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Editorial

Maybe T**** isn't as wacko as many of us think he is ?

T**** may not be as crazy as he seems to be to many people.

[a side note

Why I use "T****." I do not respect this man. In fact I think so little of him, I refuse to type out his full name anywhere I can remember to do so. Hence you will see T**** whenever I refer to the jerk, or better still, "AH" which again I do not write out to be politically correct but it stands for ASSH*LE."]

The 2016 Presidential campaign was a milestone in history. I labeled him a wacko then. My label remains unchanged, instead it is confirmed and reinforced.

Reinforced so many times over the years, it's been kicked up a notch to AH [a**hole]. Read more at "[.AH in WH](#)" at my website Doc Szpinner at www.szpin

T**** should never win an election, not even as dog catcher, let alone as President of the USA. The man is a convicted felon, a seditionist, without morals, lacking relationship responsibility, without scruples, a racist, a bigot...need I continue, the list is endless.

There was no reasonable explanation for supporting this AH. However, as I watch the news, *my views are shifting some*. I still would never vote for the AH but his message is beginning to make me reassess how voters might look at what the AH says.

Consider our society

Consider Canada for a moment and be reminded that much of what can said here can be applied to the US:

- Prices are increasing endlessly;
- Rent/mortgages are rising continuously;
- Cost of living? Up, up, and up. Non-stop;
- Bank of Canada policies helping?
- Crime is not only increasing, but the criminals are younger and younger;
- Our bail system: does it need updating and change?
- Food Bank use: breaking all records and getting worse monthly;
- The media? Valid and truthful news? Creditable headlines?

"- Claim unemployment is at a moderate level;"
"- Claim that inflation is low or an acceptable level;"
"- Government spending is at reasonable levels;"

- The media never reports critical evaluation of governments, often sweeping criticism under the carpet as if it is 'stale news' ...examples... Ottawa spent millions on the Phoenix salary project...Ottawa spending 6 billion on \$250 citizens's cheques to certain citizens only;
- Government waste, inefficiency, failures is seldom fully published;
- You can easily supplement this list...very easily.

T*'s words may need a bit more consideration***

T**** criticizes our world endlessly: costs, expenditures, immigration, drug abuse, crime, wars, and on and on. He's right when he implies our problems are growing rather than diminishing.

Then, he attacks the status quo, the politicians of old, our current leaders. We have had these politicians as government leaders forever and yet look where we are, still in a mess. Politicians using old time political policies are failing to correct our problems or significantly improve our lives. Consider the average citizen's economic condition, never mind the marginalized. Repeat after me: 'the homeless,' 'food bank use,' 'price increases constantly.'

All these experienced, reasonably intelligent political leaders and our society is still in a questionable state. Any politician saying, "These are ongoing problems which will never be resolved," is member of the old guard. What a mentality.

T****'s message is that the old ways are failing, the old guard are failures. Deniable? He barks that a new order is needed and he is its leader. Shouldn't we give his words some consideration?

The majority of the American electorate has. It has stepped out onto the ice, as thin and precarious as it may seem to be, stepping away from the old shores and inching forward toward a new world, a new order, a new way of thinking. Appealing or frightening?

The next four years

The next four years as we enter a new T**** presidency will be eye-opening. We may be frightened and worried that they may be years of trouble and problems but there is no alternative. We can only hope, pray and maintain awareness of where he

is heading and what he is doing. Don't wish the years away. They will pass by too quickly as is.

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.

Published responses which we have received 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 November.

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
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Councillor Lisa Robinson
City Councillor Ward 1



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Councillor Mara Nagy
City Councillor Ward 2



Profile
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Councillor Shaheen Butt
City Councillor Ward 3



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Profile
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Profile
sbutt@pickering.ca

From Mayor Ashe....



Dear Friends,

As we enter December and the holiday season officially begins, I want to extend my warmest wishes to you and your loved ones. May this time of year bring you happiness, good health, and moments of peace.

Pickering is a vibrant community that celebrates its diversity. We are fortunate to be home to residents from all walks of life, each embracing their own traditions and celebrations during this special time of year. Whether you observe Christmas, Hanukkah, Kwanzaa, or another holiday, or simply enjoying the spirit of the season, I hope you find joy and fulfillment as we embrace this time of reflection and togetherness.

The holiday season is an opportunity to unwind, cherish time with family and friends, and reflect on the experiences and accomplishments of the past year. As a community, we have come together in so many meaningful ways in 2024, strengthening our connections, supporting one another, and achieving milestones that make Pickering an even better place to live, work, shop, and play.

Looking ahead to 2025, there's much to be excited about. We are poised to continue building on our successes and working together to make Pickering a community where everyone can thrive. The new year will bring fresh opportunities to grow, improve, and come together, and I am excited to embark on this journey with you.

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.

I wish you all a joyful, healthy, and safe holiday season, filled with love, laughter, and the warmth of those around you.

Yours Truly,

Kevin Ashe

Mayor, City of Pickering

From Councillor David Pickles....



Dear Friends,

It's that special time of the year when we delight in coming together with our loved ones to commemorate the season. We observe this festive period in diverse ways, guided by our individual faiths and customs. This holiday season let's extend our hands to those in our midst. Let's seek out those who may require assistance or simply a warm gesture. Our heartfelt wishes go out to you all for a season filled with serenity, festivity, tranquility, and happiness. In the tradition of my family, I wish you a Merry Christmas.

David Pickles

Regional Councillor, Ward 3 Councillor



Paul White

President



Dear Neighbours,

The Rougemount Community and Recreation Association (RCRA) wishes everyone a happy and safe Christmas Season!

Thank you for a terrific 2024 and look forward more community events in 2025!’

Richard, all the best of the Season to you and yours and thank you for your service.

Peggy Bowie

President

(Ph 416.903.3284)

PWSCA

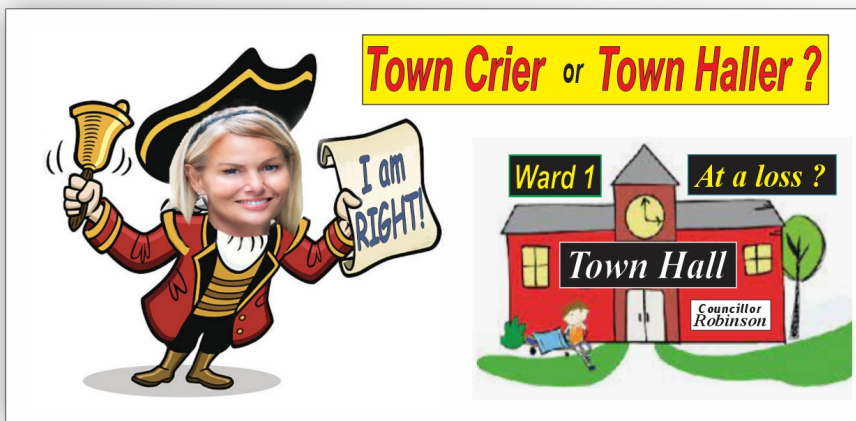
Pickering West Shore Community Association

Scott Loyst

President



XXX



TOWN HALLER or TOWN CRIER?

Ward 1 Councillor Lisa Robinson held a “Town Hall” at the George Ashe Community Centre, Nov. 28.

Councillor Robinson, plagued as ‘*Councillor non grata*’ for months now, confused ‘*Town Hall*’ with ‘*Town Crier*.’

A **Town Hall** meeting is **one attended by all employees, constituents and executive member(elected representative)** with the goal that constituents have the opportunity to interact with their elected representative to clarify issues or problems and plan for

improvements to the represented area of the constituency.

A **Town Crier** is a person, often employed by a town council, to make public announcements in the streets or at a public meeting. Usually they carry a hand bell to attract attention and shout the words “Oyez, Oyez, Oyez!” before making their announcements. The word “Oyez” means “hear ye!” which is a call for silence and attention. The Town Crier ends their announcements by proclaiming “God Save the King!

This Town Hall was a definite confusion of the definitions of Town Hall and Town Crier. The Ward 1 issues and problems got buried under Robinson’s *Town Crier* objectives. She kept reinforcing that she was correct in doing and in saying all the things she has said in the last few months and for which she has been suspended from Council without pay for a period of 90 days.

The meeting scheduled for 6pm and emceed by Gerry Auger, a local financial executive/advisor, began at 6:15. Present, a large crowd of more than 60 attendees. (Only Mayor Ashe has had a great Town Hall turnout than this one.) Robinson’s team prepared the setting for the meeting with photo-copies of highlighted memos, copies of two local newspapers (Druthers and The Central), along with a nod to the holiday season with a ribboned candy cane. Additionally, 3 security guards were on hand for the evening.

The Agenda

The agenda for the meeting included:

- Welcome
- Complaint & Three Motions
- Judicial Reviews and Cost to Taxpayers
- Abuse of Power
- Draconian Measures at City Hall
- Election Tampering Allegations
- Surveys and Public Opinion

Mob misbehaviour

Recording the various aspects of the agenda items was problematic due to the very rowdy behaviour of a number of the attendees who heckled, shouted and laughed out loud at Robinson's remarks. The behaviour continued for the better part of the next half hour, frustrating Robinson, emcee Auger and any attendees wanting to hear the remarks without distraction.

Robinson continued stalwartly explaining numerous aspects of her planned agenda. The 'Cost to Taxpayers,' explanation triggered an extremely rowdy reaction from the crowd, especially when Robinson underlined the City spending \$200,000 in a legal battle with her.

Draconian Measures at City Hall

This explanations dealt with what Robinson labelled as the '*Draconian Measures at City Hall:*'

- Delegation reduction of speaking time
- Removal of Question and Answer period
- Forbidding Recording or Photography at Council meetings
- Residents voices silenced
- Trespass (at City Hall)
- Integrity Commissioner Reports/Findings
- Nuisance Bylaw "Hurt feelings"
- Advertising Policy

Again, crowd rowdyism made it difficult to record and follow remarks from Robinson. The gist of the remarks here were again her complaints and/or criticisms of City Hall processes. For example, delegation times for addressing Council were reduced from 10 minutes to 5; question period was removed; digital recording or photographing Council meetings was banned; resident recognition for delegations was narrowed to Pickering residents only; security necessitated with some public being removed; the Integrity Commissioner's report was labeled as being biased with indefensible commentary and assessments; a nuisance bylaw was passed which

Robinson underlined as being aimed unfairly at her and activities on her property; advertising restriction banning councillors from publishing any opinion material in newspapers.

As earlier, Robinson spent an inordinate amount of time underlining how right she has been in regard to her various activities that she claims the Council is restricting or confining.

Crowd misbehaviour relentless

The rowdyism of the crowd continued making it difficult to record information accurately or completely. The frustration of Robinson and Auger in trying to maintain order and continue a productive meeting reached a climactic point at the one-hour point. A 5-minute recess was called with Robinson inviting those who were seriously displeased with the meeting's unfolding to leave. Some did.

The next part of the meeting was much more conducive to hearing the remarks and being able to record the stated information.

Robinson continued reinforcing "She is correct"

At a point here, Robinson declared about the Town Hall, "This is not about me." Repeatedly, Robinson justified her past action after past action or past statement after past statement vigorously and energetically.

She continued pointing out the City for extravagance and unnecessary expenditures: over \$20 million dollars in questionable consultation fees, the questionable designation of \$4 million dollars for renovation of the Council Chambers which she explained as unnecessary for many reasons, the major one being that the central public chambers were seldom used, 1-2 times a month; accessibility to the Council Chambers was the only change needed in her view.

Public participation and information dissemination

Robinson decried and complained about various City shortcomings in

relation to public participation and dissemination of municipal information to residents:

- The need for a newspaper (she had touted "The Central" as a local newspaper);
- The poor attendance of city residents at meetings, town halls and planning assemblies;
- The inadequacy of public input for various planning endeavours being considered by the City;
- The need for public input regarding Elexicon (Pickering receives approximately \$1 million dollars in dividends).

720 Granite Court

Initially, a 12-story condominium apartment building with 262 units and nearly 400 parking spaces for residents and visitors was planned. After public consultation the plans have been revised: the number of stories now reduced to 10, parking increased to just over 400 places among some other minor changes.

Robinson explained that this condominium would seriously increase traffic congestion in the area and have very serious negative impact in times of emergency. She feels more public input is needed as well as more time for consideration of the development.

Upcoming Motions

Upcoming motions Robinson will be presenting at Council:

- Lowering age of seniors
- National Anthem before each council meeting
- Prohibition of Gifts and Benefits
- Flag raising policy
- Change rooms/washrooms designation
- Executive Meetings Schedule
- Cash acceptance at Chestnut Hill Recreation Centre

The next steps

Robinson repeatedly lamented about the poor attendance of Pickering residents at various municipal meetings where their input is vital. She

feels there are steps the city should take to develop and increase public engagement including:

- More town halls
- On-line apps and tools
- Public surveys
- Support to help delegations in their preparations
- Engage in local outreach (municipal representation at local meetings)
- Future topics: open for consideration

At this point, the formal agenda of the meeting was now brought to a close and the floor opened to Q&A.

Unfortunately, the questions put to Robinson were very long and somewhat rambling, making it difficult to record accurately. Therefore, the record comes from the best that can be made from memory:

One questioner criticized lighting along public paths in the City, winter maintenance of walkways, windrow problems for residents' driveways and refuse/garbage clean up needed in some public places.

Another question came from the director of DARS where Robinson felt the developer had failed the DARS property in relation to water availability. The director tried to clear up the information. Robinson remained steadfast in her views.

The meeting continued. This reporter did not.

There are commentaries about this town hall.
They can be found at

Richard's Desk

Briefly:

- **Keep It Super Simple:** do you like to avoid stress, tension and anxiety?
- **Email etiquette:** are you courteous and polite in communicating with people electronically?

Keep It Super Simple

I have been saying this **KISS** philosophy for years but don't stick to it as much as I should. How about you? Do ever feel that computer work is stressful and overloading? I find it is for me when I search for ways to improve my productivity, exploring new applications and programs believing I will become more efficient and productive. It may be true in the long run but it causes a lot of anxiety and stress enroute.

Better to stick to the philosophy of "If it ain't broke....." I keep thinking the next app or program will be the *ultimate one*. Not true. It becomes a path to more stress and anxiety. Learning and trying to keep up with the changes in new programs and applications is the route to increased tension and stress. If the "old apps/prgs" are working for you, stick with them. You will still be very productive and efficient but a lot less stressed and anxious.



Bottom line: if your computer work is productive for you and you are working well, don't go searching for ways to improve things. **KISS** it... **keep it super simple** and save energy, time and aggravation.

Email etiquette

Do you appreciate well-mannered, polite people in real life? Do you like hearing 'please,' 'may I...' and 'thank you?' Then you're likely to appreciate people who are digitally polite, responding to your emails with a receipt acknowledge.

When you get an email, do you send an acknowledgement of receiving it? Just a quick, short note saying something like, "Thanks for your email. I'll deal with it soon" or words to that effect. What do you think about a person doing that in reply to your emails? Give it some thought.

Fermo's Desk



Briefly

- Coyotes are a growing concern in Durham and the GTA. Take precautions but know what to do in case you encounter one with your small dog.



Coyotes can be dangerous. They are predators that will attack small animals or small pets. Additionally, they may be infected with diseases such as rabies.

If you encounter a coyote, try these steps:

- **Stay calm:** Remain in control and don't run. Running can trigger a chase.
- **Back away slowly:** Maintain eye contact and gradually increase the distance between you and the coyote.
- **Make noise:** Deter the coyote by shouting in a deep voice, clapping your hands, or banging on objects, rattling keys.
- **Make yourself look big:** Raise your arms or open your jacket to appear larger.

- **Throw non-food items:** If the coyote approaches, you can throw objects near it to scare it off.
- **Pick up small dogs:** If you have a small dog, you can pick it up and carry it.
- **Prevent your dog from engaging the coyote:** If you have a retractable leash, keep your dog from running towards or away from the coyote.

Other steps to take to protect your dog:

- Purchase a coyote vest or spiked coyote collar for your dog;
- Always be beside your pets;
- Keep cats indoors;
- Clean up attractants like pet food, fallen fruit, and bird feeders;
- Teach your dog to respect wildlife and not chase it.

If you encounter an aggressive or threatening coyote, you can call the Conservation Officer Service at

1-877-952-7277.

HEALTH:

Briefly:

- How are you sleeping? Are you basking in “Blue light” at bedtime? It may impact negatively on you sleeping well.

Blue light is emitted from digital devices such as iPads, cellular phones and laptop computers. The light can negatively impact sleep hygiene by disrupting your circadian rhythm and making it harder to fall asleep:

- **Melatonin production:** Blue light delays the release of melatonin, a hormone that helps you wind down and prepare for sleep. When melatonin production is decreased, your body may think it's still daytime, making it harder to fall asleep.
- **Circadian rhythm:** Blue light can disrupt the natural cycle of physical, mental, and behavioral changes that your body goes through every 24 hours. This can make it harder to transition from one point in the cycle to the next, which can lead to feeling unrested or waking up frequently.
- **Sensitivity to blue light:** Teens are more sensitive to the effects of blue light than adults.

To reduce the negative effects of blue light on sleep, you can:

- **Use blue light filters**

Special glasses or apps can shift the color tone of your screen to warmer wavelengths.

- **Use night mode**

Many devices have a "night mode" or "dark mode" that reduces blue light exposure.

- **Use red light**

Red light doesn't suppress melatonin production, so it can be a good choice for nightlights and reading lamps.

- **Get bright light during the day**

Exposure to bright light during the day helps to synchronize your circadian rhythms.

- **Avoid screens before bed**

Reducing screen time before bed can help improve sleep.

[For more on sleep and Insomnia -> [**SLEEP**](#)]

Books Shelf...

Briefly:

- The books is a varied collection of book related notes from Gail, Heather and Richard



Gail and Heather are two dynamic and discerning book enthusiasts, retired school administrators, who bring much experience to the book shelves here.

Gail's reading time expands as she returns to the city after the end of another season in cottage country.

Heather moderates a local Book Club moderator with dedication and energetic devotion.



From Heather's desk:

What Have I Been Reading this month?

The Covenant of Water, Abraham Verghese (2023)

The Canadian paperback copy of this amazing Indian family saga will be available soon. If you are

not an eBook reader, and like the feel of a real book, I would suggest waiting till this edition is

available as the book is long – 715 pages worth. However, the story is well worth the time required to read it. The plot includes many characters over 3 generations and describes family dilemmas, Indian culture, changing society and an unusual medical condition. The book was chosen by Oprah Winfrey as a book club pick and there are boundless discussion questions and interviews with the author available on the internet.

Abraham's first novel, "Cutting for Stone", written 14 years ago was also a best seller, despite not

being selected as an Oprah book club pick. If you are interested in historical fiction, great stories and plots from other countries, this book will not disappoint you.

Held, Anne Michaels (2023)

This book is one of the most unusual books, I have ever read. It recently won the Giller Prize and was short listed for the Booker. Although it is listed as a novel, it reminds me of a polka dot dress.

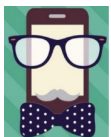
The story is written as a series of vignettes transpiring over 3 generations starting with the First World War. As a reader, one is engaged in weaving the story together. I found I frequently had to go to previous passages to get the context (like seeing the dots on a background). Rather than being distracting, I found this exercise enriching. I also loved the psychic, mystical aspects to the story. It is a novel that kept me thinking long after I had finished it.

Brotherless Night, V.V. Ganeshanathan (2023)

If you have ever wondered why the Tamil Tigers are listed as a terrorist organization in Canada, this historical fiction will provide the answer. It seems to be written from a reasoned perspective and provides the conflict in Sri Lanka from a family's context. The plot moves quickly over many years and explains the cognitive dissonance involved with loving members of a terrorist organization. It is also written from a woman's point of view and there are many twists which will pull at one's humanitarian heart strings. *Brotherless Night* recently won the 2024 Carol Shield's Award and the 2024 Woman's Prize for Fiction.

Lady Tan's Circle of Women, Lisa See (2023)

My book club selected this book, and we had very interesting discussions about Chinese medicine, women's health, life in the 1500's, the difference in cultures, feminism today and the author's expertise with Chinese storytelling. There is an abundance of discussion questions available on the Internet which supports this book's current popularity. Lisa See has written many books about Chinese Culture and is well known in the Historical Fiction genre. It is one of New York Times top 10 book selections and was a finalist for Goodreads Best Historical Fiction.



Richard reads nightly for half an hour, ending his day with relaxing closure.

My most recent reads:

MARLEY AND ME, John Grogan. (Don't read it if you have a dog that drives

you crazy.)

GIRL MISSING, Tess Gerritsen: Thriller, may cause more insomnia. [An interesting read for writers as Gerritsen's book is her ***transitioning*** from one genre, romance to pure thriller]

Richard publishes an extensive list of books he has read and reviewed found at [Richard reads/reviews](#)

Technology...

Briefly:

- Google Chrome: the Internet's most popular browser. What do you use?
- A peek at my Gmail page

An Internet “*browser*” is a computer tool that ‘opens the door to the Internet world, allowing you to explore that computer world. There are many browsers available, each with its particular strengths and special features. The most common browsers are

- Google Chrome
- MS Edge
- FireFox
- Safari

BROWSER USERS

- GOOGLE CHROME - 65%
- APPLE Safari - 18%
- MS Edge - 5%
- Firefox - 2%.
-

GOOGLE is a monster but with size come problems. It is so big, it almost becomes dictatorial in its operation, doing what it wants regardless of user criticisms or complaints. Only recently has Google Chrome permitted users access to its support system although connecting with a GOOGLE agent still is very challenging.

GOOGLE CHROME offers the most features and tools of all the browsers but their use can be difficult as users must learn how to use these in order to benefit from them. This can be a challenging endeavour not only because users are learning something new and how to use it, but because of the competition from other browsers offering similar extras. GOOGLE is regularly updating and modifying these tools and features requiring users to constantly relearn how to use what they had learned before.

Nevertheless, once users have a grasp of the basic tools of GOOGLE CHROME, the browser proves itself to be valuable and worthwhile.

A notable caveat about GOOGLE CHROME

Sporadically, GOOGLE CHROME will stop functioning normally. Rather than become exasperated thinking it is you failing to do appropriate actions, close GOOGLE CHROME, reboot/restart your computer and things should be restored back to normal working order.

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 6-14 [Booking starts in Sept]
(Waiting list signing being accepted)

SOLD OUT

New tour

Due to popular demand, a *new tour to Newfoundland is being offered:*

Newfoundland, July 26 to August 4, 2025.

Our second tour to is being booked now. Our first 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.

New Tour to Western Canada

Tour Western Canada from September 5 to 16, 2026.

More info about this tour can be found at www.canxplore.com/westerncanada

For more information information,

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

Book at www.canxplore.com/newfoundland... Or Email

Cathy: cathy@canxplore.com



Persistent coughing

It's been a trying November as two of us have been bothered by a lingering cough. It seems to be a nuisance more than a serious problem. Prescribed antibiotics reduced the severity of the cough but failed to terminate it. Internet research suggests it may linger for weeks, if not a couple of months. We hope not...3rd week now. Visit your doctor if you have a cough that lasts longer than you think is normal.

Wear a mask?

As silly as it may look or seem to be, maybe wearing a mask when in a group of people could be a good idea. It wouldn't hurt.

Fresh air

Be sure to get out for some fresh air an hour or so each day.

Your support appreciated

Thank you everyone for your continued support and generous contributions to my publications. Your readership and support makes this work very gratifying.

Thank you!

Richard

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

