



LINK VOLUME 30 NUMBER 1

Next deadline: March 21, 2025



(Photos courtesy of John Gordon ~ 51 Alexander)



Apply for the
2025/2026
academic year

Application deadline:
February 11, 2025

APPLY NOW!

Who May Apply?

To be eligible for a Diversity Scholarship, applicants must:

- live in a CHFT member co-op;
- have already applied to a recognized, publicly funded, Canadian, post-secondary education institution - community college, university or approved apprenticeship-training program - on a full-time basis in the 2025/2026 academic year;

- have used their knowledge and understanding of diversity to make a positive contribution to their school and/or local community;
- and have demonstrated a financial need.

Students will have to show CHFT

- they are already registered in school full-time;
- a transcript, showing passing marks for the program;
- and proof that they live in a CHFT co-op.

Funding

- Students may be eligible to receive up to \$6000 provided they submit proof of enrolment in school as well as proof of living in a co-op.
- Annual funding is \$1500.

Application Deadline - Tuesday, February 11, 2025 at 3:00 PM: A [PDF version](#) of this form is available if you prefer to submit your application via regular mail.

Terms & Conditions:

- If you are already attending college or university, the scholarship is pro-rated for your undergraduate program. For example, someone part way through a program would be funded for the remaining years of that program.
- We accept applications from graduate students.
- Scholarship decisions may only be made by the Co-operative Housing Federation of Toronto and these decisions are final.
- Scholarship funds will only be granted if you are enrolled full-time, in a publicly funded Canadian college, university or approved apprentice-training program for the upcoming academic year.
- Names and photographs of the scholarship recipients will be published.
- Scholarship recipients will participate in CHFT functions, if attendance is requested.
- By attending a Diversity Scholarship event, recipients must consent to having their photo taken by a photographer and allowing it to be circulated on social media and CHFT's website.
- You may be contacted to attend a virtual interview.
- If you are invited to an interview, you will be asked to provide two reference letters.
- We will not process any incomplete, late or faxed applications.
- You are not eligible to re-apply if you have already won a CHFT Diversity Scholarship.
- There is no minimum or maximum age to apply.
- If your co-op falls out of membership at any time, you will not be eligible for any funds.



Contact CHFT:

658 Danforth Avenue, Suite 306
Toronto, ON M4J 5B9

Tel: 416-465-8688

Email: info@coophousing.com

43 EMBARRASSING GRAMMAR MISTAKES EVEN SMART PEOPLE MAKE

Like it or not, words, spelling, and punctuation can leave a lasting impression on others. But even the most educated people often unknowingly make these common flubs.

When someone uses grammar incorrectly do you make an assumption about his or her intelligence or education? Like it or not, words, spelling, and punctuation are powerful and can leave a lasting impression on others. But even the most educated people often unknowingly make common writing and speaking flubs. Check out this long list of ubiquitous grammar mistakes. Guarantee: You'll either learn something new or find a few of your biggest pet peeves here.

1. First-come, first-serve: It should actually be "served." Without the d, the phrase above suggests that the first individual who arrives will be the one who serves everyone, which is not the idiom's intent.
2. I could care less: Think about this one for a minute. The way it's written above suggests you possess care which still could be allocated to the situation in question. "I couldn't care less" is correct because it communicates that "I have no more care to give."
3. Irregardless: This is not a word. It's simply "regardless," as in "Regardless of what you think about grammar, you'll look silly if you use it incorrectly."
4. "I" as the last word in a sentence: This mistake is remarkably common, yet a correct example would be "Karlee talked with Brandon and me." The trick to getting this one straight is to take the other person's name out of the sentence and see if your personal pronoun choice still sounds right. "Karlee talked with I" is awkward and incorrect.

5. "Me" as the first word in a sentence: I hear people saying things such as "Me and Brandon met at Starbucks this morning" all the time, even though it's always wrong. "Brandon and I met at Starbucks this morning" is correct.
6. Shoe-in: "Shoo-in" is what you really want to write when you're trying to say that someone is a sure winner. It's because when you "shoo" something you're urging it in a certain direction.
7. Emigrated to: "Emigrate" and "from" always go together, as do "immigrate" and "to." To emigrate is to come from somewhere, and to immigrate is to go to somewhere. "Colin emigrated from Ireland to the United States" means the same as "Colin immigrated to the United States from Ireland."
8. Overuse of apostrophes: These little guys are ubiquitously misused. Apostrophes indicate one of two things: possession or letters missing, as in "Sara's iPad" and "it's" for "it is" (second i missing). They don't belong on plurals. "FAQs," for example, should not have an apostrophe. Also, people often make a mistake with their own last name. If you want to refer to your family but don't want to list everyone's first name write "The Johnsons" not "The Johnson's." Another big one: Decades should not have apostrophes. For example, "1980s" is correct but "1980's" is not.
9. Prostrate cancer: This one is a simple spelling mistake resulting from an extra r. "Prostrate" actually means to lie face down. The "prostate" gland is a part of the male reproductive anatomy.
10. Slight of hand: A "slight" is an insult, whereas "sleight" indicates dexterity or cunning. It's why "sleight of hand" is commonly used in the world of magic and illusion.
11. Honed in: Just know that to "home in" on something means to move toward a goal, such as "The missile homed in on its target." To "hone" is to sharpen.
12. Baited breath: When I think about bait, worms and lures come to mind. The first word should actually be "bated," which stems from the verb "abate," meaning to stop or lessen. So, if you're trying to say that someone is holding his breath, you can see that "bated breath" makes the most sense.
13. Piece of mind: If you want to share what you're thinking with someone, this could work if you add "my" before "mind." But if you're trying to indicate tranquility, then spell it "peace."
14. Wet your appetite: "Whet" means to sharpen or stimulate. As such, the latter spelling is more appropriate.
15. Make due: "Due" means "owed," and that's not the intent with this idiom. "Make do" is the proper way to say that you're going to get along with what you have.
16. Do diligence: "Due diligence" is the proper business and legal term. It means you will investigate an individual or company before signing a contract.
17. Peaked my interest: To pique means to arouse, so the correct phrase is "piqued my interest," meaning that my interest was stimulated. While the incorrect way it's written in the heading may suggest that someone's interest was taken to a high level, it's still wrong.
18. Must of, should of, would of, and could of:
All those ofs should be "have." The proper versions were corrupted by contractions

such as "must've."

19. Per say or persay: Both are incorrect because the Latin phrase which means "in itself" or "intrinsically" is spelled "per se." The best communicators speak and write clearly and concisely and probably avoid phrases like this one anyway.

20. All the sudden: Whether you say "all of a sudden" or "all of the sudden," the preposition "of" must be involved either way. But if you're really trying to say "suddenly," just do.

21. The first-year anniversary: The use of the word "year" is redundant. "The first anniversary" or "the 50th anniversary" suffice.

22. Worse comes to worse: "Worse comes to worst,"—note the t—is better because it indicates something has degraded from one negative plane to the lowest possible.

23. Unthaw: Even though people use this word as a verb all the time, the best way to "un-thaw" something would be to put it in the freezer. Is freezing what you mean, or thawing?

24. Hot water heater: If anything, it's a cold water heater. Just use "water heater."

25. Boldface lie: "Bald-face" means shameless or showing no guilt. When a person tells a bald-faced lie, they are openly lying. An acceptable variant of this phrase is a "barefaced lie."

26. Chock it up: The correct version—"chalk it up"—comes from keeping score on a chalkboard.

27. Through the ringer: The incorrect example above is missing a w. A wringer is an old-fashioned mechanism which presses water out of clothes being washed by hand, a process indicative of giving someone a hard time.

28. Subject and pronoun disagreement: This one is subject to debate, but here's my two cents. Take the sentence, "A person who smokes damages their lungs." See anything wrong there? You should. "A person" is—obviously—one person. But "their" is a word you would use if you were referring to more than one person. Correct sentences could either read:

- "People who smoke damage their lungs."

or

- "A person who smokes damages his or her lungs."

In the first bullet, "people" is more than one person and now agrees with "their." In the second bullet, the use of "his or her" can be awkward, so you can just pick one or the other as long as you're sensitive to any gender issues an audience might raise.

29. Given free reign: It's easy to see why this one looks correct, considering that "reign" is something that kings, queens, and other sovereigns do. Yet the correct idiom refers to the reins which control a horse. When you give a horse "free rein" you let it go where it wants to go.

30. Nip it in the butt: To "nip" means to pinch or to bite. Therefore, the correct version is "nip it in the bud," which refers to snipping off a flower bud before it can bloom. The idea is to put an end to something before it gets worse.

31. Tie me over: You don't really want someone to tie you on top of something, do you? The phrase "tide me over" is talking about sustaining someone through a difficult time and refers to the ocean's tide, which is capable of moving boats to a new location when the wind will not.
32. Tow the line: To "toe the line" means to follow the rules. It comes from runners who put their toe to the line before running a race.
33. Chalk full: The word "chock" is an Old English word which means "cheek" as well as "full to the brim." In other words, "chock-full" means "mouthful."
34. Throws of passion: Just know that a throe is a sharp attack of emotion. So, to be in the "throes of passion" is to be violently consumed by something.
35. A mute point: Mute means silent, so would you really want to make a point that doesn't say anything? A point that is "moot" is debatable or doubtful. So, a point can be moot, but not mute.
36. Overuse of "literally": Some people throw this word around as an embellishment to intensify whatever they're trying to say. But "literally" means "actually" or "in a strict sense." So, if you say, "My head literally exploded," you are lying.
37. Espresso: The strong coffee drink brewed into a tiny cup is pronounced with an "s" in the first syllable and written "espresso."
38. Jive with the facts: Jive can be defined as a colourful form of speaking, or as referring to certain kinds of jazz or swing music. Since "jibe" means "to agree," the correct phrase would be "jibe with the facts."
39. "For-tay" for forte: If you're trying to say that something is or isn't your talent, the technically correct way to pronounce "forte" is "fort." The only problem: Lots of people understand what you're trying to communicate if you pronounce it "for-tay," which is incorrect. So, if you use the correct version you'll sound intelligent to the grammarians of the world but you risk alienating a certain percentage of people who will not understand your meaning. My approach: Avoid "forte" altogether and say, "It's not my strength."
40. Eccetera: Pronounce "etcetera" exactly how it is spelled. Lots of people bristle when a speaker drops the "t."
41. Deep-seeded: The incorrect spelling above seems like it could be right since something that is planted deeply in the ground would be firmly established. The correct expression, though, is "deep-seated."
42. Extract revenge: When you "extract" something, you remove it. "Exact," when used as a verb, means "to require or demand."
43. Sneak peak: A "peak" is the top of a mountain. The correct word is "peek," which means a quick look.

(<https://www.inc.com/author/christina-desmarais>)

Those who can't laugh at themselves, leave the job to others.

KOFFEE KLUTCH @ CITYPARK

Are you aware that there is a group of people gathering together every Friday from 10am to 11am in the PMG Hall to drink coffee, sample treats and indulge in lively conversations. We discuss just about everything that sparks our interest - politics, the climate, religion, social issues, travel, movies, books, food, health. We all enjoy contributing our views to the discussion and feel at ease doing so, knowing we are among friends.

We also like to share some of our life experiences at times - everyone has their stories to tell and it's always interesting to hear someone's life adventures and how various incidents helped all, a mixed bag of wonderful community perspective to the table.

Occasionally we enjoy pursuit or "100 someone chooses a to guess who that is. We it certainly helps to Every year we have a large & elaborate afterwards we all sing special version of



shape their lives. We are, after people gathered together in a and all of us bring a unique playing a game such as trivial questions" - a game which famous person and we all have have a lot of fun with that and exercise our minds. special Christmas breakfast. A breakfast is prepared and Christmas carols & then play a Christmas trivial pursuit.

The Koffee Klutch currently has an attendance of about 12 to 15 people at a time. We would like to invite you to come join us - you can choose to come often or occasionally, as it suits your schedule. Koffee Klutch is sponsored by the Aging in Place Committee - but it's not just for senior residents - we are all aging in place after all and we encourage people of all ages to come join us.

For those who are interested, Koffee Klutch is in operation year-round - we take a break during July & August and begin again the week after Labour Day. Hope you will feel inspired to join us.



Ursula Carter ~ 51 Alexander



HUMBLED

This summer the members of 31 who reside on the upper floors frequently had no hot water. It was frustrating. Then it started making me mad. And when the winter was approaching, I started to become afraid of the possibility of not having heat, and even worse - burst pipes.

The Board had an open meeting and loaded with fear and good intent, I attended. The first thing I noticed was that there were no more than maybe 8 members in attendance. Back when I sat on the Board, a great many more members were there. "Hmmm," I thought. "This is not good." Then again, who was I to criticize as I hadn't gone either. Guilt kicked.

Then our President, Nicki Ward, most ably went through the issues that our current board is addressing. Getting us new carpeting, fixing a parking garage door, addressing security concerns etc. And then she opened the floor up to discussion. Since I'd sat in the front row, I shot my hand up and got to go first. I did complain. I wanted some answers to calm my fears. With a series of slides, Nicki showed us what had occurred, how they'd handled it using financial restraint, and when they realized that all of the boilers needed to be replaced, the Board got right on it. Yes, I'd been concerned, however I left the meeting feeling two deep emotions: utter relief and a great sense of humility - added with a big dash of guilt. I know that not everyone agrees with me, but I truly feel deeply grateful for a home that I love.



We all enjoy unbelievably reasonable rents for large apartments. (I refuse to call my home a 'unit' because it sounds so institutional.) We are all fortunate enough to live smack dab in the centre of one of the most exciting cities in the world. That night I decided to attend more meetings. Yeah, I know some folks do go on, but Nicki runs a tight ship so I trust that blathering will be kept to a minimum. Besides, since we are a community, shouldn't everyone be allowed to speak their mind? Isn't this grassroots democracy, struggling along to be its finest?

The next day I still felt guilty, so I contacted Achira Saad and asked to join the Member Select Committee. Why? Because it's so incredibly important that we all give something back to this crazy wonderful community that we all call home.

Cathi Bond ~ 31 Alexander



The Impact of Flu on Adults in Canada

Who is at risk?

Children and seniors are not the only groups at risk of the potentially devastating consequences of flu.

Adults are also at risk! Almost 1 in 2 adults 50+ have a chronic condition in Canada, putting them at higher risk of flu complications.

Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.



The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and 5-7 days after.

Diabetes



If an adult has diabetes, the flu can:

- **Heighten the risk for severe flu-related complications**
- **Impair blood glucose levels and increase risk of diabetic ketoacidosis** (a serious complication that may occur resultant of abnormal insulin activity)
- **Increase the risk of hospitalization by 3x and admittance to the ICU by 4x**

Cardiovascular Disease



Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots.

If an adult has Cardiovascular Disease, the flu can:

- **Trigger serious cardiovascular complications** within a few days following a flu infection
- **Increase risk of heart attack 6-10x**
- **Increase risk of stroke 3-8x**

Respiratory Conditions



If an adult has a respiratory condition, the flu can:

- **Trigger asthma attacks**, worsen asthma symptoms, **which can also lead to pneumonia** and other acute respiratory diseases
- **Decrease lung function and increase susceptibility to infection**
- **Result in worsening asthma and COPD**

Flu can impact caregivers too



Even if you are not at risk for complications from flu, as a caregiver (whether that be for a loved one or as a professional), you may be in contact with those at risk.



Protecting yourself helps keep you healthy and protects your loved ones. Including those with a chronic condition or who cannot get vaccinated themselves (for medical reasons) but are at high risk.

Reducing the risk of Flu

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

NACI* recommends that any of the available influenza vaccines should be used in adults without contraindications. Inactivated influenza vaccine or recombinant influenza vaccine should be used for adults with chronic health conditions.

Types of Vaccines

There are different types of flu vaccinations available for adults in Canada**[†]. They are as follows:



EGG-BASED STANDARD DOSE



EGG-BASED ADJUVANTED



EGG-BASED HIGH DOSE



CELL-CULTURED BASED



RECOMBINANT (PROTEIN-BASED)

Type to enter text

****Ask your doctor for more information on these types of vaccines, and learn which is right for you.**

* National Advisory Committee on Immunization

Local Resources in Toronto

INCOME SUPPORT:

INCOME SECURITY HEALTH PROMOTER

St. Michael's Hospital Academic Family Health Team

For referral to the program, please speak to your Family Doctor or Nurse Practitioner.

Link: <https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#location-tab-st-michaels-hospital-1>

ACCESS COMMUNITY CAPITAL FUND

(helps people in financial need gain affordable microloans)

401 Richmond St W, Suite 375, Toronto, ON, M5V 3A8

Contact: 416-462-0496

Link: <https://accessccf.com/>

ONTARIO WORKS, WELLESLEY PLACE OFFICE

(provides income support programs)

111 Wellesley St E, Toronto, ON, M4Y 3A7

Contact: 1-888-465-4478

Link: <https://bit.ly/3MzSVBH>

PARKDALE QUEEN WEST COMMUNITY HEALTH CENTRE

(tax clinics, healthcare supports)

1229 Queen St W, Toronto, ON, M6K 1L2

Contact: 416-537-2455 ext 1242

Link: <http://pqwchc.org/programs-services/community-services-and-programs/income-tax-clinic/>

211 CENTRAL

(community and social services phone help line, 24 hours a day, 365 days a year, in over 150 languages)

Contact: 2-1-1

Link: <https://211central.ca/about-us/>

AGENCIES OFFERING MEALS:

DAILY BREAD FOOD BANK

191 New Toronto Street, Toronto, ON M8V 2E7

Contact: 416-203-0050

Email: info@dailybread.ca

Link: <https://www.dailybread.ca/>

STOP COMMUNITY FOOD CENTRE

1884 Davenport Rd, Toronto, ON, M6N 4Y2

Contact: 416-652-7867

Link: <https://www.thestop.org/>

ALLAN GARDENS FOOD BANK

353 Sherbourne St, Toronto, ON, M5A 2S3

Contact: allangardensfoodbank@gmail.com

Link: <https://allangardensfoodbank.net/>

ST. JAMES TOWN COMMUNITY CO-OP

200 Wellesley Street East

(emergency and pet food bank, food justice programs)

Contact: (437)-886-6188

Link: <https://stjamestowncoop.org/>

MEDICATION ACCESS:

CITY OF TORONTO (medical supplies and devices)

100 Queen St. West, Toronto, ON, M5H 2N2

Contact: 3-1-1

Link: <https://www.toronto.ca/community-people/employment-social-support/health-support/medical-supplies-and-devices/>

MINISTRY OF HEALTH

Contact: 416-314-5518

Link: <https://www.health.gov.on.ca/en/public/programs/drugs/>

HOUSING SUPPORT:

DROP-IN PROGRAMS FOR PEOPLE EXPERIENCING HOMELESSNESS

Link:

https://docs.google.com/spreadsheets/d/15rKZjf5AEHNk69297LFl_7ZMp9lyzzOyFKfvVdez_Yw/edit#gid=0

AFFORDABLE HOUSING IN ONTARIO

(Learn about programs to help you have a safe and affordable place to call home)

777 Bay Street, 17th floor, Toronto, ON, M7A 2J3

Contact: 416-585-7041

Link: <https://www.ontario.ca/page/affordable-housing-ontario>

CITY OF TORONTO

(provides information on homeless shelters, tenant rights, eviction, social housing options, housing insecurity support, emergency shelters, etc)

100 Queen St. West, Toronto, ON, M5H 2N2

Contact: 3-1-1

Link: <https://www.toronto.ca/community-people/housing-shelter/>

STEPS TO JUSTICE (CLEO)

(housing advocacy and supports)

180 Dundas St. West, Suite 506, Toronto, ON M5G 1Z8

Contact: 2-1-1

Link: <https://stepstojustice.ca/>

HELP SEEKER

(Basic Needs resources and services in Toronto)

Link: <https://helpseeker.org/>

TRANSPORTATION SERVICES:

ONTARIO MINISTRY FOR SENIORS AND ACCESSIBILITY

777 Bay St, Suite 601C, Toronto, ON, M7A 2J4

Contact: 416-326-7076

Email: infoseniors@ontario.ca

Link: www.ontario.ca/page/seniors-get-around

WHEELS OF HOPE (provides assistance to clients with short-term travel to attend cancer-specific medical appointments)

55 St Clair Ave W, Suite 500, Toronto, ON, M4V 2Y7

Contact: 1-800-263-6750

Link: <http://www.cancer.ca/en/support-and-services/support-services/transportation-on/?region=on>

WHEEL-TRANS (door to door accessible transit)

580 Commissioners St, Toronto, ON, M4M 1A7

Email: wtcs@ttc.ca

Link: mywheel-trans.ttc.ca

WOODGREEN COMMUNITY CARE UNIT

(Non-emergency transportation to medical appointments, grocery shopping, banking, and other errands)

Contact: 416-572-3575

Intake Worker: 416-645-6000 ext 1262

Email: cccentralintake@woodgreen.org

Link: www.woodgreen.org

SOCIAL SUPPORT:

SOCIAL WORK & MENTAL HEALTH PROGRAM
(social workers, psychologist, training psychologists)
St. Michael's Hospital Academic Family Health Team
For referral to the program, please speak to your Family Doctor or Nurse Practitioner
Link: <https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#location-tab-st-michaels-hospital-1>

CATHOLIC FAMILY SERVICES
(provides counseling)
155 Yonge St Suite 200, Toronto
Contact: (416) 921-1163
Email: info@cfstoronto.com
Link: <https://www.cfstoronto.com/>

SJT COMMUNITY CORNER (provides community development programs for all ages)
200 Wellesley St E
Contact: 416 964 6657
Link: <https://www.stjamestown.org/thecorner/>

HAVEN TORONTO (Drop-in centre where elder homeless, marginally housed and socially isolated men can feel safe)
170 Jarvis St, Toronto, ON, M5B 2B7
Contact: 416-366-5377
Email: info@haventoronto.ca
Link: www.haventoronto.ca

CRISIS OUTREACH FOR SENIORS (On call mobile crisis intervention and outreach service for older adults (65+) with dementia, addictions or mental illness who need temporary, short term support)
Contact: 416-217-2077

ACCESS TO DEVICES:

TORONTO PUBLIC LIBRARY
(provides access to free wifi)
Toronto Reference Library
Contact: 416-393-7007
Link: <https://www.torontopubliclibrary.ca/using-the-library/computer-services/rac/>

INTERNET ACCESS SUPPORT:

ROGERS'CONNECTED FOR SUCCESS PROGRAM
(high-speed, low-cost internet for those eligible)
857 York Mills Road, Toronto, ON M3B 1Z1
Contact: (866) 689-0758
Link: <https://about.rogers.com/our-impact/connected-for-success/>

Telus' INTERNET FOR GOOD (reduced cost internet for low-income families and seniors)
Email: InternetForGood@telus.com
Link: <https://www.telus.com/en/social-impact/connecting-canada/internet-for-good>

NEWCOMER SUPPORT:

THE NEIGHBOURHOOD ORGANIZATION
(free services to help you adjust successfully)
Phone: 416-467-0126 / 416-421-3054
Email: info@tno-toronto.org
Link: <https://tno-toronto.org/>

NEWCOMER WOMEN'S SERVICES TORONTO
(support services for immigrant women)
Contact: 416-469-0196
Email: info@newcomerwomen.org
Link: <https://www.newcomerwomen.org/>

CANADA GOV NEWCOMER SERVICES
Link: <https://www.canada.ca/en/immigration-refugees-citizenship/campaigns/newcomers.html>

EMPLOYMENT SUPPORT:

ACCESS TORONTO

(offers one-to-one support for your job search)

489 College Street, Suite 100, Toronto, ON

Contact: 416-921-1800

Link: <https://accessemployment.ca/learn-about-us/talk-to-us/toronto>

SERVICE FINDER TOOL (Employment Ontario)

(help job seekers, workers and employers with advice, grants and other services around public and private sector employment)

Contact: 416-326-5656

Link: <https://www.ontario.ca/page/employment-ontario>

TORONTO EMPLOYMENT AND SOCIAL SERVICES (TESS) - Service and Benefits Finder

(Get a personalized list of City of Toronto human services that might be available to you)

100 Queen St. West, Toronto, ON M5H 2N2

CONTACT: 3-1-1

Link: <https://www.toronto.ca/community-people/employment-social-support/benefit-finder-tool/#0>

NPower CANADA

(job training and support for underserved youth for meaningful and sustainable digital careers)

Link:

<https://www.jobbank.gc.ca/findajob/employment-centres>

UTILITIES SUPPORT:

ONTARIO ELECTRICITY SUPPORT PROGRAM

(If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill)

Contact: 1-855-831-8151

Email: help@OntarioElectricitySupport.ca

Link: <https://ontarioelectricitysupport.ca/>

ONTARIO ELECTRICITY SUPPORT PROGRAM

(OESP) (ongoing monthly bill payment support to low income consumers)

483 Bay St, South Tower, 8th Fl, Toronto, ON

Contact: 1-855-591-0877

Link:

<http://www.hydroone.com/MyHome/SaveEnergy/HAP/Pages/default.aspx>

Low-income Energy Assistance Program

(provides a one-time grant towards your electricity or natural gas bill if you are behind on your bill and may face having your service shut off)

Contact: 416-314-2455

Link: <https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program>

This resource list was created for the **St Michael's Hospital Academic Family Health Team** as part of the **SPARK Study**, a CIHR-funded national study aimed at developing a standardized survey for sociodemographic data collection in healthcare settings. **This project was approved by the Unity Health Toronto Research Ethics Board (REB 21-306).**

Version date: 22 September, 2022

HOUSING CO-OPS WELCOME EXTENSION OF THE FEDERAL COMMUNITY HOUSING INITIATIVE (FCHI)

The federal government released its 2024 Fall Economic Statement, setting its financial priorities for the coming year. Following a sustained push by the co-operative housing sector, the Fall Economic Statement included a commitment worth \$362.6 million to extend the Federal Community Housing Initiative (FCHI) by 5 years. The program was previously scheduled to end in 2028.

Housing co-operatives welcomed this news, as FCHI enables co-ops to be inclusive, mixed-income communities. FCHI provides rental assistance for low-income households living in housing co-operatives and non-profits. It ensures that those households pay no more than 30% of their income for their housing charge (rent). Because the housing charges in co-ops are so much lower than in the private rental market, the cost to the government for this program is also low, compared to supporting the same households in the private market.

“The commitment to extend the Federal Community Housing Initiative reflects an understanding and appreciation of the inclusive nature of the co-op housing model. Co-ops are relieved to be able to continue to offer secure and affordable homes to households with a range of incomes into the future, especially persons with disabilities, seniors and young families, because of this program extension,” said Tim Ross, Executive Director of the Co-operative Housing Federation of Canada. “Co-op housing changes lives, and the deeply affordable co-operatives homes made possible by the Federal Community Housing Initiative will be a lifeline for many, especially at a time when 57% of Canadians fear losing their home if their financial situation were to change”.

FCHI is available in British Columbia, Alberta, Ontario, Quebec and Prince Edward Island. In other provinces, responsibility for rental assistance rests with provincial governments.

“The financial stability provided by the extension of FCHI will also allow co-ops to pursue refinancing to undertake repairs and renewal, as well as development,” added Cassia Kantrow, President of the Co-operative Housing Federation of Canada. “Going forward, we hope this program can be made permanent and extended to new co-ops being developed. We also hope rental assistance programs can be as strengthened in jurisdictions where provinces hold responsibility.”

Beyond today’s FCHI extension, CHF Canada continues to emphasize the critical need for more investments in co-operative and non-profit housing across the country, including those that:

- Build significantly more co-op homes. Canada must, at minimum, double the proportion of non-profit and co-op homes available to Canadians; this will require dedicated resources such as scaling the Co-operative Housing Development Program to meet co-op construction demand.

- Advance Indigenous housing rights by implementing \$4.3 billion for the Urban, Rural, and Northern Indigenous Housing Strategy, led by the Indigenous housing sector. Providing culturally appropriate, and affordable housing is an important way for Canada to advance reconciliation.
- Accelerate the Canada Rental Protection Fund. Co-ops and non-profits are ready to purchase relatively affordable properties, which can stabilize rents and keep tenants secure in their own communities. The government should rapidly implement this fund, and delegate fund management to the co-operative and non-profit housing sector.

CHF Canada remains committed to working alongside all levels of government, co-operative housing members, and sector partners. Together, we can build a future where everyone has access to housing that meets their needs.

<https://chfcanada.coop/housing-co-ops-welcome-extension-of-the-federal-community-housing-initiative-fchi/>

If ignorance is bliss - why aren't more people happy?

As you get older, your secrets are safe with your friends - they can't remember them either.

"No comment" is a comment.

WHY AREN'T YOU VOLUNTEERING AT CITY PARK?

Every person that moves into City Park is asked during their interview if they will volunteer if they are willing to give their time to make sure City Park continues to be a great place to live. The answer is always a resounding "YES".

So where are you?

There are approximately 1000 people living in our Co-op. However, there are only about 120 people that do the volunteering...that work in the gardens...that put on the events...that run for the Board or sit on another committee or even go to the General Members Meetings to vote for what goes on here.

City Park is a Co-op. Co-ops are member run and it is the members who are the ones helping to create it to be a vibrant, fun and secure place to live. You don't have to commit to being on the Board or make a year-long commitment to a committee. You can do such things as helping set up an event or help to weed one of the gardens. Just do what you can. But do something!!!!

For more information and to find out how you can get active, please contact:
Corrado Silvestri, Chair of the Facilities Committee:
corradosilvestri1947@gmail.com

SEASONAL PLANTING GUIDE

What hopes and dreams
might we sow seeds for
now
like we do tulip bulbs
in the autumn

What qualities and future outcomes
might need to be held
in the depths of our caring hearts
over the coming winter
before they come to fruition
in the spring

Until then
we can nurture and nourish
the seeds of our aspirations
allowing them to silently
and magically
begin to germinate and grow
deep inside
before bursting into new life
next spring

Let's plant now!

A PRAYER FOR TODAY

Love and light
Peace and hope

Love and light
Peace and hope

John Pollard ~ 31 Alexander



(Pictures generated by Apple Intelligence)



Our fabulous Crossing Guard (Photo courtesy of The Toronto Star November 12, 2024)



(AI generated "Crossing Guard in Flamingo outfit" courtesy of Apple Intelligence)



I have never understood why women love cats. Cats are independent, they don't listen, they don't come when you call them, they like to stay out all night, and when they're home, they like to be left alone to sleep. In other words, every quality that women hate in a man, they love in cat!

A cheap shot is a terrible thing to waste.

Treat each day as your last because one day you'll be right.

The length of a film should be directly related to the endurance of the human bladder. ~ Alfred Hitchcock

Here's how to prevent sagging. Just eat until all the wrinkles fill out.

Take life with a pinch of salt...a wedge of lime and a shot of tequila.

I've sure gotten old! Had two bypasses, a hip replacement, new knees. I'm half blind, half deaf and take 20 different medications that make me dizzy and subject to blackouts. Can hardly feel my hands or feet anymore and can't remember if I'm 89 or 98. I've lost all my friends, but thank God, I still have my driver's license!

Love many, trust few, and always paddle your own canoe.

Please Lord, let me prove that winning the lottery won't spoil me.

When I read about the evils of doing drugs, I gave up reading.





Photos courtesy of John Gordon ~ 51 Alexander

LINK is published quarterly as of January 2025.

The next LINK deadline is March 21, 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 winter.