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# New Sports Complex Community Consultation is Next...



Top to bottom  
Active Plaza  
Terraced Courts  
Bridge

See Pages 4-5



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# When Foodmaster Became The Hub

By Jennifer Hudgins



The opening of Fred Brown's Foodmaster grocery store on May 10, 1967, was a significant event in Brooklin history. Residents lined up and dozens of excited school kids impatiently waited to get the autograph of Maple Leafs goalie Johnny Bower who'd only the week before won that year's Stanley Cup. Store butcher Howard Arksey cut the ribbon while Heber Down, Reeve Ralph Mobray and United Church Reverend Ralph Munday looked on. Built to provide customers with Brooklin's first "one stop shop" experience, the variety of products available in the store was something never before seen in the Village, all under one roof.

Fred Brown was not always familiar with sales since his Pickering area family were farmers. He learned the retail trade from his in-laws, Wes and Reta Piatti, who had bought the building at 58 Baldwin Street from Art Cook in 1944 and opened a small grocery store. Fred shared its management until they handed the business over to him and their daughter (his wife) Betty in 1952. The Browns moved into the apartment at the back of the building when the Piattis moved to Oshawa.

Fred and Betty saw an opportunity to diversify and in 1956 rented 8 Roebuck Street. Originally Stovers Bakery, they renamed it The Green Door. It became the go-to place for customers to find gift-



ware, greeting cards, school supplies and C.I.L. paints. After the owner died, they bought the building and established a

contract paint business in which Fred employed men to help him paint barns and other buildings. The Green Door continued to function as a gift and paint shop under Betty's management. At the same time, they bought and moved their family into the house at 10 Roebuck Street.

As Brooklin's population grew, Fred recognized the need for a larger, more modern place to shop. To build a new store took more than his income provided, so he sold the properties on Roebuck Street to local artist Claude Taft, moved his family back into the Baldwin Street apartment and purchased Guy Stevenson's car lot at 64 Baldwin. (see the Feb. 26 BTC issue, page 7 at

brooklintoncrier.com)

Although the new store was larger than their previous businesses, Fred and Betty kept the small town family feel alive

by employing locals. Their own children, Patti, Paul and Elizabeth, took turns working alongside their parents.

When the Browns ultimately sold the Foodmaster and shut its doors on August 30, 1982, customers felt the loss. The building changed hands a couple of times and is presently a Home Hardware.

Fred and Betty sold the Piatti building in 1972 and moved to a house on Queen Street where they lived until they retired to their renovated family cottage on Lake Scugog. Fred died July 31, 2000 and is buried at the Salem Cemetery in Pickering. Betty resides in Port Perry.

## Our Brooklin Kids By Leanne Brown



### Parks need a place to park

Hopefully this summer, ball diamonds and sports fields will welcome teams back for a season of fun. The kids really need it. But with the players returning, we will also see the return of a familiar problem: the lack of parking at parks.

Ideally local parks are places that we walk or ride our bikes to. However, when the park has a sports field, those using it from around town often drive to it. This means there's a need for parking. As a result, for several parks around Brooklin and Whitby, visitors are parking on adjacent streets. This causes safety issues for vehicles and pedestrians. Cars parked on streets reduces visibility as kids and parents get out of cars, sometimes into traffic.

At Vipond Park, for example, the baseball diamond is busy every evening from April to September. The families often bring other kids so that on a game night there can be dozens of kids in and around the playground. However, this park has no parking at all which means that cars line adjacent streets right up to the intersections.

Trying to turn onto Vipond from Darius Harns is dangerous. Cars inch out trying to see oncoming traffic but it's virtually impossible. Buses coming down the street often have trouble getting through. Local residents have

had their driveways blocked and there have been a few near misses with kids and dogs trying to cross streets where they can't be seen by drivers.

Having parks next to schools works well as the schools provide ample and safe parking. The lots are close to the fields which makes lugging gear back and forth much easier. Plus surrounding streets are kept clear.

With the new developments coming to Brooklin's northern reaches, adding parking to the planned parks with sports fields is important. These amenities will help keep our streets safe.

Here are a few considerations visitors can take around parks without parking.

- 1) Keep adjacent intersections clear. Parking on the corners blocks visibility.
- 2) Make sure local residents can get access to their driveways.
- 3) Avoid parking on both sides of the street to allow traffic to freely travel in both directions.
- 4) Watch for kids on bikes and scooters and who are walking. They can be difficult to spot behind cars and foliage.
- 5) Cross at the crosswalk or intersections instead of between cars.
- 6) If you have sports gear, drop it by the park with someone and then park larger vehicles further away to keep sightlines clear.

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Next Issue: Friday, March 26, 2021

Deadline: Friday, March 19, 2021

During COVID-19 dates are subject to change.



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# New Sports Complex Process Takes Shape

At the Town’s Council of the Whole meeting on March 1, three recommendations were made regarding the process leading to next steps in the new sports complex development.

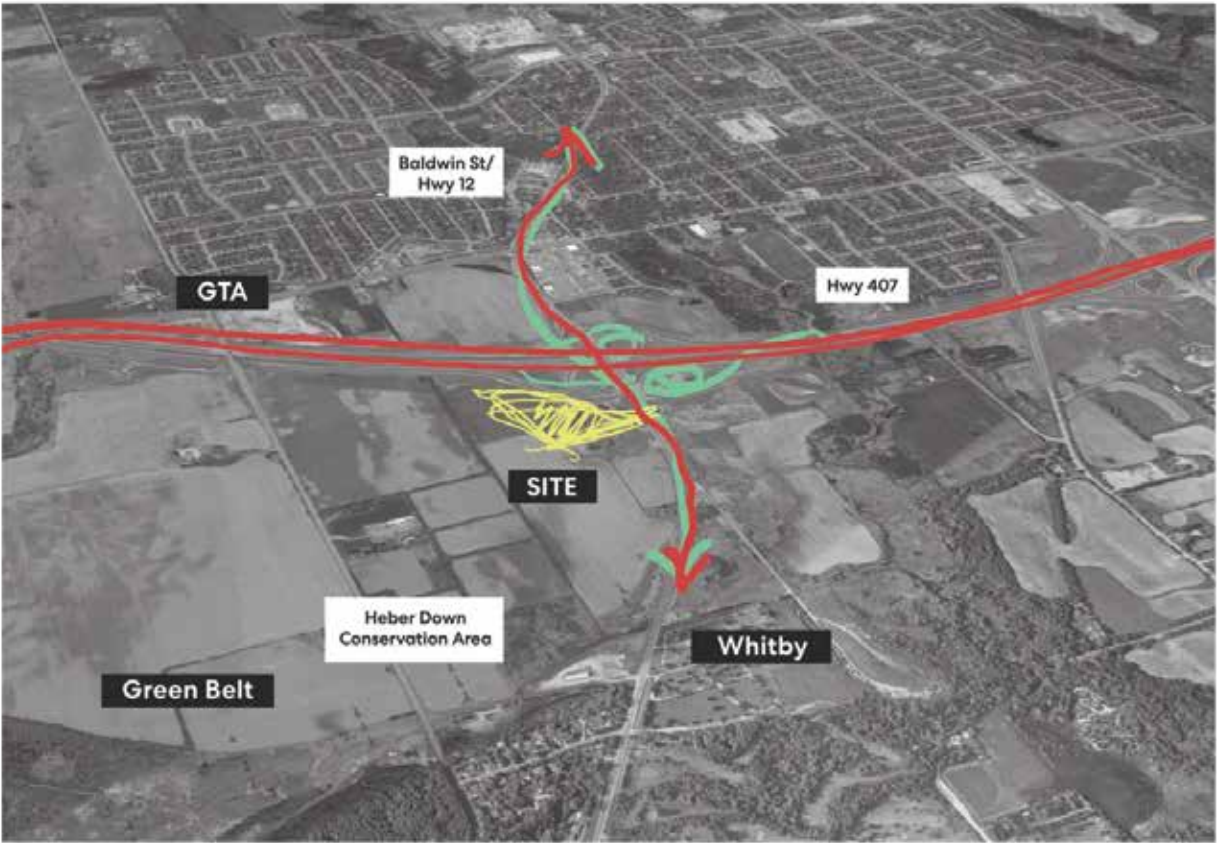
- That the Community Services Report, CMS 04-21 be received as information;
- That Staff be directed to begin the Whitby Sports Complex Community Engagement process and present the three (3) Design Concepts; and,
- That Staff be directed to report back to Council with the recommended design option considering the feedback received through engagement on the project.

Here are the highlights from the

staff report CMS-0421:

Based on the input received from the Visioning Sessions, the Design Consultant prepared three design concepts.

**Option 1 – Terraced Courts:** The layout is compact and efficient. The building steps down and frames a series of ter-



raced areas which knit the building into the landscape.

track forms a critical part of the building’s identity.

**Option 2 – Active Plaza:** Activity in the plaza, pool and arena are on display from the main entrance. The bold and singular form acts as a counterpoint to an organic landscape design.

**Next Steps:** The next step in the design process is to present the design concepts to the community in order to obtain feedback and move towards selecting a preferred option.

**Option 3 – Bridge:** This design is conventional and efficient layout of arena and pool spaces. The structure supporting the

Leveraging the Town’s new Connect Whitby platform, the community engagement process will encourage collaboration with all

As we approach the one-year mark of the first case of COVID-19 in Whitby, we want to say...

Thank You

To all of our residents, business owners, community groups, essential service workers, health care professionals, first responders and others who have done their part to keep our community safe and strong over the past year.

Thank you for helping those who needed it. Thank you for protecting others. Thank you for continuing to #ShopLocal to support our local businesses.

COVID-19 has impacted every single person who lives and works in our Town. Through it all, our community has shown incredible strength and has come together to support each other in many ways – big and small.

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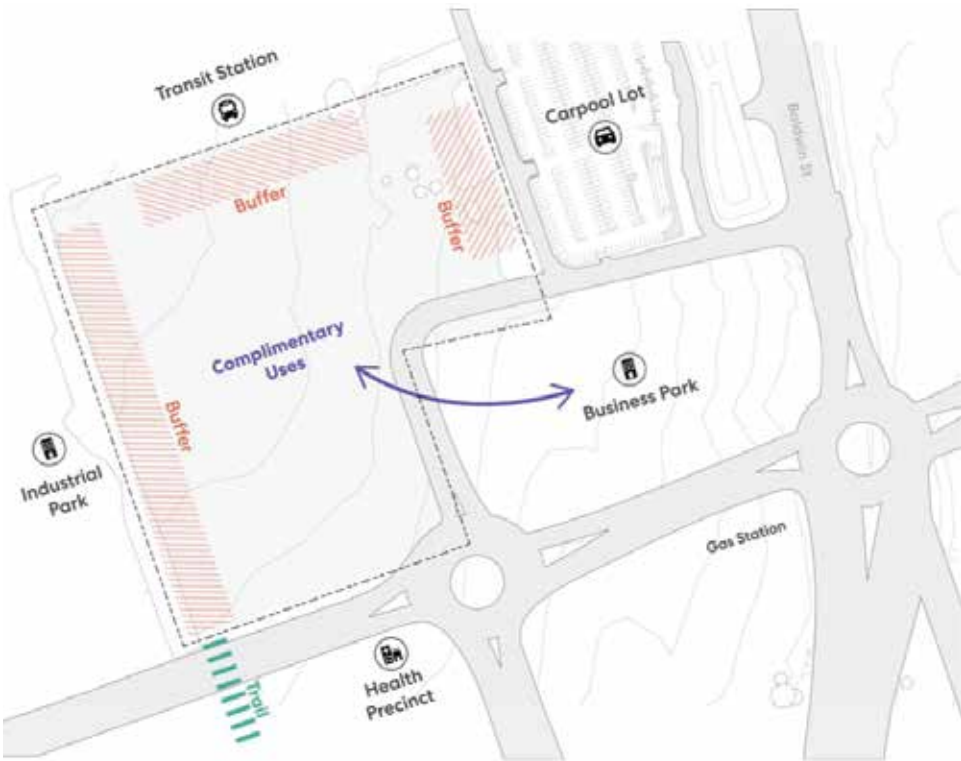
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participants and will inform the overall design intent. As part of the conceptual design process, the Design Consultant investigated the opportunities for building location using the following criteria:

- Establishes presence from the street and high visibility of entrance and program elements;
- Provides distributed parking and multiple entry points; and
- Maximizes opportunity for outdoor programmable space.

**Key Project Milestones**  
Design Consultant Award  
November 2020

Members of Council Interviews/  
Staff Visioning Sessions/Design  
Period December 2020 & Janu-  
ary 2021

Development of  
Three (3) Design Concepts  
January 2021 to February 2021

Community  
Engagement Session  
March 2021

Council Approval of Preferred  
Design Concept  
April 2021

Sustainable Design  
Recommendations for Council  
Approval  
June 2021

Preparation of Design and Ten-  
der Documentation  
June 2021 to April 2022

Tender and Award Period  
April 2022 to June 2022

Construction Period  
Summer 2022 to Summer 2024

Building Occupancy - Fall 2024

**Financial Considerations:**  
On November 2, 2020, Council  
approved a total project cost of  
\$3,021,343 (funded 10% from

the Growth Reserve Fund and  
the remainder from Develop-  
ment Changes) to proceed with  
Perkins + Will Architects to com-  
plete the full design and contract  
documentation services for the  
project based on the recommen-  
dation brought forward in Report  
CS 45-20.

The 2021 Capital Budget in-  
cludes a budgetary amount of  
\$27,400,000 in 2021 and a bud-  
get forecast of \$39,578,657 in  
2022 for a total project forecast  
of \$66,978,657 to complete the  
planning, design and construc-  
tion of the new Whitby Sports  
Complex project.

The WSC project is growth relat-  
ed and will be funded as follows:

- \$27,400,000 in 2021 funded from Development Charges (DC)
- \$39,578,657 in 2022 is fore-  
casted to be paid from DC fund-  
ed Long Term Debt (subject to  
approval of the 2021 DC Study  
and approval of next year's 2022  
Capital Budget)

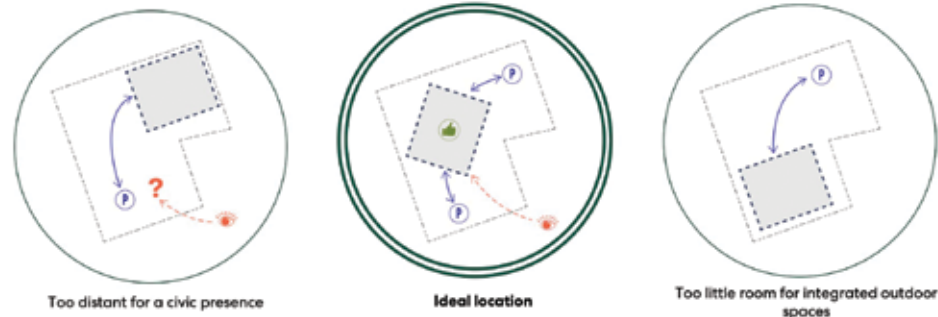
The total project budget in-  
creased from \$45,000,000 to  
\$70,000,000 in the 2021 Capi-  
tal Budget due to the impacts  
of COVID-19, annual construc-  
tion escalation and current cost-  
ing information provided by the  
cost consultant. In the upcom-  
ing months, the Design Consul-  
tant will obtain high level costing  
for each of the three (3) design  
concepts. These cost estimates  
will be reviewed by Staff and  
presented to Council with the  
recommended design option for  
Council approval in April 2021.

To read the report in full:

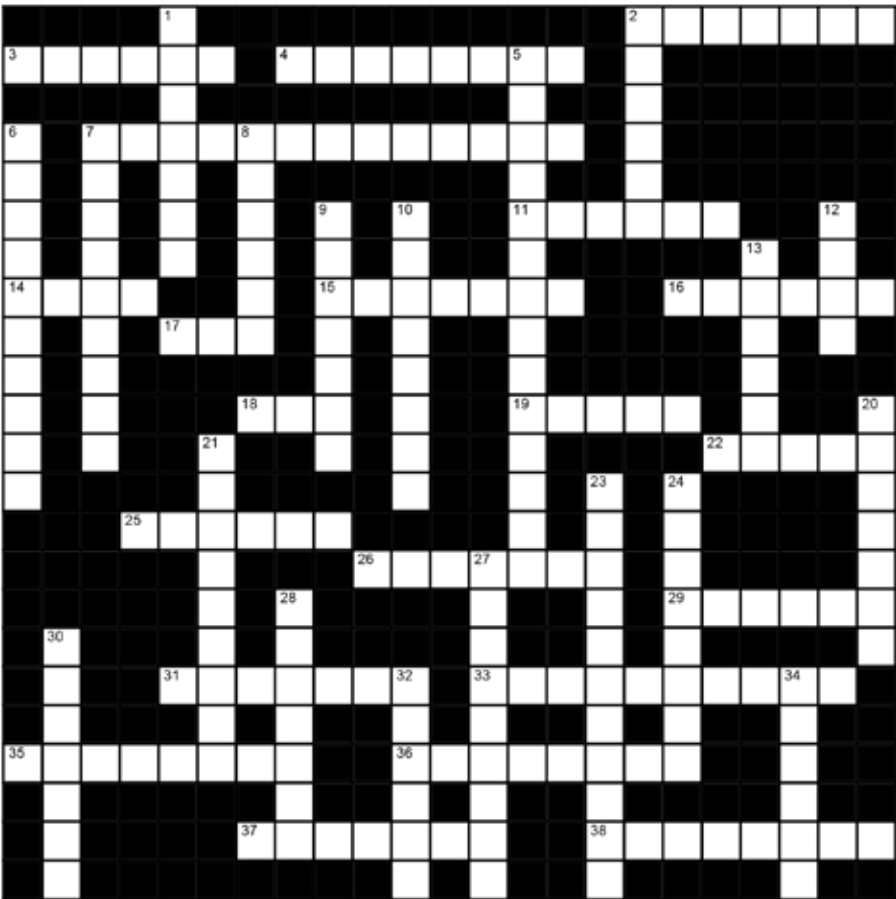
Go to [brooklintowncrier.com](http://brooklintowncrier.com) and  
see the link on the home page.  
Or  
Visit [whitby.ca](http://whitby.ca) then go to council  
meetings and look for the March  
1 agenda. It's item 4.2

**Site Analysis**  
**Locating the Building on the Site**

- Measures of Success:
- Presence from the street and high visibility of entrance and program elements
  - Distributed parking and multiple entry points
  - Integration in the landscape, considering access to light and protection from winds with great, programmable outdoor spaces



**Brooklin Bafflers: by Liz Lowe** **Crossword**



**Across**

- 2 A type of Irish boat with a wooden frame (7)  
3 Instrument used in traditional Celtic music (6)  
4 What name did the Romans call Ireland (8)  
7 The ocean churns relentlessly below the towering \_\_\_\_ (6,2,5)  
11 The Giants Causeway is located in this county (6)  
14 "May the \_\_\_\_ rise to meet you" (4)  
15 Folksongs that tell stories (7)  
16 St. Patrick drove them from Ireland. (6)  
17 Chicago uses it to turn their river green on St. Patrick's Day (3)  
18 Lively folk dance (3)  
19 One of the most popular team sports in Ireland. (5)  
22 May you be at the gates of heaven an hour before the \_\_\_\_ knows you re dead! (5)  
25 Irish Proverb: When the \_\_\_\_ slips it speaks the truth (6)  
26 Irish for 'My Dear' (7)  
29 Irish accent (6)  
31 You'll find the gold at the end of it. (7)  
33 A thick stick of blackthorn or oak used typically as a weapon. (10)  
35 A ring which represents love, loyalty, and friendship (8)  
36 A term for one-room cabins (8)  
37 Fine Irish porcelain (7)

- 38 A humorous poem consisting of five lines (8)

**Down**

- 1 Drinking toast in Ireland (7)  
2 Unofficial national flower of Ireland (6)  
5 Erin go Bragh meaning (7,7)  
6 Another name for long johns (10)  
7 Traditional Irish dish of mashed potatoes with cabbage (9)  
8 Also known as the Great Hunger (6)  
9 Corned Beef and \_\_\_\_ (7)  
10 Type of Irish stew (8)  
12 There's no corn in this salt cured \_\_\_\_ brisket dish (4)  
13 Mythical being or creature. (6)  
20 Clever, flattering, or coaxing talk (7)  
21 A brand of Irish Whiskey (9)  
23 Poetic name for Ireland (7,4)  
24 Irish dish made of boiled pigs' feet (8)  
27 "There's no need to fear the wind if your \_\_\_\_ are tied down" (9)  
28 Supernatural being in Irish and other Celtic folklore (7)  
30 An Irish term for a girl or young woman. (7)  
32 May you get all your \_\_\_\_ but one, so that you will always have something to strive for (6)  
34 An adjective that describes the people and culture of Ireland (6)



# Ontario Volunteer Service Award winners

The Ontario Volunteer Service Awards were announced at a March 4 virtual ceremony. These awards recognize individuals for continuous years of volunteer service at a single organization such as hospitals, seniors centres and community associations.

This year, 6,658 volunteers from across the province are receiving the Ontario Volunteer Service Award and since 1986, more than 250,000 volunteers have been

recognized.

Adult volunteers are recognized for five to 65+ years of continuous service in five year increments while youth volunteers are recognized for two or more years of continuous service.

Brooklin winners included:

Danielle Accardo - 5 Year Award  
- Girl Guides of Canada  
Ontario Council - Brooklin

Cathy Hogan - 5 Year Award  
- Girl Guides of Canada  
Ontario Council - Brooklin

Karina Scanga - 5 Year Award  
- Girl Guides of Canada  
Ontario Council - Brooklin

Fiona Shaw - 5 Year Award  
- Girl Guides of Canada  
Ontario Council - Brooklin

Dejan Stefanovic - 5 Year Award  
- Scouts Canada - 1st Brooklin

Emily Williamson - 5 Year Award  
- Scouts Canada - 2nd Brooklin

Katherine Russell  
- 10 Year Award  
- Scouts Canada - 2nd Brooklin

Jacqueline Adams  
- 35 Year Award  
- Girl Guides of Canada  
Ontario Council - Brooklin

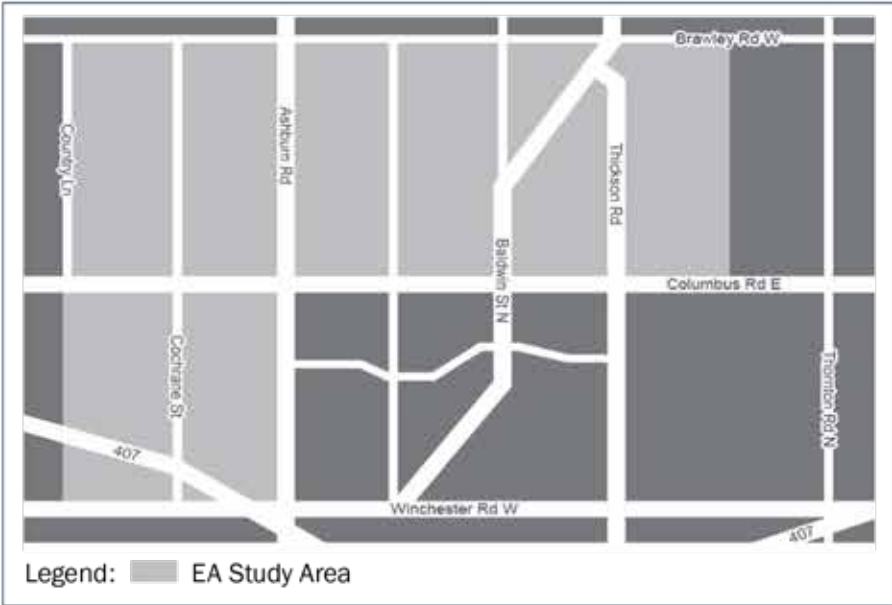
Glenn Bryers  
- 35 Year Award  
- Scouts Canada - 2nd Brooklin

## NOTICE OF COMPLETION

### Filing of the Brooklin North Major Roads Municipal Class Environmental Assessment

**Background**

In 2017, the Brooklin Secondary Plan and Transportation Master Plan (TMP) established a cohesive land-use and transportation strategy to guide the expected growth in the Brooklin area. These studies recommended the establishment of a major road network to support the long-term development of the community. The recommendations identified improvements to three (3) existing roads and six (6) new roads that would be subject to the Schedule 'C' Municipal Class Environmental Assessment (MCEA) process.



**Overview**

The Brooklin North Landowners Group, in partnership with the Town of Whitby, conducted a Schedule 'C' MCEA to evaluate design options for the improvements to Columbus Road West, Cochrane Street (south of Columbus Road West), and Ashburn Road, as well as six other new roads in the Brooklin North area. Following consultation with the public, major stakeholders, property owners, Indigenous Communities, and other agencies, the proponent has recommended designs for these roads that balance the impacts on the natural, cultural, and socio-economic environments, while providing efficient connections to future

development. The designs considered a variety of options with respect to road alignments (road curvature) and profiles (vertical alignment). Cross-sections were also developed for the roads based on the proposed role and function of the roads and further refined through the application of Town and Regional guidelines, and consultation with Town staff and major stakeholders. Finally, the study recommended locations for traffic signals and roundabouts within the Brooklin North area in accordance with Town guidelines. Following the Schedule 'C' MCEA process, an Environmental Study Report (ESR) was prepared to document the entire study process, including the development of the alternative design concepts, evaluation of the alternatives, selection of a preferred alternative design concept, public and stakeholder engagement, and all technical reports completed for this study. The ESR will be made available for public review for an extended period of 60 days beginning on March 11, 2021 and will end on May 9, 2021. The link to the ESR is available for review on the project website at [whitby.ca/en/town-hall/brooklin-north-major-roads-environmental-assessment.aspx](http://whitby.ca/en/town-hall/brooklin-north-major-roads-environmental-assessment.aspx)

**Process**

During the review period, if there are outstanding concerns that the project may adversely impact constitutionally protected Aboriginal and treaty rights, which cannot be resolved in discussion with the Town then a person or party may request that the Minister of the Environment, Conservation, and Parks make an order for the Project to comply with Part II of the Environmental Assessment Act. Requests on other grounds will not be considered. This is referred to as a Part II Order, which addresses Individual Environmental Assessments. Please address any Part II Order request in writing to each of the following three individuals:

**Minister | Ministry of the Environment, Conservation, and Parks**  
777 Bay Street, 5th Floor, Toronto, ON M7A 2J3  
[minister.mecp@toronto.ca](mailto:minister.mecp@toronto.ca)

**Director | Environmental Assessment Branch**  
**Ministry of the Environment, Conservation, and Parks**  
135 St. Clair Avenue West, 1st Floor, Toronto, ON M4V 1P5  
[eabdirector@ontario.ca](mailto:eabdirector@ontario.ca)

**Paul Bumstead | Senior Project Manager | Town of Whitby**  
3050 Garden Street, Unit #102, Whitby, ON L1R 2G6  
[bumsteadp@whitby.ca](mailto:bumsteadp@whitby.ca)

**Notice to All Correspondents:** Information will be collected in accordance with the Municipal Freedom of Information and Privacy Protection Act. With the exception of personal information, all comments will become part of the public record. This Notice was first issued on March 11, 2021.



# Brooklin Author Publishes First Novel

It took Laura Leslie a year and a half of full time writing to complete her first novel, “The Pretty Place.” It’s a coming-of-age story about mental health awareness set in Port Perry that features plot twists many readers have admitted they didn’t see coming. The novel has been named a winner by the Canada Book Awards, a book assessment pro-

gram that promotes outstanding accomplishments by Canadian authors.

Leslie studied journalism at Humber College and spent time in broadcasting, public relations and media before deciding to devote herself to the story.

With money saved from shares in a start-up she’d worked for which got sold, she devoted 10-13 hours a day to putting her passion to paper.

“The story is set in 1999,” she says. “It’s about what a young teen begins to experience and then continues with her into adulthood.”

“I loved the writing itself,” she now says when describing the process. “It took about four months for that. But the editing

and working with a professional editor were the most grueling. For sure, I could never have done this part time.”

Getting it published though presented different challenges, like finding an agent or publisher willing to do it. That plus the fact authors earn so little from traditional routes. Instead, she designed the cover herself, hired her own editor, and had it self-published through Friesen press. To date, she’s sold hundreds of copies and has pretty much broken even financially with most sales through her website.

As to what’s next, Leslie is already looking at another novel while this one lays out a new path for her writing life.



“The Pretty Place” is available in hard or soft cover format through the website [theprettyplacenovel.ca](http://theprettyplacenovel.ca). The site features testimonials, a list of songs mentioned in the book and excerpts.

The novel is also sold through Amazon, Rakuten Kobo, Barnes and Noble and Google Play.



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\*Based on RE Stats Inc. Data for Toronto MLS Units Sold Jan to Dec 2020. Not intended to solicit those under contract.



# Roll Up Your Sleeves Durham...

Starting March 8, **seniors 80+** can book appointments to receive the COVID-19 vaccine. Appointments will begin on March 9.

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If you need assistance with booking your appointment, please use the Call Centre Booking Line at 1-800-841-2729.

## Vaccine strong Durham



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# Support Your Local Business

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## Alan Hogan at Turner Moore LLP

In 2000, I relocated my family and business to Brooklin. I am involved with a number of businesses, which include Brooklin Tax and Bookkeeping Services Inc., Hogan Financial Services Inc. and Alan Hogan, CPA, CGA.

My office, originally in my home, was moved nine years ago to its current location at 62 Winchester Road East, across from the Luther Vipond Arena.

Accounting, bookkeeping, personal and corporate taxes and the preparation of financial statements are the core of my business. My practice provides services to both individuals and owner-managed businesses in computers, construction, professionals, farming, retail, not-for-profit and other various industries.

**Bookkeeping services**  
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We can assist clients with business plans and forecasts, startups, succession planning, payroll and employee issues, to name a few.

### Audit assistance

We also help clients with audits conducted by the Canada Revenue Agency, Workplace Safety and Insurance Board and any other agency that

might be required to perform audits on client documentation. We will meet with the auditors on behalf of our clients, file appeals or notice of objections and then follow through on the process to ensure that our client's issues have been dealt with. If you have received a letter from Canada Revenue Agency, do not ignore it as, in most cases, it can be resolved very easily.

### Broad network

We would like to provide every service our client needs, however, this is simply not possible. We have a network of Tax and Accounting specialists at our disposal to work on complicated tax issues. We also have a network of other professionals for referrals such as Financial Planners, Lawyers, Real Estate Agents, Banks, Mortgage Brokers, etc.

Volunteer activities are an important part of our personal and business life. I have recently joined the "100 Men of Oshawa" and "100 Men of Whitby," the focus of both groups being to raise money for local charities. I have coached minor soccer, coached and managed minor hockey and was the Director of Public Practice for the Durham CGA chapter for four years. We try to support the Brooklin/Durham Region on a personal and a business level whenever we can.

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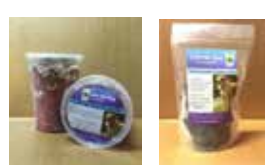
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# Brooklin Becomes Podcast Central



Podcasts seem to be omnipresent. According to **podcastinsights.com**, there are over 1.75 million of them currently online, featuring more than 43 million episodes.

Brooklin is home to three pod-

cast shows. In this issue, we highlight two which happen to be hosted by locals: “Famous Lost Words” with Tom Jokic and Brent Jensen’s “No Sleep Til Sudbury.”

(The third is hosted by BTC editor Richard Bercuson, “Grassroots the minor hockey show” -**grassrootsminorhockey.com**.

He doesn’t want to interview himself about it for fear of what he might say.)

All three are available on Apple, Spotify and various other podcast hosting sites. Please visit the BTC website, **brooklintowncrier.com**, where

we provide links to them along with short clips.

## No Sleep Til Sudbury by Tom Jokic

Nearly every day, Brent Jensen strolls along the Cedarbrook Trail, one of Brooklin’s many beautiful walking areas. It’s where he ponders life and music, both of which are practically interchangeable to him. Once at home, he heads to his basement office and gets to work on his popular weekly podcast, “No Sleep ‘Til Sudbury,” which has been on the air since 2017.

Named for Jensen’s very readable 2014 musical memoir, the podcast is what happens when a self-proclaimed music geek talks to the artists he reveres. In his relaxed manner, he asks each guest about “the music that makes your skin vibrate.” Then, for the next 25 minutes, the conversation veers from the out-

dictable world of rock and roll. Jensen’s hard rock apprenticeship began with one particular concert. On December 8, 1984, Iron Maiden and Twisted Sister made a surprising tour stop at the small 5,000 seat Sudbury arena, 45 minutes from his hometown of Espanola.

**Mind blowing**  
The show blew his young mind forever. “They were literally at the height of their fame,” he recalls. “No big names ever came to Sudbury.... not Motley Crue, not Van Halen, nobody.”

However his first foray into fandom was not a hard rock band at all. “When I was in the second grade,” he says with a laugh, “I was a massive Bay City Rollers fan. I had my mom sew plaid material on my jeans.”

His tastes took a different path when he saw the cover of the 1977 album “Kiss Alive 2,” which he now admits would have scared him in his Bay City Rollers days.

Jensen’s musical education continued as he discovered bands like Guns N Roses and then started listening to their predecessors like Aerosmith, The Rolling Stones and The Beatles. “I learned music backwards,” he says.

**Conspiracies**  
Among the best of his 198 episodes are ones that deal with rock and roll conspiracy theories. These include the classic “Paul McCartney is dead” rumours from the late ‘60s, a number of truly head-shaking moments, and the deeply held theories behind the death of grunge icon Kurt Cobain. Jensen tiptoes along the fine line between bemusement and seriousness as he reports on the details of these bizarre tales.

During his artist interviews, listeners realize that hearing people talk passionately about music is an education in itself. When the show ends, they often have their own to-do list of “new” songs to listen to.

With “No Sleep ‘Til Sudbury” among thousands of podcasts available on a daily basis, Jensen believes you don’t get into podcasting for fame or fortune.

“The reason why I continue to do it is because it’s a passion project. It’s fulfilling in that way. My advice to people who start a podcast would be don’t do it for the wrong reasons. Don’t do it because you want to make

money; don’t do it because you want to have notoriety. Do it because you love it and because you get something out of it.”

“No Sleep ‘Til Sudbury” is available on Apple, Spotify, iHeart-Radio or wherever you listen to podcasts.

*Brooklin resident Tom Jokic is the creator of the podcast “Famous Lost Words” which he co-hosts with former MuchMusic VJ and award-winning songwriter Christopher Ward. See the adjoining article by Richard Bercuson on page 11.*



geous to the deeply personal. His guests range from famous musicians including members of The Black Crowes, Triumph and Honeymoon Suite to lesser-known names who talk about their experiences in the unpre-

continued as he discovered bands like Guns N Roses and then started listening to their predecessors like Aerosmith, The Rolling Stones and The Beatles. “I learned music backwards,” he says.





# Famous Lost Words

By Richard Bercuson

One day years back, while deejaying in a Toronto club, something came over Tom Jokic who was known for not being able to stand still while on the job. He began dancing to the Van Halen song Dancing in the Street “like my life depended on it” on the dance floor, just feet away from Eddie Van Halen and Valerie Bertinelli who sat at a table, watching his gyrations with quizical looks.

(Jokic describes the memorable event, as it were, in an audio clip the BTC has uploaded to our site, [brooklincityradio.com](http://brooklincityradio.com).)

Fast forward to today and the Brooklin resident calls it one of his more bizarre moments in the music industry. These days, Jokic is the co-host of the podcast “Famous Lost Words” along with former MuchMusic host and songwriter Christopher Ward. Through the magic of modern technology, Jokic in his Brooklin home and Ward in Los Angeles banter about music industry artists as they replay timeless interviews.

### Radio producer

Jokic was for years the producer of CHUM radio’s morning hit The Marilyn Denis and Jamar show. According to the iHeart web site, he is a font of useless knowledge. This lends itself perfectly to one of the more fascinating podcasts around because he has access to CHUM’s archives which he trolls in search of, well, famous lost words.

The labour of love which the two share has resulted in a hit that is heard around the world in over 30 countries as well as on the iHeart radio network. “I’m fascinated by these old interviews,” he says, “most of which have never been aired aside from the first time.”

He and Ward met at a party and the two hit it off immediately. When they first discussed the podcast idea, Jokic admits that Ward was to be the key guy. “He has a ton of experience and is so well known that originally it was sort of going to be 70-30 him and me. I’d be his sidekick. Now it’s evolved and it’s more of a 50-50 split.”



### A quiet Orbison

Having access to those archives, for which Jokic is grateful, has allowed the show to let listeners in on some truly classic interviews. For instance, the late Roy Orbison, was

a notoriously quiet man despite having a string of mega hits like “Pretty Woman.” The podcast unearthed a couple of old interviews with him talking about his start in the ‘50s and how he once had to pass the hat to get some money after a show. He earned \$8.

Orbison explains as well how he gave the song “Claudette” to the Everly Brothers who made it a hit.

On the 40th anniversary of John Lennon’s death last December, Jokic and Ward broadcast a special episode of interviews Lennon had given, ones never before heard. A more recent episode was about Motown and included classic interviews with Smokey Robinson as well as a particularly poignant one with Mary Wells (“My guy”) who died of cancer just a few years later.

As for how to make this type of podcast work, Jokic says the trick is to want to make it sound like a conversation. “If you get too deep in the weeks, it’s tough to make it interesting. Christopher and I want our personalities to be part of the draw. We want to acknowledge the artists we feature for who they are. Besides, we have fun together

“Podcasting really gives you the ultimate freedom to explore.”

### Into their art

Of the artists he’s spoken with himself or played interviews from, he says, “You can’t wide brush them. Some are so deeply into their own art that they’re willing to really talk about it.” He cites an example of an interview he once had with The Eagles’

Don Henley. He was allotted just 20 minutes, but when time was up, it was Henley who said to his staffer he needed “more time with Tom.”

Given the opportunity, Jokic has a short list of artists he’d love to interview. Joni Mitchell is at the top of that list though he recognizes she’d probably be tough to talk with as she’s said to be both aggravating and fascinating. Paul Simon, Steve Nicks (Fleet-

wood Mac) and Gordon Lightfoot are others as is Paul McCartney whose autograph he has on his copy of the Sgt. Pepper album.

In the meantime, he and Ward continue recording “Famous Lost Words” with over 600 shows in the bank.

*“Famous Lost Words” is available on Apple, Spotify, iHeartRadio or wherever you listen to podcasts.*

## Plant-Based Eating by Sheree Nicholson



### What’s a vegan?

Recently I was at a local bakery and asked the staff if their oatmeal bars were vegan. One person replied they were gluten-free. Gluten is vegan as it’s the protein in wheat. This is a common misunderstanding. Often restaurant staff and the general public don’t really know what veganism is. The experience prompted me to address this through a list of the questions I’m frequently asked.

#### What is a vegan?

Vegans avoid eating all animal origin foods: meat, fish, dairy products, eggs, and honey. Many extend this to not using products tested on animals such as with clothing, shoes, personal care items, cosmetics, and medicine, which all have animal products in them.

#### Is it hard to be vegan?

The transition was much easier than I expected. I managed it overnight by taking on a Vegan Challenge. But many people just slowly eliminate animal products from their diets.

#### Will I miss animal products?

There are many vegan alternatives to meat, fish, eggs, and every sort of dairy product you could want. I don’t miss anything. Many processed replacements contain numerous chemicals, so read the labels and use them sparingly, especially in the transition’s beginning.

#### What about protein?

There are plenty of delicious vegan foods that are rich in this crucial nutrient. Including foods like beans, lentils, and tofu with most meals will significantly increase your overall protein intake.

#### How do I get my B12?

The easiest way to ensure excellent B-12 status is to take an

inexpensive sublingual tablet every two or three days. This is an essential supplement for vegans. At your annual physical, get your B12 tested.

#### Why can’t I wear animal fibres?

Animal fibres include down, wool, silk, and fur. Additionally, most shoes and belts are at least partly made of leather. These materials are invariably tied to the meat industry. Many vegans continue to purchase these products, so it’s a personal decision.

#### How much should I eat?

The volume of food you need may actually be more than you’re accustomed to. However, the energy matters, so be careful not to overeat. Plant-based foods digest faster than animal-based foods, so you may want to add a morning and afternoon snack.

#### What might friends and family say?

Your decision may not be fully supported. In my case, my Mom and a niece became vegan soon after I did which led to family gatherings with lots of plant-based options. Other family members tried to draw me into arguments, which I avoided. Hang in there; your change will soon be accepted. Not arguing with people allows them to ask questions later. If you need plant-based support, there are great blogs to read and local restaurants to visit where you can mix with like-minded people.

Each of us is perfectly imperfect. Being kind goes a long way when confronted with those who challenge our choices.

**Sheree’s hack:** When given the opportunity to talk about your veganism, do so with compassion.



Christopher Ward (left) and Tom Jokic



*A message from your Member of Parliament:*

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