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## Editorial

The "Robber Barons" were a group of powerful and wealthy individuals in the 19th century America who gained their wealth through unethical business practices such as monopolies, bribery, and exploitation of workers. Some notable ones include John D. Rockefeller, Andrew Carnegie, Cornelius Vanderbilt, and J.P. Morgan.

Today, we have a new set of robber barons: Michael Medline (Empire Co.), Ian McLeod (Dominion Stores), Darren Entwistle, (Telus), Mark Little, (Suncor), Michael Rousseau, (Air Canada), Al Monaco, (Enbridge), Francois-Philippe Champagne, (Export Development Canada (formerly Canadian government Minister of Foreign Affairs), Victor Dodig, (CIBC), and maybe the biggest of them all, *Galen Weston Jr.*, (Pres., Loblaw, Shopper's Drug).

These corporate leaders may not be doing the same injustices as the 19th century robber barons, but their incredible wealth and the inordinate corporate profits surely indicates something is wrong.

Let's consider Galen Weston of Loblaw for a moment:

Loblaw net profits:

2011	\$755 million	2017	\$ 1.31 Billion
2012	\$754 million	2018	\$3.05 Billion
2013	\$754 million	2019	\$2.17 Billion
2014	\$ 1.12 Billion	2020	\$2.3 Billion
2015	\$ 1.15 Billion	2021	\$2.0 Billion *
2016	\$ 1.13 Billion		

[ \* figures are approximations based on AI research ]

Even if this researched data about the net profits is an approximation, those corporate earnings are outrageous. A stock market investor investing in Loblaw over the last 15 years would have earned outstanding returns.

Complain as we might about prices at Loblaw, there is not much that we consumers can do except shop carefully and avoid retailers who seem to be exploiting them. The consumer has choices, a benefit of our free market capitalism. Choice, one may have, but a perusal of the financial statements of other food distributors likely shows very large profits there also.

Weston's rebuttal to the accusations that Loblaw's pricing was extreme: it is the logical response to price increases made by manufacturers and distributors; the Ukraine war's disruption of international wheat supplies and fertilizers; the pandemic's persistent supply-chain messes and labour shortages; and even the freakiness of the environmental problems such as floods and drought throughout the world. Weston denied his company has profited from inflation, explaining his company's success was due in part to bolstered sales of beauty products (Shoppers Drug Mart is part of the Loblaw entity). They must be selling an incredible amount of cold cream to earn those kinds of profits.

Ottawa's federal MPs' response to the cacophonous pleas coming from the electorate about '*greedflation*' is a call for hearings. More hearings will not have any impact as the federal MPs have too often demonstrated their difficulty with their hearing at many hearings.

On the issue of food pricing, the MPs walk a thin line of eggshells. Regulating the free market would raise a public outcry that even deaf politicians would hear

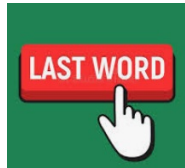
[campaign coffers: **CLINK**, *Clink*, *clink*.] If they respond with market controls, they would not hear the public outcries but they would feel the kick in the pants where their wallets sit. Financial support from lobbyists? Party support would dry up faster than Tom Thumb plugging a hole in a dike. The resurrection of new truck convoys in Ottawa would happen faster than a Kim Kardashian flirtatious eye flutter.

Ottawa held hearings. Weston did not attend. On holiday: at his family compound in Florida, on his island in Georgian Bay, or secluded at his estate outside Toronto. He sent a deputy.

Dalhousie University's economics department predicts the *average consumer will spend \$1,065 more on groceries this year due to inflation*. Ahh, the government of Canada is listening...the new budget will offer a **ONE-TIME** grocery rebate of up to \$467 to low-income Canadians. Very responsive to Canadian family needs. Don't

even think about drowning your sorrows with a beer...the excise fees on alcohol jump 6% in April, an increase which will be passed down to the consumer.

McMaster University economist, Jim Stanford states that the grocery industry's "flat profit" numbers just don't add up. *Canadian food shoppers are buying fewer groceries now than before the pandemic, but paying far more for these*, according to a recent column in Maclean's magazine.



Food and beverage earnings have hit close to \$3 billion in profitability since 2019 and Loblaw is huge in that picture. Weston has demonstrated excellent capacity for selling his products to consumers. However, as bills pile up higher than ever before, he may find it increasingly difficult to keep consumers buying at his stores. One can shop only if one has enough money to buy what is needed. But remember, you have a choice as to where to to shop!

# ***POLITICAL Desk***

## ***The City Council***

Mayor Kevin Ashe



Profile  
mayor@pickering.ca

**Councillor Linda Cook**  
Regional Councillor Ward 2



lcook@pickering.ca

**Councillor Mara Nagy**  
City Councillor Ward 2



Profile  
mnagy@pickering.ca

**Councillor Maurice Brenner**  
Regional Councillor Ward 1



Profile  
mbrenner@pickering.ca

**Councillor Lisa Robinson**  
City Councillor Ward 1



lrobinson@pickering.ca

## ***WARD NEWS***

Each month, we invite the mayor and city councilors to write a message which we publish.

The Pickering councilors, newly elected or re-elected offered many things during the election. One of the most important was to keep constituents updated and informed about City Hall events, news and issues. A number of councilors have followed through with town halls (5 so far) and newsletters (2 councilors)



***Congratulations! Bravo! Kudos!***

Congratulations Councillor Maurice Brenner for being recognized and awarded by the Ontario Govt (MPP Peter Bethlenfalvy) for his more than 25 years of service as municipal councillor in Pickering from 1985 – 2023 (except 2006-2016).

Brenner has been an outstanding councillor, involved, active and incredibly energetic in serving Pickering for throughout his whole time in office.

Congratulations Councillor Brenner!

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## ***The Mayor***

Hello everyone,

The City of Pickering is developing its first Corporate Strategic Plan and invites you to participate in the process.

The Plan will identify our values, vision, and goals, with a framework to guide the actions and decisions required to deliver on the City's commitments.

A Special Council Workshop was held on March 20, 2023, and you can watch the full recording on the [City's YouTube](#). Members participated in a facilitated discussion on strategic focus areas, goals, priority actions, responsibilities, and success factors.

Stay tuned at [LetsTalkPickering.ca/StrategicPlan](https://LetsTalkPickering.ca/StrategicPlan) for opportunities to learn more and participate.

### **Missed a Council Meeting? Catch up online!**

As part of our commitment to open, transparent, and accessible municipal government, we continue to post online recaps of the decisions made at our Council Meetings to help residents better understand municipal affairs and

directions set by Council.

- View our monthly Council Highlights at [pickering.ca/CouncilHighlights](http://pickering.ca/CouncilHighlights)
- Watch my personal short-form video recaps of the Council Meetings at [pickering.ca/Mayor](http://pickering.ca/Mayor), or if you're interested in viewing the full full-length video recordings of Council Meetings, visit [Youtube.com/SustainablePickering](https://Youtube.com/SustainablePickering).

### **Budgeting your City**

Each year, the City undergoes an extensive budget process to plan for the service, program, and infrastructure needs of the community.

Budget decisions can have a profound impact on our daily lives. This is why engaging with the community is an important part of this process!

- Attend or [register to speak](#) at the special meeting for budget deliberations (Executive Committee Meeting) - April 13
- Attend or [register to speak](#) at the Council Meeting (where the 2023 Current and Capital Budgets will be formally adopted) - April 24, 2023.
- [Connect with your Mayor and Members of Council directly.](#)

Thank you.

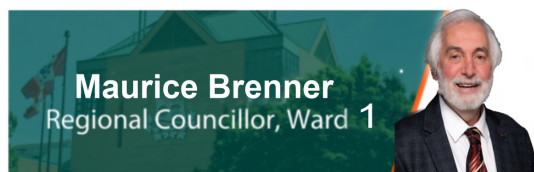
Mayor Kevin Ashe



- [Council videos](#)
- [February newsletter here](#)
- [future newsletters editions on his profile page](#)

### **Ward 1**

— City of —  
PICKERING



Councillor Brenner is an awesome font of



information, able to recall and retrieve information from way, way back.

We think he is such an amazing memory manager, we giving him the new name, Councillor Brenner, the

**“Gnome of Information.”**

Councillor Brenner continues his ongoing efforts to give Pickering residents opportunities to become better informed about their city. He and council colleague, Lisa Robinson, have co-presented three town halls: January, February and March. These town halls have been well attended and appreciated by the participants who attended them.

Available now, Councilor Brenner’s March e-newsletter —> [BRENNER](#).

City of  
PICKERING



Councilor Robinson’s March e-newsletter —> [ROBINSON](#)

Councilor Robinson, responsive and committed, as she said, has followed tracking down the video record of the town hall event successfully for the February town hall. To read the report of that town hall and view the video at the end of the report, click —> [VIDEO](#)

## Ward 2

Councilors Cook and Nagy held two excellent town halls: one in early February with guest speaker Stan Karwowski, City of Pickering Finance Dept., who was outstanding in his detailed and succinct explanations regarding property taxation in Pickering (click —> [KUDOS](#).); a second in late March with another guest speaker from the City’s Finance Dept., Kyle Bentley, Director who found himself to be in the middle of a hornets’ nest of residents critiques and criticisms of City services (click [Hornets nest](#) )

## Ward 3





This is my first e-newsletter since the pause during the municipal election. I am honoured that Ward 3 residents chose to re-elect me as their Regional Councillor. This is my 8th consecutive win. I thank my family, volunteers, and supporters. I note that all 4 incumbents running were re-elected, including new Mayor, Kevin Ashe and my Ward 3 City Councillor colleague, Shaheen Butt. We also welcome three new Members of Council. I look forward to working with my Council colleagues in the coming term. Although campaigning is a demanding and hectic process, it was wonderful to talk with many positive and thoughtful residents and hear their ideas, comments, concerns, and of the many community activities and organizations in which they are involved. I recently spoke with former Mayor, Dave Ryan, and expressed the shared sentiment of many residents who thanked him for his service, and wish him and his family well in his retirement.

I look forward to the challenges, opportunities and work ahead.



[Pickles' Newsletter](#)

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## From the desk...Peter Bethlenfalvy



**PETER BETHLENFALVY**  
MEMBER OF PROVINCIAL PARLIAMENT  
**PICKERING-UXBRIDGE**



- Pickering - \$48 million to support festivals and events: [FUNDING](#)
- Pickering - ON Govt to build Child Care Centre: [CARE CENTRE](#)

## OSCARS

After the “slap heard ‘round the world” of the 2022 Oscars, the Oscars were a benign return to the old days, the days when Oscar introductions were short, to the point, the winners taking the mike with courtesy and sincerity.

Host, Jimmy Kimmel, a popular late-night talk show host, was delightful as he poked fun at many targets including Will Smith and Chris Rock, the provocateur and on-stage victim of the famous slap incident at the 2022 Oscars. Kimmel hosted the show with aplomb and convivial tongue-in-cheek commentary never straying into the offensive or the insulting.

As expected, the show was lengthy, entertaining, and engaging. If you watched it, you saw no real surprises.

If you didn’t, you missed what movie buffs would label as an enjoyable show.

For the full list of winners, click → [\*\*WINNERS\*\*](#)

Though all the award nominees and winners were the stars of the ceremony, the star that may have stolen the show was Jamie Lee Curtis, daughter of the famous couple, Janet Leigh of Psycho fame and Tony Curtis of many movies fame. Jamie Lee carved out her own niche of fame in Hollywood. She is known for her horror movie series, *Halloween*, her comedic roles in *A Fish Called Wanda* and *True Lies*.

Jamie Lee has walked the road of sobriety for over 24 years. She broke the stereotypical cinematic restriction of hair dying, botox,

plastic surgery, and other guardrails of female celebrity-hood. We cheer for her Oscar acclaim.



### ***Everything Everywhere All At Once***

On another note, winner of 6 Oscars including best picture and best actor, *Everything Everywhere All At Once* confirms that human creativity is limitless. According to reviewers and Oscar voting, the movie deserved all the recognition and honor it received.

Those fearing chatbots will now don the role of creativity and original thinking can relax and rest assured that AI has yet to reach the level of human creative thinking. The plot/theme of *Everything Everywhere All At Once* is totally unexpected. Rather than spoil it for you with a fuller explanation, suffice that I offer you the link to an excellent review by the freelance film and culture writer, [\*\*Marya E.\*\*](#)

### **Gates**

The Oscars 2023 was a return to the classic entertaining show of the past. **Bravo!**

# Technology

## Continuing our AI (Artificial Intelligence) series

Artificial intelligence is the development of computer systems that can perform tasks that typically require human intelligence, such as visual perception, speech recognition and decision-making. This computer tool may not be of interest to many readers, especially the older ones who already are resistant to the Internet and digital tools.

At this time, AI is little more than a computer toy. However, as the corporate ‘whales’ of the digital world are working hard to exploit the revenue potential of this new toy. Their free trial offers will become fee-based subscriptions in no time, once they hook you by making AI easier to use and clearly beneficial.

Until then, computer users interested in exploring and experimenting with AI, can try one of these two sites which at the time of publishing were still free (*Do not be surprised if that changes by the time you access either.*)

### [RYTR](#)

### [YOU](#)

The large corporations are still in their exploratory stages of development offering their AIs, at no charge or a very small one for limited use. The two above sites seem to be unlimited and have no applicable fees for their use at the time of publishing.

#### *So, what should you try?*

The “YOU” AI is very easy to explore and experiment with. Type your **question** in its ‘search box’ and it will respond on the same screen in seconds. Ask it to write:

“A poem about the dampness of spring;”

“A short description about the joy of riding a motorcycle”.....or...

Hey Don, I asked it to “describe the appeal of golf to seniors”.....it went blank !

#### *Where you might use AI*

- A member of a club, ask it to give you a plan for a fund raising event for the

club;

- A social club events planner: ask for a list of speakers for your social club;
- Publish an online website: ask how it can be improved for seniors;
- Want to learn how to play a harmonica: ask it how to learn to play it.

### ***The limitations of AI***

AI information is based on all the information input into it or that it can mine from online sources. It will summarize what it can find into short, reader-friendly paragraphs within seconds of being asked.

The developers have placed restrictions on AI: it will not give offensive replies; it will not respond to negative requests such as bomb-making.

### ***Conclusion***

AIs are not human. Though these computer programs respond in human-like replies, they are not sentient beings. Therefore they have no moral code or any ethical value system. Their responses are neutral, objective, and factual based on the ‘scraping’ of the Internet. However, their development continues at a rapid pace. The sentience is being developed which means the next group of AIs may become a real danger. Government and corporate leaders should be working on guardrails and safety measures relative to AIs. At the moment their creativity and original thinking is limited and narrow.

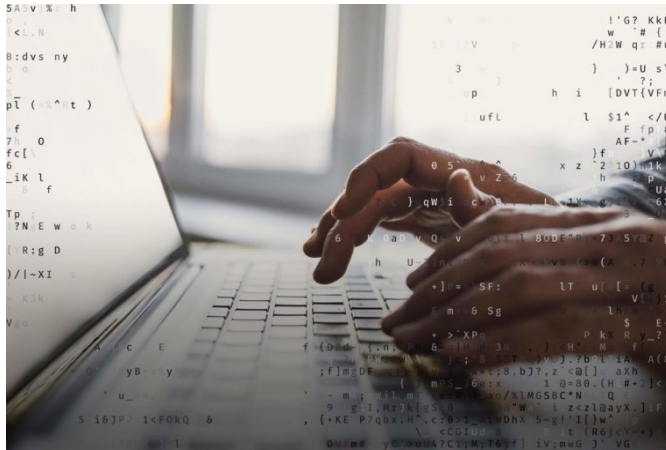
But remember they are in their nascent stages of development. The next generation of AIs will likely do much more.

# Hacks & Scams

## Notes from a hacker's "How to Scam Book"

Source: [Reader's Digest/internet-hacker-tricks/](http://Reader's Digest/internet-hacker-tricks/)

Reader's Digest writer: Michelle Crouch



Kite\_rin /Shutterstock

### 1. People send incredibly personal emails

Spear phishing, the act of sending targeted emails to get you to share financial information or passwords can be exceptionally sophisticated. "The old-style ones had spelling and punctuation errors, but today, it has really become an art," says Mark Pollitt, Ph.D., former chief of the FBI's computer forensic unit. " *They may call you by name, use your professional title, and mention a project you're working on.*"

Spot phishing emails by looking for incorrect or unusual URLs (hover over links to see the actual URL address), requests for personal information or money, suspicious attachments, or a message body that's actually an image. Unless you're 100 percent confident that a message is from someone you know, don't open attachments or click links.



Dusan Petkovic /Shutterstock

## 2. We've got all the time in the world

Hackers have programs that systematically test millions of possible passwords. "They go to sleep and wake up in the morning, and the program is still going, testing one password combination after another," says Peter Fellini, a security engineer with Zensar Technologies, an IT and software services firm.

Instead of a password, try a **passphrase**. Use letters and characters from a phrase and include special characters, numbers, and upper- and lowercase letters (*Mary had a little lamb could become mh@LL, for example*). Or consider a password manager such as [LastPass](#), [KeePass](#), or [Bitwarden](#) that generate and remember random, difficult-to-crack passwords. (Even then, some experts recommend unique passphrases for financial accounts in case the password manager gets hacked.)

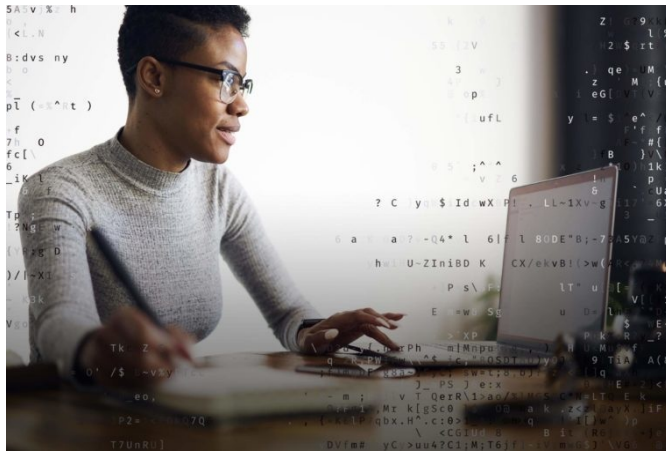


Sviat Studio /Shutterstock

## 3. We love your Bluetooth headset

If you leave the Bluetooth function enabled after using a hands-free headset, hackers can easily connect to your phone, manipulate it, and steal your data.

Always turn Bluetooth off after you use it. Set your visibility to "off" or "not discoverable," and require a security code when you pair with another Bluetooth device.

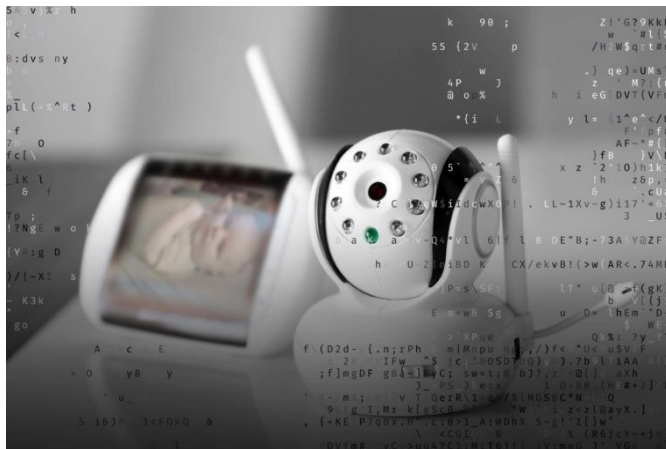


GaudiLab /Shutterstock

#### 4. We get you to surf more deeply

A growing number of cyberattacks are arriving via “drive-by download,” says Giovanni Vigna, PhD, a computer science professor at the University of California at Santa Barbara and co-founder of anti-malware provider *Lastline Inc.* “You visit what looks like a perfectly harmless website,” he says, “but in the background, you are redirected to a series of other sites that send you an attack.” Often even the website’s owner doesn’t know the site has been compromised. Although search engines keep blacklists of known malicious sites, the bad sites are continuously changing.

Make sure you install all available updates to your browser or use a browser that automatically updates, like Firefox. Vigna’s research has found that Internet Explorer users are most vulnerable to these attacks.



Saklakova /Shutterstock

#### We can even infiltrate your baby monitor or smart TV

Remember, your smart device is essentially a computer—and chances are, it’s not a particularly secure one. *Anything in your house that’s connected to the Internet*, from your smart fridge to your climate-control system, can be hacked. In several recent incidents, hackers were able to hijack a baby monitor and yell at a baby. Experts have also shown how hackers can turn on a smart TV’s camera and spy on you.

When setting up smart devices, always change the default password. Most of these devices work from your wireless router, so password protecting your Wi-Fi can also help. Keep up with firmware updates; many devices will inform you when there’s an update available. Otherwise, look for an Update Firmware option in the main menu or settings.



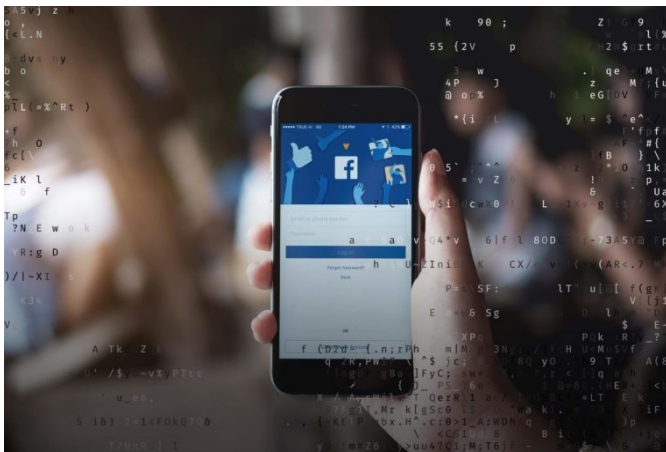


GaudiLab /Shutterstock

## 5. We eavesdrop on free public Wi-Fi networks

Even if you're connected to a legitimate public network, a "man-in-the-middle" attack can allow hackers to snoop on the session between your computer and the hot spot.

Avoid public Wi-Fi if possible, especially unsecured networks without passwords, advise security experts at MetLife Defender, a personal data protection program. Instead, *set up your smartphone as a secure hot spot or sign up for a VPN* (virtual private network) service. If you must use public Wi-Fi, avoid financial transactions and consider using a browser extension like [HTTPS Everywhere](#) to encrypt your communications.



Natee Meepian /Shutterstock

## 6. We lure you with "shocking" videos on Facebook

A friend just posted a video of an "unbelievable animal found in Africa." If you click to watch, you're asked to download a media player or take a survey that will install malware on your computer, says Tyler Reguly, manager of security research at the cybersecurity firm *Tripwire*. It also shares the video with all your friends.

Type the video's title into Google and see if it's on **YouTube**. If it's a scam, someone has probably already reported it. Clear [signs you're about to be hacked](#).



Denys Prykhodov /Shutterstock

## We take advantage of your typos

Fake sites with slightly altered URLs like `microsoft.com` or `chse.com` look surprisingly similar to the real site you meant to visit, but they're designed to steal your data or install malware on your computer.

Double-check the site's address before logging in with your name and password, especially if the home page looks different. Check for `https` in the address before typing in your credit card information.



Rawpixel.com /Shutterstock

## 7. We crack your password on "easy" sites

A 2014 study found that about half of us *use the same password for multiple websites*, making a cybercreek's job easy. "A hacker will break into a soft target like a hiking forum, get your email address and password, and then go to your email account and try to log in with same password," says Marc Maiffret, chief technology officer at *BeyondTrust*, a security and compliance management company. "If that works, they'll look to see if you have any emails from a bank. Then they'll go to your bank account and try that same password."

Use two-factor authentication, a simple feature that requires more than just your username and password for you to log on. In addition to your password, for example, a site may require you to enter a randomly generated code sent to your smartphone to log in. Many companies—including *Facebook*, *Google*, *Microsoft*, *Apple*, and most major banks—now offer some form of this safeguard.

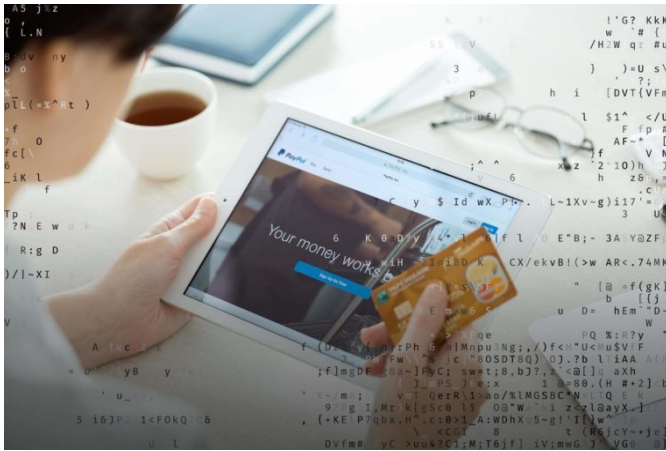


Syafiq Adnan /Shutterstock

## We can easily break into routers that use WEP encryption

Many older routers still rely on a type of encryption called **WEP** (Wired Equivalent Privacy), which can easily be cracked with a widely available software program that anyone can download.

Make sure your router uses **WPA2** (Wi-Fi Protected Access 2), the most secure type of encryption, or at least **WPA**. Click your computer's wireless network icon to check the security type. If your router doesn't give you one of those choices, call your router manufacturer to see if you need to do a firmware update—otherwise, plan to get a new router. Don't forget to change your preset Wi-Fi password, since any good hacker knows the default passwords for all major routers.



Bloomicon /Shutterstock

## 8. We impersonate trustworthy companies

You may get a fake financial warning from your bank or credit card company, order confirmation from a retailer, or social networking invitation.

Remember, most companies never ask you outright for your account information. You can sometimes spot this type of scam by hovering over the address in the From field or by hitting Reply All and looking for misspellings or strange addresses. Also, check to see that the e-mail was sent to you and only you. If you're not sure it's legit, call the company instead.



279photo Studio /Shutterstock

## 9. We debit tiny amounts—at first

Cyber thieves may test-drive a stolen card number by running a small charge under \$10 to see if anyone notices.

**Check your transactions online regularly**—even daily. If you spot a charge you don't recognize, report it immediately to your card issuer.



Pabkov /Shutterstock

## 10. We hacked that ATM you just withdrew cash from

Crooks install cleverly disguised “skimmers” to steal your card information, while a hidden camera or a thin skin over the keypad captures your PIN.

Try to use ATMs inside banks, where it's tougher for criminals to install these devices, and inspect the machine carefully before you use it. “Whenever I use an ATM, I give the area where you insert the card a little tug to make sure it's secure and is really a part of the machine,” Fellini says.

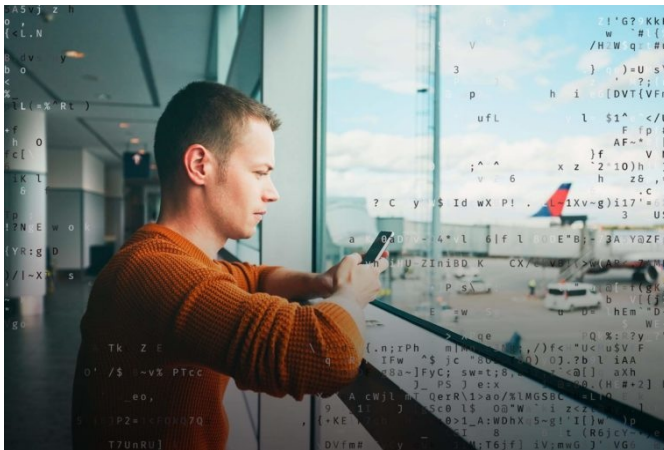


arisara /Shutterstock

## 11. We count on your downloading our free, fake versions of popular apps

These apps steal confidential information or bypass your phone's security settings and subscribe you to premium services. "You choose the free version of a game, it asks for all sorts of access, and you say 'yes, yes, yes' to all the permissions," Vigna says. "The next thing you know, it's sending premium SMS text messages and stealing your money."

Before installing an app, check the ratings and number of people who have installed it—hackers can fake positive ratings, but they can't stop other posters from warning that the app is a trick. Most fake apps have to be downloaded straight from a website, so make sure you always download from an official market like Google Play or Apple's App Store.



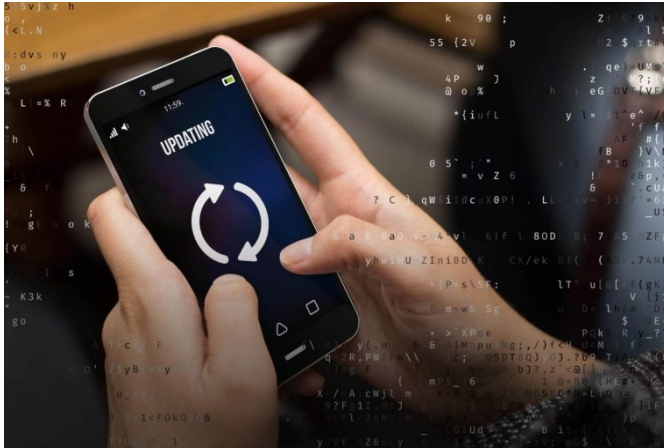
Jaromir Chalabala /Shutterstock

## 12. We love that you always leave Wi-Fi on

Though it's convenient to leave Wi-Fi turned on while traveling with your laptop, tablet, or smartphone, your device will constantly try to connect to known networks. Connecting to [open WiFi](#) can be risky since attackers can identify those networks and set up rogue networks that impersonate them.

Get in the habit of turning off your Wi-Fi every time you leave your home.





Georgejmclittle /Shutterstock

### 13. We fool you with bogus software updates

You know you're supposed to update your software to protect it, but hackers may send you fake updates that actually install malicious backdoor programs on your computer.

If you get a pop-up message about an update, go to the software provider's actual website and check to see if it's real. You can also try closing your browser to see if the pop-up disappears—if it does, it may be a fake.



Kostenko Maxim /Shutterstock

### 14. We can crack supposedly safe retailers

Experts say big brands will continue getting hacked until retailers can better protect their data. Hackers sell your information on the black market, and other criminals then use it to make counterfeit cards that can be used for shopping.

Don't save your financial information when you shop online—check out as a "guest" when you can. If you fall prey to an attack, ask your bank to issue you a new credit card, take advantage of any credit monitoring that's offered, and scrutinize your statements.



Jacob Lund /Shutterstock

## 15. Safety in real life

Readers who recovered from or prevented a cybercrime share their advice:

**Try not to apply for credit cards online**—credit card companies require your Social Security or SIN numbers. Once you put that out there, it's out there forever.

**Avoid debit cards**—they allow hackers much easier access to bank accounts than credit cards do. Also, when logging in to an online account, **never check the box that says "Remember me."** It takes only a couple of seconds to type in your username and password each time, and you don't want that information "remembered."

*A cybersecurity expert from [MetLife Defender](#) helped review and select the best reader tips.*



*Health*

## NEEDS TO BE EDITED

**Live forever: well, a long time, by eating these 9 Super foods**

**LISA BENDALL**

[www.everythingzoomer.com/health/2023/03/01/superfoods/](http://www.everythingzoomer.com/health/2023/03/01/superfoods/)



Photo: Claudia Totir/Getty Images

**Want to live longer? Here's a list of super foods that will help you do so.**

These foods are proven to fight disease, promote cardiovascular health – and potentially add years to your life. Of course, it's important to have variety and balance, but certain choices are meant to be on the menu



more often.

## **1. Olive Oil**

Several studies have linked this versatile oil — the cornerstone of the oft-touted Mediterranean diet — to longevity. Olive oil is high in monounsaturated fats and is known to lower the risk of cardiovascular disease, diabetes and high blood pressure. It may also offer some protection from Alzheimer's disease. Gimme some skin...if you're going to live long, might as well have great skin! Olive oil can be applied as a moisturizer. Choose good-quality extra-virgin oil and use it sparingly.

## **2. Berries**

All fruits are good for us, particularly coloured berries, high in flavonoids, and known antioxidants. The anthocyanin pigments that provide their intense colour have a number of disease-protective properties. And you can eat their skins, in which healthy compounds are more concentrated, Berries have been shown to reduce high blood pressure and the risk of a heart attack. *Tip:* Go outside the berry box and explore exotic berries like goji and acai.

## **3. Salmon**

Salmon is packed with omega-3 fatty acids, an essential nutrient that we can only get from a diet eating salmon appears to reduce heart failure, as long as it's served healthfully – baked, *not fried*. Salmon is key in lowering inflammation in the body. Other top-finned friends: mackerel and bluefish. You can take a fish out of water, but you can't take the oil out of the fish. Research has shown that fish oil supplements don't provide the same protection against heart failure as *eating actual fish*.

## **4. Whole Grain Fibre**

In a study that tracked more than 300,000 men and women over the age of 50, those who had the highest amount of fibre in their diets, especially from whole grains, were the least likely to die over the years that followed. (The same study revealed that they kept their looks longer, too!) Whole

grains are known to help the heart, fight cancer and help ward off diabetes. You don't need a whole lot Try a variety of whole grains like oatmeal, millet, brown rice, and amaranth.

## **5. Dark Chocolate**

Does it still count as a superfood if it tastes like a super treat? The cacao tree originally grew in Central and South America, and its beans were used as money. Research has linked the consumption of cocoa to liver and cardiovascular health and mental fitness. Heart of darkness...take it dark (at least 65 percent cocoa) if you want all the benefits. Milk chocolate and white chocolate don't contain as many flavonols (antioxidants), plus they may be high in fat and sugar.

## **6. Nuts**

Nuts such as walnuts, almonds, and pecans are known to improve your cholesterol levels and may help to protect against blood clots and heart attacks. Research shows they can also control your blood sugar, curb your appetite and help you manage your weight. In a study of more than 100,000 men and women, the results showed that those who regularly ate nuts lived longer and healthier lives. Go natural....nuts are a whole lot healthier eaten without sugary or salty coatings.

## **7. Greens**

Yesterday it was spinach, today it's kale, but it's all good. Dark green leafy vegetables (other top choices are collards and turnip greens) are high in vitamins, magnesium, calcium, and cancer-fighting compounds. They protect your bones and eyesight and may contribute to high-quality old age. What a bargain...greens are high in fibre but low in calories, so they make you full without making you fat.

## **8. Legumes**

Studies show that a diet high in legumes (beans, lentils, and chickpeas) appears to prevent coronary heart disease and improve blood sugar. An Australian study of seniors in four countries found they all had something

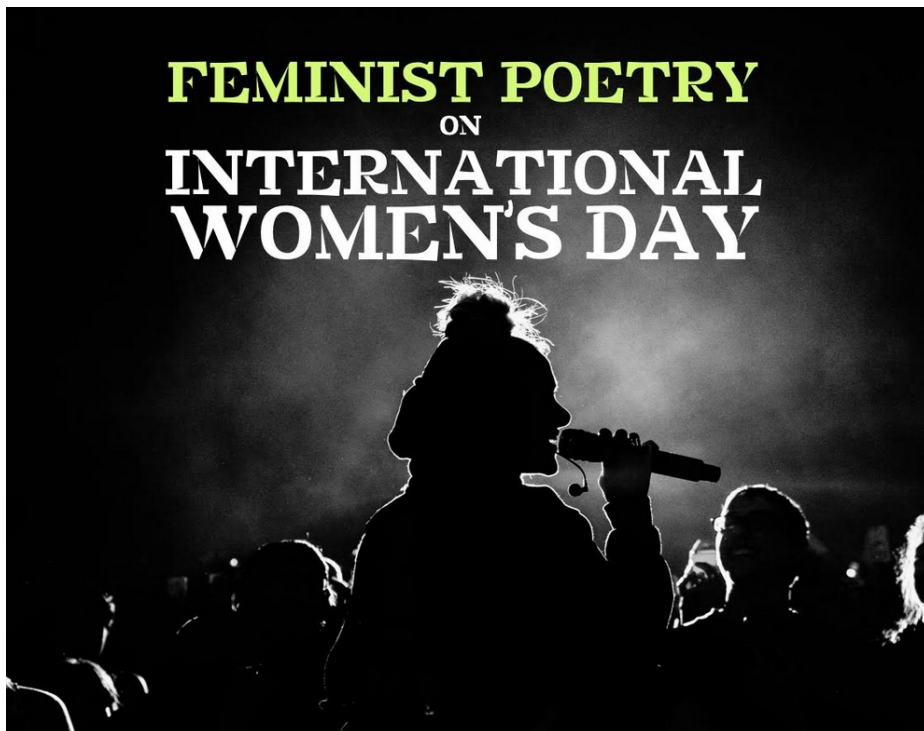
in common: those who ate the most legumes were most likely to be alive seven years later. Are they nuts? Well, no. Peanuts are actually legumes. But in a 2013 study showing that people who eat nuts daily live longer, the peanut was one of the “nuts” studied. Another legume for longevity!

## **9. Yogurt**

We like yogurt because it gives us all the vitamin, mineral, and calcium benefits of a dairy product. But it also contains *Lactobacillus acidophilus*, a friendly bacteria that can wipe out disease-causing micro-organisms in our bodies. Yogurt is used to treat everything from high cholesterol to Type 2 diabetes to intestinal disorders. Eating yogurt appears to strengthen the immune system. For the most health potential, pick low-fat plain yogurt with five grams of protein or more per serving.

*So live long and prosper!*

## ***Feminist Poetry: Canadian women writers***



Poster by *Gavin Barrett*

On March 8th, the International Women's Day, the *Feminist Caucus of the League of Canadian Poets* (LCP) organized an online event in support of women poets, building poetic communities of inclusive and equitable free expression, and promoting Canadian poets and poetry.

Event attendees heard the poetry read aloud the way it was intended to be heard, from the lips of the very authors who wrote it.

The poetry ranged over a wide spectrum of topics and themes addressing trans women, women artists such as the Mexican Frida Kahlo, addressing discrimination

against immigrant women in Canada, pets, grannies, left-handed people, criticism of world autocracies, and discrimination of Canadian Indigenous peoples. This was poetry with powerful points.

The poems were dramatic and emotional, packing political wallops that undoubtedly jarred the consciousness of the listeners. The poets personified the political and social voice of society today, ignoring the potential danger to themselves. They criticized autocratic rule and social oppression, theocratic dictatorships with their death sentence fatwahas under the guise of religious doctrine. Listeners may have been reminded of the Salman Rushdie fatwah. The horror of Auschwitz and the Holocaust was poignantly revisited with the warning that the forgotten past can become the repeated present.

There were uplifting and spirited poems too: reminiscences of a grannie who was the heart of an intergenerational family, recollection of the boundless love a dog has for its owner. Left-handed people could easily empathize with the poem about ‘lefties’ and how they were mistreated in schools in the past. More than 700 million people in the world are left-handed.

Then there were the cultural poems read in native languages, Spanish, Romanian, Persian, and Indigenous, reminding the listeners that poetry is not the sole monopoly of the English language. Listeners with alternate language skills likely appreciated hearing poetry read in various native tongues...*in Canada, no less.*

This valuable and entertaining literary event for which all fifteen poets and the Feminist Caucus Chair *Diana Manole* should be highly commended and complimented.

**Stay tuned for more from the *Feminist Caucus of the League of Canadian Poets* and Professor Diana Manole, Trent University English Literature Department.**

The poets who presented were:

***Lillian Allen***

Lillian Allen is an acclaimed foremother of Canadian Poetry. She is a poet, writer/performer, and long-time arts activist. She is an international exponent of dub poetry with its politically charged reggae-infused aesthetic of resistance, a call to poetic arms. Lillian has also been a successful Cultural Strategist who played a key role in transforming the

Toronto and Canadian cultural landscapes and is a mentor to the mentors, mentoring individuals and groups across many cultures.

***Joanne Arnott***

Joanne Arnott is a writer, editor, and arts activist based on the west coast. She's published ten poetry books/chapbooks, and edited a dozen volumes by others. Poetry Mentor (The Writers Studio), Poetry Editor (EVENT Magazine), and Shadbolt Fellow (2022). Joanne is a co-founding member of Aboriginal Writers Collective West Coast.

***Jónína Kirton***

Jónína Kirton, a Métis Icelandic poet received the 2016 Vancouver Mayor's Arts Award for an Emerging Artist in the Literary Arts category. Her second collection of poetry, *An Honest Woman*, was a finalist in the 2018 Dorothy Livesay Poetry Prize. She just released her third book, *Standing in a River of Time*.

***Padmaja Battani***

Padmaja Battani writes poems, book reviews, and sometimes fiction. She has received an MA in English Literature. Her work has appeared in Sierra Poetry Festival, Trouvaille Review, New Pages, Coffee People Zine, Bitchin' Kitsch, Tarot Poetry Review, Black Cat Magazine, and elsewhere. She is currently working on a poetry collection.

***Moni Brar***

Moni Brar was born in India and now lives on Treaty 7 territory. She was the winner of the 2022 Lieutenant Governor of Alberta Emerging Artist Award and a finalist for the Montreal International Poetry Prize. Her work appears in *Best Canadian Poetry*, *Literary Review of Canada*, and *Passages North*.

***Anabelle Aguilar Brealey***

Anabelle Aguilar Brealey was born in Costa Rica, spent more than four decades in Venezuela, and has lived in Canada since 2014. She has published 19 Spanish-language prose and poetry books. She - *Wolf Trail / Rastro de loba / Le sentier de la louve* (2022) is her three-language poetry anthology published in Canada.

***Anne Burke***

A Full LCP member, Anne Burke was on National Council, Membership and

Caucus Chair; President of the Writers Guild of Alberta, and of Alberta Magazine Publishing Association. She received the Alberta Centennial Medal, the Elizabeth II Golden, Diamond, and Platinum Jubilee Medals, for contributions to Alberta and Canada.

***Katerina Fretwell***

Katerina Vaughan Fretwell's ninth poetry book, and art, is *We Are Malala*, Inanna 2019. Her eighth, and art, *Dancing on a Pin*, Inanna 2015, was long-listed for the Lowther Prize, part of the International Festival of Authors Battle of the Bards, and five of the poems placed Runner Up in *subTerrain's Outsider Poetry Contest*. Fretwell's poems are in *Poets in Response to Peril*, *Provoked by Place*, and other recent anthologies.

***Heidi Greco***

Heidi Greco lives and works on the Territory of the Semiahmoo Nation in Surrey, BC. Her poems, essays, reviews, and short stories have been published in print and online. Her most recent book, *Glorious Birds*, (Anvil Press, 2021) celebrates one of her favourite films, *Harold and Maude*.

***Vivian Hansen***

Vivian Hansen writes and works in Calgary, as an immigrant settler in Treaty Seven territory. Her poetry encompasses landscape, women's issues, and immigration stories. Vivian teaches creative writing at the University of Calgary. Her most recent book of poetry is *CrawlSpace* (Touchwood Press).

***Penn Kemp***

Penn Kemp has participated in Canadian cultural life for 50 years, writing, editing, and publishing poetry, fiction, and plays. Her first book of poetry, *Bearing Down*, was published by Coach House, in 1972. She has since published 30 books of poetry, prose, and drama, 7 plays, and 10 poetry CDs.

***Diana Manole***

Diana Manole is an award-winning proudly hyphenated Romanian Canadian writer, artist, and scholar. Her recent poetry was published in English and/or in translation in eleven countries, including the UK, the US, China, France, Spain, and Canada. *Praying to a Landed-Immigrant God* is her seventh collection of poems (Grey Borders Books 2023).

### ***Susan McCaslin***

Susan McCaslin has published sixteen volumes of poetry, including her most recent, *Heart Work* (Ekstasis Editions, 2020). Her selected poem, *Into the Open*, was published by Inanna Publications in 2017. In 2012 Susan initiated the Han Shan Poetry Project that helped save an endangered rainforest near her home outside Fort Langley, BC.

### ***Jennifer Wenn***

Jennifer Wenn is a trans-identified writer and speaker from London, Ontario. Her first poetry chapbook, *A Song of Milestones*, was published by Harmonia Press. Her first full-size collection, *Hear Through the Silence*, was published by Cyberwit. She has also published in numerous journals and anthologies. <https://jenniferwennpoet.wixsite.com/home>

### ***Bänoo Zan***

Bänoo Zan has over 250 published poems and other pieces as well as three books, including the collection of poems, *Songs of Exile and Letters to My Father*. She founded *Shab-e She'r (Poetry Night)*, Canada's most diverse and brave reading series. Bänoo is Writer-in-Residence at the University of Alberta, Sept 2022-May 2023.

***The Feminist Poetry event of International Women's Day was an absolutely wonderful experience!***

### ***Mission statement***

League of Canadian Poets:

The Feminist Caucus of the League of Canadian Poets strongly and uncompromisingly champions the rights of those who identify as women and/or feminists in Canada and worldwide. Our mandate is to celebrate, promote, and support women's creativity within the League and beyond. We oppose systemic misogyny, anti-feminist traditions, and rights-restrictive cultural relativism and commit to take action against any infringement of women's rights and their creative work. The Feminist Caucus respects and advocates for equality and freedom of expression in its practices and membership.



## **PICKERING Bits**



### ***SOUTH PICKERING SENIORS' CLUB ASSOCIATION***

This club is an association of seniors with the goal of enriching the lives of their members. For more information, click on the various subtitles listed below:

**[SPSCA website](#)**

**[SPSCA detail description](#)**

**[SPSCA activities schedule](#)**

Whether you are a senior on your own or a couple, this social club is a great opportunity to make additional friends, get involved in health-benefitting activities, and add to your social life with enjoyable groups of people like yourself. Really worth looking into!

Talk to ***president, Ed Fry***, a really affable guy, Ph: 905 420 5049



### ***ROUGEMOUNT COMMUNITY & RECREATION ASSOCIATION***

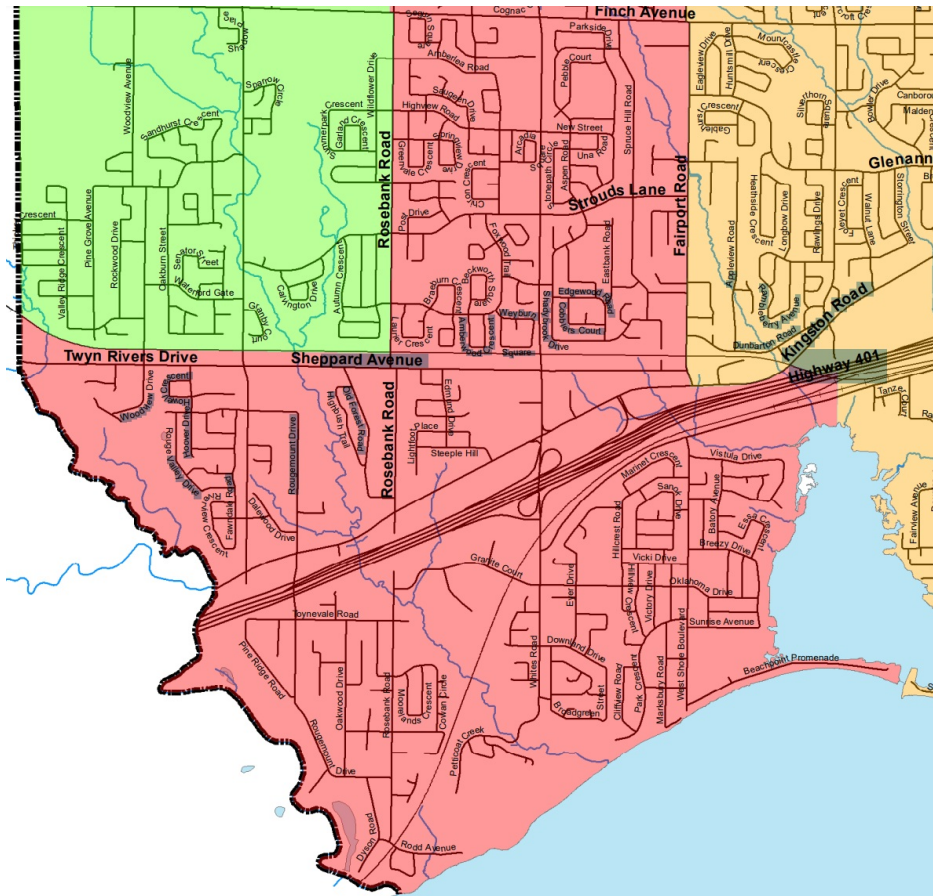
A neighbourhood association aiming to develop neighbourhood integration and to help neighbourhood residents with mutual support.

***More information coming in MAY***

#### ***The boundaries***

The boundaries of the Rougemount Community Association (*Petticoat Creek, the*

*Rouge River, Sheppard / Twyn Rivers and south to the 401) and Ward 1 are approximately the same as displayed on the map below:*



# Crossword

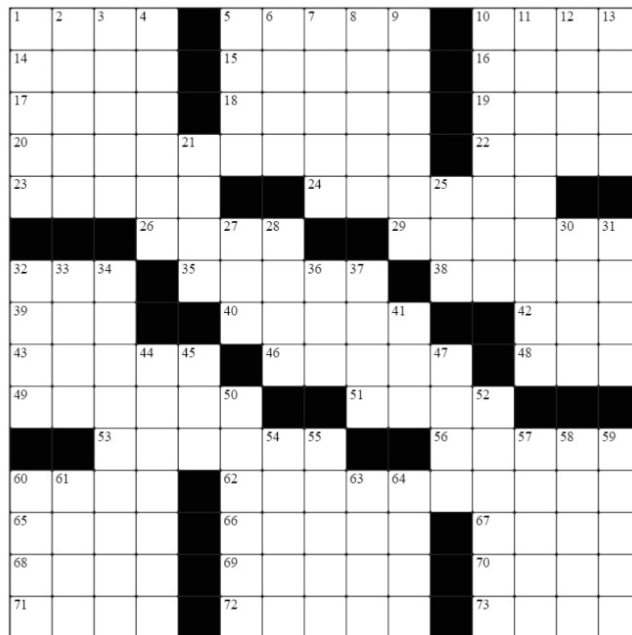
*In Proper Place*

*By Sandy Fein*

*Readers' Digest.ca*

## ACROSS

1. "One \_\_\_ meat is another . . ."
5. Grind, as teeth
10. Typical Saudi
14. Frequently
15. State-run numbers game
16. \_\_\_ monster (Arizona lizard)
17. T. Rex, for one
18. Arctic ice house
19. Swelled heads
20. On the up-and-up
22. Mothers and daughters
23. Stingy person
24. Headgear at Aspen
26. Speaks
29. Baby "bald" bird
32. Everyone
35. Searches for
38. Lathered up
39. General Robert E. \_\_\_



40. Beer mug
42. Small bite
43. Not qualified
46. Goopy pancake topping
48. Earth-friendly prefix
49. "Semper Fi" and "Be Prepared"
51. Bad mood
53. Camera-lens settings
56. Remove pencil marks
60. Aluminum wrap
62. In the hull of a ship
65. Swedish furniture
66. Foe
67. Take a crack \_\_\_ (try)
68. Condiment in a shaker
69. Non-studio movie, for short
70. Auto wheel
71. Jekyll's alter ego
72. Finals and midterms
73. Location
2. Suspect's explanation
3. Prohibited things
4. Places for teakettles
5. Smooth-talking
6. Canceled, at NASA
7. Book of maps
8. Bird on "It's a girl!" signs
9. Sweatshirt with a head cover
10. A long time in the past
11. Freeway path for slower cars
12. Skin-soothing ingredient
13. Deep voice
21. Memorable periods
25. Possesses
27. "Permission granted"
28. Full collections
30. Monumental story
31. Printing error, for short
32. Grad
33. Jay once of "The Tonight Show"
34. Position behind shortstop
36. Door opener
37. Titles for knights
41. Convent resident
44. "I really should be zees going"
45. Two-year-old
47. \_\_\_ Piper of Hamelin
50. "Amen!"
52. Picks up the tab
54. Tube-shaped pasta
55. Snow gliders
57. Second part of plays
58. Garment worn with a blouse
59. Lauder of cosmetics
60. Tuna or shark
61. Give approval for
63. Leave out
64. Letters before

## DOWN

1. Polite female title

1	M	A	N	S	5	6	7	8	9	10	11	12	13
2	A	R	A	B	14	15	16	17	18	19	20	21	22
3	A	B	O	V	E	23	24	25	26	27	28	29	30
4	M	I	S	E	R	31	32	33	34	35	36	37	38
5	A	L	L	S	A	39	40	41	42	43	44	45	46
6	L	E	E	S	T	E	I	N	S	47	48	49	50
7	U	N	F	I	T	51	52	53	54	55	56	57	58
8	M	O	T	T	O	59	60	61	62	63	64	65	66
9	F	O	I	L	A	67	68	69	70	71	72	73	74
10	F	O	I	L	A	75	76	77	78	79	80	81	82
11	I	K	E	A	83	84	85	86	87	88	89	90	91
12	S	A	L	T	92	93	94	95	96	97	98	99	100
13	H	Y	D	E	101	102	103	104	105	106	107	108	109

# Sudoku

Source: Readers' Digest.ca

Responding to reader requests for more difficult puzzles, here is a Soduko that is **HARD**

	8				1		3	
			5	2		6	1	
	5	6	9				2	7
								6
	1	4	6	7	2	3	9	
7								
8	7				6	1	5	
	2	1		5	9			
	4		8				6	

3	4	5	8	1	7	9	6	2
6	2	1	4	5	9	7	8	3
8	7	9	2	3	6	1	5	4
7	6	8	3	9	5	2	4	1
5	1	4	6	7	2	3	9	8
2	9	3	1	8	4	5	7	6
1	5	6	9	4	3	8	2	7
4	3	7	5	2	8	6	1	9
9	8	2	7	6	1	4	3	5

## ***Better navigation of BOOKz, COOKz, NOOKz***

Recently, I have been involved with researchers with the goal of making the digital world easy, particularly for residents of the City of Pickering. They are looking for ways their website can be improved for the local population who visit their website.

In that regard, I asked myself some questions about my website: can its navigation be improved? How? Can it be made clear, less cluttered?


What do you think? Will you please take a few moments to write a suggestion or two for improving my website at [BOOKz, COOKz, NOOKz](#). This will benefit all users of the website, not just the older ones.

Please send your suggestions to Richard at [richardszpin@gmail.com](mailto:richardszpin@gmail.com)

Some tips to make your exploration easier:

### ***1. Use the search boxes:***

There are two search boxes at the top of the [BOOKz, COOKz, NOOKz](#) page:



***Search by Topic***

You type in what you are looking for, an approximate wording. The site will try to find if it has been has any posts about it.

***Search by CATEGORY***

This is a drop down list of categories used on the site. Click the arrow on the right to read the available categories. Then, click the category of your choice to display any posts associated with it.

### ***2. Click on a widget that interests you:***

search by CATEGORY ( under  
repair )

ARTIST



*Editorials*



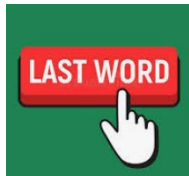
*Hot Topics*



*Pickering*



*Productivity*



[BOOKz](#), [COOKz](#), [NOOKz](#) aims to help adults of all ages, with researched advice, information sourced from professionals and ideas from experienced specialists.

The information is provided at no charge to site visitors and presented in a comfortable and easy-to-navigate format.

Thank you for feedback confirming that many people read the monthly newsletters.

Your support and feedback makes all this effort very gratifying. Again, thank you.

We wish everyone....



**Richard**  
**Nadia & Fermo too !**

