



**SEPTEMBER, 2024**

## **Table of Contents**

1. **EDITORIAL:** *The 'aged' are not to be abandoned*
2. **COMMUNITY BOARD:** *RCRA Corn Roast*
3. **POLITICAL DESK:** *messages from elected officials*
4. **RICHARD'S DESK:** *Updates of the Website and the Newsletter*
5. **EXHIBITION:** *Reminiscing about the EX*
6. **FERMO'S DESK:** *Mastering the BARKside*
7. **HEALTH:** *Sleep apnea, Balance, Driving cessation, Chronic pain*
8. **TRAVEL:** *Escorted Tours by CanXplore*
9. **TECHNOLOGY:** *Scams+, Filerev, Speed dial 2, Poke!Book*
10. **BOOKS:** *Gail, Heather and Richard talk books*
11. **LAST WORD:** *Thank you everyone!*

## **Editorial**

***Briefly:***

Editorial comments are solely the opinions of the site manager.



### ***Respond to the 'aged;' don't abandon them.***

Dealing with old people is difficult, demanding and challenging but we owe them. We owe it to them to maintain connection, connection that is meaningful, positive and constructive, especially if they are family, parents or grandparents. There are cultures in the world where this is the norm, expected and taken for granted. Old people are respected, honoured and loved. In the western world, not so much.

#### ***Debit owed***

When it comes to old people, particularly old people who are family members, parents, grandparents. Consider their contribution to your life when you were very young. Given most usual situations, these old people fulfilled responsibilities and acted on our needs with love and work. They fed us, clothed us, nurtured us and helped us grow. We

are indebted to them for that. It's time for repayment of the debt, responsibility reciprocation has arrived or will soon enough.

Now, consider what you need to do for them, and what you can do for them. Again, given usual circumstances like having enough money to help them, it may even be their money; having the capacity, capability and where-with-all to develop a strategy or plan to help them; you have the capability of researching where you can find advisory and concrete assistance.

## ***The DO's***

### ***1. Community assistance***

Research your community for care giver organizations to discuss your situation and how to deal with it in a constructive and caring way.

### ***2. Professional assistance***

Consult with professionals who deal with the old: doctor, religious leader, spiritual coaches, geriatric care organizations. Record what you learn to develop your personal plan for dealing with your family's old one.

### ***3. Maintain connection and interaction***

Your plan for how you will deal with your family's old person is very subjective. Its development depends on your individual situation: work that you do, finances available, free time availability, personal commitments, and many other factors. All these will determined how much you can do and devote to care of your family member. However, the *crucial question* rests with you: 'how committed are you to your loved one?' This can't be a 'whim commitment.' You will have to make sacrifices, financial, physical and time sacrifices. Are you ready to do that?

#### ***4. Be reminded: “Old people are still people”***

Old people have feelings and emotions. They feel insults, disrespect, offense and respond to how they are treated in different ways. The response may not be overt and clear but there is response. Just not in clear and obvious ways. You'll have to observe and learn. Stay determined. You want to make their last days, months, time, meaningful and positive. In some cases, likely many, they may not give you the responses back that you are looking for or even that you understand but plow on. Keep doing. Keep interacting. Keep communicating. Keep connecting with them. When they're gone, you'll know you made it worthwhile for them. You did not abandon them to isolation and loneliness.

#### ***5. Fulfilling the responsibility may feel rewarding***

It is unlikely you will have anyone congratulate you on doing the 'right thing' in regard to your family's aged one. Not likely that anyone will say to you, "Great job, wonderful work. You're marvellous." But, in the grand scheme of life, know that you will be all that. You will have given what you got. You will have completed the circle of life: once you were the recipient; now you are the giver; now you have returned what you received.

And finally, don't feel guilty. You're doing your best and you deserve appreciation and thanks. I wish you could get more than just complimentary words. But such is life!

## Community Board



ROUGEMOUNT COMMUNITY and RECREATION  
ASSOCIATION

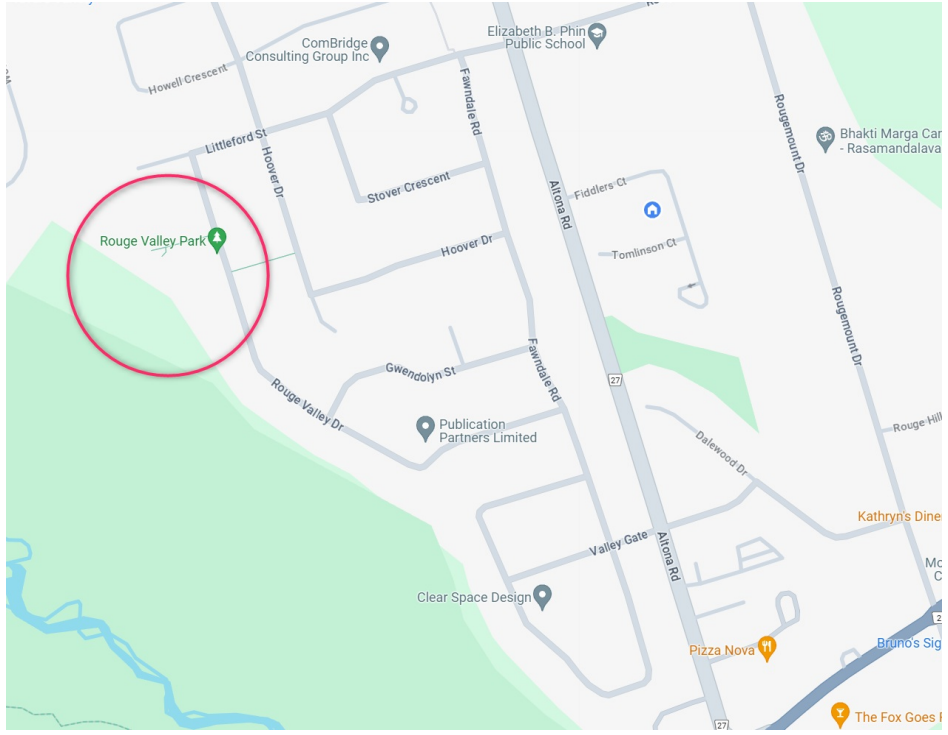
**CORN  
ROAST**

SATURDAY, SEPTEMBER 28, 1pm - 3pm  
ROUGE VALLEY PARK

FREE CORN, SNACKS , CHILDREN'S ACTIVITIES  
AND MORE !

SEE YOU THERE!





# ***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



Profile  
mbrenner@pickering.ca

**Councillor Lisa Robinson**  
City Councillor Ward 1



Profile  
lrobinson@pickering.ca

**Councillor Linda Cook**  
Regional Councillor Ward 2



Profile  
lcook@pickering.ca

**Councillor Mara Nagy**  
City Councillor Ward 2



Profile  
mnagy@pickering.ca

**Councillor David Pickles**  
Regional Councillor Ward 3



Profile  
dpickles@pickering.ca

**Councillor Shaheen Butt**  
City Councillor Ward 3



Profile  
sbutt@pickering.ca



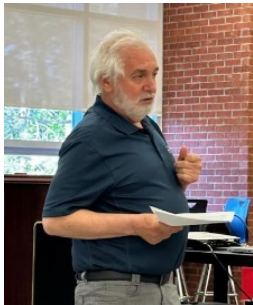
*From Mayor Ashe...*

Yours Truly,

*Kevin Ashe*  
Mayor of Pickering

---

*From Councillor Brenner...*



*Maurice Brenner*  
Councillor Ward 1  
Regional Councillor



*Councillor Lisa Robinson*  
*Ward 1*

*Lisa Robinson*  
Councillor, Ward 1





**Paul White**

President



***Rougemount Community and Recreation Association***

A message from President Peggy Bowie is posted on the  
"Community Board."

Contact: **Peggy Bowie** (Ph

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](mailto:Pickering.PWSCA@gmail.com)

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

IG - @pickeringwestshore

Website- <https://pwsc.ca>

**Scott Loyst**

President

## Richard's Desk



I have been publishing two publications for many years now, my website, “[Doc Szpinner](#)” and my newsletter “[The Szpinner](#)”. This month, the newsletter will receive a design change to differentiate it from the website. The colours of the background and the font differ.



[The Szpinner](#) newsletter is published at the beginning of each month. It is sent automatically to donor subscribers who have made donations to help me with publishing expenses via eTransfers to my email at [zippyonego@gmail.com](mailto:zippyonego@gmail.com)

I thank each of these supporters for their assistance and support.

The newsletter reaches nearly 2000 readers. My statistical analysis shows that the vast majority of these readers actually open the newsletter which is very gratifying to see. I remind people who request posting of community or author pieces that the newsletter gets a lot of reader activity each month, whereas the website has readership that varies throughout each month depending on the published posts.



[Doc Szpinner](#) website has been published for years also. Its goal is to advise and inform site visitors with researched information. I spend hours weekly mining the website for information which I feel may be of value to my site visitors. Site analysis shows that the number of visitors

fluctuates depending on the nature of the published posts. Again, many of the website visitors have also given generous support to help me with the expenses of website publishing. Once again, I thank them for their support.



The Grand Old Lady of Toronto's Lakeshore ages well. Still vibrant and dynamic; Still able to excite and thrill the young and the young at heart. She brings us back to the good old days, easier times, simpler living.

The Grand Old Lady delivers her promises of fun, laughter and foods we shouldn't eat. She's wonderful.

Enjoy her while you can. She's being eyed 'modernization' profiteers, by 'cosmopolitan dreamers.' Her site is the dream of developers, a jewel that will fill their idolized coffers with dreams of more money. Political leaders are worshipping at the altar of modernization with waterfront revitalization plans. The Grand Old Lady's days may be numbered.

But the Grand Old Lady is not done yet. As the 2024 version comes to a close, hear their words of remembering and reminiscing about the Grand Old Lady, the EX.

---

## MEMORIES.....

*As a child the family would go down on Warriors day. My mother along with my sister would sit in the grandstand stand watching the many veterans march into the stadium. Once my father and his Regiment marched in off we would be allowed to leave and hit the midway. The Flyer was our first ride once we hit the height restriction. The wild mouse, ferris wheel, caterpillar and finally the Derby were all of the rides*

we would go on . We could only eat in the *food building* and the freebies were great. In high school we looked forward to the great line up of concerts - The Beach boys and America were the only tickets I could get.

George Turner

---

Being a cottager, I am seldom around for the Ex. I haven't been to the Ex since I was 16 plus no desire to go. So, I really can't comment on the Ex. G.A.

---

Haven't been to the ex for ages! Don't miss it at all , looking forward to reading about it though. P.L.

---

I loved going to the Ex as a child. I probably haven't been back since the early teenage years, when I started up with summer jobs.

My favourite memory was being 12, and finally allowed to go without adult supervision , and was accompanied by my younger brothers. We had a blast! Going on all of the most gut-wrenching, chilling rides we could find!

One other memory - mid high school , I was invited to see The Carpenters perform at the Ex. It was a very special show. Karen Phillips

---

I've got so many memories of the Ex, where to even begin .

I'll narrow it down to concerts.

The magic that is The Grandstand. One of my earliest memories was seeing Shaun Cassidy at the CNE Grandstand, 1978. What the heck was a 6-year-old doing there, I have no idea? I suspect it was because my older sister was a huge fan of the Hardy Boys TV series that my parents

took us. He had a massive white grand piano on stage and I'm fairly confident that every teenage girl in the audience felt he was singing only to them.

In high school I couldn't wait for the CNE to start to ride the Polar Express! Holding on screaming "faster, faster" as the sounds of Alice Cooper or REO Speedwagon blared out across the midway, with the bark of the carnies luring you to try your luck echoing through. "Doggie, Doggie!"

I have seen so many incredible concerts over the years. The Cure, Love & Rockets, The Pixies, Siouxsie Sioux & the Banshees, and of course, The Rolling Stones when they brought their Steel Wheels tour to Toronto.

Indelible moments brought to life a spark that turned into a lifelong obsession with music, that ultimately led to my career as a co-owner of an independent record label through the 90's. It was full circle the first time I ever saw one of my roster acts perform on The Grandstand stage. It was 1978 all over. Same level of awe and excitement.

Also, that feeling of soaring high above the Ex on The Gondola skyride with your friends, giggling over cute boys and fabulous fashions, peering down with no more concern than what to wear on the first day of school.

It is tradition. It is important. It is Canadian. Thank you, CNE, for giving me some of my life's greatest moments thus far.

Linda Cook

---

We went to the EX Saturday, Aug. 17, 2024 to attend the Warriors' Parade and the fair itself.

Arrived at 9 am and walked the entire fairway to the west end to buy a specific crystal of my wife's 3D image. This process meant we had to return to the vendor about 1 1/2 hours later. We had time as the rain held off.

Next we went to the Food Building to see what was new and what was old. I settled for a cabbage roll, perogies and a sausage. My wife Darlene had some capped mushrooms. Not her first choice. The deep fried apple cheesecake machine had broken down and was like that all day.

Then we went to the Enercare building to explore their wares. We covered 3/4 of the floor before we began to get tired of walking.

So, we decided to return to the crafts building to retrieve our crystal. We were not disappointed.

From there we took the CNE train/trolley around the fairway back to the Princess Gates area and to the parking lot to retrieve our car. Traffic was good leaving around 1 pm. Drove the Gardner to the DVP north to the 401 and home.

That evening we found on social media that we missed the rain and the DVP flooding! Whew!!!

Bruno Gauweiller

---

I have only been to the CNE about 3 times and it was too commercialized for me.

Heather Stuart

---

I grew up in Toronto, the municipality of York near St. Clair/Dufferin, and every year we would ride the red rocket down Bathurst St. to the CNE. Since moving to Pickering, the last two years I have gone by boat to watch the "air show" from a different perspective. Last year I launched from Bluffer's Park and after leaving the protective harbour, we ran into a wall of dense fog, and 2 foot waves. It was scary because yachts were also converging on this same location but visibility was about 10 feet away with no time to get out of the way. It finally cleared at the foot of Woodbine Ave. We watched the planes for about an hour before heading back but this time I went in just off-shore till we reached

Bluffers and safely home.  
White

Paul

---

We didn't attend the EX or CNE this year—I never have been a fan although we've visited once or twice over past years. But, my knees would no longer take me around; they protest, just like your hip. Are we old?  
Maxine Libich

---

Each year memories the EX transport me back in time to my childhood school days. When we were in elementary school, at the end of June the older children would receive a ticket allowing free entry to the EX on the designated "children's Day". Our parents had to work, they could not take the day off to accompany us to the EX. They knew where we were going and trusted us for the day and to be back in time for our family supper.

As I recall, children's Day was usually on a Monday. I suppose that after the busy weekend, this was the slowest day of the week. My younger brother and I would take the Bloor streetcar to Dufferin, and then the trolley bus to the EX.

Once there, we would start by visiting the various buildings: flowers, horses, international... But our most enjoyable one was the food building. Every food company, every stand there would offer samples of food. There was no need even to buy a lunch. The variety of tastings were plentiful and fun.

Then there were the rides. My stomach could only stand the ferris wheel-- not those double or triple wheels that go at high speed and now stand out in every theme park. It was a simple, enjoyable ferris wheel ride.

Later, in my teens, the EX offered a day spent with my friends. And as an adult a fun day out with the parents. A reversal from those grade



eight days.

I haven't returned to the Ex in many years. Now, I just enjoy hearing about it, and seeing how the current generations are having fun as they all go to the EX.

Nadia Girardi

---

## Fermo's Desk

### **Briefly:**

Fermo's getting a section this month as he was in a training course and wants pet owners to know about it, "**Mastering the BARKside.**"



Fermo writes...

I was at a dog training course recently, like I need training. I'm 12 years old for heaven's sake. Nobody's gonna teach this old dog new tricks unless I am interested or you offer me a treat. I work for treats which explains my being a 'tad' on the weighty side. Like Richard, I do too much sitting and not enough walking. But I digress.

To get back on point, I attended a dog training session presented by the City of Pickering and Pickering Public Library. Good training workshop: well organized, efficiently managed and an excellent dog trainer doing the training.

Rather than just burbling along,  
I suggest you read my report by clicking -> [Mastering the BARKside](#)

## **HEALTH:**

### **Briefly**

- **SLEEP APNEA:** a more serious problem than you may think
- **BALANCE:** the risk of balance problems increases with age
- **DRIVING CESSATION:** age erodes driving capability; plan for driving cessation
- **CHRONIC PAIN WEBINAR:** McMaster Aging Portal



### **SLEEP APNEA**

Studies show there is a significant link between sleep apnea symptoms and memory problems. Here are the key highlights of the studies:

- The studies found that individuals with sleep apnea symptoms had a 50% higher chance of experiencing memory and thinking issues compared to those without these symptoms
- Findings showed that of the participants, 1,079 reported sleep apnea symptoms, and 33% of these individuals also reported memory and thinking problems, compared to 20% of those without sleep apnea symptoms
- Expert emphasized the importance of treating sleep apnea early to prevent cognitive decline. They noted that untreated sleep apnea might impair cognitive functions due to poor oxygenation and disrupted sleep cycles
- Treatment and Prevention urge the use of CPAP machines and lifestyle changes as effective treatments for sleep apnea. Treating sleep apnea can

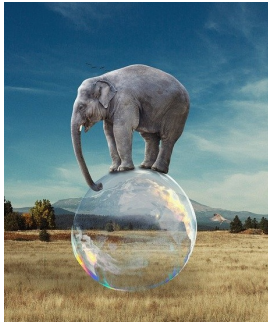
reduce the risk of developing dementia and other cognitive impairments

- Common symptoms of sleep apnea include loud snoring, restlessness, and daytime fatigue. The studies stress the importance of early detection and treatment to prevent brain damage and cognitive decline

For the more detailed story, CLICK → [APNEA](#)

**Source: Medical News Today**

---



## **IMPROVING BALANCE**

Balance is a “*use-it-or-lose-it*” function that maintains the body’s center of mass over its base of support. A properly functioning balance system allows humans to see clearly while moving, identify orientation with respect to gravity, determine direction and speed of movement, and make automatic postural adjustments to maintain posture and stability in various conditions and activities.

You should practice balance exercises every day.

For more details , click -> [BALANCE](#)

**Source: Pensioner Fitness Improving Balance Ian McClymont**

---

### **DRIVING CESSATION**

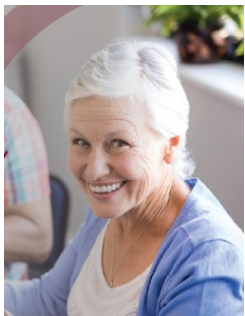
The day we must stop driving will come for each of us.

It is important to plan ahead for that day.

McMaster Optimal Aging Portal offers some excellent information for planning for that time.

To view the full PDF document for this information, click -

> [DRIVER](#)



---

**CHRONIC PAIN**. Understanding and managing chronic pain

Chronic pain is a complex and often misunderstood condition affecting nearly 8 million people in Canada. In this 60-minute live online event, chronic pain expert **Dr. Norman Buckley** will discuss its causes, impacts, and management strategies, as well as debunk misinformation about bogus remedies. Join the over **1,500 people** who have already registered! [Register](#).

---

## **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...\*\*](http://www.canxplore.com/newfoundland...) Or Email  
Cathy: [\*\*cathy@canxplore.com\*\*](mailto:cathy@canxplore.com)

## TECHNOLOGY:

### *Briefly - Notes and comments about TECHNOLOGY:*

- **SCAMS:** scammers innovate tirelessly; best strategy: DO NOT OPEN
- **FILEREV:** an up close and personal snapshot of a computer nerd
- **POKE!BOOKS:** side by side notepad for adding notes to your writing



Scammers work ceaselessly. They never stop trying to find new ways to get into your wallet. There is a universal strategy to use for all scammers, email, computer, phone: *just cut them off without a response*. Don't open the mail; don't open the notification; hang up the phone without saying anything. If you do not recognize or did not initiate the connection, break it, block it, delete it, cut it off. End of story.

---



**Filerev** is an application designed to optimize and clean up Google Drive storage. It provides users with tools to efficiently manage their files there, enhancing them with removal of duplicates, improving the storage there and freeing up space.

For more information, click -> [FILEREV](#)

---

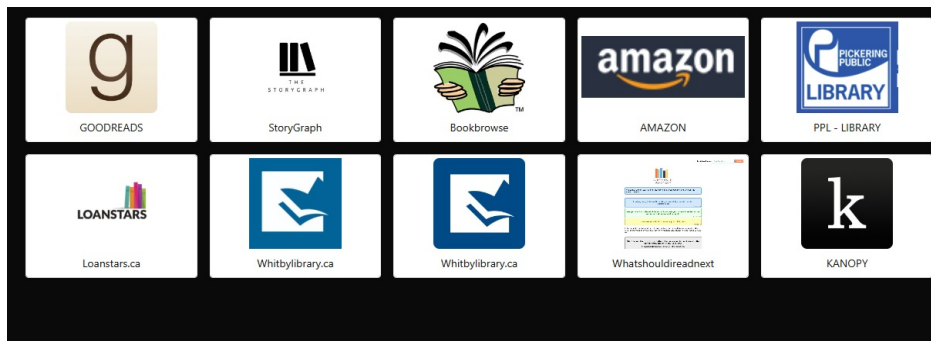


One must know a little about browser extensions (I use Google mostly) to benefit from this topic. Extensions are mini apps or programs that perform specific activities on your computer. Selected ones will save you a lot of time and much

energy.

## *Speed Dial 2*

Speed Dial 2 may be the best extension for accessing favourite or regularly visited websites with ease. It allows you to organize images of websites which you then click to access. Click, you're on. That's it; simple, direct, practical and easy to use. This marvellous extension allows you to create groups, arrange their organization and easily update your selections. It makes website navigation a breeze as it should be.



Above is an image of my BOOKS group. I merely click on the image to the website site pop up in my browser as a new tab.

---

## **ATTENTION WRITERS**

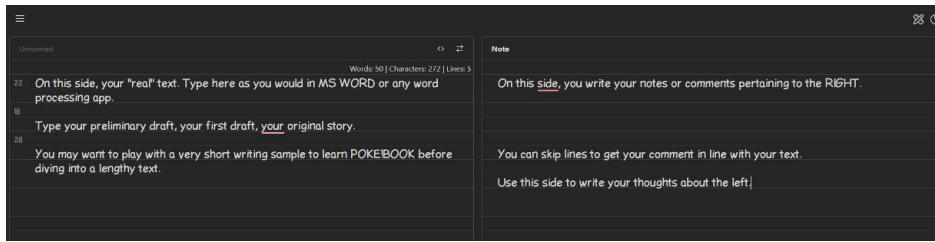
### **POKE!BOOK** [not a typo]

POKE!BOOK is a writing tool where a writer can write their original material on the left side of a page and then write comments or notations relating to the materials on the right side of the page. It is like scribbling notes in the margin on your writing paper in the old days.

This is a very handy and practical tool with the added advantage that computers bring: many projects saved in working stages; returning to a selected projects anytime, making notes in the project that can be reminders, todo items, whatever kind of note you want.

This what your worksheet looks like in POKE!BOOK:





To access the POKE!BOOK link, click -> [\*\*POKE!BOOK\*\*](#)

## 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**

Gail's enjoying the last vestiges of summer as the temperatures begin to drop and the leaves begin their colorful fall. And she's still reading, but by the fireplace now.



### **Heather Stuart**

### **What Have I been reading this month?**

#### ***The Women by Kirstin Hannah (2024)***

This is an amazing historical fiction about the Vietnam War. It would make a fabulous book club book and I can already imagine the discussion

about the many themes included in the plot:

Women's liberation, the Vietnam War, love, male patriotism, veterans, social class, male-female relationships, raising girls, Vietnam History, and nursing.

### ***The Vaster Wilds by Lauren Groff (2023)***

I read this book because the author, Lauren Groff, was recognized by the New York Times as collecting banned books and displaying them in her Florida bookstore. If a Florida author was willing to do this, I felt obligated to read one of her books. In addition, Lauren Groff was recognized as a best-selling American author that I had not heard of. The Vaster Wilds is her latest book and it was an interesting read about "a servant girl's escape from a colonial settlement during the 'starving time' of 1609." It was not my favourite read but the novel recognized that misogyny has been around for a long time.

### **2054 by Elliot Ackerman & James Stavridis (2024)**

What an unusual title, 2054. This novel was referenced in a New York Times article about artificial intelligence. As I wanted to learn more about future technology, I decided to try it. Science fiction is not always my preferred choice. The writing style in which sections were referenced only by character name, date, and time was hard to follow. However, once I got onto the storyline, the plot was captivating and I learned what the term "the singularity" could mean for the future.

### **Familiaris by David Wroblewski (2024)**

Sixteen years ago, I read David Wroblewski's first novel, The Story of Edward Sawtelle. I could not put that book down and was anxious to read his second novel especially as it had also been selected as an Oprah Winfrey book club selection. This new novel is a prequel to The Story of Edward Sawtelle and explains some of the mysteries of the first novel. However, it is over 900 pages long so is not for the faint of heart. At times

I found the story tedious, much like a series of short stories strung together. Yet, each of the tedious sections were pertinent to the subsequent plot twists. The book really requires discussion to fully understand it's quirkiness. There are several online discussion guides and I look forward to discussing them with someone else who has the patience to read them.

---



### ***Richard on BOOKS***

#### ***Richard's ALL TIME BEST BOOKS and BEST AUTHORS***

There are FOUR books that I feel are the best books I have ever read and two of the authors are my favourites who I read the most of any.

#### **BEST BOOKS:**

CALAMITY OF SOULS, David Baldacci

CAMINO GHOSTS, John Grisham

CHIEFS, Stuart Wood

KNIFE, Salman Rushdie

#### **FAVOURITE AUTHORS:**

David Baldacci

John Grisham

Stuart Woods

This month's review, ***A Calamity of Souls***, David Baldacci

Outstandingly good. Baldacci reinforces that he may be one of the very best writers we have. Review ->

**[Calamity](#)**

For a list of the books Richard has read and reviewed,

click the following link —> [Richard reviews](#)



Ever get stuck in traffic, getting so bored, bumper stickers becoming diversional reading? Well here's one that was positively brilliant in conveying its message brilliantly but succinctly:



The EX is coming to a close, maybe closing for good soon as developers eye the prime real estate on which the EX sits. Summer is coming to an end, the temperatures drop. It's the melancholy part of the year but there is a colorful side to all these endings. Mother Nature dons her costumes of spectacular colours everywhere. Grab your jacket, lace up the hiking boots and head out. For those who live in the Toronto area, here are the five best road trips to take to see the spectacular show Mother Nature puts on: [FALL TRIPS](#)

Finally, again thank you to all those who continue to support my work and for their generous donations to help offset my site expenses. Thank you!

*Richard*

*( with much assistance from [Nadia](#) and [Fermo](#) )*