



LINK VOLUME 30 NUMBER 3

Next deadline: September 26, 2025



CHFT

CO-OPERATIVE HOUSING
FEDERATION OF TORONTO

Serving co-ops in Durham, Toronto, and York Region.

2025

CO-OPERATIVE HOUSING & GARDEN AWARDS



Nominate Your Co-op Today!

The CHFT Co-operative Housing Awards recognize outstanding co-op achievements each year in a number of categories. The CHFT Garden Awards recognize outstanding gardens in co-op common areas.

These Awards will be announced at the fall members' meeting. Please use the link below to nominate your co-op in any of the award categories. You will be asked to upload pictures of your gardens through the online nomination forms.

NOMINATE YOUR CO-OP

If you have any questions, please contact Jackie Borges-Briones at jackie@coophousing.com or 416-465-8688 ext. 206.



Christine Mounsteven

CHFT Honorary Lifetime Director

It's hard not to fall under the spell of Christine Mounsteven: her thoughtful comments about what the housing world needs to meet the demands of an aging population; her funky look; her passion for co-op housing; her laugh; the loving way she speaks about her kids, grandkids, and great-grandkids. And then you learn she's 90 and you're really hooked!

Christine has become the poster child for aging in place since joining Charles Hastings co-op in midlife. Here's the backstory: Christine Mounsteven immigrated to Canada with her Scottish trade unionist family in 1947. Her father secured work in just three days. Housing, however, was harder to come by. The housing uncertainty the newcomer family felt surely sowed the seeds for the passionate housing advocate Mounsteven has become. With a labour activist father, young Christine met many of the people for whom housing co-ops were named. When the family finally settled in Toronto's west end, Christine, a teenager by then, started working part-time as a ward aide in Toronto Western Hospital. She left high school soon after to work full-time, first as a Bell Telephone operator, did some catering with her mother, and finally spent some time selling high fashion clothing at The Room at Simpson's Fairview. By then, she was married, raising kids and living the suburban dream in Don Mills. Eventually, though, she returned to school and found her career as a mental health and addictions counsellor, co-ordinating a day program for people with chronic mental illness at George Brown College.

Forty years ago, when her three daughters moved out, she knew she no longer needed the house where she'd stayed after her husband died. A few years earlier, she'd watched Charles Hastings Co-op being built near George Brown. When she was ready to move, she was lucky the co-op had an opening. Before long, she threw herself into governance to get the full benefit of co-op living. Co-op workshops opened her eyes to the fact the sector was bigger than just Charles Hastings.

In 1997, when the sector successfully stopped the proposed federal download of co-ops to the provinces, Christine saw the power of collective action. That gave her the advocacy bug. She was her co-op's delegate at a Halifax CHF Canada AGM. Her co-op wanted to put forward a resolution related to the impact of mortgage renewal on subsidies. She didn't take 'no' for an answer in her initial attempts to get the resolution on the agenda. She convinced staff to put it to the membership and the resolution passed: a win for her but a huge victory for the sector to have another passionate member who realized she knew how to make stuff happen.

Christine, with co-oper-friends, Eleanor MacDonald and Corrie Galloway, saw the need to be ready for the aging population and pushed to get relevant issues to the centre of the sector's agenda. Christine became the first chair of CHF Canada's aging in place group, where she was the driving force behind a national survey of co-op members to assess current and anticipated members' age-related needs. In 2011, she became the first chair of CHFT's aging in place committee, a position she holds again today.

Christine may have gotten her advocacy chops in the co-op sector, but that was just the beginning. She brought the non-market housing perspective to the Ontario Division of Canadian Pensioners Concerned. As its president, she spoke to the Special Senate Committee on Aging in 2008. The next year, she spoke to the provincial Select Committee on Mental Health and Addictions where, drawing on her 30 years as a mental health and addictions counsellor, she advocated in favour of increasing funding to ensure the province had enough geriatric specialists to meet the growing demand. She worries even more about that today as the mental health crisis affects seniors as well as younger cohorts.

While Christine has been moving the needle on social change for decades, she tells us her proudest accomplishment is raising three daughters who share her social conscience. I bet they've always been pretty proud of her too, when they weren't worrying her activism was going to land her in jail!

In 2022, CHFT's members elected Christine Mounsteven to the board where she still holds a seat. It's not been the practice of CHFT's board to honour its own directors, but at age 90, Christine continues to be a rule-breaker and so it's fitting that she be the first sitting director to join the group of lifetime directors!

We congratulate and thank Christine Mounsteven for her decades of co-operative living and passionate advocacy. We couldn't be more proud to have her as CHFT Lifetime Director.



SUMMER IS HERE AND SO IS THE HEAT...HOW TO STAY SAFE DURING HOT WEATHER

June 20th marks the first official day of summer, and for many of us, the rising temperatures have already made an early entrance. While sunny days are often a welcome change, it's important to remember that extreme heat—especially during heat waves—can be dangerous, particularly for older adults.

The good news? A few simple steps can go a long way in keeping you safe, cool, and comfortable as the mercury climbs.

Smart ways to beat the heat:

Hydrate, hydrate, hydrate. Don't wait until you feel thirsty—drink water regularly throughout the day. Limit drinks with caffeine or alcohol, as they can increase dehydration.

Find cooler places. Avoid going out during the hottest hours (typically 11 a.m. to 3 p.m.). Seek out air-conditioned spaces like shopping centres, libraries, or community centres if your home isn't staying cool enough.

Dress for the weather. Choose lightweight, loose-fitting clothing in breathable fabrics like cotton or linen. Lighter colours help reflect sunlight and keep you cooler.

Take it easy. Avoid strenuous activity when it's hot out. If you want to get moving, aim for early morning or evening when temperatures are lower.

Keep your home cool. Close curtains or blinds during the day to block out heat. Use fans to help circulate air and create a cooling effect.

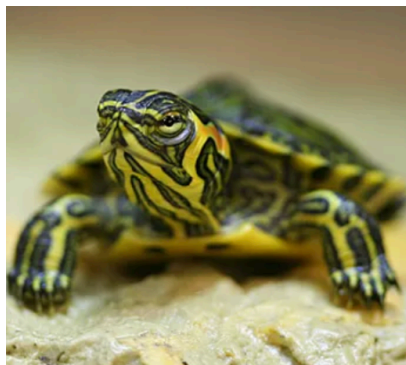
By taking these precautions, you can enjoy the season while staying safe and well. And remember, it's okay to reach out to a neighbour, friend, or family member if you need help.

(<https://www.mcmasteroptimalaging.org>)



32 DELIGHTFULLY RIDICULOUS WORDS FOR EVERYDAY THINGS

1. Snollygoster: A clever but unprincipled person (especially in politics).
2. Zarf: That little cardboard sleeve on your coffee cup.
3. Aglet: The plastic tip at the end of a shoelace.
4. Spoodle: A hybrid of a spoon and a ladle.
5. Nurdle: A tiny dab of toothpaste on your brush.
6. Blivit: Something useless crammed into a space it doesn't fit.
7. Mugwump: A person who stays neutral (especially in politics).
8. Lickspittle: An overly flattering person; a suck-up.
9. Frindle: A made-up word for 'pen' (coined in children's literature).
10. Fard: To apply makeup.
11. Squeegee: A rubber-bladed tool for wiping windows or flat surfaces.
12. Bumbershoot: An old-fashioned term for an umbrella.
13. Doohickey: A thing whose name you've forgotten.
14. Thingamajig: Another term for a gadget you can't quite name.
15. Wamble: The stomach rumbling or feeling nauseous.
16. Glabella: The smooth part of the forehead between the eyebrows.
17. Petrichor: The smell of rain hitting dry ground.
18. Jiggery-pokery: Deceitful or dishonest behaviour.
19. Scroop: The sound silk makes when it moves.
20. Gubbins: Miscellaneous bits or gadgets.
21. Kipple: Useless stuff that accumulates over time.
22. Dinglehopper: A 'fork', according to The Little Mermaid.
23. Fipple: The mouthpiece of a recorder or similar wind instrument.
24. Bibble: To drink often or noisily.
25. Dongle: A small adapter or electronic accessory.
26. Erf: A plot of land (especially in South Africa).
27. Tittynope: A small quantity of food or drink left on a plate.
28. Collywobbles: A bellyache or a feeling of nervousness.
29. Zugzwang: A situation in chess where every move is bad.
30. Yaffle: To eat or drink noisily.
31. Pandiculation: The act of stretching and yawning at the same time.
32. Catawampus: Skewed, diagonal, or out of place.



Good Night, Kind Sir

I was saddened to hear
that a neighbour recently
passed away

We did not really know
each other
but we had
friendly exchanges
whenever our paths crossed

He seemed well read
and got newspapers
regularly delivered
and he spoke well

Although we were not
particularly close
I somehow miss him

He was soft spoken
and humourous at times
and he seemed to
move through the world
quietly and humbly
and with a certain grace

You are remembered,
kind sir

John Pollard ~ 31 Alexander



INVASIVE PLANT IS TAKING OVER ONTARIO BUT YOU CAN HELP BY KILLING AND EATING IT

The arrival of warm weather has many Ontario residents thinking about gardening season, but your outdoor spaces may already be harbouring a dangerous invasive species known as garlic mustard (*Alliaria petiolata*).

But, while this species is capable of choking out native plant life and causing widespread ecological damage, you can do your part by incorporating invasive garlic mustard into a tasty dish.

People will say you can't make your problems go away by shovelling in more calories, but this might actually be one instance of a problem we can literally eat our way to fixing.

What is garlic mustard and how did it get here?

As its name suggests, the plant is an edible herb that offers up a distinctive smell similar to garlic when crushed, though it was this very culinary use that directly led to the havoc this invasive weed is now wreaking on Ontario's natural ecosystems. First introduced to North America from Europe in the 1800s, the plant quickly made the leap from garden pots to the wild, where it has established itself as one of the province's most problematic and "aggressive forest invaders," displacing native wildflowers and plants as it spreads.

How to identify garlic mustard in the wild?

Garlic mustard's most distinguishing characteristic is its smell when crushed, but I don't recommend you go grinding random leaves in the forest on your hunt for this tasty herb.

Sightings typically begin in late March and peak in April, but it's important to know what you are looking for.

The plant has two distinct life stages in its early years, so there are a few different things to look for.

Young plants in their first year of growth will only present as clusters of dark green, kidney-shaped leaves with scalloped edges, though this stage of life is just an appetizer of what comes next as a root system develops out of sight below ground. Second-year plants will grow at impressive paces and can quickly reach heights exceeding one metre. In this 'adult' phase, the plants develop sharply-toothed leaves.

White flowers will typically bloom from the leaf clusters in May, making the plants slightly more straightforward to identify at a glance.



Native plant life has no chance

It's this ability to grow exponentially in such short periods that makes garlic mustard such a threat to local plant life. A garlic mustard plant is capable of doubling in size every four years, and can still sprout even after 30 years. They are also highly resistant to harsh conditions and are known to thrive in pretty much any environment in which they can take root.

Between these factors, garlic mustard infestations can be particularly challenging to manage, and the plant will outcompete native species, while its interference with local species of fungi can further hinder plant and insect life.

The provincial government states that the plant threatens several of Ontario's species at risk, including American ginseng, drooping trillium, Eastern false rue-anemone, hoary mountain mint, white wood aster, wild hyacinth, and wood poppy. It's also toxic to larvae of rare butterfly species that lay eggs on plants in the mustard family via chemicals that they are not naturally adapted to.

Do your part:

You can help Ontario ecosystems and also hone your culinary skills by doing your part to curb the scourge of garlic mustard.

The species is of negligible nutritional value to native wildlife, but it does make for a tasty and abundant ingredient during these times of runaway food prices and unprecedented economic uncertainty.

Aside from its distinctive garlic flavour, the species is high in both vitamins A and C, though you'll have to take precautions if you want to work this plant into your weekly meal prep.

Perhaps most importantly, harvesters should take extra care to remove the entire plant – root and all – as merely picking the leaves allows the invasive species to further spread.

Potent poisons and proper preparation:

Younger plants are the ones you will want to seek out, as older garlic mustard plants need to be cooked thoroughly before eating due to cyanide that builds up within them as they age.

First-year garlic mustard plants contain up to 100 parts per million of cyanide, a strong enough level to be considered toxic. Chopping up these young plants releases the cyanide and makes them perfectly fit for consumption.

It is also not recommended to forage garlic mustard from public areas as plants may have been sprayed with harmful pesticides, so it's probably best to play it safe and only eat plants growing on your own property.

(blogto.com - submitted by John Gordon ~ 51 Alexander)

THE HEALING POWER OF MUSIC - HOW MUSIC THERAPY SUPPORTS HEALTHY AGING

What is Music Therapy?

Music therapy is a research-based practice that uses music to address physical, emotional, cognitive, and social needs. Delivered by certified music therapists, sessions can include listening to music, singing, playing instruments, songwriting, or even moving to music. The key is that music therapy is personalized to each individual's needs and goals.

The Benefits of Music Therapy for Older Adults

As we age, we may experience a variety of health challenges—from cognitive decline and chronic pain to feelings of loneliness and depression. Music therapy offers a unique, non-invasive way to support well-being across many of these areas:

1. **Enhancing memory and cognitive function** Music can stimulate parts of the brain associated with memory and emotion. For people living with dementia, familiar songs can evoke long-lost memories and encourage meaningful interactions.

2. Reducing anxiety and depression Listening to or creating music can improve mood, decrease stress levels, and provide a sense of comfort and connection.
3. Supporting physical rehabilitation Rhythm and movement can help improve motor skills and coordination, which is especially helpful in stroke recovery or for individuals with Parkinson's disease.
4. Encouraging social connection Group music therapy sessions can combat social isolation and build a sense of community through shared experiences.

Where to find music therapy support

- Try a local program: Many community centres, long-term care homes, and hospitals offer music therapy sessions.
- Ask your healthcare provider: They may be able to refer you to a certified music therapist.
- Bring music into your daily routine: Whether it's listening to your favourite songs, singing with a friend, or dancing at home, small musical moments can make a big difference.

Take time to recognize the incredible role music can play in aging well. Whether you're a caregiver, a health professional, or someone exploring ways to stay healthy and engaged later in life, music therapy is a powerful tool worth exploring.

Featured Resources

Blog Post: ['Behind the Music: Music-making for cognitive health](#)

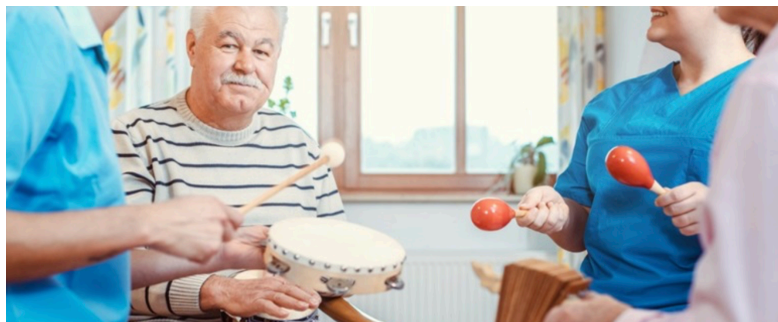
Blog Post: [The sound of music: promoting the social well-being of older adults with dementia and their caregivers](#)

Blog Post: [3 simple ways to manage challenging behaviours associated with dementia](#)

Blog Post: [Let the music play: The role of music in cancer care](#)

Blog Post: [Music can help ease your hospital stay](#)

Blog Post: [The research-based benefits of music for walking](#)
(<https://www.mcmasteroptimalaging.org>)



Hey kids...before computers, this is how library books were indexed.



I well remember this system because working in the main library at UBC put me through university. In those days (the late 70's), it was an amazing well-paying part-time job at \$4.50 an hour. I was living the high-life (in more ways than one lol) ~ed. (Instagram picture submitted by John Gordon ~ 51 Alexander).

WHY YOU SHOULD NEVER, EVER DELETE YOUR SPAM EMAIL

Unsubscribing can also potentially trigger ransomware attacks.

Spam and phishing emails are an annoying everyday occurrence that everyone is probably familiar with and finds annoying. These intrusive messages often clog up your inbox and require tedious deletion or filtering. Worse still, those who act carelessly run the risk of falling victim to scammers. But, as strange as it may sound, spam emails can actually be useful to the potential victims scammers are targeting, which is why you shouldn't delete them.

WHY YOU SHOULDN'T DELETE SPAM EMAILS

All major mail providers are starting to rely on complex and adaptive spam filters that are getting better and better at distinguishing between wanted and unwanted e-mails. An important prerequisite for this learning effect: The software must be able to practice, and this is exactly what spam mails are useful for.

Instead of deleting spam mails, we recommend you proceed as follows:
If you use an email client such as Outlook or Thunderbird: Manually mark relevant messages as spam (or as junk) if your email program hasn't already done it itself. This will train the software's spam filter and you will (hopefully

have to deal with annoying spam mails less and less in future because the automatic filter will improve.

If you retrieve emails with a browser: Depending on which provider you use, you can mark the annoying messages as spam in different ways. Of course, you only need to make this effort if the junk emails are displayed as normal emails in your inbox and haven't already ended up in the spam folder. You can mark such messages in the inbox (tick the box) and send them directly to the spam folder using the Spam or Junk option in the menu bar. This also works with individual (open) emails, where the path to the spam bin is sometimes via a Move button located above the message text.

Both privately and professionally, these procedures promise less rubbish mail in the long term. The senders of such messages also get blacklisted more quickly. If you use a shared mail server in the office, you may be doing your colleagues a great service by preventing them from having to deal with the same scam messages you've already marked as spam and sorted out yourself.

Tip: Junk mail is usually automatically deleted from the relevant folders after 30 days. Storage space problems are therefore rarely a cause for concern, even if the messages are not removed manually. If the junk folder does not empty itself, you should delete the content yourself once a month.

CAUTION: DON'T UNSUBSCRIBE FROM SPAM EMAILS

Many providers and email clients now offer an easy way to unsubscribe from unwanted advertising emails, newsletters, and the like with a quick click directly in your inbox. This function is useful if you do not want to delete yourself from mailing lists by hand or aren't interested in the advertising they contain. However, the well-intentioned function also harbours a danger, at least in the case of fraudulent messages. This is because you inadvertently inform the sender that your own e-mail address actually exists and is actively managed.

Spam crooks send millions of emails every day, sometimes indiscriminately to randomly generated recipient addresses. They are often unaware of whether the accounts they write to really exist or whether messages are read there—until users click on the unsubscribe button. The scammers then receive a request to stop writing to the email address in question, whereupon, of course, they do exactly the opposite.

SOME HELPFUL TIPS

With a few simple rules, you can better protect yourself against spam and scams on the internet.

Be suspicious: Sounds banal, but it could have protected many victims from cybercrime. As soon as you are unsure about a sender or the content of new messages, you should become skeptical. If you're in doubt, assume a scam is being attempted. This applies in particular to requests for payment or if you are asked to provide personal data.

Keep calm: If someone asks you to act quickly (and therefore rashly) in a supposedly urgent email, you should become suspicious. Honest companies do not put pressure on customers and do not threaten to send reminders if you do not immediately comply with requests.

Avoid links in emails: If you are asked to follow a link in a message, then it may be sensible to select the relevant pages yourself. Either enter the URL in your browser (if you know it) or let Google find the page you are looking for.

Do not open unknown attachments: Stay away from dubious e-mail attachments. Malware can also be hidden in Excel spreadsheets, Word documents, or even image files. It can also hide in executable files (EXE) or archives (ZIP, RAR, and so on). You should also avoid HTML files, as they can redirect to insecure servers.

Use digital bodyguards: You can keep yourself on the safe side with anti-spam and anti-virus programs.

Spammers and scammers are becoming more and more sophisticated. Even experienced users can be taken in by the brazen crooks. If you want to protect yourself better, turn to professional software. It makes life more difficult for the scoundrels lurking on the internet.

Some reputable antivirus software companies include BitDefender Total Security - Avast One, and Norton 360 Deluxe.

(www.pcworld.com)

3 THINGS YOU SHOULD KNOW BEFORE BUYING YOUR NEXT BOTTLE OF OLIVE OIL, ACCORDING TO AN EXPERT

In 2022, I visited Piro's olive farm and mill in Italy to watch just-picked olives turn into the oil we use to dress salads, roast veggies, and dip our breads. It was a technological marvel and, as I saw this vibrantly hued, very high-quality extra-virgin olive oil appear before my eyes, I thought about the many bottles of oil back home on supermarket shelves. I wanted to know how to spot a worthy everyday olive oil at the grocery store without having to visit its production facility first.



As fate would have it, Nancy Ash, president of Strictly Olive Oil and longtime member of the California Olive Oil Council Taste Panel, was there to answer all my questions – and then some. She happily shared her decades of knowledge and lesser-known tips about what to look for when picking up a bottle of olive oil.

These are the three most important things she considers before buying any bottle of oil.

1. The packaging should protect the oil.

This is the number-one thing Ash looks for when shopping for oil. She buys olive oil that's stored in either a tin or dark glass – basically anything that mitigates light and oxygen from getting into the oil. (While we were chatting, she mentioned California Olive Ranch 100% California Extra-Virgin Olive Oil as a quality option to pick up when shopping in the supermarket.) Clear glass doesn't protect the oil, and although some producers store these olive oils in an opaque box, the bottles, Ash points out, are typically displayed out of the box on store shelves, which means that the oil is degrading before you even open it.

“Anything sold in plastic,” she advises we “walk on by.” (Plastic is porous, explains Ash, which allows for oxygen to pass through the bottle and, once again, degrade the oil.)

2. It should also have a harvest date.

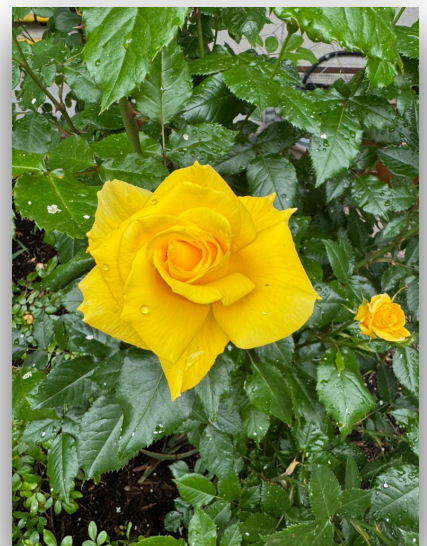
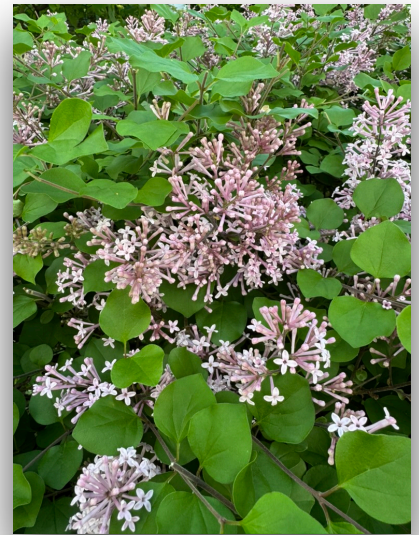
Not to be confused with the best-by date, which is typically used to indicate peak quality, the harvest date tells you when the olives were picked from the trees. “What the harvest date tells me is that the producer understands what they're working with,” says Ash. She explains that the harvest date is usually on the back of the bottle, although, as she points out, “It's not always easy to find.”

“If there isn't a harvest date on a bottle,” she adds, “there's a good chance that the producer has put two different years of harvest into that bottle.” That matters because olive oil goes rancid relatively quickly. How quickly? Generally speaking, olive oil is good for 18 months from when it was harvested. So if a bottle contains oil from last year's harvest, there's a good chance that it will turn rancid before you're able to finish it.

3. You should consider how much and how often you use the oil.

While it's tempting to buy a sizeable tin because it's a better deal, you might want to reach for a smaller container. As soon as you open the oil, explains Ash, you're introducing oxygen to the tin, which, as we now know, deteriorates the oil. If you're someone who uses a large tin's worth of oil on a regular basis, then go ahead and buy it in bulk. Otherwise, she recommends you buy oil in a quantity that you'll use up within two to three months.

(<https://www.thekitchn.com/>)



A few stunning flowers brought to us by our fabulous Landscape Committee ~ed.

YOU MIGHT WANT TO THINK TWICE BEFORE HAVING THAT NEXT DRINK LOL!





TEN ATTRIBUTES OF A WOKE MIND

1. YOU READ BOOKS AND DON'T BAN OR BURN THEM
2. YOU EMBRACE SCIENCE
3. YOU ARE WILLING TO CHANGE YOUR MIND WHEN NEW INFORMATION BECOMES AVAILABLE
4. YOU UNDERSTAND THAT MOST ISSUES ARE NOT BLACK AND WHITE
5. YOU BELIEVE IN TRUE EQUALITY FOR ALL PEOPLE
6. YOU HAVE EMPATHY
7. YOU EMBRACE COOPERATION
8. YOU RESPECT OTHERS RIGHTS
9. YOU BELIEVE CULTURE AND THE ARTS HAVE VALUE
10. YOU CARE FOR THE PLANET

YAY!!!

The **Toronto Heat By-law** was finally, and clearly, revised this year as follows:

"As of April 30, 2025, all landlords will be responsible for providing heat to a minimum air temperature of 21 degrees Celsius from October 1 to May 15 (instead of September 15 to June 1)."

SUMMER BLUES - WHY SOME PEOPLE FEEL DOWN THIS TIME OF YEAR - AND WHAT TO DO ABOUT IT

When we think of the ‘winter blues,’ most of us picture grey skies, shorter days, and colder weather. But did you know some people experience low mood in the summer, too?

While less common than seasonal affective disorder (SAD) in the winter months, summer-onset depression is a real phenomenon – and older adults can be especially vulnerable.

What causes the ‘summer blues’?

For some, summer brings disruptions to routines that support well-being: community programs pause, family routines shift, and caregivers or loved ones may travel more. These changes can lead to feelings of disconnection or loneliness. Summer can also stir up grief for those who’ve lost a partner or close friend. Memories tied to vacations or traditions may feel especially poignant this time of year.

In addition, extreme heat can limit outdoor activity, disrupt sleep, and contribute to fatigue – all of which can affect mood and motivation.

What can you do?

1. **Stick to a routine.** Regular wake-up times, meals, and movement can help anchor your day and support mental health.
2. **Find connection.** Schedule a weekly call with a friend, join a community centre activity, or explore online discussion groups that match your interests.
3. **Plan something meaningful.** Whether it’s tending a garden, visiting a museum, or volunteering, having something to look forward to can be a powerful mood booster.
4. **Know when to seek help.** If feelings of sadness persist or interfere with daily life, talk to your doctor. There is support available – and you don’t have to face it alone.

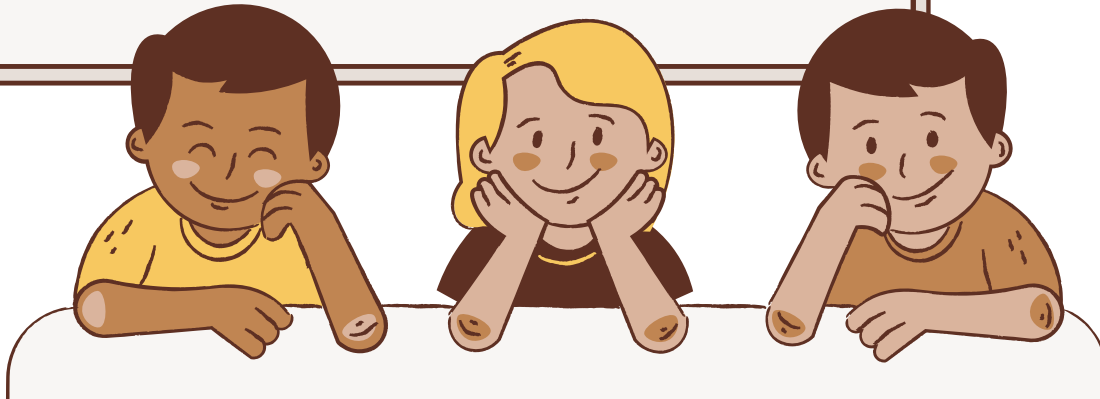
Summer doesn’t feel sunny for everyone – and that’s okay. Recognizing the signs and taking small steps to care for your emotional well-being can make a big difference.

(<https://www.mcmasteroptimalaging.org/>)



JOIN OUR FACEBOOK GROUP

Join our City Park Co-Op Facebook group!
Connect with other members!
Get event updates!
Stay abreast of happenings in our community!
<https://bit.ly/cityparkfb>



She loves nature, in spite of what it did to her.

A pat on the back is only a few centimetres from a kick in the pants.

Mother said there would be days like this, but she didn't say there would be so many!

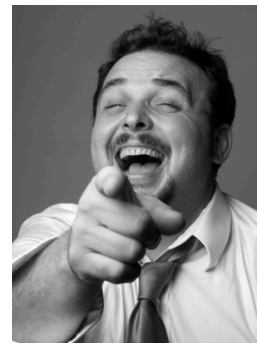
Middle age is when you still believe you'll feel better in the morning.

When life gets you down, just put on your big girl panties and deal with it!

You know you're getting older when everything hurts; and what doesn't hurt, doesn't work.

When we remember we are all mad, the mysteries disappear and life stands explained. - Mark Twain

After one look at this planet any visitor from outer space would say "I WANT TO SEE THE MANAGER." - William S. Burroughs



LINK is published quarterly as of January 2025.

The next LINK deadline is September 26, 2025.



Your LINK team -

Editor/Coordinator: Bob Harrison Drue

Contributors: Ursula Carter, John Pollard, John Gordon and yours truly (*ed*).

SUBMISSIONS TO LINK:

All members are encouraged to submit material of interest to the membership for consideration in LINK. All submissions must include your full name, building and apartment number. Kindly attach original unformatted MSWord or Apple Pages documents to your email -or- type your article within the body of the email and send it to us at:

CityParkLINK@gmail.com



Thanks for reading this issue
of **LINK**. Enjoy your summer.

