone books. They haven't been issued in years, so why hang on to them?

9) Everything in your junk drawer. The pens have probably dried out and everything else is dated and will never be used again. Pitch 'em.

10) Old spices. If it's past its best before date, throw it out. If you bought it for one so-so recipe that you'll never make again, pitch it.

11) Expired makeup. It's probably very nasty by now and could possibly give you an infection, if it's even still useable. Makeup dries up and dates fairly fast. Besides, you probably look better without it!

12) Bulky items that are taking up valuable closet space. If you haven't touched it in several years, what makes you think you will again?

13) Serving/Dinnerware. If you no longer entertain and haven't done so in eons, time to get rid of it. Donate for resale. P.S. They'll never sell.

14) Anything that's not yours. Borrowed something years ago and never returned it? Is that person you

borrowed it from still alive? It's taking up space, so pitch it.

15) Expired medications. Good habit to pitch old pills, creams and liquid meds. Besides, they change as they get older and probably won't work eventually. Besides, you're probably on a new slew of meds, and the interactions could be very dangerous.

16) Miscellaneous cords and chargers. If you don't need them frequently, they're probably for an old device that you've thrown out or has died years ago. The more you have, the more confusing they'll be, and you've probably forgot what cord goes with what device.

17) Office supplies. If you're retired, there will be little need for most of the items so pitch 'em. Do you really need that box of large legal-size binder clips?

18) Fake plants. They might have looked nice at one time, but now they're covered with dust and look old. IKEA will be around the corner soon...you can always get new, fresh ones.

19) Anything that's too high maintenance. Since we live in apartments, this doesn't affect us as much as homeowners, but it still applies. Consider getting rid of anything that you don't enjoy taking care of. Who needs that stress?

20) Lunch boxes

21) Keepsakes you no longer care about.

22) For those who own property, get rid of it unless it's in your will to someone you love. If you haven't talked to that person in years, time to sell.

23) Business clothes. Planning on getting a job at our age? NEXT!

24) Exercise equipment. Self-explanatory.

25) Things in your storage locker. Most folks put things there and never touch them again. Pitch 'em. It will all just eventually be thrown out when your grand exit comes.

26) Cars. If it's sitting in the garage unused, it's time to sell or donate it. Besides, you're paying for a parking spot every month AND driving is getting too dangerous. Our reaction times are slowing down. Don't say I didn't tell you so.

27) Kitchen equipment. How many have several slow cookers, knives, serving items, plates, bowls, platters, this thingy and that doohickey? If you don't use it now, you never will.

28) Sentimental items. If you have no one to leave them to, time to have one last glance and pitch 'em. Old pictures mean nothing to anyone else, and they eventually end up in a garbage dump with everyone else's memories.

29) Home décor. Did you buy into that Capodimonte phase in the nineties? If it's dusty, you probably bought it years ago and it's already from another



decorating era. It looks dated, cheap and worthless, so pitch it.

30) Old computers. It's unfortunate, but software keeps getting updated and computers get more powerful. I know your machine still works, but the software is no longer supported, so if anything goes wrong, there will be zero support for it. They'll tell you to pitch it, but I'll save you the grief here. Wipe the hard-drive or back it up and pitch it.

31) Extra furniture. If you don't use it and hate cleaning it, it's time to get rid of it. Besides, like home décor, it's probably from an era gone by. Remember 'old colonial' that was popular in the 70's?

32) Books. Dust collectors. If you'll never read it again, why keep it? If they're worth anything, a used bookstore (yes, they still exist) might consider taking it off your hands.

33) Old files. If they're legal items past the 7-year mark, you'll never, ever need to refer to them again. Unless it's your will. Keep that!

34) Collectibles. What we once thought was cute and collectible, is now losing interest among the generations that are following us. They don't want it. If it still has value, sell it now, before it no longer does.

35) Holiday Décor. If you no longer use it, throw it out.

36) Luggage. Going somewhere? As we age, we tend to travel less, so do you really need all the pieces you used to take along with you?

37) Old phones. Landlines are becoming obsolete. Pitch-em.

38) Sports equipment. Still using it? Un-hunh, that's what I thought. Pitch it.

39) Musical instruments. Thought you'd take it up again one day? How long ago was that? How's your arthritis holding up? Finger's still limber? Pitch it!

40) Knick knacks. This probably goes with Décor, but usually of a much lesser value. Dust collectors. Good-bye!

41) DVDs and CDs are becoming obsolete. Movies and music are streamed. Kids don't want 'em so why hang on to them...in addition to all the following:

42) Fine china.

43) Jewelry.

44) Power tools.

45) Outdoor equipment.

- 46) Missing pairs: socks, bowls, lids etc. will never be found or needed.
Pitch 'em!
47) Magazines.
48) Board games.
49) Film projectors.
50) Old linens.

(~ ed. Based on an article that appeared on <https://www.travado.net>)



"I'm suspicious of people who don't like dogs, but I trust a dog when it doesn't like a person". - Bill Murray



A couple of fascinating new series from Netflix to indulge in –

[The Andy Warhol Diaries](#)

Two years after Andy Warhol's death in 1987, a lengthy volume called *The Andy Warhol Diaries* was released and immediately bounded up the bestseller charts all over the western world. Warhol, of course, would have been drolly delighted. The diaries were edited transcripts of near-daily phone calls Warhol would make to his assistant and

friend Pat Hackett. Warhol would ramble and expound on whatever he was thinking and on what had happened in the previous day and night – and Hackett would duly assemble something readable from his words.

Not one to resist a challenge or a catchy title, filmmaker Andrew Rossi has assembled a quite hypnotic six-part excavation of the Warhol the diaries revealed – and a surely definitive biography.

The Andy Warhol Diaries is a seriously impressive piece of work. Without narration, or even many contemporary interviews, but with a deft hand at the editor's bench, Rossi puts together a subjective, but rigorous portrait of Warhol, his world, and his contemporaries. Everyone you could hope for – Basquiat, Bowie, Debbie Harry etc. – is here. But so are plenty of lesser and more peripheral figures, some of whom have far more insight than the inner circle.

If you're interested in the time period and the art, *The Andy Warhol Diaries* is wonderful.

[Life in Colour: David Attenborough](#)

The natural world is full of colours. For us, they are a source of beauty, but for animals they are a tool for survival. David Attenborough reveals the extraordinary ways that some animals use colour to hide and disappear into the background.



In India, peacocks dazzle females with magnificent tail feathers; a tiny hummingbird in the deserts of North America unfurls his spectacular headdress as he dances for a mate; and in the darkness of a rainforest, powerful mandrill baboons signal their status with red and blue face masks.



New science reveals how the Bengal tiger in central India uses its orange-black stripes to hide from its colour-blind prey. In Kenya, the zebra's black-and-white pattern confuses predators with an extraordinary effect called 'motion dazzle'. And on the island of Cuba a small snail uses colourful stripes in a surprising way to hide from its enemies. Other animals use colour to trick and deceive. On Australia's Great Barrier Reef, a blue-striped blenny uses colors to mimic other fish and

launch a sudden attack. In the grasslands of Zambia, the chick of a pin-tailed whydah mimics the patterns of its nest mates to ensure that it is not detected as an imposter. And specialist cameras reveal how a tiny crab spider uses bright ultraviolet colours to lure in its victims.



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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.