
The *Szpinner*

You can't change the people around you, but you can change the people around you

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**HAPPY NEW YEAR
2022!**

Undeniably, “2021 was a horrendous year,” one to forget. Less dining out, if any; fewer trips, if any; smaller gatherings, if any. Begin the new year with these resolutions as priorities: self-boosting to beat back COVID fatigue, continuing all necessary precautions and getting fully vaccinated/boostered for our sake as well as for the sake of our family and friends.

Happy New Year Everyone !

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Editorial:



News ‘Confewed’??

News, televised, printed, broadcast, all news is becoming more and more confusing. We are being bombarded by news from every direction: TV, radio, newsprint and each little bit causes greater confusion and greater anxiety.

News should be just that: new information about events happening in the world and around us locally. Plain, simple, succinct and concise, without subjective analysis, personal biases, network slants, or publishers’ prejudices.

Those were the days

‘Remember the good old days?’ may have some merit here now. Try these

on for size depending on your age and country of residency:

Walter Cronkite, Huntley & Brinkley, Peter Mansbridge, Lloyd Robertson, Barbara Frum, Lisa LaFlamme, John Chancellor, Edward R. Morrow. Now that was news broadcasting. Printed news? *Christiane Amanpour, Robert Woodward, Carl Bernstein, Rex Murphy, Kevin Newman...* some of these purveyors of honest news still practice their craft today. These were/are reporters worth hearing, worth reading, reporters who delivered the news, clearly, concisely, with no adulteration...just the news.

News today

News today is unreliable, untrustworthy and lacks the professional integrity of bygone times. Every report displays bias and some subjective opinion rather than doing neutral, objective reporting. Additionally, today's news is filled with contradiction and conflict resulting in more confusion and jumbled understanding. One broadcaster will report these numbers; the next totally different and contradictory numbers. Adding to the chaos of clarity, there is emotional tainting of the news, sensational labeling, emotion riddled descriptions and bombastic accounting. "Sensationalize it to sell it. Facts be damned."

You choose

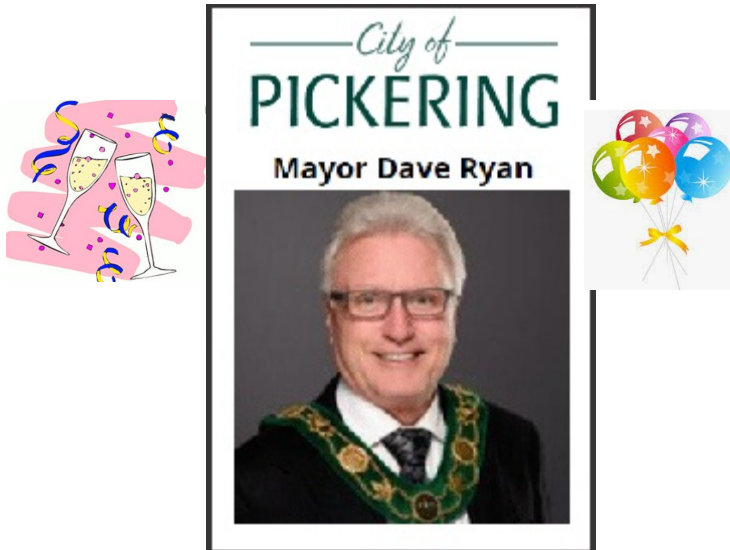
Be selective in what you choose to watch and/or read for news. If the majority of the news is violent, crime-related, catastrophic, war-torn news, consider a new source of news. If your news sources titillate, provoke and stir your emotions, consider what you are willing to accept, and how much. After all, you control what you want to view or what you want to read.

Your news sources

We will not suggest you stop viewing or reading the news. Instead, we suggest you refine your news sources. Select ones which you feel are trustworthy and give you 'clean' information. Keep it simple, just two or three sources, should keep you up with the news, giving you information and keeping you on top of what's going on around you in the world and locally.

You're in control.

CITY DESK



HAPPY NEW YEAR:

I would like to take the time to wish you all a very happy New Year. It's certainly been another challenging year and it's safe to say we're all anxious to return to normal in the not-too-distant future.

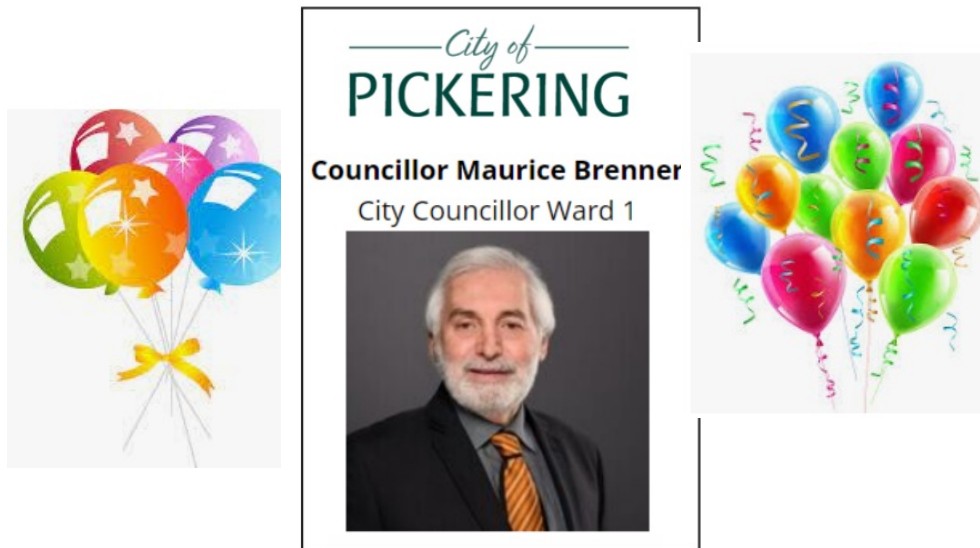
We're saddened by the tragic toll the pandemic has taken on so many people in Pickering and around the world – all the more reason, I believe, to reflect on our blessings, including our incredible emergency responders, health care workers, essential staff, and front-line employees who have rightfully earned our collective praise and appreciation for risking their own personal health and well-being in order to safeguard our community, protect our health care system, and ensure that our families have food on the table and all of the essentials to keep us safe and comfortable during the pandemic.

We've seen many acts of kindness big and small right here in our community, and I am proud to lead a community that has demonstrated such resilience, faith and strength during these unprecedented times. I am sincerely grateful for everyone in

our community who has stepped up to keep our community safe and look forward to a new year in which we can together move forward on exciting projects like the City Centre and our commitments to sustainability and inclusivity.

I wish you the very best for a safe, happy, and healthy 2022.

Mayor Dave Ryan



Welcome 2022

HAPPY NEW YEAR:

2022 is the start of a New Year and a New Beginning. While we remain in the claws of yet another stream of COVID-19, there is still much to look forward to in the year ahead.

1. The City continues to embark on the New City Centre Plan with emphasis of a New Senior (Older Adult) and Youth Centre.
2. A new Central Public Library that addresses the literacy needs of all ages both in print and digital
3. A Performing Arts Centre to provide a venue for both theatre and musical entertainment.

By now you are probably asking, how much will it cost and who will pay? The approval for this 213 million dollar project is conditional on NO IMPACT ON THE TAX PAYER. It is intended to be paid for through Development Charges, Casino Revenue and the sale of our Shares with Elexicon, If this condition is met, our target is ground breaking late 2022 and completion by 2025.

Equally exciting is the ground breaking for a NEW Animal Services Shelter which we are aiming for late 2022 early 2023 once the Design Drawings are complete.

While these capital projects are great, Older Adults will be seeing increased levels of programs through our Recreation Department as part of our Older Adult Age Friendly- 55 Plus Strategy which I am pleased to have helped to steer as a member of the Provincial Age Friendly Committee.

I would like to personally thank Richard and all of you for your continued support and input of ideas as we continue to work to make PICKERING an AGE FRIENDLY COMMUNITY. Your feed back is important. You can reach me at:

Maurice Brenner

Durham Regional Councillor Alternate

City Councillor Ward 1

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Web: mauricebrenner.ca





HAPPY NEW YEAR:

We all have had struggles and challenges in 2021, so in some ways it is nice to turn the page to 2022. I hope the New Year finds us all happy and healthy. 2022 won't all be rainbows and unicorns but by pulling together, helping each other and putting our best foot forward I am hopeful each of you, all of us, and the City of Pickering have a great 2022. Stay safe all.

David Pickles

Deputy Mayor

Regional Councillor - Ward 3

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New Year's resolutions

meh !



New Year's resolutions are our attempts to improve ourselves and our lives. Even if you think things are going great, give your life a consideration and assessment. Any areas need attention? Improvement? Consideration?

Here's a *structure or blueprint* to help you in your planning for 2022.

1. **Write down what you want**

To write a book? Eat healthier? Learn a new language? Learn a new hobby?

2. **Write Down Your Next Steps**

Once you've figured out what you want, write the steps that will move you toward that goal: A new book? Brainstorm its ideas, or write an outline for it, write an intro.

Keep your next steps short and simple so you can accomplish and move a little more toward your goal each day.

The key to accomplishing big things is to get started and keep going. So keep it simple to increase your successes.

3. **Take Action**

Once you have your goals set and your steps outlined, it's time to get started.

Examine your list and pick one thing you can accomplish today.

The results will amaze you and reinforce your efforts to do even more if you follow this process every day or every week.

It's a process, one step at a time.

BOOKS

EASE BEDTIME BATTLING





When you were very young....

Did someone read to you at bedtime? Such a tradition and habit for some family homes and their children!

Our little guy, *Fermo*, knows about the habit.

Fermo had bedtime anxiety

When he was just 12 weeks old and new to our home, Fermo feared bedtime. Crated for his security in the laundry room and until he knew more about bathroom procedures for a puppy, he seemed accepting of the process until the light went off. Then the whimpering and crying began.

Reading to him

We found a solution. Sitting on a stool beside his bed-crate, I would read a story to him, softly, soothingly. In a few minutes he would be breathing the soft breaths of sleep. Lights off, I would stand at the laundry room doorway, waiting and listening. He never woke up and did not cry again every night we did this routine.

Do you have young ones challenged with bedtime routines?

Consider the *Fermo night time reading solution* for your own loved ones. Here's a selection of books written by acclaimed Canadian authors who have created children's stories ideal for bedtime reading:

Bathtime Fun!

years

Kathleen Gauer

[LINK to author's site](#) 4-7

For No Reason

years

Kathleen Gauer

[LINK to author's site](#) 4-7

High in the Sky

years

Kathleen Gauer

[LINK to author's site](#) 4-7

The Wish Carvers Kathleen Gauer [LINK to author's site](#) 4-9 years

Bushyhead Peta-Gaye Nash [LINK to author's site](#) 4-10 years

On a Higher Hill: A Christmas Journey S. E. Tee [LINK to author's site](#) 4-7 years

Emotional Animal Alphabet (series) Sandra Wilson [LINK to author's site](#) 4-7 years

Super Kids Save the World (series) Sandra Wilson [LINK to author's site](#) 4-10 years

Feeling Empty (series) Sandra Wilson [LINK to author's site](#) 4-10 years

Give your young one a “Gift card promise”

Consider giving your youngster a gift card promising some specific reading periods for the bedtime. The books in the book list will bring a whole new value to bedtime routines for your loved ones.

FOR ADULTS



FOR ADULTS

A Shield in the Shadows Cheryl Bristow [LINK to author's site](#)

Be the Awesome Man Dennis Gazarek [LINK to author's site](#)

[site](#)

Courage, Sacrifice & Betrayal Rick Pyves [LINK to author's site](#)

Night Madness Rick Pyves [LINK to author's site](#)

Rag Dolls and Rage Sheila Tucker [LINK to author's site](#)

The Henna Artist Alka Joshi [LINK to author's site](#)

The Secret Keeper of Jaipur Alka Joshi [LINK to author's site](#)

Towards the Light Eva Henn [LINK to author's site](#)

Unborn. Untold. Ruth Coghill, S. Davidson [LINK to author's site](#)

Whacked Dennis Gazarek [LINK to author's site](#)

Click any author's link whose purchasing website interests you.



We love books. So we offer you a few suggestions for your reading pleasure.

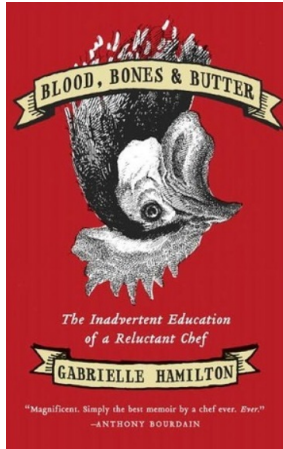
Richard recommends:



Stanley Tucci is a well known character actor, *The Night Hunter*, *The Devil Wears Prada*, but he also writes besides doing movies and TV documentaries.

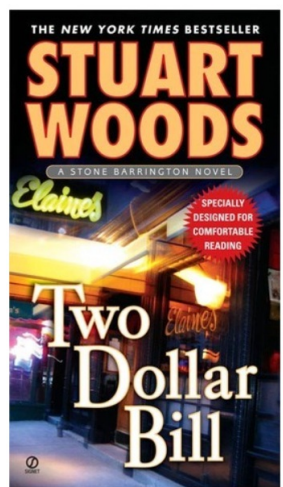
“Taste: My Life Through Food” is a poignant glimpse at an American Italian who loves his Italian roots deeply.

Great book, great recipes to try. See <https://www.szpin.ca/taste-my-life-through-food-by-stanley-tucci/>



Gabrielle Hamilton is the female reflection of Anthony Bourdain. Arguably a Cordon Bleu chef, unarguably an out-standing writer. You will be amazed at her writer which has richer flavour than any of her dishes.

Very readable. See more at <https://www.szpin.ca/blood-bones-and-butter-gabrielle-hamilton/>



Stuart Woods is our favourite writer by far. A composer of adult comic books in literary form, each one entertaining, enjoyable and engaging.

We especially enjoy his Stone Barrington series as they are crime, sleuthing and mahem taken to entertaining heights.

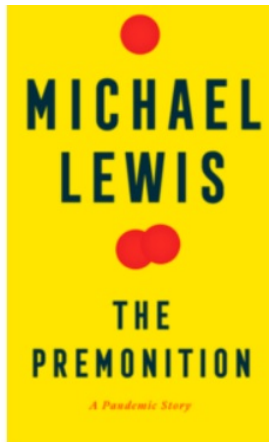
Very enjoyable reading. See more at <https://www.szpin.ca/two-dollar-bill-stuart-woods/>

Heather recommends

Heather Stuart is a voracious reader who reads an eclectic assortment of books. Her selections are always erudite and confirm a very intelligent and analytical mind. Of course, what would you expect from a retired school administrator. Thoughtful but also thought provoking...

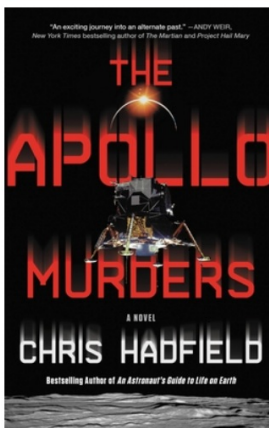


Read her reviews at <https://www.szpin.ca/category/stuart-reviews/>



Arguably the greatest power in the world, the United States of America was brought to its knees by a wee, tiny, little germ, virus to be exact, COVID. Michael Lewis' will alarm you with its revelations and incompetence exposure in the governments and medical institutions in America.

A frightening read. See more at <https://www.szpin.ca/the-premonition-michael-lewis/>



What do you do up there orbiting the earth at over 25,000 kph? Chris Hadfield composes and plays his portable musical instrument, his voice. He also writes and composes literary works as he speeds around earth.

Heather says this man is beyond just amazing. He's way beyond us all. Your local library can hold it for you but the wait will be months due to the unearthly demand.



WAGGERS

WAGGERS is a writers association comprised of writers, experienced to newbies, published to unpublished, digital to hard copy, and all genres, who are united in their energetic commitment to the association and its mission.

The mission of WAGGERS is to support and help writers with advice and suggestions from experienced and published writers..

MODERATOR

As founder and former moderator of WAG, I learned that writers are busy, have limited time, would like to help fellow writers but are bound by their own responsibilities which limit their volunteer time. Hence, the birth of WAGGERS. WAGGERS are asked to demonstrate their commitment with active, constructive periodic contributions, to *'walk the talk.'* The commitment is not onerous, nor time-consuming but it is constructive and active. The core founders are committed to helping regularly though not at the expense of their own work. They are willing to share ideas and advice periodically but regularly.

For more about WAGGERS, please confer with the WAGGERS section of www.szpin.ca

WAGGERS

WAGGERS are encouraged to be more active, more energized and a little more other-focused.

At this time, we are in development to see how we can become better at assisting all writers. Yes there are other writer help groups and we wish them well. Our WAGGERS mission is to develop ourselves into being better assistance.

Our Invitation

If you are a writer interested in giving other writers a little help, we invite you to join WAGGERS by contacting Richard at zippyonego@gmail.com



FUN STUFF

The Calculator

Want to calculate something, loan payoff, what generation you belong to, depression, money information, love calculator? This site has numerous calculators to help you and categorizes them into easily understood groups at this link: [CALCULATOR](#)

The James WEBB Telescope

The space sailing device is an amazing piece of technology developed by NASA to learn more about the our origins. For those of you with an astronomy/science bent, visiting the site will open the door to some long and interesting exploration. Enjoy the link: [WEBB](#)

BOOKz, COOKz, NOOKz

We would be sadly remiss if we did not tout our own website. Years in the works, it is a passionate hobby that takes up more time than I should devote to it, but the many positive comments received motivate and encourage me to continue. It's a challenge but what a pleasure to publish! Visit my web site at www.szpin.ca and explore it. I appreciate hearing the feedback from you.

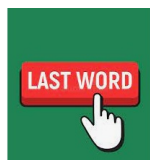
Upcoming events



Thu, 6 Jan, 6:30 pm - **WAG CRTQRS** meeting

Tue, 18 Jan, 7 pm - **WAGGERS** meeting

Tue, 18 Jan, 7 pm - Happy Birthday!



May I wish you and your family a healthy and safe new year. May it be filled with joy, love and all that you hope for...

Best,

Richard 

