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Editorials

Briefly:

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



Is this leadership “for real?”

The province is a quagmire of problems.

- Hate crimes more than a 50% increase in the past decade (TVO.org);
 - antisemitism likely as problematic as in the USA, more than 300% in the period since Oct. 7 (Chuck Schumer (R) Congressman);
 - auto theft up 48% in 2022 in just the Durham Region (durhamregion.com), other areas of the province have similar numbers;
 - hospital emergency average wait times as high as 3 hrs in some areas and as high as 5 hrs on worse areas.
-
- Worse, some emergency departments have closed, nearly a 1000 times in Ontario hospitals;
 - 316 urgent care centres have had closures;
 - eleven obstetric units have had closures;
 - one ICU closure and one labour and delivery unit closure ([REPORT: Ontario hospital emergency closures soars to new record - Ontario Health Coalition](#));
 - Refugee immigration to Ontario is becoming an unmanageable problem with insufficient federal government financial support;
 - The city of Toronto, in serious municipal debt, is sinking further as the problem of homelessness grows relentlessly because of the national immigration policy.

And where is Premier Doggie Ford as all this chaos swirls around us? He’s busy

passing a liquor policy that will loosen retail restrictions....in *two years*. Is that effective leadership? Effective implementation of policy? Doggie's right on top of his game. Sale of beer and wine ranks as a higher than crime, auto theft, racism, hospital services, and the debt load of the country's, the province's largest city? Is this government leadership demonstrating political and constituential responsibility?

Do we deserve better government than we are getting? Deserve more than we are receiving ? Is this kind of government justifiable? Who voted for this kind of government?

Let's give Doggie some credit though as we might Machiavelli or the Iron Chancellor, Otto von Bismarck. The former developed strategies about governing that we would deride as criminal today or back room scheming at the very least. The latter ruled with an iron fist, either you do it his way, or he would crush you politically or militarily. Doggie doesn't have the military option but he sure is a successful disciple of the government principles used or recommended by Machiavelli and Bismarck. Bullying and aggression, his style.

Unfortunately, the province will have to wait until 2026 or 2027 to pass their verdict on the Ford government. Can Bonnie Crombie be a worthwhile consideration as as replacement?

Do you think he would pass if an election were held today?

Community Board

Briefly:

Pickering is one of the most dynamic and vibrantly growing cities in southern Ontario. Mayor Ashe and his councillors stand on the shoulders of monumental mayors of the past, like Dave Ryan and Wayne Arthurs. Today this city of nearly 100,000 people is far more than the bedroom community to Toronto it once was.



Central Park a la Pickering

Pickering has its own 'central park,' *The Esplanade*, the hub of city-approved activities all year long: Artfests, Fall Fireworks displays, Food Truck events, BBQ RIBfests. New Year's Eve celebration and many more events — all the fun of the big city without the crushing crowds.

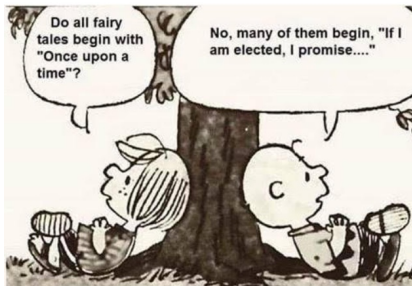
Excellent dining facilities, two large libraries, three community centres, three very active neighbourhood associations and a central shopping mall that will soon be replaced as the city unfolds its next chapter of

exciting and dynamic urban development, a new city center.

And the City's still growing: big businesses are opening national head offices here, large corporations are creating manufacturing facilities to make products for all of North America. Housing is in serious growth mode in many of the open areas bordering the city.

Pickering is an exciting little city with big city aspirations. There's a lot to do, many events to attend and much celebration in many places. In short, living in Pickering is great!

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



A political commentary:

Each month, we invite all the elected representatives of the region and municipality to write a message for our *Political Desk*. We publish what we receive without changes or editorializing.

We thank each of those who responded.

From the PICKERING 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



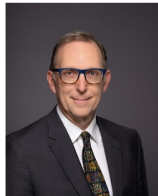
Profile
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Councillor Lisa Robinson
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Councillor Mara Nagy
City Councillor Ward 2



Profile
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Councillor Shaheen Butt
City Councillor Ward 3



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Profile
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Profile
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From Regional Councillor Maurice Brenner, Ward 1



A Holiday Wish from Councillor Maurice Brenner



To access Maurice Brenner's Christmas message in full, **CLICK** —> [BRENNER](#)

From City Councillor Lisa Robinson, Ward 1



A Holiday Wish from Councillor Lisa Robinson



To access Lisa Robinson's Christmas message in full, **CLICK** —> [ROBINSON](#)

From Regional Councillor Linda Cook, Ward 2



A Holiday Wish from Regional Councillor Linda Cook



This Christmas looks different for many of us, as we watch devastating events of conflict continue to unfold in multiple nations. With millions trapped in conflict, hardship and suffering we need to look beyond ourselves, our city and our nation this holiday season. Whatever your faith, let us come together confident and united in the values we share, find a way to live in harmony, and embrace peace among nations.

As we spend time with those we love, my hope for all residents of Pickering is that we celebrate the blessings we cherish, embrace the spirit of giving, and look out for one another.

So many will spend the holidays alone with no one to celebrate with. Isolation, homelessness and food insecurity continue to increase in our communities. Please be kind to one another as you go about your days leading up to your own celebrations. Give a smile and recognize what you have.

I'm looking forward to having all my family (and my dog) back home for the holidays, to celebrate and appreciate our time together. Each year, for more than 20 years, the extended Cook clan has come together to feast, laugh and enjoy how awesome having a huge family is. We are blessed to have each other and take one day each year to acknowledge this and give thanks to our elders and history. We often end up laughing at the same tall tales that have been told through generations, that endure and make us who we are.

My thanks and warm wishes go out to all those serving Canada overseas, and to those here at home who are working the late shifts and overnight shifts to keep us safe and healthy. Your dedication and sacrifices are valued.

Wishing you a peaceful season full of light and laughter for you and your loved ones. Joyous tidings for a purposeful and prosperous 2024!

Councillor Linda



'TIS THE SEASON

The world is always in a mode of crisis. If not by war, then climate change, is caused by humanity and all its supporting industries. Even though all most people want is to be left in peace, and live their lives as best they can. For all people of various faiths, we all have one thing in common. We celebrate our faiths at certain times of the year. We gather as families and reflect on our lives and helping those in need and less fortunate. All faiths are welcome to celebrate the meaning of Christmas and give to others.

Our community of Fairport Beach is comprised of families of every religion, faith, creed, and following. Our mandate is spelled out in our Constitution.

1. To advance the cultural and social interests of Fairport Beach.
2. To promote the interests of persons owning property in the community of Fairport Beach, and to advance any plans for the advance of the said community.

Fairport Beach Neighbourhood Association has been in continuous operation since the 1920's and was Incorporated in 1949. Our clubhouse was situated at the foot of Cliffview Rd. and Park Cres., until it burned down in the 1970's. Now we use City mandated locations for our meetings.

As per our Constitution, we hold an Annual General Meeting in March and present our budget for approval from the membership. From our invested funds, which derived from selling our waterfront property to the Metropolitan Toronto Regional Conservation Authority, we are in an enviable position to support many of our local charities, schools, and hospitals. This year was memorable in light of receiving a letter from the Ajax Pickering Hospital recognizing our name on the Foundation Donor Wall for donating \$1000 every year since 1993. Following is a list of other causes we have supported this year.

| | |
|---|-------------------|
| Salvation Army Community Services Food Bank - | \$250 |
| Ajax-Pickering Hospital - | \$1000 |
| St. Paul's on-the -hill Food Bank - | \$500+ food items |
| Pickering Animal Services - | \$100 |
| Fairport Beach Public School - | \$1000 |

It is all made possible by the selfless service of our executive members and membership, who volunteer their time and insight. Please join me in wishing you and

your loved ones had a very ***Merry Christmas*** and ***Happy New Year.***

Paul White

President, Fairport Beach Neighbourhood Association

P.S. You may follow us on Facebook



At the western edge of Pickering, next to the beautiful Rouge Park lies the charming neighbourhood precinct of Rougemount, a community distinguished by its serene allure and a strong sense of togetherness. As the Rougemount Community & Recreation Association (RCRA), we are dedicated to ensuring that our neighbourhood remains a desirable place for each of us to call home. To do this, we need your voice, your passion, and your participation. By joining forces, we have the power to make our collective concerns heard at the Pickering City Council, ensuring that the decisions made are in the best interest of our residents.

Our quaint neighbourhood faces challenges that can only be tackled through unity and collaboration. High property taxes, the encroachment of unseemly towers, and the preservation of our local charm are just a few of the issues at the forefront of our agenda. By banding together, we can effectively advocate for fair tax policies, prevent disruptive constructions, and maintain the idyllic character of the Rougemount Precinct.. To foster a stronger sense of community, we also plan to organize family-friendly outdoor events, providing a delightful opportunity for neighbors to connect, share experiences, and build lasting friendships.

Join us in our mission to make a difference.

Visit our website at www.rcrapickering.com to learn more about the Rougemount Community & Recreation Association and become a member in it. Together, we can shape a future for our neighbourhood that reflects our shared values and aspirations. Your involvement could be the key to preserving the beauty and harmony of our beloved neighbourhood. Join us today!

In closing, we wish you a

Merry Christmas** and have a **Happy New Year.

Peggy Bowie,

RCRA President

Rougemount Community & Recreation Assoc.

Health and Aging...

Briefly:

HEALTH concerns are a major topic for older adults. In this edition, we deal with these health issues:

- **VISION and AGING;**
- **NON-DRUG STRATEGIES TO REDUCE FRAILTY**
- ***SAGA OF MY HIP REPLACEMENT***
- ***COVID-19 WOES***

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



Seniors and Aging: Vision Care

Vision changes occur with age and these changes need not be stressful. Learn about vision and aging to help you understand the changes that may be occurring with your vision

A 5 minute read about Vision Care

We invite you to read a 5-minute- read article we have published on our website at www.szpin.ca about the topic. If you are interested in learning about aging and vision changes, this article is an excellent start.

Click —> [**VISION**](#)



NON-DRUG STRATEGIES TO REDUCE FRAILITY

SAGA OF MY HIP REPLACEMENT

After months of suffering hip joint pain and consultation with a hip surgeon, a hip replacement looked like the appropriate action to resolve my hip pain issues.

To read the full details, click —> [**HIP\\$ R US**](#)


COVID Woes

Last month, we presented the “Woes of a COVID-19 sufferer” to help people become more familiar with COVID-19. A Pickering resident, an executive in a community association, contracted the malady and we asked him to write an ongoing log about his illness. The author was a health inspector for the province during his working career and therefore aware of many contagious diseases His account is an eye-opening explanation of what symptoms he suffered and how he dealt with them.

To read the full details, click —> [**COVID-19**](#)

Travel...

Briefly:

- Some of the travel material written below is untested or unconfirmed. It is presented for its informational value.
- Some material here has been received from  subscribers who donated to the website at www.szpin.ca.



Happy New Year everyone

*I would like to wish you all a festive and joyous holiday season.
May you enjoy the happiness and joy of family and friends at
this wonderful time of year.*

Cathy Spracklin



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, 2024

Book your ticket now...

DISCOUNT: *Book now and receive \$150 off*
(Discount applicable to bookings made by January 1, 2024)

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

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

ESTATE PLANNING Desk

Briefly:

- You should be doing it, ***Estate Planning*** to avoid leaving a chaotic mess behind for your heirs or worse, no plan at all. Your family needs your instructions. Prepare them now.
- Purchase the ***ESTATE ORGANIZER***, a comprehensive, peace-of-mind planner that will help you organize your estate. 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 is to be contacted;
- Who is to be invited to the viewing;
- The names, addresses, phone numbers;
- The vital professionals needed;
- The financial expenditures;
- Even the music to be played and by whom and much more.

Keep the organizer in a safe place along with your will.

Prepare the package and give it to your family for when they will need to settle your estate.

Your family deserves such organization.

On sale \$19.99

To get your working kit, send a request for your "Estate Organizer kit" to zippyonego@gmail.com

TECHNOLOGY: WEBSITES and APPs of interest

Briefly - WEBSITES and APPs of interest are presented below.

Internet users have only one real need, **time**. Spending hours exploring and they still haven't got what they think they need. So back at it, the next session, and the next. We cannot resolve that need for you but we can offer you some notable WEBSITES and APPs that may save you some time. Try them out to see if they help you.

WEBSITES of interest

[Essential Guide: EPOCH HEALTH](#)

This is a website that is a springboard to a variety of information, offered in synthesized form, grouped information and arranged as a list of topics.

For HEALTH topics, this website is an excellent place to start.

[Cloudeight InfoAve](#)

This website, managed by a dedicated and dynamic duo of tech people for nearly twenty years, offers tips, tricks and useful tidbits that will enhance your computer work and make it more fun and enjoyable. Their free newsletter has responses to readers' computer problem questions which are answered in down-to-earth, easy-to-understand explanation often with clarifying illustrations. Reading it regularly will help you with your computer skills and knowledge.

[PENSIONER FITNESS](#)

Published and originating from **Burkina Faso** (yes, there really is such a place), this website is the work of Ian McClymont, a dynamic 76 year old who has been publishing this exercise site for seniors for over three years. The exercises include videos to show how to do them. A very practical website that will make you feel better very soon after you do some of the light workouts he suggests.

[BOOKz, COOKz, NOOKz](#)

This website has been in publication for more than 12 years providing readers with information, commentary and better living advice that is based on research and Internet exploration. The site's goal is to provide readers with useful information

that they may not readily find but which may have benefit and value to them. The site is updated regularly and offers two very useful and practical search tools to help users find useful information.

ESSENTIAL TOOLS for your computer toolbox

My computer tool box contains an essential array of tech tools, nominally labelled as ***Extensions***. There are little applets or small computer programs that make my publishing and writing work much easier to accomplish. If you use the computer fairly often, learning how to use extensions will become a godsend very quickly. In the old days, the phrase was ‘There’s an app for that.’ Today, Google Chrome likely has an *extension* for working with that.

To learn more about extensions, click —> [***Extensions***](#).

Book Shelf...

Briefly:

- The material below is intended to inform readers about current news relating to BOOKS. There is no affiliation with any BOOK related commercial organization.
- Though some readers still purchase hard copy BOOKS, consider that doing so adds to burgeoning of home/office book shelves and has a negative impact on *global warming*. Instead we recommend public library borrowing or use of ebooks.
- Gail and Heather are two retired school administrators and passionate readers of BOOKS in all genres. Their book commentary, suggestions and opinions are astute and comprehensive and presented here for their informational value.



Gail Aziz

Gail is a retired school administrator who is still actively involved with professional development and responsibilities in the community today. She is an avid reader whose book choices are eclectic and wide-ranging.

Heather Stuart

Heather also is a retired school administrator who is very active in the community as a dynamic and energetic Book Club manager of almost two dozen book club participants. Along with her book club members, she reads a wide assortment of books ranging from today's best sellers to popular classics.

Gail's first installment...

Many of us are reluctant to spend precious summer sunshine reading. But now as December's dark days enshroud us, you might be inclined to pick up a good book and sit back to some relaxing reading. Here are a few suggestions:

Mysteries and thrillers

Jeffrey Archer has just released his latest chronicle of the *William Warwick Series*. "**Traitors Gate**" combines the world of art and crime, the heist of the Crown Jewels particularly the crown worn by Queen Elizabeth II when she opens Parliament. Quite an adventure and intriguing read!

A writer you might not be familiar with is John Gilstrap who writes a series of novels about American black-ops involvement in hostage rescue operations. His latest book "**Harm's Way**," has many twists and turns that grab your attention.

Well worth the read.

I just finished a novel by a new author to me – *William Kent Krueger*. An American novelist and crime writer, Krueger's books are set mainly in Minnesota. His latest book is "**The River We Remember**". In 1958, a small Minnesota town is rocked by the murder of its most powerful citizen. He is found floating dead in the Alabaster River, which is a central part of this small town. As the mystery unfolds Krueger also describes the scars from WWII that still affect the people of this town. It is an honest look at the beauty but also the hardships of life in these small farming communities. I highly recommend this read and I will definitely be looking for more novels written by Krueger.

Historical fiction

If you are a fan of Historical Fiction, I recommend "**The Magnificent Lives of Marjorie Post**" by Allison Pataki. An excellent read about the life of the heiress to the Post Cereal Company which under Marjorie's leadership, grew into the General Food empire and reshaped the way North Americans eat. It is definitely a trip through history starting with the 1929 stock market crash, then on to the depression years, WWII, and other significant mid-century events. Through all of it, she remained one of the richest women in the world meeting every president and many world leaders. It is based on a true story including the building of her final home, **Mar a Largo** (Does this prestigious home ring a bell for you?). A fascinating read!!

A Canadian Author well worth reading is our own Durham writer **Ted Barris**. Ted has written 20 nonfiction books mostly related to the First and Second World Wars. He has received several awards for his writings and his contribution to Canada. In 2022, Ted received the Order of Canada. His list of books is certainly impressive, and I highly recommend attending one of his book talks. He is well-informed and presents his research in a very passionate way. I attended two of his presentations recently. He is a Canadian author whose books are worthwhile learning experiences as well as educational relaxation.

Currently, I am reading Barris' latest book, "**Battle of the Atlantic- Gauntlet to Victory**." This story describes the battles waged by Germans against the Allied transatlantic convoys, most of which were escorted by the Royal Canadian Navy destroyers and corvettes, as well as, the Royal Canadian Air Force. It was in these convoys that most Canadian troops crossed the Atlantic to fight in WWII. My father was a Canadian soldier and he often told stories about his time in these convoys. Now I am able to further my knowledge plus appreciate the immense contribution of Canada's armed forces and civilians to fight this war. Any of his books are fabulous choices!

*An addendum to Gail's "**Historical Fiction**" section above:*

Rick Pyves is another successful and very engaging Canadian author. His “**Night Madness**,” is an outstanding tale of his father’s military service and the PTSD traumas that returning veterans suffer. An excellent read.

Gail’s update after the Big Festivities...

Gail’s new installment deals with books by *Heather Morris*, but she is particularly captivated by the Canadian author and explorer, *Adam Shoalts*...called Canada’s modern day Indiana Jones. To read more of what Gail writes, click —> [GAIL ON BOOKS](#)

Happy Reading!

The New York Times

This could be handy, a list of 100 notable books of 2023...

Click —> [100 Notable Books of 2023](#)



Toronto Star Best Sellers listing

Data source: Toronto Star, November 24/23

ORIGINAL FICTION

1. The Little Liar, Mitch Albom, Harper
2. The Edge, David Baldacci, Grand Central
3. Iron Flame, Rebecca Yarros, Red Tower
4. The Exchange, John Grisham, Doubleday
5. Fourth Wing, Rebecca Yarros, Red Tower
6. The Defector, Chris Hadfield, Random House Canada
7. The Bittlemores, Jann Arden, Random House Canada
8. Hello Beautiful, Ann Napolitano, Dial
9. Resurrection Walk, Michael Connelly, Little Brown
10. Lessons in Chemistry, Bonnie Garmus, Doubleday Canada

ORIGINAL NON-FICTION

1. My Effin' Life, Geddy Lee, Harper
2. The Woman in Me, Britney Spears, Gallery
3. Friends, Lovers, and the Big Terrible Thing, Matthew Perry, Flatiron
4. Guinness World Records 2024, Craig Glenday, Guinness World Records
5. The Road Years, Rick Mercer, Doubleday Canada
6. My Name Is Barbra, Barbra Streisand, Viking
7. Elon Musk, Walter Isaacson, Simon & Schuster
8. Be Useful, Arnold Schwarzenegger, Penguin Press
9. Making It So, Patrick Stewart, Gallery
10. Life in Two Worlds, Ted Nolan, Meg Masters, Viking

CANADIAN FICTION

1. The Defector, Chris Hadfield, Random House Canada
2. The Bittlemores, Jann Arden, Random House Canada
3. Study in Obedience, Sarah Bernstein, Knopf Canada
4. It Happened One Christmas, Chantel Guertin, Doubleday Canada
5. Three Holidays and a Wedding, Uzma Jalaluddin, Marisa Stapley, Viking
6. Held, Anne Michaels, McClelland & Stewart
7. Moon of the Turning Leaves, Waubgeshig Rice, Random House Canada
8. Moon of the Crusted Snow, Waubgeshig Rice, ECW
9. Everyone Here Is Lying, Shari Lapena, Doubleday Canada
10. The Graham Effect, Elle Kennedy, Bloom

CANADIAN NON-FICTION

1. My Effin' Life, Geddy Lee, Harper
2. Friends, Lovers, and the Big Terrible Thing, Matthew Perry, Flatiron
3. The Road Years, Rick Mercer, Doubleday Canada
4. Life in Two Worlds, Ted Nolan, Meg Masters, Viking
5. Draft Day, Doug MacLean, Scott Morrison, Simon & Schuster
6. Ken Reid's Hometown Heroes, Ken Reid, Simon & Schuster
7. Where the Falcon Flies, Adam Shoalts, Allen Lane
8. Murphy's Logic, Steve Murphy, Nimbus
9. By the Ghost Light, R.H. Thomson, Knopf Canada
10. Doppelganger, Naomi Klein, Knopf Canada

*** Number of weeks on list**

In memoriam, 2023...

Briefly:

- We lost many celebrities and famous people in 2023. Too soon they'll be forgotten. Some haven't even been noticed as gone.
- Start planning your New Year's resolutions only considering the ones that you really expect to be practical and workable.

May they rest in peace while performing their last gig up on the stage above...

Lisa Marie Presley: The singer and daughter of Elvis Presley, who was married to Michael Jackson and Nicolas Cage, died at 55 in August 2023 from a drug overdose.

Matthew Perry: The beloved Friends star died unexpectedly at 54 in October 2023.

Raquel Welch: The sex symbol and actress, who rose to fame in the 1960s with films like One Million Years B.C. and Fantastic Voyage, died at 83 in September 2023 from a stroke.

Ryan O'Neal: The Oscar-nominated actor, who starred in films like Love Story and Paper Moon, died at 82 in December 2023 from leukemia.

Sinéad O'Connor: The Irish singer and songwriter, famous for her rendition of "Nothing Compares 2 U", died at 56 in November 2023 from a heart attack.

Suzanne Somers: The actress and author, best known for her roles in Three's Company and Step by Step, died at 76 in December 2023 after a long battle with cancer.

Tommy Smothers: the comedic half of the comedy duo, Smothers brothers. Tommy was the foil for brother Dick's more serious foil. They were banned from the CBS network because of their anti-Vietnam War opinions but paved the way for future satirists like Jon Stewart, Dave Letterman, Rob Reiner and Steve Martin.

Tommy died at 86, cancer.

Tina Turner: The legendary singer and actress, known for hits like “What’s Love Got to Do with It” and “Proud Mary”, died at 82 in November 2023.

Tony Bennett: The iconic crooner and jazz artist, who had a career spanning over seven decades, died at 97 in November 2023 from Alzheimer’s disease.

Jimmy Buffett: The singer and songwriter, known for his island-inspired music and lifestyle, died at 76 in July 2023 from a plane crash.

Rosalynn Carter: Lifelong advocate for mental health and human rights, died surrounded by family on November 26, two days after she entered hospice care following a dementia diagnosis in May. She was 96.

David McCallum: who was best known for playing Dr. Donald “Ducky” Mallard on NCIS, died on September 25. He was 90 years old.

Paul Reubens: The actor, best known for playing Pee-wee Herman, died at age 70 in July. Reubens' rep confirmed his death in a statement to PEOPLE on Monday, revealing that the actor had cancer for years before he died.

Alan Arkin: The Oscar-winning actor died at age 89 . His death was confirmed to PEOPLE exclusively by his sons Adam, Matthew and Anthony, "Our father was a uniquely talented force of nature, both as an artist and a man. A loving husband, father, grand and great grandfather, he was adored and will be deeply missed."

Gordon Lightfoot: renowned Canadian singer-songwriter known for his distinctive folk and folk-rock music. He was born on November 17, 1938, in Orillia. His musical career spans over six decades, during which he has released numerous albums and achieved significant success.

Bob Barker: the legendary host of *The Price Is Right*, died in August at age 99, of natural causes in his longtime Hollywood Hills home.

Treat Williams: The star of *Everwood* and *Hair*, died on June 12 after being involved in a motorcycle accident. He was 71.

Iron Sheik: Legendary WWE star died at age 81. The WWE Hall of Famer’s representatives announced the news in a statement on social media in June.

Astrud Gilberto: The singer who made "The Girl from Ipanema" a global hit, died at the age of 83.

Jim Brown: NFL legend, best known for playing on the Cleveland Browns, died on May 19 at age 87.

Jerry Springer: Talk show host who launched schlock TV viewing, and former Mayor of Cleveland, died at 79.

Len Goodman: Len Goodman, the former head judge on *Dancing with the Stars*, died in April surrounded by his family at a hospice in Kent, England, at age 78. He had bone cancer.

Michael Lerner: Actor who was nominated for an Oscar for *Barton Fink*, died in April at age 81.

Chaim Topol: The Israeli actor behind the iconic portrayal of *Tevye* in *Fiddler On the Roof* died at age 87 in Tel Aviv, Israel. The actor had been diagnosed with Alzheimer's disease several years ago.

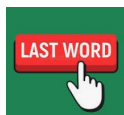
Richard Belzer: The actor, comedian and author known for starring in *Law & Order: Special Victims Unit*, died at age 78.

Burt Bacharach: The legendary songwriter behind hits like "Walk on By," "Do You Know the Way to San Jose" and "I Say a Little Prayer," died at 94

Cindy Williams: Best known for her portrayal of the character Shirley Feeney on the sitcom *Laverne & Shirley*, died at age 75.

Bobby Hull: Hockey Hall of Famer Bobby Hull died at 84 in January, the National Hockey League Association Alumni confirmed.

David Crosby: A founding member of bands Byrds, and Crosby, Stills & Nash, died at age 81.



The Last Word for the year...

”**CARE**”

“**Care**” seems to belong to another age, another time, some earlier generation.

Do you remember when we *cared* about neighbours? We *cared* about the kids playing in the streets of our old neighbourhoods? When we *cared* about the needy with hands-on *care*, actually bringing them a potluck dinner or baked goodies, not the care shown with our food bank donations and our Sally Ann kettle coins. Do you remember when we showed our *care* in practical, very concrete ways. Remember bringing a cake to a newly moved in neighbour; it showed you *care*. Remember writing out all those Christmas cards; it confirmed that you *care*. Remember phoning all those friends and long-lost family members on Christmas Day or New Year’s Day; it was because you *care*.

Remember when people cried at wakes and funerals? A sign of *care*. When people laughed together rather than at some TV show? That was caring. Do you remember family talk at the dinner table, “who did what today?” That was caring.

We still **care**, no less than before but it isn’t quite the same as it once was. Not that long ago, *care* had a much different face. It was more visible, seen more, more evident. Let’s bring that “*old time care*’ back, revive it for 2024.

In 2024, bring back the old “**Care**.” Show everyone, your friends, your family, everyone...you...

CARE

Richard, Nadia, & Fermo, too!





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