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# Editorial

## ***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.

Do you think the time has come?

Though this site tries to avoid controversial discussions and topics such as the current middle East crisis, too many innocent people are being killed with no let up in sight. The United Nations is totally impotent in affecting or influencing any cessation to this genocide. We, as citizens of the world, as brothers in humanity, should demonstrate our wish to see this warfare end. This indiscriminate annihilation of innocent people must cease.

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The Gaza war has been a humanitarian catastrophe of staggering proportions. The indiscriminate killing of civilians, including thousands of women and children, is a grave violation of international law and human rights.

The death toll of over 34,000 Palestinians, coupled with the widespread destruction of homes, hospitals, and infrastructure, has created an unprecedented humanitarian crisis.

While Israel had a right to defend itself after the heinous Hamas attack in October, its disproportionate and ongoing military response has been devastating and counterproductive.

The reported creation of "*kill zones*" where unarmed civilians are shot on sight is a chilling revelation that cannot be justified.

This brutal assault on Gaza has only fueled more hatred and resentment, undermining long-term security for Israelis. The world cannot stand by as this nightmare unfolds. Urgent diplomatic efforts must be made to secure an immediate ceasefire and facilitate the flow of humanitarian aid to the besieged population.

The United States, as Israel's closest ally, must use its leverage to pressure Prime Minister Netanyahu to end the violence and pursue a negotiated settlement.

Continuing down this path will only lead to more bloodshed and suffering on both sides. It is time for cooler heads to prevail and for leaders to summon the courage to break this cycle of violence once and for all.

The people of Gaza, and indeed the entire region, deserve a future of peace, dignity and hope – not perpetual conflict and despair.

# Community Board

## ***Briefly:***

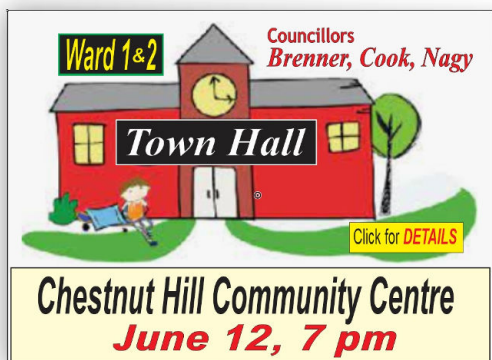
This is COMMUNITY NEWS, though primarily relating to Pickering and the Durham Region, some material may be about the larger environs, provincial, national and even beyond.

- **News from the RATEPAYER ASSOCIATIONS: FBNA, RCRA, SSCA**
- **Town Hall, Ward 1 & 2,**



RATEPAYER ASSOCIATIONS are very important neighbourhood groups to City of Pickering neighbourhoods. They are more than 'neighbourhood watch' groups. Some are very dynamically lead, many are very engaged in community charities, and a few have firm information networks for their neighbourhoods.

Many of these associations have a social presence in Facebook, some even have sites of their own on the web. Learn about these associations. You may live in a neighbourhood where such an association operates. It is to your benefit to learn about an association if one exists in your neighbourhood.



This Town Hall will focus on your kids and grandkids with guests being two school board trustees, Emma Cunningham and Stephen Linton.

Come out to the Town Hall to learn more about what's happening in our schools today.



The Fairport Beach Neighbourhood Association is one of the strongest and most active of the neighbourhood associations in the Pickering. Led by energetic President Paul White, this association is very active in charity work, making donations to many community organizations, working diligently to

keep the neighbours informed about their City, and doing work to keep its neighbourhood secure, safe and clean. This association is continuously connected with the City of Pickering Councillors, Brenner in particular, which means it has the ear of the Council but also hears directly from the Council in regards to related community affairs. A very strong community association.

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***They're having a party, A STREET PARTY...*** for details, click —>  
[www.rcrapickering.com](http://www.rcrapickering.com)

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## PWSCA

Pickering West Shore Community Association  
*bridging our community together*

The West Shore Community Association has been active for a number of years. Their West Shore Community Association, led by president Scott Loyst, continues to be active in the community.

The West Shore Community Centre, not the association, actively headed by Jake Farr, offers community services such as weekly meals for the needy.

## ***POLITICAL Desk:***

***News from councillors, elected reps and community associations***



***Our politicians today ?***

### ***Political commentary:***

Each month, we touch base with our elected representatives and important community leaders.

***We invite each*** to write a message for our *Political Desk*. We thank those who have responded. The rest, we ask if you care about communicating with your community?

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## ***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  
lrobinson@pickering.ca

Councillor Lisa Robinson  
City Councillor Ward 1



lcook@pickering.ca

Councillor Mara Nagy  
City Councillor Ward 2



Profile  
dpickles@pickering.ca

Councillor Shaheen Butt  
City Councillor Ward 3



lrobinson@pickering.ca



Profile  
mnagy@pickering.ca



Profile  
sbutt@pickering.ca

***From Mayor Ashe...***

Dear Friends,

As someone who has called Pickering home for over 57 years, I am incredibly proud of how our City has evolved from a small township into the energetic, vibrant, and inclusive community it is today. My love for Pickering runs deep, and I genuinely believe it is the best place to live, work, and play.

While our City has grown substantially and we witness amazing and exciting progress every day, it is essential to acknowledge that some members of our community face significant challenges. Since the COVID-19 pandemic, we have experienced rising costs for groceries and everyday necessities. The housing crisis has escalated, becoming one of the greatest issues of our lifetime. Many individuals are falling through the cracks.

The demand at the *St. Paul's on the Hill Community Food Bank* has never been higher. In 2023, they had 8,263 food bank visits and assisted 29,119 individuals, marking a 43% increase over 2022. Additionally, we are witnessing a rise in homelessness throughout Durham Region, including in our City, as DARS continues to play an important role in assisting those community members in need of support. In response to these challenges, we have taken significant steps to support our community. This year's Mayor's Budget included a \$48,000 donation to the Food Bank through the Community Grants Program. The funding will be used to cover their rent for 2024, helping to alleviate some of their costs and enabling them to continue assisting those in need.

Furthermore, in the Mayor's Budget, we allocated \$50,000 through our Community Grants Program to support DARS and their new Third Concession Farmhouse. This farmhouse will provide housing for up to seven individuals, offering them shelter and serving as a hub for sustainable agriculture and social enterprise on its 5-acre property.

Residents will cultivate crops to share with those facing food insecurity, produce eggs for food and potential income, and collaborate with community partners to explore entrepreneurial initiatives.

In addition to these measures, we are actively working on several other initiatives to support our community. This includes working with Durham Region to enhance public transportation to ensure better connectivity across the City, making it easier for residents to access essential services. Our plans also include expanding affordable housing projects to address the ongoing housing crisis and provide more options for families and individuals in need. We are committed to fostering a safe

and inclusive environment for all residents, which includes supporting community safety programs and mental health services.

I am also pleased to announce the release of the Draft Plan for our Community Safety and Well-Being (CSWB) Plan. This comprehensive guide is designed to support individual safety and strengthen the sense of community throughout Pickering. The plan addresses the needs identified by municipal staff, stakeholders, and residents, ensuring we are meeting current demands and can adapt to new concerns as they arise. While these efforts are a step in the right direction, much more needs to be done. Together, we can make a difference. By working collaboratively, we can ensure that Pickering continues to thrive.

I encourage each one of you to get involved in your community, volunteer your time, and support local organizations that are making a positive impact. I invite you to visit [stpaulsonthehillfoodbank.ca](http://stpaulsonthehillfoodbank.ca) or [facebook.com/DarsGiftsFromTheHeart/](https://facebook.com/DarsGiftsFromTheHeart/) to learn how you can get involved or support these amazing organizations!

Lets join hands to make Pickering an even better place for all. Together, we can create a brighter future and continue building a City we are all proud to call home.

**Kevin Ashe**

Mayor of Pickering

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***From Councillor Brenner...***



Brenner teaching class on

Recently I accepted an invitation to speak to a High School Class on the history and role of Municipal Government (Local Government) and what better way to gather my content, I turned to “Google”. What I found was a journey into the history of Pickering/Durham and the role that those early settlers played to change history

***A Citizen Revolt:***

In the mid-1800s, The Crown(England) appointed members of conservative local elites (Tories) who monopolized political power in settler colonies. These Colonies were situated in Upper and Lower Canada (present-day Ontario and Quebec) Initially political reformers led primarily by professionals (lawyers, journalists, and doctors) attempted to change the system through peaceful, constitutional means. When this failed, and with growing frustrations, a group referred to as the "Rebels" embarked in an armed rebellion in 1837/1838. Many of the leaders of these armed rebels lived in what we today refer to as Pickering and Durham.

While the British Government forces were able to crush the uprisings, 1,500 people were arrested, 250 deported and 50 hung. One of the most known leaders of the rebels was Peter Mathews, a farmer who moved to Pickering Township in 1799. Mathews served along side Isaac Brock in the militia during the War of 1812. In 1837 with the British imposing their power on the settlers, Mathews became active in the Political Union movement hoping to pressure the British Government to grant reforms. When this failed Mathews lead a group from Pickering as part of the William Lyon Mackenzie uprising.

As the battle unfolded Mathews and his group of 60 men from Pickering, took part in the Rebellion of 1837. It was a short battle that cost Mathews his life. He pleaded guilty of "Treason" hoping for mercy but was sentenced to hang, making the Pickering settler an example. Today in the small Hamlet of Brougham a short distance from the Mathews farm, a Heritage Plaque was erected recognizing the important role Mathews played and died for, fighting for Local Government and Local Decision making.

***Creation of Local Government and the Municipal Act:***

With the Rebellion over following the hanging of Mathews ,in 1838, the British government sent Lord Durham (Who Durham Region has been named after) to investigate the causes of the rebellions and to recommend reforms to prevent a similar up rising from re-occurring. Today we would call this a Public Inquiry.

Acting on the Lord Durham Report, in 1841, the "District Councils Act was past creating Municipal Government in Ontario. This Act in 1849 gave birth to one of the first acts of the newly formed Government of Ontario, the creation of "local self government" the Municipal Act of 1849 which provided for the incorporation of local Municipalities. By1868, Ontario had local representation, 36 counties, 399 townships and 104 cities, towns and villages.

All with duly elected leaders from a cross section of what we refer today as communities, to govern and make inclusive decisions with-in its legislated mandate.

***Flash Forward 2024: What has changed?***

While Municipalities were created out of an uprising of rebels from Pickering resulting in self governance, the role of Municipalities and their elected leaders continues to be threatened. Communities, Local leaders, and Councils alike are frustrated at being treated like children and told what is best for us. But Centuries later, it is not by the British Government of the 1800s but by the same body that was created through Confederation to protect self governance, the Provincial Government of Ontario.

We as Municipal politicians are told we are the children of the Province. Through amendments of the Municipal Act and various pieces of Legislation, under protest boundaries have been realigned, forced amalgamations have been imposed. We have have been threaten of elimination if we do not co-operate. We have been stripped of important decision making in Planning, and now the introduction of Strong Mayor Powers. As Councillors we feel disrespected with our ability to govern as elected officials eroded. So ask your selves what has changed in 200 years.

To be clear, I am not promoting civil unrest nor a rebellion. As Communities and as Municipal Councils by working together, we do have the power of the pen and the ability to pass resolutions for positive change. By working in partnership with communities, we can make a difference the same as a modern day Peter Mathews would through grass route local decision making something that should never be compromised.

***Maurice Brenner***

Councillor Ward 1

Regional Councillor



**Paul White**

President



***Rougemount Community and Recreation Association***

Contact: **Peggy Bowie** (Ph 416.903.3284)

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**PWSCA**

Pickering West Shore Community Association

***From Scott Loyst, President . . .***

Pickering West Shore Community Association (PWSCA)

Scott Loyst - President

[Pickering.PWSCA@gmail.com](mailto:Pickering.PWSCA@gmail.com)

Social Media - <https://www.facebook.com/pickeringpwsca?mibextid=LQQI4d>

IG - @pickeringwestshore

Website- <https://pwsca.ca>

**Scott Loyst**

President

## Health and Ageing...

### *Briefly:*

- ENERGY: a number of articles to help make life more satisfying and more energized
- RETIREES suggest ideas for making retirement and more fulfilling

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

## Beat fatigue and supercharge your day

By **Fran Berkoff**, registered dietitian

Source: *renaissance* magazine, RTOERO Ontario



**Trite but true: Spring signals renewal.** If you're feeling sluggish after a long, mostly indoor winter, now's the time to rethink what you're eating and put a new spring in your step.

### ***Eat carefully to combat energy enemies***

*Skipping meals, over- or under-eating, not drinking enough water, overdoing caffeine or making unhealthy choices* all contribute to reduced energy. While food isn't the only way to pick yourself up, what you eat can make a big difference in your sense of well-being and provide that essential fuel you need to energize you through the day.

### ***Careful eating***

Start by planning healthy meals and eat them at regular intervals. Best combinations

are **healthy carbs** such as whole-grain breads, pasta and cereals; fruits and vegetables; and **healthy proteins** like chicken, eggs, lentils, legumes and nuts. This offers your brain and body a steady amount of energy.

**Breakfast** is a smart way to begin the day — don't worry if you're not hungry first thing and you enjoy "breakfast" a little later. Think beyond traditional breakfast food. How about a wrap with hummus and beans, leftovers from last night, a grilled cheese sandwich, peanut butter or almond butter on a bagel?

My favourite breakfast is steel-cut oatmeal with milk or a plant-based beverage and topped with seeds and fruit. [Also the breakfast that *The Barefoot Contessa*, *Ina Garten*, has eaten DAILY for past ten years.] The carbs in oatmeal are digested slowly so you get a more balanced release of energy throughout the morning rather than a quick burst.

**Dark-green vegetables** start to show their heads in spring, so indulge. Asparagus, spring peas, green onions, leeks, fennel (my favourite) and watercress all contain vitamins A, C, K, foliate, fibre and more. They add not only flavour and nutrition to **salads and soups** (potato leek soup is yummy!) but a whack of nutrients and are low in calories. Besides the fresh taste, buying veggies in season can deliver some extra energy.

### ***Reduce your sugars***

Go easy on simple sugars. While sweets, candy, sugar and soft drinks may give you a quick energy boost, it's usually not sustained. Try plain yogurt with fresh fruit or a handful of dried fruit and nuts when you're feeling peckish.

### ***Water is vital***

It is very important to stay well hydrated. If you become dehydrated, your energy will dip. Water is at the top of the fluid list because it's calorie-, sodium- and sugar-free. Plain water doesn't do it for you? **Try sparkling or carbonated or add lemon or lime slices to your glass.** Get in the habit of consuming fluids regularly throughout the day, even if you're not thirsty. You'll feel better for it.

### ***Supplements, vitamins***

Eating well is the best way to boost energy, but sometimes a supplement might help, and a good multivitamin/ mineral can fill in your dietary gaps. Adults over 50 may not absorb enough vitamins **B12** and **D** from foods, so you may be advised to add supplements or fortified foods. **Talk to your doctor, pharmacist, a dietitian or other health care person.**

### ***Get moving, even a little***

Don't forget exercise. Keeping physically active is also an energy booster. Walk your neighbourhood — always more fun with a friend! — and slowly increase your distance and speed. And consider activities like swimming or pickleball that also

offer opportunities to increase your social connections.

## ENERGY-BOOSTING FOODS

*Salmon* is rich in omega-3 fatty acids, important for heart and brain health, plus protein, vitamin D and other essential nutrients.

*Blueberries'* deep blue colour comes from anthocyanins, powerful disease-fighting antioxidants that have also been shown to help protect our aging brains.

*Sweet potatoes* get their bright colour from beta-carotene, a powerful antioxidant, and contain vitamin C, foliate, fibre, plus generous amounts of potassium that can help manage blood pressure.

*Oatmeal* is a good source of soluble fibre, which is helpful in lowering cholesterol and managing blood sugar. With a low glycemic index, a rich cache of B vitamins and minerals such as iron and magnesium, it's a smart, satisfying way to start the day.

*Broccoli* has high concentrations of important plant chemicals with disease-fighting properties that may enhance your health in a variety of ways, including reducing inflammation and promoting heart health.

*Almonds*, rich in heart-healthy mono unsaturated fats, are a tasty and convenient snack. They are a source of protein and also provide important nutrients, including calcium, magnesium, vitamin E and fibre.



## Life after retirement

A number of retirees were asked: How do you keep motivated and engaged?

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- *Have a hobby. Have friends with whom you enjoy doing activities. Keep your mind and body active. Plan your future. Enjoy life! Rose Gagne, The Prairies*
- *You can become even busier after retirement than you were when you were working. Learn to sometimes say "NO" and take time for things you enjoy. Beverley Rumble, Cochrane*
- *Pursue new passions — it's now or never! Make new friends. Don't fall into the grandchildren babysitting trap. Your grandchildren are to be enjoyed, not to be raised. The world is now your oyster. Don't cling to past activities as a security blanket. Purge toxic people from your life. They only drag you down. Helene Daleman, Durham*
- *Don't just stand there — do something! John Harris, Windsor-Essex*
- *You've had summers to practise. Get fit. Eat well. Cook You have all the time in the world to do things. Eleanor Nesling, Vancouver Island*
- *Get involved in the community within a comfortable limit for yourself, but be sure to get out of your house or own space and mix with others. Engage in hobbies. Spend within your means. Victoria Leclair, Temiskaming*
- *You'll soon wonder how you had time for work! Now you can get to all those things you put off until retirement — at your own pace, of course. Mark Baines, London*
- *I joined four different charities in my retirement and I love them all. It brings me a lot of fulfillment. Socialize. I attend all RTOERO luncheons and breakfasts in my local district. I enjoy hanging out with teachers who are 10, 20 and even 30 years older than me. Gina Marcon, Windsor*
- *Plan ahead and don't be afraid to experience new adventures. Elaine Lipstein, Quebec*
- *I have only been retired for four months! But I think key ingredients for retirement success are keeping physically active, going to regular meetings, having conversations with friends and making plans for the future. Miriam MacLeod, Atlantic Canada*
- *If your health allows, volunteer at a hospital or find a part-time job. This will help you to balance mentally. Reza Davoodi, Quebec*
- *I took a Walkers' World tour of the Camino my first September not teaching. That tour changed my life: I met other Ontarians with whom I have since travelled and hiked, and I enjoy their company. Linda Rankine, Wellington*
- *Be open to new experiences; take up a creative hobby (or two); resurrect former interests such as piano lessons, painting or singing that you were too busy to enjoy when you were working. Vicki Galbraith, London*
- *Take time to "decompress" and evaluate those things that are important to you. Build your volunteer activities on the things that really matter to you. Corinne MacDonald, Vancouver*
- *Realize what a gift it is to have this time to enjoy. Johnee Okrainec, The Prairies*

## TECHNOLOGY:

### *Briefly - Notes and comments about TECHNOLOGY:*

- *AI - Perplexity*, the best of AI companies, without reservation
- *My website*: simplification of the comprehensive site is an ongoing challenge but the goal of benefiting readers never stops

## **Perplexity**

AI, artificial intelligence apps are becoming increasingly common tools used by more and more computer users. For writers, AI will become 'right hand assistants' in no time; for other computer users, AI will become ever increasing valuable assistants. AI is far more than sophisticated search tools; it is writing and explanatory assistance to specific queries. As in the Field of Dreams, the 'build it and they will come' be an 'ask it and you will receive with the answers you need.'



*Perplexity* is an AI tool that responds to input by searching out information on the Internet. Often, the material any AI reports is overwhelming as the computer bot responds with all that it finds. Refining and distilling posed questions yields responses that are more direct and practical to the average user.

*Perplexity* and its premium version, *Perplexity Pro*, are powerful machine language (natural language) or AI tools that provide awesomely comprehensive responses that many users will find overwhelming but once the users understand and master the questioning process, the tools become amazingly useful and beneficial.

For our detailed review of *Perplexity* and *PPro* click —> [Artificial intelligence](#)

[www.perplexity.ai](http://www.perplexity.ai)

*To try Perplexity, click —>*



*Technology* is aimed at mid to beginner level computer users. It is not intended as a

“Computer ‘HOW TO’ manual but many readers of  use the *Technology* section for ideas and assistance for their computer work.

### Extensions

Extensions are applets, mini programs, that perform specific tasks in your browser. There are a number of pages on the Szpinner website at [www.szpin.ca](http://www.szpin.ca) devoted to describing and explaining Extensions. One excellent page can be found at [Productivity: Extensions](#).

### My website - trying to keep things easy and simple

My website at [www.szpin.ca](http://www.szpin.ca) has been published for nearly 10 years with more than 5000 pieces. Therefore trying to simplify navigation of the site is very difficult. Some readers have asked for a simple list of posts. There is one on the front page for the “latest dozen.” It would be a horrendous list if I posted all 5000+.

Hence, it is important to use one of the two “SEARCH” boxes available on the front page: by *Topic*, by *Category*. Also, using the widgets, the little images on the right side of the page like *Editorials*, *Savvy Shopper* will display the posts published in that sections.

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### WIDGETS

WIDGETS, sections located on the right side of The Szpinner website, contain posts or articles relating to their title. Some widget titles, Editorials, Savvy Shopper, Pickering+, Point-Counterpoint, Writers Resource Centre. Each has material in it relative to its title. WIDGETS always display on every screen for constant availability.

### Writer Resource Centre (*free access till June 1*)

If you are a writer, the *Writer Resource Centre* has many useful articles for you ranging from publishing advice to help tools for writing. It is a treasure trove advice and assistance gems for writers. Access to all the information, tools and advice is *free until June 1st*. Visit the widget now and see what’s available or interests you while access is still free.

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### Savvy Shopper

One section readers who like saving money read regularly is ‘[Savvy Shopper](#).’ So let’s give you a little information about the author, [Nadia Girardi](#).



Nadia is a retired secondary school administrator. She was a Vice Principal at a number of Toronto Catholic District School Board high schools.

A life-long passionate traveler, retirement gave her more time to indulge in one of her most ardent interests, traveling the world. She has touched every continent on the globe except for Antarctica, and as she hates the cold, she may never visit it.

She is an avid gardener and a talented painter, both hobbies practiced with devotion and serious commitment.

Finally, Nadia is amazingly frugal. She has been dedicated to getting the most out of her spending and this has made her a careful shopper all her life. This impassioned dedication to careful spending led to her creation of the '[Savvy Shopper](#)' column.

Weekly, Nadia scours the food retailer flyers hunting for the best grocery deals and then she writes her column to help others save time and get latest and best up-to-date grocery deals. Her columns highlight foods that are typical, not just bargain items which your family may never eat.

In these inflationary times where food costs seem to be sky rocketing regularly, her '*Savvy Shopper*' column is a practical guide to helping you save your money.

As Nadia says, "Carpe Diem," or "Better a penny in my pocket than theirs."

Check out her column at '[Savvy Shopper](#).'

## Books Shelf...

### **Briefly:**

- This material is information regarding BOOKS. There is no affiliation with any BOOK related corporation or commercial organization.
- Some readers still purchase hard copy BOOKS. With *global warming* in mind, we suggest book readers borrow books from their local libraries rather than buying 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 is away in cottage country with decreased access to the Internet. So she's putting her feet up by the dock on the bay.

### **Heather Stuart**

Heather's connectivity is limited at this time as she is on distant shores sipping Riesling and reading tour guides rather than books.



### **Richard on BOOKS...attention WRITERS**

Still too soon to venture out on any vacationing sojourns but recovery and rehab are going well, so we likely are a month or so away from some sort of vacation trek.

### **MEANWHILE**

We read...and here are two note-worthy authors:



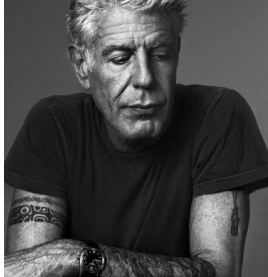
### **SALMAN RUSHDIE**

Most renown for his "*Satanic Verses*" acclaim and the bounty put on his head for writing the, Rushdie has written more than 30 books, many attaining bestseller status. His latest, "*Knife*," should hit those lists most

certainly.

"*Knife*" is an outstanding read on many levels: writing style, flow of the narrative, romantic content, fun facts, social commentary and much more.

Read the review on my website at [KNIFE](#)



### **ANTHONY BOURDAIN**

Anthony Bourdain was a celebrity chef, raconteur and travel documentary film maker. He was one of those highly intelligent people who suffered serious mental anguish. Bourdain committed suicide in Paris in 2018. Besides being a renown chef, writing his bestseller, "Kitchen Confidential," he also wrote more than a dozen other books. The man never slept.

Currently, I am reading "Bone in the Throat," murder and organized crime with much integration with his kitchen experiences and life in Manhattan.

Review to follow next month.

## Helping...

### *Briefly:*

One of goals in writing this newsletter is to help others. Much of the material offered is based on research and Internet exploration. Many of the tips have been tested and work.

Try out some of our suggestions and also confer with our website at [www.szpin.ca](http://www.szpin.ca) to see more helpful ideas and suggestions.

### **Phone numbers**

We have two excellent lists that help with phoning. They are located at the bottom of our

Useful PHONE numbers



web page. One is a list of useful general phone numbers:

Let us know if you have any other phone numbers that should be added to this list.

"HELP" phone numbers



The other is a list of the HELP numbers available to you.

These lists will save you time and energy when you need a phone number.

### **For Writers**

We have been networking with writers, published, experienced and newbies, for many years. Recently we created a resource centre that offers many helpful tips and links for



those of you who write. Check it out at

### ***Chapbooks***

CHAPBOOKS are mini-booklets, 10-20 pages in length and usually sold for much less than most books. They are opportunities for authors to 'test the waters:' to see if readers show an interest in their works, to print a story for test purposes, to try a new genre or style of writing, to experiment and publish the trial

### ***Family legacy***

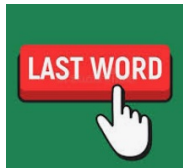
However, we suggest another idea worth consideration: write a legacy story for your family, something to leave behind for your heirs to read and learn about their family past. If you're interested in this, I offer help in compiling, design and publication of chapbooks. You only have to provide the text in MS Word format along with some design ideas to customize your cover. For more information, contact me at [zippyonego@gmail.com](mailto:zippyonego@gmail.com)

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### ***ESTATE ORGANIZER***

So, what about "after you? What are leaving behind in your will? Is the family going to cover all the bases, do all that must be done, find everything they need? Consider this helpful package that will assist you with tying all the loose ends for after. It is a low cost package that helps you compile everything you should compile for your family to access and use when the time comes.

See the Estate Organizer sampler at [ESTATE SAMPLER](#)



Hello everyone...

AI, artificial intelligence, is in the news and hitting us from every direction. Though you may have little interest in AI, you need to be aware of it as its powerful and growing development will be confronting you in many places and you will be challenged with its seeming authenticity. Telling you to be wary, is not good enough. You need to know of what you should be wary. AI is a computer learning model that can generate life-like images and parrot authentic sounding voices of friends and your family. Learn more about it.

As always, my thanks and appreciation to donors who support our work with donations by eTransfer or by just visiting and leaving a comment. I really appreciate your support.

Summer's gonna be a hot one, so be cool and stay cool!

Thank you.

**Richard** ( *with a lot of  
assistance from...* )  
**Nadia** and **Fermo** )