



LINK VOLUME 29 NUMBER 4

Next deadline: December 27, 2024

Under Toronto's Animals Bylaw, you are not allowed to feed wildlife or leave food out to attract animals on both public and private property.

Wild animals do not require any help or food from people.

Human food is very unhealthy for animals. Wild animals are skilled foragers and hunters and can find sources of higher quality food on their own.

Wild animals do not need our handouts. Letting animals use their own natural instincts is the only kindness they need.

FEEDING AND DISTURBING WILD ANIMALS IS PROHIBITED UNDER CITY BYLAWS.

The fine in place at this time for this offence is \$365



FALL 2024 EDUCATION SERIES - VIRTUAL AND IN-PERSON

Welcome to our 2024 Fall Education Program!

CHFT is excited to announce that they will be holding both virtual and in-person workshops again this Fall! Most workshops will be held virtually on Saturday mornings or on a Thursday evening.

Four workshops will be offered in-person on Saturday, November 2nd, 2024.

To register for any of these events, go to www.chft.coop. If you have any questions about registration, contact Vaijomiy Anandarajah at reception@coophousing.com. If you have questions about the workshops, contact Naomi Cho at naomi@coophousing.com.

Thursday, October 17 7:00pm - 8:30pm Virtual Let's keep people housed!

Saturday, October 26 9:30am - 12:00pm Virtual Board's role in human rights

Thursday, November 7 7:00pm - 8:30pm Virtual Harness your energy - Build your resilience

Saturday, November 16 9:30am - 12:00pm Virtual Board basics

Thursday, November 21 7:00pm - 8:30pm Virtual Financial controls and managing arrears

Saturday, November 30 9:30am - 12:00pm Virtual Staying afloat through staff transitions

Connect to a world of co-op knowledge

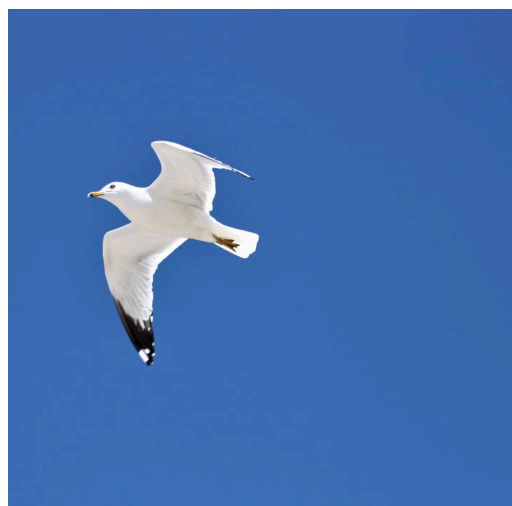
CHFT virtual workshops will be held on Saturday mornings or Thursday evenings. Each of these sessions will be held over Zoom. The Saturday morning workshops will last 2-1/2 hours. The Thursday evening workshops will last 90 minutes. Participants will need to have access to the internet and a smart phone, tablet or computer.

Registration for the workshops range between \$25 and \$75 per person for the first two people. There is a 50% discount for any additional people who register for the same workshop from our co-op.

To register, go to www.chft.coop. If you have any questions about registration, contact Vaijomiy Anandarajah at reception@coophousing.com. If you have questions about the workshops, contact Naomi Cho at naomi@coophousing.com.

For more information, kindly click on the following link:

<https://e4e96b.a2cdn1.secureserver.net/wp-content/uploads/2024/09/2024-CHFT-Fall-Education-Program3.pdf>





We don't know how these guys do what they do at the heights they have to go!
(Photos courtesy of John Gordon ~ 51 Alexander)

TORONTO STREET ART - PART 2

The Annex Area - a lively area that draws students to its casual eateries, indie bookshops, bars and cafes on Bloor Street West. The traditional boundaries of the neighbourhood are north to Dupont Street, south to Bloor Street, west to Bathurst Street and east to Avenue Road.



CARTOON TOWN - SUSSEX AVENUE & DAVID FRENCH LANE - this piece depicts a cartoonized version of the cityscape with several abstract buildings. This is a giant mural that covers half an entire building.





GIRL, TIGER AND THE BIRD - SUSSEX AVE. & DAVID FRENCH LANE - created by artist Ted Hamer, this mural depicts a stunning woman, tiger, and a bird. This mural is one of his most iconic and well-known pieces.



TRANZAC CLUB WALL EXPRESSIONS aerosol mural project 2 by female artists.



NICK SWEETMAN BEE MURALS - Bloor & Howland - the mural itself features a vibrant depiction of Toronto's skyline, overshadowed by a large green sweat bee pollinating a flower. The mural is a clever way to raise awareness about the importance of pollinators and their role in our ecosystem.





Street art created by Rachael Ashe



LEE'S PALACE - 529 Bloor West is a live music venue that has been a staple in the Toronto music scene for decades. The building is covered in murals, each one more colourful and vibrant than the last - created by local artist Alex Currie.



BLUES MURAL pays homage to the building's history as a former jazz and blues venue. The mural is interactive, and you can use your Android phone to learn more about the music, the building, and the people who played there.



Street Art by Hope Paterson



This VUDU CAT MURAL created by artist Christina Mazzulla is a vibrant colorful mural which blends intricate cutouts with bold, electric color gradients. Her artistic expression is greatly influenced by psychedelic visuals, and she incorporates elements such as wildlife, surreal landscapes, and striking color gradients in her work.



ANNEX NEIGHBOURHOOD BLOOR ST. by David Crighton



Toronto's GAY VILLAGE is an iconic LGBTQ+-friendly neighbourhood in the heart of the city. It is roughly bounded by Gerrard Street to the south, Yonge Street to the west, Charles Street to the north, and Jarvis Street to the east, with the core strip located along Church Street from Wellesley south to Alexander.



CHURCH & WELLESLEY



This mural depicts dozens of political activist pins from the area and the LGBTQ rights movement. Produced in partnership with the Church Wellesley Village BIA:



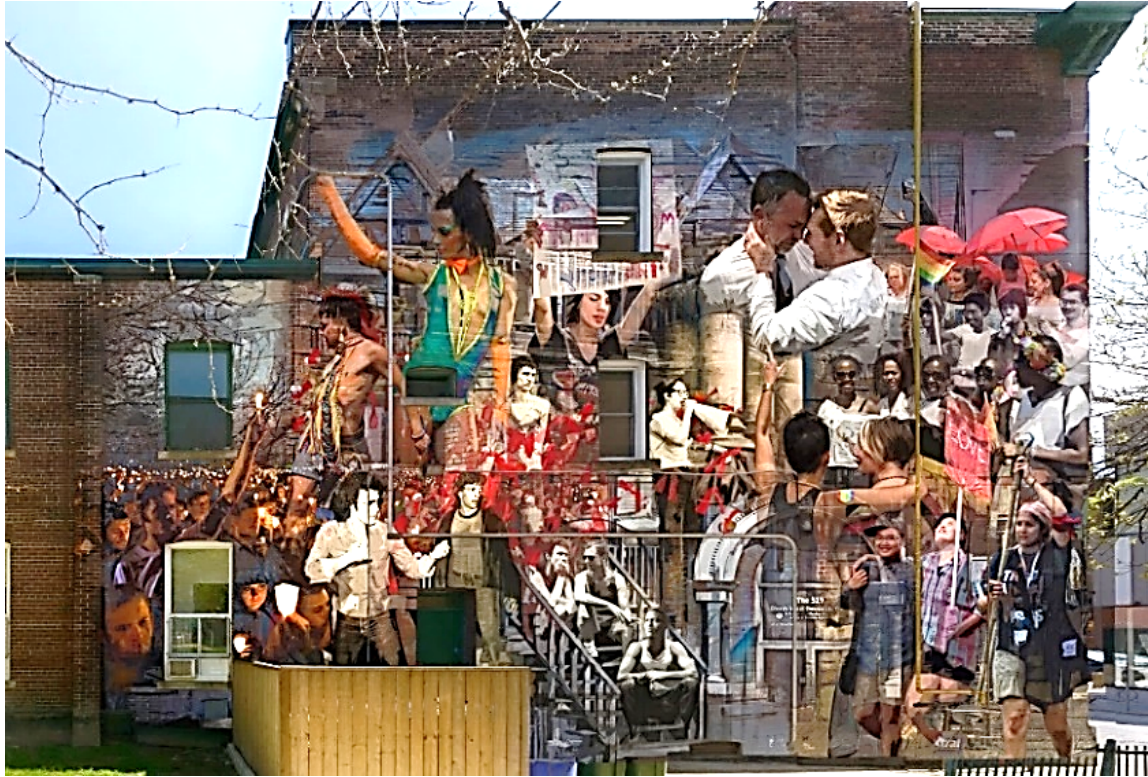
Colourful painted brick wall on Wellesley Street at Church



JARVIS & CARLTON TMU RESIDENCE by Okuda San Miguel



519 CHURCH STREET Mural by Christiano de Araujo



CREWS & TANGO BAR - 508 Church Street



Church Street north of Wellesley



THE CABBAGETOWN ART & CRAFT SHOW is held each year the weekend after Labour Day. The show attracts thousands of art lovers to Riverdale Park West, in the heart of Toronto's historic Cabbagetown.



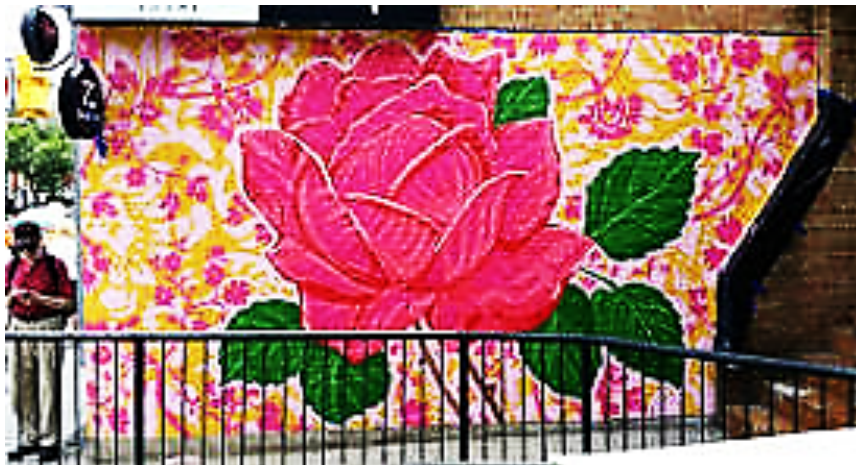
alamy

Image ID: CRYGT3
www.alamy.com

Street Art Parliament & Carlton St.



Rose of Cabbagetown Mural



Toronto skyline mural



Parliament Street



VIETNAMESE WOMAN by Trudy Tran



FORWARD WARRIOR WALL by Peter Ferrari



Artwork by Big Teeff & Jesse Jaeger



Artwork on Amelia St & Iroquois Lane by Yasaman Mehrsa



Mural of Cabbagetown by Colin Tea



This massive mural brightens the streetscape and has been dubbed Deer Park by its creator birdO (aka @jerryrg). It takes up the side wall of a multi-story building on St. Clair Ave. east of Yonge Street.



Unknown Artist in Unknown Location (but definitely in Toronto)



Ursula Carter ~ 51 Alexander St

This Moment

We can learn
from the past

And plan
for the future

But we only
truly live
in the present moment
it's all
we really have

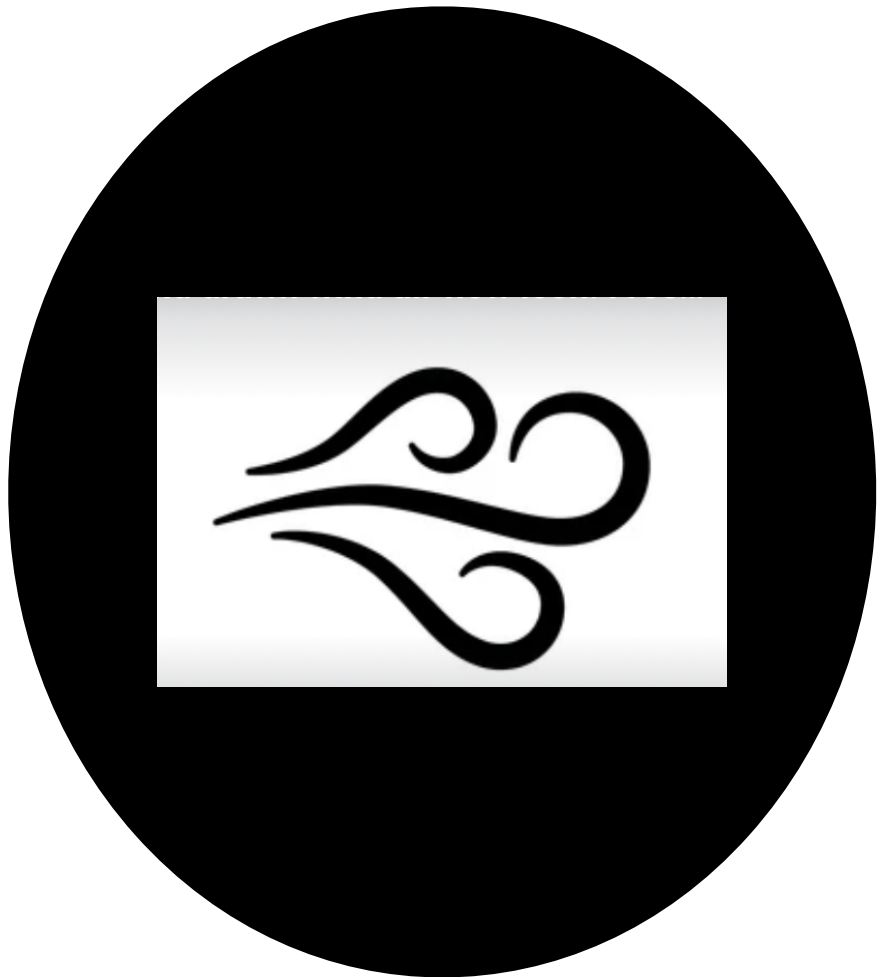
How can we
clear the deck
of lingering regrets
about the past
and concerns
about the future

And live ...

One day
at a time

One breath
at a time

John Pollard ~ 31 Alexander St



QUOTES BY CELEBRITIES ON ACTING:

“Acting is frivolous. But frivolity is a big part of our society. So we might as well relax and enjoy it”. - Jane Fonda

QUOTES BY CELEBRITIES ON CASTING:

“I was up for a wonderful part but I was told: “Sorry, you’re the best actor for the role but this calls for a guy-next-door type. You don’t look like you’ve ever lived next door to anyone”. - Donald Sutherland

“They tested more than 100 actors for “Golden Boy” and I got it. I had to play a violinist-turned-prizefighter which wasn’t easy considering I couldn’t fight or play the violin. I wasn’t even sure I could act”. - William Holden

SEEING CLEARLY: MAINTAINING EYE HEALTH AS WE AGE

Our vision is a precious gift, and as we age, our eyes undergo changes which can increase the risk of certain eye disorders. Maintaining good eye health as we age is important and can help prevent vision problems. Below are a few strategies you can employ and some important things to keep in mind.



Make regular eye exams part of your routine: Schedule comprehensive eye exams with your ophthalmologist every one to two years, especially after the age of 65. These exams can detect early signs of age-related eye diseases like macular degeneration and glaucoma, allowing for early intervention and treatment. They can also detect vision changes and adjust prescriptions as necessary.

Protect your eyes from the sun: Just like your skin, your eyes need protection from the sun's harmful UV rays. Wear sunglasses that block UVA and UVB rays whenever you're outdoors, even on cloudy days.

Eat well: Eating a balanced diet rich in fruits, vegetables, and omega-3 fatty acids can contribute to good eye health. Maintaining a healthy weight and managing chronic conditions like diabetes can also help protect your vision.

Quit smoking: Smoking significantly increases the risk of developing age-related macular degeneration and cataracts. If you smoke, quitting is the single best thing you can do for your overall health, including your vision.

Limit screen time: While staying connected digitally is important, excessive screen time can contribute to eye strain. Take regular breaks, focusing on a distant object for 20 seconds every 20 minutes of screen time.

Maintain a healthy lifestyle: Regular exercise, getting enough sleep, and managing stress can all contribute to good eye health.

Know your family history: Certain eye diseases can be hereditary. Talk to your doctor about your family history and any potential risks.

By following these tips and prioritizing regular eye exams, you can take proactive steps towards maintaining good eye health and enjoying clear vision for years to come. Remember, early detection and treatment are key for managing eye problems. Don't hesitate to talk to your healthcare provider about any concerns you might have.

An article from McMaster University submitted by Jo-Anne Kennedy ~ 51

38 WONDERFUL WORDS WITH NO ENGLISH EQUIVALENT

Some things that take whole sentences to describe in English are a single word in another language.

Sometimes we must turn to other languages to find le mot juste. Here are a whole bunch of foreign words with no direct English equivalent.

1. **Kummerspeck** (German)

Excess weight gained from emotional overeating. Literally, grief bacon.

2. **Shemomedjamo** (Georgian)

You know when you're really full, but your meal is just so delicious, you can't stop eating it? The Georgians feel your pain. This word means, "I accidentally ate the whole thing."

3. **Tartle** (Scots)

The nearly onomatopoeic word for that panicky hesitation just before you have to introduce someone whose name you can't quite remember.

4. **Mamihlapinapai** (Yaghan language of Tierra del Fuego)

This word captures that special look shared between two people, when both are wishing that the other would do something that they both want, but neither want to do.

5. **Backpfeifengesicht** (German)

A face badly in need of a fist.

6. **Iktsuarpok** (Inuit)

You know that feeling of anticipation when you're waiting for someone to show up at your house and you keep going outside to see if they're there yet? This is the word for it.

7. **Pelinti** (Buli, Ghana)

Your friend bites into a piece of piping hot pizza, then opens his mouth and sort of tilts his head around while making an "aaaarrrrah" noise. The Ghanaians have a word for that. More specifically, it means "to move hot food around in your mouth."

8. **Greng-jai** (Thai)

That feeling you get when you don't want someone to do something for you because it would be a pain for them.

9. **Mencolek** (Indonesian)

You know that old trick where you tap someone lightly on the opposite shoulder from behind to fool them? The Indonesians have a word for it.

10. **Faamiti** (Samoan)

To make a squeaking sound by sucking air past the lips in order to gain the attention of a dog or child.

11. **Gigil** (Filipino)

The urge to pinch or squeeze something that is irresistibly cute.

12. **Yuputka** (Ulwa)

A word made for walking in the woods at night, it's the phantom sensation of something crawling on your skin.

13. **Zhaghzhagh** (Persian)

The chattering of teeth from the cold or from rage.

14. **Vybafnout** (Czech)

A word tailor-made for annoying older brothers—it means to jump out and say boo.

15. **Fremdschämen** (German); **Myötähäpeä** (Finnish)

The kinder, gentler cousins of Schadenfreude, both these words mean something akin to "vicarious embarrassment."

16. **Lagom** (Swedish)

Maybe Goldilocks was Swedish? This slippery little word is hard to define, but means something like, "Not too much, and not too little, but juuuuust right."

17. **Pålegg** (Norwegian)

Sandwich Artists unite! The Norwegians have a non-specific descriptor for anything - ham, cheese, jam, Nutella, mustard, herring, pickles, Doritos, you name it - you might consider putting into a sandwich.

18. **Layogenic** (Tagalog)

Remember in *Clueless* when Cher describes someone as "a full-on Monet ... from far away, it's OK, but up close it's a big old mess"? That's exactly what this word means.

19. **Bakku-shan** (Japanese)

Or there's this Japanese slang term, which describes the experience of seeing a woman who appears pretty from behind but not from the front.

20. Seigneur-terraces (French)

Coffee shop dwellers who sit at tables a long time but spend little money.

21. Ya'arburnee (Arabic)

This word is the hopeful declaration that you will die before someone you love deeply, because you cannot stand to live without them. Literally, may you bury me.

22. Pana Po'o (Hawaiian)

"Hmm, now where did I leave those keys?" he said, pana po'oing. It means to scratch your head in order to help you remember something you've forgotten.

23. Slampadato (Italian)

Addicted to the UV glow of tanning salons? This word describes you.

24. Zeg (Georgian)

It means "the day after tomorrow." OK, we do have "overmorrow" in English, but when was the last time someone used that?

25. Cafune (Brazilian Portuguese)

Leave it to the Brazilians to come up with a word for "tenderly running your fingers through your lover's hair."

26. Koi No Yokan (Japanese)

The sense upon first meeting a person that the two of you are going to fall in love.

27. Kaelling (Danish)

You know that woman who stands on her doorstep (or in line at the supermarket, or at the park, or in a restaurant) cursing at her children? The Danes know her, too.

28. Boketto (Japanese)

It's nice to know that the Japanese think enough of the act of gazing vacantly into the distance without thinking to give it a name.

29. L'esprit de l'escalier (French)

Literally, stairwell wit—a too-late retort thought of only after departure.

30. Cotisuelto (Caribbean Spanish)

A word that would aptly describe the prevailing fashion trend among American men under 40, it means one who wears the shirt tail outside of his trousers.

31. Packesel (German)

The packesel is the person who's stuck carrying everyone else's bags on a trip. Literally, a burro.

32. **Hygge** (Danish)

Denmark's mantra, hygge is the pleasant, genial, and intimate feeling associated with sitting around a fire in the winter with close friends.

33. **Cavoli Riscaldati** (Italian)

The result of attempting to revive an unworkable relationship. Translates to "reheated cabbage."

34. **Bilita Mpash** (Bantu)

An amazing dream. Not just a "good" dream; the opposite of a nightmare.

35. **Litost** (Czech)

Milan Kundera described the emotion as "a state of torment created by the sudden sight of one's own misery."

36. **Luftmensch** (Yiddish)

There are several Yiddish words to describe social misfits. This one is for an impractical dreamer with no business sense.

37 & 38. **Schlemiel and schlimazel** (Yiddish)

Someone prone to bad luck. Yiddish distinguishes between the schlemiel and schlimazel, whose fates would probably be grouped under those of the klutz in other languages. The schlemiel is the traditional maladroit, who spills his coffee; the schlimazel is the one on whom it's spilled.

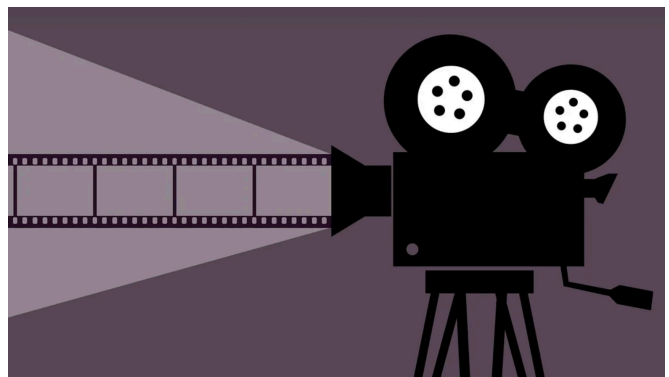
(This post originally appeared on the 'Mental Floss' website and was published December 14, 2015.)

QUOTES BY CELEBRITIES ON BEING A CELEBRITY

"Our Canadian accents are almost like American accents - but not quite. It's slightly off, which makes it dream-like". ~ David Cronenberg (Canadian film director & screen writer)

"Acting is just hustling. Some people are hustling money, some power. I don't put it down. But I resent people putting it up". ~Marlon Brando

"Acting isn't really respected like an art".
~Robert de Niro.



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

HEART DISEASE:

Also known as ischemic heart disease or coronary heart disease, heart disease refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death. Heart disease is the 2nd leading cause of death in Canada. Know the facts, and reduce your risk through a healthy lifestyle, and early detection and management of medical conditions.

<https://www.canada.ca>



The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

THOUGHTS TO PONDER:



Why isn't the number 11 pronounced onety-one?

If 4 out of 5 people SUFFER from diarrhea...does that mean that one out of five enjoys it?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

If a pig loses its voice, is it disgruntled?

If it's true that we are here to help others, then what exactly are the others here for?

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

Do Lipton Tea employees take 'coffee breaks?'

Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the mailmen can look for them while they deliver the mail?

Whatever happened to Preparations A through G?

REMEMBER, A day without a smile is like a day without sunshine! And a day without sunshine is, like.....night!!!



Why do we press harder on the remote control when we know the batteries are getting weak?

Why do banks charge a fee due to insufficient funds, when they already know you're broke?

Why is it that when someone tells you that there are one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check?

Why doesn't Tarzan have a beard?

Whose cruel idea was it to put an "s" in the word "lisp"?

Why is it that, no matter what colour bubble bath you use, the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it and then put it down to give the vacuum one more chance?

How do those dead bugs get into the enclosed light fixtures?

and before we say goodbye for now...

WHAT DO YOU GET WHEN YOU CROSS ...

...a banana with a red silk dress? A pink slip.

...a canary with a mole? A miner bird.

...a cat with a lemon? A sourpuss.

...a chicken with a bell? An alarm cluck.

...a dog with a cantaloupe? A melon-collie baby.

...a dog with a chicken? A hen that lays pooched eggs.

...a dog with a daisy? A collie-flower.

...a dove with a high chair? A stool pigeon.

...a duck with a steamroller? A flat duck.

...a fawn with a hornet? Bambee.

...a gorilla and a sheep? A very nice wool coat, except the sleeves are too long.

...a ham with a karate expert? Pork chops.

...a hedgehog and a snake? Two yards of barbed wire.

...a hummingbird with a doorbell? A humdinger.

...a movie with a swimming pool? A dive-in theatre.

...a parrot with a centipede? A walkie-talkie.
...a pig with a cactus? A porkerpine.
...a pit bull with a collie? A dog that bites your leg off and runs for help.
...a policeman with a telegram? Copper wire.
...a potato with an onion? A potato with watery eyes.
...a rabbit with a kilt? Hopscotch.
...a spider with a rabbit? A hare net.
...a termite with a house? An exterminator.
...a tiger with a needle? Pin stripes.
...a tree with a baseball player? Babe Root.
...a vulture with a small grass house? A scavenger hut.
...an Eskimo with a pig? A polar boar.
...an Indian with a cow? Geronimoo.
...an evangelist with a hockey puck? A puck that saves itself.
...an owl with a goat? A hootenanny.
...a farmer with Robin Hood? A hoe bow.
...an elephant with a frisbee? A hernia.
...an ant with an elephant? A dead ant.
...a skunk with an elephant? Very few friends.
...an elephant with a skin doctor? A pachydermatologist.
...a dairy cow with an elephant? Peanut butter.
...an elephant with a rhino? Elephino.



Say goodbye to summer.... (Photo courtesy of John Gordon in 51)

LINK is published quarterly as of January 2024.

The next LINK deadline is December 27, 2024.



Your LINK team -
Editor/Coordinator: Bob Harrison Drue & Ursula Carter
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



for reading this issue of LINK. We hope you enjoyed it and maybe learned a thing or two!