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Fellow CANADIANS need your help....



Editorial

Briefly:

- Be optimistic. Our young people will solve the global problems and troubles currently plaguing the world.

August

AUGUST, the final chapter of summer, has opened. What kind of summer has it been for you? Reflect a bit on the kind of summer it has been for you. This summer has been something that merits whining and complaining for many people in Canada and around the world.

Think about those who have been affected by the fires in many parts of Canada. Fires in many European countries. Fires affect people in the worst way. There is no reclaiming from ashes.

Other people, in Canada and in other parts of the world, have been deluged by rainfalls. Floods have washed away homes, belongings. No reclamation or recovery

there either.

Then the heat waves. Global warming to the extreme. Some areas of the southern USA and in Europe have had day after day with temperatures exceeding 100F and many people in these regions are too poor for air conditioners. No relief. No refuge from the excruciating heat.

Rather than complain and whine about life's woes, often too easy to do, take a moment to reflect on the things for which you can be grateful. Where there is life, there is hope; where there is hope, there should be some gratitude.

As summer winds down, think about the things for which you can be grateful. Reasonably good health; reasonable earnings; caring friends or family; a roof over your head; food on your table; assistance where you need it. Rather than dwelling on the negative, focus on the positive. Find them. If you have an abundance of them, shout with joy and celebration. Cheer and appreciate the good that you find in your life. It's a privilege not extended to everyone!

Enjoy your summer !



POLITICAL Desk

Briefly:

- Invitations to submit a message are sent to all councilors and the mayor and we publish ever response we receive.

The City Council

From the Editor's desk

From the Editor:

A comment about the messaging

Constituents tell us they are not hearing about council work relating to serious issues and major problems in the city. Councilor messages and town hall responses seem to lack gravitas or meaty replies to constituent concerns.

Constituents want concrete information about their ward, about policy development and planning: What are the serious and important issues on the municipal council table currently? What are they working on? What projects are they developing? What problems or issues are they dealing with in their ward? What are they actually doing about:

- Crime, safety in the city;
- Rising auto theft;
- Homelessness;
- Drug related problems in the city;
- Graffiti and vandalism in parks and neighbourhoods;
- Traffic issues and traffic speed within neighbourhoods;
- The impact of new corporations on our tax base.

Constituents deserve solid information and this newsletter presents councilors with an opportunity to inform constituents about the important and serious issues facing residents.

Constituents deserve real information. They deserve hard information about the municipal problems that affects their life in the city.

This newsletter's prime concern is not to criticize councilors' messages. Rather it is to ask councilors to give constituents more information, important and serious data about what is happening in the council.

We thank the councilors who have responded and we appreciate their messages. But not hearing from all the councilors is disappointing.

Constituents deserve more and better, don't they?

From the Mayor's desk:

Even though it's summer, we're not taking a break.

The City of Pickering is continuing to work hard at bringing businesses and jobs

to Pickering.

Most recently, the City and Province of Ontario completed the sale of 151 acres of provincial lands in Pickering's Innovation Corridor to FGF Brands, the largest producer of fresh breads, rolls, croissants, fully-baked muffins, and sweet goods in North America.

The FGF (Wonderbrands) story:

FGF Brands has become a global leader by replacing low-tech equipment with robotics, integrated AI systems, machine learning, and supply chain innovations. Some of its brands include Wonder Bread, D'Italiano, Country Harvest, Casa Mendosa, Gadoua, Stonefire, and ACE. The 151 acres will be used for the development of a high-tech food manufacturing campus, which will be known as the Wonderbrands Innovation Business Park.

The first phase of the development consists of three manufacturing plants and a distribution centre, with an overall gross floor area of over 1,000,000 square feet. Once full build-out is complete, the business park will be the largest food manufacturing campus in the GTA, as well as one of the largest employers in Pickering with its 3,000 new jobs.

I was honoured to take a tour of the FGF Brands' Headquarters and Manufacturing Facility earlier this year. Watch [this video](#) to get a sneak peek of what's coming to Pickering!

As we continue to attract businesses that bring jobs, prestige, and economic strength to Pickering, I encourage you to join us on the journey and stay updated by visiting pickering.ca or by following the City of Pickering on [Facebook](#), [Twitter](#), and [Instagram](#).

Though we're not taking a break here at the City, I hope you are taking advantage of everything summer has to offer. Whether you're enjoying Pickering's parks and trails, spending time at the waterfront, or beating the heat with one of our three splash pads - enjoy the rest of your summer!

Mayor Kevin Ashe

WARD 1 news

Message from Councilor Brenner

It's hard to believe that we are already halfway through Summer 2023, While

both Pickering and Durham Council are on recess until September, the work still continues and it's been a busy time for the City of Pickering and Durham Region.

For this month's edition, I would like to share with you some exciting things



Economic Development Continues to Attract NEW Businesses

July was another great month for Pickering with the groundbreaking for FGF Brands corporation, a 1 Million Square Foot Manufacturing Plant which will create 3000 New Jobs and joins Lastman's Bad Boys NEW Corporate Office and Warehouse along with Kubota Canada, all of which are situated in our *Innovation Employment Corridor*. This may not seem like a lot. However when you factor in that for each new business that comes to Pickering, it not only stimulates the economy but also puts a dent into helping to reduce the economic burden faced by our Residential Tax Payers.

The Regional Municipality of Durham is partnering with all five municipalities to host the 2023 Emancipation Day Celebration.

The event, themed "*Liberation-Legacy-Progress*" will take place on Tuesday, August 1, 2023 from 4 to 7 pm at the Audley Recreation Complex (Community Hall), 1955 Audley Road North, Ajax. This celebration with performances of dance, steel band, drumming and other artistic presentations will be an occasion not to be missed.

Highlights include a flag parade of all 54 countries of the African continent, a presentation by Ontario's Poet Laureate, Randell Adjei, and a diverse vendor village, featuring businesses in Durham. Hope to see you there!



Pickering Food Truck Festival Returns at The ESPLANADE PARK:

You'll want to bring your family, friends and kids to *Esplanade Park* for some unbelievable food! We're transforming the park to a *foodie haven* with over 40 food trucks, a jam-packed event with a children's village, a beer garden and a live entertainment stage.

Admission is free.

AUG 11: 5PM - 9PM

AUG 12: 12PM - 9PM

AUG 13: 12PM - 8PM

Come hungry!

Councilor Maurice Brenner

Councilor Robinson

WARD 2 news

Councilor Cook

Councilor Nagy

WARD 3 news

Councilor Butt

Message from Councilor Pickles

Hello everyone,

I am noticing a lot of posts on FaceBook asking where to have various issues addressed so I hope this message is helpful:

The City has a very helpful service call, *Customer Care*, that serves as the first point of contact for residents making inquiries about various city matters. I have noticed many Social media posts raising questions and how to get them addressed.

Often it's broken trees, litter, noisy neighbours, speeding, etc. City staff and police do not regularly check social media and I don't see every post. So often social media will garner many comments - some helpful, some not, but not resulting in the matter bringing brought to the attention of city staff. The best direct way to bring matters to the city's attention is by contacting customer care.

Residents who wish to report concerns may do so by contacting the Customer Care Centre directly by phone at 905.683.7575 or by email at customercare@pickering.ca

Our Customer Care Centre staff are available to chat with you online during regular business hours: Monday - Friday from 8:30 am - 4:30 pm.

Our after-hours answering service will answer the main line after our regular business hours (Monday to Friday 8:30 am to 4:30 pm); and depending on the nature of the concern, the issue is dispatched to the appropriate staff or held for our (excellent) Customer Care Centre staff for the next business day to open a service request and forward to the appropriate department for action.

If your concern is a police matter, please call 911 for emergency assistance. For non-urgent matters (driver complaints, community concerns, minor crimes) please contact Durham Regional Police Services by filing a report online or by calling 1-888-579-1520. Additionally, on the [online reporting page](#), you will find registries for *People with Autism*, *Vulnerable Persons*, and *Security Cameras*.

If you wish to report open-air burning, please contact the Pickering Fire Services Dispatch at 905.683.3050, to deploy available staff to investigate.

For matters that fall under the Region of Durham's jurisdiction, you may contact them by phone at 311.

Help is available, so I hope you find the help you are seeking.

Councilor David Pickles

FINANCIALLY speaking

Briefly:

The economy in Canada today is very troubling. Though we are among the fortunate ones who can still cope, there are too many people who cannot. They cannot put food on the table as they want; worse, some struggle to cover

residential expense, be it rent or mortgage. Politicians seem to be paying lip service to resolving the economic problems Canadians are suffering. Here's an article that will shed a little more light on the problem.

INFLATION

The Economy, Inflation, and Interest Rates – Oh My!

You don't need to be an expert to know that the Canadian economy has been unpredictable and many people are on edge right now. Why is that, and what exactly does it mean for you?

This article is your own personal cheat sheet to help you better understand some of the terms you've heard recently, why this is such a hot topic right now, and what impact it may have on you.

Canadian Economics 101 – What has changed recently?

On July 12th, 2023, the Bank of Canada raised its interest rate to 5%. This is a big deal, economically, because it is the first time since April 2001 that their interest rate has been this high and it marks the *10th rate increase* since March 2022.

The Bank of Canada (BOC)?

The Bank of Canada is a Crown corporation and Canada's central bank. It oversees the country's monetary policy, including setting interest rates. That means that when the BOC raises its interest rate, the interest rates at your bank and credit union increase as rates as well. The BOC's decision to raise or lower the interest rate depends on several economic indicators such as employment rates, consumer spending and housing demand. Canada's economy is currently being described as "*overheated*" (meaning employment is strong, resulting in continued spending and demand for housing), so the BOC is attempting to cool all of this activity down by raising interest rates.

Okay, then what is inflation?

Inflation is a term that refers to the rising of the average level of prices over time. If you felt like the average price for cereal was lower last year than it is this year, then you are noticing the effects of inflation!

So where does inflation come from? Prices typically go up when the demand for goods and services is more than what the economy can provide. Remember when we said that

Canada's economy is currently "overheated"? Well, all of that *purchasing demand* is driving prices up...and up, and UP! This is a big part of why the BOC is attempting to slow down the economy by increasing interest rates.

What does this mean for you?

Interest rate increases from the BOC lead to interest rate increases at your own financial institution. You feel the squeeze. In particular, variable rate products such as most loans or mortgages are tied to your bank or credit union's prime rate, so changes to those rates mean your payments will change. Renewing a mortgage, and borrowing money means your costs will increase. Economists believe rate decreases won't happen until well into 2024. You feel the effects of inflation at the grocery store and gas station, and in any loans you assume.

This has been a bit of a primer on the Canadian economy. I hope you have learned a little and it helped you find a little more confidence with your finances.

If you feel tenuous about your financial situation, seek out *professional advice*. Find a financial adviser who can assist you with your finances, your income and your expenditures. Professional advisers do this work for a living and their fee charges justify their advice once goals are reached.

Where to start?

Start with your bank. Ask them to advise you and suggest a direction. Otherwise, find a financial adviser by talking with friends, family, people you trust asking who they suggest to help you financially.

This is not a situation for embarrassment or shame. This is your financial situation, your money, your life. Find an adviser and ask the hard questions relating to your financial worries.

Benefits or bankruptcy...your future!

The HEALTH Desk

Briefly:

We search for HEALTH Information from reliable, trustworthy and professional sources. However, we still urge readers to consult with their family doctor before making any significant changes to their health regimen.

5 tips to help you live longer

1. Stay Active

It's no secret, regular physical activity works wonders for our bodies and minds. Whether it's a brisk walk, a dance class, or even gardening, finding an activity you enjoy and making it a regular part of your routine can do wonders for your overall well-being. And you get serious bonus points for strength training!!!

2. Eat Healthily, and prioritize protein

What we put into our bodies plays a significant role in how we feel and age. Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains. Making sure you are getting adequate amounts of protein can help you preserve and ward off some of the natural age-related muscle mass declines.

3. Prioritize Sleep

Never underestimate the power of a good night's sleep! Adequate rest helps us recharge, rejuvenate, and boost our immune system. Establish a relaxing bedtime routine and create a comfortable sleep environment to ensure quality sleep.

4. Embrace a Positive Mindset

Aging is a natural and beautiful process and the way we perceive it can make a huge difference. Maintaining a positive mindset, embracing new experiences, and finding joy in the small things can help us age gracefully and enjoy every moment.

5. Cultivate Social Connections

Surrounding ourselves with loved ones and maintaining social connections are vital aspects of our mental and emotional well-being. Whether it's spending time with family, joining clubs, or volunteering, nurturing these relationships can improve our overall outlook on life.

Dr. Natalie McCulloch, ND

Source: Durham Natural Health Centre

HELP by PHONE



These numbers are important for emergency help in particular situations:

211	<i>Social services, programs and community support</i>
311	<i>DURHAM HOTLINE - <u>non-emergency services</u> and information</i>
411	<i>Phone number search</i> of registered users (\$1.00 fee)
511	<i>Travel information</i>
611	<i>Phone service problems</i> to Bell Telephone.

711	Not currently in use.
811	<i>Free health and advice.</i>
911	EMERGENCY RESPONSE SERVICES: FIRE, POLICE
988	<i>Mental health helpline (launching NOV. 30)</i>

Frustrated with computer or robot responders when you phone a company, read how to minimize dealing with them at [NO MORE ROBOTS](#)

[not always applicable in Canada]

TECHNOLOGY: Top sites and apps

Briefly:

Technology is a double edged sword with benefits and drawbacks. It is valuable for finding and managing information and working with electronics. However, the pace of change is so rapid, it is very difficult and quite frustrating trying to keep up with the change.

We publish a website, www.szpin.ca trying to keep abreast of the technological innovation. Two very useful tools on the website are the two search boxes for **TOPIC** and **CATEGORY**. The information covered by the website over the years is amazing.

SCAMS Alert

Occasionally, a notable scam article crosses our desk, notable enough to warrant passing it along. Recently, Cloudeight (Thundercloud...see below) had a valuable tip about safeguarding against scammers. The article explains how to authenticate the link to a website. Basically, it says:

- Hover over the link to reveal the uncloaked, real website identity
- The real website will be revealed, in black background usually, at the bottom left of your screen
- Assess the authenticity of the revealed site from you knowledge; if in doubt, DO NOT CLICK the link.

For full details, —> [Cloudeight scam advisory](#)

suggestions SCAM cautions



1. Trust Amazon-owned channels.

Always go through the **Amazon mobile app or website** when seeking customer service, tech support, or when looking to make changes to your account.

2. Be wary of false urgency.

Scammers may try to create *a sense of urgency* to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

3. Never pay over the phone.

Amazon will never ask you to provide payment information, including gift cards (or "verification cards," as some scammers call them) for products or services over the phone.

4. Verify links first.

Legitimate Amazon websites contain links such as "amazon.ca" or "amazon.ca/support." Go directly to our website when seeking help with Amazon devices/services, orders or to make changes to your account.

For more information on how to stay safe online, visit [Security & Privacy](#) on the Amazon Customer Service page.

Top interesting websites

<https://steady.substack.com/>



Remember DAN RATHER, a CBS news anchor and broadcaster. He's still around and at 91, he writes a regularly posted blog, STEADY, a commentary on the state of the world and the United States. His commentary is incisive and poignant, never holding back for fear of offense. He is especially critical of the dangers of former president T*** and his MAGA supporters. Quite often this blog is really worth reading.

[https://
www.thundercloud.net/
infoave/new/](https://www.thundercloud.net/infoave/new/)

This website is really worth visiting, especially if you use a computer a lot. It can provide help, information about computers and working with them, and advice regarding your computer.

Subscribing to the site will result in regular notifications of new information.

The site can even provide computer repair.



In short, a safe, dependable computer information website.

Click link —> [Cloudeight](#)

www.quora.com

Quora

Quora is a social question-and-answer website and online knowledge market. Users follow topics that interest them and access a newsfeed populated with relevant questions and answers¹. Quora seems to be a cross of Wikipedia and YouTube, presenting information in an entertaining and engaging way with photos and videos.



<https://www.mcmasteroptimalaging.org/>

McMaster

OPTIMAL AGING PORTAL

is a website that provides visitors with a lot of health-related information. It is update regularly and covers a great number of health topics such as support communities, health care and services, healthy lifestyles and wellness and cognitive health and dementia. An excellent site develop and managed by knowledgeable professionals.



Loblaw's earns \$1,000,000 profit *every day*. Though Savvy Shopper would never suggest boycotting any food retailer, she would encourage you to shop with a carefully compiled grocery list based on the best grocery bargains of the week. Nadia scours the grocery ads religiously compiling the best food buys of the week. Confer with her at [BOOKz, COOKz, NOOKz](#) and save some money. When you visit Nadia's column, be sure to explore the BOOKz COOKz NOOKz site using the two **SEARCH boxes**, by topic and by category, to refine your areas of interest.



<https://www.ratemds.com/on/mississauga/>

FINDING A DOCTOR: Do you have a family doctor? Are you looking for one? Is your current family doctor nearing retirement and who will be the doctor's replacement? This website can helps you in searching for a doctor. Additionally, it can help you find specialists, find ratings and reviews of named doctors in Ontario. Explore the site more to find more information pertaining to doctors and health care in the province. [I published my original post in 2021, so it is important to work the website for the latest information.

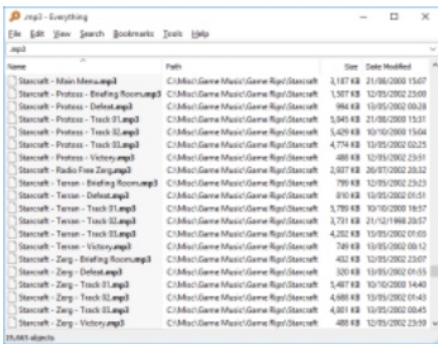
Top Apps

“EVERYTHING” is the ultimate search tool and it's free.

Everything

Locate files and folders by name instantly.

This app will be a life-saver when you cannot find a file or folder. Originally and better named, “**Search Everything**,” it is the very best search tool you can use on your computer: extremely fast, finds everything, low memory impact and incredibly, IT IS FREE.



The link to its website —> [VOIDTOOLS](http://voidtools.com)

Most likely, you will select on of the two installation links below:



Notezilla

Unreservedly, *Notezilla* is the best digital note-making app anywhere, a bit pricey for the first year but is competitively priced for subsequent ones.

I have been using the app for a few years now and it has become my right-hand tool for all my computer work. I save more than just simple notes; link addresses, reminders, instructions, important images, and much more. The *best feature* is that a note can be attached to a website. You can write comments and save them *on the site*. The next time you visit the site up pops your notation.

The other practical feature built into *Notezilla* is its tag system which permits you to add verbal tags associated with the particular note. Searching for a note becomes a breeze with this tagging feature.

Notezilla is the king, the emperor, the top dog of all note-making programs bar none.

Try their free trial version at the website: [Notezilla: conceptworld.com](http://www.notezilla.com)



SCREEN CAPTURE app

Screenpresso Link to website: <https://www.screenpresso.com/>

This app captures your display (screen) or any part of it allowing you to paste it into a an email or elsewhere on your computer.

Very useful if you want to ‘grab’ your screen and use the image somewhere in your computer work.

Richard Szpin has worked with professionals in education, municipal politics. He is a experienced comuter user who has been publishing on the Internet since 2014 writing a blog and a monthly newsletter. He has been helping professionals and non-professional with their digital work as well as coaching candidates looking to step up in their professions.

Consider taking advantage of his various support services.



You will benefit from experienced assistance with your promotional interview preparation, your next project, your writing endeavour.

Contact me. Lets discuss how I can help you develop your endeavour at no cost for the consultation.

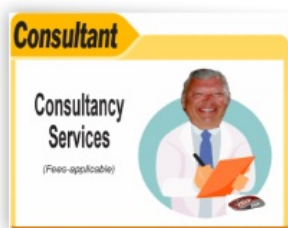
You will benefit tremendously from talking with me improving your chances for success.

BOOKz NOOKz COOKz: new look, improved navigation

One of our aims in our publications and presentations is to keep things succinct and direct. This aim for keeping things 'simple' is a challenging as there are so many computer/electronics skill levels among our readership.

BOOKz COOKz NOOKz, our website at www.szpin.ca has '**FOLDERS**' to facilitate the finding of information.

Send us your feedback regarding the change: does it make navigation easier and more practical?



DIVERSIONS:

Briefly:

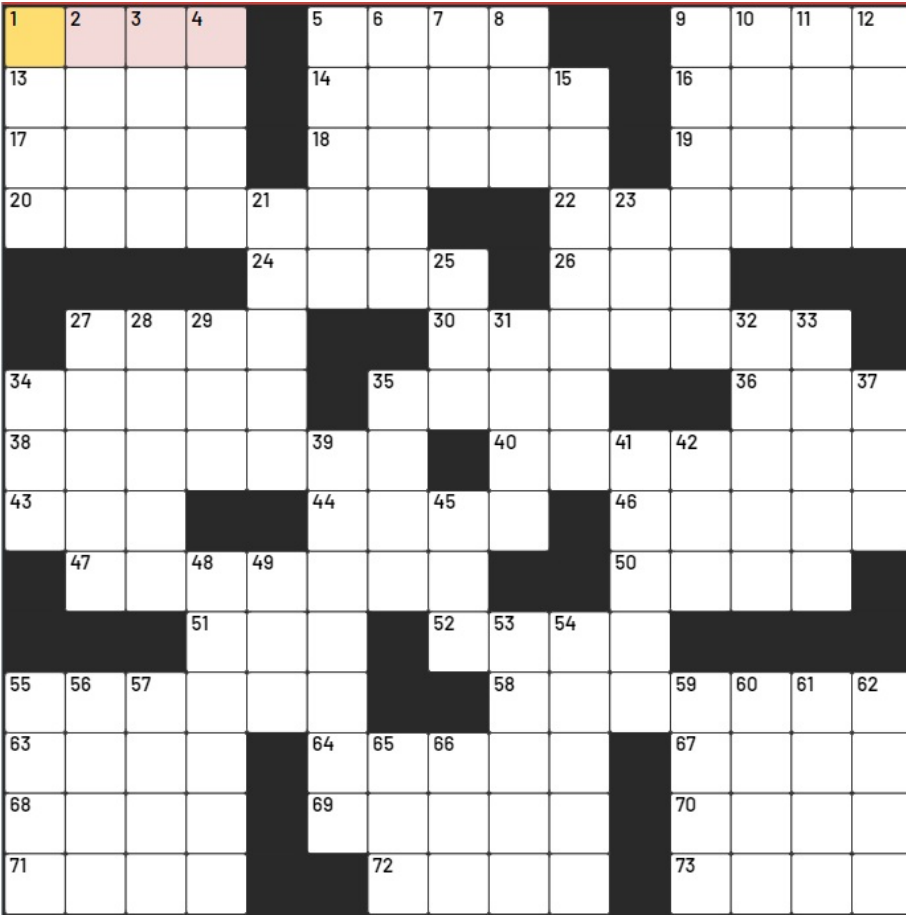
We appreciate that you need a little break from the weight of our newsletter and so we offer these diversions.

Sudoku

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

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

CROSSWORD



ACROSS

1. Lump of earth(4)
5. Rum cake(4)
9. ____-service(4)
13. Greens feature(4)
14. Bottomless pit(5)
16. Baal, e.g.(4)
17. Water bird(4)
18. Caller(5)

DOWN

1. Snazzy(4)
2. Timber wolf(4)
3. Potpourri(4)
4. Cubicle item(4)
5. Bread for lox(5)
6. Maltreat(5)
7. Word for Birdie?(3)
8. Mule's kin(3)
9. Family girl(6)
10. Brickell of song(4)

- | | |
|--------------------------------------|-----------------------|
| 19. Filly's dad(4) | 11. Forsaken(4) |
| 20. Online trackers(7) | 12. Deserted(4) |
| 22. Give heed to(6) | 15. Fastener(7) |
| 24. Narrow valley(4) | 21. Cold abode(5) |
| 26. Cobbler's kin(3) | 23. Secure(3) |
| 27. Groovy!(4) | 25. Catch 40 winks(3) |
| 30. Hay fever(7) | 27. Birchbark(5) |
| 34. Chocolate bean(5) | 28. Briny expanse(5) |
| 35. Olympics sword(4) | 29. Blockhead(3) |
| 36. Legal matter(3) | 31. Rents(4) |
| 38. Complete(7) | 32. Terrific!(5) |
| 40. Neptune's spear(7) | 33. Busybody(5) |
| 43. Serpent(3) | 34. Corn holder(3) |
| 44. Affected manner(4) | 35. Modify(4) |
| 46. Full of substance(5) | 37. Messy place(3) |
| 47. Agreement, as between nations(7) | 39. Ship's rope(7) |
| 50. Key letter(4) | 41. Permeate(5) |
| 51. Some(3) | 42. Gold finish?(3) |
| 52. Suitor(4) | 45. Johnny ____ (3) |
| 55. Kappa chaser(6) | 48. Flat pill(6) |
| 58. Hanukkah toy(7) | 49. Final part(3) |
| 63. Rink leap(4) | 53. Plant swelling(5) |
| 64. Indy entrant(5) | 54. Display(5) |
| 67. City shout(4) | 55. Monk(4) |
| 68. Silent actor(4) | 56. Leaf part(4) |
| 69. Serious play(5) | 57. Short note(4) |
| 70. Shellfish(4) | 59. Restlessness(4) |
| 71. Oodles(4) | 60. Broad valley(4) |
| 72. Flat receptacle(4) | 61. Test(4) |
| 73. Fiber plant(4) | 62. Not stiff(4) |
| | 65. ____ deco(3) |
| | 66. Tourist rental(3) |

The summer has been very surprising this year, tragedy following catastrophe following disaster. September will be better. Let's hope the kind of Indian summer we once knew and enjoyed.



Again, if you think there are people who may benefit from our newsletter, please pass along the link to our information: www.szpin.ca. and let us know if we can add them to our email list.

As always, we appreciate your ongoing help and support.

Thank you.

Website: www.szpin.ca

Newsletter *'The Szpinner'* is sent to registered emails

My email: zippyonego@gmail.com

Again, we wish you and your family, the best...a great and safe wind-down of summer...

**Richard
Nadia & Fermo, too !**

