

Onsite Repair & Sales

- ✓ Cell Phone
- ✓ Tablet / Laptop
- ✓ Smart Watch
- ✓ Game Console
- ✓ Certified Tech.

Fixed Fast

SKYVIEWELECTRONICS
INSTALLATION SERVICE SALES
46 Baldwin St. Brooklin, ON
905-655-3661



NEW

Tanya Tierney Team

REALTY INC. BROKERAGE

NEW LISTING!

144 Underwood Dr, Brooklin



Custom 4 bed, 4 bath family home on 166 ft deep lot with quartz kitchen, main floor office, backyard oasis with hot tub, gazebo & more!

CALL TANYA TIERNEY,
#1 Realtor in All of Durham Region!*


905.706.3131 | Office@TanyaTierneyTeam.com

MORE PICTURES AND LISTING GO TO
TANYASBROOKLIN.COM

Based on RE Stats Inc. Data for Toronto MLS Volume Sold Jan to Dec 2021

The Fair Rides Again!

See more on page 5



Zero Gravity

Campaign Kickoff with Steve & Rhonda


June 22, 7-9pm
Banter & Co. Brewing
66 Baldwin St, Brooklin

RE-ELECT

Rhonda MULCAHY
Regional Councillor

Re-Elect

Steve LEE
North Ward Councillor
"Your Voice for Whitby"





your home is your castle

be well advised®

Patrick Bennett
Real Estate Lawyer
(905) 620-4499 ext 222
pbennett@mbjlawyers.com

Brooklin
79 Baldwin St N | Brooklin ON L1M1A4
Tel 905-620-4499

Port Perry
229 Mary St | Port Perry ON L9L1B7
Tel 905-985-4141

mason | bennett | johncox
lawyers • be well advised®
www.mbjlawyers.com



Local Gymnast Competes Provincially

Andi Nelson, age 8, recently competed in the 2013 (age 9) division in the Gymnastics Ontario Championships at the New Tecumseth Recreation Centre. She was one of 35 girls in her age bracket.

Her finishes and scores in the various events were as follows:

- 5th on vault with a score of 9.367
- 6th on beam with a score of 9.533
- 10th on floor with a score of 9.467
- 1st on bars with a score of 9.550
- She also placed 2nd in the All Around with a total score of 37.917.

Andi, who practices four hours each day four days a week all through the year, has been doing gymnastics since, January, 2020, at Whitby Gymnastics and Circus Centre.



What You Need To Know This Week:

Have Your Say: 2023 Budget

What Town of Whitby services are most important to you? Which would you prioritize if you were building Whitby's 2023 Budget? We've launched community engagement to help inform the Town's 2023 Budget and we want to hear from you! Share your priorities with us from now to July 22 at connectwhitby.ca/Budget



Mayor's Senior Volunteer Award

Do you know a Whitby senior who has shown outstanding commitment as a community volunteer? Nominations for the Mayor's Senior Volunteer Awards are now open! Learn more and nominate a local senior now through August 5 at whitby.ca/MSVA



Join Us At The 55+ Extravaganza

Residents 55+ are invited to join us for a celebration on Friday, June 24 from 10 a.m. to 3 p.m. at the 55+ Recreation Centre and Rotary Centennial Park. Enjoy a BBQ, music, lawn bowling and more. Sponsored by Amica Whitby and Amica Taunton. whitby.ca/Calendar



Now Hiring – 55+ Program Instructors

We're looking for instructors to lead our 55+ fitness, language and arts programs this fall. Candidates must have experience teaching older adults and all fitness instructors must be certified. Apply by emailing your resume to 55plus@whitby.ca



Register For Summer Programs

Looking to register yourself or a family member for programs including swimming, basketball or art class? Don't miss out, register in ACTIVE Net now! Sessions start June 27. whitby.ca/Active



2022 Final Property Tax Bill Due June 24



The first instalment of the 2022 Final Tax Bill is due on June 24. This billing applies to all residential, farmland, pipeline and managed forest properties.

For more information including payment options, visit whitby.ca/Tax

Congratulations Graduates!



From the staff and doctors at Brooklin Optometric Centre!

Your future looks bright!

BROOKLIN OPTOMETRIC CENTRE



905.655.6200 • www.brooklineyecare.ca

We are having a yard sale to help raise funds for The Building on the Best Campaign.

Community Yard Sale

Join Us Saturday, June 11, 2022

8:00 am - 1:30 pm
The Charles H. Best Diabetes Centre
360 Columbus Rd. E. Whitby

For More Information, please contact:

bestdiabetes@charleshbest.com



THE CHARLES H. BEST DIABETES CENTRE

Brooklin TOWN CRIER .com

Brooklin's Community Newspaper
Proud to be a Brooklinite
Since 2000. Published 24 times per year.
Editor, Richard Bercuson
613-769-8629 • editorofbtc@gmail.com
• Circulation 8000 • Delivery via Canada Post
Locally owned and operated. A publication of Appletree Graphic Design Inc.

We accept advertising in good faith but do not endorse advertisers nor advertisements. All editorial submissions are subject to editing.

For advertising information, contact:
Email: mulcahy42@rogers.com

Next Issue: Friday, June 24, 2022

Deadline: Friday, June 17, 2022

P: 905-430-4300
E: info@whitby.ca

whitby.ca



DreamCo Dreaming Big

Phil Nero was just a child when his grandparents took him to a downtown Toronto production of the hit musical “Crazy for you.” The experience ignited in him a love for theatre, especially musical theatre. The result has been that the Brooklin resident has danced in, choreographed and directed a great many productions. His phone’s contact list, for instance, links him with nearly two dozen individuals with Broadway pedigrees.

But from the time he and his wife Kalie, also a professional dancer, moved to Brooklin from Toronto some years ago, Nero has dreamed of creating a centre for the arts in the Durham region. To that end, he’s created the production company DreamCo, an acronym for Durham Region Entertainment and Music. Its ultimate goal? To build a state-of-the-art theatre in Whitby, perhaps along the lakeshore,

which, as he says, would be unique. “There’s nothing like it anywhere,” he says. Minor problem: All it will take is a few million dollars.

Ukraine fundraiser

However, that is a few years and many sponsors from now. In the meantime, the company is planning a number of events, beginning with a fundraiser for Ukraine on Sept. 24 at the Port Perry Town Hall theatre.



GROUP 74 IS HOSTING

BROOKLIN
CREATES

Featuring local artists and makers

JUNE 18, 2022

10:00 am –2:00 pm

Brooklin Community Centre

SPONSORED BY

BUY SELL *Kell*

“Songs of Hope - A Benefit Concert for Ukraine” will feature some big time artists, all of whom are donating their time and artistry. These include Cory O’ Brien from “Come From Away,”

Mark Cassius who was in Stratford’s “Jesus Christ Superstar” production that went to Broadway and was one of the Nylons, Cynthia Smithers who played Diana Morales in “A Chorus Line” at Stratford and Christy Adamson who was in “War Horse” and “Cats” in Toronto.

Every dollar from the \$50 ticket, save for \$5 which goes to the theatre, will be donated to HPICanada, an organization that sends nearly expired medications to Ukraine.

Needing to help

Now the father of a six year old, Nero says it was the plight of Ukrainians in the conflict that spurred him. “It’s the first real conflict since my daughter was born. I just felt so guilty about my own life that I felt I needed to do something.”

DreamCo’s inaugural production will feature two shows that night in a theatre that seats 266.

Subsequent to the Ukraine fundraiser, Nero plans to run a Brooklin Concert in the Village series with small productions at key times like Thanksgiving, Remembrance Day, Christmas and so on. The idea is for these to be held in the former Brooklin

Community Centre on Cassels Rd.

“Imagine how enriching the quality of life in the region will be,” he says, “with this focus on the arts. We’ll start small for now and see where it takes us. I’m planting the seed in the community to get the buy-in.”

Using his many contacts from professional theatre, the shows are bound to be top notch. The challenge will be having to pay performers who are members of Equity, the Canadian Actors’ Equity Association.

“But remember that every Equity artist was at one time a non-Equity artist,” he points out. “There’s plenty of non-Equity talent out there and they need a place to start.”

With his Toronto dance studio, Metro Movement, suffering during the pandemic closure, he’s managed to work as a registered massage therapist while trying to raise sponsorship dollars to make DreamCo a viable entity.

He’s enlisted other big names to sit on the company’s board. Former National Ballet star Rex Harrington and Rod Hunter, former president of Rotary International, a key supporter of DreamCo, are two.

“Imagine that theatre on the lakefront,” he restates.

Imagine indeed.

Visit **DreamCotheatre.com** to learn more about Nero’s theatre project.

Our Brooklin Kids by Leanne Brown



The start of the teen years

I'm back! Did you miss me?

I took some time off for two reasons: first, to deal with a personal medical issue and second, to publish my first children's book, "The Thing With Wishes."

Now I've suddenly realized I'm about to become the mother of a teenager. My daughter turns 13 soon and I'm not sure I'm ready. You see, as this birthday approaches, she's suddenly craving more independence. She's growing up. How do I give her the freedom she wants while still being a good mom?

Bits of freedom

As it turns out, I realized I've been giving her some freedom in dribs and drabs all along. She already goes to the park with her friends or even the ice-cream store. She's stayed home alone for a few hours when my husband and I go out for a bit. But when she asked to go to the Spring Fair this week, I didn't feel quite so confident about that.

I love the fair, but having been there after dark, I felt it wasn't a place for a group of 12 and 13 year olds to be alone. My gut didn't like the idea.

"But Mom, all my friends are going together. We're meeting at noon and going to spend the afternoon there."

"Ahhh," my heart sighed with relief. Going in the afternoon with five other girls seemed a lot safer. Permission was granted with the

promise for her to check in via text every hour.

Texting

This is our thing. When she's out with friends, she must text every hour or when her plans change. She never fails in doing this. In fact, she's used it to get out of an uncomfortable situation once or twice.

One day, she was at the park with a friend who was talking to older boys when it was getting dark. My daughter knew she was due

home and wanted to leave except her friend wouldn't go. She texted me and asked me to come get them. I drove by and picked them up. It's that type of check-in that lets me know she knows when things aren't right, but also knows she can always get a little help from me if needed.

So as I drop her and her friends at the fair, I smile knowing that, while I may not be ready to let her grow up, I also know she needs to fly a little.

Did You Know?

Whitby Waste Buddy will add collection items to your calendar for you and send you alerts!

Whitby Waste Wizard App will show you where to sort your waste.

Visit: www.whitby.ca/en/live/garbage-and-recycling.aspx



Donald Creighton
By Jennifer Hudgins

One of Brooklin's most distinguished, but little known, residents, was Donald Creighton. English Canada's first great historian, he and his wife Luella lived at 15 Princess Street. It was said that he wrote history as though it had happened yesterday and that no other historians wrote as well or reached as many readers.

Creighton wrote eleven books, his first in 1937 being "The commercial Empire of the St. Lawrence" and a two-volume biography of Canada's first Prime

Minister. "John A. Macdonald: the young politician" was published in 1952 and "John A Macdonald: the old chieftain" in 1955. Both were Canadian best-sellers and won the Governor General's Award for academic non-fiction.

Surrounded by books

Born in 1902 in Toronto, he was the second of three children. His earliest memories were of his other reading to him and his siblings, instilling in them a love of books. "I was born," he once said, "into a household in which books, literature, history and biography were all about."

Although too young to serve in World War 1, in 1918 he did "his bit" for the war effort by working during the summer as a farm labourer through the Canada Food Board's program, Soldiers of the Soil, which placed teenage boys on farms across the country.

He later attended Victoria College in the University of Toronto where he received his B.A. in 1925, and where he met and courted fellow student Luella Bruce. That fall, he went to Balliol College at Oxford University in England where he and Luella got married on June 23, 1926, and where he received his Masters before returning to Canada to teach history at the University of Toronto.

Three Fellowships

During his lengthy career, Creighton had the distinction of being awarded three



fellowships of international importance: a Guggenheim Award in 1940, a Rockefeller in 1944 and a Nuffield in 1951. He was also awarded the J.B. Tyrell Historical Medal, presented by the Royal Society of Canada, for his work in Canadian history.

In 1955, he won the University of British Columbia President's Medal in Biography and in 1964 the Molson Prize awarded by the Canada Council for the Arts for his outstanding contribution to Canadian arts. Additionally, in 1965, Creighton was invited to become a member of the Ontario Advisory Committee on Confederation, to provide Premier John Robarts with advice on the constitution. He was also among the first group of companions chosen for the Order of Canada when it was established in 1967. The following year, the University of Toronto appointed him as a

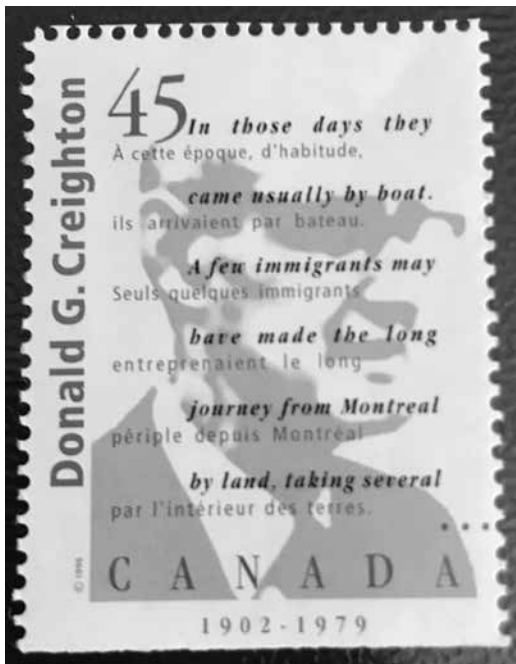
professor with tenure.

On a stamp

In the October 20, 1996, publication "Whitby This Week," staff writer Chris Bove wrote that Creighton was one of five Canadian authors to be commemorated in the latest Canada Post stamp series which was released on October 10, 1996.

"History," Creighton once explained, "is made by living men and women, impelled by an endless variety of ideas and emotions, which can best be understood by that insight to character, that imaginative understanding of people which is one of the greatest attributes of literary art."

He passed away on December 19, 1979 and is resting at St. Paul's Anglican Cemetery.







#1 DAN PLOWMAN ALL OF DURHAM REGION

- ✓ MOST HOMES SOLD IN DURHAM REGION 2021
- ✓ MOST HOMES SOLD IN DURHAM FOR PAST DECADE
- ✓ SELLS HOMES FOR 16% HIGHER THAN THE BOARD AVERAGE
- ✓ SELLS HOMES 8 DAYS FASTER THAN THE BOARD AVERAGE
- ✓ WE WORK THE KAWARTHAS AND NORTHUMBERLAND AREAS
- ✓ SOLD OVER A BILLION DOLLARS OF REAL ESTATE

WE LIVE IN BROOKLIN. WE WORK IN BROOKLIN.

GIVING YOU MORE.

 <p>\$829,900 On Quiet Court Turn Key Bungalow With Big Lot</p>	 <p>\$795,000 Enjoy A Retreat Lifestyle But Located Close To All Amenities</p>	 <p>\$829,900 Waterfront Community On Massive Lot Detached Bungalow</p>	 <p>\$849,900 Family Friendly Area With Open Concept On 109 Feet Deep Lot</p>
 <p>\$899,000 2.56 Acres, Reno Kitchen And Extra Large Detached Garage</p>	 <p>\$975,000 Custom Designed Bungalow On More Than An Acre And A Half</p>	 <p>\$889,900 Immaculate Bungalow On Premium 75 x 115 Feet Deep Lot.</p>	 <p>\$857,500 2 Acres Fabulous Bungalow Spacious Master With Ensuite</p>
 <p>189 Garrard Rd SOLD \$1,645,000</p>	 <p>67 Waywell St SOLD \$2,200,000</p>	 <p>352 Powell Rd SOLD \$1,510,000</p>	 <p>38 Forest Grove Dr SOLD \$1,315,000</p>
 <p>885 Brawley Rd W SOLD \$1,575,000</p>	 <p>944 Grandview St N SOLD \$1,250,000</p>	 <p>77 Solmar Ave SOLD \$1,500,000</p>	 <p>65 Waywell St SOLD \$1,970,000</p>

“
Dan Plowman Team made the experience of selling our house a fun journey – and we hope that you can be as fortunate as we have been, to work with them, to experience the same joy and to reap the same rewards!

William V. ★★★★★ 

“
We interviewed multiple realtors and found that Dan Plowman's Team offered the best service and really understood the market...we spent the time to make sure we hired the best team for the job.

Lance P. ★★★★★ 

OPEN 7 DAYS A WEEK
905-723-6111


DAN PLOWMAN TEAM
REALTY INC. BROKERAGE

GETTING YOU MORE.



BROOKLIN SPRING FAIR

TOGETHER
AGAIN IN 2022
**THANK
YOU!**

The Brooklin Spring Fair sends a heartfelt thank you to our volunteers and the Fair team, our guests and fairgoers. We were delighted to celebrate the return of this treasured community event with each of you.



VISIT
brooklinspringfair.com 
for details

Special thanks to our partners and sponsors for your continued support.



minto
Communities



- Campkin's RV Centre
- Gus Brown Buick GMC Ltd.
- Hard-Co Sand & Gravel
- Dom's Auto Parts Co.
- Event Tent Rental Group
- Fraser Chrysler
- Nurse Next Door
- Fieldgate Development & TACC Developments
- Gus Brown Hyundai
- Rogers Communications
- Scotiabank – Brooklin
- Skyview Electronics
- The Commonwell Group

So great to be Together Again in 2022. Until next year – first weekend in June 2023.

The Blooming Crate

The Blooming Crate opened in downtown Brooklin last June as a floral and gift shop. Today, it is home to an eclectic shop with a variety of goods and services to help make you feel good. It's located in the blue building at 71 Baldwin, unit 1.

Franca, the owner and creative mind behind The Blooming Crate, spent years working in the marketing and promotions industry and changed career paths to work as a Landscape



Designer. Recently, she decided to bring her passion for gardening and design together, which you can feel when you walk through the doors.

At The BloomingCrate, treat yourself to a fresh or dried flower bouquet or order a beautiful, floral arrangement to decorate your home or upcoming event. If you love flowers and can't get enough of them, ask about the bouquet subscription for weekly, biweekly or monthly Designer's Choice bouquets.

Check out the small gift shop with handmade goods from local vendors. If you're looking for something fun to do with your friends, book a Flower Arrangement or Succulent Arrangement Workshop, with or without catering, in the Studio



or invite The Blooming Crate to your home.

The Blooming Crate has also partnered with Vitality Juice Elixir Bar where you can enjoy an organic, cold pressed juice, smoothie or drink. When Franca is not using the studio, Nathalie from Sole to Soul Reflexology offers relaxing treatments to help with stress relief, sleep, energy and overall well being. Steve, a Holistic Lifestyle Consultant, is available for consults to help get you on the right path to a

healthier lifestyle with exercise and meal plans plus so much more.

Celebrate The Blooming Crate's first anniversary on June 11, 2022, from 10 am to 4 pm and enjoy a free yoga and/or tai chi class, door prizes every hour, free samples, and guest speakers. Follow **@thebloomingcrate** on Facebook and Instagram for more details.

Brooklin Bafflers: by Liz Lowe

Crossword

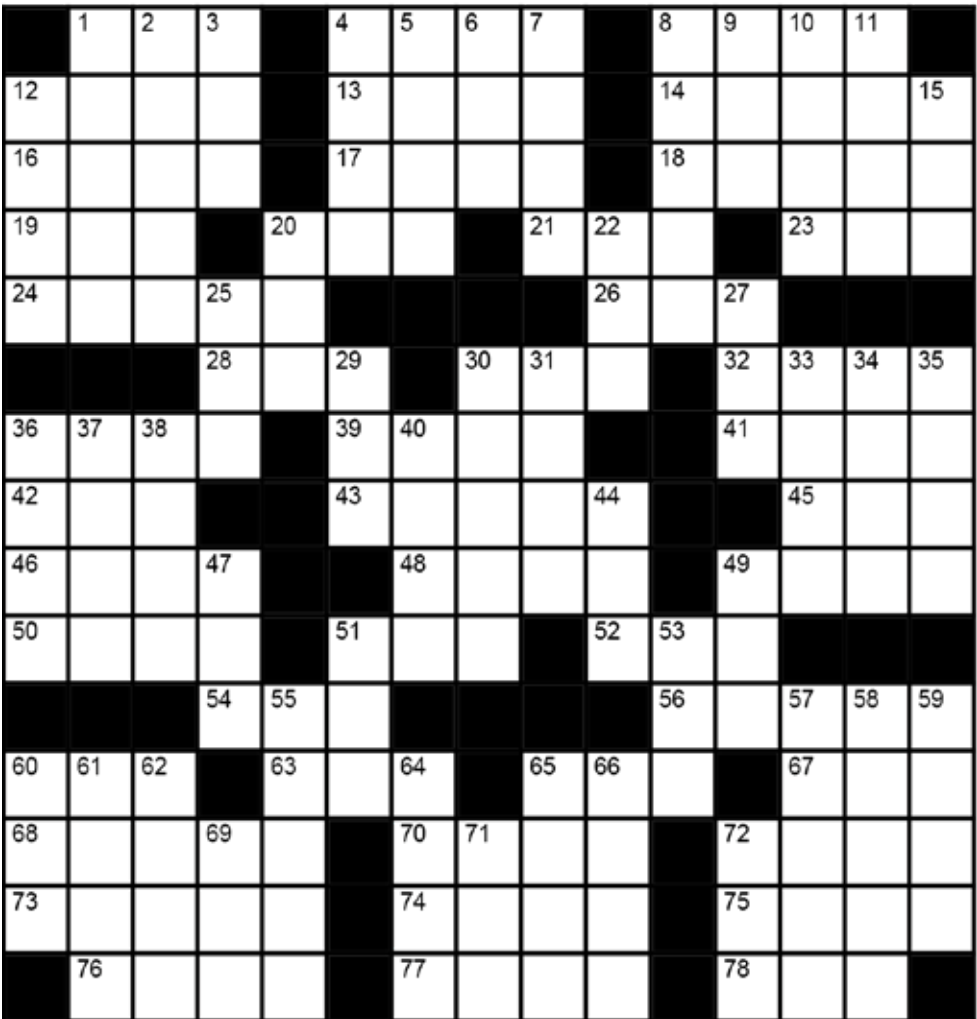
Across

- 1 "Wheels"
- 4 Shrek, e.g.
- 8 Family based on male descent
- 12 Challenge for a barber
- 13 Punish, in a way
- 14 Correct, as text
- 16 Getaway spots
- 17 Food thickener
- 18 High-quality cigar
- 19 Boot part
- 20 ____ Today
- 21 Talk, talk, talk
- 23 Masseur's workplace, maybe
- 24 The second largest US state
- 26 Brouhaha
- 28 "Absolutely!"
- 30 Type of fluorocarbon
- 32 Caddie's offering
- 36 Get checkmated
- 39 Wrinkly fruit
- 41 Horror film staple
- 42 Be decisive
- 43 Buckwheat pancakes
- 45 "My Name Is Asher ____" (Chaim Potok novel)
- 46 Resound
- 48 Abreast of
- 49 Ice sheet
- 50 Halftime lead, e.g.
- 51 "____ alive!"
- 52 ____'easter
- 54 30-day mo.
- 56 Compel
- 60 Appear
- 63 Blue hue

- 65 Short order, for short
- 67 Victorian, for one
- 68 ____ apso (dog)
- 70 Type of organic compound
- 72 Associations
- 73 Type of fig tree
- 74 "____ Lang Syne"
- 75 Curved molding
- 76 Storm preceder
- 77 Brings home
- 78 Drained

Down

- 1 Birchbark
- 2 Add on
- 3 ____ gestae
- 4 Wood sorrels
- 5 Totally nuts
- 6 Biochemistry abbr.
- 7 Mysterious: Var.
- 8 Small lizard
- 9 Big bird
- 10 Beaks
- 11 Become unhinged
- 12 Baseball glove
- 15 ____ lab
- 20 "It's no ____!"
- 22 Parenthesis, essentially
- 25 Sailor's assent
- 27 Hairpiece
- 29 Hero
- 30 Excerpts
- 31 The driest and palest of the traditional varieties of sherry
- 33 Throw, as dice
- 34 Creme-filled cookie



- 35 Actress Campbell
- 36 Bound along
- 37 Kind of column
- 38 Alone
- 40 Overabundance
- 44 B & B
- 47 Grassy area
- 49 Away
- 51 Aggravate
- 53 Frequently, in poetry
- 55 Hymn
- 57 Despot's duration
- 58 Cad

- 59 Alleviate
- 60 Mont Blanc, e.g.
- 61 All the rage
- 62 Spanish appetizer
- 64 Chinese dollar
- 65 Boxing prize
- 66 Boys
- 69 Mineo of "Exodus"
- 71 Bemoan
- 72 Deck (out)

Drive-in Series Returns To Whitby

Summer drive-ins are back! This month, the Durham Region International Film Festival (DRIFF) explores ideas of Indigenous identity and belonging with two award-winning films by inspiring Canadian directors.

DRIFF's summer drive-in series, *Shifting the Narrative*, returns to Whitby this summer bringing a feature-length film and an accompanying short film to the big screen on the third Thursday in June, July, and August.

Event-goers can catch the first feature-length film, *Beans*, preceded by the short documentary, *This Ink Runs Deep*, at DRIFF's drive-in headquarters at the Town of Whitby Municipal Building, 575 Rossland Rd. E., on Thursday, June 16 at dusk. *Beans* has won several awards including Best Picture at the Canadian Screen Awards in 2021. The film is inspired by director Tracey Deer's personal experience as a child during the 1990 Oka Crisis. It's a story about a Mohawk girl on the cusp of adolescence who must grow up fast and become her own kind of warrior during the armed stand-off.

In collaboration with the DRIFF Programming committee, Deer personally selected emerging filmmaker Asia Youngman's short documentary, *This Ink Runs Deep*, to precede her feature presentation. Youngman's film features Indigenous tattoo artists from across Canada who are reviving ancestral traditions that disappeared during colonization. Through the film, we learn about the practices that were thought to be lost forever, and how their revival reflects a reawakening of Indigenous identity.

Visit **driff.ca/drive-in-screenings** for more information on this screening as well as the ones that follow on July 21 and August 18. Tickets to each event will be \$20 per vehicle – good for as many people as there are seatbelts – and can be purchased at **<https://www.seatgiantevents.ca/event/driff-shifting-the-narrative>** DRIFF is a not-for-profit film festival rooted in the communities of Durham. DRIFF will engage a diverse network of audiences, filmmakers, and collaborators to promote film as a form of creative expression and a catalyst for community building. Find out more at **driff.ca**.

Provincial Election Night Results from Elections Ontario Website

Whitby Election Night Results 61 of 61 polls reporting

COE, LORNE PC Party of Ontario	24,194 Votes	48.51% Vote share	13,368 Margin
LABELLE, SARA Ontario NDP/NPD	10,826 Votes	21.71% Vote share	
MOHAMMED, AADIL Ontario Liberal Party	10,303 Votes	20.66% Vote share	
LEBLANC, STEPHANIE Green Party of Ontario GPO	2,608 Votes	5.23% Vote share	
LACKNER, TRYSTAN New Blue	1,006 Votes	2.02% Vote share	
LABAJ, EMIL Ontario Party	546 Votes	1.09% Vote share	
THOM, DOUGLAS Freedom Party of Ontario	203 Votes	0.41% Vote share	
RINELLA, CHRISTOPHER INDEPENDENT	184 Votes	0.37% Vote share	
Percentage of Polls Reporting		100.00%	
Registered Electors on List		103,011	
Voter Turnout		48.41%	

Results are updated automatically. Percentages are rounded to the nearest two decimals, and may not add up to 100%. All results are unofficial until the official results are released. The Registered Electors on the List total does not include polling day registrations.

Plant-Based Eating by Sheree Nicholson



Protein sources

My column topics are often inspired by questions I'm asked or conversations I hear. While knowledge of plant-based eating is growing, there is still some mystery about how we get our protein.

In fact, I was recently asked that very question by a naturopathic doctor who either just lacked knowledge or simply wanted to know if I'm eating a well-rounded diet.

Perhaps you're looking to add more plant-based foods into your diet or are transitioning to an entirely plant-based diet and lifestyle. In either case, we can benefit from a diet rich in plants as they provide fibre, minerals, phytonutrients and all the protein we need.

The most apparent sources of plant-based protein are tofu and legumes. However, there are more sources and adding these to your diet is an excellent way of

meeting your needs.

1. Lentils

A great source of carbohydrates and fibre as well as protein, they contain both essential and non-essential amino acids. Lentils are inexpensive, easy to prepare, and quite filling.

1/2 cup cooked lentils = 12 grams of protein

Use them in salads or as a ground beef replacement in spaghetti sauce, chilli and tacos.

2. Hemp Seeds

They supply plenty of heart-healthy fats and mainly omega-3 fatty acids. Though they don't have all amino acids (they're missing lysine), they are still considered an excellent source of protein for vegans.

Three tablespoons of hemp = about 10 grams of protein

Hemp seeds have a mild flavour and can be added to smoothies, cereals, salads, or anything really.

3. Chia Seeds

These have been used for centuries for their amazing ability

to absorb water and turn into a gel-like substance, thanks to their soluble fibre content. Because of this unique characteristic, chia seeds are great to add to foods to help them thicken naturally while also boosting the content of fibre, protein, and healthy fats (mainly omega-3s).

Two tablespoons = 4 grams of protein

Chia seeds can be added to oatmeal, cold cereal and smoothies.

4. Quinoa

Quinoa is technically a seed that is used as a grain. It is considered one of the top plant-based protein foods as it is a complete protein.

1/2 cup cooked quinoa = 4.1 grams of protein

Use in place of rice, add to vegan chilli or use as a topping on salads.

5. Spirulina

Spirulina is incredibly protein-rich. It's a deep blue-green colour and will change anything you mix with it into that vibrant colour. Spirulina provides all essential amino acids, also making it a complete protein.

Two tablespoons spirulina = 8 grams of protein

Blend into green smoothies, or

buy a powdered green drink that contains it.

6. Nutritional Yeast

Thanks to its cheesy flavour and nutrient content, nutritional yeast is one of the top high-protein plant-based foods. It's great for making dairy-free sauces, dressings, and more. It contains no dairy or active yeast and is found in a powder/ flake form.

Two tablespoons of nutritional yeast contain = 8 grams of protein Sprinkle on salads and pasta and use in sauces.

Sheree's hack: life gets busy, find local providers for your needs. Last week I visited Vitality Juice Co. on Baldwin (in the grey building) and had a great post run, green smoothie.



Support Your Local Business

NO BETTER TIME THAN NOW TO SUPPORT OUR LOCAL ECONOMY

Alan Hogan of 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

We provide bookkeeping services for numerous clients, including the preparation and filing of HST returns and source deduction calculations. These lead to financial statement preparation, the preparation and submissions of T4s, T3s, T5s, T5018s and other related submissions.

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.

We offer a free one hour consultation to new clients.

If you need our services, please call us at (905) 655-8556 for an appointment so we can discuss your needs.





TurnerMoore LLP

Chartered Professional Accountants
Licensed Public Accountants

Alan Hogan CPA, CGA

Providing a full range of professional
accounting & taxation services.

62 Winchester Road E., Brooklin

905.655.8556 • www.turnermoore.com



EST 1992


BARRISTERS • SOLICITORS • NOTARIES


H|N FAMILY LAW, WILLS & ESTATES AND REAL ESTATE

SOPHIE HILLS B.A.A., LL.B.

phone 905.571.1774 fax 905.571.7706

email SOPHIE@HILLSNOLAN.COM





Family & General Dentistry
Cosmetic Dentistry
Oral Surgery
Periodontics • Orthodontics

www.brooklindentalcare.com
5969 BALDWIN ST. S., BROOKLIN
905.655.7117

We
Make
Your
Dreams
Come True!

DREAM / CREATE / ENJOY



www.rhaverylandscaping.com
COMMERCIAL SNOW REMOVAL



Offering Customized CSA boxes year round!

- Flexible Payment Plans
- Reschedule Options
- Recipes & Tips



Serving Durham Region, Peterborough and City of Kawartha Lakes

905-986-9612 • info@lunargardens.ca • lunargardens.ca





Rebecca Kelsey
Sales Representative

Cell: 647-621-SOLD (7653)
Office: 905-419-8833
rebecca@movingwithrebecca.com
movingwithrebecca.com



Double Feature For Sale

For Sale



4 Bed 3 Bath Unionville Gem Listed at \$1,888,000

For Sale



1 Bed 1 Bath Old Toronto Condo Listed at \$699,000

You deserve more.

BRANDON HEBERT

| Direct: 416.949.7529

www.BrooklinBrandon.com | www.DurhamsFinest.com













LOOKING FOR AN EXCELLENT REAL ESTATE TEAM IN BROOKLIN?

WHAT'S INCLUDED IN OUR COMPETITIVE COMMISSION RATE?

AN AMAZING MARKETING PLAN INCLUDING:

✓ TWO EXPERIENCED, HARD-WORKING AND SMART REALTORS

✓ PROFESSIONAL STAGING

✓ PROFESSIONAL PHOTOGRAPHY

✓ PROFESSIONAL VIDEOGRAPHY WITH DRONE

✓ COMING SOON CAMPAIGN ON SOCIAL MEDIA

✓ SOCIAL MEDIA ADVERTISING WITH PAID ADS

✓ PROFESSIONAL HOUSE CLEANING

EXTRA LIST OF INCLUSIONS TAILORED TO YOUR HOMES NEEDS

STEPH MITCHELL & ELLE POTVIN,

SALES REPRESENTATIVES

Steph & Elle personally handle EVERY single listing!

When you hire us, you work with US!

INTERVIEW US TODAY!

STEPH & ELLE

www.stephandelle.com



905.441.7171

WHEN IT'S TIME TO SELL, CALL STEPH & ELLE!

INFO@STEPHANDELLE.COM • WWW.STEPHANDELLE.COM

TOP 100 RE/MAX

RE/MAX ROUGE

RIVER REALTY LTD, BROKERAGE



#2 in ONTARIO
#4 in CANADA
#11 WORLDWIDE
(RE/MAX SMALL TEAMS, JAN-JULY '21)