



# BOOKz, COOKz, NOOKz

Vol. I Issue 12

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*Councillors*

and?

box

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## ***Editorial***

The world is not as bad a place as many might think.

Some people may gripe and complain our world is “going to hell in a hand basket.” Don’t join that crowd.

Our world has always been plagued with problems. Generations ago, there were crises. Our memory takes us back to the mid 20th century, the early 1940’s.

**“WAR! A WORLD WAR!”** Can you imagine anything more catastrophic. War raging in nearly every part of the world but the Americas. Slower arrival of news meant that we weren’t as agitated as much, nor as quickly as today. Nevertheless, the world was in a bad place.

Today...much the same? Crises, globally, nationally, everywhere. Easy to sink into depression.

Compound these problems with the misinformation we receive via the media world. Social media even has whistle blowers who explain how the media is causing serious problems for the youth nowadays. Worse still, the parents of the generation cannot deal with the problems, defend their offspring, help their children, because they have no idea what the problems are.

### ***Damned if we do, damned if we don’t***

Digital tools may keep us connected with the world and what is happening in it, though they may be a major part of the problem. Still, as much as digital tools may

contribute to the problem, they do give us access to information which we never would have been able to attain readily or easily before.

The Internet, arguably a very important digital tool, needs to be used as cautiously as a buzz saw. The information received may be tainted, corrupted, or intentionally modified for malevolent reasons. The reader will be misled with falsehood when that happens. But how is one to know.

As potentially misleading as the Internet may be, it is still a tool that helps one remain in touch with family and friends and, as potentially evil as it may be, it still permits one to be connected to the world.

***Use it but with discretion***

Use the Internet, use email, use digital connectivity but use it all with discretion and skepticism. Use it with people you know, people who are part of your communications network. Use it to benefit you as well as benefiting your communications network. Other people may need the connectivity even more than you but everyone should be forewarned about the dangerous pitfalls that lie therein.

***Social isolation***

There is one more aspect to digital connectivity: *social isolation*. Digital connectivity may never replace real life socializing, nor should it. There isn't anything as heartwarming as sharing a belly laugh with a dear friend or family, especially at this time of the year. No computer connectivity can replace that. Given these pandemic times, hearing that laugh in real life may still be months away. So, use the Internet connectivity to supplant the real thing, *for now*.

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Each month we invite the City councilors and the Mayor to submit a message for our newsletter. We thank all those who were able to write a message.



# Christmas messages: Mayor & Council

## Mayor Ryan



During the Holiday Season each of us celebrates in our own religion and tradition. It is my sincere hope that you enjoy the blessings of your faith, and the love and companionship of family and friends during this festive time.

In light of all of the challenges this year, we offer our warmest greetings and wish that the season brings you an added measure of joy and comfort.

In my tradition, I wish you and yours a Merry Christmas and best wishes for a New Year bringing health, happiness, peace and prosperity.

***Dave Ryan***  
*Mayor, City of Pickering*



## **A CHRISTMAS MESSAGE FROM US TO YOU**

### ***“ALL WE WANT FOR CHRISTMAS”***

*from Councillor Maurice Brenner and Baye*

The count down has started to that very special time of the year and me and my side kick Baye ventured to the one place where dreams can come true- you got it, *The North Pole*, for a “one on one” with the one and only Santa. On that long journey we thought about what to ask for, more raw hide chew sticks, a knuckle bone, or maybe even a new squeaky toy. As we got closer to that special place where the air is clean, the water frozen is blue and all you can hear are sounds of laughter from the young and the older. It’s a place where there is food for everyone, a place filled with love and kindness.

Suddenly we realized what we wanted for Christmas from Santa - a place where dreams come true, where no one goes hungry, where everyone has a place to call home, a place with no hate, only love, a place of togetherness and kindness.

This has been a difficult year, but together we will move forward, together we are strong and together we are PICKERING PROUD.

From my family, Anne, Baye, Riley, Fluffy, Blue and Shadow, Seasons Greetings and a very Happy New Year

*“If Cats and Dogs can all get along so can we” Baye*

***Maurice Brenner***  
*Councillor, Ward 1*

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***Season greetings from  
Councillor Dave Pickles writes...***

It's that time of year again when we gather with family and friends to celebrate. We all celebrate according to our own faiths and traditions. In the faith and tradition of my family, we wish you a Merry Christmas and a Happy New Year.

This holiday season, let us all reach out to those around us. Let us look for those who might need that extra helping hand or just a smile.

We wish you all a time of peace, merriment, relaxation and joy this holiday season!

**David Pickles**

**Deputy Mayor**

**Regional Councillor – Ward 3**

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[dpickles@pickering.ca](mailto:dpickles@pickering.ca)

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*The meaning of  
Christmas  
Councillor Shaheen Butt*

Warm greetings to all of you, first I would like to wish each and every one of you a wonderful Christmas and Holiday season, may you all celebrate and enjoy time with your family friends and remain safe and healthy during the festivities.

To me this time of year always brings me a sense of excitement knowing that a New Year is on the horizon and that we only have a few weeks to reflect on the year that has just passed, but first and foremost I look forward to spending time with my family and friends as we are all blessed to be living in Canada where we are respected and encouraged to practice our faiths in whatever manner we choose.

My wife and I have always felt compelled to help those less fortunate than me during this time of year because I know it may not be a happy time for many. There are many who are alone and do not have anyone to spend the holidays with. For this reason, we look to give back through the many charitable events around the City as well as organize a Christmas lunch at a local church.

I know the last couple of years have been very challenging and now that the world is coming back to a new kind of normal, I am happy to see that families are being reunited and I wish you all to have a very Merry Christmas and a New Year filled with love, joy, and most of all good health.

**Shaheen Butt**  
**City Councillor - Ward 3**

*City puts on another outstanding show*





Congratulations and thank you to the City of Pickering for putting on another outstanding festivity for the folks who live here.

The mayor and all his staff should be thanked by each of us for the production and presentation they gave us over three days in November. Lights, music, displays, statues, and activities for the young and the old too. Attending the event would have lit the Christmas spirit in the biggest Scrooge in the city.

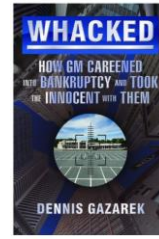
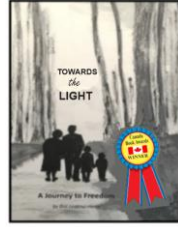
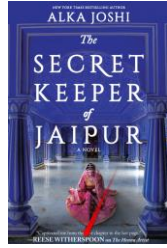
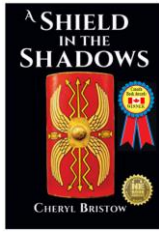


Few people may have noticed how much the city pays attention to detail. The photo on the left shows that safety concerns are foremost in everything the city does. By painting the roots a bright orange, the city is reminding people they are standing on the on the ancestral and treaty lands of the *First Nations* people of the region besides paying regard to the safety of festival attendees.



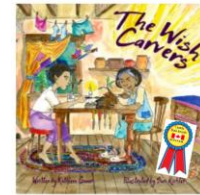
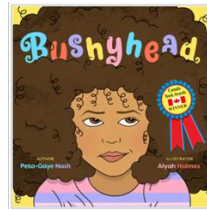
## Christmas considerations

### Adult Books



<b><i>A Shield in the Shadows</i></b>	Cheryl Bristow	<a href="#">LINK to author's site</a>
<b><i>Be the Awesome Man</i></b>	Dennis Gazarek	<a href="#">LINK to author's site</a>
<b><i>Courage, Sacrifice &amp; Betrayal</i></b>	Rick Pyves	<a href="#">LINK to author's site</a>
<b><i>Night Madness</i></b>	Rick Pyves	<a href="#">LINK to author's site</a>
<b><i>Rag Dolls and Rage</i></b>	Sheila Tucker	<a href="#">LINK to author's site</a>
<b><i>The Henna Artist</i></b>	Alka Joshi	<a href="#">LINK to author's site</a>
<b><i>The Secret Keeper of Jaipur</i></b>	Alka Joshi	<a href="#">LINK to author's site</a>
<b><i>Towards the Light</i></b>	Eva Henn	<a href="#">LINK to author's site</a>
<b><i>Unborn. Untold.</i></b>	Ruth Coghill, S. Davidson	<a href="#">LINK to author's site</a>
<b><i>Whacked</i></b>	Dennis Gazarek	<a href="#">LINK to author's site</a>

## Children's Books



<b><i>Bathtime Fun!</i></b>	Kathleen Gauer	<a href="#">LINK to author's site</a>	4-7 years
<b><i>For No Reason</i></b>	Kathleen Gauer	<a href="#">LINK to author's site</a>	4-7 years
<b><i>High in the Sky</i></b>	Kathleen Gauer	<a href="#">LINK to author's site</a>	4-7 years
<b><i>The Wish Carvers</i></b>	Kathleen Gauer	<a href="#">LINK to author's site</a>	4-9 years
<b><i>Bushyhead</i></b>	Peta-Gaye Nash	<a href="#">LINK to author's site</a>	4-10 years
<b><i>On a Higher Hill: A Christmas Journey</i></b>	Sheila Tucker	<a href="#">LINK to author's site</a>	4-7 years
<b><i>Emotional Animal Alphabet (series)</i></b>	Sandra Wilson	<a href="#">LINK to author's site</a>	4-7 years

***Super Kids Save the World (series)***

Sandra Wilson

[LINK to author's site](#)

4-10 years

***Feeling Empty (series)*** Sandra Wilson

[LINK to author's site](#)

4-10 years

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***Read to a child***

***“Twinkle, Twinkle,  
Little Star...”***



## **Books are magic**

When you read to a child they learn the magic of words. These words can ignite their imaginations, send them to new worlds or help them understand their own world better. It can help them learn how to construct their language and inspire them to want to learn more.

***Sandra Wilson***



*“Children are made readers on the laps of their parents.”*

**— Emilie Buchwald**

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## **PROMOTIONS:**

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**Brainshape** - innundated with information?

*Dr. Andrea Wilkinson can help?*



**“Information overload?”**

Are you getting too much information? Too many emails? Promotions? Messages? Pop-ups? Notifications? Is your information management tool of choice, “delete, delete, delete?”

You could be missing something important: a crucial notification, a vital piece of information, a news story about which you should be informed.

There's just too much information coming at you but you might be able to manage it better. We invite you to the "**Information overload**" podcast presented by acclaimed brain function researcher, Dr. Andre Wilkinson.

**Dr. Andrea Wilkinson** is the founder and CEO of BrainShape.ca - an online community for adults aged 60+ who want to become more mentally and physically vibrant and energized. **Andrea** has a PhD in Psychology, with a specialization in Cognitive Aging, and has been researching brain health and cognitive maintenance for over 15 years.

Dr. Andrea explains that the problem isn't the *information overload*. The problem is you. You do not value yourself enough.

Click the link [BRAINSHAPE.ca](http://BRAINSHAPE.ca) (for registering, details, links to her web post)



***'New CEO makes the library blossom:  
'big city service, small town caring.'***

***Visit the Pickering Public library.***

***Try some of its many services:***

- 3-D PRINTING
- AUDIO BOOK BORROWING
- BOOK BORROWING
- BOOK CLUBS
- eBook BORROWING FOR LIBBY READER
- MEETING ROOMS
- MOVIE BORROWING
- PERSONAL ASSISTANCE
- PHOTOCOPYING SERVICES
- SOCIAL GET-TOGETHERS
- TECHNOLOGICAL ASSISTANCE
- TUTORING PROGRAMS
- WORKSHOPS
- MAKER SPACE



### ***CEO Jackie Flowers' first year report card...***

CEO Jackie Flowers has confirmed that her selection as the new CEO of the Pickering Public Library was an outstanding decision.

She has demonstrated herself as being incredibly capable, hardworking, and innovative. Among her broad list of innovations and initiatives:

- the Library went '*fine free*' during the pandemic, a step that created equity by removing a financial barrier for many Pickering residents;
- when other libraries were laying off staff during the pandemic, she focused on *virtual events* launching the library's new *virtual production hub*;
- she has been invited to the Ontario Library Association conference in recognition for making the Library so successful in transitioning to a virtual environment;
- she has increased awareness and training in the area of diversity and design thinking so that we can better engage with our whole community and create new services that meet community needs;
- she has launched new volunteer opportunities for adults who now deliver library resources to individual homes of community members who cannot visit the Library due to health issues, mobility issues or vulnerability to Covid-19.

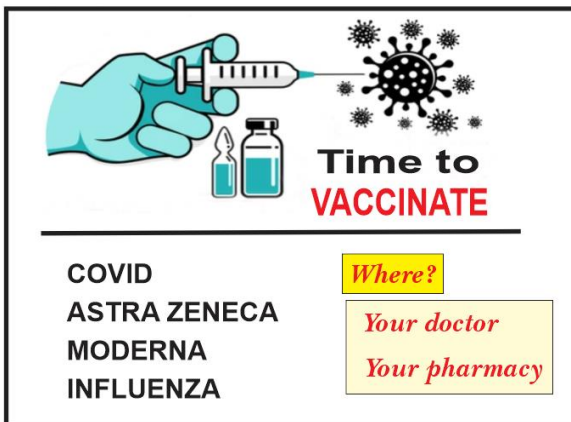
For an executive who has been in office for such a short period of time, she has confirmed her selection as CEO to be a decision of excellence. The Pickering library deserves all the recognition and acknowledgment it has been receiving.

Our library: ***"big city service, small-town caring."***

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## Are you still vacillating about vaccinating?

*It isn't a question of "personal rights."  
It's a question of science and medical authorities.*



*Talk to your doctor about the **vaccine** and the **vaccine booster shot**.*

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## ***RACISM: thriving everywhere ??***



There's a young man who lives in our region of Durham, Pickering to be exact and he's now in his mid-20's. He's challenged, autistic, and high functioning. His difficulty is that he finds it very difficult to socialize with anyone. Because of his autism, he withdraws, as if he were intimidated by the conversation. This means any time someone tries to talk to him, he shies away, backs off, as if he is backing away from the conversation as a defensive mechanism.

This lad dresses as any young man of his age would, jeans, jean jacket, a hoodie, a T-shirt and usually loosely laced work boots. Oh, he's **black with an afro and dreads**.

He was always good with his hands. He could dismantle almost any broken machine and reassemble it so it operated again. When he got his driver's license, another story, he started to repair cars. He not only repaired them operationally, but he also restored them physically. Any car he worked on increased in value significantly once he was through with it. But this lad was a saver too. So he bought old, rusty models that needed repair, fixed them up and resold them at a profit, each time buying himself a newer or better model car. In no time, he was driving Honda Accords, Toyota Corollas, Subaru, and even an Audi and he's a **black driver**.

However, as he escalated in the model car he was driving, he was stopped more and more frequently by the local police. "This your car?" "You got registration for this car?" "Who's car is this?" "Show me your license and registration papers." The lad never understood why he was being stopped and investigated so frequently. He drove carefully, always within the posted speed limit. Yet, almost daily, he was stopped in order that the driving documentation of this **black driver** could be verified.

Eventually, the regional police must have stopped him enough times that their computer spit out his name and that his documentation was all valid in an instant when entered or the police became familiar with him, so familiar that they knew this **black driver** was legit in every way.

Now, this young man has twin sisters, just a couple of years younger than he is. They were super students. Both young women made the dean's list at their respective universities. Each sailed through university on scholarships and honours lists. They are **black**.

Upon graduation, one went into the field of media, being hired as an apprentice producer for a national TV network. She excelled at her job. She is **black**.

Her twin sister went into the field of finance working in the executive offices of one of the big banks, not as a secretary, but as an accountant, a comptroller. She excelled at her job but she was **black**. Each day, one fellow worker seemed to take liberties with her, or make remarks which would normally be labelled as offensive or as harassment. The remarks were not necessarily sexual in tone. However, they were demeaning remarks, always with a racist slant. Finally, she reached her limit of tolerance and reported him to *HR*. Ultimately, the matter was taken to court as a legal issue. It wasn't settled at the bank or by the bank's *HR* department. She's **black**.



She won her case. The office employee and the bank made formal apologies to the young woman, the court decided on appropriate restitution and today she carries more weight around the offices in which she works even though she is diminutive in size. She's a giant of a woman in her work and she's **black**.

We doubt there are any more stories such as these in our neighbourhood. Got one? Send it to: [Racism here too](#).

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**Digital Tools:** Just for the geeks and nerds.

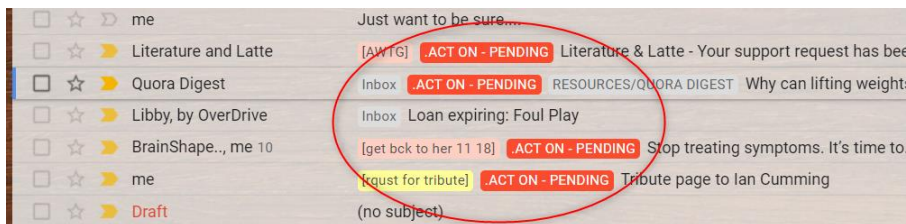
### Google Extensions

Google extensions are small applications, applets, programs dedicated to specific tasks within Google Chrome. Learning how to find them, install them and use them will make your computer work easier and more productive.



#### #1 - Simple Gmail Notes

*Simple Gmail Notes* is an outstanding accessory for your Gmail. You can add notes to your Gmails, short ones work best, and these little stickers will appear in front of its relative Gmail message in the listing of the Gmails.



#### #2 - SimpleExtManager

*SimpleExtManager*, Simple Extension Manager, should be one of the first extensions you install. The app is just what its title says, an extension manager. With one click, see the list of your *installed extensions*, any one of which can be disabled by another click here. You can 'group' you extensions if you like, or keep just one single list. Finally, with another click, you can access the 'get new extension' window. This marvelous applet helps makes managing extensions easy.



### **#3 - Checker Plus for Gmail**

*Checker Plus for Gmail (Chrome)* is a modified Gmail application. It makes managing your email easier by offering you ‘one click’ options: archiving, deleting, marking as unread/read, marking as spam. These actions can be carried out without going to the Gmail program, a very handy way of managing your Gmail without actually going to the full application.

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### **Notezilla**

I have touted *Notezilla* for many years. Likely the most expensive of note making applications but it is the best of them all. With many features comparable to other note making programs, it has one which leaves all the others in the dust. It can be attached to a web page so when you open that website again, your notation appears. Ideal for writers and researchers who wish to make notes on a web page and then return to the page and its notation at another time. This feature alone makes *Notezilla* an essential tool for every writer and researcher.

The program is available in full or trial version at:

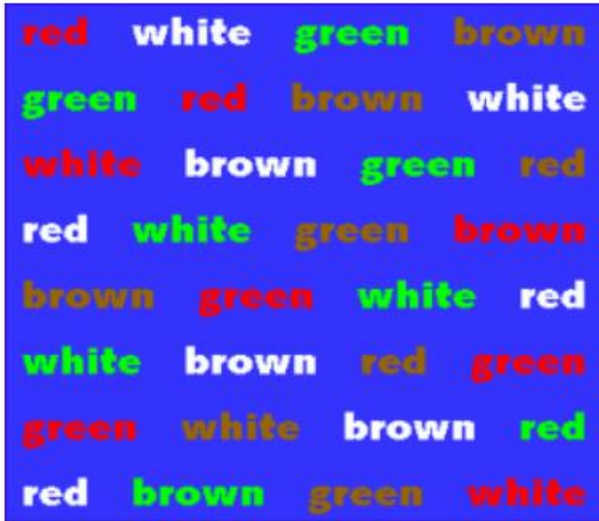
<https://www.conceptworld.com/>

## **BRAIN FLEXERS**

### ***1. The Stroop Test:***

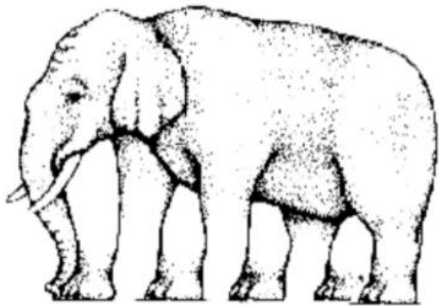
**Quick – say aloud what color you see in every word, NOT the word you read.**

**Go from left to right, from top to down. Ready. Set. Go!**



2. Say the days of the week backwards, then in alphabetical order.

3. How many legs does this elephant have?

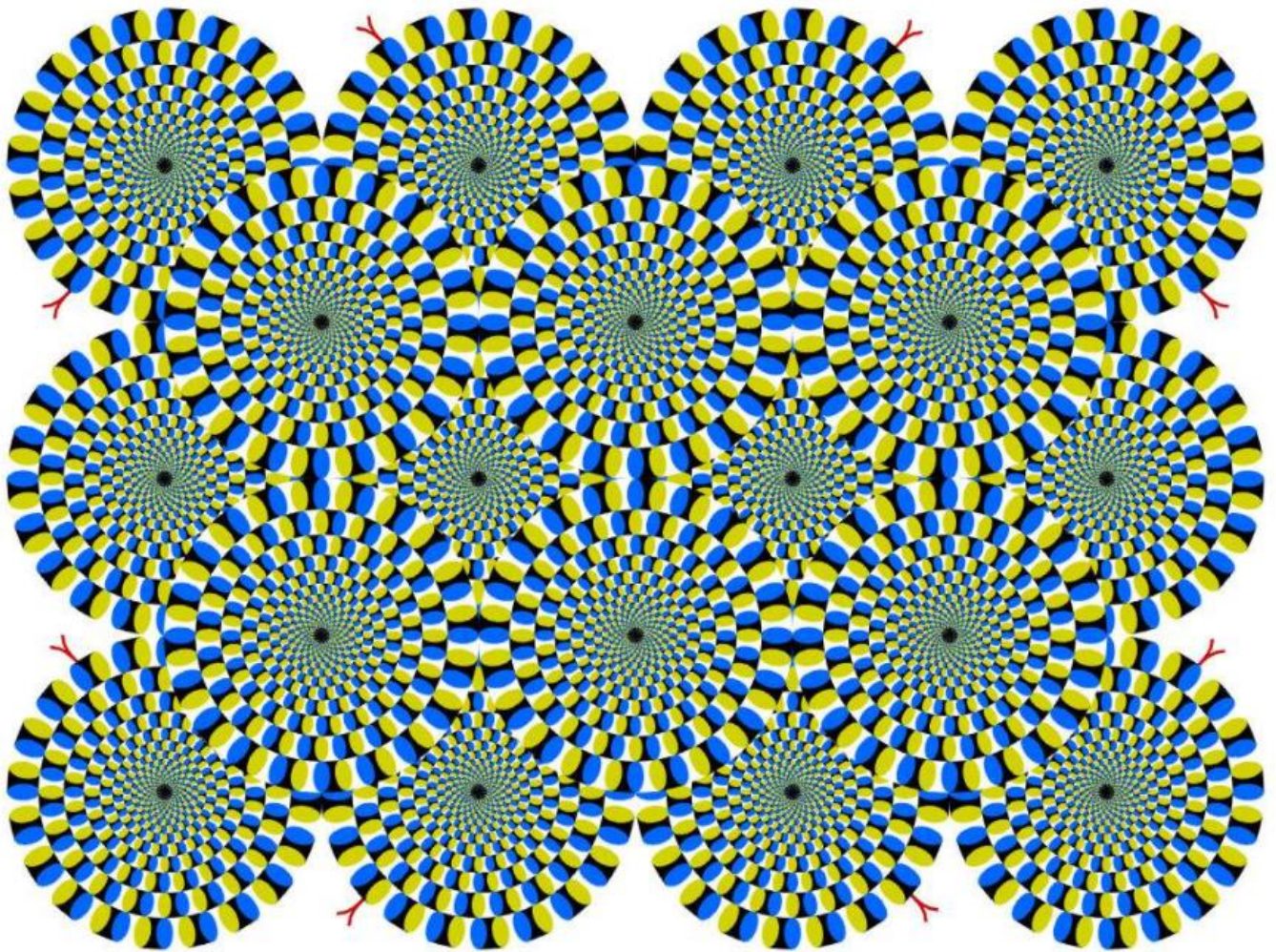


#### 4. Rotating snake illusion

Move your gaze around the image, resting from time to time.

Then, fix your gaze at a point, and see what happens.

You will probably first see 'snakes' rotating, some clockwise, others anticlockwise, and then stop.



***BONUS TEST:***

**For each map below, count how many left and right turns you have to make to go from the circle to the triangle.** Follow the arrows. Do not move your body or your hands, try to do everything mentally.



## Upcoming Events



### Dec 9 **Social Media Panel**

Panel discussion for writers on the “*Using of Social Media.*”

Panelists to be confirmed: Alka Joshi, Ginger Kuenzel

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One reason why it is nice to bring any edition of the newsletter to a close is that it is an opportunity to thank all the website visitors and the newsletter readers who have supported us throughout the year. For those who have not, a *lump of coal*; for those who have, we wish each and every one of you the very best for the holiday season. May it be a safe and healthy one for you and for your family and may next year be a better one for you...



# Merry Christmas everyone !

**Best,**

Richard  & Fermo 

And the 'Boss, N. '

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