



The DESKS

1. **FRONT DESK:** a political-historical analysis (a lengthy piece)
 2. **PRESIDENTIAL CHANGES:** Only in Canada, though AmeriKa needs one
 3. **POLITICAL DESK:** These elected officials support local endeavours
 4. **Richard's DESK:** Israeli warfare: starve the most vulnerable
 5. **R's HERB GARDEN:** update with new photos
 6. **HEALTH DESK:** Experiencing sleep problems?
 7. **KITCHEN COUNTER:** Saving you \$\$\$ in the kitchen (a repeat read)
 8. **BOOKS DESK:**
 9. **TECH DESK:** AI may be a greater threat to humanity than anticipated
 10. **LAST WORD:**
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HISTORICAL-POLITICAL PERSPECTIVE:

AmeriKan democracy is at risk of being destroyed. This historical-political perspective is intended for newsletter readers who interested in history. We live in very historical times: an American president is trying to usurp all political power in the USA and become its autocratic leader.

The intro has 5 sections:

1. Intro: Historical-political analysis;
2. Commentary from Jim Acosta RE: cancellation of Stephen Colbert's Late Show;
3. A commentary of the significance of the Epstein scandal;

- 4. A short history of other sexual predators in government: Mussolini, Gaddafi, Berlusconi.
- 5. Conclusion

1. Historical-political analysis: The erosion of American democracy

Democracy Under Threat and the Path Forward

Democracy in the United States is in a precarious state, severely impacted by the Trump administration's actions and policies.

Deterioration of Democratic Institutions

Executive Overreach: The Trump administration is accused of trying to establish a police state, seizing power from Congress, and intimidating various institutions like law firms, universities, and media companies (e.g., CBS, ABC, Washington Post).

Judicial Complicity: The Supreme Court is seen as enabling Trump's power grabs, exhibiting a partisan nature, and undermining lower court rulings that oppose authoritarian moves.

Congressional Irrelevance: Congress has seemingly become ineffective in checking executive power.

Policy Reversals: Decades of progress have been reversed, leading to:

- A more regressive tax system.
- Increased prices and hobbled government services.
- Undermined science-based health and climate policy.
- Loss of healthcare coverage, food aid, and college assistance for millions.
- Spending cuts across various sectors, from the National Weather Service to Planned Parenthood.

- Crippled U.S. soft power globally.

Mitigation through Litigation: While significant harm has been inflicted, litigation wins have helped delay or minimize the negative impact on Americans and institutions.

Resilience and Opposition

Democratic Antibodies: Despite the decline, "democracy's antibodies" have surged, evidenced by:

- Millions protesting the abrogation of civil rights, the weaponization of the criminal justice system, and violence against people of color.
- Democratic politicians learning to respond more quickly and effectively to Trump's actions and showing solidarity with working Americans.

Trump's Approval: Trump's overall approval ratings are underwater, with public disapproval across most issues, including immigration.

The Upcoming Midterms (2026)

The upcoming 2026 midterms offer a crucial opportunity for Democrats.

- ***Historical Precedent:*** The 2022 midterms saw Democrats perform historically well despite Biden's approval ratings, unlike Obama's experience in 2010.
- **Factors Favoring Democrats in 2026:**
 - o The *Epstein scandal* may alienate some of Trump's base, potentially leading to lower voter turnout among MAGA supporters.
 - o Republicans are seen as owning "every miserable vote and policy disaster," allowing Democrats to tie them to specific, negative results for ordinary voters.

- o The electoral map is expanding, with more House and Senate seats potentially within reach for Democrats.
- **Strategy for Democrats:** Bold action and direct confrontation with Republicans are emphasized, rather than inoffensive policies and modulated language, as real-world experience shows this mobilizes a broader electorate. Significant midterm victories are deemed essential to reverse assaults on democracy and economic well-being.

Lessons for Democrats: Longer Term

The past six months offer valuable insights for Democrats beyond the midterms.

- **Voter Preferences: Voters respond to:**
 - o "Fighters" who directly challenge MAGA extremists (e.g., Rep. Alexandria Ocasio-Cortez, Sen. Corey Booker, Gov. Gavin Newsom, Gov. J.B. Pritzker).
 - o Fresher voices expressing righteous anger over "old fogies" who seem to view opposition as futile.
 - o Politicians pledging dramatic change, not more of the same.
 - o Those who acknowledge that corrupt billionaires are exploiting them.
 - o Plain-spoken messengers regardless of ideology.
 - o A secure social safety net.
 - o Rejection of a "police state" that harms hardworking neighbors under the guise of border security.
 - o Those who oppose power grabs, lawlessness, corruption, cruelty, and corrupt oligarchs, even if abstract appeals to "democracy" don't resonate as strongly.

□ Recommended Democratic Actions:

- o Offer bold programs supporting American workers and expanding opportunities (e.g., subsidized childcare, paid sick leave).
- o Back radical reforms to curb the power of oligarchs (e.g., Supreme Court expansion and term limits, financial transparency for politicians, ending gerrymandering).
- o Decry attacks on civil liberties, cruelty, and state violence.
- o Present an inspiring, authentic, and youthful leader with a message of hope and change, which could capture voters' imagination.

While democracy is in a critical state, its medium and long-term prognosis is brighter *if Democrats can impede its collapse and gain momentum through election wins in the near future*. The midterms are presented as a make-or-break moment for democracy.

2. Jim Acosta, former CNN broadcaster, commentary: Trump just cant take a joke....but is it really a joke?

This Just In: Trump Can't Take a Joke

American TV networks should stand up for free speech; not give it away to a thin-skinned president

Jim Acosta, former CNN TV broadcaster

Imagine television legends Johnny Carson or David Letterman getting canned for telling jokes about a president. In the late 20th and early 21st century in the United States, a late-night comedian could poke fun at the commander-in-chief without fear of being fired. Not so in the thin-skinned age of the president I've called, "The Manchurian Candidate." There is no amount of make-up that can mask his easily bruised feelings.

Back in the late 1990's, Bill Clinton's affair with Monica Lewinsky provided nearly

daily fodder for the late-night talk shows. It was once estimated that Letterman's arch-rival at NBC, Jay Leno told approximately 4,000 jokes at Clinton's expense. 4000! Robert Lichter, a professor at George Mason University's Center for Media and Public, told National Public Radio in 2014 that his students reviewed thousands of hours of talk show footage to arrive at the stunning tally of Leno's barbs aimed at the two-term Democrat.

"Leno's favorite target by far was Bill Clinton who accounted for over one out of every 10 jokes about all topics over the last 20-some years," Lichter said.

Leno's Jokes About Clinton

In its announcement explaining the cancellation of "The Late Show with Stephen Colbert," CBS claimed that "content" had nothing to do with its decision. Cue the laugh track. Nobody is buying that. Of course, they fired Colbert to placate Trump. The critically acclaimed Colbert program was a ratings winner in its time slot. But just three days before the broadcaster's stunning move, he had slammed a settlement paid by CBS's parent company Paramount to Trump as a "big, fat bribe." Paramount, in the middle of a media merger requiring the administration's blessing, forked over \$16 million to settle a lawsuit filed by Trump who complained about the editing of a piece on another CBS flagship program, "60 Minutes."

As I've noted in some of my previous pieces, America's corporate media companies have repeatedly bowed down to Trump in a fashion that is shameful, even for gutless network TV executives. Mark 2025 down. In television, this is the year of the kneepad. And what makes this kowtowing all the more deplorable is that the titans of the nation's entertainment industry should at least have a baseline of institutional knowledge to understand that this country has a rich tradition of skewering presidents from both parties.

On NBC's Saturday Night Live in the 1970's, Chevy Chase portrayed President Gerald Ford, who occasionally stumbled off of Air Force One, as a bumbling klutz. Later in the early 1990's, Dana Carvey needled President George H-W Bush's verbal crutches. Bush's "not gonna do it" was lampooned by Carvey as "nah-gah-do." It was hysterical. Another SNL star Darrell Hammond later perfectly captured Clinton's patented lip-biting, thumbs-upping animatronics. Don't forget Will Farrell's send-up of George W. Bush's "strategery." Bush later revealed he thought he originated the term. The Bushes are now fondly remembered for enjoying the

impersonations as much as the audiences at home.

Contrast the magnanimous Bushes with Trump who could never handle being impersonated by Alec Baldwin during his first administration. Trump once laughably lashed out at the actor with a tweet that initially misspelled the word “dying.”

“Alex Baldwin, whose dieing mediocre career was saved by his impersonation of me on SNL, now says playing DJT was agony for him,” Trump posted.

As Trump, Baldwin quipped in 2019 that he would like to build a wall around yours truly, also portrayed on the program. (see above) In 2017, SNL had me locked up in a cage, wearing a diaper. I’ll never forget entering the White House security booth a few days later, when a secret service officer asked me, “was that you in the diaper?”

Hey, if you can’t laugh at yourself, who can you laugh at? Well, not Trump.

On my old weekend program, I observed that Trump, then out of power but stewing over his 2020 election loss, was “wasting away in Mar-a-Lago-ville, looking for that next election to assault.” It was a joke. On another show, I referred to the then-disgraced ex-president as the Mussolini of Mar-a-Lago. Again, I was just having a little fun.

“Too hot!” Trump’s aide Jason Miller complained to me via text. Not as hot as trying to inciting an insurrection, but I digress.

What’s more preposterous is that Trump and his aides have repeatedly tried to explain away some of his own crude and ridiculous remarks as just jokes. His boasting that he could “grab (women) by the pussy” was just “locker room talk,” Trump claimed in 2016. Back in 2020, the White House insisted Trump was only kidding when he said his administration should “slow the testing” for the coronavirus, to somehow contain the spread of Covid.

"It was a comment that he made in jest," White House press secretary Kayleigh McEnany said at the time.

WH says Trump just joking about covid

Nobody thought he was joking. McEnany was lying, as Trump’s press secretaries often do.

During the 2016 campaign, Trump invited the Russians to hack into Hillary Clinton's email server, in response to a question I had asked about Kremlin meddling in the election. Trump later said he was only joking then too.

"I will tell you this: Russia, if you're listening, I hope you're able to find the 30,000 emails that are missing," Trump said. "I think you will probably be rewarded mightily by our press."

Turns out Trump only complains when the jokes on him. He has now celebrated Colbert's firing and is speculating other late-night stars could be next. Trump might be right. What's one more scalp, the country's TV executives must be thinking.

"I absolutely love that Colbert got fired," Trump wrote. "Greg Gutfeld is better than all of them combined."

Don't be surprised if CBS fired Colbert to clear the way for the likes of Gutfeld, whose schtick recently included encouraging conservatives to greet each other by saying, "what up my Nazi?"

Gutfeld's Nazi "jokes"

Of course, Gutfeld can make such comments without any fear of being fired by Fox. That's because, despite the president's current beef with Rupert Murdoch over the Wall Street Journal's Epstein reporting, the Australian-born media magnate's right-wing outlet has all but become Trump state television. And CBS, apparently in a mood to curry favor with the same president who has derided the press as "the enemy of the people," seems prepared to sink lower in its standards than it already has.

American TV networks are now doing Trump's bidding by firing his most prominent critics. In doing so, they have positioned the United States as a country with something less than First Amendment freedoms. Not just for journalists, but for comedians too. The Colbert firing does real damage to an entertainment industry that relies on artistic independence. Moving forward, as long as Trump is sitting in his gawdy, gilded Oval Office, television executives will be reluctant to showcase comedians who relish the delivery of well-crafted barbs aimed at the president.

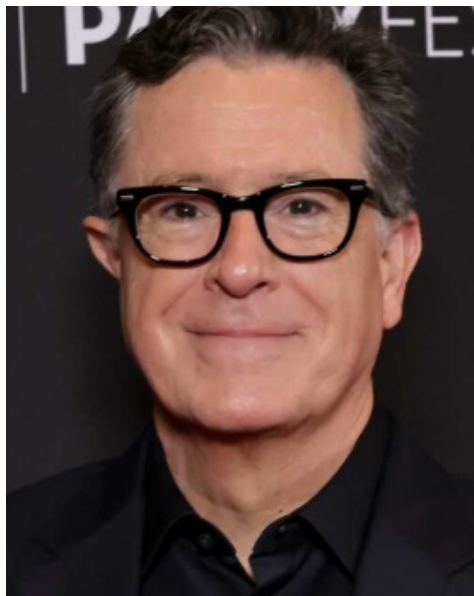
As others have noted, perhaps this time-honored tradition of skewering the powerful with a pointed one-liner should relocate to independent media. "The

Stephen Colbert Show” could easily move to Substack or YouTube.

If you build it, the audience will come.

It would be a shame to let Trump have the last laugh. He lacks a sense of humor... and honor. Yes, Colbert liked to tease Trump. But all comedians should be unafraid in taking on the commander-in-chief. It’s the American way. In this country, presidents are occasionally supposed to be a punchline. The problem these days isn’t the guy telling the jokes. It’s the guy who just can’t take them.

As the late comedian Henny Youngman might joke, “take my president – please!”



First it’s Stephen Colbert. Next it’ll be Jimmy Kimmel. Then it will be any and every AmeriKan.

The AmeriKans are caving in to the psycho in the White House. Trump sued CBS over the editing of the 60 minutes interview and won !!!! Never mind \$16 million dollars, but bringing a network to its knees. Free speech, the first major casualty and AmeriKans are just laughing as if it were all just a passing bit of humour.

The fools of the south just talk, talk, talk while the nutbar in the White House keeps pushing the envelope, drawing new lines of pushing limits and getting away with it.

Read more about the story on my website at www.szpin.ca



3. A commentary of the significance of the Epstein scandal;

The Epstein files cannot be discarded as more 'hot air' in American politics. These files likely name politicians, important members of government, political leaders in files dealing with sexual corruption in American government: sex trafficking, sexual exploitation of minors, and American politicians indulging in these sexual depravities.

Trump must be named in these files if one draws conclusions from how vehemently and energetically he is trying to bury the story, calling it a hoax, false news, a boring news story. He is working hard to get the story out of the news headlines. But the harder he works at its removal, the more the American public was its exposure.

Americans are a tolerant people but it seems like none can tolerate or accept a sexual predator in political office. The Epstein story is gaining steam and without that Trump is falling from favour with Americans. He cannot bury the story but again the more he

tries to do so, the more the American electorate's conviction that there is deep scandal here grows. Americans are finally showing some moral integrity and ethical principles. They will not accept a child molester as their head of government.

In light of all of the above, let's look back in history and review the immorality of a few other well-known historical figures:

- Silvio Berlusconi, Italy
- Benito Mussolini, Italy
- Muammar Gaddafi, Libya

The source for the sections below is the news purveyor known as ***The Contrarian***.

Another dictator wannabe, Silvio Berlusconi went this route
But Italians came to their senses before it was too late...read more at [BERLUSCONI](#)

The stories behind the news

Source: The Contrarian

The Contrarian is a digital news source that tries to be objective in reporting news stories. The sections below were submitted by their associated writer, Jennifer Rubin.

"I've known Jeff for 15 years. Terrific guy. He's a lot of fun to be with. It is even said that he likes beautiful women as much as I do, and many of them are on the younger side. No doubt about it -- Jeffrey enjoys his social life."

This was how Donald Trump summed up Jeffrey Epstein when the magazine interviewed him for a profile on Epstein in 2002. We now know that Epstein's "social life" featured a system of sex trafficking and abuse of hundreds of young women, many of them underage girls, which went on for years at Epstein's homes in Manhattan, Palm Beach, and on his private island in the Caribbean.

News coverage has focused on Epstein's former girlfriend, Ghislaine Maxwell, who reportedly served as chief procurer of his victims (Maxwell is now serving a prison sentence for sex trafficking). Yet predation on a large scale always requires a

network of enablers, and high school students were apparently among those Epstein and Maxwell utilized to recruit the young women, arrange their travel to his residences, and manage a “social life” that involved Epstein also “sharing” them with his powerful friends and associates.

In authoritarian states, secret police, paramilitaries, and the leader’s personal security and fixers have filled the roles Maxwell and her associates performed for Epstein. *Authoritarian leaders* are known to be brutal and lawless, but their Epstein-like systems of sexual predation have remained largely in the dark.

4. A short history of other sexual predators government leaders: Mussolini, Gaddafi, Berlusconi.

Political leaders with sexual perversion stories associated with them

Whether the leader is Dominican dictator Rafael Trujillo, Chadian head of state Hissène Habré, or Paraguayan tyrant Alfredo Stroessner, state security forces have scouted for women, abducted them to detention cells and the leader’s private spaces, and arranged for abortions, payoffs, and threats to keep their crimes a secret.

This two-part essay looks at the Epstein-like operations in authoritarian states that have provided female bodies for the sexual and psychological satisfaction of the leader and his cronies. Part 1 is about the Italian and Libyan dictators Benito Mussolini and Muammar Gaddafi.

Part I

Mussolini’s Sex-Predator System

Mussolini was the first autocrat to develop a state-assisted machine of libidinal gratification. Police files, diaries, and testimonies from Mussolini’s inner circle and his last major lover, Clara Petacci, suggest that he had extramarital sex with up to four different women daily during his twenty-three years in power. The hours he spent on this pursuit did not decrease even in the run-up to World War Two, when the increasingly grandiose Mussolini headed the Ministries of War, Army, Navy,

Colonies, and the Air Force.

When Autocrats Go to War: Where Delusions of Grandeur Can Lead

Initially, Mussolini's brother Arnaldo was the fixer who disbursed funds for abortions, maintenance of illegitimate children, and silence. After Arnaldo died in 1931, Fascist Police Chief and OVRA (secret police) head Arturo Bocchini became his chief enabler. Bocchini's secret police worked with Il Duce's Personal Secretariat staff to vet and track prospects and arrange for punishments or payments after sex.

Fascist police and secret police chief Arturo Bocchini (right), with SS Chief Heinrich Himmler and other Nazi officials, Rome, 1937. Credit: ullstein bild, via Getty Images.

Mussolini's treatment of Bianca Ceccato set a precedent. Ceccato served as his secretary at his newspaper *Il Popolo d'Italia* in 1918 and suffered through a coerced abortion before she had a son with him in 1920. After Mussolini became Prime Minister in 1922, he had his personal secret police follow her, pay her to keep silent, and then threaten to take her child away when she wanted to marry her boyfriend.

After he declared dictatorship in 1925, the new secret police Bocchini created flagged new prospects for him at rallies and events, or through letters women sent to him. Five to twenty women per week received an invitation to meet Il Duce in his private quarters in Palazzo Venezia. When the "brief and violent" encounters (Fermi) that he favored had ended, the women became persons of interest to Mussolini's security apparatus: they were put under surveillance and were paid and threatened to keep them quiet, as were their husbands or boyfriends.

It is sobering to think of the numbers of unrecognized mini-Mussolinis who may have come out of Il Duce's sexual exploitation system. In the case of Epstein, an apparent desire to "seed the human race with his DNA" seems to have also fueled "his insatiable appetite for girls," but it is unclear whether Mussolini had such avowedly eugenicist aims.

Feeling powerful because he and he alone could have as many women as he wanted, was as much the point of Mussolini's encounters as sexual satisfaction. In this he resembles many other dictators, the Libyan tyrant Muammar Gaddafi among

them.

Gaddafi's Dystopian "Department of Protocol"

In public, Gaddafi supported women. His 1969 military coup granted Libyan women and men equal legal status and gave women educational opportunities. In private, the Libyan dictator constructed a state system to procure and confine women for his personal satisfaction.

The name chosen for this agency – the Department of Protocol –cloaked the violence and terror Gaddafi unleashed on his victims in a veil of gentility. His victims included students flagged by Gaddafi and his scouts during his speeches at universities and schools, women (many of them underage) who were abducted after being seen by his Revolutionary Guards while out at the market or in the family car, and wives of visiting foreign businessmen or his officials.

The Department was a full-service agency. It arranged for payments (sometimes called "investment agreements") to foreign victims who might expose the regime abroad, and oversaw "personnel" management. Gaddafi's captives were forced to serve as guards, housemaids, and servers when he entertained at home. Some of them were also trained to work as bodyguards when Gaddafi travelled abroad, generating media buzz as evidence of Gaddafi's "progressive" gender attitudes.

Libyan dictator Muammar Gaddafi with his female bodyguards on a visit to Italy, 2009. Credit: Alessandro Bianchi/Reuters/Corbis

Reducing people to mere instruments of your desires for money, sex, and more is part of the strongman way of life and rule. In Gaddafi's case, unlimited wealth from oil and unchecked power created a "monster who thought he was God," (Cojean) in the words of one of his former captives. It's a description that could also apply to some 21st century authoritarian leaders.

Part II

Billionaire Berlusconi's system of sexual exploitation capitalized on his de facto control of his television, publishing, and advertising empire while he served as Prime Minister (1994, 2001-2006, 2008-2011) and as head of the Forza Italia

political party.

Those familiar with Epstein's activities will recognize the pattern: Berlusconi and his powerful friends [gathered](#) at Berlusconi's residences in Sardinia, Rome, or at Arcore, outside Milan, along with young women brought in from all over Italy and the world, [including](#) Karima El-Mahroug, who was reportedly 17 when she attended Berlusconi's parties. As with other predatory strongmen, Berlusconi combined payments and threats to keep the participants silent.

The professional trajectory of [enabler](#) Nicole Minetti shows how Berlusconi's businesses and his political life related to his sexual exploitation activities. Minetti worked as an events [hostess](#) for Berlusconi's advertising agency Publitalia and appeared on Berlusconi's television programs. After she proved her real worth by scouting women for Berlusconi's exploitation events and arranging their travel, Berlusconi backed her to become a regional deputy for his Forza Italia party in Lombardy. She was sentenced in 2013 to five years in prison for procurement, as were Mora and Fede (the convictions were [confirmed](#) by an Italian high court in 2019).

The last word about Berlusconi and his equivalents goes to Chiara Danese, a former Miss Italy contestant who attended Berlusconi's parties when she was 18 and moved to America because she feared for her safety after testifying against Berlusconi. "Berlusconi? I feel sorry for him...forced to organize parties so he's not alone," she [commented](#) to *Vanity Fair* in 2018.

5. And in conclusion...A selected pictorial comparison:

TRUMP

VS

OBAMA

1. Trump with his daughter Ivanka.



Obama with his daughter Malia.



2. Trump tossing paper towels for victims of hurricane hurricanes in Puerto Rico



Obama hugging and comforting the parents of the victims of a public shootout.



3. Trump and children.



Obama with children.



4. Trump couple with Queen Elizabeth-II.



Obama couple with Queen Elizabeth-II.



5. Trump was busy protecting his wig from the wind.



Obama was helping the elderly.



The same girl is happy to hug Obama.



6. A child scared of standing near Trump.



7. The Pope is also not as happy with Trump.



..With Obama.



8. Trump protecting himself from getting wet in the rain.



Obama giving priority to others.



NEWS from FAIRPORT BEACH NEIGHBOURHOOD ASSOCIATION: PRESIDENTIAL CHANGE: Only in Canada !

PRESIDENT PAUL WHITE RETIRES



After 36 years as President, Paul White retires from the Office of President of the Fairport Beach Neighbourhood Association.

In 1971, Paul White and his new bride bought their home in Pickering on Hillview Crescent. Pickering was a relatively undeveloped town: no Lookout Point, Pickering Town Centre a scrubby strip mall of stores, two drive-in theatres, scrubland, orchards, and farmland north of Sheppard and Whites Rd. Pickering wasn't much to speak of then.

Paul launched his foray into politics, running for Ward 1 councillor. He lost to Laurie Cahill. A political detour, Paul won an election: president of the Fairport Beach Public School Parent Teachers Association. He extended his political footprint, joining the newly formed Fairport Beach Ratepayers Association. Residences changed, moving to Cliffview Rd., again undeveloped, more pastoral than municipal with just six homes.

The Fairport Beach Ratepayers Association (FBRA) grew, stumbled somewhat with a fire mishap, but it continued, and Paul rose in his community endeavours, becoming its V.P. in 1985. Four years later, following the footsteps of Lionel Hayford, Gino Morrocco, and Cyril Beasley, he became the new president of the FBRA, launching his 35-year tenure of the office.

Land rich but money poor, the association developed, grew, and modernized. Land sales bolstered its treasury, the number of home buyers grew, and the association became the Fairport Beach Neighbourhood Association along with the town of Pickering becoming a city.

Paul White was in the President's chair for many notable achievements for the association:

- Recognition on the Ajax-Pickering DONOR WALL for annual donations of

\$1,000 since 2003;

- ☐ Public acknowledgment and recognition for an awards program at three local elementary schools, funding a basketball court, upgrading property at Frenchman's Bay P.S., and awarding each school an annual \$500 for school projects;
- ☐ Donating a "trail bike" to the Durham Regional Police Service to enhance safety and security on the waterfront trail;
- ☐ Donation of \$10,000 to the Indonesian Tsunami Red Cross Relief Fund in 2004;
- ☐ Development and creation of a parkette, first named Cliffview Park but renamed Fairport Community Park at president's request was made into a butterfly garden, continually maintained with support from local businesses, Vandermeer Nursery and Gray's Nursery/Landscaping;
- ☐ Donation of \$1,000 after Covid to the Ajax-Pickering Hospital for Personal Protective Equipment;
- ☐ Ongoing donations and support to the Salvation Army and the St. Paul's on the Hill food banks;
- ☐ Ongoing and continuous support to DARS, the Dedicated Advocacy Resource Support program, an organization that provides shelter and food for the homeless in Pickering;
- ☐ Many thousands of dollars contributed to the proposed new Animal Shelter;
- ☐ Recognized as the "International Volunteers of the Year" in 2001;
- ☐ Executive members recipients of "City of Pickering Civic Awards" in 2023 for ongoing community support;
- ☐ Over \$15,000 financial support to soil erosion protection tree planting program along the Park Crescent area;
- ☐ Active and proactive involvement with the Pickering Committee of Adjustment in the regulation and continued proper development of local neighborhoods with regard to land use, home building, and development as

per city regulations with tree and landscaping preservation;

- Successful removal of planned sidewalks for the forthcoming Sorbara Homes development.

President Paul White's 36-year legacy is one of development, growth, and modernization of the Fairport Beach area of Pickering. He has spearheaded extensive involvement and financial support that has reached far beyond the local area and benefited many more people than just the local neighborhood.

As outgoing President and Chairperson, Paul says:

"It was a privilege and an honor to have served the Fairport Beach neighborhood of Pickering for these many years, and I am most grateful to all the residents, volunteers, and executive members with whom I have been associated during that time. I wish incoming President Phil Warne and the FBNA the best in all its future endeavors and congratulate it on its forthcoming centenary milestone in 2027. 100 years of service, dedication, and community involvement."

NEW PRESIDENCY

The new president takes office: Phil Warne, incoming



After 34 years of residency and 6 years as Vice-president of FBNA, I have accepted the position of Executive Chair.

My young family and I moved into the Fairport Beach neighbourhood in June 1991. We thoroughly enjoyed the rural character for the neighbourhood and proximity to both the Lake and the waterfront trail. About ten years ago the development of Cliffview Road began. Although we lost a little of the rural charm, our love and enjoyment of the area was not at all diminished. It is nice that so many other

families, who have become our neighbours, can share and enjoy our special neighbourhood.

My years of working in the elevator service industry have been replaced now with work around my home and helping neighbours with theirs. I am about to become a grandfather for the first time and look forward to my new role but keep my physical capabilities tuned and ready as I look forward to being 'coach grandfather, in road hockey, baseball, soccer and basketball with my grandchild along with the children on the street.

FBNA has always been about maintaining a distinct and active community. Our goal is to continue in our engagement and financial support of many Pickering area charities. We offer our community members, students and area residents the opportunity to become involved in multiple activities and charitable causes.

Two well-known phrases that have always guided me are: "We the People," and "ask not what your country (community) can do for you, but what you can do for your country (community)".

I am a cautious optimist and believe that most people are inherently good. So we need to remain positive and optimistic about our community and its endeavours in our future.

POLITICAL DESK:

News from councillors, elected reps and community associations

Political commentary:

Each elected representative, the Mayor, each councillor, and the presidents of neighbourhood associations has been sent personal invitations to write an update message or noteworthy news regarding their area of jurisdiction.



We thank those replied showing support for this newsletter.
Thank you.

From the PICKERING City Council



[Profile](#)
[mayor@pickering.ca](#)

Councillor Maurice Brenner
Regional Councillor Ward 1



[Profile](#)
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Councillor Lisa Robinson
City Councillor Ward 1



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Councillor Linda Cook
Regional Councillor Ward 2



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Councillor Mara Nagy
City Councillor Ward 2



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Councillor David Pickles
Regional Councillor Ward 3



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Councillor Shaheen Butt
City Councillor Ward 3



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[sbutt@pickering.ca](#)

Kevin Ashe

Mayor, City of Pickering

Maurice Brenner

Regional Councillor, Ward 1

Linda Cook

Deputy Mayor & Regional Councillor
Ward 2
Beautiful City of Pickering

David Pickles

Regional Councillor - Ward 2

Lisa Robinson

Councillor - Ward 1

Councillor Shaheen Butt....no update this month

Councillor Mara Nagy....no update this month



no update this month

Phil Warne

President



Peggy Bowie

President

(Ph 416.903.3284)

PWSCA

Pickering West Shore Community Association

no update this month

Scott Loyst

President

Richard's DESK



A retired school administrator who motorcycled in his younger days, across Canada and the USA. Father Time has kiboshed riding giving Richard more time for his other passion, writing. Richard, along with his wife and stubborn Scottie have been Pickering residents for over 35 years convincing them that Pickering is one of the best communities to live in in all of Canada.

- ***Israeli warfare:*** Condemned by the Geneva convention and their additional protocols, the Israelis revert to ancient warfare: starvation of the vulnerable
[This post contains disturbing images. Viewer discretion is advised.]





The alternative to nuclear warfare: Starvation

In the annals of human conflict, the methods of warfare have evolved from crude implements to sophisticated technologies. Yet, amidst the advancements, one ancient and insidious tactic persists, often shrouded in silence: the deliberate use of starvation as a weapon of war. This is not merely a byproduct of conflict, but a calculated strategy, designed to break the will of a people by denying them the most basic necessity for survival. It is a tactic that transcends the battlefield, inflicting suffering on the most vulnerable and leaving scars that endure for generations.



The deliberate deprivation of food, water, and essential medical supplies transforms civilian populations into targets. It turns homes into sieges and daily life into a desperate struggle for sustenance. The elderly, the infirm, and especially children bear the brunt of this cruelty. Malnutrition weakens bodies, compromises immune systems, and leaves a lasting legacy of stunted growth and cognitive

impairment. For children, the impact is particularly devastating, stealing their future before it has even begun.



International humanitarian law, enshrined in conventions such as the Geneva Conventions and their Additional Protocols, explicitly prohibits the starvation of civilians as a method of warfare. ***It is a war crime***, a blatant violation of the principles of humanity and dignity. Yet, despite these clear prohibitions, instances of starvation as a weapon continue to plague conflicts around the globe. Whether through blockades, the destruction of agricultural land, the *targeting of aid convoys*, or the *manipulation of food distribution*, the intent is clear: to subjugate through hunger.



The consequences extend far beyond immediate suffering and death.

Waging war by starvation erodes the very fabric of society. It fuels displacement, exacerbates existing inequalities, and creates fertile ground for resentment and future conflict. It undermines efforts for peace and reconciliation, as the memory of such profound cruelty lingers, making genuine healing and trust building incredibly difficult.



As global citizens, we have a moral imperative to condemn and actively oppose the use of starvation as a weapon. This requires more than just rhetorical condemnation; it demands robust diplomatic action, accountability for perpetrators, and sustained efforts to ensure humanitarian access to all populations in need. It means supporting international bodies dedicated to monitoring and prosecuting war crimes and advocating for stronger enforcement mechanisms.



Ultimately, the fight against starvation as a weapon of war is a fight for humanity itself. It is a recognition that even in the darkest hours of conflict, there are lines that must never be crossed, and that the right to food, even amidst the chaos of war, is a fundamental and inalienable human right. Only by upholding this principle can we hope to build a world where the innocent are shielded from the most brutal forms of warfare



PM Nethanyahu toasts Likud Party Members



National Security Minister, Ben Gvir

R's HERB GARDEN



In May, I started an herb garden on my kitchen patio walkout. I've never been a gardener but I had to add another regular activity to my life that would get me away from this computer. So an herb garden it was and it's where I have coffee most mornings if the temperature and humidity permit it.

- ***State of the garden:*** An update on my herb garden...it thrives and I'm amazed.

I started my herb garden in May for a couple of reasons. One, I work on the computer for a few hours everyday, some days many, many hours, others less. In any case, I sit far more than I should and it likely is affecting my health, slowly, benignly...a silent killer. So, I try to find ways to force myself to do a little bit of movement, a little walk, taking Fermo for a short walk when the temperature permits, work around the house, in the basement at my work table, painting window frames, window security bars. I even painted all the patio furniture and it looks spectacular. All freshly painted flat black, the furniture looks as if I just bought it.

Oh yeah, the herb garden. The herb garden was another strategy to get me up and away from the computer. The herbs need watering, pruning of wilted leaves, a little soil raking. Gardners will know what I am talking about as experienced 'green thumbs' know gardens need tending. You don't just water and fuggedabboutit.

The first month, my plants barely sprouted. I was more afraid of failure than discouraged about poor planting techniques. Then, boing, spiong, ping, boop, sprouts erupted. Little bitties guys but little green

sprouts poked up through the soil. My wife's words echoed in my ears, "They'll grow. Be patient. Give them time. Keep watering. Keep tending." And lo and behold, by the end of June, I felt proud that I could say, "Success!"

Now, near the end of July, I can confirm my herb garden is healthy and thriving. In fact, just as I dreamed of being able to harvest fresh basil leaves for my tomato sauce from my own herb garden, it has all come true. I made my first tomato sauce with my very own fresh basil leaves this week. Sweeeet and delicious, made more so in the knowledge that the basil was just picked within the last hour, really locally and very organic...no chemicals at all.

I feel like I have accomplished something though to you gardening pros, it may sound like no big deal. To me it is, a really big deal. And each morning as I have breakfast in the air-conditioned refuge of our kitchen with patio doors looking out at the herb garden, I smile as I sip my coffee and say, "What a beautiful herb garden."

Here is what I look at each morning.....





HEALTH:

Briefly:

- **SLEEP PROBLEMS:** Troubled sleep, waking up often during the night, cannot fall back asleep easily. If you are having chronic sleep problems, consult your doctor.

A number of visitors to my website have mentioned sleep problems as we talked, trouble falling asleep, trouble falling back to sleep when waking up at night.

A good night's sleep is not a luxury, but a fundamental necessity for our physical and mental well-being. It's during sleep that our bodies repair and rejuvenate, our brains consolidate memories, and our immune systems strengthen. Chronic sleep deprivation can lead to a host of issues, including impaired cognitive function, mood disturbances, increased risk of illness, and reduced productivity. Prioritizing quality sleep is an investment in overall health and a more fulfilling life.

Below is a ***tip sheet*** suggesting 10 ways to improve your sleep. Try them. You may discover better sleep.

10 TIPS for BETTER SLEEP

1 Go to bed at the right time



Set a bedtime, and don't get into bed before it. This may be later than you currently go to bed if you are already spending a lot of time in bed. You should stay up past your set bedtime if you are not feeling sleepy.



2 The 20 minute rule



Often people with insomnia notice that their mind begins to race when they turn off the light. You can stop this by leaving your bed when you don't fall asleep (or fall back to sleep) after 20 minutes of lying in bed. Plan ahead to do a relaxing activity when you leave the bed. Return to bed when sleepy. Repeat after 20 minutes, as needed.



3 Get out of bed each morning at the same time (or earlier)



If you can, sleep until it is your planned time to rise and start your day. Don't sleep or stay in bed past your rise time, regardless of how late you were up the night before.



4 Nap wisely **Power Napping**



Don't nap if you don't need to. Avoid napping by getting active (ex. 20-minute walk). When a nap can't be avoided, limit yourself to a 10-20 minute power nap. Finish your nap before 3 pm.



5 Spend less time in bed



This may sound odd at first, but most people with insomnia spend a lot of time in bed trying to sleep. This creates sleep anxiety and makes it harder to sleep. Shortening your time in bed temporarily can lead to the unexpected benefit of giving you a better sleep with fewer interruptions. Gradually extend your time in bed as things improve.



6 Distract your mind



It is hard to fall asleep when your mind is active – worrying about finances, health, relationships, or tomorrow's to-do list. Give your mind a chance to slow down and let sleep take over. Try these distraction techniques to help you fall asleep:

- **Grocery cart exercise:** using your imagination, slowly walk through a grocery store and fill your cart, paying attention to each item you select.
- **Word list challenge:** think of a 5-letter word and come up with 5-10 words that start with each letter of the word. Add variety by choosing a theme – animals, names, cities, etc.



7 Take time to relax



Before getting into bed, there are many ways to prepare your body and mind for sleep. Add a relaxation technique to your bedtime routine that lets you do this. Examples include: low light reading before getting into bed, the 4-7-8 breathing exercise, and toe-to-head progressive muscle tightening and relaxing.



8 Make being in bed about being asleep



Use your bed only for sleep, sex, & sickness if you are not sleeping well. Stop reading, writing, socializing, working, or snuggling with pets in bed. Any type of screen is to be avoided.



9 Bust your sleep myths



Many people worry that they aren't getting enough sleep, and this keeps them up at night. What are your sleep myths? Busting them might be a part of what helps you get your sleep back.



10 Healthy sleep habits start during the day



Having an active body & mind during the day are important for your mental, physical, and sleep health. This starts with bright light in the morning. Can you add more light right after waking up and more daytime activities that energize your body and mind?

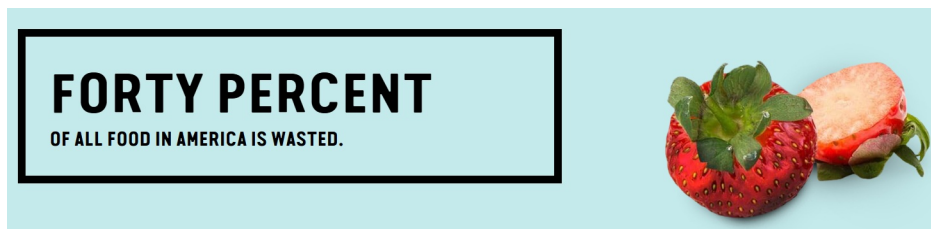


KITCHEN:

Worth repeating: this new section will deal with food related topics: recipes, meal planning, cooking, and such.

Briefly:

- **Wasted: 40% of food we buy:** “savethefood,” an app that will help you in your kitchen
[first published in July issue]



We are among the richest countries in the world but we waste so much. Forty percent of the food we buy ends up wasted because we mishandle it, store it improperly or just don't know what to do with it. So we throw it out and the money it spent on it.

The '[savethefood](#)' website offers you ways to better manage, store and use the food you buy. It is a valuable website that will save money by better management of your food purchases.

The top of their webpage presents sections to visit [illustrated below]:

SAVETHEFOOD.COM

PLANNING RECIPES STORAGE COMMUNITY

Explore -> [savethefood](#)

Books Shelf...

Briefly:

- Everyone's been busy, so my posts may be somewhat abbreviated.

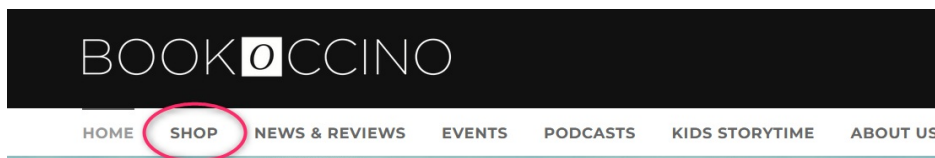


Gail and Heather, two dynamic and discerning book enthusiasts, both retired school administrators, bring years of reading experience to the book shelves here.

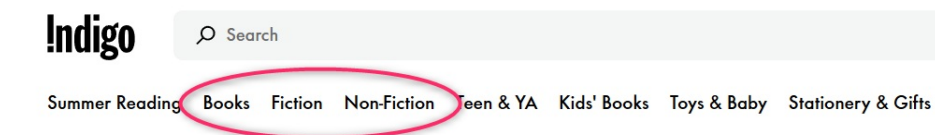
Gail suggests....

I read many books, the variety is broad ranging from bestsellers to traditional classics. To help me find books that pique my interest, I like to use two sources: **Bookocinno** and **Indigo**.

BOOKOCINNO



INDIGO



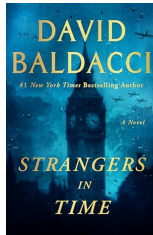
Richard reads...A LOT !

I read a lot, primarily at bedtime. It's my way to relax before going to sleep. It helps me clear

my mind of the day's distractions, blanking it so sleep comes easily. After a half hour or so of reading, it's lights out and Morpheus comes within minutes. Rarely do I stay awake longer than 10 minutes. So what do I read that is so mind cleansing. Now that varies. Here's my current book shelf:

Recently read...

This month



From the #1 *New York Times* bestselling author of *A Calamity of Souls* comes David Baldacci's newest novel, set in London in 1944, about a bereaved book shop owner and two teenagers scarred by the second world war, and the healing and hope they find in one another.

Synopsis

Fourteen-year-old Charlie Matters is up to no good, but for a very good reason. Without parents, peerage, or merit, ducking school but barred from actual work, he steals what he needs, living day-to-day until he's old enough to enlist to fight the Germans. After barely surviving the Blitz, Charlie knows there's no telling when a falling bomb might end his life.

Fifteen-year-old Molly Wakefield has just returned to a nearly unrecognizable London. One of millions of people to have been evacuated to the countryside via "Operation Pied Piper," Molly has been away from her parents—from her home—for nearly five years. Her return, however, is not the homecoming she'd hoped for as she's confronted by a devastating reality: both her parents are gone.

Without guardians and stability, Charlie and Molly find an unexpected ally and protector in Ignatius Oliver, and solace at his book shop, The Book Keep, where a book a day keeps the bombs away. Mourning the recent loss of his wife, Ignatius forms a kinship with both children, and in each other—over the course of the greatest armed conflict the world had ever seen—they rediscover the spirit of family each has lost.

But Charlie's escapades in the city have not gone unnoticed, and someone's been following Molly since she returned to London. And Ignatius is still reeling from a secret Imogen long kept from him while she was alive—something so shocking it resulted in her death, and his life being turned upside down.

As bombs continue to bear down on the city, Charlie, Molly, and Ignatius learn

that while the perils of war rage on, their coming together and trusting one another may be the only way for them to survive.

Richard says...

Baldacci leaves his comfort zone, writing about murder, crime and violence, and dives into the world of historical fiction, drama. The genre is also labelled as romance by some.

In any case, *'Strangers in Time'* is a whale of a tale, an very entertaining and engaging narrative based in London, England in the last year or so of WWII. The three primary characters of the story are the adult Ignatius Oliver, owner of a book shop, and two barely teen teenagers, Molly, a poor little rich girl of 15 and Charlie, a 14 year old street urchin akin to Oliver Twist of Diskens' fame.

The story is a wonderful jigsaw puzzle of turns and twists that are more engaging and develop the story each time than create suspense and tension. Molly is the prime persona of the story. A serious minded young girl who is older than her chronological age as she demonstrates in her surprising analyses and evaluations of people, situations and events. Surprisingly, she befriends Charlie, a young teen who lives in poverty with an aging grandmother.

The story revolves around the two teens and their lives in the final years of WWII. The plot has one guessing much of the time with guesses that usually have surprise twists like is Ignatius Oliver a German spy; is Molly's father really a murderer; can Charlie survive on his own once granma passes away? Interesting questions with interesting and entertaining answers.

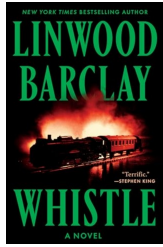
Baldacci has left his normal writing theme and does so with amazing and very satisfying results. History buffs will enjoy his descriptions about the bombing of London. His dialogue writing is superb with idioms, jargon and the verbal exchanges between the two teens of the era. The historical material is accurate and revelant to the times. Baldacci captures the mood with accuracy and an authentic replication of how it must have felt living through the period.

The writing will appeal to more than just history buffs. In short, it is a superbly written story that will have readers turning pages with eager anticipation of what comes next, page after page.

An excellent book. Baldacci proves himself to be far more than just a crime writer.

Last month

New York Times bestselling author Linwood Barclay enters new territory with a supernatural chiller in which a woman and her young son move



to a small town looking for a fresh start, only to be haunted by disturbing events and strange visions when they find a mysterious train set in a storage shed.

Synopsis

Evil has a one track mind...

Annie Blunt has had an unimaginably terrible year. First, her husband was killed in a tragic hit-and-run accident, then one of the children's books she's built her writing and illustrating career on ignited a major scandal. Desperate for a fresh start, she moves with her son Charlie to a charming small town in upstate New York where they can begin to heal.

But Annie's year is about to get worse.

Bored and lonely in their isolated new surroundings, Charlie is thrilled when he finds a forgotten train set in a locked shed on their property. Annie is glad to see Charlie happy, but there's something unsettling about his new toy. Strange sounds wake Annie in the night—she could swear she hears a train, but there isn't an active track for miles—and bizarre things begin happening in the neighborhood. Worse, Annie can't seem to stop drawing a disturbing new character that has no place in a children's book.

Grief can do strange things to the mind, but Annie is beginning to think she's walked out of one nightmare straight into another, only this one is far more terrifying...

Richard says...

This is Barclay's first foray into horror/thriller/supernatural territory and he does a nice job.

The writing is engaging, nearly a irresistible page turning level. The story line very appealing with good development of the characters and suspenseful magnetism of the best writers of this genre.

Barclay launches the story with an enjoyable character who is a writer and an artist. Her debut novel becomes a hit but takes a hit when it inspires a 10 year boy to imagine he can fly and jumps to his death from a ten story New York City apartment building.

That tragedy is the foundation on which the story rests as it may be the reason for the visions and events the writer experiences as the story unfolds.

Some readers may find *Whistle* is too light reading as the characters lack depth

and fuller development. The plot, of course, is not believable, remember it is fiction but well written fiction.

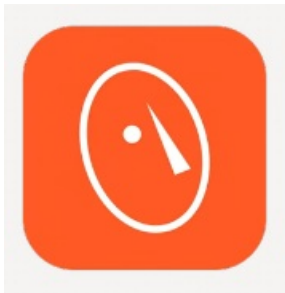
Readers will question if it is witchcraft or satanic as its central storyline. Regardless, *Whistle* is entertaining reading from start to finish.

An enjoyable light read!

TECH DESK:

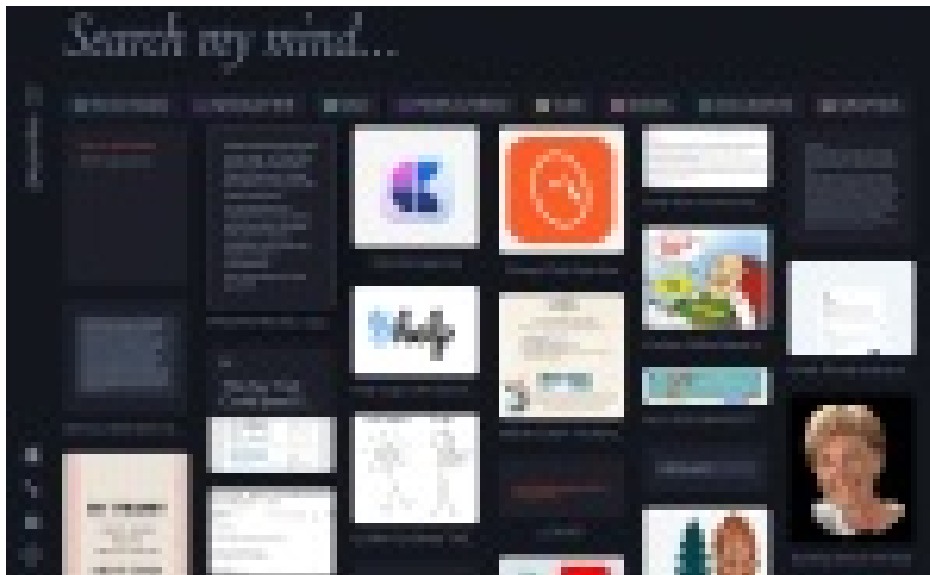
Briefly:

- **'mymind'** - a record keeping tool for the ages; super easy, super useful



Only computer users interested in easier record keeping should read this article...

'mymind' is a record keeping and storage tool that organizes and saves your information automatically with the assistance of AI. And it is so easy to use, you'll think you are playing with a toy. You're not. **'mymind'** is a very serious application.



"mymind" is a note-making, note-taking application that stands out in a crowded landscape of such applications by offering a refreshingly distinct approach: *"Your mind. Organized by AI. Always private."* This philosophy underpins every aspect of the app, from its minimalist design to its powerful, yet invisible, artificial intelligence capabilities. **'mymind'** isn't just a place to store information; it's designed to be a true extension of your mind, a personal digital archive that intuitively understands and resurfaces the valuable information you have discovered and recorded.

A 'mind camera' capturing what you see for later recall

Think of your eye as a camera connected to your mind recording images you have looked and storing the

camera shots to your memory to recall on demand. Assisted by Artificial Intelligence, **"mymind"** organizes, stores and does all the retrieval work everything you have saved without any effort on your part, no formatting, no filing, no folder organizing but best of all, at the simple typing of a word. Type a word and **"mymind"** finds and displays your saved images, your records relating to it as if you were talking to your own mind.

The "Save Everything, Organize Nothing" Paradigm

At the heart of **mymind's** appeal is its commitment to *friction-free capture*. In an age of information overload, the mental burden of categorizing, tagging, and filing every piece of content can be a significant barrier to effective knowledge management. **mymind** liberates users from this chore. Whether it's a profound article, an inspiring image, a fleeting thought, a video, a PDF, or even a highlight from text, you can save it to your "mind" with a single click using its *Google browser extension* or the dedicated app (iOS, Android, Windows and MacOS). This *instant capture mechanism* encourages users to save anything and everything that sparks their interest, without the need to pause and decide where it belongs.

Where the magic happens. AI does the work for you; you get the benefits

Once an item is saved, **mymind's** proprietary AI takes over. It intelligently analyzes the content, extracting key concepts, identifying objects in images, recognizing text within screenshots (OCR), and even discerning the type of content (e.g., article, product, recipe). This automatic processing creates a rich, interconnected web of your saved items in the background, eliminating the need for manual tagging or folder creation. The traditional hierarchy of folders and nested categories is replaced by a fluid, *associative network* that more closely mirrors how the human brain stores and retrieves information.

Intelligent Retrieval and Serendipitous Discovery

The real magic of **mymind** unfolds in its search and discovery capabilities. Because the AI has already processed and understood your content, finding what you need is remarkably intuitive. You don't need to remember a specific tag or folder; instead, you can search using natural language, keywords, colors (for images), dates, brands, or even abstract concepts. For example, if you're looking for an image of a red chair you saved months ago, simply searching "red chair" will likely bring it up, along with other items **mymind's** AI associates with those terms.

Beyond direct search, **mymind** incorporates features designed for serendipitous discovery. The "Serendipity" mode playfully resurfaces older, forgotten items from your mind to refresh your memory, even asking if you want to keep these recollections or 'clean house,' and delete them. This seemingly simple feature can be incredibly powerful for sparking new ideas, revisiting past inspirations, and drawing unexpected connections between disparate pieces of information – a process that mimics the creative leaps often experienced in human thought. It transforms your personal archive from a mere storage locker into a dynamic wellspring of insight.

A Sanctuary for Your Thoughts: Privacy and Design Philosophy

A foundational pillar of **mymind** is its unwavering commitment to privacy. In a digital world increasingly characterized by data exploitation and constant surveillance, **mymind** offers a refreshing alternative. The developers explicitly state that your "mind" is entirely private, free from ads, tracking, social features, or vanity metrics. They do not sell user data, nor do they rely on external funding that might compromise their privacy-first philosophy. This dedication to user privacy fosters a sense of trust and security, allowing users to save even their most personal and sensitive thoughts without concern.

The design philosophy of **mymind** is equally crucial to its appeal. It champions minimalism and a distraction-free environment. The interface is clean, intuitive, and visually appealing, designed to get out of

your way and let you focus on your content. This aesthetic simplicity, coupled with the absence of notifications, social pressures, or complex organizational systems, creates a calm and inviting space for reflection and creative work. For those who feel overwhelmed by the constant demands of other digital tools, **mymind** offers a mental "sigh of relief."

Who Benefits from **mymind**?

mymind resonates deeply with individuals who prioritize a streamlined, intelligent, and private digital workspace. It's particularly well-suited for:

- **Creatives:** Designers, artists, photographers, and musicians can use it as a visual mood board, effortlessly saving images, videos, and artistic inspirations, then quickly retrieving them by color, theme, or object.
- **Writers and Researchers:** It serves as an excellent "second brain" for collecting articles, highlights, notes, and research papers, providing a distraction-free reading mode and intelligent search to connect ideas.
- **Knowledge Workers:** Anyone who deals with a high volume of information – from marketing professionals building swipe files to developers tracking code snippets – can benefit from its effortless capture and smart retrieval.
- **Individuals with ADHD/Neurodiversity:** Many users report that mymind's lack of rigid structure and reliance on intuitive search is incredibly beneficial for managing information without the frustration of traditional organizational systems. The "save everything, organize nothing" approach reduces cognitive load significantly.
- **Privacy-Conscious Users:** For those who are wary of their data being tracked and monetized, **mymind's** strong privacy commitments offer peace of mind.

Pricing Model and Future Vision

mymind operates on a *subscription model*, which directly supports its independent development and commitment to user privacy over advertising or data sales. While there is a free trial with a limited number of "cards" (saved items), the full power of **mymind** is unlocked with a paid subscription. This pricing structure aligns with its "premium tool" positioning for users who value its unique blend of AI-powered intelligence and robust privacy protections.

Looking ahead, **mymind** aims to further enhance its intelligent capabilities, with features like bi-directional linking to allow users to build their own interconnected knowledge graphs. The core vision remains consistent: to provide a beautiful, private, and effortlessly intelligent space that truly acts as an extension of your mind, allowing you to focus more on creation and less on organization.



In short, **mymind** is a computer tool so easy to use, you'll think you're playing with a toy. This belies the reality of the tool. It is a serious digital tool that will become an incredible assistant to your memory, the major domo of your mind!

Read more at ['mymind'](#) article on my website.



August

Month 8 of the year, 2025 is slip slidin' away faster than maple-syrup-basted ribs at a family picnic. Temperature's dropping a bit lower each night, so air conditioners get a respite from constant running. It's been a record breaking summer with 12 days of what is classified as extra hot weather, temps over 30C, the urban heat island effect notwithstanding.

So keep cool folks and enjoy it while it lasts...in a few months, we'll be crying for some warm temps.



Canada, the best !



NADIA & FERMO TOO !