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Highlights of this BTC

The 2.23% solution	page 2	Optimist Club events	page 5
Helping seniors connect	page 2	Two Brooklin Bafflers!	page 6
Fearmongers vs. Caremongers.....	page 3	How to eat healthy	page 7
Kids sports in COVID summer	page 3	Group 74's Care Card.....	page 8

Painted Rocks of Hope and Gratitude to Frontline & Essential Workers

Since the start of COVID-19, hundreds of rocks hand-painted by residents have been popping up along local trails, pathways and sidewalks. Thank you!

To help support this wonderful community initiative the municipality is creating temporary local "rock gardens" for display. There is one in Brooklin at **Luther Vipond Memorial Arena**. Painted rocks have been carefully moved to these gardens.

We would love for our residents to bring their new rock creations to these gardens!

For information regarding COVID-19 please visit these reliable websites.



www.whitby.ca www.durham.ca
www.ontario.ca www.canada.ca

Or reach out and I'll help guide you. Stay safe.



REGIONAL COUNCILLOR
Elizabeth Roy
905.706.2001
roye@whitby.ca

Less than half the picture: *By Richard Bercuson*



The 2.23% Solution

Do you ever wonder?

I do. In Walter Mitty-esque fashion, what might it be like to have the ear of a powerful person like the Ontario premier and direct him to make a decision that pleases him (for no apparent reason) but leaves others with mouths agape.

Walter Mitty, by the way, was the character created by James Thurber in his famous short story "The Secret Life of Walter Mitty." Mitty daydreamed of doing wondrous things like being a world class surgeon while his humdrum life sputtered along.

These days, we are all probably having such humdrum moments much more frequently. As for me, I've always been curious about political decision-making. Who comes up with their ideas? Were they inhaling unusual substances during those magical moments?

Take for instance the highway 407/412/418 tolls. Please. (with apologies to the late comedian Henny Youngman - "Take my wife. Please.")

We are all well aware of the, pardon me, highway robbery regarding the only north/south toll roads in the GTA being in Durham Region as well as their sheer gob-smacking cost. As long as you're in gob-smacked mode, know this: Mister Ford's government last week snuck in a bill that raises those tolls about 2.23%, effective June 1. (<https://www.ontario.ca/laws/regulation/r20214>)

Yes, you read it right. Raises! It doesn't seem like much. After all, driving your car during peak times will go from 29 cents/km to 29.66 cents. Except, who's going anywhere right now? It makes not a scintilla of sense and surely won't earn those other cents either.

Here's where I slip into Walter Mitty mode. Mr. Ford, who's ac-

tually been performing mostly rather well as Pandemic Director, hires me to assist him with policy as his office works Larry, Moe and Curly Jo(anne) don't quite get it.

"Sir," I say, "the suggestion to raise those tolls lacks logic."

"We could use the extra funds," Ford replies. "Even donate them to hospitals. That'd look good."

"Sir, despite what you were just told, there won't be extra funds because no one uses the roads. Everything is shut down."

(Larry, Moe, and Curly Jo squirm in their seats. Moe smacks Larry on the top of his head and mutters about telling him so. Curly Jo twirls a strand of forehead bangs.)

"Even a small increase will make a huge difference to our bottom line," says Ford.

My eyes twitch while Larry fidgets with his high school grad ring "True, sir," I add. "But the increase will be offset by fewer people on the road."

"Who's our MPP out there?" Ford asks. Moe snaps that it's Lorne Coe. "Do people like him?"

"I suppose," I say. "He's in all the parades."

"Can we say it was his suggestion and I was too busy checking on my cottage to bother with such trivial matters?"

Larry, Moe, and Curly Jo jump up and exclaim their support. Ford hammers on the coffee table, practically crushing his last pizza slice. "Done! Pass it!" He smiles at me. "Richard, great job and nice argument! I just can't be bothered with logic right now." He sighs. "But hey, what do you think about rolling back teacher salaries to pay for the lack of drivers on those roads?"

I roll over and start dreaming about being a bylaw officer saving children from a pack of unleashed Shih-Tzus.

Helping Whitby Seniors Connect During COVID-19

To help local seniors connect socially from home during the COVID-19 public health crisis, the Town of Whitby has launched the new Whitby Seniors Connection Line program and expanded its Seniors Centre Without Walls program.

"During this time, we know that many seniors are staying home to stay safe and may be feeling isolated," says Mayor Don Mitchell. "Our goal is make sure they can connect, learn more about the resources available to them and have some fun with others from the safety of their own homes."

Whitby Seniors Connection Line

This program will connect Whitby seniors with people who can offer information, support and friendly conversation during this time of physical distancing. To date, Town staff have placed more than 800 calls to Whitby Seniors Activity Centre members. Due to the success of the program, the hotline is

now being expanded to all seniors within the community. Residents can phone 905-668-1424 and leave their name and number to receive a call back.

Seniors Centre Without Walls
Four times a week, local seniors can call in to the Seniors Centre Without Walls program for an hour of engaging activities such as trivia, music and storytelling. Upcoming sessions include Memoir Writing Tips, Fun with Phrases and Sayings, and a chat with Whitby-born Olympic bobsledder Cam Stones.

Call-in details for Seniors Centre Without Walls as well as the full programming schedule are available at whitby.ca/seniors. The program is offered in partnership with the Whitby Public Library.

For more information on these programs, call 905-668-1424 or email seniors@whitby.ca or visit whitby.ca/seniors.



"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, June 5, 2020

Deadline: Friday, May 29, 2020

Publications dates subject to change during COVID-19 Pandemic

Our Brooklin Kids *By Leanne Brown*



Kids Sports In A COVID Summer

Like a lot of parents, I'm wondering what team sports may look like after all this isolation is over. No parents allowed to watch, much less grandparents? Fewer players on the ice/field? What about locker rooms?

Restarting Ontario will be a whale of a task. It gets more complicated with the expectation COVID-19 may hang around for a while with residual waves . Everything will be impacted including, of course, recreational sports and activities. We aren't ready to hit the ice or field just yet and we know that, when it comes to sports, it's less risky outside than inside.

So what do we do if kids sports are cancelled for the summer?

To begin with, individual sports could likely start up again, which means those in team sports may need to consider individual sports as an alternative. Biking, tennis, skateboarding and golf surge in popularity. But even these will be affected since group lessons will be limited or not even be allowed.

Still, there will always be the serious athletes who find a way to train. Most are already doing something. Whether through online fitness and skills classes or working on their shots in the

driveway, kids who are really into their sport will always find a way. Parents need to encourage this passion but it shouldn't be forced. While this is a time to keep up the skills or work on something you want to improve, kids shouldn't feel pressured into heavy duty training.

And what of the kids who play just for fun? I expect a few will not return to their sport. This is why it's so important for sports organizations to keep their registrants engaged. If children don't return, smaller organizations could fold or offer only reduced options.

We may be looking at a long period of free play. No organized sports will mean families or small groups might play pick-up basketball or road hockey in the driveway or street. Perhaps if parks reopen, there will be a small soccer game or parent pitching to his kids on the ball diamond. For some, this could be the perfect summer to spend at the cottage or enjoy backyard evenings without the need to rush off to a field for a game or practice.

Whatever summer ends up looking like, we will be back at those hectic sports schedules at some point. So let's enjoy the break.

Alzheimer's Events To Show Support

The IG Wealth Management Walk for Alzheimer's is going online and nationwide! The Alzheimer Society of Durham Region (ASDR) invites everyone to move on Sunday, May 31, along with Alzheimer Societies from across Canada.

While we can't physically walk together right now, we can still connect virtually. That's why we have decided to go virtual. Do a dance, climb the stairs, jump rope, walk around the house or around the block.

ASDR is also organizing a motorcade for memories across the region on Saturday, May 30, to join with long-term care and retirement homes in our community.

Convoys will start at 10 a.m. The Whitby convoy will begin from Fairview Lodge, Chartwell Colo-

nial, and Village at Taunton Mills. Once you RSVP, ASDR will send you details on meeting locations and instructions.

For clients, caregivers and families of over 10,000 Durham Region residents who live with dementia and Alzheimer's disease, the social and physical isolation is extremely challenging.

Founded in 1979, the Alzheimer Society of Durham Region is a non-profit, charitable organization whose mission is to improve the quality of life of people with Alzheimer's disease or other dementias and their care partners.

For more information contact: Michelle Taylor, Manager, Events and Communication
905-576-2567 ext. 5222
mtaylor@alzheimerdurham.com
www.alzheimer.ca/durham

By Regional Councillor - *Rhonda Mulcahy*

Fearmongers vs Caremongers



First came the Fearmongers: the hoarders of toilet paper and lysol wipes, the Costco food samplers, the people who made even the sanest of us start to question if we should be building bomb shelters.

Then society changed. We realized hygiene and social distancing were the real weapons against the virus. Meanwhile, toilet paper once again appeared on shelves.

For all the disappointing and disturbing behaviours we've witnessed, thankfully we still have goodness right here in our town.

Meet Caremongers, a group started by a small number of individuals in Whitby to aid wherever the need exists.

Now numbering over 2000 (according to the Caremongers Whitby Facebook group), they have met community needs like no other group has. They've held food bank drives for local shelters;

hoisted signs to thank front line and health care workers; delivered meals; grocery shopped for our most vulnerable; and have reached out to those who are isolated to see what they can do to help.

Truly this group has stepped up in ways that make my heart swell with pride. Yes, I knew many before from church and service groups and other volunteer roles. But they have become a well-oiled, focused machine. Both Paul Rolland and Niki Lindquist who head the group would be quick to recognize others as the worker bees, which they are.

Caremongers divides Whitby into seven colour-coded zones. For instance, the north ward is red, pink and purple. If you would like to help or if you need help, you can reach them at 1-888-431-6711 or on Facebook.

Now if I can only find some flour and yeast at the grocery store, my faith in humanity may be further restored.

Stay safe, my friends.





No hockey these days? No problem.

You can still practice shooting. Someone at this house is doing some serious practice with a double-wide garage-sized target.

Stay Connected Learn Something New!

Right now, there are many opportunities to learn something new – whether it's online, in your garden or in the comfort of your own home. Here are a few ideas to get you started.



Become a Book Worm

The Whitby Public Library's digital collections are open! From bestselling books to blockbuster movies to popular magazines, pursue career goals or learn the basics of cooking through WPL. All you need is your library card! Visit whitbylibrary.ca/digital-content

No library card? No problem! Apply for a card anytime at whitbylibrary.ca/library-cards

Explore Our Past

Whitby is a community that is changing and growing. Brush up on and learn interesting facts about our community's past through the Whitby Public Library's vast collection of archival photographs and newspaper clippings. Visit whitby.ca/archives

Practice Your Home Escape Plan

When a fire happens, you may have only seconds to safely escape your home. Now's a great time to revisit your Home Escape Plan – the route you and your family will take to get to safety quickly. To learn how you can create a plan that's unique to your home, visit whitby.ca/homeescape

Become a Pollinator Champion

The rooftop bee hive at Town Hall is once again abuzz with activity. As a member of our Bee City, you can create your own habitat for these bees by building a Bee Nest (or Bee Condo). To learn how or for tips on how to make your yard pollinator friendly, visit whitby.ca/ecofriendly

Stay Active

Learn a new work-out activity and improve your mental and physical health! Here's a few ideas:

- Crank up the tunes and dance around the house briskly, or discover your neighborhood network of trails and paths
- Walk up and down your stairs
- Throw a ball in your backyard
- Jump rope – inside or outside!
- If you have fitness equipment now is the time to use it. If not, soup cans or water bottles make great hand weights.

For more wellness tips, visit whitby.ca/getactive

For more ideas on ways to stay connected and learn from home, visit

whitby.ca/stayconnected

 Stay Connected: whitby.ca/subscribe



Optimist Club Reimagines Events

By Tanja Coughlan, President, Brooklin Optimist Club

As a local service club, The Optimist Club of Brooklin regularly hosts events for kids in the community. But what happens when circumstances dictate that you can't do that anymore?

Unfortunately we have had to cancel many of our usual events. However, this has created an opportunity for us to reimagine some of our events and think of new and different ways to serve the community to fulfil our motto of bringing out the best in kids. For example, we reimagined our annual Easter Egg Eggstravaganza from a live and in-person Easter egg hunt to a virtual one that families could do on their own to observe social distancing.

The community was encouraged to put up pictures of eggs or to decorate their property with them. Families participated by reporting how many eggs they found each day and over the entire week. The Easter Bunny, who normally attends the event each year, recorded a video to reveal the winner and did porch drop offs to the three winning families.

Initially canceled, the annual Oratorical contest (public speaking) was reformatted to be a Zoom teleconference with par-

ticipants, judges and audience members in their own homes. The club gave out \$600 in scholarships. The winner was Vineysh Neethan, a Grade 6 student, who will go on to a district competition (also via Zoom) on May 31.

A brand new initiative developed to keep kids busy, learning, and having fun is the Daily Challenge-

es. We know parents are having to do it all right now and keeping kids entertained and coming up with new things for them to do while working is a lot, which is why we launched the challenges.

They're posted daily on the Optimist Club of Brooklin Facebook page and pictures and videos of the completed challenges are posted in response. Daily and weekly prizes are awarded. The challenges vary and range from arts and crafts to physical to just

plain fun. The sidewalk art challenge was a big hit. One mother said it's the only thing that's been motivating her six-year old son.

The Brooklin Optimist Club has two new \$1,000 scholarships up for grabs this year. The scholarships, which encourage volunteer work, are available to graduating and first year post-secondary students from Brooklin, including those pursuing careers in the trades. The deadline for entries is May 30.



As businesses and retail stores start to reopen...

Protect yourself and others.

Stay home if you're sick.

Keep 2 metres (6 feet) between yourself and others when out in the community.

If 2 metres (6 feet) can't be maintained, consider using a non-medical face mask.

Wash your hands often where possible or use hand sanitizer.

durham.ca/novelcoronavirus
Durham Health Connection Line
905-668-2020 or 1-800-841-2729

Brooklin Bafflers: *by Liz Lowe*

Crossword

Across

- 1 Spring mo.
4 That is to say; in other words
9 Lacking wit or imagination
14 Sorority letter
15 Nocturnal insect.
16 Musical show
17 Prize pieces or main exhibit
20 Up to the task
21 Movie preview
22 Lofty fir of northwestern North America
26 Something that's bruisable
27 Expression of surprise or enthusiasm
30 Sixth sense
31 Voice below soprano
33 Polar jacket
35 Type of hero.
37 Yielded
38 Idle gossip or rumour
42 Tibia
43 A small being, human in form, playful and having magical powers
44 The unit of measurement for the proportion of gold
47 Shut (up)
48 Old Tokyo
51 Tire filler
52 Mythical bird
54 Subject to or caused by an earthquake
56 Tristan's love
59 Opposite of hinder
60 A voucher given as a present
65 To whom a Muslim prays

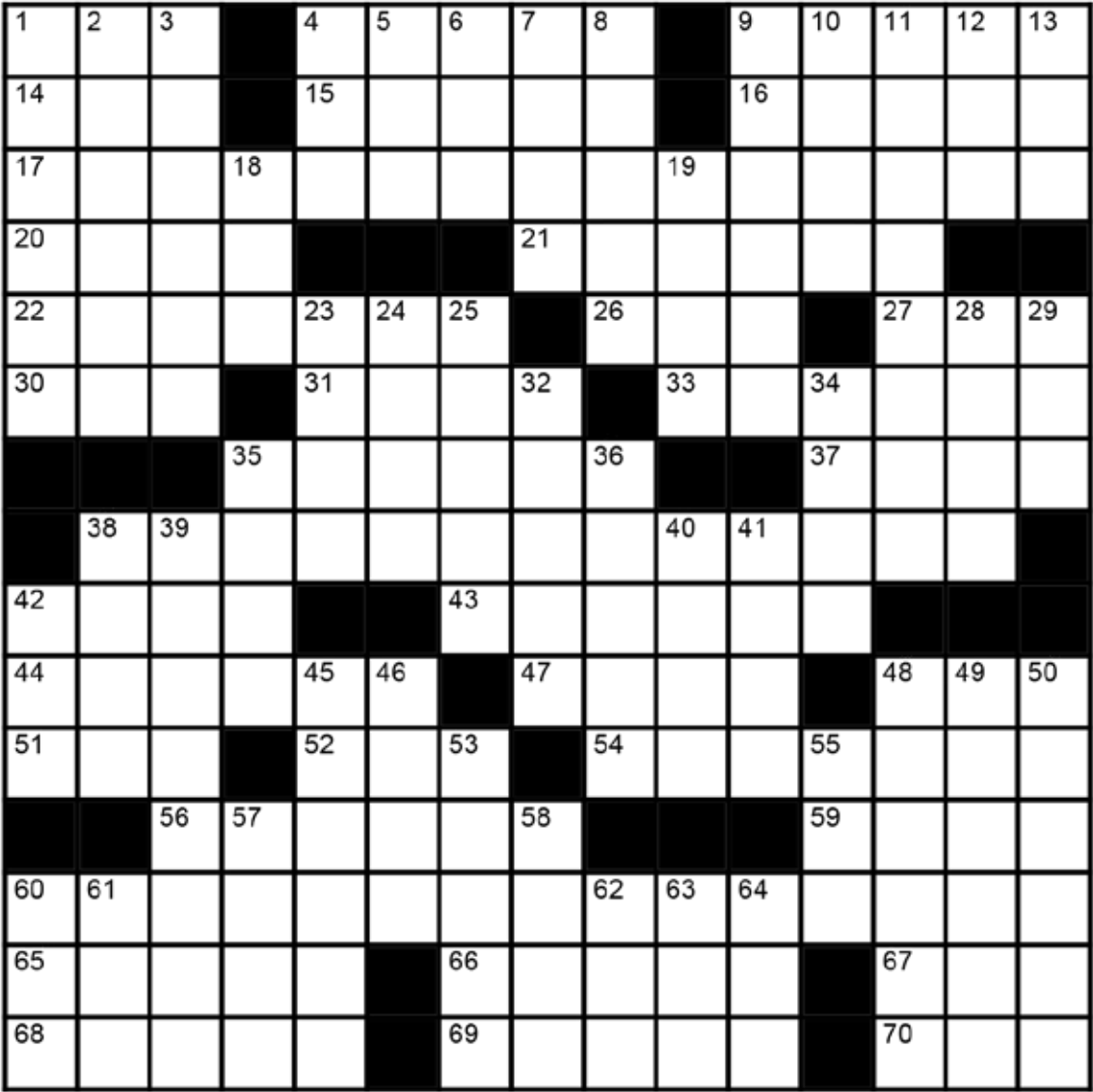
- 66 Type of thrush
67 Authorize
68 Academy freshman
69 Copy, in a way
70 One of a couple

Down

- 1 A covered passageway with shops and stalls on either side
2 The larger of the two satellites of Mars
3 Form into a cylinder
4 Wrath
5 Medic
6 Wolf down
7 Highlander
8 Midafternoon
9 A correctional institution
10 A network or intersecting blood vessels
11 Grow beyond or across
12 Total
13 Agreement
18 Table part
19 Tale
23 Thin
24 What's more
25 Things
28 Take home
29 Stretch (out)

- 32 Ready to be drawn
34 Wind instrument
35 It parallels the radius
36 Clarified butter (pl.)
38 Spicy cuisine
39 Type of gun
40 White-tailed eagle
41 South American monkey
42 Style of popular dance music originally from Jamaica
45 A medicated lozenge
46 Seafood selection
48 Preserve a dead body

- 49 A person committed to losing weight.
50 Eight performers or singers who perform together (pl.)
53 Storage medium
55 Pouch
57 A sudden sharp feeling
58 Pins and needles holder
60 Mountain pass
61 Under the weather
62 Suffix with ideal
63 Service charge
64 International Labor Organization



Brooklin Bafflers: *by Liz Lowe*

Wordsearch

- | | |
|----------|------------|
| BEARS | NET |
| CAGE | PEANUTS |
| CLOWNS | POPCORN |
| ELEPHANT | RINGMASTER |
| FIRE | STILTS |
| HOOPS | TIGERS |
| HORSES | TIGHTROPE |
| JUGGLERS | TRAPEZE |
| LIONS | UNICYCLE |

Plant-Based Eating *by Sheree Nicholson*



How to eat healthy

What does eating healthy mean? It can mean different things to different people. For me, it's eating whole-food plant-based foods; for others, it may mean something different.

Years ago, I realized that the goal of eating is to provide the necessary energy and needed nutrients to sustain life and its activities. This may seem obvious, but I'd always thought of food as pleasure and/or a reward. I was always seeking food that satisfied those needs.

I found that once I switched to thinking about food as fuel, everything else seemed to fall into place. I started to see my meals as giving me the needed energy for a run, a yoga class, or a long day at my desk writing. I wanted to ensure that whatever I ate gave me sustained energy, rather than the crash and burn effect some foods have.

Eat for energy

Eating for energy makes food choices simple. I ask myself how will this make me feel in an hour. If the answer is tired, I choose

something else. Plant-based foods digest easier, leaving you more energetic after meals. I'm sure you've had the experience of eating a heavy meal and then feeling tired afterward. This is partially due to the digestive system doing its job since the digestive process takes about 50% of your energy.

Basically then, other than being vegan, I avoid sugar and fast-burning carbs, like white rice and white pasta. For example, I love vegan sushi, but if I eat it before a workout or run, I feel slow and tired. The reason is that the rice vinegar in sushi is loaded with sugar and, when combined with white rice, it produces a sugar crash which affects the quality of my day. It doesn't mean I won't eat sushi. It just means I do so on a day that I don't have evening run club.

Breakfast is essential to me. There are plenty of plant-based, easy-to-digest options even though I know there are many articles on the web that claim it's not as crucial as we initially thought. I wake up hungry since, after all, it's been 10 hours or

more since I last ate. I like to start my day with great energy and I stick to a few simple breakfasts that I rotate during the week.

The following breakfast ideas sustain me with slow-burning energy that won't have me grabbing a mid-morning coffee or sugary snack to kick start my energy.

Simple breakfast ideas:

Avocado toast: Whole grain toast, covered with mashed avocado and sprinkled with nutritional yeast.

Oatmeal: With chia, flax, and hemp seeds and some fresh or

frozen fruit.

Smoothie: One scoop of vegan protein powder (you can use 2 tbslp hemp seeds instead), ½ a frozen banana, ½ cup frozen berries, a cup of frozen kale, and enough unsweetened nut milk (or water) to make a creamy smoothie.

Breakfast wrap: One small whole wheat wrap, peanut butter, ½ a banana and some hemp seeds.

Sheree's Hack: Keep your mornings stress free by making overnight oats.



COVID-19 Update

There are resources available to you through various levels of government.
www.whitby.ca • www.durham.ca • www.ontario.ca • www.canada.ca

www.investdurham.ca
is specific to Durham Region Economic Development
and there is valuable information on this site to help you
as business owners during closure or re-opening.

Visit investdurham.ca for help with the following:

- Decontamination and Health and Safety Consulting Services
- Disinfectants • Employee On-Site COVID Screening
- Employee PPE Application & Disposal Training
- Face Shields • Floor Decals • Gloves • Gowns • Infrared Thermometers
- Masks • Point of Sale and Plexiglass Shields
- Sanitization Stations • Sanitizer • Signage

Also at investdurham.ca Health and Safety Guidelines Information for:
Agriculture • Construction • Food Processing • Manufacturing
Restaurant and Food Services • Guidance from health and safety associations



Rhonda Mulcahy
Regional Councillor, TOWN OF WHITBY
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Stay Safe

Group 74 Preps Care Cards For Seniors



Many of us in the community, although isolated, are blessed to have yards and spacious homes during this time. Seniors, however, especially those in care communities, are confined to their rooms for their safety and likely will be likely for some time.

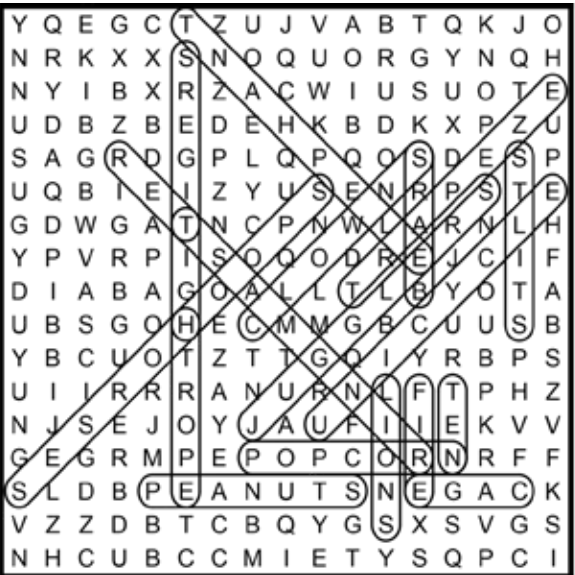
Brooklin's Group 74 is hoping to bring them some communication and joy in the form of Care Cards for Seniors. We will collect cards, messages, art, poems and

anything you would like to help brighten the day of someone in isolation.

There are several porch drop off locations throughout the community where you can leave your message to a senior in insolation and the amazing care workers assisting them.

Drop off locations are:

85 Baldwin
57 Bellhouse Place
73 Wessex Dr.
20 Croxall



Tanya Tierney Team

REALTY INC. BROKERAGE

Call or Text: **905.706.3131** office@tanyatierneyteam.com 49 Baldwin St. Brooklin



8 McIvor Street, Whitby



9 Penhurst Drive, Brooklin



28 Lacey Drive, Whitby



40 Chiswick Ave, Brooklin



46 McBeth Place, Brooklin



54 Harvey Johnson Way, Brooklin



56 Strandmore Circle, Brooklin



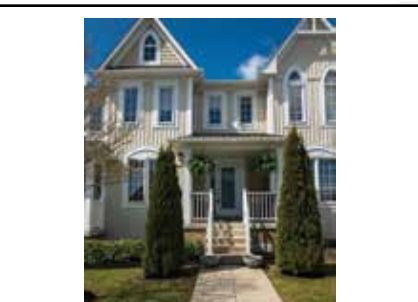
69 Fulton Crescent, Whitby



77 Darius Harns Drive, Brooklin



122 Montgomery Ave, Brooklin



142 Carnwith Drive E., Brooklin



267 Montgomery Ave, Brooklin

Brooklin is Tanya Tierney Country!

Not intended to solicit those under contract.