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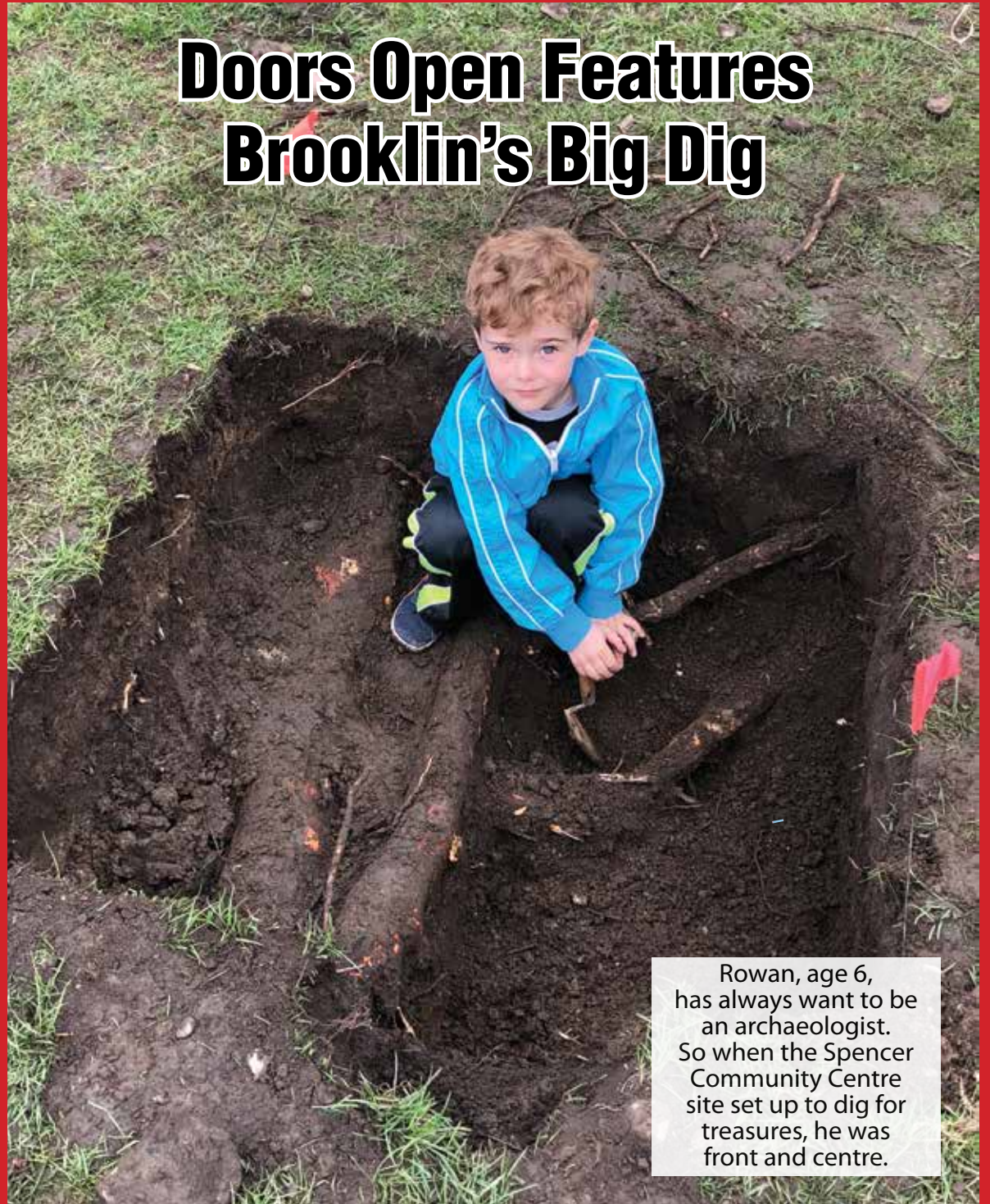


Ryan Doble
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Brooklin Towne Centre
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Brooklin, ON L1M 2J7
T: 905.703.5376
ryan.doble@scotiabank.com



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Doors Open Features Brooklin's Big Dig



Rowan, age 6, has always wanted to be an archaeologist. So when the Spencer Community Centre site set up to dig for treasures, he was front and centre.

Highlights of this BTC

- Asking residents about the brand ... page 2
- Major developments coming..... page 3
- Brooklin Bafflers page 5
- Best Bakery in Brooklin..... page 6
- North Ward page 7
- Meatless protein page 7
- Soggy days..... page 8
- Change of seasons..... page 8



1994 - 2019

Sweat Equity
+
1 Cold Creek
+
Great Staff & Fantastic Clients
= 25 Years • Time For A Few Beers!



Residents To Have Say On Brand Options

The Town of Whitby is inviting the community to provide feedback on three brand options released as part of the next step in its Corporate Rebrand Project.

Now through Friday, May 31 residents and businesses can have their say on the new brand by completing a short online survey at whitby.ca/brand. Results will help to inform the Town's direction for its new brand.

More than just a logo, the new brand is about creating a system of colours, fonts, standards and

graphics that collectively can help set the municipality and Town as an organization apart from others.

"Whitby is a vibrant and welcoming Town that is changing and growing, for the better," said Mayor Don Mitchell. "The corporate rebrand is an opportunity for us to develop a new brand that represents who we are today and who we want to be."

Since the launch of the rebrand project in September, 2017, thousands of residents and businesses have engaged in the brand development process (300+ hours of engage-

ment) representing the Town's most significant community engagement to date.

"From the results of our initial rebrand engagement (My Whitby Is...) and Community Survey, it is clear that local residents and businesses are proud to call Whitby home," said Matthew Gaskell, Chief Administrative Officer, Town of Whitby. "We have a lot of good things happening here in Whitby and a new brand will help us showcase the community, both locally and beyond."

In addition to the online survey,

The Town will also host a number of pop-up activations throughout the month, including at the Town's Youth Fair.

Following the closing of the online survey, feedback will be consolidated in order to report back to Council with the final results in the coming months. The new brand is expected to launch later this year.

To stay informed on this project, visit whitby.ca/brand or email brand@whitby.ca to be added to the Interested Parties List.

Town of Whitby | May 10, 2019

UPCOMING EVENTS

Compost Giveaway
Saturday, May 11, from 8 a.m. to noon, drop in to the Whitby Operations Centre (333 McKinney Drive) to pick up free compost. Four container limit (bring your own containers and shovel). The event will proceed rain or shine.
whitby.ca/waste

Seniors' Active Living Fair
Thursday, May 16, from 10 a.m. to 3 p.m. drop in to the Whitby Seniors Activity Centre for a free wellness fair featuring a nutrition seminar, zumba, healthy cooking demonstrations and more.
whitby.ca/seniors

Station Gallery Night Market
Thursday, May 16, from 6 p.m. to 9 p.m. you're invited to the Station Gallery's first Night Market. Connect with a community of local artists, makers and culinary artists, and get a rare opportunity to take home unique, one-of-a-kind items not often found in stores. Tickets can be purchased for \$5 at stationgallery.ca

Whitby in Bloom Speaker Series
Wednesday, May 22, at 7:30 p.m. at the Brooklin United Church join butterfly expert and author Carol Pasternak and learn more about the life in your yard. Registration is required.
whitby.ca/whitbyinbloom

whitby.ca/calendar

Council Meetings

Committee of the Whole
May 13 at 7 p.m.

Council
May 27 at 7 p.m.

Public Meeting
June 3 at 7 p.m.
This dedicated public meeting is aimed at collecting resident feedback on development applications, initiatives and projects being considered or undertaken by the Town.

Meetings take place at Town Hall, 575 Rossland Road East. For more information, contact clerks@whitby.ca or 905.430.4315
whitby.ca/civicweb

Notices

Annual Crack Sealing Repair Work Now Underway
The Town's annual asphalt crack sealing repair work on streets is currently underway. The repair work takes place between 7 a.m. and 7 p.m. (weather permitting) and is expected to be completed by May 31. Streets will remain open as the work is done, however, residents may experience minimal delays of a few minutes, while cracks are quickly cleaned out and resealed.
whitby.ca/notices

Maintaining Whitby's Green Spaces
Our green spaces are an important part of the community. The Town follows a 16-day grass cutting schedule for most parks and does not use pesticides, mainly due to a provincial ban on such products. Sports fields and high-use areas are cut once every seven days throughout the season. For boulevards, this schedule is accelerated to once every 12 days during the late spring and early summer, when grass and weeds grow more quickly. Learn more at whitby.ca/horticulture

Stay Connected
Receive the latest news and notices to your inbox.
whitby.ca/subscribe



LIVINGWELL BEINGWELL
Thursday, May 16, 2019
10 a.m. to 3 p.m.
Whitby Seniors' Activity Centre
801 Brock Street South
905.668.1424
whitby.ca/calendar

Hey Whitby,
we want to hear from you!
The Town is changing and growing for the better. And we need a brand that represents who we are today and who we want to be going forward. Get involved, make your mark and help tell Whitby's story. Here's how:
Online survey: Complete a short online survey by Friday, May 31.
Pop-up activations: Drop by to provide your feedback in-person. For location and time details, visit whitby.ca/brand
Think BIG. Be bold. Help tell Whitby's story.

WHITBY Farmers' MARKET
NOW OPEN!
whitby.ca/whitbyfarmersmarket

2019 WHITBY IN BLOOM
SPEAKER SERIES
MAY 22 | 7:30 p.m.
whitby.ca/whitbyinbloom

Holiday Waste Collection Schedule

Waste collection will be bumped one day forward starting **Monday, May 20**. Please ensure your waste is set out by 7:00 a.m. Check out your Whitby Waste Collection Calendar, download the Whitby Waste Buddy app or go to whitby.ca/waste for more information. Questions? Call 905.668.3437 or email pw.operations@whitby.ca ■ Indicates Holiday Collection Change

Blue Collection - Areas 1, 3, 5, 7, 9

	mon	tue	wed	thu	fri	sat
	13	14	15	16	17	18
	20	21	22	23	24	25
	Bump a Day! → → → → → →					

Yellow Collection - Areas 2, 4, 6, 8, 10

	mon	tue	wed	thu	fri	sat
	13	14	15	16	17	18
	20	21	22	23	24	25
	Bump a Day! → → → → → →					

Major Developments Coming to Brooklin

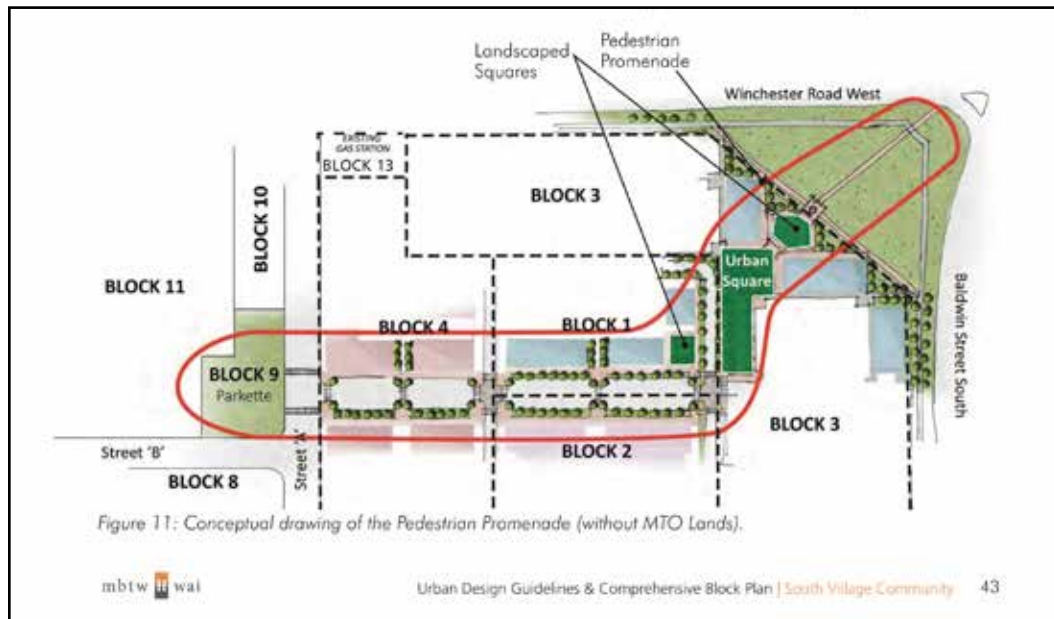
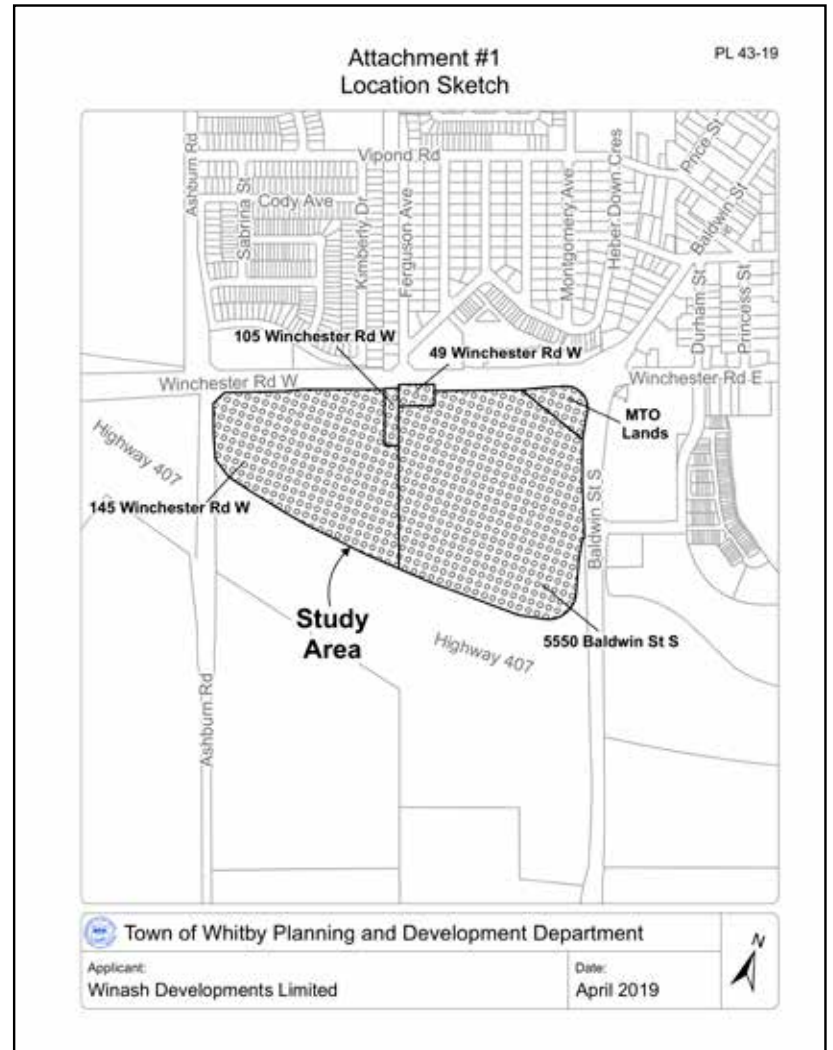
The Town of Whitby's Committee of the Whole has approved staff reports that will lead to major developments coming to Brooklin and its surroundings in the next few years.

The parcel of land on the west side of Baldwin, fronting on Winchester, is slated to be developed and will include a Longo's market, McDonald's restaurant as well as residential units and office space.

tion centre will be located at the north-east corner of Thickson and Conlin whose official address is 5360 Thickson North. The land itself covers approximately 31 hectares (77 acres) while the centre and offices will occupy over 95,000 sq. m or 1 million sq. ft. of space.

The staff report states:

The proposed use of warehousing and wholesale distribution, including office



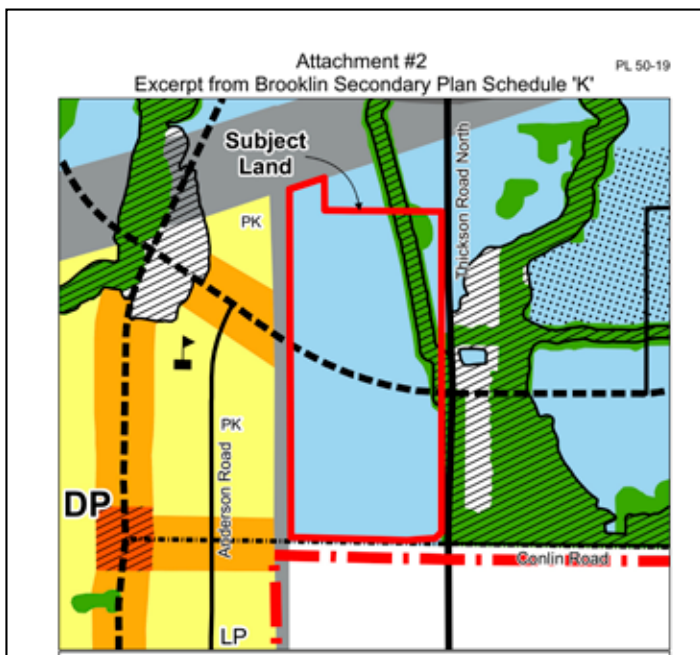
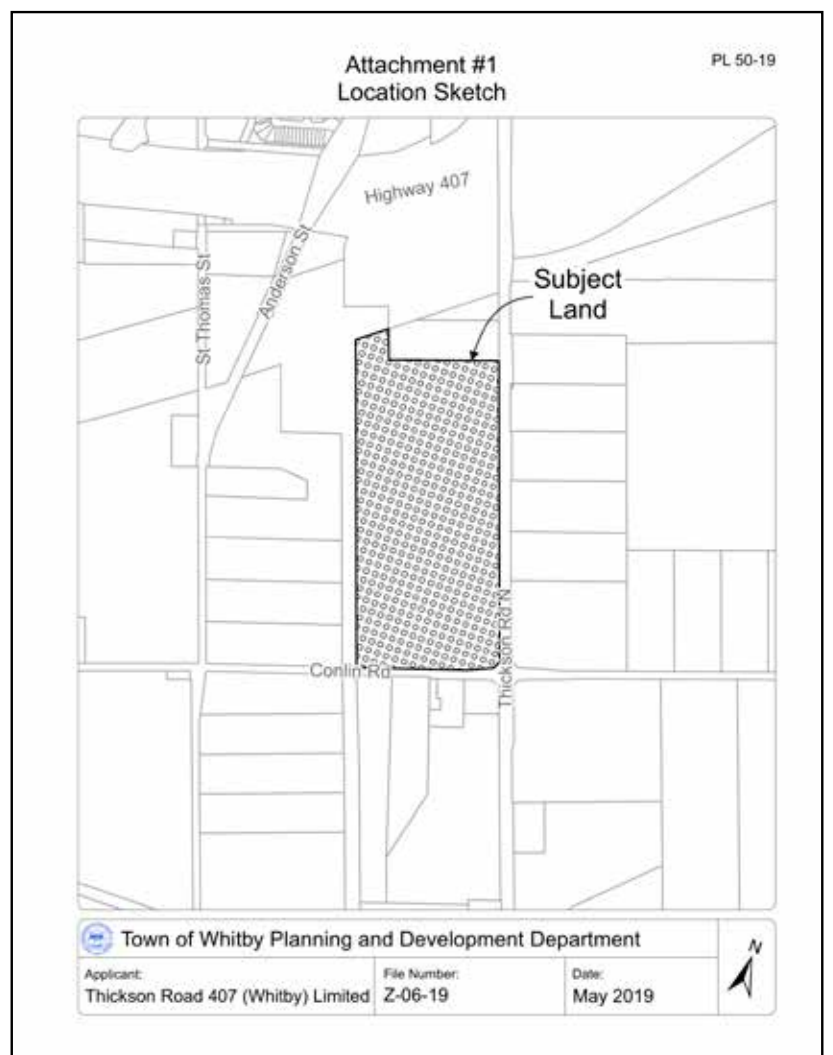
There will be a minimum of 70,000 square metres of commercial floor area along with approximately 750 new residential units with a mix of rental apartments and townhouses.

The site plan, called the South Village Community, includes a pedestrian promenade and parkette to connect with historic Brooklin along with a stormwater management pond and parks.

Meanwhile, a warehouse and distribu-

space, is consistent with the above criteria, as follows:

- The subject land is located in close proximity (approximately ~ 350.0 metres) to the Highway 407 interchange;
- The adjacent land use immediately to the west of the site is a 40.0 metre wide hydro corridor, which serves as a buffer to the future low and medium density land uses west of the hydro corridor. The corridor also extends along the entire west property line of the subject land;



- Traffic generated to and from this development is expected to be limited to Thickson Road North, moving northward to Highway 407 and / or southward to Highway 401. Truck traffic is not anticipated to create any additional truck traffic through any of the surrounding future residential neighbourhoods; and,
- The development would consist of a wholly enclosed structure with no outside storage being proposed.



"Proud to be a Brooklinite"
 Founded in 2000
 and published 24 times per year.
Editor, Richard Bercuson
 613-769-8629 • editorofbtc@gmail.com

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Next Issue: Friday, May 24, 2019
Deadline: Friday, May 17, 2019



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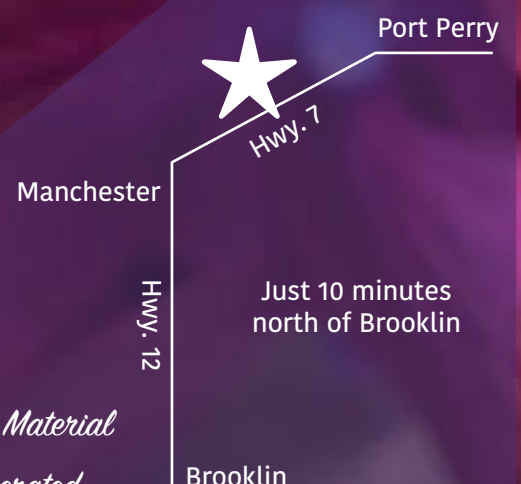
Mother's Day

SUNDAY,
MAY 12

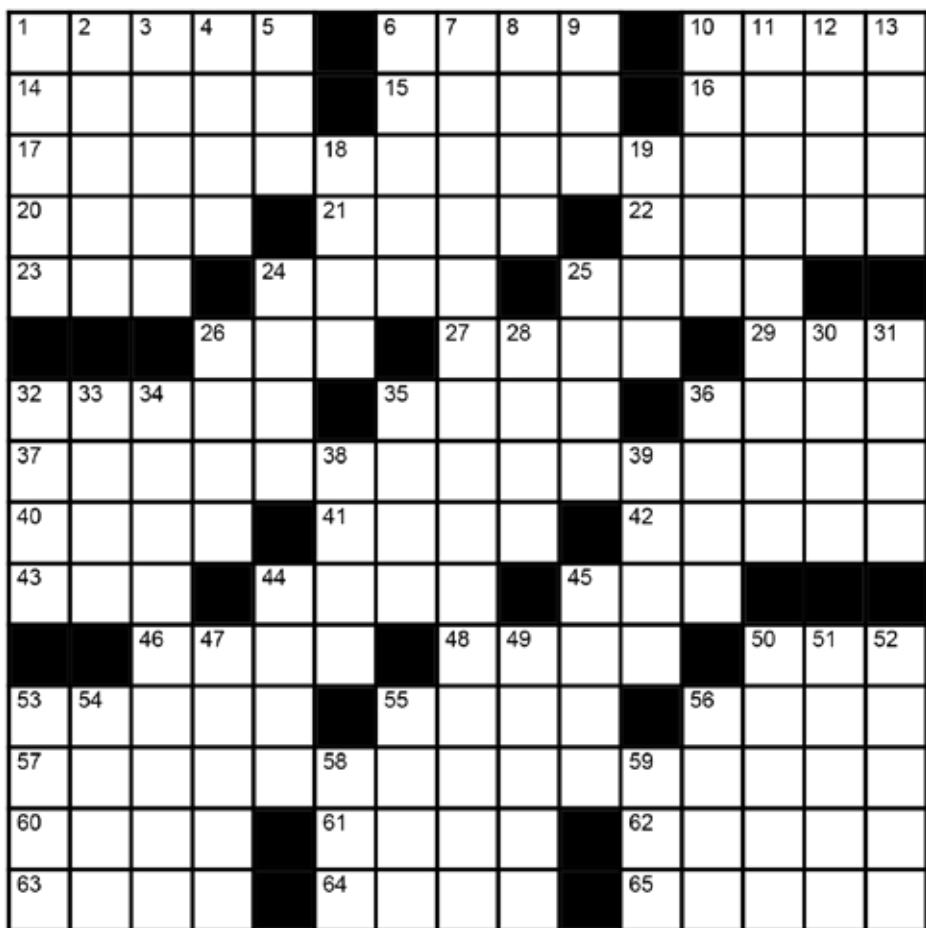
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Port Perry, ON

905.985.2672

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Brooklin Bafflers: by Liz Lowe Crossword



Across

- 1 A publicly funded preuniversity and technical college in the province of Quebec's education system.
- 6 Where China is
- 10 What's more
- 14 Prefix with phobia
- 15 A unit of subjective loudness
- 16 Sing the praises of
- 17 Pollenated; became fertile.
- 20 It may be pitched
- 21 Stage solo
- 22 Anything profound, unfathomable, or infinite
- 23 Of a thing, of it; possessive form of "it"
- 24 Celtic underworld god
- 25 Cheat
- 26 Wasn't colorfast
- 27 An eccentric, strange, or foolish person.
- 29 Wood sorrel cultivated for its edible tubers
- 32 Screen letters

- 35 Cookie containers
- 36 Tight
- 37 The dialect spoken in Beijing and adopted as the official language for all of China
- 40 Taverns
- 41 Spur (on)
- 42 Points formed by two intersecting arcs
- 43 "The Catcher in the ____"
- 44 Ukraine's capital
- 45 Fly catcher
- 46 Student aid
- 48 In the same place (used when citing a reference)
- 50 Recipe amt.
- 53 Informed about something secret or not generally known (followed by 'to')
- 55 Cast off hair, skin, horn, or feathers
- 56 A shelter, coop, or small shed for sheep, pigs, pigeons, etc.
- 57 A system consisting of an

- antenna, used to gather radio waves and bring them to a receiver.
- 60 Tehran's land
- 61 The chief solid component of mammalian urine
- 62 Not for minors
- 63 Mutation target
- 64 A variant spelling of net
- 65 Measuring instruments
- 31 A prolonged period of time.
- 32 An independent ruler or chieftain (especially in Africa or Arabia)
- 33 A large number or amount.
- 34 (zoology) relating to any worms of the phylum Annelida
- 35 Lose steam
- 36 Social rebuff
- 38 An irrecoverable state of devastation and destruction
- 39 Decorated with frosting.
- 44 A blow that renders the opponent unconscious
- 45 Mental keenness
- 47 Sheeplike
- 49 The sound of sheep or goats
- 50 An amount needed to restore something to its former level
- 51 Stone marker
- 52 Unwanted and destructive insects
- 53 Snob
- 54 Scarce
- 55 Being nothing more than specified
- 56 Anything that serves as a concluding part.
- 58 Wine cask
- 59 Tabby

Down

- 1 They're succulent
- 2 White heron
- 3 An aggressive and violent criminal
- 4 Start with while
- 5 Faux ____
- 6 The act of mimicking; imitative behaviour
- 7 Shy person
- 8 Tiny bit
- 9 Type of: cuckoo
- 10 Way out
- 11 Slacker
- 12 Takes to court
- 13 Likelihood
- 18 Baby doe.
- 19 Shenanigan
- 24 A showy and festive party
- 25 A blackjack; bludgeon.
- 26 To clear, disencumber, or free of something objectionable
- 28 Years ago
- 30 Crescent point

What's going on in Brooklin/Whitby? Visit whitbyfirst.ca



April's Trivia Champs (from left to right) Bill, Chris, Valerie, Greg, Mark. Donations to Prostate Cancer Canada Network (PCCN) Durham are now over \$400.

Durham Region Transit wants you to do more and drive less!

Starting May 1, 2019, all kids ages 12 and under ride DRT for FREE with a fare paying passenger. No special passes or tickets are required.

Our summer 2-for-1 Youth pass is back!

\$93.50 is all it costs for unlimited travel on DRT for July and August. Purchase your monthly PRESTO Youth pass for July and August is on us!

Visit durhamregiontransit.com to plan your trip and get where you want to be easily and safely.

Do more, drive less!

We have lots of new sunglass styles in stock!

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Oakley • Ray Ban • Armani
Maui Jim • Michael Kors

Available in prescription, or for over contact lenses.

BROOKLIN OPTOMETRIC CENTRE

905.655.6200 • www.brooklineyecare.ca

Come out to the 7th annual Brooklin-wide Yard Sale
May 25th and put your shop on!

To register your home, please contact Sherry Corbitt at sherry@sherrycorbitt.ca.

The event is hosted by Sherry Corbitt, Mortgage Broker and Steph & Elle, Real Estate.

Community Calendar

Fri., May 3-Sat. May 11: Beech Street Theatre Company Presents: Earthkraft

A comedy by Michael Khashmanian
At Brooklin Community Centre
Six shows: 4 evening + 2 matinee performances. For dates and times, visit bstconstage.com
\$27 per ticket online through web site or at the door. Seating is limited

Sat., May 11: 11 am: Big Bucks Euchre

At Odd Fellows Hall, 42 Bagot St.
Regular progressive- No partner needed
\$10 includes lunch, excellent prizes
Advance tickets only
Proceeds to Camp Trillium camps for kids with cancer and their families
905-655-4652

Sat., May 11: 8:30 am-3 pm: St. Leo the Great Church Spring Bazaar and Garage Sale

130 Watford St. Brooklin
Bake Sale, Sports Equipment, BBQ, Books / DVDs, Grannie's Attic, Penny Sale, Silent Auction, Childrens' Games
Fun for the Whole Family
Benefiting Church's Youth Ministry
Call **905-620-0724** for info

Sat., May 11 - Sun., May 12: St. Leo's Donations for St. Vincent de Paul Brooklin

If you're cleaning out closets, keep the less fortunate in mind. Our truck will be parked at St. Leo's Church at the front facing the school, 130 Watford St., to receive donations of used clothing, shoes, linens and small household goods. No furniture please. Bags of donated items can be left beside the truck and Vincentians will load them. Thank you in advance for your generosity towards our neighbours in need.

Tues., May 14: 9:30am: Optimist Club of Brooklin flag raising ceremony at Regional HQ

The Optimist Club of Brooklin is celebrating 100 years of optimism. We're celebrating in the community by doing "100s of good deeds" (i.e. collecting items for Durham Feed the Need, Bethesda House and SOCKS Oshawa/Whitby).

Wed., May 22: 7:30 pm Whitby in Bloom Presents: Carol Pasternak on

"Drama in the Butterfly Garden"
At Brooklin United Church
Learn how to focus on the life in your yard.
Will feature a book signing of
"How to Raise Monarch Butterflies, a Step-by-Step Guide for Kids."
Space is limited.
Register and reserve your spot early at whitby.ca/whitbyinbloom.

**Sat., May 25: 9 am-1 pm:
Brooklin Horticultural Society
annual plant sale** At Grass Park.
Also \$55 Rain Barrel Fundraiser. Barrels can be ordered at www.RainBarrel.ca/Brooklin by May 14. Pickup at Brooklin United Church on May 25, 9-1. Locally grown healthy perennials, annuals, vegetables & more for sale! Vendors selling gardening decor & supplies. BHS members on site to answer gardening questions. Details at: www.brooklinhorticulturalsociety.com/bhs-plant-sale.html.

Sat., May 25: 7th annual Brooklin-wide Yard Sale
Hosted by Sherry Corbitt, Mortgage Broker and Steph & Elle, Real Estate. To register your home, contact Sherry Corbitt at sherry@sherrycorbitt.ca.

**Sun., May 26: 9 am - 12 pm:
Pet Valu Walk for Dog Guides**
Hosted by Lions Foundation of Canada Dog Guides
At Brooklin's Pet Value store
Visit: walkfordogguides.com/locations/walk.cfm?ID=1981

Sun., May 26: 7:30-9 pm: Trivia Night

At MichaelKelly's Eatery on Winchester and St. Thomas
\$20 per person cash only. Teams of 4-6 ONLY. Each team receives a large pizza and an order of garlic bread, with a beer per person. Winning team members each get a \$10 gift certificate to MK's.

Register by emailing your name and number of team members to: editor-ofbtc@gmail.com

Capacity is 42 people, so registration is first come-first served.
Hosted by the BTC with all proceeds to Prostate Cancer Canada Network (PCCN) Durham.

Tues., May 28: 6:30-7:30 pm (4th Tuesday of each month)

Teen Advisory Group at Brooklin Library
Whitby Library's Brooklin Branch seeks Teen Advisory Group members to share ideas, and assist with special events and programs. Grade 7-12 students earn community service hours. No registration required. For information, email: teenservices@whitbylibrary.ca

Thurs., June 13: 1:30 pm:

14th annual "Fore the Future" Charity Golf Classic
At Royal Ashburn Golf and Country Club.
Proceeds to programs supporting children and youth in care throughout Durham.
For more information or to register, contact Sian Gibson, Executive Director sian.gibson@durhamcaf.ca

Sat., June 15: 10 a.m. to 2 p.m.: Nova's Ark's 9th Annual Friendship Walk.

3 km walk from Grass Park led by Bing the camel
Fundraiser to help maintain our unique program facility.
Music from The Working Dawgs, face painting and hands-on interaction with therapy animals.
Nova's Ark Charity is a not-for-profit organization based in Brooklin that provides individualized programs for people of all ages and abilities.
To register for the Friendship Walk or to make a donation, visit www.novasark.ca.

French Family Storytime:

Children and their caregivers can join Madame Sue for weekly French Family Storytime! A half hour of French stories and songs, with a dash of English! Drop in at Central Library's Children's Program Room

Mon., July 1: Canada Day 10k, 5k and Kids dash

Organized by Brooklin W-I-N
Start and finish at Brooklin Coffee Culture
Register is at www.runningroom.com or sign up on race day
Proceeds to Autism Awareness.
For more info, contact Ian Barron at melgumroad50@hotmail.com or **905-626-9649**

Tuesdays: 7:25 pm:

Brooklin Toastmasters Club
Practice public speaking at Brooklin Community Centre & Library.
Contact John Johnstone at jajhj@sympatico.ca or phone **905-683-4439** or Patricia Romano at promano257@outlook.com or phone **905-626-7055**.

**1st & 3rd Tuesdays
Community Care Durham (CCD)
Basic Foot Care**
at St. Thomas' Anglican Church.
905-668-6779

Mon.-Fri.

CCD delivers hot or frozen meals.
To order: Karen Andrews **905-668-6779**

Brooklin Historical Society: The Best Bakery in Brooklin

By Jennifer Hudgins



"If you stop to think, you'll think to stop, at Harris' " read an ad in the local paper.

For kids in town, it didn't take much thinking to stop at the bakery. If the scent of donuts frying or butter tarts cooling didn't draw us in, what did was the opportunity to decorate sugar cookies or roll out leftover pastry.

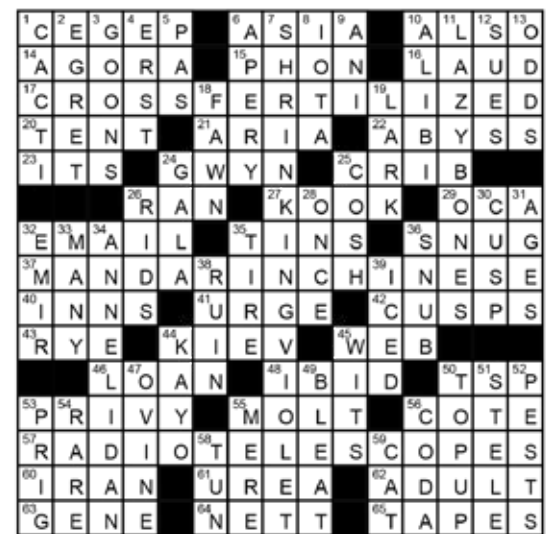
Family-owned businesses were the backbone of Brooklin. At the centre was Harris' Home Bakery. It was a place where local clientele and travelers alike gathered to eat Chelsea buns or foot-long hotdogs. Many were the kids who burned their mouths on the hot jam that oozed from Harris' turnovers.

For 18 years, Herm Harris was an apprentice baker at Stovers Bakery on Roebuck Street. When the shop closed, he and his wife Grace moved their family of four daughters to Whitby where Herm continued to learn the trade, first at Platts then later at Burnside.

By May 8, 1948, Herm knew more than enough about baking to start his own busi-

ness, so he and Grace returned to Brooklin and bought the building on Baldwin Street. Over the years, this couple gave back to their community by providing cooked turkeys for church dinners as well as other food for town events. With hard work, determination, and superb products, the bakery grew to become a valued business.

Herman (Herm) Arnold Harris (January 16, 1909 - July 10, 1996) and Grace Louise Cabbage Harris (April 10, 1910 - June 15, 2013) will always be remembered by the community they so richly fed. This couple is buried at Groveside.



Burns Presbyterian Church

765 Myrtle Rd West
(just 4 minutes north of Brooklin)
10am Worship, Kids Zone Fun & Nursery Care
"Discovering God, Sharing God's Love"
905.655.8509 www.Burnschurch.org

Brooklin United Church

19 Cassels Rd. E.
Sundays 10:30 am • Sunday School & Nursery Care
Come catch the Spirit!
www.brooklinunited.ca **905.655.4141**

Renaissance Baptist Church of Brooklin

40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 am
We're here for Brooklin!
905.655.4554 www.brooklinrbc.ca

Brooklin Village Church

At Brooklin High School, 20 Carnwith Drive W.
Sundays, 10:30 am
Our Mission is to share the love of Christ
as we live out our calling to become more like Him.
www.brooklinvillagechurch.com

St. Thomas' Anglican Church

101 Winchester Road East
Sunday Services: 8:30 and 10:30 am
Sunday School & Nursery Program (10:30am)
Wednesday 10:00 am Communion & Healing Service
Celebrating 150 years in Brooklin
"Wherever you are on your spiritual journey,
we welcome you!"
905.655.3883 www.stthomasbrooklin.ca

If you have a community not-for-profit event you would like included in the calendar, please email it to editorofBTC@gmail.com with the subject line "calendar." Priority will be given to Brooklin events. Some editing may occur.

North Ward Councillor - By Steve Lee



Big Projects on the way

An update on The Committee of the Whole Meeting from Monday, May 6. There were a few big items of interest for the North Ward.

1- Council approved a large warehouse and distribution centre of around 1 million square ft. for the north west corner of Thickson and Conlin. This is a really large project and the economic development and jobs will be great for the town. I am fully behind this and hope it moves along quickly.

2 - We also approved two 18-storey senior rental buildings at Garden and Taunton in the Triovest Plaza just north of Firehouse Subs. The proponent explained it was for active seniors, young ones if you will. There will be indoor bike storage and other amenities, including four floors of underground parking. The buildings will be built accessible for seniors with wider hallways, lower light switches, shower holds, etc. There is also one meal per day included in the rental cost and amenities in the ground floor will cater to them. (hair salon, doctors office etc). We need to be able to control

urban sprawl and this is a great opportunity to have more affordable options for our seniors to stay in Whitby.

3 - The urban design plan for the south west corner of Baldwin and Winchester. This was exciting and many have already seen the plans online. The development would be a mix of residential as well as a seniors residence and retail shops. The proponent has confirmed a Longo's grocery store as well as a McDonald's to be there. The development includes a pedestrian promenade through the shops as well as a parkette and green space. This will be a fantastic addition to Brooklin, bringing more retail opportunities as well as jobs to the area.

4 - You may have heard about the town hall last month on human trafficking. I've also started a website with Councillors Mulcahy and Roy. We will host more town halls and meetings as we want open lines of communication. The new website, www.whitbyfirst.ca, is now live and I invite you to check it out to keep up to date with what's happening around town.

Residents 55+ Invited to Seniors Fair

Whitby seniors ages 55+ are invited to attend the free Seniors Active Living Fair being held on Thursday, May 16, from 10 a.m. to 3 p.m. It will take place at the Whitby Seniors' Activity Centre, 801 Brock Street South.

Attendees will have the opportunity to participate in a variety of workshops dedicated to improving health and wellness. Light refreshments will be served.

The event will provide seniors with access to an informative and en-

gaging day featuring:

- a nutrition seminar;
- therapeutic touch treatments;
- Zumba demonstration;
- reflexology;
- healthy cooking demonstrations;
- tips for getting the most out of healthcare appointments; and,
- prizes and giveaways.

This year's event is supported by the Ontario Seniors' Secretariat.

For more information, visit whitby.ca/calendar.

Plant-Based Eating by Sheree Nicholson



Meatless protein

Every once in a while, I like to write about plant-based proteins because, as a vegan, the question I'm asked the most is, where do you get your protein.

Protein is necessary to build and repair muscle. There are complete and incomplete proteins. Meat is a complete protein in that it contains the nine essential amino acids necessary for our diet. It's also a ready source of protein.

On the other hand, more and more research is showing us that too much meat is detrimental to our health. Today's health-conscious consumers are looking for alternatives, hence the increase in vegan products in the marketplace.

Finding sources

It's easier than you think to get protein on a plant-based diet. The recently released Canada Food Guide recommends Canadians get most of their protein from plant-based sources. Some, such as soy, chia, and quinoa, are complete proteins, but you can also get the necessary amino acids by combining foods such as whole wheat pita and hummus, or rice and beans. Research into plant-based eating has also indicated that eating a wide variety of plant-based foods will give us all the protein we need, complete or otherwise.

Most people who attend my Farm Boy Plant-Based Nutrition tours are merely interested in cutting back on their meat intake rather than giving it up entirely. However they don't want to risk not getting the protein their bodies require.

If you're looking for ways to incorporate more plant-based protein

into your diet, try adding hemp or chia seeds to your salads, smoothies, and cereals. Hemp seeds, also called hemp hearts, contain just over 11 grams of protein in an ounce and are low in carbs. They are also a complete protein meaning they contain all essential amino acids. Chia seeds, the food of Aztec warriors, contain slightly less but are still a complete protein. Both are virtually tasteless and contain healthy heart safe fats.

Smaller meals

If you do decide to give up animal products, don't worry about protein. Eating enough food, and a wide variety of foods, means you'll be okay. There are quite a few great blogs and books you can read to help guide you. You may have to eat smaller meals and more frequently as plant-based foods digest quicker than animal products. But that's about the only downside I've found. I do supplement as I take B12 and vitamin.

Lately, my favorite breakfast is avocado toast. It's easy to make and fuels me on my two-hour trail runs or a morning at the office. I simply mash half an avocado and then spread it on a toasted ezekeil English muffin. Ezekiel English muffins can be found in the freezer section of most grocery stores and they contain all the amino acids, making them a complete protein. You can top your avocado toast with chopped tomatoes, sprouts or even a bit of B12 fortified nutritional yeast.

Sheree's hack: Store your avocados in the refrigerator so they don't all ripen at once. Overripe avocados may be de-skinned and pitted then frozen for later use in smoothies.

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Blooming in Brooklin By Ken Brown



Soggy days

The other day, as we looked out to the sodden garden, the Assistant Gardener said, "What's that in the bottom pond?"

My ponds aren't that big and have been overflowing all spring. But they look even smaller when a full-sized mallard is circling them. I know I shouldn't complain about my sodden yard when it seems half the country is dealing with real floods. Yet that handsome duck just seemed a fitting symbol for all the water we've been getting.

I bought fertilizer for my small bit of grass but haven't been able to apply it, probably a good thing because it's already growing quickly and has been too wet to cut. If you have to wear rubber boots to walk on the grass, then maybe you shouldn't. Compressing wet soil will only cause problems in months ahead.

Frustrating weather

My well-coordinated flow of transplants into the garden has also been disrupted by the weather. The cold frame is filled with lovely, large, cold season vegetables that would normally be in the garden or in my sub-irrigation containers except it's been too cold and wet to go out and plant. That stops the mid-season flowers and vegetables from leaving the basement, leaving no room to seed the fast growing morning

glories, cucumbers and squash. While I know it'll all get caught up, it's not easing my frustration.

Last autumn, most of my perennials didn't get much of a cleanup. That's what the experts are saying is the proper thing to do. Old flower stems provide winter homes for our native bees, etc. and decaying foliage is supposed to be pulled into the soil by the microbes and worms. Never has my procrastination had such a scientific basis.

Still, it's sort of working because I can't get out there anyway. But I know the thick peony stalks and the two metre tall dried grass aren't going anywhere till I deal with them, a more difficult job now.

The hosta foliage, on the other hand, is playing well by the new rules and has almost completely disappeared. I'm slowly developing a new list of next autumn's activities, such as what to do and what to ignore.

Exercise needed

Another of nature's miracles is setting me up for regular exercise. Dahlia tubers have to be some of the deadest looking bits of stuff in April. About a week ago, I planted several of these withered, dried up things and they now miraculously have green shoots reaching up to touch the lights. They need to make

it to the solarium or squeezed into the cold frame. This is where the exercise comes in. They'll have to go up the stairs, one or two at a time.

Aside from weather slowing me

down, I've also had to adjust my life due to recent shoulder surgery. It's forcing me to greatly modify my activities. Mind you, it's also made for a great promotion for the Assistant Gardener though I'm not sure she's thrilled by it.

Our Brooklin Kids By Leanne Brown



Change of Seasons

With hockey season done and tryouts over, my daughter is enjoying reduced time at the rink. We're now down to three hours a week as compared to eight. It's the lull between sports seasons.

In about three weeks the schedule will ramp up again as the summer sports commence. I have to admit I'm enjoying the break and not drinking Tim's in the rink while bundled in my winter coat. But the down time is difficult for my daughter.

Ever since she was a baby, she's been extremely active. She rarely sits still for long, preferring to be on the move. She always has a ball or stick in her hands and her bike helmet lives by the front door.

Staying busy

With the change of seasons, her skates have been replaced by roller blades. Her bike has been dusted off and she's keeping busy. But the weather has been

uncooperative, meaning she's stuck inside. My living room has become a tumbling track as she performs handsprings across the floor. Then, come bedtime, she can't relax.

It's still lights out at bedtime and, without a place to run off her energy, she just can't settle down. Calming music, reading, a warm bath and even chamomile tea don't work. Her body continues to twitch for more exercise.

I know she's not alone. Her friends are texting me way after bedtime, all sharing the same predicament. So as much as I and every other parent enjoy the in-between season sports break, I say bring on the summer sports.

Summer sports are the time for making new friends, spending time outside and watching the happy, sweaty faces of our kids after a game. Those days go by fast. So grab your lawn chair and let's tire these kids out. I'd like to get to sleep before midnight.

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"When is the best time of the year to sell?"

It really depends on the location of your home and the reasons for your decision. In order to get the best possible deal, here are tips for selling your home in any season.

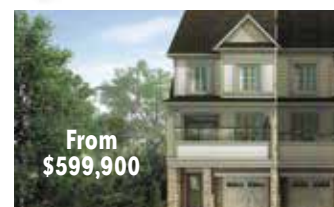
Selling a house in the spring? People tend to shop for homes as the weather gets warmer, which is one reason why spring is the busiest time for buyer activity. Another advantage is that most people feel like their finances are in order by springtime because taxes are filed and, if applicable, a rebate is on its way. Finally, many buyers opt to look in the springtime, so that the move can take place before the fall when kids return to school. For sellers, it's a good idea to use the winter months to prep your home to sell in spring. This means completing home upgrades, decluttering, depersonalizing and staging your home in the months leading up to the warmer weather.

Summer months are historically slower than spring when it comes to buying activity. Most buyers want to take advantage of the great weather and many will take vacations during these months when kids are out of school. But hotter weather doesn't mean buying activity grinds to a halt. Buyers who are still looking during this time should be considered serious and, in some markets, the summer months showcase the property in a better light making it a stronger selling season.

Many buyers shopping in the fall will be highly motivated by short closing dates. That's because buyers with kids want to get settled before school and schedules really get entrenched. That feeling of urgency can be a benefit to sellers, so use it wisely.

While winter is traditionally the slowest season for home sales, anyone who is shopping for a home during winter should be considered highly motivated. As a seller, be aware of this opportunity.

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