



Fast Food

By Wayne and Tamara

I am in a long-distance relationship with a woman, and we see each other nine or ten times a month when she comes to my city for work. We are madly in love with each other and she has made plans to move closer to me.

When we met we became lovers first and now are exclusive and serious. However, the problem is she has a lot of old boyfriends, dating buddies, and sex chat friends that still call, email, and text. I have seen messages which ask for sexual favors as if she is a working girl.

She says she no longer sex chats with these guys and they are just friends now. I do not believe it. I fear she is going to continue with this sex chatting and see these guys again. She refuses to discuss or explain any more than "you have nothing to worry about." Yet I worry. What should I do?

Colin

Colin, let's assume the way to a man's heart is through his stomach. You walked into her restaurant and realized she has cooked for lots of other men. You found the cooking tasty, but you know many guys might want another one of her meals. You don't think she is making it clear enough she will no longer cook for them. That is where your minds diverge. You believe she should make it perfectly clear, and she knows if she made it perfectly clear they wouldn't still be hanging around the restaurant. The hitch is, you are looking for a home cook and that isn't on her menu.

Wayne & Tamara

Actions Speak Louder

Okay, here is the background. Seven years ago I met my husband when I was pregnant with my daughter. He took on the role of daddy. Three years later I cheated on him with a black man and as a result had a baby. My husband took on the role of daddy to him as well. Today my husband found out I sent a nude picture to the father of my second child, and now I need to apologize to the man I love and who has been through so much in this marriage. He is on the breaking point, and I think he will divorce me. I want my husband to know I am so sorry, I was wrong, and this is never going to happen again. It's just that this other man has been coming up everywhere, and my husband is so insecure. How do I show my husband I love him so much, and how do I get trust back?

Malina

Malina, it's not paranoia when you think someone is out to get you-and someone is actually out to get you. It is not insecurity if you feel you can't trust someone who has already betrayed you.

Two researchers, Mick Rothbart and Bernadette Park, once gave people a list of 150 traits and asked them how many events it would take to establish each trait. They also asked how many events it would take to disprove the trait. Rothbart and Park learned that the hardest trait to establish is trust, and trust is the easiest trait to destroy.

There is a reason we despise turncoats, traitors, and embezzlers. Cheating triggers a disgust in us we cannot get past. When the cheater is someone we share our intimate life with, it is especially difficult. The problem with staying with someone who has broken trust is that they are likely to betray us again. Aside from our children, it is usually impossible to reestablish trust in one who has broken it. You don't need advice on how to keep your husband. You need to understand why you keep doing this. Unless your husband leaves you, you are unlikely to learn this lesson. Until your husband leaves you, his future is unlikely to change.

Wayne & Tamara



What Gifford-Jones Said a Decade Ago

Common Sense Health – Diana Gifford-Jones

It has been almost a year since my father penned his final column at the age of 101. To mark the occasion, I offer his own timeless words, this week edited from the forward to his book, 90+ How I Got There!

George Bernard Shaw once remarked, "The single biggest problem in communication is the illusion it has taken place." Today the biggest problem with

communication in medicine is that it's the wrong communication, delivered to medical consumers with disastrous results. During the latter years of my surgical practice, I began to realize that big pharma had created a culture of "consumer pillitis" wherein every minor problem required a pill. But no mention was made of unintended consequences. This triggered my interest in natural remedies that had stood the test of time. They have not killed anyone. Prescription drugs, on the other hand, have removed 100,000 North Americans from this planet every year.

As a medical journalist I've enjoyed the privilege of interviewing international medical authorities. This had a profound influence on my approach to medical matters. And there's no doubt my two lengthy interviews with Dr. Linus Pauling are among the reasons for writing this book. Pauling's views on vitamin C, and those of Dr. Sydney Bush, represent to me the greatest medical achievement since I graduated 65 years ago from the Harvard Medical School. It may have the potential to help mankind as much as, or more than, any other research. But is still collecting dust in the medical community. It's an appalling tragedy as their findings of C's benefits could save countless lives.

Voltaire, who spent time in the French prison Bastille one wrote, "It is dangerous to be right, when the government is wrong." During my lifetime as a surgeon and medical journalist I learned that Voltaire was right. When my newspaper column tackled controversial medical topics, my popularity with some segments of society and the medical establishment was jeopardized. The written word is dangerous. But as a journalist one should never expect to win a popularity contest.

Reporting the facts of medicine is never easy. Multinational companies producing chemical therapies are making billions of dollars supposedly to reduce suffering. But they confuse the public about the cause of heart disease and other medical problems.

Sooner or later the truth does emerge. As Winston Churchill wrote, "The truth is inconvertible. Panic may resent it. Ignorance may deride it. Malice may distort it. But there it is." The truth is that we are getting older and living longer. But we all want to live longer well. In this age of degenerative disease, the Gifford-Jones Law states that one bad problem leads to another and another. It's best to avoid them as much as possible. Due to faulty lifestyle decisions, obesity may lead to Type 2 diabetes. Its complications may lead to loss of limbs, blindness and kidney failure. Atherosclerosis due to diabetes may lead to heart attack and sudden death. All may prevent a lengthy and active life.

I hope that this book will show how these disasters and other medical pitfalls do not have to happen. They will occur less often if North Americans learn that smart people do at the start of life what fools attempt at the end.

Enough said.



Most Will Make it to Retirement

By Bruno Scanga
Financial Columnist

We know most people will make it to retirement without suffering a major illness but if you are one of the unlucky ones, what happens now?

Would you forego 1% of your annual rate of return to eliminate this risk?

Sure, you could use your savings or take out a loan to cover the unexpected costs, however, both options will have a significant impact on your retirements plans. If you need to access your registered funds, they are taxed in the year you use them. Accessing those funds prior to retirement is not part of your plan.

Pass on that risk to an insurance company. They will take care of the rest with an illness recovery benefit. This is a tax-free lump sum payment to cover any number of unforeseen expenses. No need to submit receipts or to justify the costs.

Keep your retirement goals on track

If you are diagnosed and survive a major illness like cancer, heart attack, or stroke, you receive an illness recovery benefit payment. This will keep your retirement goals on track. After diagnosis, he/she needs to access 100k from their registered account at age 55 to cover additional costs associated with fighting an unfortunate cancer diagnosis. The impact is significant:

Take 1% of your annual rate of return to pay the premium. Your future self and family will be grateful if the worst happens.

Safe travel, Happy planning!

New Funding for Seniors Active Living Centres in Whitby

WHITBY - Lorne Coe, MPP for Whitby, announced that the Brooklin Community Centre & Library Age-Friendly Programs and the Town of Whitby 55+ Recreation Centre are receiving \$57,640 each in annual funding. The announcement was made during the 50th Anniversary Celebration for the Whitby Seniors' Activity Centre.

"Our government recognizes the important role seniors play in Whitby and across Ontario," said Lorne Coe, MPP Whitby, Parliamentary Assistant to the Minister of Children, Community and Social Services, and to the Minister of Colleges, Universities, Research Excellence, and Security. "By investing in programs at the Brooklin Community Centre & Library and the Whitby 55+ Recreation Centre, we are helping older adults remain active, socially connected, and engaged in the community they call home."

This year, the Ontario government is investing a record amount of close to \$23 million to support 416 Seniors Active Living Centre (SALCs) programs across the province, including 97 new ones.

"Senior Active Living Centres keep our seniors, fit, active, healthy, socially connected, close to their homes and in their communities," said Raymond Cho, Minister for Seniors and Accessibility. "Thanks to Premier Ford's leadership our government is making the largest investment in Seniors Active Living Centre programs in Ontario's history. This will help even more seniors, no matter where they live, including those in a city or rural, remote and northern communities live more healthy, happy and independent lives." We are also proudly celebrating the 60th anniversary of the first six Elderly Persons' Centres—now known as Seniors Active Living Centre programs—established under the Elderly Persons' Centres Act, 1966. That's six decades of expanding access to programs that help more seniors stay active, healthy, and socially connected, ultimately improving their overall well-being. The Ontario government is focused on helping seniors stay socially connected, engaged in their communities, and closer to home, supporting a happier and higher quality of life.

Whitby is home to many outstanding seniors who make a lasting difference in our community. This year, residents are especially proud to celebrate Eva Reti, recipient of Ontario's 2026 Senior of the Year Award, in recognition of her exceptional contributions and commitment to service through Whitby Hospice – Roger Anderson House and other initiatives. Since 2018, the Government of Ontario has provided nearly eight-hundred and fifty thousand dollars to the Brooklin Community Centre & Library Age-Friendly Programs and the Town of Whitby 55+ Recreation Centre through the SALC program.



Dead and Gone... The Changes We Didn't Notice

By Gary Payne, MBA
Founder of Funeral Cost Ontario

One of the things that has surprised me over the years is how often families are caught off guard by changes that happened long before they noticed them.

This seems to happen most often after a long illness or a period of care-giving that lasted for months or years. During that time, people's attention is naturally focused on what is directly in front of them. Appointments need to be attended. Routines need to be maintained. Problems need to be solved. Most families become very good at adapting to whatever the situation requires. What makes this interesting is that change is usually gradual. Very few people wake up one morning and decide they are going to stop travelling, stop seeing friends as often, give up a hobby, or reorganize their schedule around someone else's needs. Most of the time these things happen one adjustment at a time.

A trip is postponed, a weekly activity is skipped, a standing lunch gets cancelled, or a routine commitment quietly falls away. None of it feels particularly significant in the moment, nor is it because life has simply rearranged itself.

The longer a situation continues, the more normal those changes begin to feel. What started as an adjustment becomes a routine. And what started as a temporary accommodation becomes part of everyday life. With a little time, most people stop noticing the changes altogether because the new version of life no longer feels new. Then eventually the situation changes.

At first there are other things requiring attention. Arrangements need to be made, maybe paperwork needs to be completed. Families are focused on all of the immediate concerns, and it is often weeks or months later that people begin noticing something else. A trip that was postponed never happened, a favourite hobby that disappeared was never replaced, good friends who used to stop by regularly have not been seen in years, the regular visit to their favourite restaurant that fell out of the routine. I

It will be different for everyone but the common thread is what surprises people is not that these things changed. What surprises them is how completely the changes blended into everyday life while they were happening.

I think that realization can be tough to describe because it is rarely attached to a single moment. More often it arrives in pieces. Someone notices an empty Saturday, or the who friend reaches out after a long absence. It can be a conversation that revives an old interest.

Whatever it is, it is always gradual before people begin recognizing parts of their lives that had quietly moved into the background.

This is not necessarily a sad realization and in most cases it is simply an honest one. The years spent caring for someone mattered more than the adjustments which were made for good reasons.

Most families would make the same choices again. But that does not change the fact that life was changing at the same time. What I find most interesting is that people often expect the biggest adjustment to be the loss itself. Quite often they discover that another adjustment has been taking place for years.

They simply did not have much reason or time to notice it while they were living through it. The longer I have watched families navigate these transitions, the more I have noticed that people are rarely surprised by what they gave up. More often they are surprised by how much they had gradually set aside before they realized it.