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Editorial

“Illiteracy 2023”

The Internet is becoming an everyday tool, not as ubiquitous as the telephone, but it will be. An email address is requested almost as frequently as a telephone number. Yet there is resistance to the use of the Internet and email messaging as well. Why?

Risks and vulnerability

Many seniors are reluctant to use online tools, the Internet, and emails for fear that they are exposing themselves to privacy and confidentiality risks. Balderdash, they are at risk everywhere unless they have isolated themselves in some northern Canada log cabin with absolutely no digital or electronic connectivity. But even that is questionable. If they go to the local trading post to buy groceries or trade their pelts, it is inevitable that the store is somehow connected to the electronic world, with its suppliers or its delivery system. Any receipt the manager issues for the skins undoubtedly has a digital footprint.

Be vigilant and aware

People may be able to isolate themselves, but it is unlikely they can do so completely. So, what are people who are anxious about exposing their personal information to do? They should monitor their information:

- financial records to confirm accuracy and authenticity;
- bank statements to confirm the legitimacy of each item;
- credit card statements to confirm all purchases are legitimate.

Why bother with Internet connectivity

The Internet is in your life much more than some would like and it cannot be eliminated easily. Some security is possible by never publishing or entering any personal data anywhere but in this day and age, that is a mountainous challenge. Better to monitor and scrutinize your accounts regularly, a good habit regardless of Internet use.

Information Accessibility

Complete avoidance of Internet connectivity in hopes of absolute safety is Luddite thinking, a return to Neanderthal mentality. Not because of risk elimination but because it is living in an informational vacuum. The Internet is a highway to information.

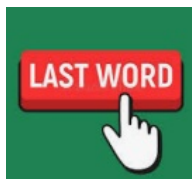
The Internet and online publication are used everywhere, in emails, social media, e-magazines, news media, book sales, and other information disseminations. Today, as we begin the nascent developmental stages of artificial intelligence, the amount of information online is astounding and it is growing exponentially and endlessly.

Avoiding the Internet is much like the proverbial ostrich burying its head in the sand. Your loss. Your illiteracy. Your ignorance. You're a Luddite of the 21st century. You battling new technology as early telephone opponents battled the "*devil's instrument*." You are losing, losing information, losing news, losing info that you should know.

Monitoring means safety

Absolute digital or electronic security in our world today is impossible. Being touched by digital or online services somewhere in your life is unavoidable. The risks of the digital world can be reduced but there is no way to eradicate them completely. Instead, check and monitor your accounts, your credit card statements, and your purchase records regularly. Develop an easy and practical system to monitor them.

Additionally, be aware that credit card companies are very cognizant of scams and malevolence online. They will help you prevent and correct problems as it is their interest as well as yours. But they expect that you are an aware and observant client.



There is more to gain with the use of the Internet and online services than in their avoidance. Learning safeguards will enhance one's accessibility to this world of infinite and endless information..

NEW STUFF:

My website [BOOKz, COOKz, NOOKz](#) has had some additions:



Savvy Shopper is devoted to saving you shopping money. The column is written by a shopping pro, a retired educational administrator experienced in saving money for large organizations. Years ago, she turned her expertise to saving money with careful home spending. She scrutinizes the grocery ads to find the best prices and latest deals.

An extremely careful and astute shopper, she is constantly on the lookout for money-saving buys which she reports in her weekly column.

To read her latest money-saving advice —> [Bargain Buying “Savvy Shopper”](#)



COMMUNITY BOARD

Do you remember going into your local grocery store where they had a cork bulletin board near the entrance with postings of community news, articles for sale, and neighbourhood announcements? ***“Community Board”*** returns. We are posting local news, local events, and other notifications which we have received from people in the community. Thank you *Pastor Shelly Pollard, St. Martin's Anglican*

Church, Pickering for your post.
See —> [CommunityBoard](#)



V.S.O.P. Very Special Old People

We decry the prevalence of “*ageism*” in our society. A few weeks ago, I was interacting with a dozen seniors in a residence in Pickering. Our conversation led to a discussion of how they have been impacted by ageism in our community. “Old people are not treated with proper respect; we’re second-class citizens.”

Seniors have contributed to our society for so many years, financially, working, raising children but they receive very little recognition or appreciation for their contribution. If they had the energy, they might protest this social disregard more vigorously but at their age, the ship of dynamic and energetic protest has sailed.

We have launched a trial balloon, an association of ***Very Special Old People*** (membership \$5 fee applicable). First, we want to see if people, not just seniors, are interested in supporting a movement to eliminate ‘*ageism*’ as done in other societies, Japan, Thailand, the Philippines, and others. Though in its development stages, the aim of the association is to raise awareness of how older people are disrespected in our community and to work on changing this.

For information on becoming a member or to give us some support —>

[V.S.O.P.](#)

POLITICAL Desk

The City Council



Profile
mayor@pickering.ca

Councillor Maurice Brenner
Regional Councillor Ward 1

Councillor Linda Cook
Regional Councillor Ward 2

Councillor David Pickles
Regional Councillor Ward 3



Profile
mbrenner@pickering.ca

Councillor Lisa Robinson
City Councillor Ward 1



lcook@pickering.ca

Councillor Mara Nagy
City Councillor Ward 2



Profile
dpickles@pickering.ca

Councillor Shaheen Butt
City Councillor Ward 3



lrobinson@pickering.ca



Profile
mnagy@pickering.ca



Profile
sbutt@pickering.ca

All council members were invited to submit news or updates from their constituency.

WARD 1 news

The Ward held its third **Town Hall** on April 20, attended by its biggest crowd to date, more than a hundred people. To read more about the event

click —> [**Ward 1 Town Hall**](#)

WARD 2 news

Ward 2 held its **Town Hall** on April 25. To read more about the event click —> [**Ward 2 Town Hall**](#)

WARD 3 news

Pints & Politics

[Advertisement]



You're invited...

...to a special social get-together with a political twist.

The *Pickering-Uxbridge Conservative EDA* invites you to our

Pub-Night with Pints & Politics

where excitement and inspiration will come together. Mark your calendars:

Harp & Crown Pub

May 7th at 4:00 PM

(300 Kingston Road, Pickering)



This special event is designed to create a fun and friendly atmosphere for you and fellow Conservatives to engage in open discussions, share thoughts on various political issues, and feel the pulse of our community, the constituency, and the country. Some amazing guest speakers will be lined up for an exclusive meet and greet!

Join us, and bring a friend or two (or more!) for an evening of great conversation, amiable company, and interesting political discussion. Your \$20 ticket includes a pasta dinner and finger foods with a cash bar available for additional purchases.

Secure your spot by purchasing your tickets, \$20.00, → [**TICKETS**](#)

There are only 100 tickets available now!

Ever heard of a political EDA?

What is an EDA?

An EDA is an Electoral District Association that does political work locally to support the federal party it represents.

Pickering-Uxbridge has an EDA, a vital political landscape component representing and supporting the federal Conservative Party. It is dedicated to the support of the federal party, its local campaigning candidate, and the federal party's platform and policies locally.

The EDA subcommittees

The EDA comprises a number of subcommittees: Memberships, Fund raising, Communications, and an Election Nomination Committee, subcommittees that collaborate in bolstering the party's campaign efforts locally with voter registration, volunteer recruitment, fund raising, and event organization.

Moreover, the EDA is a conduit between the federal party and the local community, hosting events and activities in the riding to promote the federal party and its candidates.

EDA's responsibilities:

- ☐ To recruit and vet the local candidate;
- ☐ To organize the local nomination meeting to select the local candidate;
- ☐ To ensure the party values and policies are represented in the riding;
- ☐ To support the campaign for the election of a Member of Parliament (MP) who best serves and represents the interests of the party in the local community.

Interested in participating

There are several ways to become involved with the local EDA:

- ☐ Become a member: for opportunities to participate in meetings and events, influencing the party's direction;
- ☐ Volunteer your time and skills in areas where volunteer involvement is needed: canvassing, phone banking, and event planning;
- ☐ Financially support with donations to help promote the party's platform, policies, and the local representative candidate;
- ☐ Spread the word about the party and its candidate on social media and among friends and family helps.

The Canadian political system

The Canadian political system defines the powers of government nationally and provincially/territorially in the *Constitution Act of 1867*. The federal government is responsible for issues of national concern, such as national defense, foreign affairs, and immigration. Meanwhile, provinces and territories handle regional matters such as education, health care, and natural resources. Often responsibilities can overlap requiring collaboration between the different levels of government.

Conclusion

In conclusion, the Federal Electoral District Association plays a significant role in the political process, from supporting party candidates to engaging the local community. Opportunities for involvement are abundant and participation in the EDA impacts positively and constructively locally and nationally.

To learn more about the Pickering-Uxbridge Conservative EDA, visit www.facebook.com

John Meloche

Pickering-Uxbridge Conservative EDA Secretary

Communications Chair, Candidate Nomination Committee Chair
Delegate to the CPC National Convention.

Ratepayer Associations of Pickering

Ratepayer associations are organized groups of volunteers with the goal of advancement and improvement of their neighbourhoods and to encourage resident involvement with their city. The following are registered ratepayer associations in Pickering, along with a volunteer neighbourhood group that is not a ratepayer association.

RATEPAYER ASSOCIATION	CONTACT	EMAIL	PHONE	WEBSITE
Fairport Beach Neighbourhood Association	PAUL WHITE	paulwhite4121@gmail.com	905 839 4121	FACEBOOK
Pickering West Shore Community Association pickering.pwsca@gmail.com	SCOTT LOYST	pickering.pwsca@gmail.com		
Whitevale Residents' Association WDRA.html	NICOLE BREWSTER	WDRAGrapevine@gmail.com		http://www.whitevale.ca/
Rougemount Community and Recreation Assoc.	PEGGY BOWIE	pegbowie@rogers.com	416-903-3284	
Not a registered RATEPAYER ASSOCIATION SoRo Good Neighbours	GAIL LAWLOR	info@sorogoodneighbours.com	416 720 5241	www.sorogoodneighbours.com



The **RCRA** invites residents of the Rougemount area of the city to join the association.

Vision and mission:

The **RCRA** is a not-for-profit neighborhood association staffed by an interim Board team of volunteer members.

Its goal is:

- to develop culture and its appreciation in the city,
- to increase awareness of city and neighborhood issues among residents, and
- to offer residents more opportunities for social interaction with their Rougemount area neighbours.

May is new member recruitment month. We invite Rougemount residents to join the association.

For more information or to express your interest in the association, send an email to pegbowie@rogers.com

HEALTH:



Ed Deboo is a physiotherapist who produces exercise videos on YouTube. This exercise routine looks like a great one for those returning to exercise sessions after a long absence.

If you have apprehensions about resuming an exercise program, have been away from exercising for a long time or have some health issues, it may be advisable to consult with your doctor before undertaking any exercises.

5 exercises DAILY

1. Scapula (with flex bands)
2. Hip bridges
3. Squats (varied levels)
4. Heel lifts (up and pause)
5. Grapevine (like line dancing)

To view the VIDEO → [**EXERCISES**](#)

The worst foods for your cholesterol



The Reader's Digest article "These Are The Worst Foods for Your Cholesterol" highlights several food items that can negatively impact cholesterol levels. These include:

1. Saturated fats found in ***red meat, butter, cheese, and processed foods.***
2. Trans fats found in ***fried foods, baked goods, and some margarines.***
3. High-carb foods such as ***white bread, white rice, and sugary drinks.***
4. Foods high in cholesterol such as ***egg yolks, organ meats, and shellfish.***

The article also recommends increasing intake of fiber-rich foods, healthy fats such as those found in nuts and fatty fish, and plant-based proteins like beans and lentils. Additionally, it emphasizes the importance of exercise and maintaining a healthy weight for managing cholesterol levels.

For the complete article, click → [**FULL ARTICLE**](#)

SENIORS DESK: Ode to the Old

A M I C A

PICKERING



Ode to Old

Recently, I taught an iPad instructional workshop to seniors, nearly a dozen residents at Amica Pickering Seniors Residence. It was an eye-opening experience.

The stereotypical view of seniors: dawdlers and plodders, physically and mentally is an erroneous assumption. Old? Yes. Not moving well? Some. Mentally incapable? Wrong.

Sit in on my seniors' iPad class for a moment:

One woman, early 80s, a sports statistical wizard, when asked about the Leafs' Stanley Cup chances this year...her response, a little laugh, but subdued. "The "perennial hopefuls?" The "hoped for's?" They just might. This year. Marner, Matthews, and the new guy, Knies, a big kid who can really skate. Maybe...maybe this time!"

Another workshop gem, likely a successful professional before retirement given her attractive appearance, punctuality, promptness, and meticulous attention to completing the assigned homework correctly and completely. Others have recognized her capability as she is an elected member of the home's residents' administrative board.

Next, a shy, soft-spoken pixie, all eyes and ears in attention. Speaking little, possibly due to low self-acknowledgment of her own capabilities, she does as well as any other, slowly,

steadily but effectively. She definitely sees herself in a better light with each workshop.

Then, a couple, sharing one tablet. Like many couples, she drives; he's happy as passenger. She does the tactile work, he just nods in agreement, smiling at her achievement. A wonderfully productive team learning with success.

Next, an older lady, a visible minority, also hesitant about her iPad capabilities. Who can guess how life experiences have impacted her self-confidence. With gentle and steady encouragement, she proves she can learn as well others, regardless of her years.

Another high-ranking executive in the retirement residence residents' association, in his late 70s, a surprising digital giant with his iPad adeptness. He's a teacher's joy because of his valuable collaborative skills in assisting others seated beside him. His curiosity and determination help me solve an iPad problem that had me challenged. I became the learner!

Finally, every class has one, the class jester, joking, teasing, and pulling people's legs, even the teacher's but always with respect and sensitivity for everyone. A little dynamo whose never-ending razzing, teasing, and ribbing brightens every session.

Many seniors may feel like fish swimming in a digital Sahara: '*icons, apps, swiping*'...a foreign language. Hearing "*windows*" results in mental images of 'Windex and crumpled newspapers.' These iPad workshops changed my stereotypical view of seniors as learners...seeing the gleam in their eyes, their smiles of understanding, and hearing their yelps of excitement with each learning success proved the flames of learning capability are not diminished by the sands of time. These seniors give real meaning to the phrase, "life-long" learners.

Seniors...treasures of life-long learning and life-learned experiences, treasures to be cherished and acknowledged. Get to know one to confirm it is so.

Comments from participants

"...made us very comfortable..." D.T.

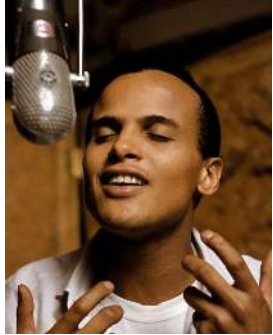
"...patient instruction with easily understood language..." H.P.

"...went slowly so even novices could understand..." G.T.

"...I was very impressed, would like to attend more..." S.M.

"...made iPad easier to use with his patient and simple explanations..." N.A.

TRIBUTE: Harry Belafonte



Celebrities from the music world make their mark with their voices. Harry Belafonte was fought racial injustice his entire career.

Belafonte fought ‘**hate**’ with energy and his celebrity power. He battled against racism, prejudice, sexism, and polarization of the impoverished. He partnered and collaborated with Martin Luther King in the monumental challenge of racial equality, a battle still being fought today. Belafonte, 96, died last week. Another soldier for social solidarity gone.

Read two excellent obituaries:

[Dan Rather](#), former CBS news anchor

[Harry Belafonte](#), New York Times

TECHNOLOGY: “AI, huh?”



What’s AI?

“AI” stands for Artificial Intelligence, which refers to the development of computer systems that can perform tasks that typically require human intelligence, such as visual perception, speech recognition, decision-making, and language translation.

Is AI something I could use?

AI is useful because it can automate repetitive tasks, analyze large amounts of data quickly and accurately, and provide personalized recommendations based on your preferences.

A variety of AI’s

AI comes in various forms: *virtual assistants* such as Siri, Alexa, and Google Assistant, *chatbots* such as chatGPT and chatPDF and assistance systems such as automotive GPS.

Can the average person use AI?

The average person can benefit from use AI in many constructive ways:

- ***Personal assistants:***
Siri, Alexa, or Google Assistant can set reminders, make phone calls, send messages, and play music;
- ***Language translation:***
Apps like Google Translate to help communicate with people who speak different languages;
- ***Health and fitness tracking:***
Health and fitness trackers like Fitbit or Apple Watch can monitor physical activity and health;
- ***Personal finance:***
Apps like Mint or Acorns can help manage money and investments;
- ***Education and learning:***
Apps such as Duolingo or Khan Academy can help one to learn new skills and subjects;

- **Writing:**
Chatbots such as You.com, and ryter.me can write things for you: summaries, descriptive narratives, poetry, email replies, and much more.

Summary of AI use

The practical uses of smart AI are growing exponentially and endlessly. AI can improve online searches, and can summarize or write things for your information. AI can be an almost human supplement to GOOGLE searching as it responds and converses like a person, and simplifies results into practical summaries.

ChatGPT is an example of such an AI, which can provide professional support in various ways such as job searches, interview preparation, career advice, creation of business plans, and succinctly summarizing research, or even writing well-structured email responses. ChatGPT can translate phrases into nearly 100 different languages. Use it to plan your next trip or even plan meals with menu suggestions and preparation of shopping lists.

Should you consider using AI?

Yes. Exploring AI can benefit you in many ways It eliminates the drudgery that personal writing can entail; it can write articles and respond to questions quickly and constructively; it is worth exploring if you write on a computer. [A word of caution, AI is in its development stages, so it can err, producing falsehoods and sometimes pieces that are not as good as your own...*Caveat emptor* in using AI.]

“How old are you?” contest

These questions are easy-peasy questions for anyone over 50.

Contest entry is reserved to those who answer 15 questions correctly.

The PRIZE: you may the winner of “access to limitless **FREE use** of Microsoft OFFICE 365.”

1.



Name the company behind this logo:

2.



What does Goldilocks have in common with

3. What product used the jingle “You’ll wonder where the yellow went...?”

4. Name the product produced by the company using this label:



Name the automobile brand behind these logos”

5.



6.



7.



8.



9. Name of the person who represented the oil company sponsor of Hockey Night in Canada in the 1960's?

10. Who was the 1950-60s play-by-play *hockey night in Canada* announcer?

11. Name the curmudgeon of a reporter from the *Toronto Telegram* who often appeared on the CBC show, "Front Page Challenge."

12.



What did this company sell?

13.



Name this cartoon character:

14. Which city's transit system uses "the red rocket?"
15. Three part question: name their horse: a) Roy Rogers, b) Dale Evan, c) the Lone Ranger.

Send your "numbered responses" to zippyonego@gmail.com

Only the first five correct submissions will receive a prize.

Deadline for submissions: May 12th

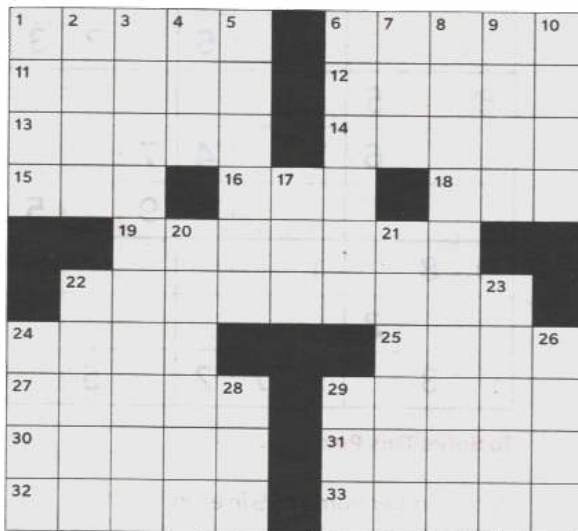
Crossword

Source: Readers' Digest.ca



En français, s'il vous plaît

BY Derek Bowman



ACROSS

- 1 Fancy neckwear
- 6 Photo finish
- 11 Change (into)
- 12 "Could someone crack open a window?"
- 13 Be overly dramatic
- 14 Intentionally mislead
- 15 Shiny, perhaps
- 16 NHL's Crosby
- 18 Lion's lair
- 19 With 22-Across, officially

- bilingual province
- 22 See 19-Across
- 24 Bunches and bunches
- 25 *The Tudors* star Jonathan ___ Meyers
- 27 "Possibly"
- 29 Odour
- 30 Brittle, flimsy
- 31 Calculator brand
- 32 Fuses
- 33 Map detail

DOWN

- 1 "You said it!"
- 2 Just a few
- 3 Whisky produced in Gimli, Manitoba
- 4 ___ out (decline)
- 5 Tarot card that's said to reflect happiness
- 6 Mr. Clean target
- 7 "Who ___ kidding?"
- 8 2008 film with an English aristocrat
- 9 Trade show giveaway, often
- 10 Prince Harry's old school
- 17 ER hookups
- 20 Win at an auction
- 21 Male aviator
- 22 Loud, harsh sound
- 23 Media personality Jenner or singer Minogue
- 24 ___ radio (dash feature)
- 26 Space on a schedule
- 28 Rapid transit in Chicago
- 29 Discovery Channel subj.

M	E	L	D	S		I	N	S	E	T
F	R	A	I	L		C	A	S	I	O
M	A	Y	B	E		S	M	E	L	L
A	L	O	T			R	H	Y	S	
	B	R	U	N	S	W	I	C	K	
		N	O	U	V	E	A	U		
N	E	W		S	I	D		D	E	N
E	M	O	T	E		L	I	E	T	O
M	O	R	P	H		L	M	H	O	T
A	S	C	O	T		M	A	T	I	E

Word Power

Source: Readers' Digest.ca

WORD POWER

Our command of language has a profound effect on how we live. Express yourself with this month's quiz featuring words related to writing and speech.

BY Rob Lutes

1. billingsgate—

A: profane, abusive talk.
B: administrative language. **C:** controversial commentary.

2. folio—

A: cover page. **B:** sheet of paper folded once to form two leaves. **C:** dust jacket.

3. bowdlerize—

A: embellish the truth.
B: remove text thought to be improper.
C: mischaracterize.

4. idiomatic—

A: dull. **B:** devoid of emotion. **C:** expressing things in a way that sounds natural.

5. dactyl—

A: metrical foot consisting of one stressed and two unstressed syllables.
B: curved punctuation mark indicating something incorrect.
C: spelling test.

6. brogue—

A: slang. **B:** bluster.
C: Irish or Scottish accent when speaking English.

7. sententious—

A: preachy. **B:** traitorous.
C: blasphemous.

8. rostrum—

A: rude remark.
B: platform for a speech.
C: encyclopedia.

9. prolix—

A: interested in languages. **B:** expressed using too many words.
C: poetic.

10. polemic—

A: clever rejoinder.
B: verbal or written attack. **C:** high praise.

11. palaver—

A: idle talk.
B: mumbled speech.
C: flattering words.

12. epistolary—relating to:

A: the writing of letters.
B: scholarly writing.
C: religious writing.

13. turgid—

A: incisive. **B:** incoherent.
C: tediously pompous.

14. epigrammatic—

A: concise and amusing.
B: educational.
C: incomprehensible.

15. cant—

A: self-deprecating talk.
B: dismissive talk.
C: insincere and sanctimonious talk.

WORD POWER ANSWERS

1. billingsgate—A: profane, abusive talk; as, A stream of *billingsgate* was audible from the hall during the fight.

2. folio—B: sheet of paper folded once to form two leaves; as, The 16th-century songbook contained 228 *folios* and 985 lyrics.

3. bowdlerize—B: remove text thought to be improper; as, Jaime *bowdlerized* his essay before submitting it for grading.

4. idiomatic—C: expressing things in a way that sounds natural; as, Jesper's English was fluent and *idiomatic*, leading many to think it was his first language.

5. dactyl—A: metrical foot consisting of one stressed and two unstressed syllables; as, Professor Chigwidden

used the word "tenderly" to demonstrate a *dactyl*.

6. brogue—C: Irish or Scottish accent when speaking English; as, Roslyn spoke with a charming *brogue*.

7. sententious—A: preachy; as, The principal's *sententious* speech about child-rearing led many parents to leave the auditorium.

8. rostrum—B: platform for a speech; as, From the *rostrum*, Audrey could see Samir in the crowd.

9. prolix—B: expressed using too many words; as, Mr. Brenley's lecture was *prolix* and put some of the kids to sleep.

10. polemic—B: verbal or written attack; as, David published a *polemic* against the mayor ahead of election day.

11. palaver—A: idle talk; as, Rather than a coherent speech, the minister filled the hour with *palaver* about his vacation.

12. epistolary—A: relating to the writing of letters; as, The couple had an *epistolary* exchange over many years before meeting in person.

13. turgid—C: tediously pompous; as, The young student had trouble understanding the *turgid* academic essay.

14. epigrammatic—A: concise and amusing; as, Asako's writing was rich in *epigrammatic* turns of phrase.

15. cant—C: insincere and sanctimonious talk; as, Tracy dreaded Mauro's unending *cant*.

CROSSWORD ANSWERS

FROM PAGE 120

A	S	C	O	T	M	A	T	T	E
M	O	R	P	H	I	M	H	O	T
E	M	O	T	E	L	I	E	T	O
N	E	W	S	I	D	D	E	N	
			N	O	U	V	E	A	U
B	R	U	N	S	W	I	C	K	
A	L	O	T		R	H	Y	S	
M	A	Y	B	E	S	M	E	L	L
F	R	A	I	L	C	A	S	I	O
M	E	L	D	S	I	N	S	E	T

Sudoku

Source: Readers' Digest.ca

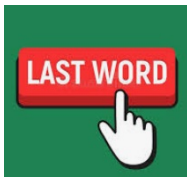


BY Jeff Widderich

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

SOLUTION

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



It seems I'm stuck on reminiscing and nostalgia this month. Maybe the old days seemed better. They definitely were a simpler time, no being swamped with news, no being inundated with messages, no being overloaded with emails. Just easy conversations with family and friends.

I don't long for those days, for what was. I would just enjoy the calm, anxiety-free aspects they gave to one's life. One could sit on the porch with a cold one, and just relax in soothing conversation. Try that now, with anyone. Too many things impact the serenity of the moment, so the serenity of the past is no more.

Spend a little time and effort bringing them back those moments of peaceful calm that today are lost on the never-stopping treadmill of technological change.

Richard

Nadia & Fermo too !

