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## Editorial

As I began writing this editorial in the last month of the year, tortured by writer's block, I thought, "It's Christmas." Work with that in mind.

However, the state of much of our current world troubled me: corporations making record profits via price gouging, pandemic repercussions impacting every part of our society, climate catastrophes throughout the world, social upheavals everywhere with problems from ageism to misogyny, from racism to xenophobia.

Rather than looking for whom to blame for all these problems, maybe an attitude change is called for in this new year.

A recent middle-aged dinner guest said, "We resolved serious problems before. The new generation will resolve them again." Great attitude!

In that light, where does that leave us?

Well, Christmas has passed, and a new year is upon us. Consider a personal attitude change as a possible New Year's resolution. Continue the spirit of Christmas into the new year. These ideas may get you started on that resolution.

Forgotten family members? Ignored certain family members for too long? Embarrassed to contact them? Ashamed? Forget that omission. Instead, just call them. Say hello and catch up. You'll be surprised at the conversation that follows.

Allowed friends to drift away? Forget the reasons for the abandonment. Just call them. You'll be surprised at how the conversation flows.

See the homeless person begging at an intersection? Will it bankrupt you to dig into your pocket for some coins? For them, a toonie or loonie may mean more than just a cup of coffee, a brief respite from the cold.

Readily criticizing people? Can you cut them some slack? Sure, that politician may be veering away from an election promise, maybe even contradicting it. Years ago, "*Trudeau the Senior*" campaigned for "no wage and price controls" only to make a 180-degree turn after being elected. Situations change. Cut people some slack, at

least for a while. Even Premier Ford deserves a day's break, but just one! After all, it's a new year.

That waiter, screwed up your order, served you more slowly than you would like? Life's like that. Cut the server some slack. He or she is doing as best as they can. They know failure to perform well may mean job loss. They're doing the best that they can.

The world's upside down. Cut it some slack. Particularly at this time of the year, the beginning of a new year.

And even if you are a non-believer, restore the spirit of Christmas to the new year. Consider applying it to the new year, just for a few days. Give it a shot.

Remember the real meaning of Christmas and launch the new year with that outlook.



## **WEBSITE UPDATES**

***BOOKz, COOKz, NOOKz*** was dedicated to “older adults” originally. The line for ‘older’ has blurred. Many seniors no longer feel old in the stereotypical, old-fashioned way. The website has been updated to reflect this new thinking.

Some features of the website may need a little explaining to make them easier to navigate.

### ***WIDGETS***

WIDGETS are short cuts to particular sections, on the website or on Internet sites. They are *clickable sidebar icons* that appear on every page you explore.

### ***COMPLIMENTS & COMPLAINTS***

This section was created to give site visitors the opportunity of presenting their opinions, compliments and/or complaints. Your opinion is valuable and I would like others to benefit from it.

### ***Search by TOPIC***

Curious if a topic has been covered? Use the ‘Search by TOPIC’ box. The website has been published for more than 9 years, so chances are your topic has been dealt with somewhere before.

### ***Search by CATEGORY***

Many topics are grouped into CATEGORIES for better organization. ‘Search by CATEGORY’ is a clickable dropdown that displays the

CATEGORIES used on the website.

### ***Main page (Front Page)***

The front page of the website is used for announcements or items which we feel should be highlighted. These items change regularly.



Our latest articles (posts), are automatically displayed at the lower portion of the front page and usually have an image preceding a one line snippet regarding the article.

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# TRAVEL

Thinking about traveling again but hesitating because of the pandemic period? COVID fears? COVID risks?

Travel with professionals who take all the necessary precautions: masks, social distancing, sanitized equipment, using all medical safety protocols.



*Specializing in small group tours*

*They are highly acclaimed because they...*

- Immerse you in the culture of the tour location;
- Make your tours unforgettable and enjoyable
- Concentrate on small groups (22 persons max) to ensure personal attention;
- Design tours for the young-at-heart catering to heart and soul;
- Visit the must-see attractions and the hidden gems of each destination;

Currently scheduling:

- Tours to **Newfoundland**, the **Maritimes**;
- Host local **seasonal tours** (day trips)



**Director and Tour Guide master** *Cathy Massey-Spracklin*, a retired educator became passionate about travel and touring. This led to training and professional education in the field of travel at the International Guide Academy in Denver, Colorado from which she earned her certification as an International Tour Director and Tour Guide. After graduating with honours, she decided to launch her own tour company when she saw the need for specialized escorted tours for small groups. She has traveled and researched travel destinations all over North America, including Mexico and Hawaii as well.

***Newfoundland Discovery Tour*** (July, 2023)

Cathy is particularly enthusiastic about tours of Newfoundland, having led many tours to the Maritimes in general. Newfoundland is her passion and this tour is an outstanding one.



Visit the website for more information and current updates to their tours: [www.canxplore.com](http://www.canxplore.com)





# STRESS RELIEF

## *A dozen ways to relieve holiday season stress*

Source: [Mayo Clinic information](#)

[Read our list of techniques and pick a couple that may suit your way of thinking and activity level. Don't try them all or else you just might 'up' your stress level.]

Stress of the season getting to you? Try some of these stress-relieving tips to ease your stress level. Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. If you feel your stress is getting out of control and you need quick relief, try one of these tips.

### ***1. Get active***

Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever. Virtually any form of physical activity can help relieve stress.

Physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise can also refocus your mind on your body's movements, which can improve your mood and help the day's irritations fade away. Consider walking, jogging, house cleaning, weightlifting, snow shoveling or anything else that gets you active.

### ***2. Eat a healthy diet***

Eating a healthy diet is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

### ***3. Avoid unhealthy habits***

Some people may deal with stress by drinking too much caffeine or alcohol, smoking, eating too much, or using illegal substances. These habits can harm your health.

### ***4. Meditate***

During meditation, you focus your attention and quiet the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can instill a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health.

Guided meditation, guided imagery, visualization, and other forms of meditation can be practiced anywhere at any time, whether you're out for a walk, riding the bus to work, or waiting at the doctor's office. You can also try deep breathing anywhere.

### ***5. Laugh more***

A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response. So read some jokes, tell some jokes, watch a comedy, or hang out with your funny friends.

### ***6. Connect with others***

When you're stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections.

Social contact is a good stress reliever because it can offer distraction, provide support, and help you tolerate life's ups and downs. So take a coffee break with a friend, email a relative or visit your place of worship.

Got more time? Consider volunteering for a charitable group and helping yourself while helping others.

### ***7. Assert yourself***

You might want to do it all, but you can't, at least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress.

Saying yes may seem like an easy way to keep the peace, prevent conflicts, and get the job done right but it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment, and even the desire to exact revenge.

### ***8. Try yoga***

With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. Yoga brings together physical and mental disciplines which may help you achieve peacefulness of body and mind. Yoga can help you relax and manage stress and anxiety.

Try yoga on your own or find a class — you can find classes in most communities. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

### ***9. Get enough sleep***

Stress can cause you to have trouble falling asleep. When you have too much to do — and too much to think about — your sleep can suffer. But sleep is the time when your brain and body recharge.

And the quality and amount of sleep you get can affect your mood, energy level, concentration, and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

### ***10. Keep a journal***

Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling.

Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

### ***11. Get musical and be creative***

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn't one of your interests, turn your attention to another hobby you may enjoy, such as sewing, or sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

### ***12. Seek counseling***

If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look for reinforcements in the form of therapy or counseling. Therapy also may be a good idea if you feel overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home, or school.

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# FOOD COURT

## ***PRIME RIB ROAST (OUT OF THIS WORLD...AND EASY TOO)***



OK, OK...it isn't health food. Make it as your New Year's dinner celebration...once a year...sometime this month!

Yes, you will need to re-mortgage the house or take out a loan to buy the roast. But just once a year...as Rocky would say, "Go for it!"

And here is the easiest, foolproof recipe for the 'rare' roast!

Order you custom prime roast from your meat counter butcher. Consider *one rib per person*.

The easiest PRIME RIB recipe anywhere for perfect 'rare' roast beef.

### **COOKING TIME**

COOKING TIME = Weight of meat in lbs X 5

Example: 5.35 lbs X 5 = 26.75....**27 min**

### **COOKING**

1. Preheat oven to 500F
2. Rub thin coat of your favourite spice rub over the meat  
(such as dijon mustard with garlic powder, black pepper and salt)
3. Bake uncovered in 500F oven for **27 min**.
4. After 27 min, turn off the oven, leaving roast within closed oven for 2 hours
5. Remove roast to counter, foil tent and allow to rest for 20 mins.
6. Carve and serve.

The result will be the best ‘rare’ prime rib roast you have ever made and the easiest to cook.

Enjoy and don’t feel guilty because you won’t be able to afford another one in 2023 given the inflation rate!

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## ***SCAMS again...***

We just cannot say it often enough or loudly enough. Scammers, hackers, digital thieves work 24/7 and across the world. Scam criminals lurk anywhere and everywhere the Internet is accessed.

You cannot escape being observed. There is no such thing as complete privacy anymore. If you eat, drink, purchase things, you will be seen and scammers work non-stop to find ways to access you or your digital information.



### ***The best strategy***

The best way to handle anything which you suspect may be a scam is to simply walk away from it, exit it, drop it, leave, hang up.

Do not engage with these professionals. They work non-stop

polishing and honing their skills to steal from people. You maybe smarter, more intelligent, very aware and very careful but these people work all day, every day to make their operations better, more tempting, more compelling. Don't engage with them at all. They may not outsmart you but they may trick you with their ploys.

Don't try to outsmart them. They are great at their work and are always trying to improve how they do it.

There are many ways to identify scammers but the bet rule to follow is this: have any doubt about the authenticity of something you found on the Internet? Leave it. Get out. Abandon it.

No credible company will initiate contact with you. No bank, no credit card company, no retailer. These people will only connect with you following something you have initiated with them first.

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## TECHNOLOGY



This is not a sales pitch. I receive no remuneration from TEXT BLAZE for promoting their app. They have offered me credit toward my paid subscription of their *premium application*.

### ***What is TEXT BLAZE***

TEXT BLAZE is an app that provides you with keyboard shortcuts to repeated snippets of text, short or long ones. So rather than typing a phrase such as “Merry Christmas and Happy New Year” over and over in each email, you can substitute all that typing with just “/m” and the full text is typed for you. Use TB for your signature. Instead of typing “Richard Szpin, Ph 905 509 8666, Email: zippyonego@gmail.com, Website: www.szpin.ca” repeatedly in each email, simply type “/r” and that full signature will be auto typed for you.

### ***So why do I promote it?***

Text Blaze is an extremely useful and practical application and the free version is a powerful and useful enough for the average user, a person who emails a bit, writes notes on the computer, or just writes, Text Blaze will prove itself in no time. Also, the Text Blaze support is excellent at assisting those needing help with easy-to-understand assistance.



To download the FREE version, click: <https://blaze.today/?ref=UEHSZPEN>

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# **CROSSWORD PUZZLE**



# Prime Rhymes

BY Barbara Olson

1	2	3		4	5	6		7	8	9
10				11			12			
13			14							
15							16			
		17		18	19	20				
				21						
22	23	24	25				26	27		
28							29		30	31
32				33	34	35				
36								37		
38				39				40		

### ACROSS

- 1 Financial inst. with a blue and yellow logo
- 4 Fleur-de-\_\_\_
- 7 Fuss, in a Shakespeare title
- 10 Third word of Canada's anthem
- 11 "Tabarouette!"
- 13 Mulroney's maned mammals?

15 Env. extra

- 16 Thin cut
- 17 Campbell's sudden fancies?
- 21 Cherry discard
- 22 Clark's essays?
- 28 Post-shave brand
- 29 \_\_\_ fixe (obsession)
- 32 Martin's slugfests?
- 36 Pasta phrase meaning "to the tooth"

- 37 Hadfield's 2012-2013 "home": Abbr.
- 38 Phillie's MLB div.
- 39 Alley-\_\_\_ (basketball play)
- 40 Movement-revival prefix

### DOWN

- 1 Something you might slip on after a bath
- 2 Spend too much time in the sun, maybe
- 3 Pain in the neck
- 4 Trio between K and O
- 5 Casual hollers
- 6 Long-running NBC sketch show
- 7 Sauce for garlic lovers
- 8 Casual Friday fabric, maybe
- 9 Boots from office
- 12 Meal, or item containing it
- 14 Hassan or Wong of comedy
- 18 T.O.'s Queen's Park electee
- 19 \_\_\_ Elton John
- 20 Global commerce alliance: Abbr.
- 22 Origami origin
- 23 Jack \_\_\_ trades
- 24 Piece of piano practice
- 25 Closing-out event
- 26 Australian "Chandelier" singer
- 27 Poet \_\_\_ Arlington Robinson
- 30 "Anything \_\_\_?"
- 31 Petro-Canada rival
- 33 Lead-in to Caps or Cat
- 34 Rocker Randy's Winnipeg band
- 35 Sales agent, for short

O	E	N		P	O	O		E	L	N
S	S	I		E	T	N		E	D	V
S	T	W	A	S	B	R	S	T	V	P
E		I	D	E				A	F	T
		E	S	P	R	O	S	P	E	J
				T	I	P				
S	W	I	H	M	S	W		I	K	
T	I	L	S					T	C	N
S	N	O	I	T	S	N		A	R	B
U	E	I	D	N	O	M		R	U	O
O	A		S	L				C	B	R

*[Source: Reader's Digest Canada]*

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# WORD POWER

## *Christmas Words*

### **#1: Low**

- A: Announce
- B: Fall into a deep sleep
- C: Make a deep sound, as a cow

### **#2: Seraph**

- A: Signature
- B: Mysterious gift
- C: Six-winged angelic being

### **#3: Mirth**

- A: Merry laughter
- B: Fragrant resin used as a perfume
- C: Wine seasoned with spices

### **#4: Bobtail**

- A: Chaperone a date
- B: Tail that's been cut short on an animal
- C: Victorian hairstyle

### **#5: Tidings**

- A: News
- B: Ocean currents
- C: Months

**#6: *Five-and-ten***

- A: Early-evening meal
- B: Shop where the goods cost five or 10 cents
- C: Person with an above-average height

**#7: *Hark***

- A: Listen
- B: Feel surprised
- C: Worship

**#8: *Swathed***

- A: Frosty
- B: Coated in Icing
- C: Wrapped in fabric

**#9: *Wassail***

- A: Walk sluggishly after overeating
- B: Go from house to house singing Christmas carols
- C: Clean up in preparation for receiving guests

**#10: *Sugar Plum***

- A: Small, round candy
- B: Plum sweetened with syrup
- C: Rosy cheek

**#11: *Troll***

- A: Ring bells
- B: Sing happily
- C: Travel by train

**#12: *Behold***

- A: See
- B: Take to heart
- C: Keep close

**#13: *Bushel***

- A: Small decorated tree

B: Large quantity  
C: Door wreath

**#14: Welkin**

A: Family harmony  
B: Warm greetings  
C: Sky

**#15: Auld Lang Syne**

A: Good fortune  
B: Times long ago  
C: Passing of the old year

1. C, 2. C, 3. A, 4. B, 5. A, 6. B, 7. A, 8. C, 9. B, 10. A, 11. B, 12. A, 13. B,  
14. C, 15

*[Source: Reader's Digest Canada]*

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# QUEEN'S PLATINUM JUBILEE AWARD



The 70th Anniversary Platinum Jubilee of Her Majesty Queen Elizabeth's reign was celebrated in 2022. In memory of Her Majesty and her dedicated life of Public Service, *Jennifer O'Connell* (MP Pickering-Uxbridge) has launched awarding this honour to eligible recipients in her constituency. Award recipients have demonstrated outstanding contributions and good citizenship in the community.

Recipients of the award have contributed to the community as community builders, caregivers, educators, entrepreneurs, faith leaders, emergency responders, good neighbours, artists, athletes, coaches, students, seniors, and service clubs members.

We are fortunate to have an abundance of community-minded individuals who generously and willingly give their time, talents, and energy to improve the lives of others. A list of the recipients in our region is presented below:



Shazia Chohan-Hafeez

Cheryl Cocquyt

Sam Demma

Lawrence Godin

Sofia Hovnanian

Mahnoor Hussain

Dorsey James

Dillon Mendes

Amjad Muhammed

Dave Pickles

Jave Salam

Gaganjot Singh

Pam Spence

***Richard Szpin***

Joyce Zhang

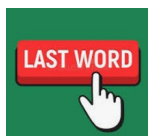
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## ***Celebrities & Famous we lost in 2022***

<b>Abe, Shinzo</b>	assassinated
<b>Albright, Madeleine</b>	US SEC OF STATE
<b>Alley, Kirstie</b>	actress
<b>Bossy, Mike</b>	NHL
<b>Caan, James</b>	<i>Godfather</i>
<b>Cara, Irene</b>	actress
<b>Coltrane, Robbie</b>	actor

<b>Cormie, Robert</b>	<i>Heartland</i>
<b>Eikard, Shirley</b>	singer
<b>Queen Elizabeth II</b>	,
<b>Pope Emeritus Benedict</b>	,
<b>Fletcher, Louise</b>	<i>Cuckoo's Nest</i>
<b>Francis, Emile</b>	NHL coach
<b>Gillies, Clark</b>	NHL
<b>Gilyard, Clarence</b>	<i>Top Gun</i>
<b>Gottfried, Gilbert</b>	comedian
<b>Harris, Estelle</b>	Seinfeld
<b>Hawkins, Taylor</b>	singer
<b>Hawkins, Ronnie</b>	singer
<b>Heche, Anne</b>	actress
<b>Holt, Georgia</b>	actress
<b>Judd, Naomi</b>	C&W singer
<b>Kellerman, Sally</b>	MASH
<b>Klugman, Jack</b>	<i>Oscar Madison</i>
<b>Lafleur, Guy</b>	NHL
<b>Lansbury, Angela</b>	actress
<b>Lewis, Jerry Lee</b>	singer
<b>Liotta, Ray</b>	<i>Goodfellas</i>
<b>Littlefeather, Sacheen</b>	rejected Brando's Oscar
<b>Lynn, Loretta</b>	C&W singer

<b>Margolin, Stuart</b>	<i>Rockford Files</i>
<b>McVie, Christine</b>	Fleetwood Mac
<b>Nesterenko, Eric</b>	NHL
<b>Newton-John, Olivia</b>	actress
<b>Nichols, Nichelle</b>	UHURA, Star Trek
<b>Potvin, Jean</b>	NHL
<b>Russell, Bill</b>	NBA star
<b>Rydell, Bobby</b>	singer
<b>Saget, Bob</b>	tv star
<b>Scully, Vin</b>	sports broadcaster
<b>Sirico, Tony</b>	<i>Sopranos</i>
<b>Sorvino, Paul</b>	<i>Goodfellas</i>
<b>Trump, Ivana</b>	ex-wife of Donald T.
<b>Tyson, Ian</b>	composer
<b>Walters, Barbara</b>	journalist
<b>Pele</b>	soccer star
<b>Meatloaf</b>	singer



New Year's resolutions are just that, 'resolutions.' They're not contracts, not commitments. They're just hopes and aspirations you have about yourself for the new year. Making few will increase the likelihood of your having success with them.

*Wishing you the best with yours...*



*Best*

*Richard*

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