



OCTOBER~NOVEMBER~DECEMBER 2022

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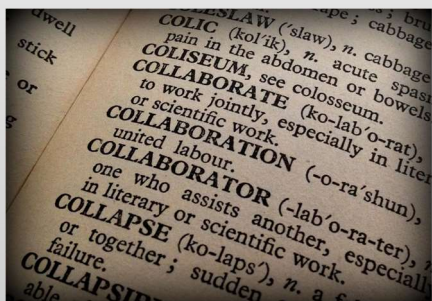
NEXT DEADLINE: DECEMBER 23, 2022

**JACK (MIA) AND THE BEANSTALK  
APPEAR AT 31**



**LINK** is published quarterly  
as of January 2022.

The next **LINK** deadline for submissions  
is **December 23, 2022**.



Your **LINK** Team:

Editor/Coordinators: Bob Harrison Drue  
& Ursula Carter  
Contributors:  
Ursula Carter & John Pollard

allowed them to continue to  
successfully operate.

CHF Canada sought an extension to  
these provisions because we had  
become concerned that co-op  
members at risk due to Covid-19  
would be forced to choose between  
taking part in a large indoor  
gathering, or executing their legal  
rights as a member of a housing co-  
op.

We are very pleased to see the  
government extend the emergency  
provisions until September 30, 2023.  
We will continue to work with the  
government towards permanent  
changes to the Co-operative  
Corporations Act (CCA) that will  
allow housing co-ops to hold virtual  
member meetings if they choose to  
do so.



## **PROVINCE EXTENDS ABILITY TO HOLD VIRTUAL MEETINGS UNTIL SEPTEMBER 2023**

CHF Canada received notice from  
the province that the emergency  
provisions that have allowed housing  
co-ops to hold virtual member  
meetings has been extended until  
September 30, 2023.

Earlier this summer CHF Canada  
wrote to the Minister of Public and  
Business Services, The Honourable  
Kaleed Rasheed calling for an  
extension of these provisions that  
were set to expire at the end of  
September. Throughout the Covid-  
19 pandemic, the ability to hold  
virtual meetings has been a lifeline  
for housing co-operatives that has

## **ONTARIO MUNICIPAL ELECTIONS OCTOBER 24: SPEAK UP FOR CO- OP HOUSING**

On October 24, voters will elect their  
municipal councilors and mayors.

There is a lot at stake for co-op  
housing in these elections. CHF  
Canada created an Ontario  
municipal elections page to help  
supporters speak up for co-op  
housing this fall.

Mayors and councilors oversee  
some of the most important  
decisions that can impact the future  
of co-op housing in your community.



This year, this is truer than ever as many HSA co-ops will be looking to sign new agreements with their municipality after they have paid off their mortgage.

When co-ops and their supporters make their voices heard, politicians take notice.

This election, ask candidates if they will:

- Work with HSA co-ops in their area to ensure they are offered fair agreements that support the long-term health and sustainability of the community.
- Prioritize building more permanently affordable co-op housing.

Co-ops can act:

- Connect with CHF Canada or their regional co-op housing federations
- Make sure your co-op shares our flyer to all members
- Hold a candidates' event
- Help to get out the vote on Election Day.
- Learn about the issues, voting and more on our Ontario municipal elections page.

Please refer to:

<https://chfcanada.coop/ontario-speak-up-for-co-op-housing/>

## TORONTO ATTRACTIONS XI

Black Creek Pioneer Village is an open-air heritage museum in the North York district of Toronto. It overlooks Black Creek, a tributary of the Humber River. It was opened in 1960 and is operated by the Toronto and Region Conservation Authority.



When you enter the site, you'll travel back in time to the 1860's, when horse drawn carriages bumbled along cobblestone roads and tradespeople sold their wares in makeshift shops. Black Creek Pioneer Village was created to reflect a real country town in the late 1800's Ontario with the costumes, shops, roads and artifacts to match. You can see what life was like for the brave pioneers and even try your hand at trades like rug hooking, printmaking or leather works.





The Village contains 40 historic buildings, transported from communities across Ontario, many of them carefully restored and furnished from a collection of over 50,000 historical artifacts. There are 70 heritage breed animals, 10 gardens growing flowers and plants from heirloom seeds, and lots of exciting programs and demonstrations to engage people of all ages. Costumed educators stay in character as they explain their roles and demonstrate trades and crafts common during that time period. They tap their toes to music of the era, laugh at the hysterical antics of the History Actors, and have fun engaging in hands-on activities throughout the village.

The village holds much true historical value - like the cemetery, which is the actual resting place for several settler families. In the herb garden you learn how pioneers gained knowledge of medicinal plants from the Indigenous people. At the stables you can learn Ontario's farming history by caring for living heritage breed livestock, like the Border Leicester sheep used for wool and mutton and the beautiful Clydesdale horses used for farm work and transportation. In 2009, Black Creek Village opened a working replica of an 1860's brewery, the only one of its kind in North America.





In addition to being an educational experience, black Creek Pioneer Village is an impressive period piece, with thousands of furnishings, machinery, clothing and houseware from the 19<sup>th</sup> century. It's meant to reflect a rural pioneer town, where residents would have struggled to sell the fruits of their trades, keep their livestock healthy and make sure the townspeople had enough to eat.

The historic Dickson's Hill school is a typical one-room schoolhouse from 1861, equipped with a box stove for heat and neatly situated chairs and desks for students. The building alone is a testament to the Village's commitment to history, as it was dismantled and reconstructed one brick at a time – including the bell used to call students to class.







For your additional entertainment, you can take part in thrilling new adventures at the Village with “Season of Nightlife Goat Yoga”, Seances, Escape Games, Haunted Walks, Axe Throwing and Archery – all offered throughout the season.

You can grab a bite to eat at the Village’s snack pavilions or cafes and try an 1860’s-esque beer from the Half Way House historic brewery. You can also shop for a souvenir at the gift shop which is filled with contemporary goods, like a Black Creek Pioneer Village mug, as well as historic items, such as old-fashioned candy and honey. The shop also features wares like tinware and leather goods, made at the village’s functioning shops.

### ONTARIO SCIENCE CENTRE

The Ontario Science Centre delights, informs and challenges. With over 500 interactive experiences, it’s one of Canada’s most famous cultural landmarks.

Established in 1969, the Ontario Science Centre has been engaging visitors with innovative science and technology experiences for 50 years and was a pioneer in its hands-on approach to science. The Centre even has its own amateur radio station since its opening and incorporated Ontario’s one and only—IMAX Dome theatre in 1996.





You can learn about outer space at the Science Centre's planetarium, and even examine actual meteorites from planet Mars. At the AstraZeneca Human Edge, there are stories of elite athletes, survivalists, and others who have gone beyond the limits of the human body. Another gripping experience shows you the raw power of the planet earth by "touching" a tornado and meeting colourful, but lethal poison dart frogs in The Living Earth.



There are so many things to see at the Science Centre such as year-round special events and programs, live science demonstrations and travelling exhibits.



*A hair-raising experience!*

There are also numerous permanent exhibits which are guaranteed to stimulate and fascinate viewers of all ages:

**A Question of Truth:** This exhibit is dedicated to the scientific method and even allows guests to test controversial scientific theories.

**AstraZeneca Human Edge:** The wonders of the human body are showcased here, with activities that simulate elite athletes' extreme physical experiences and renowned thrill-seekers and survivalists. It also features a climbing wall for guests wanting to try their hand at rock-climbing.



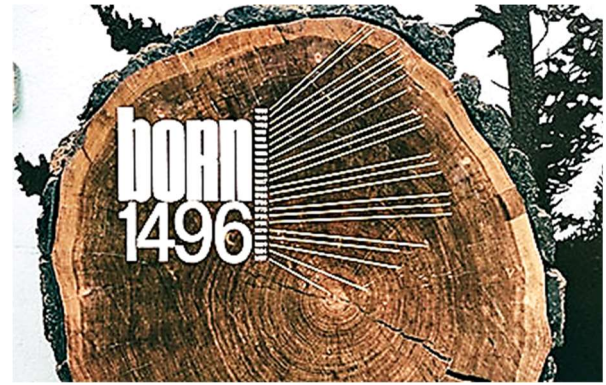




**Cohon Family Nature Escape:** A resplendent outdoor exhibit that is located in the Don River itself. Its residents include a clan of Baltimore Orioles, raccoons, moss graffiti and a slice from a centuries-old Eastern White Pine tree.



**Forest Lane:** Dedicated to Canada's own forests, this exhibit contains a 464-year-old Douglas Fir, with unique ring markers to indicate world events throughout the tree's life.



**KidSpark:** A space built entirely for



children under the age of eight, which allows for free play and learning. It has its own music studio and a rolling ball machine.

**Living Earth:** A magnificent indoor rainforest filled with wonders of the

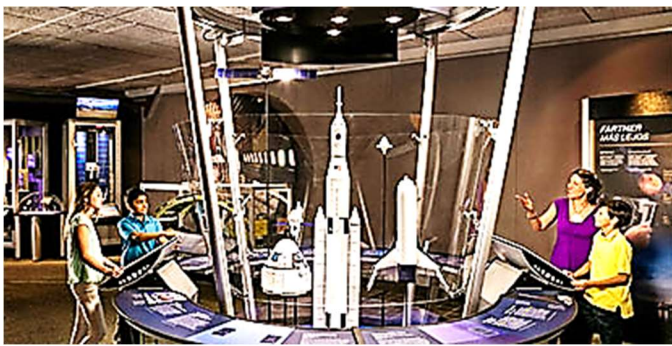


natural world. Guests can spot poison dart frogs, observe a coral reef and even explore a cave.





**Space Hall:** This exhibit features a state-of-the-art planetarium, meteorites and a rocket that is also apparently a space chair!



**Science Arcade:** One of the Ontario Science Centre's oldest exhibits has arcade-style games that also lets guests learn about physics and engineering in hands-on ways.



**Weston Family Innovation Centre:** An interactive exhibit that allows guests to experiment with prototypes and even test out aviation activities.



**Above & Beyond** – a one-of-a-kind screening experience, this theatre lets guests sit back and enjoy an immersive experience filtered through 44 speakers and 13,000 watts of wrap-around sound.







**IMAX DOME FILMS** – features fascinating films about such subjects as



“Dinosaurs of Antarctica”, “Volcanoes” and “Oceans: Our Blue



Planet” that continue to draw people of all ages.

**Fun facts about Ontario Science Centre:**

- Since 1969, the Ontario Science Centre has welcomed more than 51 million visitors.

- The Science Centre hosts sleepovers! Besides participating in a fun, late-night learning experience, guests can also don PJs and join a DJ-PJ dance party.
- It has its own Science School, where students from across the province can earn credits in STEM subjects.
- The Science Centre is home to the Maple Leaf Forever Tree. While the



original silver maple was felled in a windstorm in 2013, it has transformed into a beautiful hand-carved sculpture that took 10,000 hours of volunteer efforts and 35 painstakingly hand-carved maple leaves.

The ‘Maple Leaf Forever’ sculpture

The Ontario Science Centre is definitely the place for innovative thinking and provocative dialogue in science and technology – it’s aim is to inspire a lifelong journey of curiosity and discovery.

**Ursula Carter ~ 51 Alexander**







“Behind every great man, is a woman rolling her eyes”. ~ Jim Carrey

## ONTARIO EXTENDS VIRTUAL MEETING PROVISIONS FOR CO-OPS AND NON-PROFITS

The Government of Ontario has further amended the Co-operative Corporations Act, Ontario Not-for-Profit Corporations Act and Condominium Act, 1998, by to permit electronic meetings until September 30, 2023. The extension means that organizations governed by these statutes can enjoy the benefits of meeting virtually for another year. Even if the by-laws or rules of the corporation do not provide for electronic meetings, the further amendment allows them.

Initially instituted to meet gathering limits imposed to help stop the spread of COVID-19, organizations have experienced the ongoing advantages of hosting meetings online. See our earlier blog from 2020 when the option first came to Ontario. Now, many organizations are having hybrid meetings, a mix between in-person and virtual participants, that have worked to boost community involvement regardless of participants' comfort with gathering or mobility needs.

While these measures remain temporary for now, we're pleased that the Government of Ontario has extended the provisions once again and look forward to hearing from clients who continue to benefit from them.

*(Written by Hunter Stone - <https://ilercampbell.com/blog/2022/08/>)*

## AFFORDABLE HEALTHY EATING

A simple rule of thumb for eating right is to cook your own meals using fresh, unprocessed foods. As an added bonus, raw ingredients often cost less. Who knew that taking care of your health would also be good for your budget?

Choose house brand products

House brands are made by the same major food companies as better-known brands. You can get the same quality at a much better price.

Hunt for deals

Start by subscribing to grocery store newsletters to get their weekly deals sent directly to your inbox.

Buy bulk and double your recipes

When one of your favourite products goes on sale, seize the opportunity to stock up! This strategy makes sense for items with a long shelf life, like winter squash, legumes or nuts. Foods that freeze well, like meat or



grated cheese, are also good choices. Fruits and vegetables bought on special can be baked into muffins or blended into soups and stews that you can freeze for later. You'll be glad to have these healthy options on hand for a quick meal.

### Go veg more often

Everyone knows that meat, poultry, fish and seafood can quickly send your food bill soaring. To save on protein, look for plant-based options, which are often just as nutritious and even better for the environment. Enjoy an Asian stir-fry with tofu, Indian lentil curry, chili with kidney beans, chickpea salad or black bean and beet burgers. Is your mouth watering yet?

### Reduce food waste

If you plan your meals in advance, prepare homemade dishes and shop for deals, you're on the right track. But you can save even more by making sure no food gets wasted. Here are some great ideas on how to stretch a dollar:

- Stick to your shopping list and only buy what you need.
- Freeze, dehydrate or can food to make sure none gets thrown away.
- Put limp veggies to good use in smoothies, soups and stews.
- Make your own broth using vegetable trimmings and chicken bones.

- Get creative with herbs, spices and condiments to transform leftovers into something new.

With these tips in your back pocket, investing in your health is easy!

### 5 tips for saving money

To get all the nutrients you need, look for fruits and vegetables, whole grains, legumes, dairy products and unseasoned meats. These choices will also help you reduce the amount of added sugar, sodium, fat and food additives that you consume.

Need a little inspiration? Fill your cart with products from each of the four food groups. The healthy and affordable items listed below are just what you need to make some truly delicious meals!



Fruits and vegetables

Frozen chopped spinach

Frozen mixed vegetables

Frozen peas

Canned tomatoes

Onions

Squash

Cabbage

Bags of whole carrots

Rutabaga

Beets

Celeriac

Romaine lettuce heads

Bananas

Apples and Oranges





**Grains and other  
starches**

**Large bags of oats**

Whole wheat flour  
Pearled barley  
Dry pasta  
Dry brown rice  
Whole wheat bread  
Potatoes



**Protein**

**Dried peas,  
beans or**

lentils  
Tofu  
Peanut butter  
Eggs  
Canned sardines  
Canned tuna  
White fish, sole or tilapia  
Whole chickens  
Ground meat  
Stewing meat  
Chuck steak



**Milk and alternatives**

**Fortified soy  
beverages**

Milk  
Cheese in blocks  
Plain yogurt  
Skimmed milk powder  
Cottage cheese

(<https://www.metro.ca>)

## **FROM OUR LANDSCAPE COMMITTEE**

**Chair: Suzanne Geddes  
Vice Chair: Ray Bakey  
Treasurer: Grazyna Karp  
Secretary: Cecile Nguyen**

We currently have a total of 6 volunteers and 16 active members who are assigned to a specific pod. Each pod is found either in the front or the back of each building at City Park. Each building has a gardening storage room where all the garden tools are kept. The room is only accessible by the members.

## **News About the Broken Planter at 31**

All three buildings at City Park have a beautiful planter that gets decorated and cared for by the Landscape volunteers all year round.

On August 20, 2021, the planter that was sitting in front of 31 Alexander got smashed by an intruder. This planter is very expensive to replace. It will cost over \$700 to find a replacement. The Landscape Committee's funds and budget are all tied up and we do not have extra money to buy a new planter for 31 Alexander.

On September 20th, Cecile, Ray and Suzanne were casually sharing inputs to perhaps host a fundraiser to generate some funds to buy a new planter. This will be our brand-new initiative for 2023. But our entire



collective has to sit down first to plan & to brainstorm concrete ideas to host a fundraising event in the future months.

We presently have a number of positive & helpful members, who reside in 31 Alexander who wish to donate funds to the Landscape Committee, but we would rather host a fundraising event at a proper time and date.

**Before:**



**After:**



**51 Alexander front door**



**484 front door**



### **Landscape Committee 30 Anniversary**

The Landscape Committee is delighted to announce its 30th Anniversary this year. All of the members and volunteers attended a well-planned barbecue party to celebrate this special occasion on the centre lawn July 20<sup>th</sup>.





One of the prime highlights of this anniversary party was a presentation of a Certificate of

Appreciation to Maria Rivera. Maria has been a volunteer for thirty years and she is also one of the founding members of the Landscape Committee at City Park. Bob Fisher, our current President, came to present the certificate to Maria.

According to Maria, the Landscape Committee was formed in 1992. Back then, there was no hose or



irrigation system set up at City Park, so she had to fill up her watering can and water all her plants the old-fashioned way. She said on the weekend, a bunch of them would start up gardening at 6:30am and they would wrap up at 2pm. Sometimes, a kind resident at 484 Church would come around and offer them breakfast. Others would offer them lunch. How cool is that?

We are so proud of Maria. She is truly an inspiration to all of us. Thank you for all your contributions to City Park.

Maria's lush Pod this year



From 'back-in-the-day' in front of 484



In celebration of the 30<sup>th</sup> Anniversary, the Landscape Committee dished out amazing food and live entertainment. There were five amazing talents who came out and showed their love and support.

On behalf of the Landscape Committee, I wish to extend our gratitude to all the volunteer performers such as Ellen Cutmore (Pianist), Julius Wigdorchik (Pianist),



Katrina Middlestadt (Vocal & Ukulele), Mark Middlestadt (Vocal & Guitar) and Zack Middlestadt (Vocal & Guitar).

Big thanks to all of the City Park Staff & Management.

A warm thanks to the Karp Family for all your help and contributions - Jack, Caroline, Patrick and Grazyna. Thank-you to Bob Fisher, Maria Rivera, Suzanne Geddes, Ray Bakey, Janis Ford, Marina Timokhova, Joe Raposo, Brenda Ledsham, Noreen Peters, John Rainbird, Gord Auttersson, John Flack, Mario Fonseca, Kevin (CDC), Charlene, Mona and Cecile Nguyen (she's the groover & the shaker).

The Performers:



The Landscape volunteers:



Check out the Landscape Committee's cute set of short videos on our website: [www.cpcop-op.ca](http://www.cpcop-op.ca) or via our old address: [www.cityparkco-op.org](http://www.cityparkco-op.org)

To see the first video:

<https://www.cpcop-op.ca/wp-content/uploads/2022/09/POD-A1-MQ-Season.2022.mp4>

## SOFTENING THE HEART

How often do we  
judge and criticize ourselves  
for not measuring up  
for not being  
good enough  
for not being  
(fill in the blank)  
enough

What might it feel like  
to let go of  
our hard edges  
of self-criticism  
and offer  
some compassion  
to ourselves

How can we soften  
and find the courage  
to open up to  
all of who we are  
even to our fear, our shame,  
our grief  
knowing that we are  
way more than  
what has happened  
to us

We can tap into



our inner courage  
and let go of  
what no longer  
serves us  
and soften the heart  
to all of this

Some people may think  
that softening  
is a sign of weakness

But maybe in  
opening up  
to our vulnerability  
we are showing  
our true strength

John Pollard ~ 31 Alexander

## AS WE AGE, DO WE GET HAPPIER OR SADDER?

As we age, our mind and body start  
to fail us. The signs of decline  
become harder to ignore.

That's one reason depression takes  
a toll on many seniors. But growing  
more miserable with each passing  
year is not a fait accompli.

Depending on what research  
catches your eye, you may conclude  
that feelings of anxiety and  
hopelessness increase for elderly  
folks—or that we get happier as we  
get older.

Which is it? Are we destined to  
crumble and turn cranky in our 80s  
and 90s? Or will those decades

prove the richest and most  
rewarding of our lives?

We're more likely to grow happier,  
believe it or not. Alison Gopnik, a  
psychology professor at University  
of California, Berkeley, reviewed  
research across many cultures and  
countries and found aging isn't all  
doom and gloom.

"In several studies, when people  
were randomly 'pinged' during the  
day and asked to report their  
emotions, older people were more  
likely to report positive feelings," she  
wrote in The Wall Street Journal.

Of course, our attitude plays a big  
role in whether our happiness  
sustains us—or deserts us—in our  
golden years.

"We have choices about how we  
respond," said Ilene Berns-Zare,  
PsyD, a Chicago-area executive and  
life coach. "Recent research shows  
that optimism changes the way we  
interpret stressful situations. So,  
there's always a choice."

If you're beset with anticipatory  
dread over the prospect of aging,  
you're already in trouble. You will  
look for evidence to reinforce your  
pessimism. And when you find it  
("More wrinkles!"), your mood will  
sour.

Instead, give yourself the gift of  
uplift. Spend time with friends or  
hobbyists who share your passion.  
Engage in pleasant distractions like



community gatherings—from attending rallies in support of a cherished cause to guest speakers at the library—that divert your focus away from idle worries about getting older.

“Maybe you’re filled with mixed emotions [about aging],” Berns-Zare said. “Yes, there are highs and lows. So, ask yourself, ‘How do I want to focus my attention in this moment?’”

People who practice gratitude tend to age without rancor. They don’t take fleeting pleasures for granted.

Identify three things that you’re grateful for each day, Berns-Zare says. From a budding flower to a warm bagel, consciously acknowledge what’s good and celebrate it, if briefly.

You’re also more apt to feel happy if you find meaning in everyday tasks, from checking on an ailing neighbor to clipping an article and sending it to a friend.

“As people get older, meaning and purpose are so important in building well-being,” Berns-Zare said.

Part of the challenge for seniors is that the longer they live, the more funerals they attend. They’re left

copied with the loss of loved ones—and that flattens the happiness curve.

“Loneliness is associated with depression,” said Deborah Heiser, Ph.D., an applied developmental psychologist in Long Island, N.Y. “Having more intimate relationships

and meaningful connections in our lives” prevents the ill effects from social isolation.

Like Berns-Zare, Heiser emphasizes the importance of making a choice to treat aging as a new chapter of life, not a soul-crushing prelude

to death.

As an aging specialist, Heiser says older folks often ask her, “What do I have to look forward to?”

“We get to choose the footprint we make in the world,” she replies.

You can assume the worst and wait for it to unfold, stewing in anxiety as the days crawl by. Or you can embrace what Heiser calls “generative behaviors” to leave your mark on the next generation. Examples include volunteering, philanthropic giving and mentoring others.





Even if you're experiencing physical decline—a downhill spiral of illness and injury—the decision to leave a positive legacy can in itself energize you.

Making the world a better place doesn't require sweeping gestures or heroic sacrifice. You'll feel happier simply by passing along your accumulated knowledge or modeling empathy and kindness.

Collect your favorite recipes in a booklet that you give away. Help teachers at a local school. Pounce on opportunities to write cards to commemorate milestones in others' lives (graduations, job promotions, anniversaries, etc.).

"It's all part of making your life more meaningful and purposeful," Heiser said.

*(Written by Morey Stettner for [www.marketwatch.com](http://www.marketwatch.com))*

## LAUREL GOES TO LONDON

City Park member, Laurel Tate has long had a hankering to visit England. She descends from English stock on both sides and feels a strong affinity with her English ancestry. So, when Queen Elizabeth II's Platinum Jubilee was announced she made plans to finally go visit her motherland and celebrate the Queen's Jubilee.

Laurel is a keen follower of the Royal Family and is something of an expert on the kings and queens of England and English history altogether. For example, did you know that there have been 61 monarchs of England spread over a period of approximately 1200 years? - Laurel does and she can even tell you that it all started with Athelston of the House of Wessex (AD895 to 939).

So, on May 24th, Laurel packed her bags and departed for England. I was on hand to wish her a 'bon voyage' – she was so excited that at the last moment she experienced an acute anxiety attack and wondered if leaving her beloved cats for three weeks was in fact a big mistake. I assured her that the cats would be well taken care of and hurried her out the door before she could change her mind. She told me later that the attack passed as soon as she got on the plane and was finally on her way across the ocean. So began her much-anticipated sojourn in her ancestral homeland.

Upon her return to Toronto, Laurel and I got together in the City Park Garden and she proceeded to tell me the story of her London adventures.

Flying over England she had at first felt awe at actually seeing it for the first time. But once on the ground, that feeling changed to something akin to a joyous sort of fulfillment – she had arrived in her homeland at last!



Laurel had made plans to stay with her friend Michele who lived a ways off in Balham. A tad nervous, she got on the underground ('tube') and met Michele at Clapham Junction. The London tube system was like a huge labyrinth and quite intimidating for a newcomer, but she was able to navigate the course without much trouble.

The Queen's Jubilee was still a week away, so the next morning Laurel set out to begin the serious business of seeing London. The first thing she wanted to see was Westminster Abbey. To actually be there and see the Abbey for the first time, took her breath away. The Abbey is considered the finest example of early English Gothic and is still a working church. There is so much of interest inside, and Laurel certainly took her time absorbing it all. Highlights were the beautiful sanctuary - the stage for coronations, royal weddings and funerals. Also, Poet's Corner, where luminaries such as Dickens, Shakespeare, Thomas Hardy, George Eliot and Laurence Olivier are buried or have memorials.



Taking her leave of the Abbey, Laurel passed by Big Ben, located within striking distance of Westminster. Standing tall and proud, big Ben serves as one of London's most iconic landmarks. Then on to the Tate Gallery (no relation to Laurel!) where she browsed to her heart's content. Established in 1897, the Tate is considered the jewel in the crown of modern art galleries in London. It is in the top 10 most visited museums in the world!



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The next day she visited the Victoria & Albert Museum, part of Prince Albert's legacy to the nation. It is the largest museum of applied arts and decorative arts and design, housing a permanent collection of over 2.8 million objects. From furniture, fashion, photography, sculpture, paintings, jewellery, glass and



ceramics to theatre and performance. Needless to say, Laurel never got to see them all. The statue on top of one of the towers represents 'Fame'. Her nose was missing.



The next day, still feeling a little overwhelmed by works of art, Laurel decided to spend the day shopping and walking the streets of London. So together with her friend Michele, she set out toward some of the best-known tourist spots. They did a lot of walking that day – traipsing through Piccadilly (*picture below*) with its neon signs, cinemas, shops and pubs, and the famous statue of Eros. Then on to Leicester Square, a global icon which has been entertaining London since 1670 with its entertainment epicentre. Soho, originally a fashionable district for the aristocracy, now mostly famous for its nightlife and dining. Covent Garden, with its Opera House and street entertainers.



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Shopping was such fun – especially when one goes to places like Liberty Tudor – a luxury department store - designed like no other. All the store's fittings and furniture were made by skilled artisans and the rooms were finished with working fireplaces. There are carved wooden animals everywhere – a cheeky monkey, the frog on the stair and the hungry bear – all inspired by the creatures found in medieval bestiaries.



And then there's Harrod's – both garish and stylish at the same time - and a must visit for tourists. The stock is astonishing – and so are the prices. It's currently owned by the state of Qatar. Laurel had a good time here snapping up various souvenirs for friends back home – I imagine this is where much of her money went.





The following day Laurel resumed treading the sidewalks to see more London sights. Today she would visit Tower Bridge and The Tower of London – which were to become her favourite London attractions. The Tower of London is the first thing she saw when emerging from the Tower Hill tube station. And what an awesome sight it was, sending tingles up and down her spine. It was absolutely magnificent and totally met her every expectation. Indeed, there are few parts of the U.K. as steeped in history as the titanic stonework of the Tower of London (*picture below*). Inside are the world's largest diamond, the Crown Jewels, a dazzling array of armor and weaponry and a palpable sense of ancient history at every turn. It's been a royal residence, a treasury, a mint, an armory and a zoo (!!) - but it's mostly remembered as a prison where a king, three queens and many nobles met their deaths.



Most people head straight to the Waterloo Barracks which contains the spectacular Crown Jewels. Slow-moving walkways slide wide-eyed visitors past the collection. But this was not enough time for Laurel to absorb the jewels the way she wanted to, so she remained on the walkway for several turns until her avid curiosity was satisfied.



Imperial State Crown

The Tower Bridge is London's most striking bridge with its neo-gothic architecture and lifting central sections. When it first opened in 1894, it was the most sophisticated bascule bridge in the world.



Laurel has a vast range of interests. She spends a lot of time reading huge tomes on any number of esoteric themes. She also loves old

movies by the way – especially silent films. Go figure! So, it's not surprising then that she paid a visit to the Imperial War Museum where she spent most of her time exploring the Great War exhibition - (WWI that is.) She also paid her respects to WWII and the Holocaust.

I think it was her fascination with royalty and the aristocratic life that brought her to Hampton Court Palace. Built by Cardinal Wolsey for Henry VIII, it is England's largest and grandest Tudor structure. There is even a 300-year-old maze in its huge, magnificent gardens.

Laurel and her friend Michele attached themselves to some of the tours led by costumed historians and enjoyed hearing the many anecdotes of life in the Palace during the occupations of various kings and queens. Visitors usually come seeking vibrations left by Henry VIII



during the 811 days he spent

here – he had more than 60 houses, partly because his court devoured so much food it kept exhausting local resources. The Palace is still stocked with precious art in many of the 70 public rooms.

**Interesting Facts About Hampton Court Palace:**

- Henry brought all of his six wives there. Only one survived the marriage – that was Catherine Parr.



- It's the best place to learn about Tudor feasts – the palace has 6 huge fireplaces, where a team of up to 200 cooks would prepare huge all-day feasts for the king and his entourage.
- What did Henry VIII eat? – the King picked from a large selection of food at every meal. A first course might be chine of beef, venison in brews, mutton, carp or young veal, swan, green geese, stork or capons, garnished custard or fritters. No vegies or potatoes were mentioned!
- Hampton was the Tudor version of a theme park with tennis courts, a bowling green, jousting complex and archery in the 60 acres of landscaped garden.
- Tourists have been visiting for nearly 200 years – Vincent van Gogh was here.
- William Shakespeare once stayed for Christmas.
- King George II was the last monarch to reside in Hampton Court Palace.

The Monument to the Great Fire of London in 1666 which destroyed 80% of the city especially moved Laurel, but she wisely decided to forego climbing the 311 spiral steps just to get a view of the city.



Laurel's visit to London would not have been complete had she not visited the London Zoo, given her love of all critters, great and small. She was very impressed by how large the animal enclosures were and that many of the enclosures resembled their natural habitats. Not surprisingly, Laurel managed to have a close encounter with a monkey and her baby. The monkey approached her and put her palm up against the glass right in front of her. Laurel then followed suit and they held hands and stared into each other's eyes for several seconds. It's what is referred to as 'cross-species gaze'.

You can't go to London and not take a ride on the London eye and understandably, Laurel did just that. It was a marvelous ride in one of the wheel's glass-enclosed pods which take a gracefully slow 30 minutes to



go around. It was a thrilling ride and she got great views

of London, even managing to catch a glimpse of Windsor Castle in the distance.

Of course, Laurel could not pass up a chance to view more living creatures, this time in the underwater world of sea life – London's Aquarium which Laurel

described as being huge and containing an amazing and varied marine life – from penguins and sea turtles to sharks and jelly fish. Here again, Laurel managed close contacts with a catfish which swam up to her and wiggled around a bit before making eye contact and then swimming away. He was followed by a jumbo gourami who puckered his lips to blow her a kiss. Such sweet moments!

An important part of Laurel's visit to London was to take in a part of the Queen's Platinum Jubilee and hopefully get a glimpse of the Queen. On her walks around London, she had admired the decorations hanging everywhere around the city. Storefronts filled with union flags and pictures of the Queen - plates and cups and various other articles bearing her image. Union flags draped all along several streets and along the mall leading to Buckingham Palace. Glittering replicas of the coronation crown hung from Carnaby Street and other places. Platinum Jubilee Beacons were lit at Buckingham Palace.



As it happened, Laurel was able to turn out for the final day of the

Jubilee. The crowds at Buckingham Palace were enormous, yet she managed to get close enough to view the Queen and the Royal Family when they stepped out onto the balcony to greet the people. Accompanying the Queen were three generations of her family - Prince Charles and his wife Camilla, Prince William and his wife, Kate and their 3 children – Prince George, Princess Charlotte and Prince Louis.



The Queen's appearance rounded off a huge star-studded procession along The Mall which saw carnival floats and open-top, double-decker buses carrying celebrities, who had helped shape British culture during the seven decades of her reign. Among the celebrities were Cliff Richards representing the 50's and models Kate Moss and Naomi Campbell representing the 90's.



There was a group of 300 cyclists on bikes and a parade of vintage cars, followed by a collection of James Bond cars – all moving very slowly along The Mall. There were also street theatre acts and urban dance from groups across the UK. There was a carnival section that saw people dressed in a blaze of colours. A number of enormous animal puppets then moved along the route. There was a big Bollywood wedding party with dancers parading an enormous, tiered cake. Millions of people also held Jubilee parties and street lunches in towns and cities across the UK on the final day of the Jubilee.



The Queen arrived at the end of the pageant and the show then ended with a mass rendition of 'God Save the Queen'. In the words of a reporter "it (the final day) was baffling, brilliant and bonkers".

And so, Laurel's long anticipated action-packed trip to London finally came to an end. Leaving was a sad affair, both in saying goodbye to her dear friend Michele and of course a sad farewell to London. But she managed to perk up a bit by



promising to return again in the not-too-distant future. She wanted to see more of England - her visit had strengthened her love for the country and the pride she felt in her English heritage. In the meantime, she was taking with her some wonderful memories and a vast number of photos to browse through in the months ahead.

Ursula Carter ~ 51 Alexander

## **TENANTS NOW MORE VULNERABLE THAN EVER – EVICTION AT THE SUPERIOR COURT OF JUSTICE**

The Landlord and Tenant Board (the LTB) is governed by the Residential Tenancies Act, 2006, S.O (the RTA), C.17, and hears matters brought by landlords and tenants regarding the rental property.

In March 2020, the world-wide COVID-19 pandemic hit the LTB like a ton of bricks, causing extreme backlog at the tribunal. The LTB responded by adopting an electronic approach to filing materials and hearing matters, eliminating in person hearings entirely. This electronic approach was an attempt to deliver service in a time conscious manner. Despite these efforts, the LTB was and is still experiencing backlog due to the pandemic, leaving many landlords feeling frustrated about the delayed hearing process and issuance of orders. With few avenues to turn to, landlords are utilizing the Superior

Court of Justice (the Superior Court) to evict their tenants living in condo units.

In the 2005 Fraser v Beach appeal, the Superior Court determined residential tenancy evictions should be heard exclusively at the LTB. Even though this determination was made, the Superior Court continues to hear and issue evictions decisions. One such example is MTCC No. 1260 v. Singh, Superior Court Justice Frederick Myers (Justice Myers) heard. Issues relating to this matter were that the tenant's dog had attacked residents of the condo, the landlord had attempted to evict the tenants at the LTB but were not able to get a hearing soon enough. Despite acknowledging that "landlord and tenant relations in Ontario are mostly governed by the RTA", Justice Myers issued an order enforcing the eviction of the tenants.

Many tenants brought to Superior Court hearings are self-represented and have little or no knowledge of applicable laws or caselaw. Self-represented tenants usually can't afford legal advice. Legal Aid Ontario, which aims to provide accessibility to justice, requires your gross family income to be lower than:

1 to 5: Number of family members

Amount of money your family earns in a year

1 \$22,720

2	\$32,131
3	\$39,352
4	\$45,440
5	\$50,803

Rentals.ca reports that the average Ontario renter for 2022 pays \$1,640 (or \$19,680 per year) for a one-bedroom unit and \$2,098 (or \$25,176 per year) for a two-bedroom unit. It seems unlikely for a demographic of condo renting tenants who earn enough to pay this rent could be eligible for legal aid.

Coupled with landlords bringing eviction matters to the wrong forum and the inaccessibility to affordable legal resources, tenants remain vulnerable. With the unavailability of affordable housing and yearly inflation, Ontario renters depend on secure tenancies now more than ever.

Hunter Stone - Iler Campbell LLP

### **HOSPITAL ACQUIRED PNEUMONIA IS KILLING PATIENTS. THERE'S A SIMPLE WAY TO STOP IT.**

Brushing a patient's teeth is basic care that often gets skipped when hospitals are busy. Experts warn the danger of unbrushed teeth is greater than realized.

Four years ago, when Karen Giuliano went to a Boston hospital for hip replacement surgery, she was given a pale-pink bucket of toiletries issued to patients in many hospitals.

Inside were tissues, bar soap, deodorant, toothpaste, and, without a doubt, the worst toothbrush she'd ever seen.

"I couldn't believe it. I got a toothbrush with no bristles," she said. "It must have not gone through the bristle machine. It was just a stick."

To most patients, a useless hospital toothbrush would be a mild inconvenience. But to Giuliano, a nursing professor at the University of Massachusetts Amherst, it was a reminder of a pervasive 'blind spot' in U.S. hospitals: the stunning consequences of unbrushed teeth.

Hospital patients not getting their teeth brushed, or not brushing their teeth themselves, is believed to be a leading cause of hundreds of thousands of cases of pneumonia a year in patients who have not been put on a ventilator. Pneumonia is among the most common infections that occur in health care facilities, and a majority of cases are non-ventilator hospital-acquired pneumonia, or NVHAP, which kills up to 30% of those infected, Giuliano and other experts said.

But unlike many infections that strike within hospitals, the federal government doesn't require hospitals to report cases of NVHAP. As a result, few hospitals understand the origin of the illness, track its occurrence, or actively work to prevent it, the experts said.



Many cases of NVHAP could be avoided if hospital staffers more dutifully brushed the teeth of bedridden patients, according to a growing body of peer-reviewed research papers. Instead, many hospitals often skip teeth brushing to prioritize other tasks and provide only cheap, ineffective toothbrushes, often unaware of the consequences, said Dian Baker, a Sacramento State nursing professor who has spent more than a decade studying NVHAP.

“I’ll tell you that today the vast majority of the tens of thousands of nurses in hospitals have no idea that pneumonia comes from germs in the mouth,” Baker said.

Pneumonia occurs when germs trigger an infection in the lungs. Although NVHAP accounts for most of those cases, it historically has not received the same attention as pneumonia tied to ventilators, which is easier to identify and study because it occurs among a narrow subset of patients.

NVHAP, a risk for virtually all hospital patients, is often caused by bacteria from the mouth that gathers in the scummy biofilm on unbrushed teeth and is aspirated into the lungs. Patients face a higher risk if they lie flat or remain immobile for long periods, so NVHAP can also be

prevented by elevating their heads and getting them out of bed more often.

According to the National Organization for NV-HAP Prevention, which was founded in 2020, this pneumonia infects about 1 in every 100 hospital patients and kills 15% to 30% of them. For those who survive, the illness often extends their hospital stay by up to 15 days and makes it much more likely they will be readmitted within a month or transferred to an intensive care unit.

John McCleary, 83, of Millinocket, Maine, contracted a likely case of NVHAP in 2008 after he fractured his



ankle in a fall and spent 12 days in rehabilitation at a hospital, said his daughter, Kathy Day, a retired nurse and advocate with the Patient Safety Action Network.

McCleary recovered from the fracture but not from pneumonia. Two days after he returned home, the infection in his lungs caused him to be rushed back to the hospital, where he went into sepsis and spent weeks in treatment before moving to an isolation unit in a nursing home.

He died weeks later, emaciated, largely deaf, unable to eat, and often “too weak to get water through a straw,” his daughter said. After

contracting pneumonia, he never walked again.

“It was an astounding assault on his body, from him being here visiting me the week before his fall, to his death just a few months later,” Day said. “And the whole thing was avoidable.”

While experts describe NVHAP as a largely ignored threat, that appears to be changing.

Last year, a group of researchers — including Giuliano and Baker, plus officials from the Centers for Disease Control and Prevention, the Veterans Health Administration, and the Joint Commission — published a “call-to-action” research paper hoping to launch “a national healthcare conversation about NVHAP prevention.”

The Joint Commission, a nonprofit organization whose accreditation can make or break hospitals, is considering broadening the infection control standards to include more ailments, including NVHAP, said Sylvia Garcia-Houchins, its director of infection prevention and control.

Separately, ECRI, a nonprofit focused on health care safety, this year pinpointed NVHAP as one of its top patient safety concerns.

James Davis, an ECRI infection expert, said the prevalence of NVHAP, while already alarming, is likely “underestimated” and probably worsened as hospitals

swelled with patients during the coronavirus pandemic.

“We only know what’s reported,” Davis said. “Could this be the tip of the iceberg? I would say, in my opinion, probably.”

To better measure the condition, some researchers call for a standardized surveillance definition of NVHAP, which could in time open the door for the federal government to mandate reporting of cases or incentivize prevention. With increasing urgency, researchers are pushing for hospitals not to wait for the federal government to act against NVHAP.

Baker said she has spoken with hundreds of hospitals about how to prevent NVHAP, but thousands more have yet to take up the cause.

“We are not asking for some big, \$300,000 piece of equipment,” Baker said. “The two things that show the best evidence of preventing this harm are things that should be happening in standard care anyway — brushing teeth and getting patients mobilized.”

That evidence comes from a smattering of studies that show those two strategies can lead to sharp reductions in infection rates.

In California, a study at 21 Kaiser Permanente hospitals used a reprioritization of oral care and getting patients out of bed to reduce



rates of hospital-acquired pneumonia by around 70%. At Sutter Medical Center in Sacramento, better oral care reduced NVHAP cases by a yearly average of 35%.

At Orlando Regional Medical Center in Florida, a medical unit and a surgical unit where patients received enhanced oral care reduced NVHAP rates by 85% and 56%, respectively, when compared with similar units that received normal care. A similar study is underway at two hospitals in Illinois.

And the most compelling results come from a veterans' hospital in Salem, Virginia, where a 2016 oral care pilot program reduced rates of NVHAP by 92% — saving an estimated 13 lives in just 19 months. The program, the HAPPEN Initiative, has been expanded across the Veterans Health Administration, and experts say it could serve as a model for all U.S. hospitals.

Michelle Lucatorto, a nursing official who leads HAPPEN, said the program trains nurses to brush patients' teeth and educates patients and families on the link between oral care and preventing NVHAP most effectively. While teeth brushing may not seem to require training, Lucatorto made comparisons to how the coronavirus revealed many Americans were doing a lackluster job of another routine hygienic practice: washing their hands.

"Sometimes we are searching for the most complicated intervention," she said. "We are always looking for that new bypass surgery, or some new technical equipment. And sometimes I think we fail to look at the simple things we can do in our practice to save people's lives."

*(Brett Kelman, Kaiser Health News via [www.nbcnews.com/health](http://www.nbcnews.com/health))*



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[CityParkLINK@gmail.com](mailto: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.

