



1. **HELP:** *Fellow Canadians need your help*
2. **EDITORIAL:**
3. **POLITICAL DESK:**
4. **PICKERING'S REFLECTIONS GARDEN:** *remembering others*
5. **HEALTH and AGING:** *Omega-3, Ageism vs Abuse*
6. **TECHNOLOGY:** *Top sites, top apps*
7. **DIVERSIONS:** *Crossword, Wordpower, Sudoku*
8. **LAST WORLD:** *Where ya going?*



To donate, click -> [**RED CROSS**](#)

EDITORIAL

Time to cut politicians some slack!

It's easy to criticize and denounce politicians, easier still to castigate local ones. However, it's time to cut these people some slack and recognize some things.

Not all politicians are crooks, constantly lying and pigging out at the pork barrel trough. Most are family people who chose political careers for subjective and personal reasons. Some may have personal gains as their priority. Some may have thoughts they might do some public good. Some may think they speak for people with no public voice.

Disparaging politicians for the salaries they earn, the pensions they receive, their responses to influencers and lobbyists may be easy to do. However, remember these people have to work hard in their roles. They must act responsibly responding to constituent pressures in productive and constructive ways. They must stay well-informed and up-to-date. Otherwise, they are subject to public castigation and abuse. Some are no matter what they say or do.

Sometimes politicians must deal with delicate issues that are heatedly debated within their constituencies. At times, political leaders must take positions that are not supported by their loudest constituents. These leaders are not working on a whim and a prayer. They are people of principles, values, and morals. They work in a world where the public not only sees their every action immediately because of our age of instantaneous news and microscopic examination of political moves by social media. Compound the problem with the belief that everyone believes they have a right to criticize and condemn and politicians are big public targets.

This is not a plea on behalf of politicians, an argument in their defense. Rather it is an appeal for voters to give politicians broader consideration and more understanding of the issues they undertake. These political leaders must consider voters' concerns foremost and must respond with consideration of political repercussions. They cannot act with complete and total independence. Yet, they must adhere to personal principles and values which sometimes may conflict with those of their constituents.

Try walking a mile in the shoes of elected officials to get a better understanding of what they must consider in taking a particular action. Can you see the broader aspects of the issue? Can you appreciate the other sides of the issue? Can you cut these political leaders some slack supporting them on difficult issues rather than denigrating them because the cacophony of the most vitriolic is the loudest?

POLITICAL Desk

[Invitations to submit a message to the newsletter were sent to the mayor and each councilor.]

The 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



Profile
lcook@pickering.ca

Councillor Linda Cook
Regional Councillor Ward 2



Profile
mnagy@pickering.ca

Councillor Mara Nagy
City Councillor Ward 2



Profile
dpickles@pickering.ca

Councillor David Pickles
Regional Councillor Ward 3



Profile
sbutt@pickering.ca

Councillor Shaheen Butt
City Councillor Ward 3

From the Editor's desk...

These are challenging times at Pickering city hall. The municipal council is grappling difficult issues and heated social topics relating to the LGBTQ+ community.

From the Mayor's desk:

Message from the Mayor...

Summer is finally here and there's so much to do in the City of Pickering. There are countless activities and festivities that are taking place throughout our community, and I encourage residents to come on out and get involved!

Here are some suggestions for things to do this summer:

- Indulge your taste buds at Pickering's Food Truck festival (August 11th – 13th).
- Attendees can enjoy a variety of food trucks and be entertained watching food-eating competitions.
- Learn more about this food festival at <https://www.pickering.ca/en/discovering/festivals-events.aspx>
- Support local vendors, shop fresh produce, and enjoy entertainment by visiting our award-winning Farmers' Market, taking place every Tuesday from 9 am and 2 pm until October 3rd. Visit pickering.ca/FarmersMarket to learn more.

The City's free Summer Concert Series is back for the season! We invite you to come on out with your friends and family to enjoy live performances by the waterfront *every Thursday at 7 pm and Sunday at 2 pm until August 31st*. Learn more at <https://www.pickering.ca/en/discovering/festivals-events.aspx>

These are just a few of the many exciting events happening here in Pickering.

Lastly, the City is embarking on an exciting journey as it develops its first Corporate Strategic Plan. The Plan will identify a vision, goals, and key actions to be achieved over this term of Council. Feedback from the community is key - input received will help inform the City's Plan and related recommendations, which will be presented to Council in late 2023. Visit LetsTalkPickering.ca/StrategicPlan to complete the survey for a chance to win some great prizes, including Apple AirPods, a Fire Station Tour and Fire Safety Goodies, and a One-Year Health Club Membership to the Chestnut Hill Developments Recreation Complex.

I hope everyone has a fun, happy, and safe summer! I look forward to seeing citizens out in the community, enjoying everything Pickering has to offer.

Mayor Kevin Ashe

WARD 1 news

Message from Councilor Brenner...

I invite you to read my newsletter which can be accessed by the



links below and I invite you to attend my upcoming Town Hall for the latest *Ward 1* news.

Newsletter

Highlights, click → [HIGHLIGHTS](#)

Full newsletter, click → [FULL NEWSLETTER](#)

TOWN HALL

The town hall will be cohosted by Councilor Brenner and the longest-serving Neighbourhood Association President, **Paul White**, *President of the Fairport Beach Neighbourhood Association*. Paul will present a history of this waterfront community ending with a ‘question and answer’ period about the final phases of the City of Pickering’s plan for the area.



Location:



Councilor Maurice Brenner
Deputy Mayor

Councillor Robinson

WARD 2 news

Message from Councilor Nagy...



“As I head into my first summer as a councillor, I want to wish everyone a safe and happy summer season, and have the most pleasant of long weekends! I invite folks to check out all the fun we’ve got on offer at Esplanade and Kinsmen Parks on Canada Day.

This last year has been the wildest of rides, and it has been a fantastic time. From getting to bring positive changes to the city I’ve grown up in, to being able to engage with and support residents wherever they need, to learning all about opportunities and events in our city I never even knew about, I couldn’t have asked for a better experience, and we’ve still got three years to go!

Thank you to readers for staying engaged, involved, and present.

Have a great summer!”

Councilor Mara



Message from Councilor Cook...

Hello everyone,

Now that summer is in full swing, the city has a full roster of **Summer Concerts** planned for both the Esplanade Park and the Millennium Square waterfront. The concerts kick off the first week of July and run through to August 31st.

A full list can be found at: [**FESTIVALS - EVENTS**](#)

Bring your lawn chair!

Summer is an important time of the year to recharge, relax and connect with family. What better time to choose your own adventure across the Region of Durham. Visit a new to you craft brewery or cidery, take a paddle, or visit one of our many farmer's markets.

Visit the Durham Region Tourism website to see what adventures are waiting for you to discover: [**Durham Region Tourism**](#)

Summer Youth Passes

And just in time for summer, Durham Region Transit (DRT) is again offering the 2-for-1 Summer Youth Pass via PRESTO. Customers who are 13 to 19 years of age can purchase the **2-for-1 Summer Youth Pass** for \$93.50—that's two monthly passes for the cost of one monthly pass. Once purchased, the August pass will automatically renew on the customer's PRESTO card prior to the beginning of August.

Availability: Summer Youth Passes are available for purchase beginning June 21. These 2-for-1 passes will provide unlimited travel from July 1 to August 31, 2023.

Passes are available for purchase at the Pickering Town Centre Guest Services: 1355 Kingston Road, Pickering, DRT Customer Service Centre: 110 Westney Road South, Ajax, and other locations across the region.

Additional information can be found here: [**Durham Region Transit**](#)

Curtis Cooke, my son

I will be enjoying a milestone moment for my son this summer, as we travel to Berlin, Germany for the **Special Olympics World Games**, where *he is participating as a member of Team Canada for Athletics (track & field)*. Curtis is one of 89 athletes representing Canada, and one of 2 athletes from the Durham Region. Making



the podium would be a dream; just going is an experience of a lifetime!

Tax grant reminder

Lastly, as a reminder, for those who are eligible, there is a **Tax Grant** for low-income seniors and persons with disabilities. The rebate amount has increased this year to \$535 for 2023.

Applications must be received by August 18th to ensure the rebate is processed before the last property tax installment is due. Please submit the online application, or mail or fax the application to the City of Pickering.

The online form can be found here: [**TAX GRANT APPLICATION FORM**](#)

Wishing everyone a safe, enjoyable summer full of memory-making opportunities.

Councilor Linda

WARD 3 news

Councillor Butt



Message from Councilor Pickles

I wish everyone a great summer, our youth are finishing their school year and they

and many residents will be outside enjoying the weather and our city facilities and amenities. Please take extra care driving and be aware of construction activities... yes it's that season too! I hope you check out my Facebook posts and my e-Newsletters which include information on many city amenities and businesses that may be interested in visiting this summer.

We had the pleasure of having your author Richard Szpin in the Council chambers at our most recent Council meeting. Although we did get the scheduled city business done I and other attendees and viewers were frustrated by some of the distractions and matters delegated that I don't think should have been before Council.

Councilor Dave
Regional/Ward 3 Councillor



Chow wins!

Olivia Chow is the new mayor of Toronto

We congratulate Olivia Chow on her victory in the campaign for mayor of Toronto. Though she officially takes office on July 12, she jumped right into the job on June 27th.

Chow campaigned against a long slate of candidates, 101 others, and the voters decided she was the best candidate to replace departed Mayor John Tory.

Chow campaigned on promises to develop better relations with Premier Dog Ford at Queen's Park, improvement to the financial status of Toronto, development of workable solutions to the homelessness problems. Her most heated criticism relates to her plan to increase property taxes for Toronto residents.

Day 1, June 27. Time to sharpen her own pencils and assess the '*state of the union.*'

We wish her well.

‘REFLECTIONS GARDEN’

A place for some quiet moments in the middle of the *City of Pickering!*



The ***Reflections Garden*** is a public space for visitors to enjoy quiet moments of peaceful reflection. Located in the northeast corner of Esplanade Park, the garden is a City of Pickering landmark that includes sensory plantings, accessible seating, a shaded structure, and playable musical instruments.

Visitors can reflect on the impact of COVID-19 on our community resilience, and on those who passed away. Visitors can relax, reflect and remember others while listening to peaceful music.

A surprisingly calm place to visit in the city centre: quiet, meditative and very calming. The garden is more than just commemorative. It is a place that can be an escape from the hustle and bustle of the city, a place to sit and enjoy some moments of tranquility and peace. Esplanade Park in which the Reflective Garden is located is surrounded by metal sculptures that give the park a joyful and playful atmosphere. It is a restorative place that can raise one's spirit to heights of calm and joy. Visit and enjoy!



Old guy discovering the fun of the musical instruments at the Reflections Garden.

HEALTH and AGING Desk

Omega-3 supplements

Omega-3 is a type of polyunsaturated fatty acid that is essential for good health. It is found in certain types of fish, such as salmon, mackerel, and sardines, as well as in flaxseed oil, chia seeds, and walnuts. Omega-3 fatty acids are important for brain function and development, as well as for reducing inflammation throughout the body. They have also been shown to help reduce the risk of heart disease.

Benefits:

1. Heart health: Omega-3 supplements can help reduce the risk of heart disease by lowering triglycerides, reducing inflammation, and improving blood pressure.
2. Brain health: Omega-3 supplements can help improve cognitive function and reduce the risk of age-related cognitive decline.
3. Depression: Omega-3 supplements may help alleviate symptoms of depression and anxiety.
4. Eye health: Omega-3 supplements may help reduce the risk of age-related macular degeneration (AMD).

Risks:

1. Bleeding: Omega-3 supplements can increase the risk of bleeding, especially when taken with blood-thinning medications 1.
2. Digestive issues: Omega-3 supplements can cause digestive issues such as diarrhea, nausea, and indigestion 1.
3. Fishy aftertaste: Some people may experience a fishy aftertaste or burps after taking omega-3 supplements 1.

It is important to note that omega-3 supplements are not a substitute for a healthy diet and lifestyle. It is always best to consult with your doctor before taking any new supplements.



Ageism vs Abuse of the Aged

[Source: McMaster Optimal Aging Portal]

Seniors, people over 50(?), may be able to relate to this article better than younger adults.

Ageism is real

Ageism is when a person is treated less equitably than others likely because they are older, show signs of being so, and/or act old. Being served second after a younger person, being talked to in a manner suggesting one is slower thinking, not quickly responsive, slower to respond as one taking time to consider things. One has become a second-class citizen, treated as a lesser person by people who lack patience or empathy for people. Usually, young people fit this latter category, users of social media and electronic devices accustomed to immediate or very quick responses.

Young people likely mean no intentional offense. They are simply conditioned to working faster and getting responses very quickly to anything they do. This conditioning means they operate unintentionally in dealing with seniors. They want to get things done quickly, with minimal inefficiency. Hence, they see interaction with younger people rather than seniors as the route to this operational

goal. Seniors, you just wait!

Abuse of the Aged

Abuse of the aged, elder abuse, is another matter completely. Where ageism is most often unintentional the result of social-cultural conditioning, elder abuse *is intentional*.

Those guilty of elder abuse have intent or a particular goal in mind: power, exploitation of authority, selfish aims, greed, and such. These goals are their priority, whether they admit to them or acknowledge having them. Their aim to attain what they want at the expense of the aged. The aged is considered weaker, less capable, exploitable and the abuser will take advantage of this situation.

Examples of common forms of elder abuse include:

- ***Physical abuse:*** This involves inflicting physical pain, injury, or impairment, such as hitting, pushing, or restraining an older person.
- ***Emotional abuse:*** Emotional abuse refers to using words, threats, humiliation, or isolation to inflict psychological distress, undermine the senior's self-worth, or control their behaviour.
- ***Sexual abuse:*** Elder sexual abuse involves any non-consensual sexual contact or exploitation of an older adult, whether through force, coercion, or manipulation.
- ***Financial abuse:*** This form of abuse entails the illegal or unauthorized use of an elderly person's funds, property, or assets, often through fraud, scams, or undue influence.
- ***Neglect:*** Neglect occurs when a caregiver fails to meet the basic needs of an older adult, such as providing food, shelter, healthcare, or necessary assistance with daily activities.

Combating elder abuse

Prevention is key to combating elder abuse and ensuring the well-being of older adults. Some essential that can be taken to combat elder abuse include:

- ***Raising awareness:*** By spreading knowledge and educating others about elder abuse, we can help individuals recognize the signs and encourage reporting of suspected cases.
- ***Encouraging and promoting social connections:*** Isolation and loneliness make older adults more vulnerable. We must foster social connections within

our communities, ensuring seniors can access support systems and activities that promote their well-being.

- **Supporting caregivers:** Caregivers often face immense stress and burnout, which can contribute to elder abuse. Providing caregivers with resources, respite care, and support services can reduce the risk of mistreatment.
- **Encouraging people to report abuse:** By creating safe and confidential channels for disclosure, we can empower individuals to come forward without fear of retaliation.

Elder abuse is a critical issue that demands our attention and action. By recognizing the signs, raising awareness, and implementing preventive measures, we can create a society that safeguards and respects the well-being of older adults. Whether you are an older adult or a caregiver for an older adult, our resources are an important first step to educating yourself about what constitutes abuse and what to do if you suspect you or someone you love is a victim of it. Read through them to learn more and share with others who may also benefit from them.

Featured Resources

- **Blog Post:** [Are you a victim of abuse?](#)
- **Blog Post:** [Elder abuse just next door! Part 1: What is elder abuse?](#)
- **Blog Post:** [Elder abuse just next door! Part 2: What are the risk factors and types of elder abuse?](#)
- **Blog Post:** [Elder abuse just next door! Part 3: What do Canadians believe about abuse compared to the evidence of the size of the problem?](#)
- **Blog Post:** [Elder abuse just next door! Part 4: What are the benefits and harms of interventions to those experiencing elder abuse?](#)
- **Blog Post:** [Violence against women and COVID-19: A pandemic within a pandemic](#)
- **Blog Post:** [Sexual assaults against older adults in nursing homes: recognizing the signs and asking for help](#)
- **Blog Post:** [Elder abuse in rural and remote communities](#)

TECHNOLOGY: Top sites and apps

Top 5 interesting websites

www.teqtoq.com

TeqToq is a website that provides tech news and insights. It covers the latest news and trends in the world of technology, including reviews of the newest gadgets and in-depth analysis of industry trends . You can also find TeqToq on YouTube where they post videos about trending automobiles and tech reviews, gadget reviews and how-to's .

TeqToq can help you confirm or validate the authenticity of many different products. Useful to check if what you are looking at is a scam. It seems to be much like ***Consumer Reports***.

www.quora.com

Quora is a question-and-answer website where people go to find information. Every piece of content on the site is generated by users, meaning it is created, edited, and organized by the same people that use the website. It was founded on June 25, 2009 and made available to the public on June 21, 2010. It is estimated that more than *300 million people visit Quora per month* making it one of the most visited websites in the world.

Quora is a little like ***People*** magazine was, a bit of gossiping, newsbits, pieces of trivia, bits of information, advice and news. It is a entertaining bit of a diversion.

www.pickering.ca

This is the website for the City of Pickering. If you live in the area, it is a useful source of information about the city. The site developers could consider simplifying the site as some seniors see it as being complicated and confusing. Until the site undergoes changes, users will just have to explore the site more and use its search box frequently.

Nadia is a retireed who just might be the best shopper anywhere. She scours the grocery ads religiously, making notes and



memorizing where she can find the best deals. She is meticulous in her shopping scrutinizing her grocery receipt to confirm charges are correct and not repeated. She's the kind of shopper one would benefit from having her by their side when they are shopping. Read her weekly columns for tips and advice that will save you money when you shop. Her columns are accessed on the front page of [BOOKz, COOKz, NOOKz](http://www.szpin.ca) at www.szpin.ca

www.szpin.ca

This is my website originally aimed at older adults. Over time, a broader spectrum of ages visit. Here also, keeping things simplified and succinct is a challenge. We continually ask site visitors for comments and feedback to improve the site and we continue our search for creative people to join our website team.

If you enjoy surfing the Internet, reading the news regularly and have an itch to say something about the things you discover, please contact me at zippyonego@gmail.com

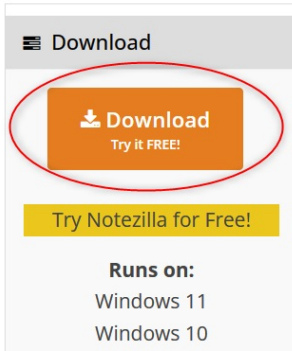
Top Apps



Notezilla

Without reservation, *Notezilla* is the best note-making app anywhere, though a bit pricey for first time users for the first year. Bargain with Conceptworld, the developer, for a better deal but at approximately \$20/annually for a subscription service, *Notezilla* is well worth it, *hands down*.

There is a bit of a learning curve to *Notezilla*, but its basics can be easily learned by anyone with basic computer skills. The versatility and capability of *Notezilla* will amaze you as you use it more. Never mind expected features like colour, formatting, tagging, *Notezilla* goes much further with powerful features like photo use, sticking notes anywhere, and I mean "*anywhere*," even web pages which when you open them again will display your note, checklists, numbered lists and much more. Amazing!



Unreservedly, *Notezilla* is the king, the emperor, the top dog of all note-making programs bar none. They have a free trial version that you really should try.

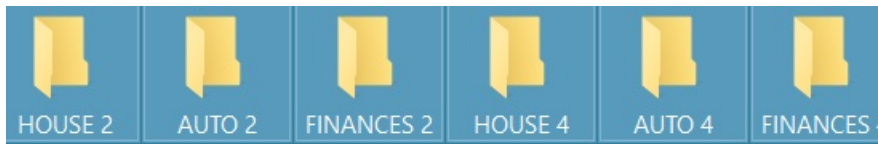
Website: [Notezilla: conceptworld.com](http://Notezilla:conceptworld.com)



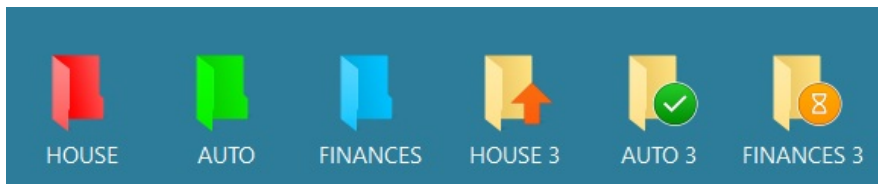
Folder Marker is like owning a second car, a sports car. Unnecessary but oh, so much fun. This little program is a bit more than fun. For those who tend to create and manage *folders* extensively, it is a blessing.

Folder Marker does just as its name implies, it marks folders with colours or symbols to remind the computer user about the purpose of the folder. This is tremendously useful for people who are heavy-duty folder users.

Instead of the innocuous yellow folder that *MS Windows* uses as displayed below:



Folder marker can produce more meaningful results such as these below:



Hence, computer users have access to a spectrum of colours, as well as numerous symbols to apply to their folders to make them more meaningful when displayed in

Costs

Folder marker is available at two price levels along with a free version: PRO: \$34.95, STANDARD: \$24.95 and **BASIC**, *free*.

To view a comparison chart comparing the three versions, click --> [VERSIONS CHART](#)

Windows vs Folder Marker

Folder images can be customized in *Windows* itself, but the process is complicated, better used by computer users with serious computer skills. For most people, *Folder Marker* is a more practical and far easier solution.

So if you're one who likes visual organization with more meaningful and more useful folder displays, *Folder Marker* is your practical solution.



NOTABILITY,

the best digital note-making program anywhere

We have been using *Notability* daily for more than four years and its value as a note-making app just constantly grows.

Notetaking

Individuals who swear by pencil and paper note-making are in for a treasure. *Notability* is pencil and paper note making on steroids. Anything you can do with pencil and paper is a given and merely scratches the surface of what this application can do.

What Notability can do

Pencil and paper

Imagine multiple pencils, many colours, varied nibs/tips. customizable writing paper, multicoloured highlighter pens and an eraser available at will. Write notes. Type notes. Relocate notes. Dictate notes. Modify notes as you wish. Store notes without even thinking about a 'saving procedure.' *Notability* will boggle your mind with its capabilities.

Draw, sketch, doodle

Draw, as if over coffee you are sketching an idea on a napkin. Add colour, broaden the lines for emphasis, all at the "click of a pen."

Erase with ease

Erase errors as easily as you use the eraser tip on a pencil. Even better, click on an undo command to undo what you have done; repeated clicks undo step by step. There isn't a better way to undo errors or mental revisions. Life should have such a tool.

Photos: take 'em or retrieve them

Take photos and insert them directly into your note where you can write on them, annotate them or mark them up in colours, no less. Additionally, you can import photos from your photo gallery.

Scan and insert documents

Enhance your notes by scanning and inserting the scanned document into your note.

Speak your notes

Audio record if you prefer to make notes that way, leaving a customizable audio recording of your note, your thoughts, your ideas. [A very minor quibble, the recording is kept in a separate log rather than being tagged for insertion directly into the note itself.]

Search your notes

There is a search tool that will find whatever you need found within your note record, even searching handwritten notes, efficiently, effectively and successfully.

Note making on steroids

Notability is note making on steroids. Handwrite, photograph, dictate, record notes in whatever way you like. Your note is recorded digitally, electronically which means you can manage it as any digital information. Export it, copy it, relocate it, erase it...do what you want.

Toilet paper roll infinity

Notability has no limit to your notetaking. Back it up for safekeeping and keep writing as if you are note making on a roll of toilet paper, a big, BIG, even **BIGGER** roll. We have used one master note for over four years without a hitch, without a glitch. Like a note pad that's an endless roll.

The variations and capabilities of Notability seem infinite

What ***Notability*** seems capable of doing seems endless. We discover new and amazingly productive features and uses regularly.

The optimum setup

iPad Pro and Apple Pencil

Our experience has shown that the ideal device for using ***Notability*** is an ***iPad pro***; but it works well on a regular iPad. The best setup is an iPad Pro (11 inch) with an

Apple Pencil (vers. 2). Though fingers/finger nails can be used, the best results and ease of use are when using an Apple pencil (vers. 2) is optimum.

DIVERSIONS

Source: Readers Digest Canada

SUDOKU



BY *Louis-Luc Beaudoin*

1				5		3		
	6				9	4		
			3					8
8			7				2	
	3		6					
			4		1	7		6
		5			6	2		
	9						4	1
7				2				3

1	7	8	2	5	4	3	6	9
5	6	3	8	1	9	4	7	2
9	2	4	3	6	7	5	1	8
8	1	6	7	3	5	9	2	4
4	3	7	6	9	2	1	8	5
2	5	9	4	8	1	7	3	6
3	8	5	1	4	6	2	9	7
6	9	2	5	7	3	8	4	1
7	4	1	9	2	8	6	5	3

NOILN7OS

WORD POWER

WORD POWER

Game on! A good vocabulary helps when playing Wordle, the internet sensation that gives players six guesses to identify a five-letter word. The same goes for this quiz, which features past Wordle answers.

Will you want to share your success on social media—or erase your stats? When you're done, turn the page for the answers.

Ready? Begin!

BY Rob Lutes

1. aphid *n.*

- A sap-sucking insect
- B algae-eating fish
- C flowering shrub

2. egret *n.*

- A bad decision
- B small cove
- C white heron

3. smite *v.*

- A strike sharply
- B secure with rope
- C ascend

4. leery *adj.*

- A intoxicated
- B wary
- C poorly made

5. tapir *n.*

- A Velcro-like fastener
- B nocturnal mammal
- C ceramic cookware

6. duchy *n.*

- A land of duke or duchess
- B savoury puff pastry
- C motorized bicycle

7. tilde *n.*

- A whirlpool
- B accent used in Spanish
- C tiered fountain

8. axiom *n.*

- A bridge support beam
- B subatomic particle
- C established truism

9. biome *n.*

- A biogeographical unit
- B group of stars
- C couples' yoga

10. whelp *n.*

- A scar
- B puppy
- C slap

11. abase *v.*

- A defend
- B remove
- C humiliate

12. moult *v.*

- A shed feathers or skin
- B move lethargically
- C enter a state of disarray

13. grimy *adj.*

- A uninviting
- B covered with dirt
- C pained

14. agate *n.*

- A arched doorway
- B sour berry
- C ornamental stone

15. rebus *n.*

- A riddle that uses pictures
- B twin
- C male crow

Word Power ANSWERS

1. aphid (A) sap-sucking insect

Drought conditions led to an aphid infestation that threatened the potato crop.

2. egret (C) white heron
From the shore, Luis watched the egret catch multiple fish in the shallows.

3. smite (A) strike sharply
The knight brought his sword down to smite the beast.

4. leery (B) wary
Sandro was leery of Terry the cat, who always seemed ready to pounce.

5. tapir (B) nocturnal mammal
During her hike in Patagonia, Freya saw a rare tapir munching leaves just off the trail.

6. duchy (A) land of duke or duchess
The Duchy of Cornwall includes land and business interests worth more than \$1 billion.

7. tilde (B) accent used in Spanish
Ava would have aced the exam but for a missing tilde on the word señor.

8. axiom (C) established truism
The axiom that a large fire can come from a tiny spark proved true when Max's cigarette caused an inferno.

9. biome (A) biogeographical unit
The tundra biome is home to woodland animals such as caribou.

10. whelp (B) puppy
At the sound of the train, the whelp retreated behind its mother in fear.

11. abase (C) humiliate
Stephano refused to abase himself, so he quit the demeaning job after one day.

12. moult (A) shed feathers or skin
Blue jays moult roughly once a year.

13. grimy (B) covered with dirt
The cottage was grimy, but the teens didn't mind.

14. agate (C) ornamental stone
The multicoloured agate statuette took pride of place on the mantle.

15. rebus (A) riddle that uses pictures
Zoltan made the scavenger hunt trickier by using rebuses for the clues.

Vocabulary Ratings

9 & BELOW: Phew

10-12: Splendid

13-15: Genius

TRIVIA

BY Beth Shillibeer



1. What video-game series did actress Anya Taylor-Joy play in order to research a 2023 role?

2. What are King Charles and Emperor Naruhito of Japan not required to have when travelling internationally?

3. What fresh fruit has the highest protein content, with 4.2 grams per cup?

4. New Zealand may join Austria, Brazil, Cuba, Malta and Scotland in allowing what for 16-year-old citizens?

5. Hatha, Kundalini and Yin are variations on what kind of physical activity?

6. Father's Day is often celebrated in June. When does Australia celebrate it?

7. The Atlantic coastlines of Newfoundland and Labrador host what kind of visitors, which arrive in the spring and leave by the end of June?

8. In what year is India predicted to surpass China in population?

9. What South American leader has promised to deliver a greener future by leaving fossil fuels in the ground?

10. Pheasant Island has a moving border. It flies the flags of what two countries, for half a year each?

11. Bill Scanlon and Yaroslava Shvedova are the only tennis champions to achieve what in a professional tennis match?

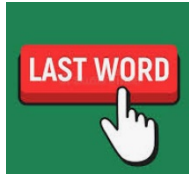
12. What kind of "personnel" did NASA send on its first Artemis mission in 2022, naming them Commander Moonikin Campos, Helga and Zohar?

13. New research claims that sea sponges do what, expelling nutrients into the surrounding water?

14. What ancient culture considered the summer solstice as the beginning of the year and the start of a 30-day countdown to the Olympic games?

15. The U.K.'s Sarah Bentley was promoting what when she said, "You are one ride away from a good mood"?

Answers: 1. Super Mario Bros. (she plays Princess Peach). 2. A passport. 3. Guava. 4. Voting. 5. Yoga. 6. September. 7. Icebergs. 8. 2023. 9. President Gustavo Petro of Colombia. 10. France and Spain. 11. Golden set (no points lost). 12. Mannequins. 13. Sneeze. 14. Greek. 15. Cycling.



I have been publishing this website and a monthly newsletter for more than eight years with the goal of helping people live more informed and better lives with researched information from professional and authoritative sources. I'd like to think some people benefit from my work.

However, I would like to help more people if I can. Therefore, I ask if you know someone who would benefit from my site and newsletter, could you send them in my direction. With their permission, they will be added to those who currently receive the publications.

I appreciate your help very much. Thank you.

Website: www.szpin.ca

Newsletter: sent to emails who have registered with me:

zippyonego@gmail.com

As always, wishing you the best...a great and safe summer...

*Richard
Nadia & Fermo, too !*

