



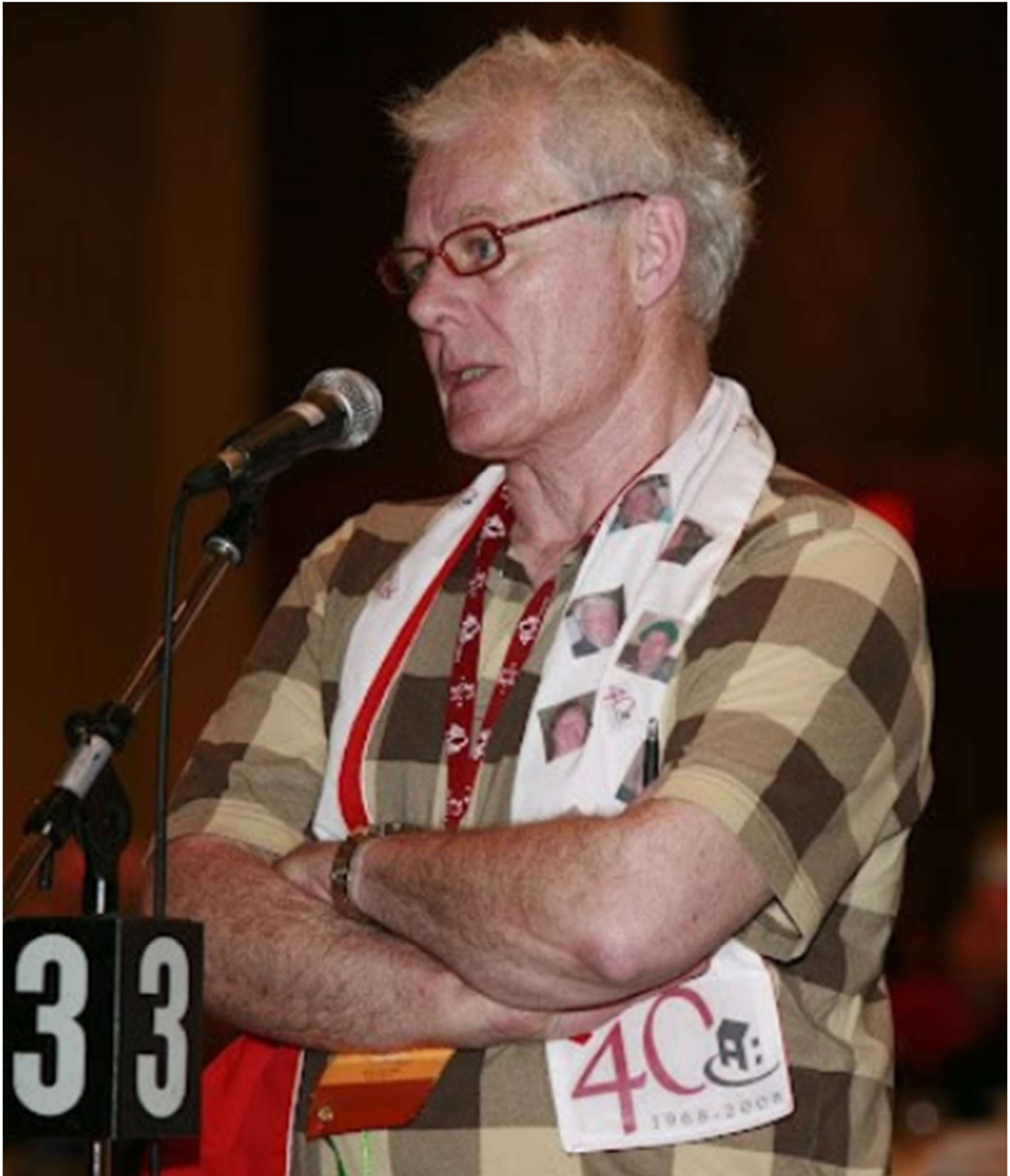
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IF YOU DON'T KNOW THIS MAN, YOU SHOULD

(Story inside)



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CANADA'S HOUSING CO-OPS REMEMBER WES HOSLER, A MAN FOR THE MEMBERS

Wes Hosler's 1997 election as president of CHF Canada came at a perilous moment for Canada's co-operative housing movement.

The federal government had announced in 1992 that it was ending its support for new co-ops. Then in 1996, Ottawa declared that the federal co-op housing portfolio would be transferred to provincial administration, including an Ontario government that was openly hostile to affordable housing.

In CHF Canada's 1998 annual report, Wes wrote this: "We are in a fight for our lives, working together from

coast to coast to stop the transfer of federal co-ops outside Quebec to provincial administration." With his leadership, CHF Canada launched a powerful campaign to stop the transfer. It was successful; 90% of federal co-ops remained in federal hands.

During his five years as president, Wes Hosler was at the heart of several other key co-op housing struggles – to fix leaky co-ops in British Columbia, and to remedy the decline of household assistance for members of Section 95 co-ops.

The sector also had organizational challenges; it was here that Wes Hosler's experience, leadership, perseverance and courage perhaps showed best. When co-op housing development was stopped, the movement was left with regions without enough co-ops to support local services, or no local organization at all.

Wes was instrumental in establishing the first local services provided directly by CHF Canada. CHF Canada's Manitoba office became a template for CHF Canada local services. Manitoba's experiment, now used in several regions, showed that good quality local services were viable. Co-ops could rely on better services, wherever they had been built.

Wes Hosler passed away May 6 in Vancouver after a short illness.

Wes first became involved in co-operative housing in 1974, as co-founder of the 152-unit Carpathia Housing Co-op in Winnipeg. In 1988, he joined CHF Canada's board as Manitoba Regional Director – this began 14 years of outstanding volunteer service as an at-large director, member of the Finance Committee and Treasurer. He was elected president of CHF Canada in 1997, then re-elected for four more terms, serving until 2002 when he stepped down and moved to British Columbia.

Wes became a CHF Canada Honorary Life Associate, co-op housing's highest honour, in 1992. After he moved in 2002 to Lore Krill Co-op in Vancouver, his service continued. He became president of the Co-operative Housing Federation of BC, and worked in CHF BC's education program, facilitating workshops and chairing meetings.

Wes Hosler is remembered as much for his character as his accomplishments. Open-minded and scrupulously fair, with an easy smile and great sense of humour, his approach was always to seek solutions that reflected a consensus. No one ever left a meeting with Wes feeling as if they had been pushed aside or overruled.

"Wes was a friend and mentor for almost 40 years," says CHF BC Executive Director Thom Armstrong who took his initial workshop leader training with Wes in the early '80s.

"Wes had the gift of knowing how to lead without ever losing touch. His instinct for what would best serve the sector and the members was unerring."

CHF Canada President Tina Stevens, who met Wes in 1995 when she joined CHF Canada's Board as Director Representing Indigenous Communities, says that Wes was "invested as a person in co-op housing. He was loyal to the grassroots members of housing co-ops, and always put their interests first. Everyone who met him remembers his warm smile and many members mourn his passing. I am very thankful to have been able to call him my friend."

"As a leader, Wes had strong opinions, but he always respected other people's points of view," says Rene Daoust, who succeeded Wes as CHF Canada President. "When I was a new board member, I appreciated his support and his mentorship. He was a truly great leader, always seeking positive change to move co-op housing forward."

Former CHF Canada Executive Director Alexandra Wilson worked closely with Wes for many years. "Who could forget Wes Hosler's warm and friendly smile", she says. "He took his duties seriously and with tremendous dedication, with a true gift for handling disagreements without ever being disagreeable."

Wes was a registered nurse, and nurse educator, who retired from nursing in 2004. He leaves his three sisters and one brother, and his three children. He was a devoted grandfather.

Wes Hosler will be sadly missed.

TORONTO ATTRACTIONS X

The Toronto Zoo is the largest zoo in Canada, encompassing all of 710 acres. It opened in 1974 and is a corporation owned by the municipal government of Toronto. It's divided into seven zoogeographic regions: Indo-Malaya, Africa, Americas, Tundra Trek, Australasia, Eurasia, and the Canadian Domain. Some animals are displayed indoors in pavilions and outdoors in what would be their naturalistic environments. It has one of the most diverse collection of animals on display of any zoo and is currently home to over 5,000 animals (including invertebrates and fish) representing over 460 species. The zoo is open to the public every day of the year except December 25.



The Indo-Malayan area contains two pavilions that exhibit plants and animals from South and Southeast Asia. Featured animals in this area include Indian rhinoceroses, Sumatran orangutans, babirusas, great hornbills, false gharials, reticulated pythons, Sumatran tigers, and white-handed gibbons. The Malayan Woods Pavilion houses butterflies, giant gouramis (fish), and clouded leopards.

Photo of a family of Sumatran orangutans, including 54-year-old female Puppe, who has been a resident of the zoo since opening.



FALSE GHARIAL



BABIRUSA



tailed lemurs and Aldabra giant tortoises.

MASAI GIRAFFE



GREAT HORNBILL



ALDABRA GIANT TORTOISE



Africa - the African Savanna, combined with the African Rainforest Pavilion contains the largest representation of animals in the zoo. The Savanna includes white lions, Grévy's zebras, olive baboons, greater kudus, cheetahs, white rhinoceroses, Watutsi cattle, hippopotamuses, spotted hyenas, blue wildebeests, common elands, African penguins and Masai giraffes. The African Rainforest Pavilion holds the world's largest indoor gorilla exhibit, as well as dozens of other African species, including meerkats, red river hogs, dwarf crocodiles and pygmy hippopotamuses. The south side of the pavilion showcases ring-

A GORILLA NAMED CHARLES



Canadian Domain – featured species in this area include wood bison, moose, bald eagles, cougars, trumpeter swans, raccoons and grizzly bears.

WOOD BISON



GRIZZLY BEAR



Americas Pavilion houses animals from both North and South America. It displays a wide variety of New World monkeys, amphibians, reptiles, fish, and insects. Some of its most popular residents are the white-faced sakis, golden lion tamarins, two-toed sloths, American alligators, beavers, and river otters.

The **Mayan Temple Ruins** features jaguars, capybaras, blue-and-yellow macaws, black-handed spider

monkeys, and American flamingos. The Americas Pavilion also houses the majority of the zoo's reptile and amphibian collection, as well as a large number of its invertebrates.

JAGUAR



WHITE-FACED SAKI



CAPYBARAS



Tundra Trek – this area showcases a variety of Arctic animals including porcupine caribou, polar bears, snow geese, and Arctic wolves. Educational theming emphasizes the lives of the Inuit and the effects of climate change.

ARCTIC WOLF



POLAR BEAR



Australasia - features animals from the Australian mainland, as well as surrounding islands. Featured species include Western grey kangaroos, red-necked wallabies, short-beaked echidnas, southern hairy-nosed wombats, kookaburras, Victoria crowned pigeons, Matschie's tree-kangaroos, and Komodo dragons. The Komodo dragons were donated to the zoo as a gift from the President of

Indonesia. The Great Barrier Reef exhibit features seahorses, a jellyfish tank, lionfish, brown-banded bamboo sharks, and a 23 ft long community tank.

HAIRY-NOSED WOMBAT



KIMODO DRAGON



JELLYFISH TANK



Eurasia Wilds - the featured species in this section of the zoo are snow leopards, Amur tigers, West Caucasian tur, mouflon, chamois, red pandas, Bactrian camels and seas eagles. Several species are only viewable from the Zoomobile, including lion-tailed macaques, yak, and the herd of Przewalski's horses.

WEST CAUCASION TUR



SNOW LEOPARDS



SEA EAGLE



The Animal Enrichment program is very important at the Toronto Zoo. Barrels, toys and other devices lie within animal habitats - those objects serve as animal enrichment that plays an important role for many of the species. It gives the animals opportunities that stimulate their natural behaviours - to follow their natural instincts is as essential to their overall health and well-being as good nutrition and medical care. Some devices may encourage foraging behaviours while others are strictly for play.

The Toronto Zoo also makes considerable effort to conserve endangered species from around the world with the help of other accredited zoos. Breeding is often considered the most difficult rewards of captive animal care, but the Toronto Zoo's efforts have been met with much success, and even resulted in the re-introduction of many species. Here are some of the conservation initiatives that the Toronto Zoo has participated in:

- The zoo has rescued two orphaned polar bears from the wild named Aurora and Inukshuk. after an Inuit wayfinding landmark.
- The Toronto Zoo participated in the 2008 Year of the Frog, where researchers were sent to study a deadly fungus causing problems to amphibians and reptiles worldwide.
- The Toronto Zoo continues to act in the captive breeding, and re-introduction into the wild of critically endangered Canadian species,

including the Vancouver Island marmot, loggerhead shrike, and Blanding's turtle, as well as Great Lakes fishes.

- The zoo has bred additional rare Ontario species such as the redbellied dace and massasauga rattlesnake.
- African penguins are one of several endangered species that the Toronto Zoo has successfully bred over the years.
- The Zoo also participates in the Species Survival Plans of dozens of species, maintaining healthy captive populations of animals which may one-day be re-introduced to their former homes. Some notable SSP species successfully bred include the western lowland gorilla, Sumatran orangutan, golden lion tamarin, Sumatran tigers, snow leopard, cheetah, Przewalski's horse, Indian rhinoceros, Matschie's tree-kangaroo, African penguin, and Komodo dragon.

FUN FACTS ABOUT THE ZOO:

- The zoo is shrouded by several conservation areas, making it a great place to go for a hike in nature and see various wildlife
- For the first time ever, the Toronto Zoo opened a drive-through safari during the coronavirus pandemic in 2020
- The Toronto Zoo welcomes over one million visitors each year (aside from the COVID period)
- The largest animal at the Toronto Zoo is Samson the hippopotamus, who weighs 2.25 tonnes

- The smallest animal at the Toronto Zoo is a leaf-cutter ant that clocks in at 7.5 millimetres long
- Each day, the zoologists and their teams prepare around 1.5 tonnes of food for the animals
- The rocks in Toronto Zoo habitats come from all over Ontario and match what the animals would have in their natural environments.

Ursula Carter ~ 51 Alexander

A MEMBER VISITS THE ZOO

Laurel Tate of 51 Alexander has been a City Park Co-op member since 1999. She has had a deeply rooted love for the animal kingdom since childhood. Going for a walk with her is often a delightful experience as she cannot pass an animal on the street without making his or her acquaintance – and this often takes some time because dogs respond enthusiastically to her friendly voice and soothing touch.

She was a volunteer at the Toronto Zoo for 10 years – from 2006 to 2016. However, as a volunteer she did not have personal contact with the animals – that was the domain of the zoo staff. Volunteers worked in the Education Department and their tasks included doing tours for adults and school kids, answering their questions and telling stories of the animals so they could connect with them in personal ways. An important aspect of the tour was educating the public on the conservation of nature

and animals and the importance of breeding – especially of the critically endangered species.

Laurel has a personal quote she likes to share in that regard “in an ideal world, we wouldn’t need zoos, but we don’t live in an ideal world”.

Laurel still visits the zoo on a regular basis – at least once a week. Her favorite spot is with the gorillas and orangutans in the Indo-Malaya Pavilion. She loves hanging out with them, talks to them, interacts with them and takes photos. She particularly loves to watch their various antics – some of which are endearing and heartwarming and others often quite hilarious.



Laurel also likes to visit the Sumatran tigers – she has a special connection

with a 16-year-old female named Kemala and a 14-year-old male called Hari. Kemala and Hari are partners but have no offspring as yet. They live separately because tigers are essentially solitary creatures and only come together to mate. They communicate by rubbing heads, roaring, purring and grunting. They will often rub their foreheads on the glass partition when they see Laurel.



Also, in the Indo-Malaya Pavilion is a jumbo Gourami – a freshwater fish found in southeast Asia.

Whenever he sees Laurel, he will start to move his fins faster and faster, then shake his head and smack his lips as if throwing her a kiss. How incredible is that!



In the African Pavilion, Laurel’s special friends are two Red River Hogs called Tisa and Sir Philip Pigglesworth III. Philip & Tisa have two pairs of kids – 2 girls & 2 boys – who are now 11 years old. When Laurel arrives and calls to them, they always hasten over to her.



Another very heartwarming sight comes from watching the golden lion tamarin and the common marmoset fathers care for their babies and carry them around on their backs



while their mothers recover from childbirth.

Then there's Fifi – a 25-year-old reticulated python who is 25 feet long. Fifi is capable of laying 25-80 eggs at a time and will actually coil around the cluster of eggs to help regulate the incubating temperature and humidity.



Here are some juicy tidbits Laurel described about what's on the menu for some of the zoo residents –

- the monkeys are fed live crickets
- carnivores are fed horse meat

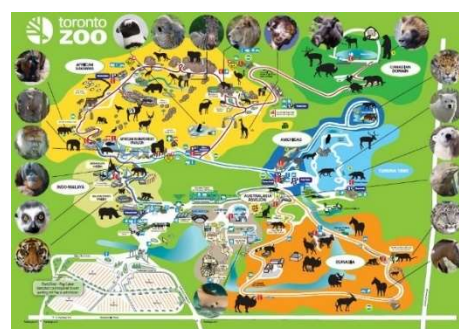
- Fifi gets a rabbit once a fortnight (dead of course)
- predators are served euthanized chicks
- owls receive dead mice

Feeding time at the zoo is often a shocking, yet fascinating ritual to watch!

It isn't surprising to learn then that all the animals have their own individual personalities – just as we do! And they will all respond to their names when called. Many of them know Laurel on sight.

What a marvelous adventure Laurel has to look forward to each week visiting with her numerous animal friends. I have no doubt that they all love her and are able to spice up her life enormously.

Ursula Carter ~ 51 Alexander



BROTHER LOST, BROTHER FOUND

Finding one brother
after another had been lost
has been lovely

The found brother
has always been there
but is now known
in new ways

Shared stories,
forgotten memories,
new novels to discuss, and
special time spent together

So rare,
and now
so appreciated

SNAIL

Today
my teacher
is a snail

Slowly
and relentlessly
moving forward

But also knowing
when to withdraw
and find cover

And then when to
peek out again
and pick up the trail

Endlessly
irrevocably
inevitably

Forward

SHELTER

I need your help
I need your hope
I need your love

Where can I find shelter
Now that you are gone

John Pollard ~ 31 Alexander

CITY PARK BOOK CLUB

Did you know that City Park has a Book Club? Yes indeed, we get together in the PMG Hall every last Monday of the month at 7:00 p.m. to review and discuss our chosen book of the month.

We have a hard core of enthusiastic readers who love to read and love to talk about what they've read. We are keen to have new members join us who are looking to enrich their reading experience.

Our talks are often spirited – at times serious, and other times downright fun. We may drift into and out of other subjects – sometimes related to the book under discussion; other times not. But we always have a good time – the conversation is frequently informative and enlightening and it's an enjoyable way to spend an evening.

The Book Club is a perfect way to keep reading, talk about what you're reading, and make friends with other readers.

You can email Ursula Carter at animoverite@gmail.com for more information.



Ursula Carter ~ 51 Alexander

I OPENED A BOOK – by Julia Donaldson

I opened a book and in I strode
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on
the ring,
I've swallowed the magic potion,
I've fought with a dragon, dined with
a king,
And dived in a bottomless ocean.
I opened a book and made some
friends,
I shared their tears and laughter,
And followed their road with its
bumps and bends
To the happily ever after.
I finished my book and out I came
My chair and my house are just the
same.
But I now have a book inside me.

(Julia Donaldson CBE is an English writer and playwright, and the 2011–2013 Children's Laureate. She is best known for her popular rhyming stories for children).



I am so clever that
sometimes I don't
understand a single word
of what I am saying.
– Oscar Wilde

ARSENIC IN RICE – HOW CONCERNED SHOULD YOU BE?

Studies have found alarming levels of arsenic in rice. Find out which types of rice have the most arsenic and steps you can take to protect yourself and your family from harm.

For many people, rice is a simple, comforting food. In Asia, rice is an ancient symbol of wealth, success, fertility, and good health.

And for more than half the world's population, rice is a staple food and makes up a large portion of people's diets.

Brown rice is often considered a healthy choice. It's a whole grain. Plus, it's a good source of fibre and important nutrients, such as magnesium, selenium, and manganese.

And rice is also sometimes recommended to eat when you're sick. (I used to love soup with rice when I wasn't feeling well.)

But there's a dark side to rice you may not know.

Most of the rice today, whether white, brown, wild, organic, or conventional, is tainted with arsenic — one of the world's most toxic poisons.

How did this basic, wholesome food become polluted? How should you change your cooking and eating habits? Should you give up rice for good?

First, what is Arsenic?

Arsenic is naturally present in the environment. This mineral occurs in the Earth's crust and is found in soil, water, plants, and animals.

So maybe you're wondering: How can it be bad if it's natural?

For one thing, humans have complicated this issue by adding more arsenic to the soil through pesticides and fertilizers.

And arsenic exists in two forms: organic and inorganic. In this usage, organic does not refer to a type of farming. It's a chemistry term.

Arsenic combined with carbon is organic and mainly found in plant and animal tissues. On the other hand, arsenic with no carbon (and combined with other elements) is inorganic and mainly found in rocks, soil, or water.

Here's the main thing you need to know: While the toxicity of arsenic varies widely — and both are considered public health concerns — **inorganic arsenic is generally considered more toxic than organic arsenic.**

Inorganic arsenic has been recognized as a human poison since ancient times. It's the type most often used in pesticides and fertilizers.

It's also found in a variety of foods. Chickens are often fed arsenic-containing drugs to make them grow faster. **But one of the most common food sources of inorganic arsenic is... you guessed it: rice.**

How Harmful is Arsenic?

You can't tell if arsenic is in your food or drinks because both organic and inorganic arsenic have no smell or taste.

Most of the organic and inorganic arsenic you ingest will leave your body in a few days. (According to a statement made by the CDC and information published by the World Health Organization.)

But some of the inorganic arsenic — the kind of more concern — will remain in your body for months or even longer.

And frequent exposure to inorganic arsenic, even in low doses, can cause health concerns. Small doses can cause:

- Stomach aches
- Headaches
- Drowsiness
- Abdominal pain and diarrhea
- And confusion

And larger doses create more serious problems.

Inorganic arsenic can even be deadly. In ancient Greece, arsenic was often used as a poison for criminals. A dose the size of a pea was found to be fatal.

Long-term exposure to arsenic has been linked to numerous health issues, including:

- Skin pigmentation and lesions
- Dementia
- Type 2 diabetes
- High blood pressure and heart disease
- Neurological problems
- And other ailments

Arsenic Is Also a Known Human Carcinogen

Arsenic is linked to many types of cancer, including skin, lung, bladder, liver, and kidney cancers. Evidence suggests lung cancer is the most common cause of arsenic-related mortality.

The International Agency for Research on Cancer classified arsenic as a category 1 carcinogen, meaning it's *known to cause cancer in humans*. The U.S. EPA has also determined that inorganic arsenic is carcinogenic to humans.

Inorganic arsenic is generally considered more harmful, but the IARC considers two types of organic arsenic to be “possibly carcinogenic to humans.”

Arsenic Is a Concern for Pregnant Women and Children

For pregnant women, babies, and children, the situation may be even worse.

Pregnant women who are exposed to arsenic may put their unborn babies at risk of having compromised immune systems while in the womb and in early life.

The U.S. Food and Drug Administration found that high levels of inorganic arsenic during pregnancy are linked to numerous adverse outcomes. For example, exposure to arsenic during pregnancy and infancy can impair a child's performance on developmental tests.

Arsenic in Rice – Should You Be Concerned?

Rice is an easy, enjoyable food that can bulk up a meal for pennies. But should you stop eating it to avoid the health risks from arsenic?

Consumer Reports tested 223 samples of rice products and found significant levels of arsenic in almost all of them, including white, brown, parboiled, jasmine, basmati, and other types of rice.

You can see the full results of the brands they tested and the results here.

Arsenic was found in rice whether it was organic or conventional — and from all regions of the world.

What About Brown Rice, Black Rice and Wild Rice?

Brown rice is generally healthier than white rice. (White rice is stripped of its outer layers, fiber, and beneficial nutrients).

But according to Consumer Reports, brown rice had 80% more arsenic than white rice. Arsenic, along with many valuable nutrients, tends to collect in rice's brown outer hull.

Black rice (also known as forbidden rice) is an ancient grain that has been found to have as many antioxidants as blueberries, but it will likely have higher levels of arsenic than white rice.

Wild rice (technically not a rice but still a grain) may contain less arsenic, but it depends on the water where it grows.

What About Organic Rice?

Organically farmed rice may contain fewer pesticides, but all rice soaks up arsenic from the soil.

So organic rice will have fewer toxins overall. But it won't likely have lower levels of arsenic unless the

soil it grew in was never exposed to arsenic — not even 50 years ago.

Which Rice Has the Least Arsenic?

Basmati rice from California, India, or Pakistan is the best choice, according to Consumer Reports data. These types of rice have about one third of the inorganic arsenic compared to brown rice from other regions.

Rice grown in Arkansas, Texas, Louisiana, and most other U.S. states had the highest inorganic arsenic levels. So, it's best to minimize or avoid rice grown in these areas.

You can also check company websites and contact rice companies to see if they conduct independent testing for arsenic levels in their rice.

One brand in particular, Lundberg Farms, is transparent about the problems of arsenic in rice. Their CEO wrote a letter about the issue and how the company is addressing it.

How Does Arsenic Get into Rice?

When arsenic is in the soil, all plants will absorb some of it. But rice is different.

Because it's grown under flooded conditions (where irrigation water is often contaminated with arsenic), rice absorbs more arsenic than other food crops.

Arsenic-based pesticides were heavily used on crops for decades. And inorganic arsenic can persist in the soil indefinitely.

Even if farmland has been growing organic food for decades, if it was *ever* exposed to arsenic-contaminated pesticides, these toxins may still persist in the soil today.

Inorganic arsenic compounds and most arsenic-based pesticides have now been banned in agriculture in the U.S. But some may still reach Americans by way of other countries.

Can Arsenic Be Removed from Rice?

To some extent, arsenic can be washed off. Arsenic is water-soluble. But rinsing rice does usually remove some of the valuable nutrients.

According to the FDA, rinsing rice may reduce the levels of some nutrients, including folate, iron, niacin, and thiamin, by 50 to 70%.

WHY IS ARSENIC IN RICE?

The south-central region of the U.S., where 49% of rice is grown, has a long history of producing cotton, a crop that was heavily treated with arsenical pesticides for decades in part to combat the boll weevil beetle.



However, published studies indicate that cooking rice in excess water (from six to 10 parts water to one part rice), and draining the excess water, can reduce 40 to 60% of the inorganic arsenic content, depending on the type of rice.

One 2015 study published in PLOS ONE, found a cooking method that reduced arsenic by 85%.

They used a filter coffee maker to pass the hot water through the rice as it cooks.

But nutrients were lost during the coffee filter experiment, too. Approximately 50% of the potassium and 7% of the phosphorus were lost. The good news was that the levels of calcium, copper, iron, manganese, sulfur, and zinc did not change significantly.

How To Reduce Arsenic in Rice.

If you decide to eat rice, you may want to take these steps:

1. Choose organic basmati rice from California (or India and Pakistan) if possible.
2. Rinse rice thoroughly or even better soak it for 48 hours before cooking it, pouring off the water and rinsing it every 8

to 12 hours (like soaking beans).

3. Cook rice in 6 to 10 parts water to one part rice, draining off the extra water after cooking.
4. Or try the parboiling with absorption method.

Water is often contaminated with arsenic as well, so using filtered water is best.

And think about adding variety to your diet and trying more alternatives to rice.

Remember Rice Products Too!

High levels of arsenic have been found in many rice products, too.

For example:

- Rice milk
- Brown rice syrup
- Rice-based pasta
- Bread made with rice
- Cereals made with rice
- Crackers made with rice
- Cereal bars with rice or brown rice syrup

So, it's important to consider reducing the amount of all rice products you're eating.

According to tests by Consumer Reports, only one serving of rice cereal or rice pasta could put kids over the maximum amount of rice they recommend in a week.

And rice cakes give kids close to a weekly limit in only one serving!

Do Other Grains Contain Arsenic?

If you eat a gluten-free or gluten-reduced diet, you probably know that many products marketed as "gluten-free" contain rice.

People who eat a gluten-free diet or gluten-free products may be more likely to have higher arsenic exposure.

In fact, according to a 2017 study published in the journal *Epidemiology* people who reported eating a gluten-free diet had, on average, almost *two times the amount of arsenic in their bodies* compared to people who weren't gluten-free.

When you buy packaged foods, you may want to check the ingredients for rice and eat less of these foods.

And remember, many healthy foods are naturally free of gluten, such as fresh, whole fruits and vegetables and other gluten-free grains.

Here are eight healthy rice alternatives worth trying:

- Oats
- Quinoa
- Barley
- Millet
- Teff
- Amaranth
- Buckwheat
- Cauliflower Rice.

Healthy Eating Can Protect You from Arsenic in Rice (and other contaminants, too!).

Eating healthy foods and keeping your gut happy and healthy will help your body eliminate toxins and protect you from harm.

Specifically, cruciferous veggies like broccoli, cabbage, kale, and arugula can help. They contain a compound called sulforaphane, which studies have shown can assist with protection from and elimination of arsenic, other heavy metals, and pesticides.

And a 2014 study published in *Asian Pacific Journal of Tropical Biomedicine* found that moringa (often consumed as a powder) may be useful in reducing the risks of arsenic.

Should You Give Up Rice for Good?

Professor Andy Meharg of Queen's University Belfast (who has been studying arsenic for decades) equated arsenic to smoking. He told the BBC:

"It's dose-dependent — the more you eat, the higher your risk is."

Overall, your best bet is to reduce your rice consumption to about one time per week, rotate in other grains, and aim for a healthy, balanced diet to help your body defend itself from harm.

Most likely, you don't need to cut out rice completely in order to reduce your exposure significantly.

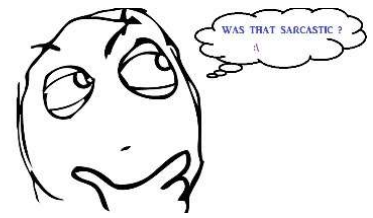
(<https://foodrevolution.org/blog/arsenic-in-rice/>)

THEY'RE BACK





Sticker
seen on a
car in rush
hour 'honk
if you love
peace and quiet.'



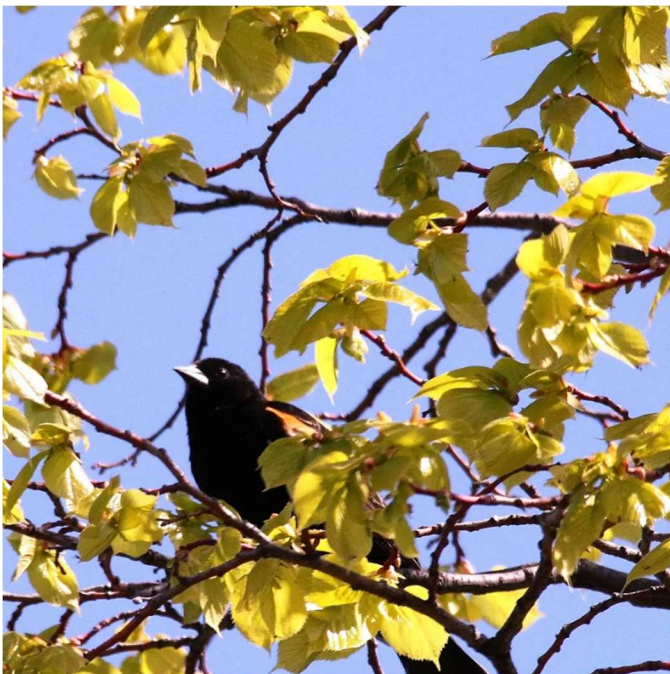
KARAOKE NIGHT AT CITYPARK



On the evening of April 22nd members of City Park Co-Op gathered in the PMG Hall to celebrate their first social gathering in two years – it was Karaoke Night at City Park! There was certainly a lively sense of excitement among the crowd who had come together, and we were all looking forward to an enjoyable evening, eating and drinking and applauding those hardy souls who would venture up to sing a song or two.

There was plenty of pizza & snacks to feed the multitude, alcoholic beverages for those who wanted to imbibe and a large amount of door prizes to be distributed.

During the course of the evening a line-up of aspiring singers entertained the crowd with a variety of popular songs. Among them was Chris Thomas of 51 Alexander who



Photos courtesy of John Gordon ~ 51 Alexander



gave us a great rendition of jazzy “I’ll Be There” and the poignant “Candle in the Wind”. Next, Merle Matheson of 31 Alexander stepped up to offer “Ain’t Misbehavin’” and “A Whiter Shade of Pale”. With her appealing husky voice, Merle definitely added a more seductive tone to the classic songs she chose. All the folks who got up to sing gave it their best shot and were enthusiastically received by their audience.



The evening ended with a rousing rendition of Queen’s “We Will Rock You” which everyone joined in to sing – we clapped our hands to the beat and belted out the song with a spirited energy – it was so great!



Then Maria Crawford of 31 Alexander stood up in front of the microphone and did a fantastic lip sync to “We Are the Champions”. It was certainly a fun-filled and joyous occasion for all who attended.

great job organizing the evening. To Mitch Lambert & Dushy for being such amiable and generous bartenders. For all the volunteers who served us the food and helped make the evening go smoothly and for the deejay for his great job emceeing the evening. We all had a good time and look forward to doing it again next year.



Ursula Carter ~ 51 Alexander

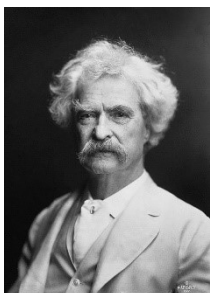


Happiness is having a large, loving, caring, close-knit family in another city. – George Burns

Many thanks & appreciation to the CDC Committee for doing such a



“The journey, not the arrival matters”. – T.S. Eliot



“Age is an issue of mind over matter - if you don’t mind, it doesn’t matter”. – Mark Twain



“I never forget a face, but in your case, I’ll be glad to make an exception” – Groucho Marx

BIG THANKS to our Property Manager

It came as a big surprise to receive a notice in mid-May from our Property Manager who advised us she is turning off the heat.

She is the first Property Manager in the history of City Park to fully understand the Toronto Heat By-law. I’ve been living here since 1996, and every April/May have been subjected to sweltering heat when it wasn’t needed. On cold days, simply closing the windows was enough to keep our units above 21 degrees.

In past years I have had heated arguments with the Property Managers of the day who insisted they understood the heat bylaw, but they did not.

So be thankful. I certainly am.
~ed.

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.

