



The *Szpinner* NEWSLETTER

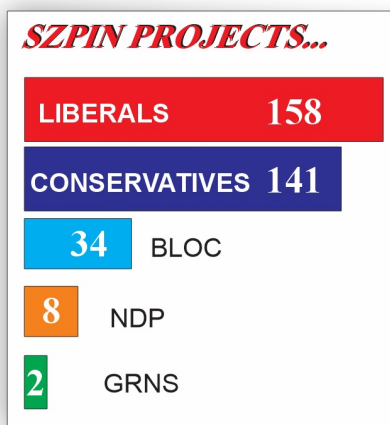
The DESKS

1. **FRONT DESK:** *New government, new hope*
 2. **POLITICAL DESK:** *from City Hall*
 3. **Richard's DESK:** *my website - more than the newsletter*
 4. **HEALTH DESK:** *Anosognosia; 8 signs you're healthy*
 5. **BOOKS DESK:** *digital devices and Canadian author for young readers*
 6. **TECH DESK:** *AI - may be frightening*
 7. **LAST WORD:** *Appreciation of life in Canada*
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The *FRONT DESK*:

Editorial

[Note: This column was written three days before the election.]



Same party, new government...new hope?

Carney promised positive improvements for Canada, tax decreases, inflation reduction, improved trade inter provincially, better environment policies and on and on.

Poillievre's message of change never resonated fully with Canadians. We've heard it all before and we're skeptical of any real change.

Life will not improve with the new government if you look at the big picture. It won't get much worse and because life just keeps rolling along, much will stay the same:

prices will continue to rise, housing will still be a hopeless dream for many, food bank use will continue to rise, the homeless number will remain as it is, climate will continue to degrade and many of us will still struggle to maintain as good a life as we can.

Life will continue as is. The rich will increase their wealth, dodging or evading taxes as is their wont. The middle class will try to maintain their lifestyle unscathed and unchanged. They will still try to eke out a life style that is like the semi-rich and famous...out for a dinner once a month, delivery four or five times a month, pizza. And the poor will continue to struggle. The single mom in the tiny two bedroom will continue to scramble to pay her rent. Food anxiety will be a regular family member. Her constant hope is to retain her job even if it is minimum pay. She never thinks about a year or two down the road as that picture is a glum one.

The campaign saw so many promises of taking us to the promised land: all of us becoming richer; all of us having decent homes and all of us eating well; having a newish car in the garage; having dreams that had good chances of being fulfilled like a two-week vacation in the Caribbean for the whole family. Yes, those campaign promises made the picture of our future bright and acceptable.

Now the time has come for the victorious party to deliver a government with many promises fulfilled. A government that will provide services and security that will make everyone sleep better. A government that will provide what we need without continually driving the nation deeper into debt. A tall order but Carney and the Liberals promise it.

Sadly, the NDP, the party that actually affected positive changes to the services the government provides, that party is currently going the way of the dodo. Not enough seats to even sound a squeak in parliament. Racism arguably played a role in their seat loss. We pay lip service to equality and equity but we are improving. Just ask any person of colour, better still ask any Jew. The NDP made government pro people but now with the few seats they have, they are a mere squawk in Ottawa, so few in numbers they will be serving food in the parliamentary cafeteria in order to be seen.

The BLOC, oh please, no interest outside of Quebec. Thanks to T****'s aggressive economic attacks they have muted their separatist voices promoting national unity to bolster our defenses against AmeriKa's tariff war. Election over, where will Blanchet take the Bloc now? In their hearts the people of Quebec are Canadians. In their heads they fear the continual and progressive demise of French culture. If they cannot affect a stronger French Quebec, they fear their grandchildren becoming pure anglophones will be reality.



The short of it all, new government, same country. Life will not change. Spring will continue to unfold, the days will warm more after each sunrise and Fermo will still enjoy his walks sniffing at every shrub and batches of greenery. Life in Canada will still be good for many, acceptable to many others and stressful and challenging for many others. I hope you are in the former groups rather than the latter.

Best.

Richard

POLITICAL DESK:

News from councillors, elected reps and community associations



Political commentary:

We invite the Mayor and all the councillors to send updates when they have something they wish published.

We wish the Pickering Council, the Ratepayer associations and the provincial and federal representatives well and thank them for all the support they give our publications. Thank you.

From the PICKERING City Council



Profile
mayor@pickering.ca

Councillor Maurice Brenner
Regional Councillor Ward 1



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Councillor Lisa Robinson
City Councillor Ward 1



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Councillor Mara Nagy
City Councillor Ward 2



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Councillor Shaheen Butt
City Councillor Ward 3



Profile
sbutt@pickering.ca

From Mayor Ashe....no update this month

Yours Truly,

Kevin Ashe

Mayor, City of Pickering

From Councillor Maurice Brenner....no update this month

From Councillor Shaheen Butt....no update this month

From Councillor Linda Cook....no update this month

From Councillor Mara Nagy....no update this month

From Councillor David Pickles....no update this month

From Councillor Lisa Robinson....no update this month



no update this month

Paul White

President



MAY update

The **Rougemount Community and Recreation Association**

(RCRA) invites everyone to join us for games, vendors, music and more at the Rouge Valley Park on Rouge Valley Drive on Saturday, June 14, 2025 from 1:00 - 4:00 pm.

Everyone is welcome: Come one - come all!!

Looking forward to seeing everyone at the Park!

Peggy Bowie
President
(Ph 416.903.3284)

PWSCA

Pickering West Shore Community Association

no update this month

Scott Loyst
President

Richard's DESK:



A retired school administrator, Richard used to motorcycle across Canada and the USA. Father Time has kiboshed riding giving Richard more time for his other passion, writing.

Richard, along with his wife and stubborn Scottie have been Pickering residents for over 35 years.

Richard's a firm believer that Pickering is one of the best communities to live in in all of Canada.

- Much more news, information and articles are available at my website at www.szpin.ca

My website offers much more than is possible in the newsletter and also I update material there often. My website is available at www.szpin.ca

Here's a sampling of latest posts made to the website:

- ***Amerika: insane or foreboding:*** T**** is getting far more attention than he deserves but he should not be ignored as he is destroying democracy, his country and the respect the world once held for the USA.
- ***PICKERING:*** You have to see this: "Pickering in 10 years" – The development as planned may be troubling for Pickering of tomorrow. Will we be able to manage the changes that are planned?
- ***Commentary and Opinions:*** though my aim is to be objective in my writing, at times I cannot resist writing my personal opinions or the opinions of others. As I respect authenticity and truth in the news, I put these comments and opinions into sections that are clearly designated as such.
- ***Book reviews:*** I love to read and feel many others read a lot but try to avoid reading books that are not worth their time. Yes, book reviews are unavoidably subjective but most of us want to hear what others think before we begin our page turning. I review two books on my front page and one for young readers by Canadian author, Chris Evans.

Those are just some of the areas I have written about in the past few weeks.

Navigating my site made easy



My website has been published since 2016 and has literally thousands of articles. This necessitates organizing and reorganizing the posts often to make the material easier to access and to find. To get the most from my website, please read “*Navigate Richard’s website easily*” on my front page.

Click the above ^

HEALTH:

Briefly:

- ANOSOGNOSIA is normal memory loss, not Alzheimer's.
- Are you healthy? 8 signs that you're actually healthy.

I was at a gathering of about a 100 people recently and as I talked with people, I recognized many to whom I was introduced before, so their *names should have been recallable*. Didn't happen. Invariably, as I conversed in various groups, the names of people escaped me, people to whom I had been introduced before. Thoughts of Alzheimer's crept into my head and then I remembered having written a column about slipping memory. Read what I published on my website and relax if you think you have memory problems.

ANOSOGNOSIA: Over 65, you may have it...nothing to worry about. It's not Alzheimers.



ANOSOGNOSIA

If you think you are suffering memory loss, read on.

Anosognosia, very interesting:

In the following analysis, the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière – Paris Hospital addresses the subject in a rather reassuring way:

“If anyone is aware of their memory problems, they do not have Alzheimer's.”

Normal forgetfulness due to ageing:

1. forget the names of family members or friends.
2. forget where things have been put.

It often happens in people 60 years and older who complain that they lack memory.



The official definition of health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

How can you tell if you fit that definition? That's a question best answered by your personal healthcare provider, who's equipped to evaluate every aspect of your wellbeing. But there are some general signs that indicate good health for most people. Here are eight to look out for.

1. You eat when you're hungry and stop when you're full.

Listen to your body when it comes to eating. This simple behavior is a hallmark of healthy eating.

"It sounds really silly, but it's amazing how many of us don't do that," Dr. Cindy Geyer, member of the True Health Initiative. "We forget to eat so we're starving and then we eat a ton, or we're eating mindlessly in front of the TV, or we're eating in an emotional context because it's how we're self soothing."

Dietitian Rachael Hartley also stressed the importance of listening to your body in this regard. "A healthy relationship with food is trusting your internal cues, not external ones, to decide what and how much to eat," she said. "I encourage clients to eat until you're satisfied, but not stuffed."

2. You're eating a varied diet rich in whole foods.

A diverse diet covers all your bases. "A lot of diets exclude certain foods, [but] when I look at clients' eating patterns I look for an array of foods," Hartley said.

A diverse diet ensures that you're more likely to get all the vitamins and nutrients you need, she explained. This is even more true if that diet that's rich in whole, unprocessed foods, which tend to be more nutrient-dense than processed stuff.

3. You're eating enough.

"In our culture, sometimes people think of healthy eating as, 'how can you eat as

few calories as possible and survive?" Hartley said. "But in reality, I want to make sure people are eating enough." Everyone has different calorie needs that vary based on age, sex, and activity level.

Remember, calories aren't your enemy or some evil force to be reduced at all costs. They're an energy source that helps you live your life and do what you love. And if you're not eating enough of them, you could end up feeling moody, weak, achy, and more.

4. You can make it up two flights of stairs and feel pretty good.

Stairs are a good test of your physical fitness. If you want to become a ripped bodybuilder or ultra marathon runner, more power to you. But it's OK if you don't aspire to those goals. You don't have to be an extreme athlete to be healthy.

The recommended amount of exercise for good health is 150 weekly minutes of moderate activity, like brisk walking.

Another benchmark that doctors use to determine physical fitness: "If you can go fairly quickly up two flights of stairs without stopping and feel good at the top, that's a moderate level of exertion," Geyer said. "While not perfect, the ability to climb two flights of stairs easily suggests that your body can perform high intensity activity, one marker of fitness."

5. You embrace your full range of emotions.

Emotional health is just important as physical health, and Geyer has a simple way of gauging it.: "I think emotional wellbeing is embracing the whole gamut of emotions and understanding that they're all normal," Geyer said. "It's normal at some times to feel angry, it's normal to feel upset, it's normal to feel anxious and depressed. And a good sign of emotional wellbeing is embracing all of those emotions and recognizing that no one of them is going to be permanent."

It's a lot like the message in the Pixar movie "Inside Out" — happiness wouldn't mean as much if you didn't feel sad now and again.

Same goes for dealing with stress. "It's not about not having stressors," Geyer said. "It's [about] recognizing when the stress is there and finding strategies to manage it and deal with it and move on." Stress really is manageable — there are several doctor-approved ways to deal with it.

6. You can wake up without an alarm clock.

Feeling rested when you wake up is a good sign. It should come as no surprise that selling yourself short on sleep is terrible for your body and brain. Research has linked insufficient sleep to increased risk of Alzheimer's, obesity, stroke, and diabetes. That's why it's important to shoot for eight hours a night.

"If you regularly wake up in the morning without an alarm and you feel rested and refreshed, that's a pretty good gauge that you're getting quality sleep," Geyer said.

The idea of getting up without an alarm probably seems like a distant fantasy. But more than a third of American adults report that they're not getting enough sleep, according to the Centers for Disease Control and Prevention. Maybe it wouldn't seem so ludicrous if we all logged more hours snoozing.

7. You're not falling asleep too quickly.

Always conking out on your commute probably indicates that you need more sleep. Falling asleep in an average amount of time — roughly 10 to 20 minutes — is a sign that your sleep is pretty good, Geyer explained. But if you're too quick to conk out, you're likely not getting enough sleep.

"If somebody's falling asleep much more quickly than [average] — like their head hits the pillow and they're out — that can be a clue that they have a sleep debt."

Also watch out for sleeping while traveling. "If you get in the passenger's side of the car or you get in an airplane and you fall asleep regardless of the time of day, that's a very strong indicator that you have a sleep debt," Geyer added.

8. You have the energy to do the things you want to do.

It's good to have energy for stuff you love —whether that's yoga, or ping pong, or baking cookies. Geyer said that there was one word that kept coming to her mind when she thought of good health: **energy**. "It's so non-specific, but having the energy to do the things you want to do is usually a very good sign of good health," she said. "And that energy can be physical energy and emotional energy."

No matter what, remember that health is individualized. If you're worried you're not healthy — or you're just curious about where you stand — make sure to see your doctor.

Books Shelf...

Briefly:

- Everyone's been busy, so my posts may be somewhat abbreviated.

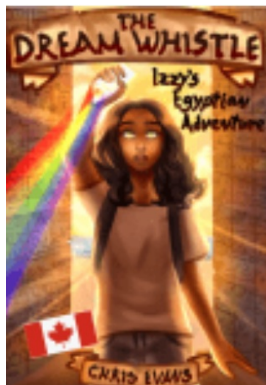


Gail and Heather, two dynamic and discerning book enthusiasts, both retired school administrators, bring years of reading experience to the book shelves here.

Richard reads Books:

I read a lot, nightly before 'lights out.' I have written this before, I prefer to read digitally, on my iPad rather than with a book.

Recommended for the young readers in the family



A magical escape for young readers by Canadian author, Chris Evans.

Any young readers in the family?

Canadian author, Chris Evans, offers you a great read. Timeless, adventuresome, whimsical and magical, your young one will be transported to a world they won't experience on any digital device.

The Dream Whistle: A Whimsical Journey Through Ancient Egypt

The Dream Whistle by Canadian author Chris Evans is a delightful middle-grade

adventure that whisks readers away to the captivating land of Egypt. Izzy, a spirited young girl with a unique "dreaming talent," embarks on a journey filled with mystery, cultural exploration, and a bit of magic.

A Vibrant Tapestry of Adventure and Intrigue

Evans masterfully weaves together elements of adventure, mystery, and fantasy against the backdrop of

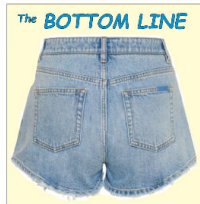
Egypt's rich history and stunning landscapes. From the bustling markets of Cairo to the to another world. The pacing is brisk, keeping readers engaged as Izzy unravels the secrets of the dream whistle and encounters a cast of intriguing characters.

A Celebration of Culture and Friendship

The Dream Whistle is more than just an adventure story; it's a celebration of Egyptian culture and the power of friendship. Evans seamlessly integrates historical details and cultural nuances into the narrative, offering young readers a glimpse into the wonders of ancient Egypt. Izzy's interactions with her sister, uncle, and new friends highlight the importance of camaraderie, courage, and embracing the unknown.

A Magical Read for All Ages

While *The Dream Whistle* is primarily aimed at young readers, its engaging plot and vibrant characters will appeal to adults as well. Evans' writing is both evocative and accessible, making this a perfect *read-aloud for families* or a captivating solo journey for anyone seeking a bit of magic and adventure.



The Dream Whistle is a captivating tale that will leave readers spellbound. Chris Evans has crafted a memorable adventure that is both entertaining and educational, offering a perfect blend of mystery, culture, and heart. I highly recommend this book to anyone who loves a wonderful adventure and is ready to be swept away on a magical journey through ancient Egypt.

Purchase through AMAZON or directly from the author at cegroove.com

TECH DESK:

Briefly:

- AI - the wave of the future...frightening to some people.

AI again

AI (artificial intelligence) is growing by leaps and bounds, developing faster than mold on blue cheese. Every corporation doing computer-related work is on the bandwagon and trying to profit from the AI momentum.

AI will benefit everyone. Research will be better and deeper, innovation and change will improve faster and better, breakthroughs in many fields will occur often and be of universal benefit. Medical research will be enhanced greatly and very much faster than ever before. AI is becoming a very useful tool. AI will benefit all of us As it is improved and developed, everyone will benefit greatly from AI. So why worry or be frightened? In the wrong hands, AI can be a powerful tool for doing bad things. Therefore, the developers of AI are working hard to create protective barriers, guardrails, in place as defences to prevent its misuse.

AI: Useful tool

AI is a tremendously useful tool especially for computer users. Whatever computer work you do, write, draw, work with images, work with design, even simple productivity, AI will enhance that work, speed it up, create new ideas, add more to it. Just one example...

Recently, I was exploring the AI, *Microsoft Copilot*. I learned it could speak other languages. When I tried Polish, bingo, a breeze. Switching

to Italian, clear and easy peasy. When Nadia tried French, the response was ‘immediatement.’ When it became a bit too complex for me, I asked Copilot to make it simpler in complexity...instantly the language was simplified helping me understand more.

Wow talk about having an in house language tutor ready to help you learn a new language, instantly. But it’s a good teacher for much more. Just ask it and learn what it can do for you. That may be the catch though. AI prompts, asking it for help is trickier than you would expect. It is like talking to a child in that regard, your question must be clear and specific. Otherwise you may get a response that is longer than all the volumes of the Encyclopedia Britannica, remember those?

AI needs exploration to benefit you

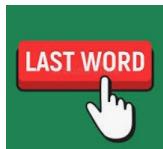
How to benefit from AI depends on what you ask it to do. Ask it to summarize an article, *bingo*; summarize with bullets, *bingo*, summarize so a 10 year old *can understand it*, *bingo*. Ask it to write a response to an email, *bingo*. A comparison of two apps or programs in chart form, *bingo*. Simplify some complex concept, *zip*. AI can do a lot for you.

Frightening...

I tried various languages on the AI, Polish, Italian, French, German. It responded in the particular language with no hesitation. Then, *thinking I had turned the AI app off*, I said something and the “off” app responded as if it were a person sitting in the room beside me. Frightening!



I can’t tell you AI will be your solution to all your computer work and productivity. You will be amazed by what it can do once you learn a little about it. No matter what your line of work, AI will help you in surprising and unexpected ways.



When I was in the voting booth considering how I should vote, I felt a feeling of appreciation or gratitude — what a wonderful country we live in, how lucky we are living here. Nobody controlled me, nobody stopped me to see how I was voting; nobody restricted, regulated or monitored me in any way. I voted and walked home, as freely as a bird.

No matter the outcome of the vote, Canada will remain pretty much the same. We'll still have our socio-economic divisions, our national and regional disparity. But we will have governments, national, regional and local, that will try to improve our lives. There will be no police state, no martial law, no kleptocracy, no national guard limiting our constitutional freedoms.

Entering my home, I made a coffee, in my own kitchen, from my own pantry with no one controlling, regulating or restricting me in any way. I am reasonably healthy for my age. I can go to my doctor, if need be. Thankfully I have one. I can food shop where I want at stores I select where shelves are loaded. I don't have a yacht, don't want one. I have a car, old by choice, running like a Swiss watch, Ok, it's German with many miles on it, and likely many more to come. I can travel freely, where I want, when I want and how I want, limited only by my choice and the money I have.

No matter who makes up our government, I feel secure in the thought that it will be a reasonable, ethical person, not a narcissistic psycho whose goal seems to be to force the world to bow before him. No, I live in Canada, a free and well-governed Canada.

And as important as all the above is, I am thankful to be able to publish as I do, say what I want, without fear of incarceration or censorship or gag orders as being down in a neighbouring country. I am also very grateful for supporters like you for visiting my site and reading my publications. Your feedback and comments are really appreciated.

As my header says, "*Count your blessings!*" I do and I am very thankful.

Wishing each of you the best of health and life here in this great country, Canada.



NADIA & FERMO TOO

!