

**A SAD DAY AT CITY PARK – THE OLD TREE IN FRONT OF 484
HAD TO COME DOWN...**



(Photo courtesy of John Gordon of 51)

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and resources that are helping us all achieve the vision of **Co-op Housing For All**.

NATIONAL SENIORS DAY AND THE AGING IN PLACE EXCHANGE NETWORK



October 1 is **National Seniors Day**, a great time to get engaged with the Aging in Place Exchange Network (AIPEN) – *not to be confused with our own Aging In Place efforts.*

AIPEN is a member-based, member-led online platform. A dedicated group of members have worked together to make it a valuable exchange forum. They would like to hear about the failures and successes that our housing co-op has experienced in accommodating Aging in Place.

Find out more and share your feedback.

Read more CTRL + click to follow link.

EVERYONE AT CITY-PARK SHOULD BE INVOLVED IN ANY WAY THEY CAN

A housing Cooperative is a group of people who form a corporation to provide housing services for



NEW 'CO-OP HOUSING FOR ALL' LOGO – ANOTHER SIGN OF SECTOR COLLABORATION

As our collaborative work towards the Co-op Housing For All intensifies, the federations across Canada are proud to announce this shared mark which will identify resources and events directly in support of the sector's shared Co-op Housing For All vision.



Look for this logo in the coming months. It will identify projects, work

themselves. Co-op living is unique to all other forms of housing because it represents a community living within a community.

Democratic management is the lifeblood of a healthy co-op and the people who live in the Coop, and who collectively own and operate the housing, are voting members. The members elect a board of directors from among themselves and authorize the board to conduct the day-to-day business of the Cooperative in a manner that satisfies all the requirements of its Charter, Bylaws, Agreements, and Policies.



It was a spectacular summer made even better by all the efforts put in by our Landscape Committee. This is only one of the many different species found in our gardens.

(Photo courtesy of Merrill Nutall of 484)



There cannot be a crisis today. My schedule is already full.

I used to be indecisive. Now? I'm not so sure.



I tried to be normal once. I didn't like it!

Never give your uncle an anteater.

Some river valleys are absolutely gorges.

Women's rule of thumb: if it has tires or testicles, you're going to have trouble with it.

TORONTO ATTRACTIONS XV – ROSEDALE

Rosedale is a neighbourhood in central Toronto – it's filled with lush greenery, gorgeous homes, and winding roads. Wandering through it you get the feeling that you have arrived in a very special neighbourhood. This coveted community is steeped in history and tradition from the architecture of the homes to the homeowners themselves. Known for being one of Toronto's wealthiest neighbourhoods, Rosedale has held this title for more than 150 years.



Rosedale was first settled by High Sheriff William Jarvis and his wife, Mary, in 1826. Mary Jarvis frequently walked and rode on horseback around the trails which formed Rosedale's meandering streets. She named the estate "Rosedale" as a tribute to the abundance of wild

roses that graced the hillsides of their estate. The Jarvis Family sold the Rosedale homestead in 1864, which led to the residential development of the area soon after.

Rosedale was built primarily between 1900 and the early 1930's, inspired by Frederick Law Olmstead's Garden Suburb street pattern. The desire for a Canadian influence in art and architecture was strongly felt during the post-war period, translating into houses with epic grandeur and unique features.

After these changes, Rosedale turned even more residential when Victorian, Georgian and Edwardian style mansions began popping up, inciting wealthy families to move into the already affluent area. Presently, the Toronto Historical Board lists many of these buildings as Heritage Properties. According to the 2006 Canadian census, Rosedale has 7,672 residents and possesses a large population of people of English, Scottish, and Irish ethnic origin. Not only is Rosedale rich in history and beauty, but it also ranks very highly for its overall lifestyle.

As you explore the area you will find impressive century-old structures, sylvan parks, and the Rosedale ravine. A noteworthy piece of Rosedale's History is that it was home to Ontario's fourth Government House. The house was called Chorley Park, and it was built for the Lieutenant Governor in 1915. Unfortunately, it was demolished in

1960 by the city of Toronto to save money. It is now a public park of the same name: CHORLEY PARK HOUSE:



At present, the City of Toronto has 15 heritage conservation districts, including both South & North Rosedale. In 2013, Rosedale was ranked the best neighbourhood in Toronto to live in by Toronto Life. According to Today's Senior Magazine, it is known as the area where the city's 'old money' lives and is home to some of Canada's richest and most famous citizens. This includes Gerry Schwartz, founder of Onex Corporation, Adrienne Clarkson, the 26th Governor General of Canada, as well as David Thomson of the Thomson Corporation, the latter of whom is the richest man in Canada. One of Canada's foremost fiction writers, Morley Callaghan lived in Rosedale from 1951 until his death in 1990. Hockey Hall of Fame inductees W. A. Hewitt and Foster Hewitt, lived on Roxborough Street. The late Gordon Lightfoot lived at 5 Beaumont Road.



Rosedale is full of cul de sacs and convoluted routes through the neighbourhood, which, coupled with other physical boundaries such as the ravines and bridges and the abundance of trees and foliage, virtually no vehicular traffic can be heard. The homes are mostly single-family detached dwellings, many of which are at least 100 years old including some former farmhouses that are closer to 200.

Rosedale is built among three ravines, preserved as parkland. Among these are Park Drive Ravine, Moore Park Ravine, and Vale of Avoca Ravine. It's amazing to see ravines here because Rosedale is right in the centre of Toronto. The ravines start at Yonge and St. Clair where you go down a staircase at Heath Street - and suddenly you're immersed in the forest walking along a creek. Some of the trees in the ravines are more than 150 years old.



Can you guess how old this tree is?
(We don't know either lol).



The area is filled with biking, running, and walking trails, many of which have been there for centuries. Milkman's Lane, a trail that joins the neighbourhood to the Don Valley network, has been around for more than 130 years. It only spans 300 metres but connects to 12 kilometres worth of hiking paths.



The Rosedale area is studded with multiple parks and gardens,

including Craig Leigh Gardens, Rosedale Park, Park Drive Reservation Lands, Chorley Park, and Beaumont Park. These parks provide acres of open space and miles of biking and walking trails for Rosedale residents.

Rosedale Park offers two sets of tennis courts, a large field with a baseball diamond, a playground, a wading pool with beautiful splash features, a skating rink, and a nice running track. The park was once used as a stadium that could accommodate more than 10,000 spectators. You may have heard of their past team – the Toronto Argonauts. The Park also hosts charming community events like Mayfair which consists of rides, games, and a flea market. There are summer art fairs, and Yule-tide festivities.





Beaumont Park (above)

The Rosedale area provides a wide variety of fine dining and other amenities. Residents enjoy proximity to Rosedale Golf Club established in 1893, a stunning Toronto Public Library and multiple high-end shopping destinations.

There are two subway stations servicing the Rosedale area – Rosedale subway and Summerhill subway. Summerhill subway station is a former Canadian Pacific Railway station. The historic building and clock tower were built in 1916, but the railway station was closed in 1931 following the opening of Union Station downtown. The building also houses the LCBO.



In addition to the natural beauty of the neighbourhood, Rosedale is the site of some of Toronto's most

beautiful homes. Many Rosedale mansions were built between 1860 and 1940 in a Georgian, Victorian, Tudor, or Edwardian style. Here are photos of some of these homes –



Edwardian Style



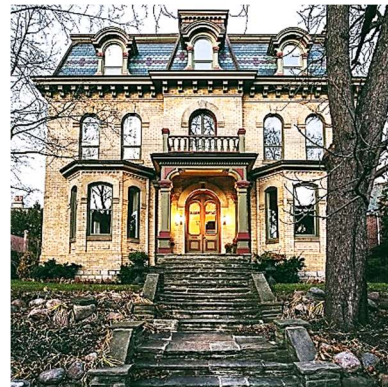
Georgian style



Tudor themed



Tudor style



Victorian style



Dutch-Tudor style



Modern luxurious style (with a swimming pool out back)



After cocktails, guests would select from an expansive array of gourmet delights and then cozy up to the sofa or chair of their choice throughout the main floor. The grand staircase was reserved for children to perch and savour the party below.

Within this neighbourhood, there are a few houses that stand out as landmark residences - 208 Roxborough Drive is one of them. Over the course of its 86-year history, this prestigious address was the backdrop of hundreds of neighbourhood soirées, where the city's most interesting residents would gather and be hosted in the tradition of the day. Many Rosedale residents will say that the early December party at 208 Roxborough Drive was the proper kick-off to the festive season each year. One can picture arriving in formal attire to the home, glittering in holiday finery, traveling up the stone walkway and entering the grand open foyer with its long views to the oversized living room, dining room, library, and family room. This spectacular home afforded an idyllic environment for its extravagant and memorable parties.



Another highly cherished memory taking place here was the annual Christmas Eve ball hockey tournament that took place in front of their home. One family would contribute the hot chocolate, another the treats, while someone else would bring the nets – a



neighbourhood tradition that provided memories for a lifetime. There was also the tradition of the 'moveable feast,' where neighbours travelled to each other's homes to enjoy a seven-course dinner and the spectacular catered Christmas coffee party.



The icing on the cake for this magnificent house was its location on a quiet street. This lovely quiet cul-de-sac is one of the city's best kept secret neighbourhoods.

Ursula Carter ~ 51 Alexander



A CLEARING RAIN

little car problem
little body problem
long to do lists
worries accumulating

then going to the countryside
feeling more easeful each mile

arriving, unpacking, settling in
early to bed
dreamful night
and then rain

washing away worries,
to do lists, scattered thoughts

simply enjoying the cool morning
damp
and the still falling rain

still falling

TREE FRIENDS

Feeling alone 'til
walking among many trees
a deep communion

John Pollard ~ 31 Alexander

Isn't it strange that boxing rings are square?

[WWW.VPRSTORONTO.COM](http://www.vprstoronto.com)

Remember this web address and the following phone number:

647-200-9067

We recently had these folks install pigeon netting on our balcony and were extremely impressed with their work. It took four guys less than 45 minutes to securely install the whole thing. The netting is framed with strong wire, and fasteners are drilled into the ceiling, walls, and floor, with the netting going on the outside of the railing so it can still be used for plants.

They were also concerned with the water pass-throughs in the bottom corners between apartments, but ours are blocked, so nothing is getting in or out, except water, but I'm sure they would have blocked them with netting too.

Paid cash, and it was \$300. Other company quotes were much higher...around \$500!

We have a pigeon problem at City Park, and those members who keep feeding them, illegally I might add, are part of the problem. This is a great way to help & give you peace of mind. And a cleaner balcony.
~ed.

DO DETOX FOOT PADS REALLY WORK?

Detox foot pads are an over the counter (OTC) product that claims to remove toxins from the body while you rest at night. The makers of these adhesive pads, which you stick to the bottom of your feet, also assert that they can improve various other medical conditions. These claims have never been proven, and the product is widely viewed as a scam.

This article will debunk some of the claims made by detox foot pad manufacturers and discuss the body's natural methods of detoxifying itself.

Detox foot pads are adhesive patches that are placed on the bottom of your feet before you go to bed at night.

The product is left in place while you sleep. It's claimed that ions in the pads draw toxins—like heavy metals—out of your body.

When you wake up in the morning, the pads are typically discolored and may be stained with a brown or blackish hue. The manufacturers of this product claim (incorrectly) that this is proof that harmful or toxic materials were effectively removed from your body.

Unfortunately, many of the claims made by the makers of detox foot pads are both false and misleading.

There is no evidence that the pads detoxify the body or that they can be used to treat any medical condition. In fact, not only might this product be both a waste of money and time, but its ingredients can cause harmful side effects, as noted below.

(U.S. Federal Trade Commission Ruling

In 2010, Kinoki, a manufacturer of detox foot pads, was penalized by the Federal Trade Commission (FTC) for falsely claiming that its product could detoxify the body and treat medical conditions. These supposed benefits were proven to be false and the company was barred from selling or advertising the patches).

Claims About Detox Foot Pads

In addition to drawing out toxins, claims by manufacturers of this product include that the foot pads are beneficial for other medical conditions.

For instance, Kinoki has asserted that its product is able to decrease headaches and insomnia, reduce the effects of depression, lower high blood pressure, and eliminate parasites from the body. The company also suggested that the patches could be used to treat arthritis, diabetes, and a compromised immune system.

Each of these claims has been found to be both false and misleading.² To

date, there is no research that supports the use of foot pads to treat any medical condition nor is there any proof that they detoxify the body.

Why Do Detox Foot Pads Change Colour

Foot pad manufacturers often point to changes in the color of the patch as proof that toxins are being removed from the body. This claim, however, is also inaccurate.



The dark colour that is often seen on these pads after use is a result of the wood vinegar that they are infused with. When this substance is mixed with the perspiration from

your foot, a color change occurs. In fact, the same blackish or brownish hue can also be seen if the patch is spritzed with tap water.

Risks and Side Effects From Detox Foot Pads

While they do not provide any actual benefits, detox foot pads are often viewed as being relatively harmless, but this is not necessarily the case. Most of the foot patches are infused with either wood or bamboo vinegar to provide colour changes while you wear them.

These substances contain pyroligneous acid, an ingredient that can cause several side effects,

including localized burning or irritation of the skin. In addition, this acid can cause dizziness or difficulty breathing if it is inhaled.

Because of this, the use of these foot patches is not without risk.

Detox and the Body

While people spend large amounts of time and money trying to cleanse their bodies of toxins, in most cases body cleansing is unnecessary. This is because your body has its own natural methods of removing harmful substances, as described below.

How the Body Detoxifies Naturally

The two types of toxins found in the body are:

- **Endotoxins** are substances that are created as a byproduct during normal bodily functions. This includes things like lactic acid buildup after exercise or fecal matter production after digestion.
- **Exotoxins** are toxic substances that are inhaled from the environment or consumed when you eat or drink.

No matter the type of toxin, your liver is designed to process and eliminate these toxins. It does this by filtering harmful substances from your bloodstream and converting them into waste products. It also transforms nutrients and medications into beneficial proteins.

Keeping this organ healthy is the key to effectively detoxifying your body.

Signs and Symptoms of Poor Liver Function

There are several telltale signs that can indicate your liver is functioning inefficiently and not properly filtering out toxins. These include:

- Jaundice (yellowing of the skin and whites of the eyes, indicating a bilirubin buildup)
- Stomach pain or swelling
- Itchy skin
- Swollen legs or ankles
- Dark urine
- Pale stool
- Chronic fatigue
- Bruising easily

Paying attention to the presence of these symptoms can help alert you to a potential problem with this organ. If you are experiencing any of these symptoms, it is important to contact your healthcare provider to discuss any concerns you have about your liver.

How to Improve Liver Function Naturally

Instead of taking supplements or using detox foot pads, there are several steps that you can take to

ensure that your liver is functioning effectively. These include:

- Avoid excessive alcohol use.
- Maintain a healthy body weight.
- Avoid recreational drug use or unprotected sex with multiple partners (which may increase your risk of contracting hepatitis).
- Get screened for liver disease if it runs in your family.
- Stay hydrated.
- Avoiding unsafe detox practices.
- Consult your doctor before taking supplements.

Summary

Detox foot pads are advertised as a natural way to remove toxins from the body as you sleep. They have been deemed useless and their manufacturers were penalized by the FTC for making deceptive health claims. The ingredients found in the patches may even be harmful. Keeping your liver functioning effectively is the most effective way to naturally detoxify the body.

(www.verywellhealth.com)



LUKE'S GARDEN

There is a garden at the corner of Church and Alexander streets that brightens up that whole area and adds an unexpected touch of beauty that dazzles the eye. I frequently walk down Alexander Street when I'm walking my friend's dog, Angie. We both like to stop and admire the flowers. Angie likes to poke her nose through the wire mesh fencing and sniff out the foliage. This takes time because she has a keen interest in growing things. Our walks often come to halt when we come across a house with a patch of flowers up front or in a park like Allen Gardens which is rife with flower beds. Angie believes in taking time from her walking exercise to stop and smell the flowers.

I first noticed the garden at Church and Alexander about two years ago. I often wondered how it came to be – situated as it is in that tiny space. It wasn't until Global News featured it in their newscast recently that I learned about its origins. I was surprised to hear that the person who developed the garden lived at City Park.

Luke Plourde is a longtime resident of City Park and came up with the idea for the garden about four years ago. His intention was to create a memorial to the friends he lost to the AIDS epidemic. The land itself is privately owned, so he had to get permission to use it.

“In essence, it’s a memorial garden, and I called it the Garden of Lost Boys,” he told Global News. Luke initially spent three weeks in a heatwave just ripping out the weeds and grass and turning it into a plot of earth to garden. He used his own money to buy perennials, soil, fertilizers, etc. Each year the garden gets bigger, and Luke keeps adding new things at his own expense. He spends at least two hours a day cultivating it and watering and weeding. This year he also added fairy lights that come on at night.



And inside the garden you’ll find an incredibly large variety of flowers. There are Asiatic Lilies, Starburst Lilies, Giant Moon Lilies, Sunflowers, Hydrangeas of all types, Columbine, Goatsbeard, Astilbe, Hostas, Magnolia, Sweet Bush, Lavender, Bee Balm, Foxgloves, Lupines, Salvia, Flowering Sages, Rhododendrons, Honeysuckle, Dead Nettle, Japanese Maple, peonies of all colours, Shasta Daisy, Coneflowers, Climbing Hydrangeas, Trumpet Flowers ... and of course – roses.



Luke says that every day people stop at the garden to say thank you and how much they appreciate the garden and what a

joy it is to walk by it. Others sometimes stop to take pictures, and some have even been bringing their children to see the garden. All of which, he admits, makes all his efforts worthwhile.

Recently, a local artist petitioned the post office to remove the mailbox that was sitting in front of the garden as it blocked part of the view. The post office has now agreed, and the box will be moved in September.

Lately however, there’s been little peace for Luke.

There has been a lot of violence and vandalism on Church Street and the surrounding area. Unfortunately, Luke’s Garden has been one of the victims of this vandalism.

“I find a lot of used, dirty needles,” he explains. “I’m very afraid sometimes that I’m going to reach into a bush or a plant, and not see it and get pricked with it myself.”

He also adds that it’s not only drug paraphernalia he’s found. He has come across garbage, dog feces, human feces, and even a deceased dog left behind in a box.

Luke has posted on social media about his frustrations, adding that this may be the last year

for his garden. Since then, he says the response he has received has been overwhelming, restoring his will to keep the garden blooming.

Residents in the Church-Wellesley neighbourhood have recently protested the vandalism and violence. A statement from area Councillor Chris Moise reads, in part, "I urge the provincial and federal governments to implement bail reform measures, invest in quicker hearings and bail supervision, and provide funding for supportive housing and mental health and addiction recovery services."

Hopefully Mr. Moise' statement will bring a swift response to the sorry situation in our neighbourhood and other parts of the city as well, enabling us to again live in a peaceful and safe neighbourhood so that projects like Luke's Garden will continue to thrive and be a source of continuing joy to the neighbourhood.

Since Luke is on a pension, any financial assistance in keeping up the care of the garden would be greatly appreciated. If you would like to donate you can make an etransfer donation to him at luke.plourde@gmail.com

Ursula Carter ~ 51 Alexander



15 OBSCURE WORDS FOR EVERYDAY FEELINGS AND EMOTIONS

Given that it runs to more than a quarter of a million words, there's a good chance that the English language will probably have the word you're looking for. But when it comes to describing hard-to-describe feelings and emotions, much is made of the English language's shortcomings: We either have to turn to foreign languages to describe situations like coming up with a perfect comeback when the moment has passed (*esprit de l'escalier*—thank you French), or else use resources like the brilliant, but sadly entirely fictitious, *Dictionary of Obscure Sorrows* or *Meaning of Liff*.

But so vast is the English language that words for feelings and emotions, and to describe the human condition, have found their way into the dictionary. So, there's no need to call that comeback *esprit de l'escalier* because the word *afterwit* has been in use in English since the late 16th century. And here are 15 more obscure English words to describe feelings that are otherwise indescribable.

1. Croochie-Proochles

The superb Scots dialect word *croochie-proochles* means the feeling of discomfort or fidgetiness that comes from sitting in a cramped position (like, say, on an airplane).

2. Nikhedonia

You're playing a game, and you suddenly realize that you've got it in the bag. Or you're watching your favorite team play and, after a close-fought match, you see that they're surely going to win. That's nikhedonia—the feeling of excitement or elation that comes from anticipating success.

3. Alysm

Alysm is the feeling of restlessness or frustrated boredom that comes from being unwell. When you're desperate to get on with your day but you're so under the weather that you can't bring yourself to get out of bed? That's alysm.

4. Shivviness

A shive is a tiny splinter or fragment of something, or else a loose thread sticking out of a piece of fabric. And derived from that, shivviness is an old Yorkshire dialect word for the feeling of discomfort that comes from wearing new underwear—a word that surely needs to be more widely known.

5. Déjà-visité

Yes, strictly speaking this isn't an English word, but like the more familiar déjà-vu before it, we have

nevertheless had the foresight to borrow déjà-visité from French and add it to our dictionaries—it's just not used as often as its more familiar cousin. It describes the peculiar sensation of knowing your way around somewhere you've never been before.

6. Presque-Vu

One more term we've borrowed from French is presque-vu. It literally means "almost seen," and refers to that sensation of forgetting or not being able to remember something, but feeling that you could remember it any minute.

7. Gwenders

That tingling feeling you get in your fingers when they're cold? That's gwenders.

8. Misslieness

The Scots dialect word misslieness means "the feeling of solitariness that comes from missing something or someone you love."

9. Euneirophrenia and 10. Malneirophrenia

Oneiros was the Greek word for a dream, and derived from that the English language has adopted a handful of obscure terms like oneirocriticism (the interpretation of dreams), oneirodynia (a night's sleep



disturbed by nightmares), and this pair. Euneirophrenia is the feeling of contentment that comes from waking up from a pleasant dream, while malneirophrenia is the feeling of unease or unhappiness that comes from waking up from a nightmare.

11. Lonesome-Fret

That feeling of restlessness or unease that comes from being on your own too long is lonesome-fret, an 18th/19th century dialect word defined as “ennui from lonesomeness” by the English Dialect Dictionary.

12. Fat-Sorrow

“Sorrow alleviated by riches”—or, put another way, sadness alleviated by material things—is fat-sorrow. It’s a term best remembered from the adage that “fat sorrow is better than lean sorrow.”

13. Horror Vacui

The dislike some people have of leaving an empty space anywhere—like on a wall or in furnishing a room—is called horror vacui, a Latin term originally adopted into English in the mid-19th century to refer to the tendency of some artists to fill every square inch of their paintings or artworks with detail.

14. Crapulence

When the word hangover just won’t do it justice, there’s crapulence. As

the OED defines it, crapulence is a feeling of “sickness or indisposition resulting from excess in drinking or eating.”

15. Huckmuck

According to the English Dialect Dictionary, the confusion that comes from things not being in their right place—like when you’ve moved everything around while you’re cleaning your house—is called huckmuck.

(www.mentalfloss.com)

PROTECTING YOURSELF FROM THE TRIPLEDEMIC IN 2023

Most people are beyond tired of talk of vaccinations, masks, and variants. While understandable, remember that the potentially severe consequences of the “tripledeemic viruses”; COVID-19, the flu, or respiratory syncytial virus (RSV), are far worse than getting a booster and wearing a mask.

Yes, this fall, masks and boosters are still crucial, especially for our most vulnerable populations, including older adults, people with chronic conditions and those who are immune compromised. If individually and collectively, we can take simple steps to help individuals avoid the threat of debilitating long-term effects and even death, then why wouldn’t we?

Late last year the health care system dealt with unprecedented emergency room overcrowding, growing surgery backlogs and staff burnout.

While it must be recognized that part of the problem is the breakdown in Canadian healthcare that CARP is working hard to address, the ‘triple-demic,’ which included COVID-19, the seasonal flu, and RSV certainly exacerbated the problem.

So how is fall 2023 and beyond shaping up?

Says a McMaster University expert on Respiratory health, “When we look at data coming out of the southern hemispheres, specifically Australia, we can see they had a grim cold and flu season. We kind of use them as predictors of what we might expect, and what they had was a significant COVID wave. They also had a lot of RSV infections...and they had a bad year for influenza. The good news is that we can avoid a sequel to that crisis, but only if we collectively work together through mask wearing.

“Most experts agree that we’re in the very earliest parts of (COVID) wave. So, we’re waiting with bated breath to see if it’s going to be a wavelet or a big wave. There has definitely

been an uptick in hospitalizations and (viral signal) in wastewater.”

Expert advice on how to protect ourselves, others who are vulnerable and avoid strain on our health care system remains steady, and foremost on the list of ways to protect yourself relates to vaccination.

In fact, vaccination saves more Canadian lives than any other form of health intervention.



-Stay updated on your COVID boosters – they should be taken six months after the prior dose. While you may feel like you’ve taken

“enough”, it’s the recency of the boosters that determines the degree of protection, not the number you’ve taken.

-While Older bivalent vaccine boosters are available in Canada, the new formulations targeting the latest COVID variants are not yet available. Speak with your health professional about whether it’s worthwhile to wait for the updated vaccine.

Other key vaccinations:

- Get your flu vaccinations
- Get your shingles vaccinations

-RSV vaccinations are likely to be available soon.

Simple ways to stay safe:

-Indoor masking is going to provide a layer of protection that could make a real difference to your health and longevity. Properly fitted masks work.

-Stay home when you are sick or avoid others that are sick.

Read more about how to protect yourself from COVID-19, including with respect to what to do if you get sick from covid, and what to do if you are in the minority of people who cannot medically tolerate a covid vaccine:

<https://www.carp.ca/protect/>



*A wonderful bird is the pelican;
His beak can hold more than his belican.
He can hold in*

*his beak
Enough food for a week,
Though I'm damned if I know how the helican!*

-Anonymous

HIGH PROTEIN ALTERNATIVES TO MEAT

Tasty protein with fewer carbon emissions.

Cutting out meat and replacing it with plants could have a huge carbon-cutting effect. In fact, according to a report covered by Popular Science in 2020, “the most effective regimens [for cutting climate changing-causing emissions] were veganism, which swaps meats out for plants, and a low-food-chain plan, which swaps them for insects, foraging fish, and bivalves.” In general, foods “that are low on the food chain don’t require feed-based agriculture, so their net emissions are generally low.”

Luckily, there are a variety of plant-based, high-protein foods for our gustatory pleasure. Here are just a few:

Quinoa

A hearty choice.

Technically, quinoa is a seed, and a cup of it cooked boasts 8 grams of protein and 5 grams of fiber, plus potassium and iron. It’s cheap, filling, vegan, and the perfect base layer to top with vegetables, nutritional yeast, tofu, sriracha, or whatever else floats your boat. It’s easily cooked in a pot and there’s a whole trove of Instant Pot (pressure cooker) recipes out there, too.

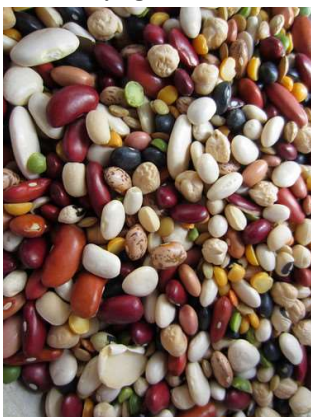
Quinoa has a reputation for being a high-protein grain, and that’s largely because it contains the full suite of essential amino acids. That’s great and all, but unless you’re planning to only eat quinoa for many days in a

row, you don't need to worry about protein combining. If you eat peanut butter or peas or lentils some other time throughout the day, you should be good. That all being said, there are plenty of other grains that offer protein. Spelt and amaranth, for example, pack in more protein than quinoa, though they may be harder to find.

Beans

Cheap and more planet-friendly than a burger.

Not only are beans high in protein and delicious, they'll help you reach your budgeting and fiber intake goals as well. Soak a few cups of dried beans in a bowl overnight, then cook them low and slow with onions, bay leaves, and Adobo the next day. Eat a couple servings and put the rest in the freezer for later. A cup of cooked black beans has around 14 grams of protein.



Legumes

Make room for the legume.

A cup of cooked lentils holds around 18 grams of protein, or about what's in three large eggs. It also boasts 16 grams of dietary fiber. Cook them with coconut milk, tomato paste,

onion, and spices like curry powder, cumin, and coriander.

Texturized vegetable protein

A meat replacement for soups and stews.

Although texturized vegetable protein doesn't sound so appealing, it's an excellent meat substitute to incorporate into pasta sauces, stews, chilis, taco fillings and more. It's economical and easy to prepare: reconstitute the particles in boiling water and then use it in recipes as you would any browned ground beef. It offers 12 grams of protein per serving (a quarter-cup dry).

High protein snacks

If you're looking to really reduce your carbon footprint, you should also stay away from highly processed snacks that are shipped across the country. But if you're looking for a treat and don't want to give your money to the beef industry, you can reach for high-protein, crunchy snacks like the ones from a company called 'Three Farmers' in Canada (www.threefarmers.ca). Packages of roasted fava beans pack seven grams of protein per 100-calorie serving. They're gluten-free and suitable for vegans too and come in a variety of nice flavours. Eat them straight out of the bag or sprinkle them on soups or salads for added texture and protein.

Beans, lentils, textured protein, and more are available from the Bulk Barn. Three Farmers lentils and bean snacks are available at Farm Boy (just before the cashiers), Loblaws (in the organic section near the back of the store) and Metro, though the selection is tiny.

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REMEMBER THE ORIGINAL HOLLYWOOD SQUARES?

Peter Marshall asked the questions, and the answers were strictly spontaneous and unscripted.

Q: True or False, a pea can last 5,000 years.

George Gobel: Boy, it sure seems that way sometimes.

Q: Do female frogs croak?

Paul Lynde: If you hold their little heads under the water long enough.

Q: Can boys join the Camp Fire Girls?

Marty Allen: Only after lights out.

Q: In bowling, what's a perfect score?

Rose Marie: Ralph, the pin boy.

Q: Why do Hell's Angels wear leather?

Paul Lynde: Because chiffon wrinkles too easily.

Q: According to Ann Landers, what are two things you should never do in bed?

Paul Lynde: Point and laugh.

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 get their vaccines and wear a mask properly,



when necessary, inside the common areas, hallways, Laundry Rooms, and elevators, keeping our neighbours safe from the flu, RSV (Respiratory syncytial virus) and Covid-19.