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HELP FELLOW CANADIANS:



Canadians need your help. Fires and floods have wreaked havoc in many parts of Canada. Canadians have lost their homes, lost their entire properties. They have to rebuild their lives, too often without adequate assistance. Can you just imagine coming to your property and seeing nothing but ashes or water? You would be devastated. And on another note, they are getting very limited help with evacuation expenses, something like a one time payment of \$750 from Ottawa. Do you think it would cost you that amount for numerous days at an evacuation location? Likely \$750 a day if you have a family...think about it: accommodation, meals, fuel. A one time payment of \$750... wouldn't cover your expenses even barely.

Can you help them?

Click here to access the RED CROSS site \rightarrow DONATE

EDITORIAL Desk

Impressions from a re-visited Quebec...

La belle province may be actually earning its moniker.

Years ago

A few years ago, visiting Quebec felt like visiting a region of incarcerated inhabitants. The Quebecois of that time seemed angry, impatient and rude. The prevalent attitude seemed to be one of entitlement, we are the owners, we're the landlords, like it or lump it. Attempts at speaking French were not appreciated, often being met with antagonism and belligerence. You don't belong here, what are you doing here? The atmosphere across the province was not welcoming at all. A visitor felt like an intruder or a foreign trespasser where outsiders were unwelcome and unacceptable.

Quebec has changed, a lot, very noticeably and for the better, much better. The attitude of previous times has changed. One is welcomed now. They're glad you're there. The people are friendly, engaging, and welcoming. The atmosphere is like after the rainfall, when the sun comes out and dries the dampness with its warmth.

Hotel and restaurant staff, the welcoming ambassadors in any tourist area, engage with patrons with warmth and cordiality, in either language, English or French. If you speak passable French, they compliment your language skills with openness and appreciation at your attempt. If you speak English, they switch to their working English, sometimes needlessly apologizing for their rudimentary skills with it. But their enthusiasm and fervor are obvious and English-speaking travelers cannot help but appreciate the wonderful change in the persona of these Quebecois.

The language exclusion policy of recent governments may have created a special atmosphere throughout the province. Given that it is a one language dominant region, but as soon as one engages with the populace, that unitarian language focus evaporates and the people feel very welcoming.

The people smile more readily, seem happier and more affable than before. The feeling is as if you are being welcomed into their homes, the engagement and pleasantry that strong. Not one instance of negativity was experienced anywhere.

Without exception, every engagement with a resident, a service staff, a clerk, whoever, each one was positive and personable.

Obviously, Quebeckers want to preserve and retain their culture and continue their Francophone society without fear of its erosion and deprecation. They are doing an excellent job with leaders who bite the bullet re-election risk and legislate controversial policies. The sense one gets is that integrity and unity is the priority in the province. The people are one. There may be disagreement and disparity with some policies but it looks like the majority have bought into the program and are working it, with much success.

Listening to the radio as one drives the well-maintained highways, French monopolizes the airwaves. When English is heard, it is likely an American station broadcasting from far away. Announcers and reporters speak French with more polish and refinement that any linguist with French facility will appreciate when compared to the rough patois used in the past.

Also, the language policy seems to be achieving another goal, the growth and development of artists within the province. The performers are a broader and more diverse group, with varying degrees of polish and professionalism in their presentation. These artists are assured that they have more opportunity and greater possibility of success as the government has guaranteed them a bigger stage with less competition. Same for literature, more French literature means a more literate society more immersed in its root culture. The culture thrives in this protected environment.

French is alive and strong in Quebec, to its obvious benefit. The people are more confident. The culture is stronger, more supported, and has greater vitality. The people are more confident and this confidence emboldens them to be more secure in who they are. That self-assurance means citizens who feel good about their society, their culture, and their lives.

Quebec is another wonderful Canadian province to visit and it's a treasurable part of Canada. *Vive le Quebec au Canada!*

POLITICAL Desk



A political comment:

The elected reps at all the government levels are invited to write a message for our *Political Desk*. Their messages are posted as received with no editorial modifications. We ask only that the messages have news from their constituency.

From OTTAWA





From the PICKERING City Council From the Mayor's desk:



Happy Thanksgiving, Pickering!

Dear Friends,

As we gather around our tables and share in the warmth of this Thanksgiving season with our family, friends and loved ones, I wanted to take a moment to express my heartfelt gratitude to all of you, the wonderful residents of Pickering, and to reflect on

what I am most thankful for:

Family

First and foremost, I am immensely thankful for my family. They have been my pillar of strength, providing unwavering support as I have undertaken the responsibilities of serving as the Mayor of Pickering. Their love, encouragement, and support over the years have been my guiding light through the challenges and triumphs.

Pickering Residents

I would also like to thank the residents of Pickering for placing their trust in me as Mayor. It is both an honour and a privilege to serve you, and I am committed to working tirelessly to ensure the continued progress and prosperity of our beloved City. Your trust in my leadership inspires me daily, and I am dedicated to making sure that Pickering is the best city to call home.

Economic Development and Job Creation

I am thankful for the remarkable economic development that our city has experienced in recent years. From the small businesses that are the backbone of our economy, to the various large companies and businesses in our Pickering Innovation Corridor, thank you. This progress is a testament to the hard work and entrepreneurial spirit of the residents and businesses in Pickering. It has not only enhanced our local economy but has also provided thousands of new opportunities and jobs in our community. Together, we are building a vibrant and prosperous city for future generations.

Growth and Diversity

Another source of pride and thankfulness is the growth and rich diversity that thrives within our city. I'm thankful for the new families and residents moving to our city and calling Pickering home, along with the lifelong residents in our community that continue to support and strengthen our city. This diversity is our strength, enriching our lives and making Pickering a welcoming and inclusive place for all.

As we come together to celebrate Thanksgiving, let us remember the importance of gratitude and the bonds that tie us as a community. I am thankful for each and every one of you for your dedication to Pickering, and for your commitment to making this city a wonderful place to live, work, shop, and play. The future is looking bright, and I can't wait to see what's in store for our city next year.

Happy Thanksgiving Pickering.

Yours Truly,

Kevin Ashe

Mayor, City of Pickering

Stay Up to Date through my Newsletter and Social Media

There are always exciting things in the works here in Pickering.

<u>Subscribe to my newsletter</u> for the latest updates, news, and local events! Stay connected with me on social media for even more exciting updates and conversations.

Join our community today!

- ✓ Newsletter: Click Here to Subscribe
- Facebook: facebook.com/mayorkevashe
- ✓ Twitter: @MayorKevinAshe
 ✓ Instagram: @MayorKevinAshe
- ✓ LinkedIn: linkedin.com/in/MayorKevinAshe

WARD 1 news





Dear Friends,

The leaves are quickly turning to beautiful colours, it's a time to enjoy the coming Fall and the season change.

As the Thanksgiving Weekend approaches, it is a time to join together and spend time with family to reflect on how fortunate we are. However, we should also consider others at this time, the less fortunate in our community and region.

During the Great Depression, many less fortunate people implored others for help asking, "Buddy can you spare a dime." Now, decades later, we have more and more people are struggling and suffering economically. Rising numbers of homeless, one-parent families, and low-income citizens who are turning to food banks. These are the invisible members of our community who are too often forgotten. They need our help.

Consider giving them some help, especially now with Thanksgiving, a time when the more fortunate will gather at festive dinner tables to give thanks and be grateful for what they have. Donate canned foods or some money to *St Paul's on the Hill Food Bank*. When you see their volunteers in a park, on a street corner, step up to them and give what you can to help others. There are real people who need our help in our community, in the city and the region. Consider them. Show them you care. Donate a little money or some food items. Help make their Thanksgiving a little better.

On Behalf of me and my family,

HAVE A HAPPY THANKS GIVING

Councilor Maurice Brenner

Deputy Mayor Regional Councillor Ward 1





Councilor Robinson

WARD 2 newS





Dear Pickering residents

May I wish you residents of Ward 2 and everyone in Pickering a restful, replenishing and replete Thanksgiving.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

— William Arthur Ward

Linda Cook Councilor, Ward 2





Councilor Nagy

WARD 3 news





Councilor Butt





Councilor Pickles

From Queen's Park



Dear friends.

I hope this newsletter finds you well as we transition into the fall season. As your dedicated representative in the Ontario government, I am grateful for the opportunity to update you on recent developments and initiatives within Pickering-Uxbridge.

Over the past few months, I have had the privilege of meeting with many of you either at my constituency office or during local events. Your feedback continues to be invaluable in guiding my efforts to address the issues that matter most to you.

As the house begins to sit once again, I am eager to hear about the issues that are important to you, and what we can all do together to make Pickering-Uxbridge the best place to live.

Thank you for your continued trust and support. My constituency office remains open for constituents who need assistance.

In your service,

Peter Bethlenfalvy, MPP

Pickering-Uxbridge

OTHER POLITICAL news

Anthony Yacub, politico on the rise

Anthony Yacub was selected as the **Outstanding EDA President** by Anaia Poilievre, wife of Pierre Poilievre, Conservative Party leader.



Anthony has been very actively involved with the Conservative Party, PUCDA (local party association) and as a candidate in recent election. He is fast becoming a political activist to watch, an admirable professional developing his political career.

From the NEIGHBOURHOOD ASSOCIATIONS



Fairport Beach Neighbourhood Association

It will be a century since this organization came into being in 1927. Formed as a cottage association of wealthy owners mainly from Toronto, it was quite a drive in those days along Kingston Rd., the King's Highway, Highway 2, long before there was a 401 highway.

In 1949, the cottage association was Incorporated as the *Fairport Beach Ratepayers Association*. The first officers were Ronald Henry Charles Hawkins, Butcher; George Mackenzie Menary, Engineer; and Charles Septimus Ross, Design Draftsman; all of the Township of Pickering, in the County of Ontario, and Province of Ontario.

All the notes of meetings and subsequent elections were kept in handwritten ledgers, and a Constitution was created spelling out the mandate and function of the Association. There was a clubhouse located directly on the beach on the east side of Petticoat Creek, but due to the changing lake levels, it was moved to the top of the hill in the 1960's and was located at Cliffview/Park Cres., where the waterfront trail and butterfly garden exist today.

For an extensive background of our history please refer to Richard's column on neighborhood groups written on Sept.25, 2023, and follow our webpage on *Facebook* under the same name.





Rougemount Community and Recreation Association (RCRA)

Rougemount Community and Recreation Association (RCRA) is in the Precinct of the City of Pickering, Ontario, Canada.

The RCRA is a group of residents of Rougemount Precinct who are dedicated to bringing improvement and preservation, culture, and activities for all ages and abilities to the residents of Rougemount, staffed by a volunteer group of neighbours helping to bring everyone together. The association is in the early stages of development and establishment, so more information will be forthcoming soon, along with an announcement regarding the formal launching of the RCRA.

Peggy Bowie

pegbowie@rogers.com

HEALTH and **AGING**:

Briefly:

- Material here is based on researched information from official sites such as *McMaster University Optimal Aging Portal, Mayo Clinic*, and others.
- Regardless of our sources, <u>readers should consult with their family doctor in regard to adopting or using any medical advice read online</u>
- **MyCharts**, an excellent free service that will help you manage and stay informed about your health care. The service is Internet based and of limited availability. Ask your health care provider about it and if it is available to you.



MyChart is a web-based patient portal and electronic health record (EHR) system developed by Epic Systems Corporation. It is designed to facilitate communication and engagement between patients and their healthcare providers.

Key Features:

1. Online Access to Medical Records

MyChart allows patients to access their electronic health records securely over the internet, such information as lab results, medications, allergies, and past medical history.

2. Appointment Scheduling

Patients can use MyChart to request and schedule appointments with their healthcare providers.

3. Secure Messaging

The platform enables secure communication between patients and their healthcare teams allowing patients to ask questions, request prescription refills, or seek advice from their healthcare providers.

4. Prescription Management

MyChart offers prescription refill requests and the ability to view current medication lists, dosages, and instructions. It helps patients stay informed about their medications, simplifies the refill process and makes explaining or describing your your current medications to a healthcare person easy, practical and efficient.

5. Test Results

Patients can access their test results through MyChart as soon as they are available, allowing for quicker feedback and reducing the anxiety associated with waiting for results.

6. Health Reminders

The platform provides automated reminders for upcoming appointments, recommended screenings, and immunizations, helping patients stay on top of their healthcare needs.

7. Billing and Payment

Patients can view and pay their medical bills online through MyChart, making it convenient to manage healthcare expenses.

8. Health Education

MyChart often includes educational resources and information tailored to a patient's specific medical conditions, promoting health literacy and self-care.

9. Proxy Access

Parents or legal guardians can use MyChart to manage the healthcare of their children or dependents, ensuring they stay up-to-date on appointments and medical information.

10. Mobile Access

MyChart is typically available as a mobile app, making it even more convenient for patients to access their health information and communicate with their healthcare providers from anywhere.

In summary

MyChart by Epic is a patient-centered digital platform that empowers individuals to take an active role in their healthcare management. It enhances communication between patients and healthcare providers, provides convenient access to medical records, and offers a range of features that improve the overall healthcare experience for patients.

Partner Hospitals

Campbellford Memorial Hospital Haliburton Highlands Health Services Lakeridge Health Peterborough Regional Health Centre Ross Memorial Hospital Scarborough Health Network

Signing up to MyCharts

You can sign up for MyChart by:

- Asking a member of your healthcare team to send you an email or text with the *link* to complete sign up, <u>or</u>
- Using the activation code included on the After Visit Summary provided by a member of your healthcare team. <u>or</u>
- Signing up on the log in page found at https://mychart.ourepic.ca.



X-rays

There is no convenient and practical process to access your X-ray results. However, because these results are your personal information you have a right to the information. Your X-ray service can provide you with Internet access to your X-ray results. Request that they give you "*Patient Portal Access Details*" whereby you can access and view your x-ray information. This is a useful service if you want to examine, review and study your own X-ray information for yourself or to bring to a medical consultation.

MONEY Desk

Briefly:

- The FINANCIAL material here is based on research and consultation with professional investment counsellors.
- Also, we have consulted with a real expert on money saving, one who I abide by without reservation as I know better...and I never argue with this PRO....my wife!



Money saving travel advice: Szpinner Hotel Reservation

system

Hotels and restaurants take the biggest bite out of your travel bucks but savings can be had.



Do not use Third Party Booking networks

Using *third-party booking networks* such as **Expedia, TripAdvisor, Hotels.com** may be convenient and easy but the savings there is questionable. Each of these booking systems adds a bit to your hotel expense by adding a surcharge to the hotel price.

Avoid use of Expedia, TripAdvisor, Hotels.com, etc.

Instead of using one of these kinds of networks, do an Internet search for "Hotels in a selected city." The results will display a search listing of the hotels by name meeting your search criteria.

Contact the hotel of your choice: type its name and city in your search box to get its website. At the website access, find the phone number. Call the hotel directly.

Phone the hotel directly

Phone the hotel directly and negotiate with a live person. This is your opportunity of getting the accommodation you want at the best possible price. Take advantage of it. [Our phone service provides *free long-distance phone calling anywhere in North America* making hotel long-distance phoning very cost-effective: *free*]

The Szpinner system

With the biggest possible smile on your face, ask these questions:

- 1. <u>Best price</u> for the accommodation you need?
- 2. Availability of <u>discounts</u>: Seniors, CAA?
- 3. Breakfast and parking included?...saves you spending extra money and inconvenience.
- 4. Confirm your <u>credit card information</u> with the hotel
- 5. Confirm the necessary person information: Name, address, phone, email
- 6. Ask for an *email confirmation* of the transaction. Keep the hotel on the phone line until you have received their email confirmation of your reservation.
- 7. Upon receipt of the email confirmation, save the email.
- 8. Print a hard copy of the hotel invoice/reservation to take with you on your trip.

The Szpinner system is less convenient than any booking network but here are its benefits:

- Dealing with live person
- Error correction/elimination on the spot
- No need to seek a refund
- Best price
- Best suitable accommodation



Using this process will assure you of getting the accommodation you want at the best possible price.

Your home phone



What are you paying and what are you getting? How about \$9.95 plus tax a month?

Bell Telephone was charging roughly \$160 a month for two home phone lines, just under \$80 each with very limited features. Then we heard of *TekSavvy* and had it replace one of the phone lines when we connected a new more feature-rich telephone. The service has been so good we are now considering switching the other services. After all, the TekSavvy monthly rate of just under \$10 plus tax is unbeatable.

Tek Savvy

TekSavvy is a Canadian telecommunications company that provides Internet, home phone, and television services to residential and business customers. Some key points about TekSavvy:

- 1. **Internet Services**: TekSavvy offers various Internet plans, including DSL, cable, fiber-optic, and fixed wireless options.
- 2. **Service Areas**: TekSavvy primarily operates in Canada, serving regions such as Ontario, Quebec, British Columbia, Alberta, and several others. The availability of services can vary depending on your location.
- 3. **Independent ISP**: TekSavvy is considered an independent Internet service provider (ISP) and often competes with larger, more established telecom companies in Canada.
- 4. **Customer-Focused**: The company prides itself on its customer service and its advocacy for fair pricing and consumer rights in the telecommunications industry.
- 5. **Legal Challenges**: TekSavvy has been involved in legal battles related to copyright infringement and privacy, particularly in cases involving customer data and copyright infringement notices.

6. **TV and Home Phone**: In addition to Internet services, TekSavvy also offers home phone and television services, often as part of bundled packages.

Please note that specific details about TekSavvy's services and availability may change over time, so it's a good idea to check their official website or contact them directly for the most up-to-date information.

For more information, contact **TEK Savvy** sales/support **Ph:** 1-877-779-1575



Finally, the Savvy Shopper is a bargain hunter par excellence! This pro finds the best deals anywhere and can give you money saving tips that really work. Read her regular column at SAVVY.

ESTATE PLANNING Desk

Briefly:

- As distasteful as it may be, you should be doing it, *Estate Planning*.
 Get things organized so you do not leave behind a chaotic mess for your family to sort out.
- Consider purchasing the **ESTATE ORGANIZER**, our comprehensive peace-of-mind planner to leave your family.

The **ESTATE ORGANIZER** is a peace-of-mind planner that helps you record everything needed for your funeral: lists of who needs to be contacted, lists of who needs to be invited to the viewing, names, addresses, phone numbers, professionals who should be contacted, legal officials and much more.

Keep the organizer in a safe place along with your will. Give it to your family as a practical and very useful gift and legacy. Your family deserves such organization.

On sale now for \$19.99

TECHNOLOGY: Top sites and apps

Briefly:

- Technology makes you smile and makes you cry! It's smooth going, until updates.
 - Then you pull your hair out! Our website, www.szpin.ca tries to help you with computer work.
- Two useful site tools: TOPIC and CATEGORY search boxes, useful for finding information on our site.
- BELOW: 1) "news apps of choice" and 2) websites worth visiting.

Our NEWS source choices:



CBC Canada is one of my most used news sources for its objective and succinct reporting. The network has numerous reputable reporters who present comprehensive news summaries. Though no network is bias-free, I feel confident that CBC provides as objective reporting as possible.

Click LINK —>www.cbc.ca/news



At first glance, one might be tempted to think this news network might have an obvious bias. However, when compared to other networks, it points to it being fairly neutral and objective in its reporting. Still, as with any news source, take what they report 'with a grain of salt,' comparing its reports to other news networks.

Click LINK —><u>www.aljazeera.com/</u>



The BBC prides itself on neutral and objective reporting. It may be so, but it is focused on world news more than the news from Canada or the USA which may be its best feature. Simply put, it reports news of the broader world.

Click LINK —><u>www.bbc.com/news</u>



CNN is a huge conglomerate that seems to have access to very large source of news sources. However, from its TV broadcasts, the network is a one-trick pony, concentrating on American political news, and to add to this concentration, it seems to favour one American political federal party over the other. A poor source of news in my view.

Click LINK —>www.cnn.com/



FOX news: absolutely the poorest of news sources. Blatantly biased, openly false reporting, providing news that appeals to 'redneck' Americans. Best to avoid this network for news unless you are curious as to how many Americans think and their biggest source of news, as incredible as this may sound. This network was founded by Australian Rupert Murdoch, a recently retired media guru, who was the P. T. Barnum of news broadcasting.

Some notable WEBSITES we visit often:



ELECTRIC SPEED, a particularly interesting site to writers and book readers. Author, *Jane Friedman*, publishes this newsletter regularly with information pertaining to writing and books. She gives practical and useful advice, tips and suggestions along with links relating to publishing one's works. Her newsletter is thought provoking and insightful with many valuable items in each issue. Very worth exploring more.

Click LINK —> ELECTRIC

McMaster OPTIMAL AGING PORTAL

McMaster University has an excellent site for information related to AGING. The portal prides itself on accuracy and up-to-date information. It has a lot of very useful and valuable information about *ageing*, as well as other health articles.

Click LINK —>McMaster



FIND A DOCTOR: Finding a doctor taking new patients is becoming an increasingly difficult challenge. This site may help those searching for a doctor who is still taking in new patients. The site also has reviews written by patients about doctors in Ontario.

Click LINK —> DOCTORS



www.szpin.ca connects you to an absolutely outstanding website, mine! Seriously, the site provides information, news and helpful advice to visitors of all ages on a variety of topics, all categorized for easy exploration. The site data is from authoritative sources as well as personal experience.

Click LINK —><u>www.szpin.ca</u>



Metroland Media, a division of TorStar, has declared bankruptcy. For news from the Durham region now, one can connect with InDurham which is a digital replacement and provides news relating to Ajax, Whitby, Pickering and other local regions. In short, it's Durham LOCAL NEWS.

Click LINK —>InDurham

Navigate my WEBSITE easily

Briefly:

With over 10,000 articles or connections, it is important to make my website easy to navigate. I use a **TAG** system to categorize posts so you can view titles in an area of interest by clicking on a TAG.

Our TAG system



Our website at The Szpinner groups articles or posts into categories as shown below:

Click TAG to access that information



Clicking a **TAG** in the website displays a list of posts related to it.

Our Search boxes:

We also have two **Search boxes** (found on the right side of the website) to facilitate finding material: (By TOPIC and by CATEGORY).



Thank you all site visitors who have been giving us support for so many years. The site is approaching 10 years of age and has many visitors now.

On another note

The site costs have been creeping up over the years and though I have solely underwritten up to this point, I am in need of help. So my newsletter will now be emailed to subscribers who choose to give me a little financial assistance.

Subscription fee \$5

Beginning in November, the newsletter will be sent to paid subscribers only. The subscription fee of \$5 per year can be paid by *etransfer to* richardszpin@gmail.com

This project incurs costs and your support will show understanding of its value to the community. It is a service that benefits subscribers with convenience, a variety of information, timely news and researched advice.

Again, thank you everyone for your ongoing support of this community aimed endeavour.

Website: www.szpin.ca

Newsletter: sent to registered emails with their permission:

zippyonego@gmail.com

As always, I wish you the best as we enjoy our fall season...

Richard, Nadia, & Fermo, too!

