



OCTOBER,

2024

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## **Editorial**

***Briefly:***

Editorial comments are solely the opinions of the site manager.

### **What are you doing about our planet?**



#### ***We're killing our planet! What role are you playing in this destruction?***

##### **Preserving Our Planet: The Importance of Green Environmental Efforts**

In an era of rapid industrialization and urbanization, the need for green environmental efforts has never been more critical. Our planet faces unprecedented challenges, from climate change to biodiversity loss, making it imperative that we take decisive action to protect and restore our natural world.

##### ***What are you doing to help our planet?***

The Earth is experiencing alarming environmental changes at an accelerated pace. Global temperatures are rising, leading to more frequent and severe weather events, deforestation, particularly in rainforests, threatens ecosystems and contributes to atmospheric imbalance. Meanwhile, *pollution* in various forms continues to degrade air, water, and soil quality, impacting both human health and wildlife.

##### **Key Areas for Green Initiatives:**

###### ***Renewable Energy Adoption***

One of the most impactful ways to combat environmental degradation is through

the widespread adoption of renewable energy sources. Solar and wind power offer clean alternatives to fossil fuels, significantly reducing greenhouse gas emissions. Governments and businesses should prioritize investments in these technologies, while individuals can contribute by installing solar panels or choosing energy providers that offer renewable options.

### ***Sustainable Transportation***

The transportation sector is a major contributor to air pollution and carbon emissions. Embracing green transportation solutions such as electric vehicles, public transit, and cycling can dramatically reduce our carbon footprint. Cities should invest in infrastructure that supports these eco-friendly modes of transport, making them more accessible and appealing to residents.

### ***Waste Reduction and Recycling***

The principle of "Reduce, Reuse, Recycle" remains a cornerstone of environmental conservation. By minimizing waste generation, reusing items when possible, and recycling materials that can't be reused, we can significantly decrease the amount of waste ending up in landfills. This not only conserves resources but also reduces the energy required for new product manufacturing.

### ***Water Conservation***

Fresh water is a precious resource that's becoming increasingly scarce in many parts of the world. Implementing water-saving techniques at home, such as fixing leaks and using water-efficient appliances, can make a substantial difference. On a larger scale, industries and agriculture must adopt more sustainable water management practices to ensure long-term availability of this vital resource.

### ***The Role of Education and Awareness***

Environmental education plays a crucial role in fostering a culture of sustainability. Schools should integrate environmental science into their curricula, teaching students about biodiversity, pollution, and climate change. This knowledge empowers the younger generation to make informed decisions and take action for the planet's well-being. Public awareness campaigns can also be effective in promoting eco-friendly behaviors. These initiatives can range from community clean-up events to social media campaigns highlighting the importance of individual actions in environmental conservation.

### ***Government Policies and Regulations***

While individual and community efforts are essential, government policies and regulations are crucial in driving large-scale environmental change. Implementing and enforcing strict environmental standards for industries, offering incentives for green technologies, and setting ambitious targets for emissions reduction are all vital steps governments can take.

International cooperation is equally important, as environmental issues often transcend national borders. Global agreements like the Paris Climate Accord provide a framework for nations to work together in addressing climate change and other environmental challenges.

### ***Corporate Responsibility***

Businesses have a significant role to play in environmental conservation. Adopting sustainable practices not only benefits the planet but can also lead to cost savings and improved public image. Companies should strive to reduce their carbon footprint, implement eco-friendly packaging, and invest in research and development of green technologies.

### ***Power of Individual Action***

While systemic changes are crucial, individual actions collectively can have a substantial impact. Simple daily choices like using reusable bags, conserving energy at home, and choosing environmentally friendly products can contribute to a greener planet. Moreover, individuals can amplify their impact by advocating for environmental causes and supporting organizations dedicated to conservation efforts.

### ***Conclusion***

The path to a sustainable future requires a concerted effort from all sectors of society. By embracing green environmental initiatives, we can mitigate the impacts of climate change, preserve biodiversity, and ensure a healthier planet for future generations. It's not just about protecting the environment; it's about safeguarding our own future and the well-being of all life on Earth. As we face the environmental challenges of our time, let us remember that every action, *no matter how small*, contributes to the larger goal of a greener, more sustainable world. The time for action is now – our planet's future depends on it.

## **Community Board:**

### ***Briefly:***

- Help St. Paul's on the Hill FOOD BANK; support their **Oct 5 GREAT TURKEY GIVEAWAY** event
- Rougemount Community and Recreation Association Corn Roast, a popping success
- Bits and pieces from my Community, PICKERING, Ontario



**THE GREAT TURKEY GIVEAWAY**

**GIFT CARD FUNDRAISER!**

**Saturday, October 5th, 11 am - 2 pm**

1899 Brock Road, Pickering @ RONA +

**BBQ • Petting Zoo • Bouncy Castles**

Join us for a day of fun and make a difference in our community with your donations!

**HOW YOU CAN HELP:**

- Donate a \$25 gift card from a local grocery store
- Donate non-perishable food items
- Monetary Donations are also appreciated!

**THANKSGIVING DINNER INGREDIENTS WE NEED:**

- Cranberry Sauce
- Canned Fruits and Vegetables
- Canned Tomatoes, and Tomato Paste
- Stuffing Mix (Bag or Box)
- Canned Corn and Beans
- Dried Lentils and Quinoa
- Turkey Gravy Mix
- Spices and Spice Blends
- Pumpkin Pie Mix
- Flour and Sugar

**RONA+**  
\*We're raising funds to allow food bank clients the opportunity to purchase the ingredients needed for their Thanksgiving Dinners. Thank you for your support!

**ST. PAUL'S ON-THE-HILL COMMUNITY FOOD BANK**



The First Rougemount Community and Recreation Association Annual Corn Roast

was held on a beautifully sunny fall day, Saturday, September 28th in the Rouge Valley Parkette in Pickering.

***So many words of thanks***

A huge thank you to ***Tianos Organics*** for generously donating the corn and to ***Frank McGillan*** for his outstanding service at the BBQ.

***The Mayor and Councillors***

We thank Mayor Kevin Ashe, Councillors Maurice Brenner and Mara Nagy for their attendance and support of festivities! The locals who attended the event were appreciative of the opportunity of sharing a cob of corn, some ice cream and a few words with the representatives. Thank you Mr. Mayor and City Councillors.

***For the music***

Thank you to the musician Shamik Sen who entertained everyone with such wonderful music. His music complemented the event making it come even more alive and exciting.

***Community Association assistance***

Thank you to Carol McGuffy and the PWSCA for lending their table and canopies for this occasion! Another example of the value and importance of communities!

***And the biggest thanks***

To the 300+ members of the community who attended the event, along with their kids and grandkids. What a joy to share the spirit and the energy with our residential neighbours!

***Thank you so much for being a part of our neighbourhood event and for making it such a success!!***

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***Saint Paul's on the Hill Food Bank***

Saint Paul's on the Hill Food Bank raised \$155.00 and 45 lbs of food!  
Bravo everyone and thank you for your generosity.

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***The RCRA Board***

Thank you RCRA Board:

- *Abdullah Mir*, who took the lead organizing the event
- *Nicole Karbash* and her children'ss craft station
- *Joe Pacione* for manning the Membership table
- *Joseph Poon* for managing the snack table
- And our biggest thanks to the '*Flyer delivery team*' who did a stupendous job delivering so many flyers throughout the entire neighbourhood - a job well done!

Now all of us will be turning our attention to the next RCRA event being developed for later this year







PICKERING is a southern Ontario city located just east of Toronto, close enough that it often gets included as part of the GTA. It should not be so included as it has its own unique persona, its own municipal climate, its own special warmth and friendliness.

With a population of about 100,000 people and its proximity to Toronto, one might expect the 'big city' characteristics of aloofness, social distancing and cold personability to rub off on Pickering. They do not.

Pickering people are more pastoral or rural in persona rather than big city impersonal. They socialize well, with warmth, caring and mutual interest. They care about who you are more than what you are. Are you a people person? Do you care about community? Care about kids? City safety and security?

### ***Location and accessibility***

In short, Pickering is located ideally on the north shore of Lake Ontario, near enough to Toronto to make that city's attractions easily accessible but far enough away from it to shun and avoid what may be labeled as the sins of size for a city. Connected by many main highways and freeways, Pickering is a gateway to the attractions of pastoral, rural eastern Ontario as well as the rugged, burly watershed of Ontario north.

### ***Pickering's many attractions:***

#### **Beare Hill Park**

A community park known for its recreational facilities, including sports fields and playgrounds, providing a space for various outdoor activities.

#### **Frenchman's Bay Marina**

A popular marina that provides recreational boating opportunities and scenic views of the bay. It's a great spot for water sports and leisurely family strolls along the waterfront.

#### **Great Lakes Waterfront Trail**

This extensive trail runs along Lake Ontario and offers stunning views as well as opportunities for walking, cycling, and enjoying the natural beauty of the waterfront.

### **Herongate Barn Theatre**

An intimate venue that hosts live theatre performances and events throughout the year, offering a unique cultural experience in Pickering.

### **Millennium Waterfront Park**

This park features walking trails, picnic areas, and beautiful views of Lake Ontario, perfect for relaxation and outdoor activities for the whole family.

### **Petticoat Creek Conservation Park**

This park offers a variety of outdoor activities, including picnic areas, splash pads, and access to the Waterfront Trail along Lake Ontario, making it ideal for family outings.

### **Pickering Casino Resort**

A premier entertainment venue that offers gaming, dining, and live entertainment options, catering to both locals and visitors looking for a fun night out.

### **Pickering Museum Village**

A living history museum featuring heritage buildings and live interpreters that provide insights into local history. It's a unique experience for visitors of all ages.

### **Rotary Frenchman's Bay West Park**

This park features a beach area, playgrounds, and picnic spots, making it a family-friendly destination for summer activities.

### **Seaton Hiking Trail**

A scenic trail that offers hiking opportunities through natural landscapes, ideal for nature lovers and outdoor enthusiasts looking to explore the area's flora and fauna.

# ***POLITICAL Desk:***

***News from councillors, elected reps and community associations***



## ***Political commentary:***

Each month we invite elected officials from our region to submit messages to this newsletter. Our aim is to give these elected officials the opportunity of updating their constituents with news from their constituency.

Publishing received responses demonstrates the interest and support these elected officials have for such local initiatives as this newsletter.

We wish the Pickering Council, the Ratepayer associations and elected representatives a safe and happy October.

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## ***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  
mbrenner@pickering.ca

**Councillor Lisa Robinson**  
City Councillor Ward 1



Profile  
lcook@pickering.ca

**Councillor Mara Nagy**  
City Councillor Ward 2



Profile  
dpickles@pickering.ca

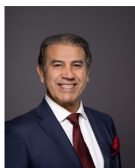
**Councillor Shaheen Butt**  
City Councillor Ward 3



Profile  
lrobinson@pickering.ca



Profile  
mnagy@pickering.ca



Profile  
sbutt@pickering.ca

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*From Councillor Brenner...*

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*Paul White*  
President

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*Peggy Bowie*  
President  
(Ph 416.903.3284)

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**PWSCA**

Pickering West Shore Community Association

*Scott Loyst*  
President

## **Richard's Desk**

### ***Briefly:***

In today's world of price gouging, profiteering and consumer exploitation....if you wear glasses, you may get some money saving ideas from this article.



### ***“Seeing”* your way to saving a bit of money on eyewear**

Source:

Retired Teachers of ONT magazine, Benefits and Health: Yvonne Lee

Many people today live on a budget and today's medical advances mean many of us will live longer. Really? Here's the thought: you may need to make your money last LONGER than you had originally planned.

Older people are fashion conscious and fashion aware too but to be so can quickly become very expensive these days. Eyewear may not get the full insurance coverage you may want. To find and buy the "perfect fashion eye-glass frames" will dent your budget severely and your insurance may not be a suitable solution.

Here are some ideas for you to think about and consider as you plan for staying fashionable with your eyeglasses.

Replace your frames, retain your lenses. Frames prices range from \$60 – to more than \$900.00 for designer label or classic retro styles; lenses are pretty much the same cost everywhere. Extra features can drive the price up: high index, polarized,

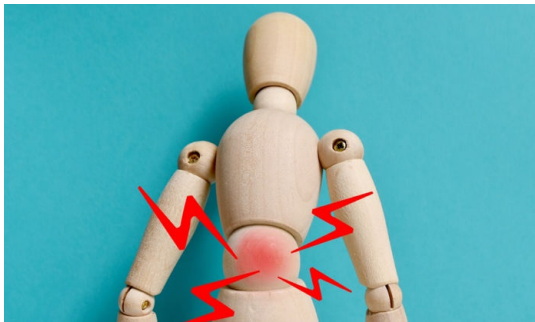
tinted, gradient, and progressive lenses, custom sunshade clip-ons, one pair for reading and another pair for distance, lenses to protect the eyes from UV or computer light, flex hinges or twisting frames so there is less breakage, sustainable materials, etc., etc. — lenses can cost you \$100 – to \$700+. Ask the optometrist/optician/salesperson these questions: Would they be willing to use your current frames again, your sunglass frames, reading glasses frames, or frames that you bought elsewhere?

Fact: Did you know that they send your chosen frames out of shop to a lens maker who then installs the newly made lenses into your new/ old frame? Asking questions costs you nothing. Everyone's shopping experience is different. I learned, however, that frames come in a variety of prices, sizes, shapes, colors and materials. Reading glasses cost less than \$20 a pair at the pharmacy or online. I bought one pair to try on for fit and comfort. Then I went ahead and bought two more styles/colors and shopped for an optometrist who would agree to have my new prescription lenses inserted in my much cheaper frames. And, voila — I have saved on the costs of frames. The whole point is that buying extra frames that I like means not having to waste more money and time years later trying to find another frame that I like. If I lose or break a pair, I will have a spare frame. Nevertheless, your experience may not be like mine.

## **HEALTH:**

### **Briefly**

- **CHRONIC PAIN:** *A common but invisible disease*
- **EXERCISE:** *Incorporate some kind of exercise into your daily life, every day*



Chronic pain, often called an 'invisible disease', is a complex and often misunderstood condition affecting nearly 8 million people in Canada. There is no simple solution to dealing with or managing chronic pain. However, McMaster University Optimal Portal has some useful information about the topic.

**Click ->** <https://www.mcmasteroptimalaging.org/blog/detail/videos/2024/09/26/chronic-pain--a-common-but-invisible-disease>

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## **The Benefits of regular exercise**

### **Physical Health Benefits**

Regular exercise helps prevent or manage many common age-related health conditions:

- It reduces the risk of cardiovascular disease by improving heart health, lowering blood pressure, and enhancing circulation.
- Exercise also helps control blood sugar levels, decreasing the risk of type 2 diabetes, bone and joint health,
- Weight-bearing exercises and strength training help maintain bone density, reducing the risk of osteoporosis and fractures.
- Exercise also improves balance and coordination, which lowers the risk of falls - a major concern for older adults.
- Physical activity boosts immune function, potentially reducing susceptibility to illness.
- Regular exercise can help manage weight and improve overall physical fitness, allowing seniors to maintain independence in daily activities.

### ***Mental, Cognitive and Social Benefits***

Exercise provides powerful mental health benefits for older adults:

- It stimulates the release of endorphins, which can improve mood, reduce stress and anxiety, and alleviate symptoms of depression;
- Regular physical activity is also associated with better sleep quality, which is crucial for overall health and wellbeing;
- Cognitively, exercise has been shown to improve memory, attention, and processing speed in older adults;
- It may even help delay the onset of dementia and reduce cognitive decline;
- Social aspect of group exercise classes or activities can also combat feelings of loneliness and isolation.

### ***Types of Beneficial Exercise***

A well-rounded exercise program for seniors should include:

- **Aerobic exercise:** Activities like walking, swimming, or cycling improve cardiovascular health and endurance;
- **Strength training:** Using weights or resistance bands helps maintain muscle mass and bone density;



- Balance exercises: Practices like tai chi or simple standing exercises can reduce fall risk;
- Flexibility work: Stretching or yoga can maintain range of motion and reduce stiffness;

**Conclusion**

The key is to find *enjoyable activities that can be sustained long-term*. Even moderate amounts of exercise can provide significant benefits - aim for at least 150 minutes of moderate-intensity activity per week, as recommended by health authorities.

## ***Fermo's Desk***



I go on holidays too. Recently, I travelled to Quebec, the Eastern Townships. I'm a great passenger. I snooze, I sight see out the back windows and every couple of hours I let Nadia and Richard know I need a bathroom break by a little bark or a bit of a whine.

They are great human partners as they always pull over as soon as practical and let me out to do my business. I stretch my legs, walk around a bit, maybe drink a bit of water and then I am ready to go again.

Read more about my recent

***QUEBEC Eastern Townships tour, 2024.***

**Click ->** <https://www.szpin.ca/?p=67201>

You'll get some ideas and learn a little about one of my favourite destination areas for car vacations. [ I don't fly as Nadia and Richard will not put me into cargo and I am too big for in cabin travel.

## Books Shelf...

### **Briefly:**

- I read a lot. I find it endlessly fascinating how writers can be so creative developing new plot after new plot, seemingly with an ease I can never find.
- Again knowing some readers still purchase hard copy BOOKS, I urge readers to consider borrowing. Local libraries can provide you with great access to unlimited books and borrowing from them means minimizing your impact on *global warming*.



Gail and Heather, are two very dynamic and discerning book enthusiasts. Both are retired school administrators who bring years of experience to the world of books. They have commentary, insights and opinions about books that will help you appreciate reading even more.

### **Gail Aziz**

Gail's responsibilities of maintaining a home and a cottage in Muskoka impact on her free time but added to that, Gail is a passionate traveler with a phenomenal memory to all her travel experiences. When she has time, she writes insightful and weighty critiques of her latest reads. At this time, she is probably mourning the end of another great summer in central Ontario while savoring a chardonnay and enjoying another exciting book by a comfortable fire. Now *that's the way to read books*.



## ***Heather Stuart***

Heather is more than just a book reader. She's a dedicated book club manager, encouraging her group of avid readers to explore new genres and new authors each month. Her own selection of books is profound and deep, often more profound and deeper than the average reader. She too is a book reader who has a memory that would be the envy of any and every reader:

## ***Individuals with Exceptional Memory***

**Eidetic Memory:** [rare ability to recall visual information with exceptional detail and accuracy for a short period after exposure.]

1. Nikola Tesla: The inventor claimed he could memorize entire books and visualize his inventions in detail before creating them;
2. Kim Peek: Known as the real-life "Rain Man," Peek memorized around 9,000 books and could read a page in just 12 seconds, using both eyes independently;

## **Highly Superior Autobiographical Memory (HSAM)**

1. Marilu Henner: The actress has HSAM, allowing her to recall nearly every day of her life with vivid detail. She is one of about 100 people in the world identified with this condition;
2. Emily Nash: An 18-year-old Canadian who discovered she has HSAM, Nash can recall specific dates and events from her life with remarkable accuracy;
3. Jill Price: The first person identified with HSAM, Price can remember detailed events from her life since she was 12 years old, prompting scientific interest in her abilities



## ***Richard on BOOKS***

For the full list of the many books I have read and reviewed,

**CLICK ->** <https://www.szpin.ca/?cat=465>

## **TECHNOLOGY:**

### **Briefly**

- **SCAMS:** scammers now use legitimate company logos to try to fool you



The latest scam we have encountered is one which has been fraudulently associated with the CAA. These scammers offer auto emergency car travel kits in association with the CAA.

It's a scam. The CAA offers no such emergency kits and it warns all their members about this scam. The scammers are looking for you to click on their bait and give them your credit card information.

Scammers never stop trying to find new ways to get into your wallet. The universal strategy for dealing with any and all scammers, email, computer, phone: ***if you didn't initiate the call or message, cut them off without any response whatsoever.***

Don't open the mail; don't open the notification; hang up the phone *without saying anything.*

If you didn't initiate the activity, do not recognize it, nor initiated the connection, break it, block it, delete it, cut it off. ***Full stop, end of story.***

## Travel...

### *Briefly:*

- No matter how you cut it, travel is becoming very expensive. Vacation travel within Canada may cost less but it is still costly.

You might consider a vacation with a tour company like **CanXplore**. There are many benefits and perks to such a vacation: they take care of the travel details, accommodation is first class and pre-arranged, and they have the experience to fully maximize your travel holiday.

It is an excellent way to get the biggest bang for your travel buck and **CanXplore** has the expertise, the experience and the knowledge to give you not only a trip you will remember for a life time, but because they specialize in Canadian tours, it will be a trip that will not break your travel budget.



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...

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

Karen A.

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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.

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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.

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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.

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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.

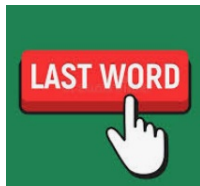
For more information information,

**Click ->** <https://www.canxplore.com/>

Book at [www.canxplore.com/newfoundland...](https://www.canxplore.com/newfoundland...) Or Email

Cathy: [cathy@canxplore.com](mailto:cathy@canxplore.com)





Publishing the October edition of has been particularly challenging because of a family funeral. The time has arrived where one looks around and sees one family chapter close after another and wonder, when will my book close.

***“Live life to the fullest, every day”***

Live your life as fully as you can, taking care of yourself, your family, health and finances. Each morning, give thanks, even if you aren’t religious, just appreciate you’ve been given another day. Make the most of it, whether you have family with you or you’re on your own. Open the curtains, look out at the day, hopefully it’s a sunny one. Enjoy the day as much as you can. You’re blessed and been given some more time here.

Again, thank you for your continued support and generous contributions to my publications. I fully appreciate having your readership and support. Thank you!

***Richard***

*( with much*

*assistance from Nadia and Fermo )*