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MITZIE Hunter MPP

City Edition

Kathleen Wynne
MPP Don Valley West

Ontario

Once again this year, COVID 19 is prohibing us from engaging with each other in our community.

To be safe we have to stay separate from each other as much as we possibly can. That means that Celebrating Canada Day as we have in the past, together in a large crowd, is impossible. We have to coninue to listen to public health professionals and stay home to keep the people we love safe and healthy. This year there is hope because many of us have been able to receive a vaccination but unil the vast majority of us have had both our shots, we have to continue to be very careful.

Thank you to all of the key workers who make sure we have food, who pick up our waste, who look after us when we are sick, who ensure we still have trains and buses and safe roads to get around.

We will get through this together and on July 1st, we celebrate Canada Day apart from each other.

Happy Canada Day everyone!

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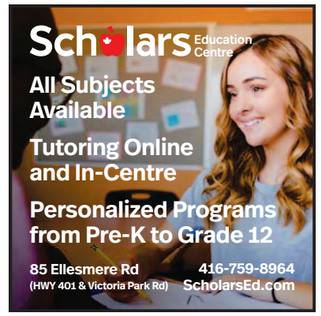

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City Edition

41st year serving Toronto's apartment, townhouse, tenant, condo and co-op community

INDOOR GARDENING

KEN BROWN

A new gardening season finally here

Hopefully we all got outside on the long weekend and planted the majority of our containers. It was that rare long weekend when we actually celebrated the 24th of May on the 24th, only something a calendar obsessed gardener might notice. If you are one of the keen gardeners then a few of your containers have been hosting early season vegetables for a few weeks and some of them should have graced our dinner plates by now.

Those containers will soon want to be replanted with their mid summer crops and if you don't grow your own it's probably a good idea to go to the garden centre and purchase their replacements before they are sold out. Seed and plant sales continue to expand rapidly. They will be relatively happy staying in their little cell paks for a week or so until the containers are ready for them. Just be attentive to their frequent water needs and maybe a touch of fertilizer as the nutrient level in those small cells declines rapidly.

I'm going to repeat myself and remind you about the new varieties of Impatiens that are available. Many balcony gardeners deal with significant shade and have been lamenting the loss of Impatiens. Imara and Beacon are the two new series that are resistant to the downy mildew that wiped us out a few years ago.

Look for them in the garden centre and read the tags carefully to make sure you get these new ones.

I'm often asked about replacing the soil in containers and my usual response is that the companies selling container soil are the only ones that think it needs to be replaced each year. I have four window box planters on the edge of my porch and the soil in them has not been replaced in 20 years. Some of the soil disappears over time and I top it up each year, often with some good compost but I have never just dumped and replaced it. Now, I do get a few weeds in those containers from seeds that blew in or that were in the compost but weeding them is a quite simple chore that usually happens once a season.

Beacon, a new variety of Impatiens, is resistent to powdery mildew.

That reused soil certainly has little or no nutrient value anymore but I have always encouraged you to fertilize on a consistent basis. I add some soluble fertilizer at about ½ strength whenever I water my containers. Plants are just like us and prefer a regular diet rather than a huge meal once a week or so.

The start of a new gardening season is magical. All the disappointments and mistakes of last year are gone and forgotten and we cheerfully remember all the thrilling successes. In 2021 we will be trying hard to repeat them and add some new chapters to our book of gardening delights.★

Ken Brown is a horticulturist with extensive houseplant and container gardening experience. He will gladly answer questions addressed to him c/o Hi Rise. He currently devotes his time to his website www.gardening-enjoyed.com

YASMIN RATANSI

MEMBER OF PARLIAMENT
DON VALLEY EAST

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TBG Bloom Cafe is open for the season., daily from 9 a.m., serving coffee and light bites.
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How to Raise Monarch Butterflies

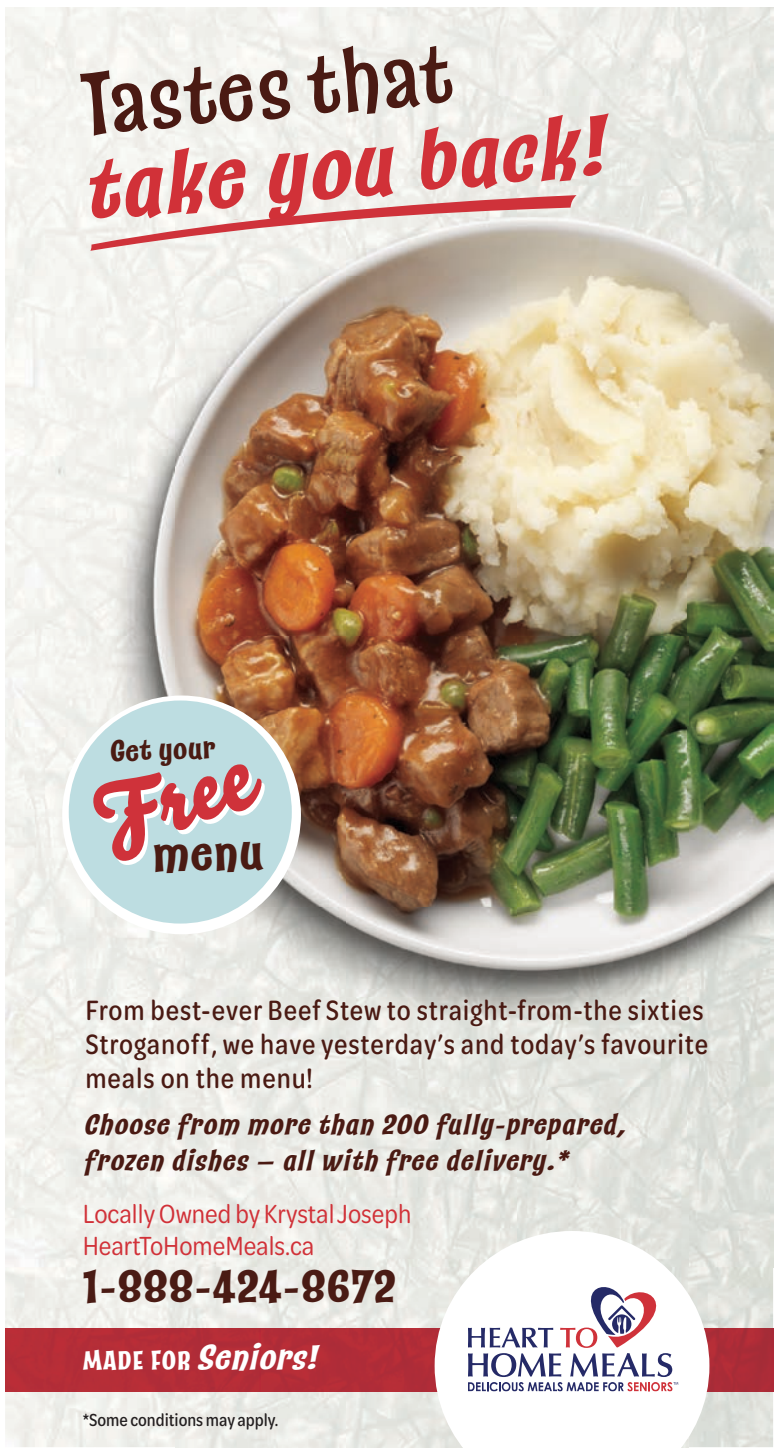
Imagine holding a monarch butterfly in your hand! That's what you'll be able to do if you raise them yourself. At this fun workshop, author/educator Carol Pasternak, aka Saturday, June 12, 10 to 11 a.m. The Monarch Crusader, will teach you...

Workshop Series: Botanical Watercolour

Tuesdays, June 1 through 22, 7 p.m. - Join Toronto-based artist, designer and letterer Alicia Spence as she demonstrates different watercolour techniques and inspires you to explore your creativity.

Earthworm Explorers: Crafting Creative Non-Fiction

Wednesdays, June 9 - 30, 7 p.m. - Learn non-fiction writing skills that turn failed radishes into life guidance and cooking recipes into travel stories with Stacey Curtis, who has been penning and planting since childhood.



Botanical Hand Lettering Workshop

Thursday, June 10, 7 p.m. - Toronto-based artist, Alicia Spence will teach you the basics of hand lettering. Learn how to add fun botanical elements to your words to make your own cards and artwork.

Gardening for Pollinators: Bees, Butterflies, and Beyond!

Monday, June 21, 7 p.m. - Suitable for newer or more experienced gardeners, Helen Battersby will help you keep your pollinators happy. This picture-packed presentation will get you abuzz for Pollinator Week.

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OPINION/SECURITY MATTERS

BRIAN CLARKE

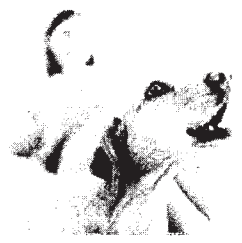
A proliferation of pandemic pooches

It is no news that the sale of pets has skyrocketed during the pandemic as self-isolating people have sought furry companionship. However, as people gradually return to their workplaces, their pets will almost inevitably suffer some form of separation anxiety as their owners disappear for hours on end most days of the week. These anxieties can manifest in a variety of ways including much barking and howling and damaging of furniture when they are left alone. Responsible dog owners should take steps to ensure that their pet is cared for and not disturbing other people.

Many dog owners may not even be aware that their dogs are barking when they are away because they do not actually start barking until their owner has gone. This can leave neighbours having to listen to literally thousands of barks a day while its owner is oblivious to the situation as the dog will stop barking as soon as it senses that its owner has returned.

Dogs can, and do, bark endlessly, day after day after day if not trained otherwise. If you want to know if your dog is barking when you are away consider asking the occupants of neighbouring apartments. They will be happy to let you know. Then, if your dog makes noise, do not tell it to be quiet - train it to be quiet. Then follow up with your neighbours to confirm it has stopped.

Dog owners love their dogs and can be oblivious to how others feel around their pet. Even many non-dog owners, love, or at least tolerate, dogs. But keeping a healthy and safe distance between a dog and other pedestrians is always a good idea.



As someone who typically walks daily for at least an hour, both in the neighbourhood and in local parks, I cannot begin to enumerate the number of less than positive encounters I have had with other people's dogs - and I generally like dogs. It puzzles me no end that otherwise perfectly responsible and nice adults seem to allow their dogs to snarl at, jump on, sniff, bite, tear or muddy my clothes, or almost knock me to the ground, whether on or off leash, on a regular basis. It is not the fault of the dog. It is the fault of the person walking the dog. It is my personal belief that every dog owner should be required to put their pet through a professional obedience school though I am sure many would disagree.

Many parks require dogs to be on leashes though more and more off-leash parks are being designated. Even when dogs are kept on leash they often extend so far that dogs are easily able to jump up on passing pedestrians no matter how far they attempt to veer away from them on a path or road. Dogs must always be kept under control as required under by-law whether in an off-leash park or otherwise. Though it is not law, they should wear muzzles when in public so they cannot bite (even if your dog is docile it reassures other pedestrians), be trained to walk at heel and kept firmly on a very short leash. Dogs actually like to obey when trained properly so it is not an imposition on them to train for and be expected to display good behaviour. A dog is not sad because he is not straining at the end of a twenty-foot leash.

Be a responsible dog owner by ensuring the peace, safety and comfort of those around you and everyone .★

The author Brian Clarke was a police officer for twenty-nine years and he will welcome questions and suggestions for future articles at Qu35t10n54m3@hotmail.com

EDITORIAL

Now what?

As .we enter summer, with so many events cancelled, and travel difficult, I realizee it won't be fgilled with the frenetic activity of other years.

What then? Perhaps time for reflection and future planning?

Some have speculated that as we move out of the pandemic and into what awaits us, we may find ourselves experiencing "re-entry anxiety." We will have to start making decisions that Covid made for us.

For instance:

Do you want to continue working at home? Or return to the workplace? What if your employer thinks off-site work is a good idea and you don't?

Go back to the physical classroom or on-line learning? You may be asked to choose or combine.

Some may decode to end a relationship after too many weeks together 24/7.

Are you ready to go back to the career Covid stopped you from pursuing? Or move forward with the alternative career you "pivoted" into?

What about picking up those travel plans that got cancelled? Woulod it be better to use that refund for something else?

Did you learn a new skill? Will you devote time to continue with it?

I mist admit to liking the medical telephone appointments. No rushing out the door to make it to the doctor's office and wait fir an hour for a 10 minute visit.. This method doesn't't work for everything bit I think it will stay around. One of my friends actually e-mailed a photo of his sore, swollen hand and with his explanation, the doctor actually could tell what was wrong and what treatment was needed.

Will you now buy that home or condo, with more space fr a home office, as some people are already doing?

Return to doing more in-store shopping? Or stick with the convienience of deliveries and on-line shopping?

When we each look again at the goals ad dreams we had when the pandemic hit, what may have changed? How many of our goals were actually set due to circumstances that no longert exist? Or set by others?

Did you become a lawyer because your parents wanted you to enter a "profession"? And you wound have preferred to enter one of the trades? Perhaps it's not too late to pursue that dream.

During Cvod, issues of life or death have impacted our lives. How has that affected you??

For me the summer has often seemed a good time for reflection, to connect spiritually what what I call God, but can be whatever you consider a higher power. Many of us talk about "the Universe."

The spiritual journey is important.. If that is a part lifec you have not considered, now may be the time. Exploring your inner self may be the most important thing you will ever do.

Who knows what surprises may await you?

Valerie M. Dunn

Valerie M. Dunn,
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Join award-winning children's author Andrew Larsen as he reads his book, Me, Toma and the Concrete Garden, which tells the story of the many things that sprout when a couple of kids throw seed balls into an empty lot! Andrew will also share how stories grow and how we can nurture them with our imagination. You'll be encouraged to get up and move as he leads you in a gardener's exercise. Saturday, June 19, 10 to 11 a.m.

This program runs approximately 30 minutes, leaving plenty of time to answer questions. Attendees will also receive a free printable recipe for making seed balls, which can be used to add beauty to the urban landscape and to sow seeds in hard-to-reach places.

Admission is FREE! Suitable for ages 6 and up. Location: Online (Zoom)Registration Deadline: Friday, June 18, 12 p.m. (noon the day before the program)

Toronto Botanical Garden | 777 Lawrence Avenue East,

For info or to nregister for all: torontobotanicalgarden.ca

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MOVIE REVIEWS

DAVID KING

I am so looking forward to once again being able to view movies "on the big screen". Until then, there are some terrific movies available via streaming platforms.

The Courier

THE COURIER ★★★★
PG-13 111 min.
Espionage Drama
Profanity: Minimal
Cast: Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan, Jessie Buckley, Angus Wright
Director: Dominic Cooke
Writer: Tom O'Connor
Streaming on Amazon Prime, Apple TV, Vudu (plus others)

In 1961, at the height of the Cold War, Nikita Khrushchev, General Secretary of the USSR, is making increasingly bellicose speeches and "the West" is worried. Oleg Penkov- sky (Ninidze), a decorated Russian war hero and a senior member of the *GRU (soviet military intelligence),* fears Khrushchev is unstable and may start a nuclear war. Penkovsky secretly contacts the *US Embassy* and offers to provide confidential military information, on the proviso that it be used for peaceful purposes.

The *CIA* contacts Britain's *MI-6* and they agree on a joint mission. CIA's Emily Donovan (Brosnahan) and MI-6's Dickie Franks (Wright) approach Greville Wynne (Cumber- batch), a middle-class British engineer and industrial salesman who regularly does business in Eastern Europe. They ask him to make contact with Penkovsky and "courier" secret documents out of Russia. They impress upon him that this is of "nationa! importance" and assuage his reluctance by assuring him there is no danger as he is only acting as a messenger.

Wynne makes several business trips to Moscow and meets Penkovsky in his role as head of the *Soviet Committee for Scientific Research.* In return, Penkovsky travels to England on business and also visits Wynne. They learn to respect and trust each other and their friendship deepens. During their personal times together, Penkovsky passes on crucial information to Wynne that enables President Kennedy to confront Khrushchev and end the Cuban missile crisis peacefully. When Wynne suspects Penkovsky's espionage has been discovered, he convinces the CIA and MI-6 to help Penkovsky and his family defect.

The Courier is a cold-war period piece that brilliantly and evocatively captures the tensions of the 1960s. It's an entertaining old-school-style adventure thriller that is brilliantly directed and acted. The music enhances the atmosphere of mistrust and fear, and the photography and lighting complement the intrigue and aura of anxiety. Amidst all this Wynne and Penkovsky, who deeply love their families, are still willing to put themselves in danger to help their countries. The superb performances by Cumberbatch and Ninidze draw in the audience and we learn to care about what happens to the two men. This movie (not to be con- fused with a film of the same name released in 2019 and starring Gary Oldman) is based on a fact-based true story so I won't reveal what happens in case it spoils the movie for you. But I will let you know I held my breath several times in anticipation of what would come

Who knows what might have happened to the safety of the world if these two men didn't do what they did!

The Father

THE FATHER ★★★
PG-13 97 min
Drama Profanity: minimal
Cast: Anthony Hopkins, Olivia Colman
Director: Florian Zeller
Co-writers: Florian Zeller and Christopher Hampton
Streaming on Amazon Prime, Apple TV, Vudu, YouTube (plus others)

THE FATHER, co-written and directed by Florian Zeller and based on Zeller's play, has received numerous accolades during "Award Season", culminating in a Best Actor Oscar for Hopkins and Best Adapted Screenplay Oscar for Zeller and Hampton.

It's an unsettling depiction of an elderly man's mental decline into full dementia and psychological confusion. Anthony (Hopkins) is brilliant in his devastatingly empathetic portrayal of a man trying to make sense of his world as he irrevocably loses his mind. Anne (Colman), his daughter, gives an equally riveting performance as she tries to ease her father's journey and continue to love and care for him despite his fury and outrage at what is happening to him.

The Father is definitely an emotional roller coaster ride of a movie. While it may not appeal to everyone – dementia is not an easy subject matter – Zeller's (first time) direction is impressive and the acting is superb.★

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LIFE'S JOURNEY

KATARINA VON KOENIG

Mid year change of course - baby steps

June is upon us and half the year is done. Perhaps you've had a rough time recovering from 2020. With six months to go in this New Year are you planning ahead? How has your year been unfolding? Is it too late to start over?

2021 is still full of possibilities and it's key that you get hold of the year, no matter how it's going. It's time to do a mid-year review by organizing your wants, needs, and thoughts. If last year has shown us anything it's that lack of preparation can be deadly, stressful and that time is precious. It's shown us that we are all mortal so living life with ***could have's, should*** **have's** ***and wanted to's*** is not ideal.

If you're in a slump and the first half of the year has been a bust, now is the time to change things; it's time to plan out your next six months. Start by taking stock of what happened in the previous six months. Have things gone according to plan? If not, why? What would you have liked to have done? How can you still salvage the year? What lessons have you learned that can help you get through the rest of the year? These are all questions we should be asking as a way to gage where we are and where we wanted to be. You can't plan for everything and there will be things that you can't control (such as Covid 19) so focus on what you can control.

Take out a simple sheet of paper and start with a list of what you want from the next six months. Forget about the "can do" and focus on listing just your "want to achieve" items. What do you need to make the next six months great? What are you striving for? For some it will be financial stability, for others a new home, a car, or relationship. Don't worry about the possible "right" now just write out your heart's deepest wants, things that would help you live your best life and make the most of the new chapter you are about to begin. Do this over a week by doing a little each day until your list is nice and chunky.

Once you have your list take a morning, brew some coffee or tea, and just go through the list and pick out six things you want to accomplish or start. Something like; make house repairs, find a new love, or find a new job. When you have your list, evaluate each item. What do you need to do to make it a reality? Is it doable? If you took baby steps could you achieve it and how long will it take you to achieve it? It's here where you may choose to swap out some wants or just drop them all together. Once you are happy and have a solid list take some time and a six month calendar and add a "to start" date for each item. If you have two or three instead of six it's okay. As long as you know when you want to start them and how long you need to achieve them.

Next, take each item and break it down into manageable baby steps. Try to estimate how long each stage will take and add that to your calendar.

For example if you were looking for a new job and you wanted to start in June, list what you have to do: Update your resume, update your LinkedIn, list who can you network with, where you would like to work and how many resumes you have to send per day.

Once you have your baby steps and timelines guesstimated you can sit back take a few days rest and hit the ground running. There is no reason why the middle of the year can't be your brand new start. It's never too late to make the changes you want.★

Katarina graduated from UofT with a major in political science and classics and a minor in philosophy. She continue her post graduate studies in journalism and adult learning and education and holds certification in media relations. She is passionate about writing and can be reached at: von_koenig2003@yahoo ca

MARTINE FONTAINE

SPECIAL DAYS

D-Day

National War Memorial, Ottawa.

June 6 is the 77th anniversary of D- Day, a defining moment in World War II. The exceptional military strength presented by Canadian soldiers helped Canada gain independence and recognition among other nations..
Canada was a full partner in the success of the Allied landings in Normandy. Determined to end four years of often-brutal German occupation, on June 6th 1944,

Allied forces invaded Western Europe along an 80 kilometre front in Normandy, France. Of the nearly 150,000 Allied troops who landed or parachuted into the invasion area, 14,000 were Canadians. They assaulted a beachfront, code name "Juno", while Canadian troops landed just east of the assault beaches.

Although the Allies encountered German defenses bristling with artillery, machine guns, mines and booby-traps, the invasion was a success.

Other Canadians helped achieve this victory. The Royal Canadian Navy contributed 110 ships and 10,000 sailors in support of the landing, while the *R.C.A.F (Royal Canadian Air Force)* had helped prepare the invasion by bombing targets inland. On D-Day and during the ensuing campaign, 15 R.C.A.F fighter bombers and squadrons helped control the skies over Normandy and attacked enemy targets.

The Canadians suffered the highest casualties of any divisions in the British Army Group. Some 359 Canadians soldiers were killed on D-Day alone, and a total of more than 5,000 of our men would die during the two-and-a-half months of the fighting in Normandy.

In marking the 77th anniversary, of the D-Day offensive, it is likely there will be limits placed on memorial activities due to COVID-19. But there may still be lots of ways to pay tribute to the soldiers involved online or outdoors in a socially distanced fashion.

The most significant ceremony in Canada for D-Day is held in Ottawa. Prime Minister Justin Trudeau will address the members of the military past and present gathered at the National War Memorial. The ceremony includes playing of the *Last Post* (regulation calls),followed by the laying of the wreaths and Veterans saluting the monument and the Tomb of the Unknown Soldier.

To our men and women in uniform, past, present and future, God bless you and THANK YOU.★

SPECIAL DAYS

Seniors' Month

June is Seniors' Month in Ontario, this year's theme is *Stay Safe, Active and connected.*

It is a time we recognize our amazing older adults and the contributions they have made in communities across Ontario. Municipalities throughout the province take the opportunity to acknowledge seniors in their communities. It's an opportunity to thank your elder parents and others, for all they've done, and take steps to look after their health and well being.

The whole concept of recognizing seniors originally came from *WHO,* the *World Health* Organization. They designed August 21st, 1991 as the first World Senior Day. WHO proclaimed that going forward, the day would be celebrated annually.

According to WHO, the main purpose of a designated day is to "raise awareness of the condition of older people and to support them through the aging process." Many countries vdedicate the entire month of June, to honoring seniors. Ireland, Australia, India, Canada, the US, South Africa and the United Kingdom all participate.

MARTINE FONTAINE

Here are suggestions on how to honour senior

1) Volunteer in your community by doing chores for a senior. Cut the grass, trim trees - so the "hard to reach" heavy lifting for your neighbour is done.

2) Volunteer with a local organization that delivers meals to seniors.

3) Go on a picnic and enjoy the outdoors with a senior.

4) Visit a botanical garden or go for a hike.

5) Plan an activity that meets mobility needs, with "seniors" ranging in age from 45+ to 95+, there is an entire range of things to do from sedentary to zip-lining.

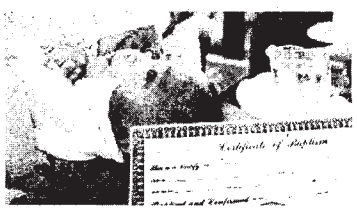
6) Make a nice meal and celebrate together as a family.

7) Take a break from technology to be present with senior loved ones or, take the time to teach a senior how to use technology to their advantage. FaceTime for example is a great way to stay in touch.

If you have a friend or a neighbour who is an older adult or a person with a disability please, take some time to reach out to them to ensure they have what they need during this difficult period. Please give them a call just to chat or offer to pick up some groceries or prescription.
★

ASK MICHELLE

Zoom invitations and gifts



Baptism via Zoom is the new normal.

Dear Michelle:
My adult son's good friend just invited us to his son's baptismal via zoom scheduled at the end of the month. I have known "Steven" his whole life but as this a zoom event am I required to send a gift? My thoughts are that it would be a "no gift required" as we are not attending in person. It feels like a gift grab.
Maria

Dear Maria,
The pandemic has forced many important events to happen via zoom. Weddings, funerals and yes even baptismals. People still want to go forward with their lives in the safest possible way and include those that are important to them. You say that you have known "Steven" his whole life and he is a good friend of your son's. Therefore, I doubt very much that this is a gift grab, and it is instead a special moment that he wants you to be included in. A gift is in order, even something small..
Michelle

Dear Michelle,
I am 24-year-old employed woman. I have finally found an apartment after much searching as rents are so extremely high. The issue is my parents are not happy with the one I found as it is on the ground floor of the building. My patio faces the street. I have done my due diligence and made sure that the windows are strong and reliable, and the front door has great locks. I even offered to let my dad put in extra locks on the front door in order to make them feel better. I have gone ahead and rented this apartment, but I am sad that they are so worried. What can I do?
Andrea

Dear Andrea,
Your parents are worried because they love you and they are concerned for your safety. You sound like a smart young woman, so I think you know this. It sounds as though you have definitely thought of ways to improve the security of your apartment. Perhaps you can put in some type of security system? Even if it is just alarms for the windows that are perhaps monitored. This could make them rest a bit easier. In the long run, you are however an adult and can make your own decisions. If this is home to you, enjoy it. Your parents will adapt eventually, especially if they see how happy and safe you are.
Michelle

Dear Michelle,
My roommate is an awesome person. Lately she has been taking online painting workshops. Her pieces are not that good I am sorry to say. The problem is she wants to display her paintings all around the apartment! How do I tell her that her stuff is horrible?
T.W.

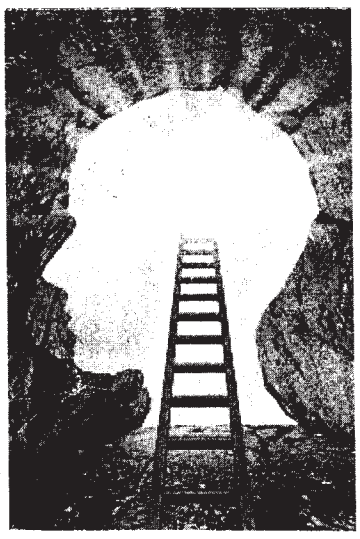
Dear T.W.
The first line of your letter says that your roommate is an awesome person. I think that is something to keep in mind as you navigate through this issue. With a pandemic on, many people are discovering new hobbies. Your roommate may get better at painting as time goes on or will even move on to another hobby. I think it's important to be a supportive friend and roommate at this time. You can suggest that she gift a few paintings to other friends or relatives, to lighten the load of the amount that are in the apartment. Hope this helps a little.
Michelle.

Do you have a question for Michelle? Please email her at: askmichelle3@gmail.com

LIVING FREE

ANDRENE GREGORY

What is life?



Life is more than just our complex chemical system: matter and molecules. Life is more than just our metaphysical status: mind and spirit/soul. Life is more than just the sum of its parts. By this, I mean that life has many aspects to it but none of them alone gives life meaning. Understanding this will enable us to live life more fully. That said, life is the accumulation of body, breath and purpose.

First, without a body, there can be no life. Every living thing as we know it needs a body for life to exist. The body makes us relational: it helps us form meaningful relationships which lead to a more authentic life that is important for "human functioning" such as bodily interactions. As such, our bodies belong to the realm of interactions that enables relationships to foster.

We need our bodies for social bonding and to thrive. Our body essentially makes us a person: a human being deserving of respect and dignity. For "removing the status of human [being is] one of the worst things we could do to [the body]" (Mumford). Our bodies enable us to laugh, cry, walk, talk and feel. It helps us do and enjoy all the things that matter to us. Our bodies give us "agency"—an active brain to choose and decide and assess what is significant and meaningful (Moes & Tellinghuisen).

Secondly, without breath our body is useless. Body plus breath make us living, breathing human beings. George Floyd, at the end of his life, brought this reality to life profoundly when he declared to the world: "I can't breathe" before his life slipped away. But while his life ended, life ironically goes on.

COVID-19 has us thinking about for granted has revealed itself as our most precious commodity—the most valuable aspect of life. We must guard our breath because out of it flows the issues of life. We are called upon to protect our breath and others from our breath. "Wear your mask." This is the resounding cry all over the world. Protect your breathing apparatus: mouth, nose, throat and lungs. As COVID-19 ramps up its destructive force —we see the apocalypse in India—bodies emptied of their breath, lying on the ground in a burning inferno or crematorium overflow. And you can't help but wonder, what is life?

Body without breath is useless. The reality of COVID-19 is telling. The perils of human life are ominous. Our breath is under attack. But take heart. Life is resilient. So hang in there!

Thirdly, a life without purpose is not worth living. As living breathing beings, we all have purpose whether or not we or others realize it. And while purpose is culture-making, our purpose in life is more than just to eat, sleep, wake up, dress up, work, play and pay bills. Life is about vitality: a delight in community, love, justice and peace. Vitalism is the thing that makes us come alive. Vitalism is purpose. Purpose is our life force. It is the thing that makes us spark. It is the thing that makes us want to get up in the mornings. It is the thing that makes us want to live. It is about flourishing. It is the thing that makes us ask: How can I live a sustainable life without degrading others? When we make space for others to flourish we have inadvertently found our purpose. And that is the truest essence of life.

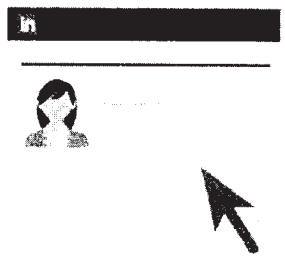
In sum, life is a combination of body, breath and purpose. We cannot have one without the other: without a body, we have nothing to contain the most valuable commodity of life—our breath. Breath gives our body purpose and meaning. It makes us come alive and infuse us with vitality; whether we live a day or one hundred years. If there is breath in our bodies, we can find our purpose. So let us appreciate the life in each other and treat each other as human beings worthy of respect and dignity because that is what life is.★

Andrene Gregory is a life coach who helps adults live a healthy balanced life. She maybe reached at: coach@aggiestrongulc.com

THE ART OF FINDING WORK

NICK KOSSOVAN

Part 1



10 ways to make your linkedIn profile stand out in 2021

In 2021 successful job hunting requires having a LinkedIn profile that's current and optimized. It's not enough to simply exist on LinkedIn. In this column and the next, I'll provide ways to create a profile that'll attract employers and hiring managers.

Your goal is to create a profile that attracts attention, says the right things, and is a catalyst to connecting you with people who can help you. LinkedIn can literally get your name in front of thousands of professionals in your industry. If you're looking for a job, that's huge!

Something to keep in mind: Employers will read through your profile before deciding to schedule an interview with you.

Here are the first 5 ways you can make your LinkedIn profile stand out:

1. Add a headshot:
It's mind-boggling how many LinkedIn profiles don't have a headshot, which is the equivalent of wearing a paper bag on your head at an industry tradeshow. Put a face to your name and add a profile picture, a good one. Your profile picture is the first impression people will get of you.

2.Create an eye-catching headline:
Your headline is right below your name and therefore the first thing your profile visitors will read. It's your profile most valuable real estate. LinkedIn's default settings will create your headline with your current position, but you can edit it to whatever you want. You have 120 characters to work with, so write something that will resonate. Envision the text of a billboard advertisement for you and what you do. Instead of just listing your job title, mention your specialty and how you benefited your company or customers. Write for your target audience. Are you speaking to industry peers, customers, or hiring managers?

Example:
Inside Sales Representative · SaaS · $68.8 M in Software Sales Generated Since 2016

This tells the reader your job, what you bring to the table, and enhances your credibility.

3.Craft an interesting summary:
Your LinkedIn summary is your opportunity to tell your career story with up to 2,000 characters. Spend some time crafting your story in a way that makes the reader say to themselves, *I got to meet this person!* Keep in mind attention spans are short; I don't recommend you use all 2,000 characters. Keep your summary in the 1,000 – 1,250 characters range.

Your summary shouldn't be rehashing your experience. Mention what you do well, where you're a Subject Matter Expert (SME) in and what you're able to bring to an employer. Keywords here is crucial! Use words strongly connected to your industry, while painting a picture of who you are as a professional.

Example:
As an information security analyst at Rockyview General Hospital in Calgary, I manage the day-to-day flow of information into and out of the hospital. With a focus on database management, my job ensures critical computer systems, medical files, and patient history remain active and never fail. My team and I stay updated on the latest trends in information security to not only keep Rockyview General Hospital safe but also on the cutting edge.

4. Highlight your experience:
You can do much better than merely cutting and pasting your resume onto your LinkedIn profile. Include past jobs you deem relevant to where you want your career to go and use three to five exciting and impressive bullet points for each job.

Use action words to show your responsibilities and what you accomplished (results) for your employer. Using numbers as much as possible, communicate the impact you've made, the initiatives you led, and the revenue influence you had (most important).

Example:
Directed launch of 12 new product lines, with total annual revenue of $1.3B.

Use visual media:
Like on Twitter and Facebook, you can add a background banner photo on LinkedIn. Your LinkedIn background banner photo should reinforce who you are and visually support your profile's written portions.

LinkedIn allows you to connect other media to your profile such as YouTube videos, infographics, PowerPoints. Don't be shy to be creative with relevant media to make your page jump off the screen and demand attention.

Next month

I'll provide 5 more suggestions to make your LinkedIn profile job hunt ready.★

Nick Kossovan, a well-seasoned veteran of the corporate landscape, offers advice on searching for a job. You can send him your questions at artoffindingwork@gmail.com.

VIEWPOINT

FATIMA KHURRAM

Current Covid situation!

Recently we have been hearing criticism of the present governments for not handling the COVID situation properly. Members of the other parties see it as a chance to get their political gains and advertising for themselves. They believe that they would have handled the COVID situation better. The reality is that no one in the world was prepared for such a huge calamity. We clearly see other developed countries struggling with the COVID challenge. The health care system of all the nations seems to have failed.

No one had any idea if the situation could be that bad or it could spread to a global level. Who knew that the virus will become stronger with time. When COVID first came, the health care systems of all countries seemed naive and unfamiliar in the face of COVID. Having that are all in this together. The more we co-operate with each other and with governments, the better we may be in handling the situation.

The good news is that the vaccine is here and people are already able to get it. Although the vaccine supply is not very efficient yet, nonetheless it is here and the process has been started. Many people are also reluctant to get it since they are not sure about the longterm effects of it. Although scientific data by *Health Canada* suggests that even the controversial vaccine AstraZeneca's benefits outweigh the risks (*The Globe and Mail,* April 14, 2021). The purpose is to encourage the population to receive their dose and be safe and slow down the spread of COVID and the variant.

"We think we're through this. We're not," Mike Ryan, WHO's top emergency expert, says.. "Countries are going to lurch back into third and fourth surges if we're not careful."

The situation in India is beyond comprehension and is devastating. Every day the number of confirmed cases is increasing along with the addition of new and strong variants. The Indian government has requested other nations to come forward and give a helping hand. This situation breaks our hearts and it simply shows that in this dire situation, we should support each other and try to make things easier. We are all hoping and praying for the safer days to come where we can breathe in without any fear.★

The author came to Canada from Pakistan, went to Montreal, and now lives in Thorncliffe Park. She has three children and acts as a tutor for others in the evening. She is keenly interested in community issues.

SSTF

Single Seniors for Tax Fairness

SINGLE?
SENIOR?
RENTER?

If this describes you, are you aware of all the tax benefits enjoyed by couples and homeowners while you get none?

The tax system ignores the fact that singles need 2/3 of the income of couples. Help us change that. Let the government know that unfair taxes for single retirees must STOP. Whether you're a senior or not, join our movement!

singleseniorstax@gmail.com
https://singleseniorstax.wixsite.com/home

SENIORS

KATHERINE CAPPELLACCI

SSTF

It's time for the tax system to acknowledge single seniors

Canada's tax system was built around two societal pillars: marriage and home ownership. Society has changed, and it's time for our tax system to change along with it. There are now more single people in Canada than ever before, and single seniors (divorced, widowed, or by choice), are completely overlooked.

Numerous tax breaks are available to senior couples which allow them to take advantage of the system in ways that singles cannot. Pension income splitting offers couples the chance to lower their tax bracket, thus potentially qualifying them for more senior benefits such as *OAS* or *Age Tax Credit*. Upon death, a partner can transfer their *RIFF/RRSP* as well as their *TFSA* to the remaining partner.

"Single seniors have no similar tax breaks," says Jane Robertson, Founder of *Single Seniors for Tax Fairness (SSTF),* and lifelong single and renter. "Considering that the cost of living for a single person is 2/3 of a couple's, this is so unfair."

Single Seniors for Tax Fairness (SSTF) is an advocacy group that aims to remedy the tax discrepancies all single seniors face. They particularly hope to level the playing field for single seniors who are not/have never been homeowners.

"For seniors who have never/ don't own a home, upon death, the estate incurs extremely high taxes.," explains Jane. "For example, those who leave an estate of $1 million in cash and securities in a RIFF portfolio will lose close to 50% of that money to estate taxes, while seniors who leave a home valued at $1 million leave a legacy that is tax free. Seniors who never invested in a home have their legacy reduced to half their life savings because they didn't enter the housing market."

SSTF hopes to bring these issues to the government's attention. To learn more, visit https://singleseniorstax.wixsite.com/home.★

Katherine Cappellacci
Single Seniors for Tax Fairness SSTF
singleseniorstax@gmail.com

Affordable housing apartment opens in Scarborough

The Ridgeford Charitable Foundation (Ridgeford Homes) has opened their 186 unit affordable housing apartment building at 23 Thunder Grove, Scarborough.

This project was made possible through the support and collaboration of the City of Toronto and the Canada Mortgage and Housing Corporation. As part of the Open Door program, the City is contributing $6.9 million in incentives to help ensure that all 186 rental homes are affordable and can remain affordable for a minimum of 25 years. The City is also providing funding over the 25-year term to deepen affordability so that 47 low-income huseholds will pay no more than 30 per cent of their income on rent.

"Partnerships like this one, where governments and the non-profit sector work together allow us to deliver affordable housing to residents in our city." – John Tory, Mayor of Toronto.

REDWAY REMARKS

ALAN REDWAY

The universal basic income

Have you ever wondered how we were going to pay for the many programs our governments have initiated to mitigate the impact of shutting down our economy without raising taxes or accumulating enormous deficit and debt that our grandchildren will have to repay ? I did until I read a book entitled, ***"The deficit myth",*** by economics Professor Stephanie Kelton, an advisor to US President Joe Biden.

Suddenly it all became clear. Without admitting it this is the method our federal government is using to finance the many patch work programs it has introduced since shutting down our economy to fight Covid-19. Doesn't it make more sense, I said to myself, to have a universal program like the *Old Age Security* to deal with the impact of the pandemic and to eliminate poverty at the same time the *Universal Basic Income.*

How can this be done? *The* Bank of Canada Act authorizes The Bank of Canada to print our money. The Finance Act also authorizes our federal government to print our money. One or the other has been doing so for years. In the past the value of the Canadian dollar was tied to the Gold Standard or the US dollar or in the distant past the British pound. That is no longer so. Today the Canadian dollar floats freely on the world market. This means that subject to inflation, we can print as much money as the federal government needs to pay for all its programs without raising taxes. To my thinking this is really only an updating of revered economist John Maynard Keynes' theory, since in his time the value of money was based on gold but that is not so today.

Our inflation rate has been 2% or less for many years, despite the fact that before the Covid-19 shutdown of our economy we were very close to full employment with only 5% unemployment. So the federal government issues low interest bearing bonds to pay for its spending programs. Using Quantitative Easing (QE). The Bank of Canada buys the bonds with money it prints, thus providing the money the federal government need to fund its programs and at the same time helping to keep inflation under control by keeping government borrowing costs to a minimum at the same time. The USA has been using QE for sometime. Canada started using QE to fund its Covid-19 shutdown programs. At anytime now our federal government can redeem these bonds with money it prints itself under the authority of the Finance Act. Alternatively, a majority federal government could pass legislation wiping out completely its enormous indebtedness to The Bank of Canada. Therefore there will be no debt for our grandchildren to repay.

It's important to remember that neither the provincial nor the territorial nor the municipal governments have authority to print money. So unless the federal government bails out their Covid-19 spending programs, there will still be debt for our grandchildren to repay.

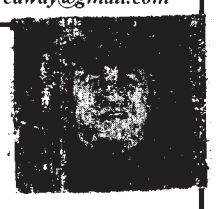
That is why a Universal Basic Income must be a federal program rather than a provincial program.

For more on this subject read my book, *"A Big Idea: Eliminating Poverty in Canada"*, available from Amazon on line.★

Alan Redway is a retired lawyer, former MP for Don Valley East, former Minister of State (Housing) in the Brian Mulroney government and former Mayor of East York. He is the author of two books. Governing Toronto: Bringing back the city that works and East York 1924-1997. Toronto's Garden of Eden. He can be reached at: alan.redway@gmail.com

TALK OF THE TOWN

DON



Random acts of kindness

One of the most rewarding actions that a human being can take is to help another person or animal in need. Most often, we don't necessarily help others because we are focused on ourselves. It's natural to care about oneself more than anyone else. This is our survival mechanism, that ensures that our well-being is taken care of first. Thus, the gratification of doing for oneself is fair game and quite often becomes our primary mission on a day-to-day basis. It's so easy to get lost in the "me-world."

Some people dedicate their whole lives to helping others. We all have a different level of empathy, and each of us has a different amount of time and unique sense of satisfaction from performing "random acts of kindness." Generally speaking, almost all human beings enjoy doing nice things for others. It's a natural instinct that creates a win-win situation. A kind deed is good karma! Random acts of kindness are done to help others; however, many times good things happen to those who help others. The universe is known to pay back the doer of the good deed, in ways that are greater than the good deed that they made happen. This scenario concurs with the saying, "one good deed deserves another." I like to call it the "boomerang effect." You throw a good deed out into the universe and a good deed comes back to you, as if you threw a boomerang out into the world.

When breaking down the benefits, we need to first look at the emotions that are associated with random acts of kindness. Recipients of kindness feel loved and givers of kindness can experience a sense of awe when they think about profound acts of love or virtue. Whether you are a recipient or giver or merely just a witness you can feel the benefits of an increase in oxytocin.

Oxytocin is commonly called the "love hormone." It improves overall heart health, increase self-esteem and optimism, and also creates a sense of emotional warmth. Oxytocin also releases a chemical called nitric oxide, that protects the heart by lowering blood pressure. Kind acts can increase the feeling of strength and energy due to helping others, and increased feelings of self-worth. Believe it or not, those that volunteer their time or money for charitable causes, often have less depression than the average person and fewer aches and pains. Kindness pushes your body to produce serotonin, which is commonly known as the "feel-good" chemical that provides healing and calming feelings, decreases pain, by generating endorphins (the brain's natural painkiller). It has been shown that people that are more kind have 23% less cortisol (the stress hormone) and age slower than the average population.

There are so many simple gestures that we can make others feel good. It could be making a person smile, buying a stranger a coffee, sending an old friend a greeting card, holding the door for someone, or telling your server at a restaurant how awesome she is.. The possibilities are endless. If you aren't doing so already, try making random acts of kindness a part of every day. The benefits are incredible!★

Don Coleman is a writer, songwriter, vocalist, public speaker, entertainer and humanitarian who is endorsed by Gordon Lightfoot, acknowledged by the Jeff Healey estate, President Bill Clinton, HRH Prince William and recognized by the iconic musical group known as AC/DC. Contact/Story Ideas: donvalleydon@rogers.com

www.hi-risenews.com

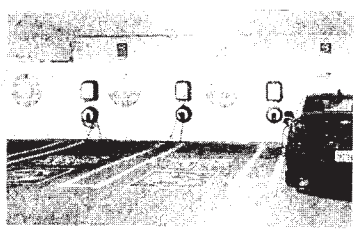
LIFESTYLES

ACHIM KRULL

Greener cars

Growing concerns about climate change and our carbon footprint have spurred the development of alternative fuel vehicles. Two decades ago, we only had three alternatives, propane, natural gas and flex-fueled vehicles. Diesel was touted for great mileage but had emission issues. Hydrogen fueled vehicles made a promising start. Their only emissions were water. Today, most of those alternatives have faded. The new emphasis is on Electrical Vehicles (EVs) or hybrid cars.

Most automobile manufacturers have already stated that they will phase out all gasoline engines within the next decade.



An installation in an underground garage.

Most manufacturers now offer a range of all-electric vehicles (EVs), starting with gold standard, the well-known Tesla models. Their biggest issue has always been range and recharging time. But manufacturers have made major improvements in both. EVs today have a minimum range of about 300km. Tesla is at the top end, offering a range over 500km.

Many EVs also come as plug-in hybrids (PHEVs). Among SUVs, the small to midsize PHEVs on offer include the Mitsubishi Outlander, the Volvo XC60 and XC90, and the Mercedes GLC-350E. Less expensive PHEVs include the Kia Niro, Hyundai Ioniq, Nissan Leaf, Chevrolet Bolt. For those who need more space, Chrysler offers their Pacifica minivan both as a PHEV and an EV. VW offers a wide range of PHEVs for 2021, including a high-performance version of the Golf.

Hybrids solve the range worries by using both a small gasoline engine and a battery pack to operate. For example, for 2021 Ford offers the Escape plug-in hybrid. It offers an all-electric range of about 100 km. The purely electric range is enough for most daily commutes. Regenerative braking supplements the battery charge by recharging it every time the driver applies the brakes. When battery power runs low, the gasoline engine cuts in, eliminating the worry about depleted batteries. The plug-in hybrid recharges at home from a regular 110 volt outlet overnight, and on a 220 volt outlet in under four hours.

Recharging is also becoming less of an issue. Public recharging stations offer rapid charging, which will fully recharge in 30 minutes. Gas station chains like Petrocan are expanding their services to include rapid charging points at stations across Canada. Some shopping centre parking lots and hotels offer these as well. For home use, the least expensive option is a level 1 charger, which uses a standard 110volt outlet and delivers a half charge overnight. These on the after-market cost as little as $250. A level2 charger will provide a full charge in under 6 hours, depending on battery size.

Our Canadian winters present a different battery range issue. Heating requires a great deal of power and the cold reduces battery power. However, battery improvements are making this less of an issue as newer models come along. Norway and Sweden have similar climates to ours, and adoption of electric vehicles there has been quite high.

How green are EVs and PHEVs? Certainly, on the road they have little or no emissions. The "greenness" depends on the source of electricity. If that source is clean energy, you have a winner. Sadly, today much of our electricity still comes from natural gas or nuclear plants. While these are cleaner than coal plants of the past, there are still emissions.

Plug-in hybrids or all-electric vehicles present another issue for people living in high-rise buildings: where do you plug them in? Will landlords or condominium boards accommodate that? Since 2018, condominiums have the legal right to install charging stations on common elements. Owners may ask for permission to install a station on their exclusive use common elements, subject to review by the board. For example, that could be a charging point in the garage of a condominium townhouse. Rental buildings may do so as well, but that decision is up to the building owners.

The choice of green car then depends on your driving needs. If you do only city or short range driving, any hybrid or all-electric vehicle will do. If you drive longer distances, then either high end EVs or hybrids are the best choice. Up front costs are high, but fuel savings and reduced maintenance costs will compensate. Government subsidies help. And best of all, each choice will reduce your fuel costs and carbon footprint substantially. Live green and prosper.★

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SCAM ALERTS:
Something new: a scam targeting Nigeria, the source of many scams that hit us regularly. According to an email sent out, "President Joe Biden, the 46th U.S. President has signed an Executive Order that interested citizens of the *Federal Republic of Nigeria* who measure in some special professions are eligible for American work E-visa and residence permit. This was communicated to the Nigerian Mission in the United States by the U.S. Department of Immigration."

Of course, this is a total scam, but we mention it here because a version of this will soon appear in Canada. No one is offering a Green Card or expedited entry for foreign workers into the United States. Beware.

The most expensive recent scam was through *Auto Trader* for a compact tractor for $9000. The vendor demanded payment by e-transfer. The product never arrived. The vendor, a Maria Girard and the shipper, Venta Maffey Cord have been reported to the police. Of course, the money is gone.

Once again, the puppy scam strikes. A couple in La Salle, Ontario responded to an ad from a Manitoba breeder offering the last two Golden Retriever puppies they had for free. The client only had to pay the shipping and insurance charges. They were delighted when they were told the puppy was theirs. They paid $700 for the air freight. The first extra unexpected fee was an additional $1500 for a specialized pressurized container for the puppy. They were assured that fee was fully refundable. When the puppy did not arrive, they called the company. They were told there was an additional fee of $1225 for insurance, again totally refundable. Then each day when the puppy did not arrive there were more unexpected fees and charges. All had to be paid by prepaid credit cards. The fraudsters even sent the customer pictures of the Hamilton police as proof that the puppy had arrived in Ontario. All told, they lost $4,152.55.

This sale scam is typical. A reasonable fee up front and a friendly transaction. Then the delays and requests for more money. The requests for yet another fee or charge for this or that keep on coming until the customer realizes this is a scam.

Crypto Currency has been another growing source of scams. Several individuals set up accounts to trade in crypto-currency. Customers could monitor their accounts online. They could see their investments grow rapidly. They were encouraged to invest more, so their returns would grow correspondingly faster too. All was wonderful until they wanted to withdraw from that account. Suddenly the losses started. In a few days, they lost their entire investment. The company, *Lucrum Pro,* is in Beachmont, Kingstown, Saint Vincent, and the Grenadines. One victim lost over $30,000. Another person lost $1500 to *Union Investment Company* which refused to allow withdrawals.

In the puppy scam, customers were asked to pay using pre-paid credit cards. The Auto trader sale required e-transfer. There is no way to retrieve that money unless you can take civil action against the vendors, providing you can even find them.

Once again, don't do business online with companies you don't know. Never pay using prepaid credit cards or gift cards. Check the vendors out beforehand. Even a simple search of their name or company names using google may help. If in doubt, don't.

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Comments or questions? Write me at livegreen@bell.net

PARENTING

Children and joy

DOWNEY

Children often fill us with joy in so many ways. They seem to make the sun jump out from behind a cloud and shine so brightly.

Older children often do this when they confide in you. Would you like to see my house? (That I made on my ipad…or with lego…or any creative way). It often represents hours of work – brick by brick – she's proud of it. Sometimes children create whole communities-with people. Would you be able to read my presentation? (It was about a utopian community and very detailed.

A boy of eleven asked me to give him a lot of names representing many countries, and he would create a soccer team for me.

Little children fill us with joy so often. One little girl of six I know does it each day. There is so much that makes her happy. She loves cosmetics and has been given her own (with modifications) for birthdays. "Do you like my eyes?" she'll say. "They look great." We say. And they do – very tasteful -- not loud.

She'll go outside in the spring, summer and fall and just walk back and forth in her own world, talking to herself, imagining. She loves to sing and she'll do so freely to the open sky.

She loves to dance, sometimes watches Tik-tok or makes up her own."Let me show you the dance I just made," she'll say. It is so well done, with no self- consciousness – just dancing for joy.

She loves to talk to herself, or aloud. Sometimes she'll do it to her dolls.

She has so much fun at the park. Some of the equipment is challenging – footsteps to climb a wall, or the spider net rope. It has big spaces made with a large rope pattern. You have to figure out where to put your feet and get to the top without falling in a hole. Once she did it eight times – each one faster. An adult needs to stand in the crucial spots so she does not slip!

She loves to ask questions and get answers. "What is a black hole?" "Why do onions make you cry?" "Would you rather be a tiny animal or a great big one?" She's honest, so it's important to be honest back, but answer within the parameters of what she understands.

She loves to eat. It is a big joy, but because it is Covid, with less exercise, she is putting on weight. She gets lots of apple and pear slices, baby carrots and cucumber, half a bagel toasted; sometimes chips or chocolate milk, or weak tea (when an adult has a cup). She loves mashed potatoes and "crispy" chicken.

Each day is new with her.When children find joy in this difficult time we all relish it. It lifts our spirits.★

The author, a Mississauga resident, has three adult children. She is an experienced tutor and youth group leader. Questions may be addressed to her c/o Hi-Rise.

CRAFT OF THE MONTH

Plant Nasturtiums

You can buy a packet of nasturtium seeds at the dollar store. They are large and bumpy – easy to handle. You can get pots at the dollar store or you may have some. Earth is available at grocery stores or a garden centre. Just put a few seeds in each big pot. Place in a sunny spot. Water lightly (don't drown the seeds). Children can learn to water. The seeds sprout in a week or so. If you can replant them in the ground they will spread – or just leave in the big pot. They have interesting round leaves and pretty flowers – red, yellow and orange.

It is fun to paint them. The children can use red and yellow and orange colours to dab on paper, then connect with light green stems and round leaves.★

The author, a Mississauga resident, has three adult children. She is an experienced tutor and youth group leader. Questions may be addressed to her c/o Hi-Rise

Eid event successful

Left: Father Rizwan watches as his son Aayan negotiates with TNO volunteer for gift. Young Aayan ran away and had to be enticed back.

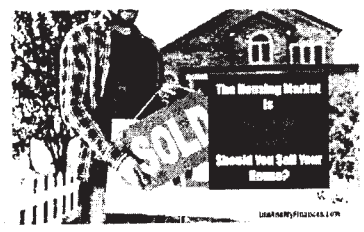
Thorncliffe Park celebrated the Muslim holiday Eid-ul-Fitr with gift giving - in a novel way:
It was combined with the COVID pop-up clinic where 3,000!! shots were administered at the East York Town Centre location. The "Gift": Innoculations to fight COVID. Also included were free gifts of toys, sweets for visitors. The event was a partnership between Michael Garron Hospital and the Thorncliffe Park Neighbourhood Office.

Article and photos by Ida Fedor-Baan.

Right: Natasha Bikova, TNO Executive Assistant and Dr. Lisa Ballinger, Michael Garron Hospital physician at the Thorncliffe Park COVID "pop-up" clinic in May. Over 3,000 shots were administred!

REAL ESTATE AND MORTGAGES

Bonkers!
The real estate market in GTA.



Yes, the only word to describe the real estate market in GTA is Bonkers!
Okay, you can use other words like Crazy, Mad and any word or expletive you might want. But Bonkers, I think, describes it best!
Why is it so hot? Economics 101 – Supply and Demand? Or is Supply and Demand just the result fueled by Fear & Greed!
Homeowners who are on the verge of selling are now holding off because they think their home would be fetching a higher price next month thereby reducing the supply chain.
Buyers who think that if they do not buy now, they will never be able to buy are increasing the demand side. And of course, the historically low interest rates have also created a new pool of more qualified buyers thereby further adding to the demand side.

All that this is leading into is a multiple offer situation. Unfortunately, that is like shooting in the dark. We, Realtors ourselves, are sometimes at a loss when asked by potential buyers what to offer on a "hot" property. And are sometimes dumfounded by what that so called "hot" property finally sells for! And, as we all know the definition of a "hot" property has changed, nowadays anything with a door, 4 walls and a roof is HOT.

Some people compare the multiple offer situation to an auction – frankly, it is NOT. In an auction you know the bids – the Auctioneer rattles of "I have xxxx, do I have xxxx"; in Multiple offer situations you do not know the competing bids. A major case is being made now that competing offers should be revealed. Currently only the Sellers and their Agent know what the competing offers are.
RECO (Real Estate Council of Ontario), the body regulating the Real Estate Industry reportedly receives on the average 2 complaints per day!
Frankly, there must be changes made!

We need more transparency regarding the competing bids. The "successful buyer" in a multiple bidding situation – may end up with the property but may never know how much "extra" he paid to outbid the 2nd best offer! Was it just $5,000 or $50,000 or $100,000! And did he really have to pay that much more than the 2nd best offer! Only the Seller and their Listing Agent knows!

The tactic of underpricing the listing to deliberately create a multiple offer situation is also a cause of concern. If the strategy works – fine and dandy for the Seller, if it doesn't the Seller just terminates the listing and re-lists as a brand-new listing! This can be churned over and over.

What is your take in what is happening in the Real Estate Market in the GTA? Drop me a line or two!
Before, I conclude this article, two things of note:

MEHBOOB SHERIFF

• *The Stress Test* is changing as of June 1, 2021. As of June 1, 2021, homebuyers applying for an uninsured mortgage—those with more than a 20 per cent down payment—will need to qualify as if their mortgage rate was 5.25 per cent, or two per cent higher than their actual contract rate, whichever is higher.

• *The FTHBI (First-Time Home Buyers Incentive)* was finally tweaked Monday, May 3, 2021. after being announced first in September 2019. The new eligibility requirements include:

The maximum eligible household income has been raised to $150,000 (an increase from $120,000)

Participants can borrow up to 4.5 times their household income, up from the current four times.★

The author Mehboob Sheriff is a Registered Real Estate Broker with Homelife/Vision Realty Inc., Brokerage. He has owned two Century 21 offices and has been General Manager and part owner of a Re/Max Franchise office. He has over 45 years of experience in Real Estate and Mortgages and can be reached at 647-703-6786 or sheriff@trebnet.com.

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Churches honour Covid victims

Three Toronto Churches have installed symbolic graveyards on their lawns. Multicoloured crosses have been created by members of each congregation to represent the multi-racial victims of the pandemic in Ontario. Each church has 20 or more crosses on its lawn, representing the death toll of a typical day of the pandemic in Ontario.

"During the pandemic, our churches have been closed to the public, and so we haven't had a chance to use our buildings to help people express and process their grief," says Rev. Stephen Milton of Lawrence Park Community Church, creator of the project. "These graveyards are a way of publicly showing that as church communities we understand and share the pain covid sufferers and their loved ones have been experiencing. These 'Covid crosses' are painted in multiple colours to represent the uneven toll the pandemic has had on the racialized people in the city."

The crosses are installed at Toronto's Lawrence Park Community Church, Manor Road United Church, and Humber Valley United Church, They hope other churches and faiths will join in the project, erecting grave markers from their own faith traditions.

"This is public liturgy, " according to Humber Valley United's minister, Rev. Trevor Brisbin." It's our performative way of saying, 'the people who have died in COVID are us.' Whichever faith tradition they identified with, they were precious lives that we collectively mourn and remember."

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MONEY

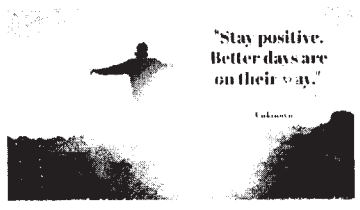
SONNY GOLDSTEIN

Do good while you are doing well!

As I thought about what to write this month, I was awash in negativity. As an optimist and normally positive person, it really bothered me to feel so negative about all that was going on near to me physically and seemingly everywhere on the planet. The lockdown dragging out and looking like it might be extended, the stupidity of closing down golf courses and tennis courts where there has been no community spread of the virus, where participants are naturally distanced and where you are outdoors getting healthy activity and fresh air. The protestors of wearing masks and the idiots throwing large parties and going to rodeos all wore on me, and then the nightly news that seemed to forever focus on the numbers of people with Covid, in the hospitals, in the ICUs, on ventilators and dying from the infection. It was extremely difficult to find anything to be positive about.

So, I tried to step back and look at the bigger picture and counter the negativity with some positive aspects of my life. What I first remembered was how blessed I am by the family and friends that are still a big part of my life even if I only get to see them on Zoom calls or face time on my phone. They have almost all been spared the onset of the virus and those that have been infected have almost all recovered. Then I looked at my business life and where my career has brought me in terms of financial success and job satisfaction. Again, I am blessed to have clients that have been with me for over fifty-five years, a few of whom have referred children, grandchildren and even great grandchildren as clients. They have become close friends and we look forward to our chats, which these days are rarely about our business relationship but more about what is going on in our lives and how our families are doing.

That brought to mind another positive in my life, which was the number of clients who have referred me to not only family members but also friends and work associates, singing my praises so loudly that when I call these referrals, I am welcomed with open arms and given immediate trust to help them form and execute financial plans. I can help people referred to me sort out their financial situation, which is quite often in a mess, and set them on a path to a successful financial future. The satisfaction from doing so is immense.



Finally, I paused to reflect on what me and my wife are doing with our successful business incomes and the culmination of my own financial plan, which would have allowed me to retire years ago. Since I haven't retired and have no plans to do so, we are able to help those who need it through our own planned philanthropy.

That brings me to the title of this month's column, *"Do good while you are doing well!"* I coined that phrase in 1991 when as President of the *Toronto Life Underwriters,* now Advocis, I used it as the title of a monthly column I wrote for our chapter's magazine. As an aside, it was from editing and publishing that magazine that I was introduced to *Hi-Rise* and started writing this column.

So, I tried every month to get the members of that group to remind their clients to think about philanthropy in their present situation and in their estate planning. I cannot over- state the good feelings we get knowing we are able to help the needy here in our own community and across the country and even in distant lands through our support of charities like *Doctors Without Borders,* the *Red Cross* and others.

I could have written about the economy, which is set to take off from the pent up demand and availability of loads of money people have accumulated while being unable to spend it on travel and entertainment as they normally would have. Or how much our investments will likely gain because of the expected growth in GDP during a period of low interest rates. I think sometimes it is just as important to reflect on the blessings we have in our lives that go beyond monetary success.

If this column has helped you to do that and shove the negativity and bad news aside, even if only while you are reading this, then I have been successful. Follow the rules and stay safe. We are almost out of this horrible pandemic and we all can help it end soon if we act responsibly.★

Sonny Goldstein, a Certified Financial Planner, is the President of Goldstein Financial Consultants and "Creative Ideas in Financial Planning" For more information, any questions, or a free consultation, call (416) 221-0060, or in writing at #1850-5160 Yonge St., Toronto, ON M2N 6L9

CONDOS

MARILYN LINCOLN

When should owners expect notice of Annual General Meeting?

Q. I understand under the *Condominium Act of Ontario* there is an Annual General Meeting once a year. We have not received any notice yet. Could you please inform us how long before a meeting we should receive notice of a meeting?

A. All owners must be given written notice of a meeting at least 15 days before the date of the meeting. Notices can be delivered in person, sent by prepaid mail addressed to the owner at the address for service that appears in the condominium record or through fax, email or any other method of electronic communication. This applies as long as the owner has not written to the board requesting the particular delivery service they prefer. If the directors are mailing these notices by *Canada Post* they should allow a few extra days so the notice does arrive 15 days prior to the meeting.

The notice of the meeting must specify the date, the time and the place of the meeting, as well as the nature of the business. If there are any proposed changes to the declaration, bylaws, rules or agreements etc. they must be included in the preliminary notice.

A preliminary notice must be sent out before the board sends out the notice of the Annual General Meeting. This notice will also inform the owners if directors will be elected or if an auditor is going to be appointed. A preliminary notice must be in a mandatory form, available from the *Government of Ontario* web site. This notice must be sent 35 days prior to the Annual Meeting.

To transact any business at a meeting of owners, a quorum must first be established. A quorum for a meeting is owners who together own 25 per cent of the units, unless your documents state otherwise. Proxy votes can count toward a quorum, but each owner counted must be entitled to receive notice of the meeting and be entitled to vote at the meeting.

Owners should make a sincere effort to attend the annual meetings in order to keep up to date and well informed on all condo issues that affect your property investment. It would be wise for directors to follow all covid protocol in order to avoid any spread if the meeting is held in an indoor area. Some corporations have opted for outdoor meetings in the courtyard if possible.★

Editor's note: Some corporations are opting for virtual meetings.

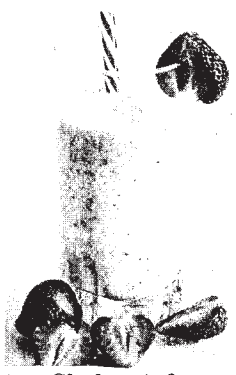
Marilyn Lincoln is a condo owner, director and author of The Condominium Self Management Guide 2nd ed. Email marilyncondoguide@hotmail.com with questions.

FOOD

BARBI LAZURUS

Breakfast milkshakes

Healthy smoothies that satisfy your sweet tooth



Now that summer has arrived you may no longer be yearning for a hot cup of tea or a warm bowl of oatmeal in the morning, but instead be craving something cool and refreshing to kick start your day.

Smoothies are not only the perfect way to energize you in the morning, but if you've got a major sweet tooth like me, they can also double as a way to feel like you're starting your day with dessert without any guilt!

I promise you these smoothie combinations will fool you into thinking you're drinking a milkshake, while filling you up with healthy foods and antioxidants!

For a smoothie that feeds one, start with about a cup of your favourite plant-based milk (I prefer soy since it's a great source of protein and calcium), a handful of spinach or kale, and then mix in....

Orange Julius: In this case, use only half a cup of plant-based milk and add half a cup of water, plus an orange, half a cup of frozen pineapple, and a splash of vanilla

Peanut Butter Shake: A frozen banana, 1 tbsp of peanut butter, a splash of vanilla, and if you like, 1 tsp of cinnamon

Berry Julius: Just like the combo above, but add in some frozen berries too!

Mint Chocolate Shake: A frozen banana, handful of fresh mint or ½ tsp of mint extract, small handful of chocolate chips or 1 tbsp of cocoa powder, and a pinch of salt

Strawberry Milkshake: A cup of frozen strawberries, 2-3 dates, splash of vanilla, ½ tsp of cinnamon

Creamsicle: Frozen banana, an orange, 2 dates, splash of vanilla

Voila! To see a video demonstration of some of these smoothies, check out *youtube.com/torontoveg.*

Barbi Lazarus **is the former Donor and Volunteer Coordinator at the Toronto Vegetarian Association. Find cooking demos and Veg 101 sessions at youtube.com/torontoveg**

OPINION

IDA FEDOR- BAAN

Oh THAT tenant...

Oh, THAT tenant . . . Such a pain in the ass," said the building manager. "Calls constantly about cockroaches, peeling paint, noisy tenants next door. Oh, did you know that tenant is a lush?"

I looked at him oddly . . ."How do you know she's a lush?" "The wine bottles found under the gal's sink. . . 'Nuff said."

Annoyed at this flagrant lie, I said to the superintendent, "Did you know THAT "lush" is a Master Chef and uses WINE to create the most wonderful meals? And, does NOT drink." Blushing, "I didn't know that." The Super said quietly. "She is also an active community volunteer, and creates the most beautiful clothing and jewellery. But she has some disabilities - including heart arrythmia

"What's that?" The super asked. "The heart suddenly beats very fast and could lead to a heart attack and sudden death. Medication taken daily controls this, thank God!" "But, other tenants said she "wobbles" when walking, slurs speech, forgets things." Continued the super. "So? You don't forget things"? What, with family to raise, building(s) to maintain, I bet you forget to do things! You are getting older too." I said. Laughing, he said, "Very true."

"Please, don't judge people until you get to know them, personally. Tenants may not like odd food odors, constant loud, accented chatter on the balcony below, or the filthy, cockroach-infested apartment next door - but we ALL have to live together. Especially now during COVID-crisis." I continued, "Our building and the entire community is a multi-cultural, multi-religious melting pot. Let's celebrate that, get to know one another, help one another and enjoy life daily!"★

Ida Fedor-Baan, 437-855-4022, 10idafedorbaan10@gmail.com, is a freelance magazine designer, contributing editor and Hi-Rise advertising sales representative, 2017 to present; and 1984-2000. She is also a dressmaker/alterationist, and welcomes your work!

WANDERLUST

CHARLES SCHWARTZ AND SUZANNE HARRIS

Pandemic, Dystopian New York

by Charles Schwartz

The New York City skyline was in sight, just as it was on March 3, 2020, when we last visited, but we began to notice something was not quite right. Our drive down The West Side Highway to *Lincoln Center for the Performing Arts* normally consuming 45 minutes, took, remarkably, 15! Lincoln Center's garage appeared to be normal, but when we walked upstairs to the concourse, it was dark and devoid of people and commerce.

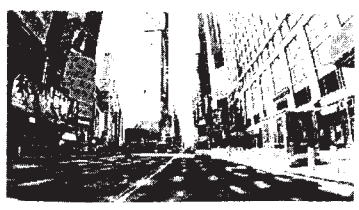
We began to walk the one-and-one-half miles to our final destination because even though we were vaccinated, we avoided unnecessary exposure to the virus in the Subway, city buses or taxis. It was a miserable one-and-one half hour walk in a pouring, 12°C rain.

Columbus Circle appeared as it would on any spring day: the tulips were in full bloom, and the pigeons happy, but there were no people or taxis, and happily, the horse-drawn carriages were gone, and we hope they stay gone. Further down Broadway, we did not have to depend upon lifelong, learned, walking strategies to avoid the jostling crowds; there weren't any.

At Times Square, restaurants were closed and the stench of must and decay occasionally wafted out of them; all the Broadway and off-Broadway theaters were dark and shuttered. Without people, softening the cityscape, we observed how ramshackle the buildings were. Continuing further down Broadway to Herald Square and Macy's Department store, the "canyons" were all intact, but missing was the sea of shopping bags.

It was as if we had time-travelled back to the 1970's when New York City stood at the precipice of decay and bankruptcy, when President Gerald Ford famously declared, "Drop dead" to the city as the US federal government refused to help bail out the city; the graffiti returned, the crime, the homelessness and dilapidation: all back.

Rod Serling knew dystopia and alienation well which he often portrayed in his *Twilight Zone* series teleplays during the 1960's, and I could not help but think of them.



New York City, empty of cars

Our walk down familiar streets surprisingly became unfamiliar - and unfathomable - as if walking down the ancient streets of the *Valley of the Kings, in Egypt,* or by the *Moai of Rapa Nui* (Easter Island) centuries after their populations had disappeared, not knowing the significance of what we were observing.

During these 18 months as the pandemic raged, we all turned our attention and energies to defeating the virus, not knowing what might emerge afterwards. I have lived through the darkest days of New York in the '70s, the stock market busts, and the terror of 9/11 - and thereafter - only to see it re-emerge stronger and more vibrant each and every time, and this time will be no exception.★

Notes:

Dystopia, defined: an imagined world or society in which people lead wretched, dehumanized, fearful lives. (Merriam-Webster dictionary)

Dystopia origins; https://en.wikipedia.org/wiki/Dystopia

"The Twilight Zone" https://en.wikipedia.org/wiki/The_Twilight_Zone

"Ford to city: drop dead" https://static01.nyt.com/images/2006/12/28/nyregion/28veto_lg.jpg

Rapa Nui National Park: https://en.wikipedia.org/wiki/Rapa_Nui_National_Park

Charles Schwartz is a native New Yorker, geographer and an avid traveller who has visited all seven continents.

Suzanne Harris lives in the west of England and is a writer and traveller.

Editor's Note: As we go to press, New York is now in the process of re-opeming.

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A senior thanks you

As a shut in senior I would like to express my thanks to the people of Don Valley East, especially Victoria Village and Wexford who put their time and money into m putting on a spectacular fireworks display over the three day holiday weekend.

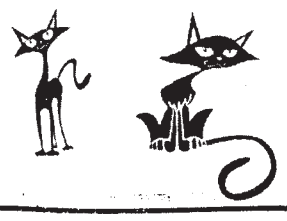
Diana Schnitzler

CATS OF THE MONTH

Meet Tigger and Misty

This month, we'd like to introduce you to Tigger (brown and white tabby) and Misty (black). These 4 year old boys were abandoned in a shed when their owner moved out. Luckily, a neighbour noticed their plight and called for help.The boys were very traumatized by their experience and it took some time to build their confidence and win their trust. Both have been vet checked, neutered and vaccinated.

They have been together their whole lives and we'd like to see them adopted together. No doubt, they will be very scared and shy at first, so we are looking for someone with patience, who can understand this and give them time to adjust.They love to play and Misty especially enjoys belly rubs.Once they have learned to trust you, they will be wonderful companions for that special someone. Please note that an adoption fee applies. For further information, please contact Katherine, on behalf of the Scarborough Bluffs Cat Relief at 647-476-4797 during business hours.



SPECIAL DAYS

MARTINE FONTAINE

Father's day

On Father's Day we honour fatherhood and paternal bonds, as well as the influence of fathers in society.

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by *Sonora Smart Dobb,* It was celebrated on the third Sunday in June. Her father, the Civil War Veteran William Jackson Smart, was a single parent who raised six children there.

Father's Day is an emerging holiday as it's celebrated in more and more countries nowadays as fathers are increasingly involved in raising children and are recognized for their efforts.

Like many other holidays, this one has lost its real meaning over the years among the myriad of ads leading up to the third Sunday in June. Online and offline we are bombarded by special offers to buy dad a smart phone, a home theater system, gift cards, golf clubs or clothing.

Let's remember dads are also involved with their kids, providing home and security, food, clothes, camp costs, higher schooling, boundaries.

We encourage you all to forget about the expensive gifts and spend time with your father instead. It's free. Take a walk. Talk. Reminisce. Tell him you love him. Give him a hug. As years go by both of you will fondly remember the great times you spent together on Father's Day, long after the gift card is forgotten.

Cheers to you, dad.★

INTERNATIONAL

SAM GOYAL

The G7 sails into the troubled waters of the South China Sea

Given the deadlock at the *UN Security Council* occasioned by vetoes exercised by Russia and China, the *G7* is the premier venue assembling those developed nations that carry the burden of leadership in protecting the liberal rules-based international order. A dysfunctional G7 riven by internal disputes is of no value to anyone except those who benefit from the undefended world order.

Responding to China's repeated challenges to the international order, challenges that threaten the rule of law, freedom of the seas and a rules-based international order, is an area where there is growing consensus for action. Canada is behind on this, but the G7 summit offers an opportunity to catch up and even assert leadership over an issue that actually matters.

The Chinese strategy:

China has unilaterally commandeered, expanded and militarized a number of islets, atolls and reefs in the South China Sea (SCS) as part of their campaign to claim Chinese sovereignty over these waters. This they have done in the face of condemnation from many of the littoral nations in the region who have unresolved claims to the area, as well the opposition of the United States and Japan.

Each Chinese step along the way is carefully calibrated to be just below the threshold that might trigger international action. Each subsequent step is then too easily allowed to slide on the ground that no one acted on the earlier provocation, and this time the provocation is no worse than the last one. This so-called "salami-slicing" strategy has paid major dividends for China.

The Philippines courageously took China to the International Court of Arbitration to challenge its occupying of islets and reefs over which the Philippines also claimed sovereignty. The ICA unambiguously found in the Philippines' favour and found China's behaviour an egregious violation of international law. The fact that China subsequently bullied and bribed the Philippines not to carry the case further can be no excuse for accepting the status quo.

The G7 , doing some catching up with the QUAD:

The Americans, the great defenders of freedom of navigation, have been regularly sending ships through the SCS, and particularly into those waters near China's unilaterally commandeered and militarized islets, to China's great displeasure.

Just recently a French warship was dispatched by President Emmanuel Macron on a similar freedom of the seas mission. That warship, carrying a British helicopter detachment and European observers, including from Germany, sailed close to the Chinese-seized Spratly Islands. In one memorable confrontation, the French ship was radioed by the Chinese who baldly asserted that the islands were under Chinese sovereignty and asking the French to declare their intentions. The French, casually responded that they were in international waters and the Chinese were not in a position to ask anything.

When questioned about the mission, the French defence minister asserted that "The [Chinese] fait accompli is not a fait accepted." France has been carrying out such missions in support of freedom of the seas for several years.

The Japanese, long concerned about the dangers to their shipping from Chinese assertions of sovereignty over the SCS, have been anxiously looking for support on this issue from their allies.

Canada sailed two frigates through the SCS last year, and avoided going close enough to the disputed islands to trigger a Chinese response. This year Canada has made it official that they are not doing official freedom of navigation missions, defined as going within 12 nautical miles of the disputed islands. That's not enough. America and Japan are looking for allies in their contesting of Chinese aggression.

The French and the British are on board and the Germans observing. This is an issue ripe for some leadership and who better to offer it than the chair of this year's G7 summit?

A G7 united in defence of the rule of law, freedom of the seas and a rules-based international order and against Chinese assaults on all three would give the organization a new lease of life and benefit the world.★

Sam Goyal is a Toronto Tourism registered City Greeter based in Toronto. He is a Travel Blogger, Travel Writer, and Trip Planner. He hosts walking and sightseeing private and bus tours in English, Hindi, and Punjabi. For a guided Toronto city tour or for questions on Toronto, follow him on Instagram at tattooedtravellersam

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YOUR FEDERAL MEMBER OF PARLIAMENT

MARCI IEN

TORONTO CENTRE

My team and I are here to serve. Although my office is not physically open due to public health guidelines, my team and I are still helping constituents virtually. Please contact my office via telephone or email if you have any questions or are in need of assistance.

PLEASE CONTACT MY OFFICE FOR ALL ISSUES RELATING TO:

- CANADA PENSION PLAN (CPP)
- EMPLOYMENT INSURANCE
- CANADA CHILD BENEFIT
- CANADA REVENUE AGENCY
- CITIZENSHIP AND IMMIGRATION
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HAPPY PRIDE MONTH

SPECIAL DAYS

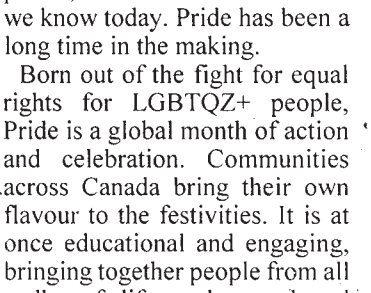
Pride month

MARTINE FONTAINE

This month, Pride Toronto continues a legacy that is deeply intertwined with the rich, progressive history of Toronto's LGBTQZ+ community. From a small gathering of dedicated activists fighting for their rights, to love and be seen, through clashes with the government and police, to the vibrant celebration we know today. Pride has been a long time in the making.

Born out of the fight for equal rights for LGBTQZ+ people, Pride is a global month of action and celebration. Communities across Canada bring their own flavour to the festivities. It is at once educational and engaging, bringing together people from all walks of life under a shared rainbow of diversity and inclusion. While Pride welcomes vastly different people of every persuation, they all have one thing in common- a desire to see all Canadians treated equally, regardless of sexuality, race, gender, identity, religion or any other label that might be used as an excúse to compromise their basic human rights.

The history of Pride began in 1971, when the community of Homophile association of *Toronto and Toronto Gay Action* held a gathering at Harlan's Point to unite the LGBTQZ+ community. This eventful picnic - which had over 300 attendees- united a highly oppressed group of individuals in a public celebration, with banners waving and colorful flags flying high in the air. The series of picnics grew each until In 1974 it became Toronto's *"Pride Week"* gathering when people marched down Queen Street in support of gay rights.



Like last year, the Pride Parade, Dyke March, Trans March and all the various community events and parties are happening virtually due to COVID-19.

Pride Toronto's 40th Anniversary Programming Lineup and Digital Pride Guide, includes over 70 events, beginning June 1, concluding with two Festival Weekends on June 18-19-20 and June 25-26-27. Scroll through the full Festival lineup online at *PrideToronto.com/PrideGuide* to find events important to you. Pride Toronto supports our communities in pursuit of our enequivocal rights, to be known, be heard, be understood, be accepted, be respectful, and to celebrate the beauty of who we are.★

REFLECTIONS

Let the sun shine

REV. JOHN JOSEPH MASTANDREA

Let the sun shine. I am reminded of the tale of Plato's Cave.

Plato begins by having Socrates ask Glaucon imagine a cave where people have been imprisoned from childhood, but not from birth. These prisoners are chained so that their legs and necks are fixed, forcing them to gaze at the wall in front of them and not to look around at the cave, each other, or themselves (514a–b).[2] Behind the prisoners is a fire, and between the fire and the prisoners is a raised walkway with a low wall, behind which people walk carrying objects or puppets "of men and other living things" (514b).[2] The people walk behind the wall so their bodies do not cast shadows for the prisoners to see, but the objects they carry do "just as puppet showmen have screens in front of them at which they work their puppets."

Plato then supposes that one prisoner is freed. This prisoner would look around and see the fire. The light would hurt his eyes and make it difficult for him to see the objects casting the shadows.

In this time of pandemic and the approach to this month of June, we are emerging from Plato's Cave.

June 21 marks the longest day of the year in the Northern Hemisphere. The summer solstice is associated with abundance and fertility.

In this time of pandemic scientists are conducting research in many corners.

More recently the deep time project in France.

Deep Time project investigated how a lack of external contact would affect sense of time – and two thirds wanted to stay longer.

Fifteen people have emerged from a cave in south-west France after 40 days underground in an experiment to see how the absence of clocks, daylight and external communications would affect their sense of time.

"It was like pressing pause," said Marina Lançon, one of seven women to take part in the experiment.

The group lived in and explored the cave as part of a project called *Deep Time.* There was no natural light, the temperature was 10C and the relative humidity 100%. They had no contact with the outside world, no updates on the pandemic nor any communications with friends or family.

Scientists at the *Human Adaption Institute,* say the experiment will help them understand better how people adapt to drastic changes in living conditions and environments. As expected, those in the cave lost their sense of time.

In partnership with laboratories in France and Switzerland, scientists monitored the 15 team members' sleep patterns, social interactions and behavioural reactions via sensors. One sensor was a tiny thermometer inside a capsule that participants swallowed like a pill.

The team members followed their biological clocks to know when to wake up, go to sleep and eat. They counted their days not in hours but in sleep cycles.

"It's really interesting to observe how this group synchronises themselves," Clot said. Two-thirds of the participants expressed a desire to remain underground a little longer to finish group projects started during their stay, said Benoit Mauvieux, a chronobiologist involved in the research.

"Our future as humans on this planet will evolve," Clot said after emerging. "We must learn to better understand how our brains are capable of finding new solutions, whatever the situation."

Candy Suprise.

The research for "Deep time" reminds us of our ability to adapt and chart new courses to navigate a way forward.

In this time of pandemic as we enter the month of June, there are many charting their course for Pride month.

Closer to home we are holding the Second Annual Mount Pleasant Pride Fair Monday June 7, 6 pm to 7 pm featuring Candy Surprise from Australia and Steve Diguer the Producer of the *Toronto Song Project.* ***Live on Zoom,*** **in support of Kohai LIFE; suggested donation $20. To attend or for info, contact : ministeruc@gmail.com 416 - 809 -6044.**

In their own words, about Kohai "We're a charity whose roots go back to 1973. *Kohai* was founded as a summer camp for individuals with developmental disabilities and learning challenges, transitioning into a day school for children and adults and most recently, has become a day programme for adults called *Kohai LIFE.*

For nearly five decades, Kohai has responded to the need in our community for high quality educational programming and life skills training. Serving the city's special needs population, we deliver full time programming year-round and offer needs-based bursary opportunities.

The work that we do is funded entirely through programme fees and donations, as we receive no government funding. Please consider giving to Kohai LIFE. The generosity of our donors and participant families provides critical support that enables us to continue to provide enriching and engaging opportunities. You'll find us on *Canada Helps* under our charity name *"Kohai Educational Centre."*

In this time of pandemic, we need to and we are the moment, to let the sunshine in!★

The Rev. John Joseph Mastandrea serves at the Manor Road United Church, Toronto. manorroadunitedchurch.com jmastandrea@gmail.com 416-809-6044

TENANTS

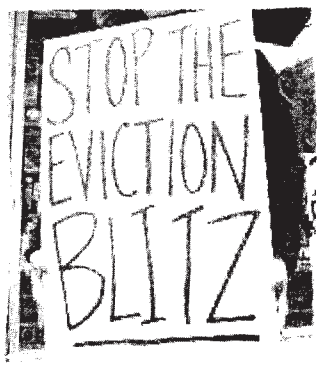
Fighting renovictions: Toronto and its tenants could learn lessons from New Westminster

BHAVIN BILIMORIA AND ZACHARY MORGENSTERN

One of the risks of being a tenant is the possibility you will lose your home through no fault of your own. Under the Residential Tenancies Act, 2006 (the "RTA"), landlords are permitted to obtain an eviction order from the Landlord and Tenant Board (the "LTB") if they intend on demolishing, repairing or converting the rental unit to another use. This is commonly known as a "renoviction".

In order to renovict a tenant, the RTA requires landlords to give their tenants notice of termination using the LTB's form N13, *"Notice to End your Tenancy Because the Landlord Wants to Demolish the Rental Unit, Repair it or Convert it to Another Use".* If the tenant does not vacate the rental unit in accordance with the termination date in the N13, the landlord must apply for a hearing at the LTB. At the LTB hearing, the landlord will have to prove they genuinely intend on carrying out their proposed demolition, renovation or conversion. Conversely, the tenant will have to raise evidence showing the landlord's intention is insincere.

If a tenant is renovicted but later discovers their landlord's N13 was a ruse, they can file an application with the LTB using form T5, *"Landlord Gave a Notice of Termination in Bad Faith",* and seek various monetary damages from their landlord. However, the LTB does not have the power to return the tenant to their former home, which leaves the door open for landlords who



are financially well-endowed to abuse the RTA's renoviction provisions as a means of increasing the rent.

To deter landlords from abusing similar renoviction provisions in British Columbia's Residential Tenancy Act, the City of New Westminster passed a bylaw two years ago that was recently upheld by the province's Court of Appeal.

According to the New Westminster bylaw, landlords who are caught renovicting tenants as a means of increasing the rent can be fined up to $1,000.00 a day, and lose their business license. The bylaw also requires landlords who want to renovict an entire building to first obtain the City's permission, and therefore prove to the City that the renovations are necessary and cannot be performed if the tenants stay on-site. Landlords are also responsible for their tenants' accommodation while the renovations are being completed, and they are required to send their tenants a written offer to move back into their rental unit once the work is complete, at the same rental rate. Although Ontario has a similar right of first refusal provision in the RTA, the onus is on the tenant to exercise this right before vacating the rental unit. whereas the New Westminster bylaw places the onus on the landlord.

While there is no guarantee that New Westminster's bylaw will come to Toronto, there is reason to hope it will inspire some level of policy change. Toronto City Councillors, including Councillor Paula Fletcher of Ward 14 Toronto-Danforth, have expressed interest in importing New Wesminster's bylaw to Toronto.★

If you have any questions about this or any other landlord and tenant matter, contact your local community legal clinic or the Federation of Metro Tenants' Associations.

By Bhavin Bilimoria, Staff Lawyer, and Zachary Morgenstern, Student-at-Law, Don Valley Community Legal Services Formerly Flemingdon Community Legal Services) Unit #1, 1 Leaside Park Drive Toronto, ON M4H 1R1 Direct: (416) 441-1764 ext. 27 bilimorb@lao.on.ca www.donvalleylegal.ca

Large art project now underway

Toronto artist and residents are collaborating this summer on a large-scale community art project at Leslie Nymark. It is a 7-acre Toronto Community Housing neighborhood on Leslie Street north of Sheppard Avenue East .

The Leslie Nymark Public Art Project offers a unique opportunity for tenants to work directly with an artist, and contribute to a new public artwork. Within this project are numerous skill-building workshops for tenants.

Toronto Community Housing Corporation (TCHC), Tridel and STEPS Public Art put out a Call to Artists in March 2020, inviting Ontario artists and artist collectives to submit qualifications for a juried review process for the TCHC/Tridel Leslie Nymark community revitalization.

Toronto-based graffiti artist Jessey Pacho was awarded the commission and selected by a committee of residents and professional public artists. Jessey will create a large public artwork designed collaboratively with Leslie Nymark residents; installation planned fall 2021.

Leslie Nymark is in its last revitalization stages, with this public art project.. .