

The

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GEORGE CHUVALO: CANADA'S IRON MAN
September 12, 1937 - September 12, 2026
Few Canadian athletes have earned a reputation for toughness quite like George Chuvalo.

Born in Toronto, Chuvalo became one of the most respected heavyweight boxers of his generation. He turned professional in 1956 and went on to face some of the biggest names the sport has ever known, including Muhammad Ali, Joe Frazier, George Foreman and Floyd Patterson. One statistic has followed Chuvalo throughout his legendary career: in 97 professional fights, he was never knocked down and never knocked out.

Chuvalo fought Muhammad Ali twice, including their famous 1966 bout at Maple Leaf Gardens in Toronto. Although Ali won by decision, Chuvalo went the full 15 rounds and later earned enormous respect for his durability and determination.

By the time Chuvalo retired in 1979, he had compiled a professional record of 73 wins, 18 losses and two draws, with 64 victories coming by knockout. He was Canadian heavyweight champion for much of his career and was ranked as high as No. 2 in the world.





♈ ARIES (Mar. 21 – Apr. 19)

You are feeling more determined than usual this week, Aries, and a conversation you have been putting off may finally bring some clarity.

♉ TAURUS (Apr. 20 – May 20)

Something that has felt unsettled begins to feel more manageable this week, especially around home or family.

♊ GEMINI (May 21 – June 20)

Expect plenty of conversations, messages and maybe even a surprise reconnection, but don't spread yourself too thin.

♋ CANCER (June 21 – July 22)

Pay attention to what keeps bothering you this week, because it may be pointing toward a change you have needed for a while.

♌ LEO (July 23 – Aug. 22)

This is a good week to speak up, make a decision or take the lead on something others have been avoiding.

♍ VIRGO (Aug. 23 – Sept. 22)

Clean up unfinished business, get organized and make room for something new this week.

♎ LIBRA (Sept. 23 – Oct. 22)

You may realize you have been giving too much to people who give very little back, so restore some balance.

♏ SCORPIO (Oct. 23 – Nov. 21)

Your instincts are especially sharp this week, but gather the facts before reacting.

♐ SAGITTARIUS (Nov. 22 – Dec. 21)

A spontaneous plan, new idea or unexpected invitation could shake up your routine in the best way.

♑ CAPRICORN (Dec. 22 – Jan. 19)

Hard work begins showing results this week, even if the progress is smaller than you hoped.

♒ AQUARIUS (Jan. 20 – Feb. 18)

Your mind is racing with ideas this week, and one of them could turn into something worthwhile if you follow through.

♓ PISCES (Feb. 19 – Mar. 20)

Something you have been worrying about may finally start settling down this week.



What Will You Be Leaving Behind? - We inherit this great planet from our parents and the generations before them. Then, in concert with the surrounding culture, our elders teach us how to care for the land and the sea, ourselves and each other.

They model ways of being in relationship with every other expression of life on earth. But whether they act with care or carelessness, compassion or cruelty, generosity or greed, we have the ability to choose our

own way of relating with the planet and her inhabitants. From our first breath here to our very last, we will find infinite opportunities to influence our environment for the better. We can decide now to act with intention in order to leave this amazing planet brighter and more beautiful than when we arrived.

If we enjoy environmental activism, we might feel moved to clean up beaches or to plant trees. But we needn't feel limited in our ability to contribute positively.

There are many ways to leave a legacy of love. We might begin by radiating affirmative thoughts and feelings about how magnificent the earth truly is. We could create and tend a special garden, one that provides an abundance of food and herbs for ourselves and our loved ones, or one filled with sweet-smelling flowers to uplift our hearts.

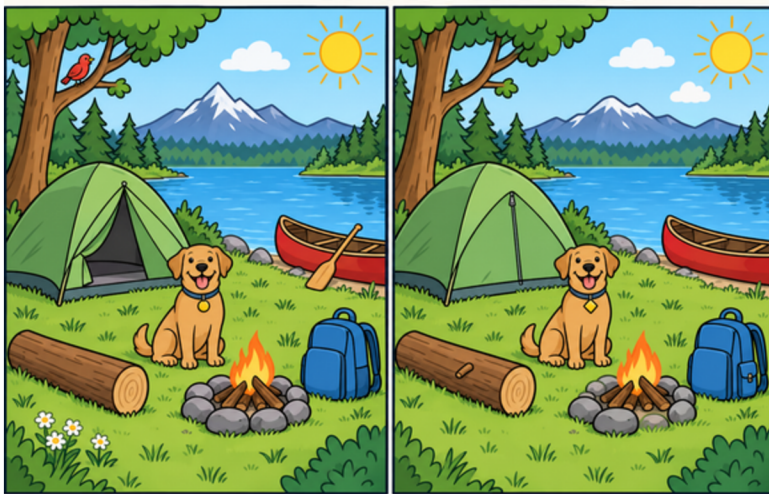
We may even honor the earth simply by trying to be the best person we can be while we are here. Such good will can have a domino effect, inspiring others to contribute in their own way.

We spend our lifetimes being nourished and enlivened by the rain, sun, soil, and wind. Our experience is blessed by other living beings, from plants and insects to birds and humans. We receive so much; giving back just naturally feels good. When we live our lives with the intention of leaving this temporary home a better place for generations to come, we are perhaps leaving behind the best gift of all.

SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

FIND THE 10 DIFFERENCES



5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



NETFLIX: I WILL FIND YOU

If you like a good Harlan Coben thriller, this one delivers: secrets, twists, lies, and a story that keeps changing just when you think you've figured it out. Sam Worthington plays David Burroughs, a father serving life in prison for murdering his young son — a crime he insists he did not commit. Years later, new evidence suggests his son may actually still be alive, sending David on a desperate search for the truth.

The premise hooks you immediately, and the eight-episode series moves quickly once the mystery starts unfolding. There are definitely a few "wait... WHAT?" moments, but that's exactly what makes it so bingeable. Worthington is strong in the lead role, and the story keeps the tension high right through to the end.

Our verdict: Suspenseful, emotional, twisty and absolutely worth the watch. 🍿🍿🍿🍿🍿 **5 out of 5 popcorn buckets!**



BACK TO SCHOOL

Well, here we are again. The lazy mornings are over. The sleep-ins are gone. The fridge is suddenly being raided before 8 a.m., lunches need to be packed, backpacks need to be found, and somebody is always looking for one shoe.

Back-to-school season has a funny way of turning the whole house upside down before it settles into a new rhythm. The first couple of weeks can feel a little chaotic. Bedtimes have to move earlier. Mornings suddenly matter again.

There are forms to sign, schedules to remember, buses to catch, homework to start, and everyone is trying to remember how this routine works.

And honestly? It takes time. Kids are adjusting. Parents are adjusting. Even the dog is probably wondering why everyone disappeared again.

So if your mornings are still a little messy, your lunches are not Pinterest-worthy, and somebody has already forgotten something at home, welcome to September. The goal is not perfection.

The goal is simply getting everyone where they need to be, fed, dressed, reasonably awake, and preferably wearing matching shoes. Give it a couple of weeks. Soon enough, the new routine will feel normal again.

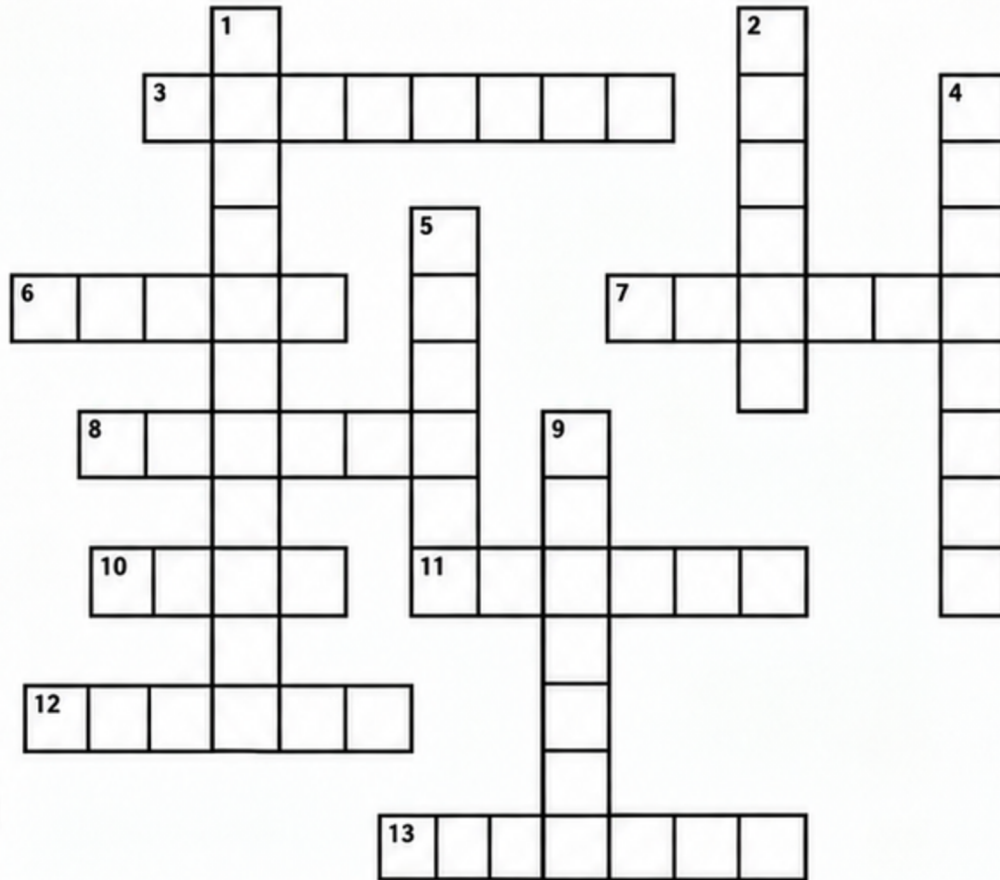
Until then, keep the coffee close and the permission slips closer.

— Love, Ruby ❤️



BACK TO SCHOOL CROSSWORD

Can you solve all the school-themed clues?



Across

- 3. A place where you go to learn
- 6. A person who helps you learn
- 7. The time at school to play
- 8. You write with this
- 10. You use this to erase mistakes
- 11. Work you do at home from school
- 12. A bag you carry your school supplies in
- 13. Something you read

Down

- 1. A vehicle that takes students to school
- 2. A subject you might study (like math or reading)
- 4. A piece of paper
- 5. A place to sit and work
- 9. You eat this at school
- 11. A colorful tool for drawing and coloring

