

PARIS 2024

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OLYMPICS: Visit the special section on my website at www.szpin.ca



When the Olympic games started, I launched a special section dedicated to them on my website.

There is so much to report, I have ‘cherry-picked’ what I thought to be the best, the breaking and the most impactful stories to report.

To view the OLYMPICS section, click www.szpin.ca

Richard's Desk



"a rose by any other name would smell as sweet"...and the above banners are different.

The first with "the" is my [newsletter](#) banner, the second with "Doc" is the [website](#) banner. There's a story behind the "Szpinner" part...

First, from my Polish heritage, the name "Szpin" has a silent 'Z' in it. The anglicized pronunciation is 'Spin.' Try saying that out loud, 'Spin, Spin, Szpin, Spin.' That's it. You got it. 'Spin.'

Next, most Polish and Ukrainian names have a suffix of 'ski' or 'sky.' My ancestral family was too poor to afford the suffix which the rich paid to the feudal lord to retain their full name. Not my family.

Then, I have never wanted or had the urge to change my name, really anglicize it as others in the family have done. 'Kuczynski,' my Polish aunt's surname didn't fly with one member of her family. He anglicized it to 'King.' Not in my bailiwick, never considered, never desired. So 'Szpin' it is, 'Szpin' it will remain. Short and sweet.

Next, I am dumbfounded why anglos cannot handle the spelling once they learn it even with the pronunciation. As in the alphabet, 'S' comes before 'Z'...so it's 'SZ.' It is amazing how many intelligent people just can't get it, thinking just throw a 'Z' anywhere hoping it will hit the appropriate mark. Heavens, you're not making a salad,

randomly tossing in a “z” anywhere. It isn’t ‘spzin’ or ‘spinz.’ It’s ‘szpin.’ That’s a mental laziness I avoided as a teacher, as a school administration and as a school board executive. I have always paid close attention to how people spell their names and how they pronounce them. It’s called respect and regard.

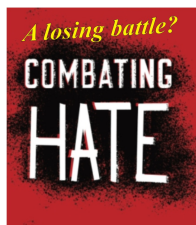
Then, ‘Szpinner,’ (pronounced ‘spinner,’)...many years ago a number of colleagues met weekly for a Friday afternoon cocktail, many of the group were school administrators or school board executives. They joked that I was a story teller, a raconteur, not fabricator. In any case, one of them started calling me ‘*Doc Szpinner.*’ The name stuck. Hence, the sobriquet “Szpinner’ in my two banners.

And now you have the rest of the story.

Editorial

Briefly:

Editorial comments are solely the opinions of the site manager.



Many leaders, politicians and elected officials have paid lip service to 'anti-hate' philosophies. Not that they aren't doing something about the battle, but the seriousness of their fight is questionable.

They boast of anti-hate, anti-violence policies and programs they have launched. These may be no more than mere words. Leaders, all of them, flap their gums and flip their lips in claims of how much they are doing in the battle against hate.

Americans are worse. Their hate crime rate is off the charts. Consider this for a moment: their Republican candidate for VP nominee, J.D. Vance, in his acceptance speech bragged about his grandmother, his 'mawmaw,' having 19 loaded guns in her 'Ozark' home, one or two in every room of the house. That's criteria for safe and secure living? As a Canadian, how many guns do you have in your home?

Somehow, these promises, policies and programs about which government leaders and elected representatives boast are supposed to be worthy of acclamation and appreciation. Be aware, we live in times of misinformation and fake news. You will hear that our violent crimes statistics are decreasing. It takes little searching to disclaim this 'fact.'

Violence, crime and incidents of hate are increasing everywhere.

What are the leaders and government ministers actually doing other than claiming they are doing a lot? If they are doing so much, how do they explain the difference between their policies and the number of hate crimes/incidents occurring? What are those policies? Increased police forces? Increased sentences? Increased bail amounts? Better equipped police forces? Whatever they're doing, it isn't working if the statistics are examined.

Is there a possible solution? Consider this possibility: leaders and politicians assess and examine the statistics relating to hate. If they are increasing, the policies need review and modification. Does 'increasing' any aspect of the policies and programs have an effect? If it doesn't, consider changing it. But is changing them to 'more' the answer? It's not working so far. Then, what alternatives or modifications or supplements need to be considered? This would take effort, time and energy. Politicians support hot air not effective government programs. Blow more hot air and the balloons rise, permitting you to boast that you are doing something. 'Hooty patooty' politicians! You aren't doing what is necessary or what works. If you were honest about your work you would assess, evaluate and modify your efforts. Are we to just sit in this quagmire of hate, misogyny, bigotry and racism in which we are currently mired and continue living in this muck?

REG's DESK:

AMAZING GRACE - another example of racism behind the composition of Amazing Grace

Like the HOLOCAUST-based stories, the examples of RACISM and BIGOTRY never end.

The renowned musical piece, "AMAZING GRACE," has a history of racism.

At one time, Blacks were forbidden from using white keys on the piano. Can you believe it? Watch this video and learn. Then ask yourself, have we moved the needle of RACISM and BIGOTRY very far? What do we need to change, to move it more, more completely?

Unless you're a stone, this video is very moving.



Click the video —> [**AMAZING GRACE**](#)

Community Board

Briefly:

This is COMMUNITY NEWS, primarily relating to Pickering and the Durham Region.

- **Amica Caribana:** You're invited

AMICA | PICKERING



You're Invited To A Caribana
Celebration

August 15, 2pm

Craving some fun in the sun? You won't need your passport to visit this island paradise! Join us at for a Caribbean-inspired event featuring:

- Chef-prepared Caribbean delicacies
- Live entertainment by a steel drummer and dancer
- A chance to meet our wonderful team members and residents

Your best tropical attire is encouraged!

RSVP at -> [AMICA CARIBANA](#)

POLITICAL Desk:

News from councillors, elected reps and community associations



Political commentary:

Pickering Council and the Ratepayer associations wish everyone a safe and happy summer.

From the PICKERING City Council



Profile
mayor@pickering.ca

Councillor Maurice Brenner
Regional Councillor Ward 1

Councillor Linda Cook
Regional Councillor Ward 2

Councillor David Pickles
Regional Councillor Ward 3



Profile
lrobinson@pickering.ca

Councillor Lisa Robinson
City Councillor ward 1



Profile
mnagy@pickering.ca

Councillor Mara Nagy
City Councillor Ward 2



Profile
dipickles@pickering.ca

Councillor Shaheen Butt
City Councillor Ward 3



Profile
lrobinson@pickering.ca



Profile
mnagy@pickering.ca



Profile
sbutt@pickering.ca



From Mayor Ashe...

Dear Friends,

As we bid farewell to July, I hope you've had the chance to soak up the warm summer weather and spend quality time with family and friends. Whether you've been exploring our scenic trails, enjoying a peaceful afternoon at the Frenchman's Bay, or simply relishing the beauty of our city, I'm grateful for the many ways we can connect with nature and each other in Pickering.

July has been a month filled with vibrant summer events that brought our community together and exciting updates in our city. We kicked off the month with our spectacular Canada Day celebrations, and what an incredible day it was! From the afternoon festivities to the evening fireworks, it was heartwarming to see so many of you come out and celebrate our Canadian pride and everything it means to be part of this great nation.

As we move into August, I encourage you to continue enjoying all that Pickering has to offer. Whether it's walking along our picturesque waterfront, a visit to one of our parks, or attending one of our many summer events, there's so much to experience in Pickering!

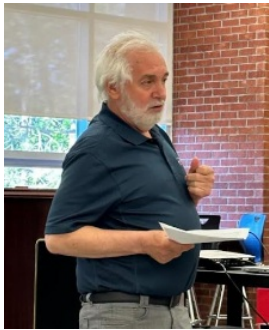
As always, please do not hesitate to contact my office at mayor@pickering.ca or 905.420.4600. Also, I encourage you to stay up to date on the latest news in Pickering by [subscribing to my newsletter](#) if you haven't already.

Yours Truly,

Kevin Ashe
Mayor of Pickering



Councillor Butt



Councillor Brenner



Councillor Cook



Councillor Robinson



Councillor Nagy



Councillor Pickles



Last week a park model trailer was placed in the side yard of 621 West Shore Blvd. and advertised an Airb&b for \$260/night. The house sold recently and whoever the new owner(s) is (are), I guess they think there are no bylaws in place. Our Association has been fully involved with the "Infill and Replacement Housing in Established Neighbourhoods" for 6 years, since amalgamated zoning bylaws was first proposed in 2016 by the two Ward 1 Councillors, Maurice Brenner and Kevin Ashe. Ever since then, builders, buyers and contractors have pushed the envelope to build bigger, higher, and wider.

Fairport Beach Neighbourhood Association has acted as good corporate neighbours in keeping an eye on what goes into our community. Not every buyer is thinking of moving or living here for life. Some are speculators and some are from other countries looking to invest their money in a safe market. They have no interest in what is best for a community, but rather how much profit can be made from building the biggest structure.

Now, this same party has applied to build a new house on this lot, and have the house sit 1.5 meters from the front property line(bylaw requires 7.5 m) and 10.3 meters in height (bylaw requires 9 m max.). These are called minor variances before the Committee of Adjustments. If no neighbour objects then the applicant has a good chance that they may get approval.

Human nature being what it is, most people will not object and don't understand the process anyway. FBNA has been around since 1927 and Incorporated since 1949. We will look at applications with a critical eye and apply the new standards under bylaw 2511 as amended.

We commend and welcome new builds and good neighbours to our special community of Fairport Beach.

Paul White, President



The Rougemount Community and Recreation Association, RCRA

would like to thank the members of the community for joining us at the Rouge Valley Park on June 8th for our initial Park and Street party.

The overwhelming turnout was absolutely fantastic.

A big thank you to Pickering Uxbridge Provincial MP, Peter Brethlenfalvy, Pickering Regional Councilor, Maurice Brenner, Pickering Ward 2 Regional Councilor Linda Cook for their support.

We also send our thanks and appreciation to all the vendors for their their support in making the celebration such a success.

Special thanks to the RCRA Executive Board - Joe Pacione, Nicole Karbach, Abdullah Mir, Joseph Poon, and Richard Szpin! Their amazing commitment and passion to bringing the Rougemount Community together and offering members opportunities to greet and mingle with neighbours has been a terrific example of wonderful volunteers at their best!

And a big thank you to Richard Szpin for getting the word out to everyone in his newsletter!

Soon we will have an announcement about our fall event!

If you live in our neighbourhood, we invite you to become an RCRA member and also to become a volunteer in the RCTA!

Please visit our website for an application form.

For RCRA website, Click → [RCRA](#)

Sincerely,

Peggy Bowie, **RCRA President**
Contact phone **416.903.3284**

PWSCA

Pickering West Shore Community Association

From Scott Loyst, President . . .

Pickering West Shore Community Association (PWSCA)

Scott Loyst - President

Pickering.PWSCA@gmail.com

Social Media - <https://www.facebook.com/pickeringpwscamibextid=LQQJ4d>

IG - @pickeringwestshore

Website- <https://pwsc.ca>

Scott Loyst

President

Health: 'The END Cometh for us all..'

Briefly:

- **Ageism:** Are you experiencing incidents of ageism in your life?
- **Water part 2:** The importance of drinking water in your daily life.
- **Estate Organizer:** Visit my website at www.szpin.ca to see more about this.

AGEISM

Are you in a line of people of varying ages, and younger people get attention first? That's ageism. Does someone talk to you in a manner that is used with little children, slow paced, louder emphasis on words as if you do not comprehend the speaker? That's Ageism. Are you addressed as 'dearie' or 'luv' as if you are a child? That's Ageism.

Ageism is all around us. From stereotypes in the media to assumptions in the workplace. Ageism can limit opportunities and even create social isolation for older adults. The good news is that we can be part of the solution and combat it together to create a more inclusive world for all ages. Here are four ways you and those around you can help.

Click -> [McMaster Portal: on combating AGEISM](#)

WATER

Water is life. Therefore, in the same way that you do not miss your breakfast, lunch, and evening meal, you should also make sure that you are drinking adequate water in a day to ensure good health. Unfortunately, most people do not consider drinking water paramount for their health and only drink water when thirsty. Surprisingly, however, it is worth noting that thirst is a symptom of dehydration.

Read more at -> [WATER](#)

ESTATE ORGANIZER

So, what about "after you?" What are you leaving behind in your will? Is the family going to cover all the bases, do all that must be done, find everything they need? Consider this

helpful package that will assist you with tying all the loose ends for after. It helps you compile everything you should for your family to access and use when the time comes.

Are you covering all the bases? Click —> [**BASES**](#)

Also see the Estate Organizer sampler at [**ESTATE SAMPLER**](#)

Travel...

Briefly:

- Some of this material is untested but readers may find it useful.



CanXplore is a tour operating company in the Durham region. We specialize in escorted tours for the 'young-at-heart.' Our accommodation in Newfoundland is in best of class hotels in each area we travel.

Newfoundland Tour, 2025, July 5-14 [Booking starts in Sept]

(Waiting list signing being accepted)

Our outstandingly popular Newfoundland tour is being booked now. This tour has received dozens of "5 star" reviews. Here are some of what our previous clients have said...

Cathy was so much fun and the small group was perfect. I will book again soon!! Very professional driver as well. Karen A.

This coach tour brings Newfoundland alive. From west to east: Western Brook Pond, "Anchors Away" entertainment, to Gander- feels great to be associated with these people, to the eastern tip of Canada, and boat touring seeing icebergs, puffins and whales. Get screeched in to become an Honorary Newfoundlander. This tour brings it all together with smiles, tears and pride to have been part of NFLD for a short while! W.B.W.

This trip to Newfoundland was beyond amazing in so many ways.

Cathy created a diverse, interesting, and creative itinerary, encompassing the many aspects of Newfoundland. The geography of the area was an experience: tours of the Tablelands (i.e. the earth's mantle), a boat tour through the amazing fiords, Bonne Bay which showed us the other side of Gros Morne, all expertly explained by very knowledgeable guides. A bonus on our boat

trips was being entertained Newfoundland style on our ride back to the docks.

We were fortunate to see icebergs, whales, and puffins on our other boat tours.

Newfoundland history was presented with tours of Trinity, Bonavista, where we saw a replica of Giovanni Caboto's ship, Signal Hill, and more.

And the fun stuff!!! Wine and beer tastings, our own kitchen party at one of the hotels, Anchors Away Show, and of course getting Screeched!!

Cathy's attention to detail was exceptional, making sure everyone's needs were met. Garfield, our bus driver, was a delight, going above and beyond.

I highly recommend CanXplore,

Mary Ann M.

What a fantastic 10 days in NFLD with a great group of people! The entire trip was very well planned out. Every day was packed with great sites, excellent food & lots of activities. Cathy did a fantastic job of keeping us well informed and entertained (especially on the bus). Our bus driver (Garfield) being a Newfoundlander, shared many stories from his past & present. He made sure I had my fill of bananas



I would recommend CanXplore for future trips.

Karen M.

Newfoundland has always been on my bucket list..fantastic 10 day bus trip. Cathy you could not have done it better..no complaints

Carolyn N.

For more information information, see [CANxPLORE TOURS](#)

Book at www.canxplore.com/newfoundland... Or Email Cathy: cathy@canxplore.com

TECHNOLOGY:

Briefly - Notes and comments about TECHNOLOGY:

- **TANGLE News:** a valuable resource for concise and informative summaries of key arguments related to significant issues in contemporary American politics.
- **The Szpinner:** website revamped and improved
- **AI (artificial intelligence):** a useful tool for any computer user



Interested in the world of American politics? Consider subscribing to **Tangle**, an excellent newsletter that provides stories and summarizes the dominant arguments relating to the political world of the USA.

Tangle is an independent, non-partisan, subscriber-supported newsletter, read by nearly 60,000 people in 55+ countries across the world.

Every day, it tackles a big debate in American politics, then summarizes the best arguments it can find from the right, left, and center on that debate.

Tangle also has a [podcast](#), [YouTube channel](#), and [live events](#).

First time hearing about us? [Sign up for free here](#).



The Szpinner website was created almost ten years ago with the goal of helping Seniors. The site has grown over the years still trying to remain easy to navigate and

making information easy to access.

From readers' comments, I have concluded the site needs more clarity and more directness. I have revamped the site, reducing or eliminating to improve site navigation.

Also, the website name has changed from *BOOKz COOKz NOOKz* to simply, "Doc Szpinner."

Visit and read the newsletter there. (Donor subscribers receive the newsletter automatically.



Please let me know what you think of the changes: is the site 'cleaner?' Easier to navigate? Direct and simpler to manage?.

Thank you.

Richard

Email: zippyonego@gmail.com

AI: a useful tool for any computer user

Artificial Intelligence can be a tremendous tool for anyone who uses computers. Consider where and how you can use AI in your work. AI does great work in searching and summarizing information from the Internet. Much better than Google search and the like.

You need to explore and experiment to learn what works most beneficially for you; learn how to phrase questions to elicit the best answers for your needs.

Five AI sites:

Here are five AI websites with their links:

1. OpenAI

OpenAI is a leading AI research lab known for its advanced models and tools, particularly in natural language processing. Their APIs allow developers to create applications for chatbots, language translation, and text generation. <https://www.openai.com>

2. TensorFlow

Developed by Google, TensorFlow is an open-source platform for machine learning. It offers a comprehensive range of tools and libraries for building and training machine learning models, making it popular among researchers and developers. <https://www.tensorflow.org>

3. **PyTorch**

PyTorch, created by Facebook, is an open-source machine learning library that is favored for its user-friendly interface. It supports dynamic computational graphs and is widely used for deep learning applications. <https://pytorch.org>

4. **IBM Watson**

IBM Watson provides a suite of AI tools and services that cover various domains, including natural language processing and machine learning. It is utilized across industries such as healthcare and finance for data analysis and automation. <https://www.ibm.com/watson>

5. **Google AI**

Google AI offers a range of AI tools and services, including APIs for natural language processing, image recognition, and more. It is designed to cater to various industry needs and is known for its robust documentation and ease of use for developers. <https://ai.google>

Perplexity AI

I have tried several AI tools, but I found one that stands out: Perplexity AI. This company prioritizes human interaction, ensuring that most communications are handled by real staff who engage with clients in a personal way. This human touch, combined with advanced AI technology, sets Perplexity AI apart from other services. You receive genuine support and interaction, all backed by powerful AI capabilities.

<https://www.perplexity.ai/>

Books Shelf...

Briefly:

- This material is information regarding BOOKS. There is no affiliation with any BOOK related corporation or commercial organization.
- Some readers still purchase hard copy BOOKS. With *global warming* in mind, we suggest book readers borrow books from their local libraries rather than buying hard copies or use digital applications such as Kindle or Libby.



Gail and Heather, two retired school administrators, are passionate readers of BOOKS. Their book commentaries, suggestions and opinions are astute and valuable information about books.

Gail Aziz

Summer break....need time to catch up on my reading up at the cottage. Catch ya in September.



Heather Stuart

Summer break...but I am thinking about my book club's readings for September. Stay tuned everyone.

Richard on BOOKS

They said 6 months, more likely to be 7 but the progress continues...after the hip replacement. I can't



go under the limbo bar yet, and I definitely cannot jog
but...

MEANWHILE



NEW YORK STATE OF MIND:

A tribute to Bill Joel



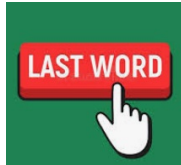
Of all the history made inside New York's Madison Square Garden, Billy Joel's concert recently was one for the ages. It was the final concert of the superstar's residency at the Garden, where he has appeared monthly over the last decade.

The Garden gig has been good for Joel. It's close to his Long Island home, and over the past 10 years, he's sold more than \$120 million in tickets to more than 2 million fans. A banner was hoisted this week to commemorate the piano man's 150 total performances — the most of any artist at the venue.

But don't mistake this performance for a swan song. Joel still has the pipes, and at 75, he's already booked a fall tour across the USA. So, huge congrats to William Martin Joel, a New Yorker born and bred. We thought his hit "New York State of Mind" might be appropriate for celebrating the occasion and a reason to smile.

From the files of Dan Rather

Click -> [JOEL](#)



Hello everyone...

The OLYMPICS is quite a show, as always, and at press time we are half way through the events. Word has it that France's closing ceremony may be historical. Paris 2024 plans some amazing moments and will put on a spectacle the world has never yet seen. Let's cross our fingers that it all goes well for them and as they plan.

Watching the young people competing with all their hearts is a tremendous tribute to everyone everywhere. These young athletes have trained hard, devoted themselves for years, alone, isolated and ignored and now they shine as they compete for the medals podium. We pay tribute to each and everyone of them. Kudos!

As always, my thanks and appreciation to newsletter readers and website supporters. You too are OLYMPIANS for acknowledging, recognizing and contributing to my work here.

Thank you.

Richard

*(with much assistance from **Nadia** and **Fermo**)*