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# Rink of Dreams - On Hold!



While two proposed outdoor rinks in Whitby (including the one, pictured, at Vipond) were put on hold due to the lockdown, Councillors Mulcahy and Lee have put forth a motion to council that Whitby install two permanent outdoor rinks.

**BIG NEWS!**  
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Have your say on the Whitby Budget:

[www.connectwhitby.ca](http://www.connectwhitby.ca)

Elizabeth Roy [roye@whitby.ca](mailto:roye@whitby.ca)  
 Rhonda Mulcahy [mulcahyr@whitby.ca](mailto:mulcahyr@whitby.ca)

## Our Brooklin Kids By Leanne Brown



### Dealing with it all

Is this looking like it's going to be the longest winter ever?

With the wonderful distractions of Christmas behind us, the lockdown feels especially difficult. It's like the moment in "Frozen" when Anna sets out to find her sister after she froze everything. We know we're going to be on this journey a while, and even though it hasn't quite been a year yet, the pandemic feels like it's been here much longer.

I'm like a kid who's been grounded for a sibling's indiscretion. It's not my fault! But I'm stuck at home while others are out having fun and going to parties.

I love to travel and my family usually

plans several trips a year. Of course they've all been cancelled. Ironically, after being downsized, I actually now have the time to travel but can't go anywhere.

I feel sorry for seniors like my parents who, in the winter of their lives, aren't able to live to the fullest. They can't spend time with children and grandchildren; their friends are getting sick, some dying alone; a trip to the grocery store seems a risk. If they feel ill, they won't go to a doctor out of fear and many just ignore symptoms for too long.

Mostly though, I feel for the kids. With graduations, birthdays and activities cancelled, kids are losing huge parts of their childhood, which is so short. They've already missed out on summer camps, where they experience their first tastes of independence and sports, where they learn to win and lose, building life-

long friendships and memories. Our children have had to grow up quickly. Remote learning, normally reserved for specific high school situations, has forced even our youngest to be responsible for their own learning. They've adapted by wearing masks when they go out - without being asked. They see the media reports on infection rates and the death toll. They know it's serious and they ask questions when they notice others disregarding rules. And, while family time is wonderful, it just isn't the same as hanging with friends whom they miss.

I wonder how these times will shape them and their future. Perhaps it will make them more resilient and resourceful. When things return to normal, they may appreciate those

7 am hockey practices and noisy birthday parties more. Some, however, may develop anxiety or other issues. Indeed, it's hard to know how they'll remember this period in their lives or the long-term effects on their development. While their mental health is a concern, it's also true that kids of every generation have had to cope with an historic crisis that's impacted them. Ours, too, will prevail.

Yes, this is frustrating. Most of us won't see a vaccine until the summer. So we might as well hunker down and get through it. Winter is always long, but summer looms. At some point, like Anna's sister Elsa, we, too, will manage to get things under control.



"Proud to be a Brooklinite"

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613-769-8629 • editorofbtc@gmail.com

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Next Issue: Friday, February 12, 2021

Deadline: Friday, February 5, 2021

Publications dates subject to change during COVID-19 Pandemic

## What You Need to Know this Week:



### January 28 is Bell Let's Talk Day

Whitby Town Council has joined municipalities across the country in proclaiming January 28 as 'Bell Let's Talk Day'. It's an opportunity to pause and check in on your mental health and how you're doing through this very different time. Whitby is a caring community - if you need help, there are many free resources to support you. For more information, visit [whitby.ca/stayingconnected](http://whitby.ca/stayingconnected)

## 2021 BUDGET

### Share Your Feedback on Whitby's Proposed 2021 Budget

The Town's proposed 2021 Budget is now available online at [connectwhitby.ca/2021budget](http://connectwhitby.ca/2021budget)

Residents can share their feedback on the budget through a variety of ways:

#### 2021 Virtual Budget Forum

Open now through February 14 at [connectwhitby.ca/2021budget](http://connectwhitby.ca/2021budget)

#### Virtual Budget Public Meeting

Monday, February 8 | Tune in at 7 p.m. at [whitby.ca/livestream](http://whitby.ca/livestream)

#### Virtual Special Council Meeting for final approval of the proposed 2021 Budget

Thursday, February 25 | Tune in at 7 p.m. at [whitby.ca/livestream](http://whitby.ca/livestream)

Residents who wish to speak through WebEx at either meeting must register with the Town Clerk. Forms are available at [whitby.ca/delegation](http://whitby.ca/delegation)

### Recognize a Community Champion

Whitby has a number of community champions, or 'snow angels,' who give of their time to help their neighbours clear their driveways and/or sidewalks of snow and ice. If you know someone who is shovelling snow for seniors or residents with limited mobility you can nominate them as a Community Champion online at [connectwhitby.ca/champions](http://connectwhitby.ca/champions)



## Plant-Based Eating by Sheree Nicholson



### From rare meat to oatmeal

There was a time when I ate lots of meat: I liked my steaks and roasts very rare with the more blood, the better. My grandparents were cattle farmers so eating beef was a big deal in our family. I would never have imagined that one day I would have a plant-based diet.

It wasn't something I ever considered until one day the thought "I should give up meat" popped into my head. It kept recurring which led to me signing up for a 21-day plant-based challenge. While on it, my energy soared and I loved how I felt. When the challenge ended, I decided to continue with the plant-based lifestyle. That was over 10 years ago. At the time, I didn't know a single vegan and so I quickly became an oddity in the family.

In those days, I still bought leather and didn't think too much about animal welfare because my personal health was my primary motivator. As time passed, I had more reasons for not eating meat and soon stopped purchasing any products that used animal bi-products or were from the animal industry.

Clothing items with leather and wool were the first to go. Today, when I discover something uses animal by-products, I give it up. I share this because my story has been a perfectly imperfect journey of change. If you're considering going plant-based, decide your reason for making the change: animal rights, environmental concerns, or health.

Knowing why you've made the choice will keep you motivated when you doubt yourself. Then be

comfortable with your decision. There are plenty of great resources both online and in cookbooks. I've found it fun to try new recipes and expand my eating horizons.

For me, breakfast is the easiest meal to give up animal products. I generally switch between scrambled tofu, a smoothie, toast with peanut butter, and oatmeal for breakfast.

Recently I've had oatmeal for breakfast every day. It may surprise you to know that it's a reasonably high protein breakfast.

½ cup of oatmeal – 2 grams of protein  
2 tbsp hemp seeds – 6 grams of protein  
1 tbsp ground flax seeds – 2 grams of protein

If you compare this with a large egg, which has 6.2 grams of protein, you can see how protein will add up in your diet. Don't worry about not getting enough complete protein since if you eat a wide variety of plant-based proteins, you will meet your required needs.

If you want to try a super high protein breakfast, try this scrambled tofu recipe, one of my go-to meals. It's from "The Minimalist Baker" which can be found online at: <https://minimalistbaker.com/southwest-tofu-scramble/>

Good luck on your journey to increasing your plant-based meals.

**Sheree's Hack:** Double the tofu scramble recipe and use the leftovers for a burrito base.

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# Support Your Local Business

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## For the Love of Dog Wellness Centre

Love of Dog Wellness Centre on the northern reaches of Brooklin carry a motto difficult to disagree with: You gotta love your dogs!

And if you do, then, says Su Steiner, the Centre's manager, you want to provide them with the best.

Once again, Steiner and her colleague Dave McDonald have begun to take in rescue dogs which have suffered the most extraordinarily difficult experiences. Ravaged by illness and neglect, they've nursed about 1800 dogs so far to health through a combination of diet and, well, wellness activities.

Addressing common physical problems Steiner says on their website ForTheLoveOfDogWellnessCentre.ca, "I started this company after getting into the dog day care and boarding business and found virtually all of our client's dogs had physical problems, from allergies to digestion to immune system, chronic ear infections, arthritis and hair loss to name a few."



Since then, and having learned valuable lessons on what dogs need when you love them, they've transformed into a place where they believe a raw food diet and proper (and fun) exercise will keep your pet happy and healthy. "We literally have a 100% success rate fixing all kinds of problems," she adds.

### Diet is the focus



The Love My Dog Raw Diet is the centre's focus. Dog lovers can order food online or visit the centre (by appointment). The raw diet, Steiner claims, is the only way to feed your dog and to that end the centre will educate owners on its many benefits.

To learn more about the raw food diet and the rescue, contact Su at [info@love-my-dog-raw-diet.ca](mailto:info@love-my-dog-raw-diet.ca).





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COMMERCIAL SNOW REMOVAL

# Brooklin Heritage Society Where model cars began

By Jennifer Hudgins

Brooklin Models is a world renowned manufacturer of scale model cars. And they're called Brooklin Models for good reason: they originated in Brooklin.

John Hall, a design engineer, decided to turn his lifelong interest in classic American cars into creating tiny models. He and his wife Jenny had immigrated here from London, England, in 1965. He worked for several companies to get experience in casting techniques before going on to teach at the University of Toronto which he left in 1974. That was when he converted his basement on Robmar Street into a small factory where he and two employees built 1:43 scale models for himself and other collectors that he sold for \$20 each.

Early model cars were made from resin and John used ice cream sticks to strengthen the base plates. The models were crude and lacking in detail. However, by 1977, he'd found a substitute for the resin that was stronger and easier to work with. Each model was made by hand using white metal. Details were added such as plastic windows, rubber tires, license plates and side mirrors.

His first model was a tractor with a

plow that he made to sell at the 1975 International plowing match in Oshawa. John also featured milestone cars such as the 1930 Ford Model A Coupe and the 1934 Chrysler Airflow along with rare models, like the 1936 Stout Scarab and the 1938 Phantom Corsair.

As the demand for his models increased, John decided to "tool up" and expand. He approached the Canadian government for a grant in 1979 except that, at the time, the government was not friendly toward home-operated businesses. So he with his family moved to Bath, Somerset, England, where he set up a factory. The impact of this move led to an immediate distinction between his earlier models and the new British ones, making the Canadian Brooklins more valuable and sought after.

He stayed in touch with the Canadian Toy Collectors Society, with whom he was a founding member. In 1994, he donated one of three 1952 Ford F1 panel delivery and horse trailer sets, with the Ontario Provincial Police Mounted Division logo, to the 25th Annual Greatest Collectors Toy Show. His model won first prize and the funds raised from the auction went to Canadian Children's Charities.

Where other model makers have come and gone, Brooklin, one of the earliest in the collectors genre, not only perseveres but thrives and is recognized world-wide. Models sell for \$150 and more. John sold Brook-




lin Models and retired in 1998. He and his wife Jenny passed away on December 20, 2016.

Today, Brooklin is home to a major collector of these models, Glen

Franks. His father bought him his first one when he was 10 years old and he now owns 200.


(Brooklin Models web site: [brooklinmodels.com](http://brooklinmodels.com))

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### It's a Red Hot Seller's Market

characterized by low inventory and rising demand. The lowest levels of inventory we have seen in decades is driving competition between buyers. Low borrowing costs is adding fuel to the fire. 2021 is off to similar start as 2017 where we saw values spiking like we have never seen before.

An influx of move up buyers from outside Durham the wake of COVID-19 marks a prominent new trend of home-buying preferences shifting in favour of more greenspace, less density, in family-friendly, ground-level homes at more affordable prices.

The region continues to remain an ideal location for home buyers with new employment opportunities and above average wages found in our area. A TD Bank report indicated the pandemic has hit the lowest income earners hard, it also shows that the people who can afford homes are largely unaffected when it comes to a loss of wages.

A growing infrastructure and Metrolinx's expansion plans to make commuting into Toronto even more accessible. People working from home (full or part time) are no longer concerned about the commute.

Although record number of homes are being built we will continue to see demand outstrip supply with the increased immigration and the "exodus" from Toronto.

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