



Table of Contents

1. **EDITORIAL:** *Women's History Month*
2. **ST. PATRICK'S DAY:** *History, legend and laughter*
3. **POLITICAL DESK:** *Messages - elected representatives*
4. **HEALTH and AGING:** *Dealing with death, women and heart problems; seniors falling*
5. **TECHNOLOGY:** *Mayor Ashe talks about technology*
6. **TRAVEL:** *Escorted Tours by CanXplore*
7. **ESTATE PLANNING:** *"Ya should do it, even if you don't want to"*
8. **BOOK SHELF:** *Gail, Heather and Richard talk books*
9. **LAST WORD:** *Seeking your support*

Editorials

Briefly:

Editorial comments are solely the opinions of the site manager and are not intended to offend or insult any individual, group or social faction.

Society today is a “NO” society.

Whatever the request, whatever the suggestion, whatever the proposal, inevitably the first response in today’s society is a “NO.” In any meeting, whenever a suggestion is made, the first reaction is most often rejection, a firm “NO.” Whenever a new idea is proposed, the response to it is a solid “NO.”

Could these be the reasons for society’s first response being rejection?

The rejection is the norm in our society today for three possible reasons. The first is self-importance of Internet users. The second, prejudicial mindset. The third, democracy and self-independence.

As more and more people use the Internet, more of them are infected by the malady of self-centredness or self-prominence. As these individuals post statements, they wallow in the importance of what they just posted, seeing it as superior to any other posting. This one is best. This one is optimal. All others are inferior. This could be the user’s thinking and if it is, no matter how the discussion proceeds, this user sees that they are the best source of answers. Therefore, all other responses are viewed as inferior or wrong. This is an example of self-importance. People see their view, their idea, their suggestion as being excellent because they created it. They see themselves as capable thinkers. Hence, whatever they develop must be a capable, ‘right-up-there,’ excellent creation.

Prejudicial mindset is a corollary to self-importance. If the person is so right, all others must be inferior with the only issue of importance being why they are inferior. Now comes the search for rationale: the others are inferior because...they are old; they are young; they are women; they are men; they are a certain colour; they are a certain culture; they are a certain race, and so on. Whatever bias the thinker has now comes to the fore and the other person’s thinking is rejected or viewed as inferior. This mind setting behaviour is a behavioural condition that becomes self-perpetuating. The more the author uses it, the more ingrained it becomes in the mindset. It becomes the norm for all future thinking.

Democracy is rampant at the expense of all other authority. Members of today’s society see themselves as independents. Equality actually becomes superiority. The

thinking is “I think, Therefore, I am #1.” All other members of society are of questionable authority because of this mentality. The police officer is questioned in what he is doing. The other individual’s authority is assaulted with the promise of legal action to justify the speaker’s position which is seen as infallible by the speaker. Those in authority were not questioned in the past. They are challenged today. What right does anyone have to question anyone? We have rights and those rights cannot be questioned. If they are, the judicial system will be used to beat down the questioner. Should the judicial system become questionable, it will be attacked until it submits to the new norm. The new democracy crowns every individual as a king, an autocrat who cannot, should not be questioned.

This is our society today. Everyone has become a monarch, subject of no other individual, nor authority. Collaboration, compromise and concession are viewed as positions of weakness because the monarch is being questioned or attacked. Every monarch is beyond questioning. Each is above all others, subject to no others and answerable to no one else. Each of us is #1. Accept it as it is correct thinking, according to each monarch.

Happy St. Patrick's Day everyone



St. Patrick drove out the snakes (but why not the crows?)

“The “snakes” that Patrick drove out of Ireland were the Druidic priests, who had serpents tattooed on their forearms.”

Maybe the most famous story about St. Patrick is that the reason you can walk over hill and under dale throughout Ireland without fear of getting bitten, poisoned and/or swallowed is that St. Patrick had your back over a thousand years ago and drove all the snakes into the sea.

The actual legend is a little more complicated than that.

One Lent, St. Patrick decided to do a 40-day fast on top of a mountain in County Mayo, now known as Croagh Patrick. From the moment he got there, he was harassed by crows. So many crows, in fact, that they blotted out the sky, the sounds of the world and probably also St. Patrick's sanity the whole time.

The crows were actually demons (no surprise there), but somehow St. Patrick kept right on praying and ringing a bell. At some point an angel showed up and said that because of Patrick's faithfulness, his prayer would be answered: The Irish would be Christians until Judgment Day. (Except for the 10 percent who now identify with “no religion.”)

It sounds nice, right? But then St. Patrick comes down the mountain, sees the snakes. And his nerves are so completely fried by 40 days of a thousand screeching crows he takes off running and chases them all into the sea.

Think about that.

“Each St. Patrick’s Day at the very end of the night, a toast is offered to St. Patrick, in honor of his preferential option for the full pour. “

St. Patrick’s greatest miracle

For all his failings—wiping out an entire species of animal, purposely offending the religious customs of others—there is one truly great thing about St. Patrick: He insisted on a full pour.

Once upon a time at a pub, Patrick ordered a whiskey, but was shocked and offended when the bartender’s pour did not fill his glass. He said the man had a devil in his cellar feeding on his dishonesty, so he’d best get his act together. The man immediately changed his ways. Like Scrooge on Christmas Day, he became the guy who filled everyone’s glass to the rim.

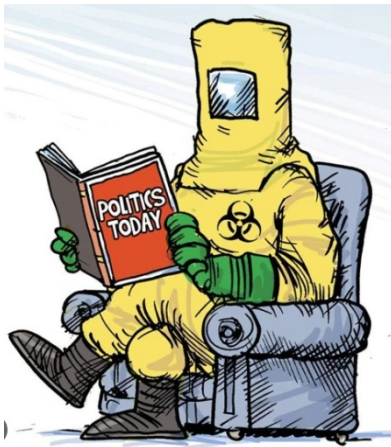
Today that story is remembered in the **“Drowning of the Shamrock.”** Each St. Patrick’s Day at the very end of the night, shamrocks are dunked into the last round of drinks (ideally whiskey) and a toast is offered to St. Patrick, in honor of his preferential option for the full pour. (My kind of guy!!)

And now some funny ones....for the kids !

- What’s big and purple and lies next to Ireland? Grape Britain.
- What do leprechauns barbecue on St. Patrick’s Day? Short ribs.
- Why are leprechauns so good at gardening? They have green thumbs!
- When does a leprechaun cross the road? When it’s green!
- What do you say when you lose a game on St. Patrick’s Day? Game clover.
- What do you call an Irishman bouncing off the walls? Rick O’Shay.
- What did the Irish potato say to his sweetheart? I only have eyes for you.
- What does it mean when you find a horseshoe in Ireland? Some poor horse is going barefoot.

- What do you call an Irish fella trying to break up a fight? Liam Malone.

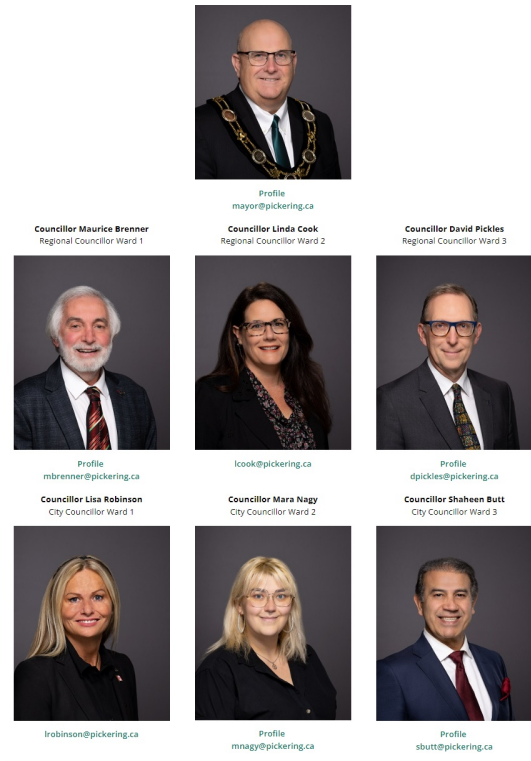
POLITICAL Desk: News from councillors, elected reps and community associations



Political commentary:

Each month, we invite every elected representatives of the region and municipality to write a message for our *Political Desk*. We publish what we receive and thank those who responded.

From the PICKERING City Council



From the Mayor's Desk:

Dear Friends,

As the month of February draws to a close, I wanted to take a moment to reflect on the significance of this past month and look forward to the exciting times ahead in our vibrant community.

February was an important month as we celebrated Black History Month, a time to recognize and honour the invaluable contributions of Black Canadians to our society, both past and present. Black History Month is a time to acknowledge the rich history, culture, and achievements of Black individuals in Pickering and across Canada. From trailblazers in politics, science, arts, and every facet of society, Black Canadians have played a pivotal role in shaping our community's identity and enriching our collective experiences. I had the pleasure of joining members of our community for the Annual Durham Region Black History Month celebration – Together We Rise Durham: Black History, Intersectionality, and Joy.

It's crucial that we not only celebrate their successes but

also acknowledge the historical adversities Black Canadians have faced and continue to face. From systemic barriers to racial discrimination, many Black Canadians have encountered immense challenges on their journey toward equality and justice. As a community, we must commit to promoting equity, diversity, and inclusion in all aspects of our society.

In addition to Black History Month, February also marked the joyful celebration of the Lunar New Year, ushering in the Year of the Dragon. I had the pleasure of joining the residents of Amica Pickering for a dance performance by the Litmus Chinese Dance Association in celebration of the Lunar New Year. This festive occasion reminds us of the importance of embracing our cultural heritage and traditions while fostering unity and understanding among all members of our community. I wish all those celebrating a safe, happy, and prosperous new year!

As we look forward to March, I am filled with excitement for all the possibilities ahead for Pickering. We have a lot of amazing initiatives in the works in Pickering, from fun community events to groundbreaking projects. I am truly looking forward to working with every one of you as we continue to build a brighter future for Pickering.

As always, please do not hesitate to contact my office at mayor@pickering.ca or 905.420.4600. Also, I encourage you to stay up to date on the latest news in Pickering by [subscribing to my newsletter](#) if you haven't already.

Yours Truly,

Kevin Ashe

Mayor, City of Pickering

From Ward 3 Councillor Dave Pickles

Read Councillor Pickles' newsletter, click —> [WARD 3 Newsletter](#)

From the Provincial Desk, Peter Bethlenfalvy

Dear Neighbour,

Spring is just around the corner, and like many of you, I am looking forward to the warmer weather,

longer days, and outdoor events in our community.

Ontario Launching “One Fare” to Save Transit Riders \$1,600

The Ontario government is keeping costs down for public transit riders with the launch of “One Fare,” which will save riders an average of \$1,600 each year. Beginning February 26, 2024, riders will pay only once as they transfer for free between the TTC and participating transit agencies in the Greater Toronto Area, including GO Transit.

“At a time when many families feel like they’re struggling to get ahead, our government is making public transit simpler, more convenient and more affordable,” said Vijay Thanigasalam, Associate Minister of Transportation.

Quick Facts

- Since 2023, transit users have been able to tap debit or credit cards on PRESTO devices to travel on all PRESTO participating transit agencies throughout the Greater Toronto and Hamilton Area, and there have been more than 29 million PRESTO contactless boardings to date.
- The province continues to expedite the planning, design and construction of its five priority transit projects under the [Building Transit Faster Act](#), 2020, which includes the Ontario Line, the Scarborough Subway Extension, the Eglinton Crosstown West Extension, the Yonge North Subway Extension and Hamilton Light Rail Transit project.
- Ontario’s One Fare Program is part of over 100 actions outlined in the [Greater Golden Horseshoe Transportation Plan](#), including fare and service integration.

Cutting Wait Times, Delivering Better Health Care in Ontario

Prime Minister, Justin Trudeau, alongside the Premier of Ontario, Doug Ford, announced a new \$3.1 billion agreement to improve health care in Ontario. This investment will help increase access to family doctors, reduce wait times, hire more health care workers, and ensure faster care for Canadians, including mental health care.

Under this agreement, Ontario will continue to deliver on its Your Health: A Plan for Connected and Convenient Care and create new primary care teams to help more people connect to family doctors. With more family doctors, as well as nurse practitioners, nurses, pharmacists, and social workers, health teams will ensure families can access timely, quality primary care. This will also help reduce backlogs for surgeries and wait times in emergency rooms while improving access to care for patients without a family doctor, especially in rural, remote, and underserved areas.

Quick Facts

- Ontario’s three-year action plan can be found [here](#). Progress on the Province’s initiatives and broader commitments under this new agreement will be measured against targets which the Province, together with the Canadian Institute for Health Information, will publicly report on annually.
- Budget 2023 outlined the Government of Canada’s plan to invest over \$200 billion over 10 years, including \$46.2 billion in new funding for provinces and territories, to improve health care for Canadians. Within this funding, \$25 billion is allocated through tailored bilateral agreements with provinces and territories to address the unique needs of their populations and geography in four shared health priorities:
 - expanding access to family health services, including in rural and remote areas;

- supporting health workers and reducing backlogs;
 - increasing mental health and substance use support; and
 - modernizing health care systems with health data and digital tools.
- ☐ All provinces and territories are already making considerable investments to advance progress in all four priority areas, and this new federal funding is complementing and expanding those efforts.

Ontario Helping Public Libraries Provide Public Internet Access

The Ontario government is investing up to \$582,000 in Ontario's public libraries this year through the Internet Connectivity Grant program to provide Ontarians with reliable access to digital resources and in-demand services at their local public library.

"Public libraries are a critical part of the infrastructure that makes our communities thrive," said Neil Lumsden, Minister of Tourism, Culture and Sport. "This increased investment in public libraries will ensure people across the province have reliable access to the digital resources and in-demand services that they require to learn, grow and thrive."

Quick Facts

- ☐ In 2023-24, the ministry committed to maintaining the \$27 million dollars in annual funding to the public library sector, and to work with Ontario's libraries to ensure services are delivered in the most efficient and effective ways possible.
- ☐ The Ontario government provided \$4.85 million in 2020-21 through the Connecting Public Libraries initiative to upgrade broadband at approximately 55 library branches in unserved and underserved communities across the province. To date, 20 sites have received broadband upgrades.

Ontario Helping Build Rural Community Leaders

The Ontario government is investing up to \$836,250 over three years to increase the capacity of rural volunteers and organizations across the province. The Ontario Association of Agricultural Societies is partnering with the Rural Ontario Institute to build upon the good work done by agricultural society volunteers by providing training and workshops that will enhance leadership and governance skills as well as management practices.

"Ontario's agricultural societies play an important role in leading amazing, annual rural community activities. This educational initiative will enhance the leadership, governance skills and best management practices in important rural organizations, and by extension our agriculture and food industry across the province," said Lisa Thompson, Minister of Agriculture, Food and Rural Affairs. "By investing in people who give so much to maintain our rural traditions and communities, we are showing our appreciation for their commitment and leadership."

Quick Facts

- ☐ The Ontario Association of Agricultural Societies has been in operation for over 175 years.
- ☐ Ontario's agri-food industry generated over \$48 billion in provincial Gross Domestic Product (GDP) and employed one in ten Ontarians based on 2022 data.
- ☐ Ontario's Promoting Agriculture and Food Careers Initiative provides funding to agricultural societies to promote careers in the agriculture and food industry.
- ☐ For more information about OMAFRA programs and services, contact the Agricultural

Information Contact Centre (AICC) by phone at 1-877-424-1300 or by e-mail at ag.info.omafra@ontario.ca.

Events in Pickering-Uxbridge.

- ☐ [Everything Maple Syrup](#) - Friday, March 8, 2024 10:00 am - 11:30 am, at One The Esplanade, Pickering, Ontario, L1V 6K7, in Pickering.
- ☐ [OPG's March Break Family Skate and Swim](#) - Thursday, March 14, 2024 1:00 pm - 3:00 pm - 1867 Valley Farm Rd, Pickering
- ☐ [Sunday Afternoon Big Band](#) - Sunday, March 24, 2024 2:00 pm - 4:00 pm Online 1867 Valley Farm Road, Pickering
- ☐ [Pickering Easter Parade](#) - Saturday, March 30, 2024 10:00 am - Bay Ridges
- ☐ Uxbridge BIA Easter Eggstravaganza! - Saturday, March 30th, 2024 11 AM to 2 PM at Toronto St. and Brock St. Uxbridge L9P 1B7

For more events in Pickering, please see the City of Pickering Events Calendar [here](#).

For more events in Uxbridge, please see the Township of Uxbridge Event Calendar [here](#).

For any inquiries please do not hesitate to contact my office at peter.bethlenfalvyco@pc.ola.org visit my website at <https://peterbethlenfalvympp.ca/> or call at (905) 509-0336.

Health and Aging...

Briefly:

HEALTH: This month we offer a mixed bag of posts relating to health.

- Dealing with Death
- Sneaky Heart Disease symptoms that women often ignore
- Protecting Seniors from falls

[***Always consult with your doctor*** before undertaking any new medical initiatives or changes]



Death is one of those things many of us avoid thinking about until it's absolutely necessary. More than half of Canadian adults do not have a signed will or personal directives. When asked why, many responded, "I'm too young to worry about that planning or the necessary budgeting for end-of-life decisions. They're wrong as the unexpected can happen. Here are 'End-of-Life' Planning considerations with which you should.

1. *Form an advanced care plan*

It's smart to have an advanced care plan, which outlines what you'll tolerate in terms of medical care and life support, what should happen to your body, and how you want to be celebrated.

2. *Save for your funeral*

How much a funeral costs depends on how elaborate it is. Whatever you decide, it's useful to do some research and go

in with an idea of what you'd like—no matter how uncomfortable it may seem.

3. ***Green your Death***

A growing number of Canadians are making their end-of-life plans more environmentally friendly. Direct cremation, for example, skips the embalming process, which often requires toxic chemicals. It costs an average of \$2,500 and can involve scattering the remains or burying them in a biodegradable urn. There's direct-to-earth burial, which also dispenses with embalming and involves depositing the remains straight into the plot, either in a shroud or a biodegradable casket.

4. ***Consider services of a Death Doula***

Death doula: professionals who provide emotional and practical guidance for people near death and for their families. Avoid the crushing feelings of being lost and not knowing what benefits and resources are available.

5. ***Personalize your memorial***

Describe the ceremony you would like to have, the music, the memorial cards. It's your funeral, plan it and customize it the way you would like it to be.

6. ***Don't leave loose ends***

Make a will. Get professional help and have a lawyer confirm it is in order. Consider assistance as offered by online sites such as [Estate Organizer](#), [Willful.co](#), [Everplans.com](#), [Joincake.com](#)

7. ***Other considerations:***

- Your pets
- Special mementos
- Your digital data and its accessibility
- What you want done 'when it's time;' [MAID](#) (Medical assistance in dying);

[‘Dying with Dignity;’](#)

8. Recently bereaved yourself?

Here’s expert advice on [how to cope with the death of a loved one](#).

Sneaky Heart Disease Symptoms that women often ignore

1. *Women with Heart Disease face clinical bias*

Be sure your doctor is dealing with you approximately, as a woman and with the appropriate medical advice and treatment.

2. *Heart disease symptoms in women often go unrecognized*

Surveys have found that even women themselves do not consider their medical symptoms as they should. Discuss what you should be aware of regarding symptoms of heart disease in women.

3. *Heart disease is difficult to diagnose in women*

Coronary heart disease presents differently in women than it does in men. This is problematic because most diagnostic tools are designed to find blockages in the major coronary artery, but women are more likely to have issues with the smaller, narrower arteries (known as microvascular dysfunction). The angiogram is the gold standard for diagnosing heart disease, but it’s designed for larger arteries and won’t pick up disease in small vessels.

There is a relatively new procedure in which doctors can inject dye to identify problems with blood flow in the smaller vessels—and it can be performed at the same time as an angiogram.

4. *Peer-support programs can help women cope*

Women-centred peer programs help patients cope with the psychosocial distress that accompanies the condition. After a heart attack, women are twice as likely as men to suffer from depression and anxiety, which can increase their risk of a second episode by 50 per cent. It also helps them

face the fact that they have an incurable disease—but that even a few lifestyle changes might be all it takes in order to prevent another heart attack. Consider accessing the [Canadian Women's Heart Health Centre](#).

5. ***Heart disease is within your control***

A 2016 study in the *New England Journal of Medicine* found that even the increased danger due to genetics (which can nearly double risk in some cases) can be [modified by lifestyle changes](#). The big challenge is educating patients about what it is that puts them in danger.

Talk to your doctor. You're a woman who should be treated differently than a man.

Protecting Seniors from Falls

Aging can sneak up on us. While in our minds we are still young and spry, our bodies sometimes tell us a different story. And after age 65, one of the most common signs of aging we notice is that we become a little less steady on our feet. Perhaps we bump into furniture a bit more or find we need to hang onto the railing a bit harder going up and down stairs.

As we get older, items in our homes that used to be virtually harmless to us 20 years ago, start to pose a greater risk for trips and falls; for example, carpets, loose rugs, raised thresholds, clutter, stairs and more.

Falls can result in serious injuries such as hip fractures, broken bones, and head trauma. They are the leading cause of injury-related hospitalization and death for older adults. Even without a serious injury, falls can leave a senior feeling fearful or depressed. It can affect their confidence making them less active.

Preventing falls is an effective way to help seniors stay healthy and is relatively easy to do. Most falls occur at home, so a few modifications in and around the house can make your loved ones safer, healthier and independent longer.

Let's first look at some of the common factors that lead to falls:

- **Balance and gait:** As we age, we lose coordination, flexibility and balance, primarily through inactivity or disease, such as a stroke or Parkinson's Disease.

- **Poor vision/hearing:** We may not see edges as clearly or see or hear obstacles in our path.
- **Medications:** Some medications can affect brain functions and cause drowsiness, dizziness and other side effects that can lead to falls.
- **Environment:** Our home and surroundings, due to obstacles, poor lighting, weather conditions and more.
- **Chronic conditions:** 80% of older adults have at least one chronic condition, such as diabetes, arthritis or dementia. These can result in lost function, pain, inactivity, depression and more.
- **Poor nutrition:** As we get older, our appetite can reduce naturally or as a result of medications, affecting our diet.
- **Alcohol intake:** Alcohol makes us less steady on our feet and can interact negatively with medications.

Now let's look at the best ways to prevent falls for you or your loved ones:



Health

- Get an eye and hearing checkup;
- Review medications - are you experiencing side effects?
- Exercise - build leg strength; take Tai Chi for better balance; go for walks;
- Are you holding onto walls, furniture or someone else when walking?
Exercise can help or you may need a mobility aid, such as a walker.

- Eat a healthy diet;
- Keep your mind sharp - socialize; join the local seniors' centre; have coffee with friends; play games;
- Wear sturdy, well-fitting shoes;
- See your doctor for a health assessment and medication review.

Home

- Reduce clutter, loose wires, cords and obstacles;
- Install grab bars and non-slip surfaces in bathrooms; consider a raised toilet seat;
- Ensure all stairs have railings;
- Ensure proper lighting throughout the house, especially in hallways and stairways. Have night lights in the bedroom and throughout the house;
- Store kitchen supplies in easy-to-reach locations;
- Get a fall alert bracelet.


Falls are a major reason seniors lose their independence and mobility. By keeping on top of your, or your loved one's, health and making some changes around your home, you can greatly reduce the risk of falls.



TECHNOLOGY:

Briefly - Notes and comments about TECHNOLOGY:

- Interview with City of Pickering Mayor Kevin Ashe about technology.
- Recommended sites, apps and programs.

	<p>Recently, we spoke with Pickering Mayor Kevin Ashe about the use of digital devices.</p> <hr/> <p>Q. What are your views about digital devices?</p> <p>A. Digital devices are tremendously useful devices for productivity. I use them all the time relying mostly on my smartphone and my iPad. Although at home, I use a laptop, and in the office, a desktop.</p>
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Q. How did you learn to use your digital devices?

A. I taught myself the use of the computer years ago with a desktop computer. I rely on City IT tech support staff to help me keep up with changes there. There are so many changes, so often nowadays, it becomes difficult to keep up and learning what has changed can be very time-consuming. So, I think it is important to have someone you can rely on to assist you. I am fortunate to have good people in our IT department.

Q. Do you do banking online?

A. I do much more than 'banking online' implies. I pay bills, manage investments, transfer money, and update my financial accounts at the bank and with my credit cards. My digital devices save me a lot of time dealing with my finances. I do not have to go to the bank anymore but can do just about every financial transaction I need online.

Q. Aren't you afraid of being hacked online?

A. Computer hacking is a valid concern but I take all the precautions I can from using password and password manager applications to malware and antivirus programs which I have learned about over my years of digital device use. There is no bullet-proof defence against online threats but you can reduce the risk and minimize the threat by learning more, with defensive apps and programs and with regular monitoring of your accounts. Of course, I am fortunate to have IT department assistance but computer users can get help online or interacting with trusted knowledgeable people.

Q. What would you suggest as the bottom line about digital devices to residents of Pickering?




A. Go for it. Get into the digital world. Find someone to assist you if you are a real beginner and dive into it. The digital world is an incredible source of information and data management tools. It is a world of information as well as entertainment. It is the ideal way to keep up with the news of the

day, everywhere and you have access to an amazing amount of information. Admittedly, it takes energy and time to learn how to interact with it, how to navigate websites and deal with web sources, but your capabilities will grow and develop with every use. In a short time, you will become adept at using your devices to explore the richness of the Internet. Digital devices like iPads, smartphones and computers are the essential tools of today, as important to us as the telephone became shortly after it was invented. Soon, I believe these devices will become indispensable for our day-to-day living. You will not be able to pay bills, get documentation, apply for things or learn needed information without a digital device.

My last word is get into digital devices and visit the City of Pickering's website at www.pickering.ca


.... Thank you Mr. Mayor.

Recommended apps/programs:

 Text Blaze	<p>An app that saves snippets you type repeatedly and often. You use a shortcut key combination and presto, the snippet is entered.</p> <p>Link: https://blaze.today/</p>
	<p>A very useful and helpful website offering help to computer users of all levels.</p> <p>Link: https://thundercloud.net/infoave/</p>
	<p>Xplorer2 is a desktop file-folder manager replacing the simplicity of Windows explorer with speed and efficiency. The developer offers a 21-day trial version which is enough time to learn the app and determine its value to the user. Paid version: \$29.95 US.</p> <p>Link: https://www.zabkat.com/</p>

Travel...

Briefly:

- Some of this travel material is untested or unconfirmed. It is presented here as we believe it has informational value for readers.
- Some of the material has been received from  subscribers who donated to the website at www.szpin.ca.



Government
of Canada

TRAVEL ADVISORY

The federal government has a list of countries to which travellers are cautioned about travelling.

To access the Canadian Government Travel Advisory list, click —> [**DON'T GO THERE**](#)



CanXplore is a tour operating company in the Durham region. We specialize in escorted tours for the 'young-at-heart.' Our accommodation in Newfoundland is in best of class hotels in each area we travel.

Newfoundland Tour, 2024

Our outstandingly popular Newfoundland tour is being booked now. This tour has received dozens of "5 star" reviews. Here are some of what our previous clients have said...

Cathy was so much fun and the small group was perfect. I will book again soon!! Very professional driver as well.

Karen A.

This coach tour brings Newfoundland alive. From west to east: Western Brook Pond, "Anchors Away" entertainment, to Gander- feels great to be associated with these people, to the eastern tip of Canada, and boat touring seeing icebergs, puffins and whales. Get screeched in to become an Honorary Newfoundlander. This tour brings it all together with smiles, tears and pride to have been part of NFLD for a short while!

W.B.W.

This trip to Newfoundland was beyond amazing in so many ways.

Cathy created a diverse, interesting, and creative itinerary, encompassing the many aspects of Newfoundland. The geography of the area was an experience: tours of the Tablelands (i.e. the earth's mantle), a boat tour through the amazing fiords, Bonne Bay which showed us the other side of Gros Morne, all expertly explained by very knowledgeable guides. A bonus on our boat trips was being entertained Newfoundland style on our ride back to the docks.

We were fortunate to see icebergs, whales, and puffins on our other boat tours.

Newfoundland history was presented with tours of Trinity, Bonavista, where we saw a replica of Giovanni Caboto's ship, Signal Hill, and more.

And the fun stuff!!! Wine and beer tastings, our own kitchen party at one of the hotels, Anchors Away Show, and of course getting Screeched!!

Cathy's attention to detail was exceptional, making sure everyone's needs were met. Garfield, our bus driver, was a delight, going above and beyond.

I highly recommend CanXplore,

Mary Ann M.

What a fantastic 10 days in NFLD with a great group of people! The entire trip was very well planned out. Every day was packed with great sites, excellent food & lots of activities. Cathy did a fantastic job of keeping us well informed and entertained (especially on the bus). Our bus driver (Garfield) being a Newfoundlander, shared many stories from his past & present. He made sure I had my fill of bananas



I would recommend CanXplore for future trips.

Karen M.

Newfoundland has always been on my bucket list...fantastic 10 day bus trip. Cathy you could not have done it better..no complaints

Carolyn N.

For more information information, see [CANxPLORE TOURS](#)

Newfoundland Discovery Tour: July 7 - 18, 2024

Final date for booking tours: April 15, 2024

Book at www.canxplore.com/newfoundland... Or

Contact Cathy, CanXplore Director/owner at cathy@canxplore.com

ESTATE PLANNING Desk

Briefly:

- **Estate Planning**, foresight and planning that will benefit your heirs and family reducing the difficulties that usually accompany estate settlement. Your heir and family deserve this.
- The **ESTATE ORGANIZER** is on sale for \$19.99 offering comprehensive peace-of-mind in planning for when you are gone. Your family will appreciate your forethought and foresight.



The **ESTATE ORGANIZER** is a structured package that will help you record crucial *lists* needed for your funeral:

- Who should be contacted;
- Who should be invited to the viewing;
- Important names, addresses, phone numbers;
- The vital professionals needed;
- The financial expenditures;
- Even the music to be played and by whom and much more.

Sample sections of the **ESTATE ORGANIZER** can be viewed at
Link: [SAMPLES](#)

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Books Shelf...

Briefly:

- This material is for reader information regarding BOOKS. There is no affiliation with any BOOK related commercial organization.
- Though some readers still purchase hard copy BOOKS, with *global warming* in mind, we suggest book readers borrow books from their local libraries rather than buy hard copies.



Gail and Heather, two retired school administrators, are passionate readers of BOOKS. Their book commentaries, suggestions and opinions are astute and valuable information about books.

Gail Aziz

Gail, still actively involved with professional development and responsibilities in the community today, is not only an avid reader but also a published author, "[The Larroger Road](#)."

Heather Stuart

Heather is very active in the community as a dynamic and energetic Book Club manager of almost two dozen book club participants. She is a passionate reader who reads a wide assortment of books, always interesting and often listed on today's best sellers lists.

Gail's Book Thoughts

Horse

My first selection for this month is a historical fiction. Historical fiction helps readers relate the past to the present and that's exactly what author Geraldine Brooks does in all her books. Her latest book is "***Horse***." This story is about a recording breaking racehorse named Lexington. This horse was a legend in the 1850s. Brooks also fast forwards the story to 2019 to a Smithsonian scientist and a Nigerian art student. The stories blend well together and gives us a picture of the American culture during the civil war and how it continues to impact present day. It is a very moving story.

A New Season

"***A New Season***" by local Canadian author Terry Fallis. I have heard Terry speak about his books on two different occasions. He advises writers to write what you know about and that is exactly what he does. This is a thoughtful exploration of aging, love, friendship and loss with healthy doses of humour through the story. He writes about people and things we can relate to i.e. Jim Cuddy, his ball hockey team, the sudden death of his spouse and reclaiming his

life back. It also provides a beautiful narration of the main character's journey and discoveries through the streets of Paris, France. A well written, engaging story you will definitely enjoy!

First Lie Wins

The first book to hit the bookshelves in 2024 was a spectacular mystery called "***First Lie Wins***" by Ashley Elston. It has everything you could want in a thriller: secret identities, action packed, twists and turns, intrigues and cons. It is a thrilling read with a very unique story. I don't want to give away any details because I think this thriller actually fulfills its promise - it will thrill you (without blood and gorge).



Richard on BOOKS: Favourite authors, digital readers

My reading time is the hour before sleep, nightly. My favourite authors:

- Stuart Woods: 'comic books' for adults; best character: Stone Barrington
- John Grisham: always legal settings; best character: Jake Brigance
- David Baldacci: thriller stories; best character: Amos Decker
- Tess Gerritsen: thrillers; best characters: Rizzoli and Isles

I read other authors in an attempt to expand my experience and reading tastes but return often to my favourites.

Why I read ebooks with a digital reader, Libby

I read ebooks exclusively for many reasons.

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- **Practicality:** Use the Internet to search, reserve and load books to your ebook reader. My reader of choice is **LIBBY**. Additionally, I really prefer reading books on my digital device for another reason. I can look up information instantly, geographic locations, related websites, data information. Very convenient, very practical.



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Thank you

Richard

As always, we thank everyone who has given us support. Your donations help us
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Thank you.

Richard

(with a lot of assistance from

Nadia and *Fermo*)