



JANUARY~FEBRUARY~MARCH 2023

Volume 28 - # 1

NEXT DEADLINE: MARCH 24, 2023

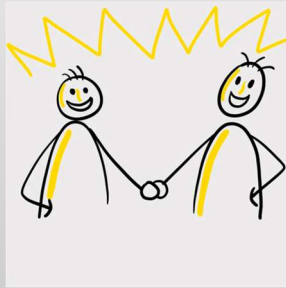
DEFINITELY NOT THE SOUNDS OF SILENCE!



(Photo courtesy of John Gordon in 51)

LINK is published quarterly as of January 2023.

The next LINK deadline for submissions is **March 24, 2023**.



Your LINK Team:

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Contributors:

Ursula Carter, John Pollard & John Gordon

pages that include [resources](#), and lists members and sector leaders who are working to make ‘Co-op Housing for All’ vision a reality. These members and sector leaders have joined the [Peer Network](#) to share their experience and knowledge with you. For information on how your co-op can get involved visit the website, email info@chfcanda.coop.

HOUSING CO-OPS ARE GETTING MORE AFFORDABLE: REPORT

Last November, a new report comparing housing charges (rents) in co-op housing with rents in similar private market rental buildings was released. It looked at Vancouver, Victoria, Edmonton, Toronto and Ottawa between 2006 and 2021.

The report shows that rent trends in non-profit co-op housing differ dramatically from that of the private rental sector, where rents have increased nationally by 11 percent in the last year alone.

The report found that housing charges (rents) in co-ops have been consistently lower than rents in comparable buildings in the private market, and that the gap has widened over time. While in the early years, the co-op housing costs were, on average, \$150-\$200 less per month than similar market rental buildings, this gap widened to upwards of \$400 to \$500 per month



CO-OP ‘HOUSING FOR ALL’ VISION BECOMING REALITY: MEET THE PEOPLE HELPING MAKE THIS HAPPEN

The sector’s vision of *Co-op Housing for All* is an exciting commitment by housing co-ops and sector organizations to work together towards sustainability and growth. It’s about ensuring co-ops are secure well into the future and developing more co-op homes so that anyone interested in co-op housing and willing to accept the responsibilities and benefits of membership can do so.

CHF Canada’s website now features several new ‘Co-op Housing for All’

in the later years in all cities, except Edmonton.

“Of course, co-ops benefitted from public investment which supported their construction and operation in their early years” said Tim Ross, Executive Director of the Co-operative Housing Federation of Canada. “But the long-term payoff of that investment is clear. We now have permanently affordable co-ops across the country that enable people to put healthy food on the table and save for their children’s education, along with living securely.”

“Because individuals and families living in co-ops tend to have lower than average incomes, the affordability of co-op homes has an outsized impact” added Tom Clement, Executive Director of the Co-operative Housing Federation of Toronto.

The report did not consider the impact of separate rental assistance often provided to low-income households living in co-op housing through federal and provincial programs. These programs bridge the gap between the co-op housing charge and what the household can afford. But as governments increasingly support low-income households through rental assistance programs (sometimes called housing benefits), the value of co-op housing is clear.

“Because of the relative affordability of co-ops, the cost to government of supporting low-income households in co-op housing is much lower than supporting those same households in the private market. And based on the trends outlined in the report, we expect the savings to government to only increase” said Thom Armstrong, Chief Executive Officer of the Co-operative Housing Federation of BC.

“Not only does the mixed-income model of co-op housing create inclusive, supportive communities, it makes financial sense” added Jovette Fournier, Executive Director of the Co-operative Housing Association of Eastern Ontario.

And there was no trade-off in the condition of the co-op buildings with their affordable rents. 97% of co-ops in the same administrative area as those studied in the report were rated as being in excellent, good or fair physical condition in 2020.

“Co-operative housing has long been a source of affordable, secure housing in a community setting, but given the inflationary situation all Canadians are facing – along with the insecurity that comes with rapidly rising rents in the private market – the benefits of co-operative housing have never been clearer. Now we just need to build more of it,” concluded Ayanna Inniss, Executive Director of the Northern Alberta Co-operative Housing Association.

The Co-op Difference: Comparing co-op and market rents in five Canadian cities was commissioned by the Co-operative Housing Federation of Canada, in partnership with the Co-operative Housing Federation of BC, the Northern Alberta Co-operative Housing Association, the Co-operative Housing Federation of Toronto and the Co-operative Housing Association of Eastern Ontario. It was authored by Greg Suttor, Chidom Odogwu and Nick Falvo in July 2022.

TORONTO ATTRACTIONS XII

Ripley’s Aquarium of Canada displays the beauty and significance of the aquatic world and the life within it. You can immerse yourself in a world of 20,000 aquatic animals. This awe-inspiring attraction holds 1.5 gallons of water and exhibits a cross section of saltwater and freshwater environments from around the world. The aquarium is organized into ten galleries: Canadian Waters, Rainbow Reef, Dangerous Lagoon, Discovery Centre, The Gallery, Ray Bay, Swarm: Nature by Numbers, Planet Jellies, Life Support Systems and the Shoreline Gallery.



The DANGEROUS LAGOON is the aquarium’s most exhilarating exhibit. When you step onboard the moving sidewalk, you’ll be transported through North America’s longest underwater viewing tunnel. You can’t help but oooh and aaaah as the majestic creatures glide mere feet from the top of your head. The exhibit includes several species of sharks, roughtail stingrays, longcomb sawfish, green moray eel and green sea turtles.

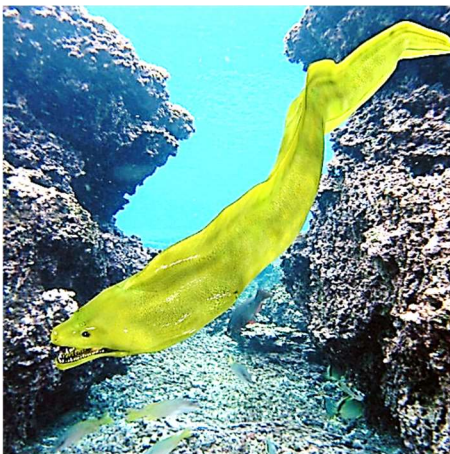
SHARK:



GREEN SEA TURTLE:



GREEN MORAY EEL:

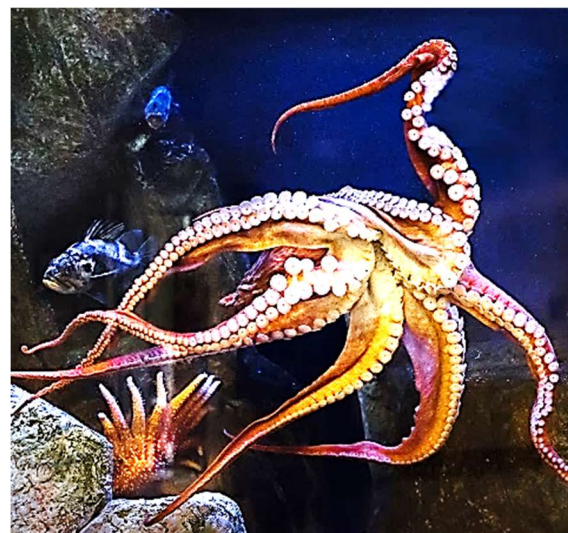


Have you ever wanted to swim with sharks? You can with the public S.C.U.B.A dive program! Guests can get up close and personal with the sawfish, sharks, turtles and fish on a 30-minute guided dive in Dangerous Lagoon.

BIG MOUTHED BASS:



GIANT PACIFIC OCTOPUS:



The RAINBOW REEF features sea life from the Indo-Pacific water regions and is the most colorful gallery in the exhibit. Some of the species include Picasso triggerfish, humbug dascyllus, emperor angelfish, pajama cardinalfish and unicorn surgeonfish. This kaleidoscope of colourful fish and coral must be seen to be believed. Home to over 100 species of fish, Rainbow Reef is one of the most bio-diverse exhibits at the aquarium! The exhibit also features an interactive dive and feed show.

PICASSO TRIGGER FISH:



PAJAMA CARDINALFISH:



HUMBUG DASCYLLUS



EMPEROR ANGELFISH:



FEED & DIVE SHOW:



The **DISCOVERY CENTRE** allows visitors to crawl through underwater tunnels into transparent viewing bubbles for an up-close look at clownfish, palette surgeonfish, Wobbegong and more. At the Horseshoe Crab touch pool, you can feel the tough shells of extraordinary “living fossils”.

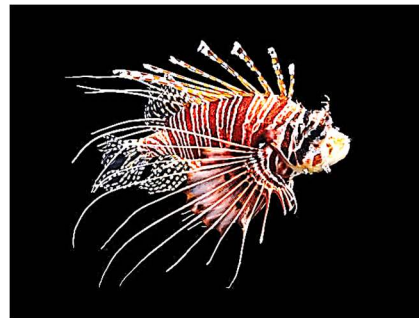
UNDERWATER VIEWING BUBBLE:



TOUCH POOL OF LIVING FOSSILS:



RED LIONFISH:



LINED SEAHORSE:



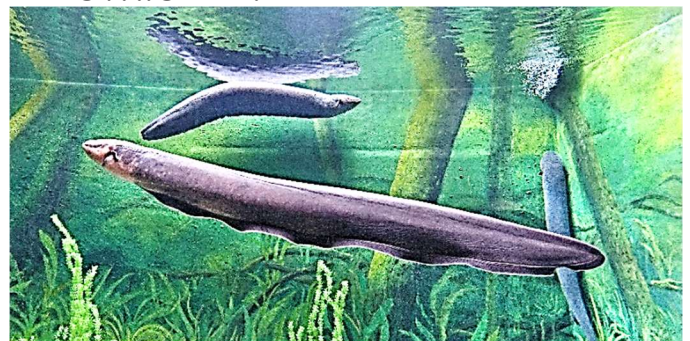
CLOWNFISH:



HORSESHOE CRAB:



ELECTRIC EEL:



The GALLERY EXHIBIT, also known as Mother Nature's Art Gallery, features some of the most delicate underwater species from all over the world. This exhibit features the red lionfish, electric eel, lined seahorse, and the archerfish. The exhibit features six saltwater and three freshwater exhibits.

The RAY BAY exhibit is focused on three distinct species of stingrays. Occasionally visitors can see aquarium divers feeding the stingrays during their daily interactive dive shows. Some of the inhabitants of this exhibit include the bonnethead shark, cownose ray, and the southern stingray.

COWNOSE RAY:



SOUTHERN STINGRAY:



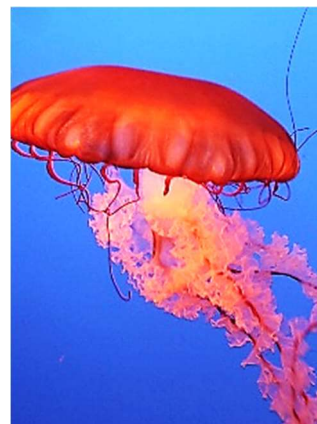
AQUARIUM DIVER FEEDING STINGRAYS:



The **SHORELINE GALLERY** is located at the top of Ray Bay. You can get up close and personal with a stingray – running your fingers against the silky-smooth skins of the four species of stingrays, while friendly educators teach you about these amazing creatures.



THE PLANET JELLIES exhibit has colour changing displays with five species of jellyfish. These include Pacific Sea nettle, moon jelly, spotted jelly, and upside-down jelly.



PACIFIC SEA NETTLE:

MOON JELLY:



SPOTTED JELLY:



UPSIDE DOWN JELLY:



You can enjoy a mesmerizing light show from the dancing jellyfish at Planet Jellies among the backlit and colour-changing displays filled with various species of jellyfish. You'll feel as if you've visited another planet!



The LIFE SUPPORT SYSTEM gives visitors a behind-the-scenes look at the aquarium's life support systems room. This gallery features equipment for Dangerous Reef and Ray Bay.



FRIDAY NIGHT JAZZ - on the 2nd Friday of every month, Ripley's Aquarium becomes a soulful one-of-a-kind jazz bar. While wandering through the aquarium you can enjoy the sounds of live jazz music. Drop by the bar for refreshments and watch as the marine animals move and groove to the rhythm. Fun facts about Ripley's Aquarium of Canada:

- There are over 20,000 marine animals on display

- Includes 450 species of fish and invertebrates and one species of reptile (sea turtle)
- The marine animals are housed in 5.7 million litres of water
- There are 50 live exhibits and over 100 interactive displays
- Marine and freshwater habitats from around the world

CABBAGETOWN – TORONTO

Cabbagetown’s history began in the 1840’s when thousands of Irish immigrants settled here after fleeing the potato famine in their homeland. To help put food on the table, these first residents grew cabbages on their front lawns – that’s how the name came about. In the late 19th



century, the area was absorbed into the city. It became home to the working-class Irish inhabitants who were employed in the industries along the lake. Brick Victorian-style houses were built throughout the area. This area was once described by the New York Times as “containing the largest collection of Victorian homes in North America”.



The depression of the 1930’s unfortunately turned the area into the worst Anglo-Saxon slum in North America! The worst section was south of Gerrard Street. These homes were razed in the 1950’s and replaced by the Regent Park housing development.

Cabbagetown was revitalized in the 1970’s and 80’s by new home buyers, who restored much of this neighbourhood’s fine collection of Victorian homes. Cabbagetown is now considered one of Toronto’s most gentrified neighbourhoods.





Today's Cabbagetown is certainly about more than just cabbages! It's one of Toronto's most popular neighbourhoods. Its residents come from a variety of backgrounds, but they all share a strong sense of community spirit and pride in their neighbourhood. This community spirit is put on display every September during the Cabbagetown Fall Festival that runs for an entire weekend and features Arts & Crafts Vendors, a mini marathon, historical walking tours, a parade and a community wide yard sale. There is also a Restaurant & Pub Crawl which can get rather rowdy at times – but is always lots of fun.



There's also a Farmers' Market that runs from June to October where you can buy fresh produce and help support the local farmers and food producers of Southern Ontario. You'll feel energized by all its earthy goodness. There isn't a neighbourhood in the city that has a more fitting name for hosting a Farmers' Market than Cabbagetown!



The 'Old Cabbagetown' shopping district on Parliament Street features many one-of-a-kind shops and a vast array of restaurants. The Carlton Street shopping district is similar in tone to Parliament Street, but on a smaller scale. Cabbagetown also has small retail pockets on Gerrard Street, Sherbourne Street and Wellesley Avenue.

Vestiges of a 1960s, counter-culture ambiance remain at vintage clothing stores, health food stores and a gestalt therapy clinic. A Victorian farm, once the site of a zoo, is

located adjacent to Riverdale Park West. A short distance away is the Cabbagetown Youth Centre, home of the Cabbagetown Boxing Club, a reminder of an earlier, and rougher, past. In recent years, some businesses from the nearby 'gay village' of Church and Wellesley, have relocated to the area, attracted by cheaper commercial rents.



Perhaps because of its focus on old architecture and the interior design that comes along with it, this area is bursting with some amazing antique and design stores. Hold onto your hat, there really are a lot.



There are some great places to eat and drink -

House on Parliament – this Cabbagetown institution does food so well that you'll keep coming back. Their menu is humorously divided into the type of cutlery the dishes require (i.e. 'fork and spoon'; or just 'no cutlery needed'. It's laid back, but popular and it's the perfect place for some beers with friends.

Stout Irish Pub – another cozy Cabbagetown romp with excellent pub food, weekend brunch and a familiar atmosphere. On top of that, they have what might be the best selection of local craft beer in the city, trivia nights on Mondays & Tuesdays and a whole lot of board games!



Jet Fuel has long been a favourite destination for Toronto’s coffee addicts. A quirky institution that serves up classic barista coffee in a funky ambience. It has bright red walls and is filled with creative types working away, plus it has an amazing sound system, catering to their tastes. They even have their own drink called the ‘Jet’ with a more balanced ratio of foam and milk than a latte. The pastries are delightful too.



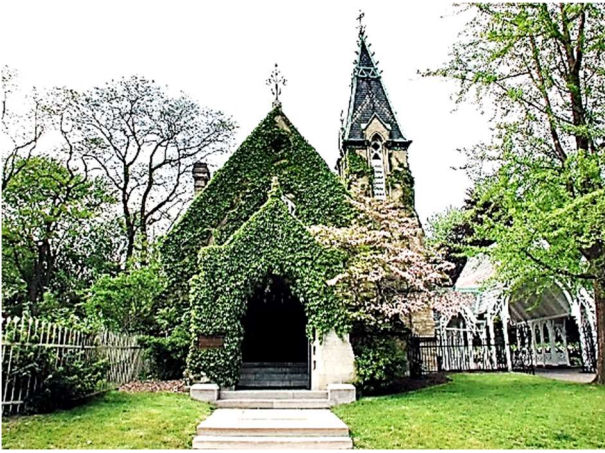
Then there are the quaint little shops offering all sorts of unique wares – for example - ‘Labour of Love’ – a charming little gift shop full of paper goods, jewellery, and home wares among other gifts. It’s basically a space that’s full of cute and exciting novelties and indulgences.



‘Lamp Cage’ is a fascinating lighting shop whose owner, Dean, crafts and sells his own unique pieces made from scrap materials, antiques and other found items. He fashions contemporary shapes out of vintage metal and glass. The store is a sort of gallery for his work – you can stop by for the perfect lighting solution, or just drop in to admire his creative designs.



The wonderful Toronto Necropolis is located on Winchester Street in Cabbagetown. While a necropolis might sound like a grim place to explore, it’s actually quite a sight to behold. It has stunning architecture, including ornate stained-glass windows, sculptures and its distinct Victorian and gothic arches and buildings. The cemetery is also the resting place of prominent people such as William Lyon Mackenzie (Toronto’s first mayor) and former NDP leader Jack Layton. The necropolis is one of the oldest in the city, so it also acts as a historic site, connecting visitors with stories from Toronto’s early years.



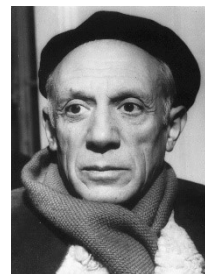
The neighbourhood is home to many artists, musicians, journalists and writers. Other residents include professors, doctors and social workers, many affiliated with the nearby University of Toronto and the many hospitals on University Avenue. Proximity to the financial district and downtown core have also made the area popular with other professionals such as lawyers, management consultants and those in financial services.

Famous people who have at some time been residents of Cabbagetown are Avril Lavigne (Cdn singer & actress), Robbie Robertson (musician, songwriter, actor, author), Noah Richler (author, political candidate) and Gordon Sinclair (journalist, writer & commentator).

Despite gentrification, residents from public housing projects and affluent homeowners mingle at a discount supermarket and a community medical clinic.

Panhandling and drug-dealing are part of the urban landscape; so are gourmet shops, upscale boutiques and arts festivals, book launches and wine-tastings at local restaurants. Paradoxically, The Gerrard and Parliament neighbourhood has the largest concentration of homeless shelters and drop-in centres in Canada. The area is also distinguished by a large number of rooming houses and other forms of low-income housing.

Ursula Carter ~ 51 Alexander



“I’d like to live like a poor man – only with lots of money”. Pablo Picasso

THE WREATH ON YOUR DOOR IS ACTUALLY A VIOLATION OF ONTARIO’S FIRE CODE

Celebrating the holiday season is a little different for condo and apartment dwellers, who are limited to balconies and unit doors to express their holiday cheer to neighbours.

But did you know that, despite the prevalence of wreaths on condo and apartment doors throughout the province, they're actually banned under the Ontario Fire Code?

It turns out that this festive pastime is indeed forbidden in Ontario's

stringent fire code. It's a lesser-known rule that many unwittingly violate every holiday season.

Anything decorative, including Christmas wreaths, are not allowed on the outside of condominium or apartment doors.

The Ontario Fire Code is pretty strict about hallways, or egress points, and placement of combustible materials in areas that should probably be flame-free in the event of a fire.

According to the Ontario Fire Code, "Hay, straw, shavings, textiles, films or similar combustible materials shall not be used in the design and construction or as decorative features in public areas located in buildings unless approved provisions are made to control the hazard."

Enforcement of this rule varies from building to building, municipality to municipality, but it's not uncommon to see local emergency services around the province remind multi-residential building occupants of the decor ban when the holiday season rolls around.

The Fire Code prohibits flammables (i.e. doormats, door decorations, wreaths, flowers, etc.) in common area hallways of apts & condos. In case of a fire, it would intensify the flames. The Ontario Fire Code is on the Province of Ontario website (a hallway is a "means of egress").

In several instances, residents have been forced to take down their holiday decor due to fire safety concerns.

There could be some loopholes if you want to really challenge the specifics of the code and craft your own fireproof wreath out of non-combustible materials, but it's probably a better bet to just redirect that effort toward your interior seasonal decor.

<https://www.blogto.com/city/2022/12/holiday-wreath-door-ontario-fire-code/>

WORTH REPEATING: WORDS THAT ARE THEIR OWN OPPOSITES

STUMBLE INTO THE LOOKING-GLASS WORLD OF CONTRONYMS

Here's an ambiguous sentence for you: "Because of the agency's oversight, the corporation's behaviour was sanctioned." Does that mean, "Because the agency oversaw the company's behaviour, they imposed a penalty for some transgression," or does it mean, "Because the agency was inattentive, they overlooked the misbehaviour and gave it their approval by default"? We've stumbled into the looking-glass world of contronyms—words that are their own antonyms.

1. **Sanction** (via French, from Latin *sanctio(n)-*, from *sancire* 'ratify,') can mean "give official permission or

approval for (an action)" or conversely, "impose a penalty on."

2. **Oversight** is the noun form of two verbs with contrary meanings, "oversee" and "overlook." Oversee, from Old English ofersēon ("look at from above") means "supervise" (medieval Latin for the same thing: super-, "over" plus videre, "to see.") Overlook usually means the opposite: "to fail to see or observe; to pass over without noticing; to disregard, ignore."

3. **Left** can mean either remaining or departed. If the gentlemen have withdrawn to the drawing room for after-dinner cigars, who's left? (The gentlemen have left and the ladies are left.)

4. **Dust**, along with the next two words, is a noun turned into a verb meaning either to add or to remove the thing in question. Only the context will tell you which it is. When you dust are you applying dust or removing it? It depends whether you're dusting the crops or the furniture.

5. **Seed** can also go either way. If you seed the lawn, you add seeds, but if you seed a tomato, you remove them.

6. **Stone** is another verb to use with caution. You can stone some peaches, but please don't stone your

neighbor (even if he says he likes to get stoned).

7. **Trim** as a verb predates the noun, but it can also mean either adding or taking away. Arising from an Old English word meaning "to make firm or strong; to settle, arrange," trim came to mean "to prepare, make ready." Depending on who or what was being readied, it could mean either of two contradictory things: "to decorate something with ribbons, laces, or the like to give it a finished appearance" or "to cut off the outgrowths or irregularities of." And the context doesn't always make it clear. If you're trimming the tree, are you using tinsel or a chain saw?

8. **Cleave** can be cleaved into two homographs, words with different



origins that end up spelled the same. Cleave, meaning "to cling to or adhere," comes from an Old English word that took the forms cleofian,

clifian, or clīfan. Cleave, with the contrary meaning "to split or sever (something)"—as you might do with a cleaver—comes from a different Old English word, clēofan. The past participle has taken various forms: cloven, which survives in the phrase "cloven hoof," "cleft," as in a "cleft palate" or "cleaved."

9. **Resign** works as a contronym in writing. This time we have homographs, but not homophones. Resign, meaning "to quit," is spelled the same as resign, meaning "to sign up again," but it's pronounced differently.

10. **Fast** can mean "moving rapidly," as in running fast, or "fixed, unmoving," as in holding fast. If colors are fast, they will not run. The meaning "firm, steadfast" came first; the adverb took on the sense "strongly, vigorously," which evolved into "quickly," a meaning that spread to the adjective.

11. **Off** means "deactivated," as in to turn off, but also "activated," as in the alarm went off.

12. **Weather** can mean "to withstand or come safely through" (as in the company weathered the recession) or it can mean "to be worn away" (the rock was weathered).

13. **Screen** can mean to show (a movie) or to hide (an unsightly view).

14. **Help** means "assist," unless you can't help doing something, when it means "prevent."

15. **Clip** can mean "to bind together" or "to separate." You clip sheets of paper together or separate part of a page by clipping something out. Clip is a pair of homographs, words with different origins spelled the same. Old English clyppan, which means "to clasp with the arms, embrace,

hug," led to our current meaning, "to hold together with a clasp." The other clip, "to cut or snip (a part) away," is from Old Norse klippa, which may come from the sound of a shears.

16. **Continue** usually means to persist in doing something, but as a legal term it means stop a proceeding temporarily.

17. **Fight** with can be interpreted three ways. "He fought with his mother-in-law" could mean "They argued," "They served together in the war," or "He used the old battle-ax as a weapon." (Thanks to linguistics professor Robert Hertz for this idea.)

18. **Flog**, meaning "to punish by caning or whipping," shows up in school slang of the 17th century, but now it can have the contrary meaning, "to promote persistently," as in "flogging a new book." Perhaps that meaning arose from the sense "to urge (a horse, etc.) forward by whipping," which grew out of the earliest meaning.

19. **Go** means "to proceed," but also "give out or fail," i.e., "This car could really go until it started to go."

20. **Hold** up can mean "to support" or "to hinder": "What a friend! When I'm struggling to get on my feet, he's always there to hold me up."

21. **Out** can mean "visible" or "invisible." For example, "It's a good

thing the full moon was out when the lights went out.”

22. **Out of** means "outside" or "inside": "I hardly get out of the house because I work out of my home.”

23. **Bitch** can derisively refer to a woman who is considered overly aggressive or domineering, or it can refer to someone passive or submissive.

24. **Peer** is a person of equal status (as in a jury of one’s peers), but some peers are more equal than others, like the members of the peerage, the British or Irish nobility.

25. **Toss out** could be either "to suggest" or "to discard": "I decided to toss out the idea.”

The contronym (also spelled ‘contranym’) goes by many names, including auto-antonym, antagonym, enantiodrome, self-antonym, antilogy and Janus word (from the Roman god of beginnings and endings, often depicted with two faces looking in opposite directions).

There are more. If interested, see: <http://www.dailywritings.com/75-contronyms-words-with-contradictory-meanings/>

This article originally appeared on mentalfloss.com and was originally published June 15, 2018.



“Nothing in life is to be feared, it is only to be understood” – Marie Curie

NOREEN AUDREY DUNBAR PETERS
APRIL 23, 1929 - NOVEMBER 29, 2022

Graduated from Montreal High School (1945), Montreal General Hospital RN (1953) and McGill University BSW (1981). Nursed at Montreal and Lachine General Hospitals and West Park Hospital in Toronto. A passionate advocate for women's and workers' rights. Noreen volunteered at the Morgentaler Clinic in Montreal in its founding years and at the Women's Centre in Montreal to support victims of domestic violence. She was Ontario Nursing Association's Local Union President, fighting for pay equity for nurses in the 1980's.

After retirement, Noreen lived independently in downtown Toronto, volunteering at Roy Thompson Hall, Goodwill and The Common Table. She enjoyed opera, working in her much-admired garden, and walking - including a solo hike across Northern Ireland in her 70's. She had finished up some baking when a fall at home resulted in a head injury that ultimately took her life. Her family is grateful for the exceptional care she received at Toronto Western Neuro and Kensington Hospice.

Noreen will be greatly missed by her sons, Jim and Jeff (Melanie); daughter, Dayle; grandchildren and many cousins, nieces, nephews, colleagues and friends. Cremation has taken place. A private Celebration of Life is planned for the spring.

"As long as she was conscious, she would be mistress of the situation and of herself". -- Willa Cather

To plant trees in her memory, please visit The Sympathy Store at www.legacy.com

the falling itself

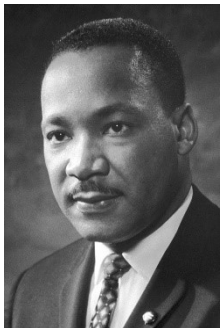
Falling into a deep sense of interconnectedness with all of creation

Falling into the arms of our true nature

TODAY

May our hearts abide in goodwill, kindness, and compassion and may all beings be at peace

John Pollard ~ 31 Alexander



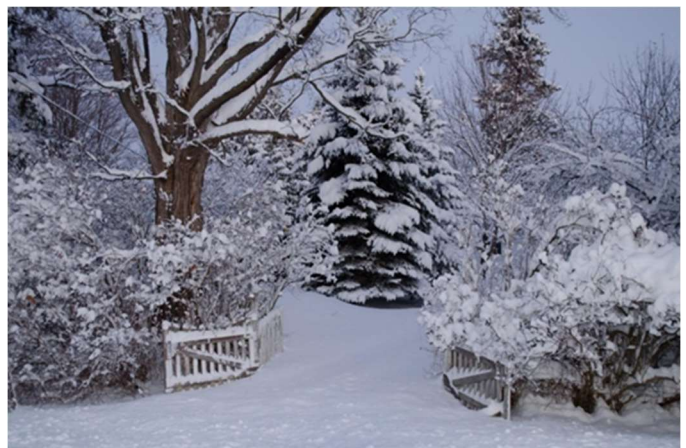
“Our lives begin to end the day we become silent about things that matter” - Martin Luther King Jr.

FALLING

Watching the pine needles falling in the autumn we may ponder what we ourselves might need to let go of

Deeper introspection may lead us to seeing ourselves as the falling needles

And maybe eventually we see ourselves as simply





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

Thank you

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 the flu and Covid-19.

