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What are these kids up to?

See the story on page 2



Lucia Alexander drops a water bottle into a trash bag held by her sister Finlay (right) and friend Grace Cowen (centre).

Highlights of this BTC

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Less than Half the Picture: *By Richard Bercuson*

At Your Disposal

It took three children and a grandmother, all with a sense of community purpose, to try to clean up a mess left by - best guess - local teens who party in the woods.

Sisters Lucia and Finlay Alexander, 7 and 10, and Finlay's best friend Grace Cowen, also 10, have spent many an hour on their scooters or walking in and around the Brooklin Fairgrounds and skate park, something they've done most of their lives. They've also explored the roughly hewn, well trodden paths that branch off the paved one behind the Vipond Arena, behind the skate park. One of those paths leads to the nearby creek and is a favourite route to a small opening in the trees where teens congregate.

It was there last week when the three girls and the sisters' grandmother Carol Kay came upon a veritable dumping ground. Strewn around the area as well as in the water, next to a dampened campfire and along the path were piles of garbage. Trees in the clearing had

been spray painted.

"We found cans and bottles, even a knife," describes Lucia. "There was also a sweater, shirt, socks and towels."

"We've been down these paths many times before," says Carol Kay, "but the garbage is getting much worse. I'd never seen it so bad. The girls also found the trash can at the skate park overturned and its contents littering the ground. They picked it all up and put the can back."

The girls were shocked at what they saw in the woods, so much so that, upon finding a large green garbage bag, they decided to make a point by filling it up, too. They loaded the trash bag with every bit of human evidence they could find, including garbage from the creek bed a few metres away.

With the bag so full it was too heavy to lug out, they left it there, wide open, a clear message to the

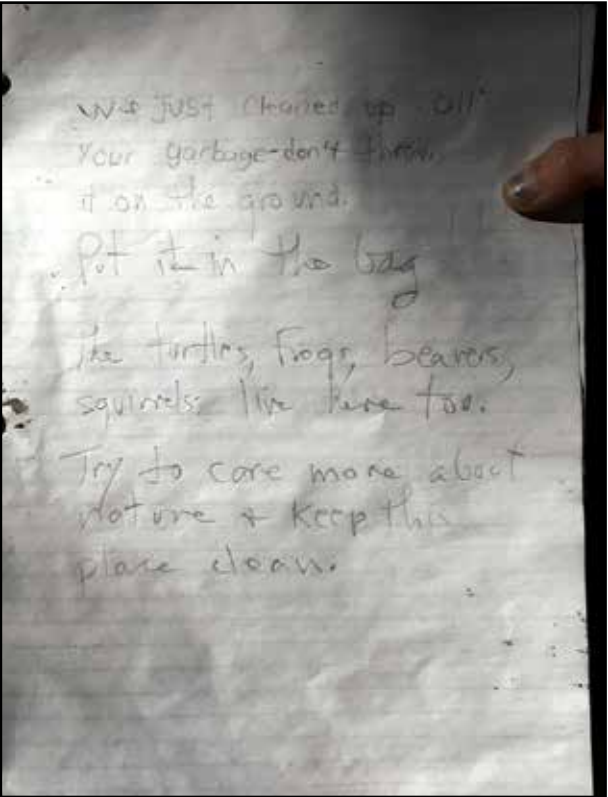
next gaggle of visitors. Still, it didn't seem to say enough, they thought. How else to make their point?

Among the detritus were a notebook and pencil. "The pencil didn't have any yucky stuff on it," says Lucia, "so we used it."

They all contributed to writing a note. It said: "We just cleaned up all your garbage - don't throw it on the ground. Put it in the bag. The turtles, frogs, beavers, squirrels live here, too. Try to care more about nature & keep this place clean."

They placed the notebook, open to the page with their note, on a log next to the campfire's embers.

Satisfied with the clean-up and message, Lucia, Finlay, and Grace got back on their scooters and headed out to their regular jobs as children playing, the part-time gig as disposal agents temporarily done.





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Next Issue: Friday, September 22, 2017
Deadline: Friday, September 15, 2017

Town of Whitby

UPCOMING EVENTS

Brooklin Harvest Festival
Saturday, September 9, from 10 a.m. to 4 p.m. in Downtown Brooklin and Grass Park. Free admission.

Season Kick-Off
Saturday, September 9, from 1 p.m. to 4:45 p.m. at Iroquois Park and Sports Centre, 500 Victoria St. Try hockey, ringette or enjoy public skating. CSA approved helmets and skates are required. Free admission.

E-Waste Collection Event
September 23, from 8 a.m. to noon. Whitby Operations Centre, 333 McKinney Drive.

Whitby Heritage Day
September 30, from 10 a.m. to 4 p.m. Free admission. Downtown Whitby.

whitby.ca/calendar

Council Meetings

Operations Committee
September 11 at 7 p.m.

Council Meeting
September 18 at 7 p.m.

Planning and Development Committee
September 25 at 7 p.m.

These meetings will take place at Town Hall, 575 Rossland Road East. For a full listing of Town meetings, visit whitby.ca/civicweb. For more information, contact the Clerks Department at clerks@whitby.ca or 905.430.4315

News

Town to Create Digital Strategy to Improve Service Delivery
The Town is moving forward with plans to create a digital strategy that will focus on improving resident engagement and promoting open and transparent government by providing better access to data. The digital strategy will be brought forward in late 2018.

Notices

Whitby Civic Recreation Complex Pool Closed September 5 to 24
The pool at the Whitby Civic Recreation Complex will be closed for annual maintenance from September 5 to September 24. The pool will reopen on Monday, September 25.

Staying Safe This School Year with The ABCs
The Town and Durham Regional Police Services are reminding everyone about their ABCs when travelling in school zones:

- A. Always Obey the Signs
- B. Bike or Walk to School
- C. Co-operate To Make Everything Go Smoothly

eNews Alerts Now Available
Staying informed on what's happening in Whitby is now easier than ever. Receive Town news, notices and publications by email notification. Sign up now at whitby.ca/subscribe

September 8, 2017

My Whitby is


Share what Whitby means to you.

The Town has initiated its Corporate Rebrand Project. A key part of this exciting new project is the research and engagement and we would value your input.



Online survey: Complete a short online survey between September 7 to 30.

Community Open House: Drop in to Town Hall on September 19 between 6 p.m. and 8 p.m.

whitby.ca/brand
[#MyWhitbyIs](https://twitter.com/MyWhitbyIs)



More information
Phone: 905.430.4300
Email: info@whitby.ca



@TownofWhitby
whitby.ca

Wierzbicki Wins National Steeplechase Gold

Brooklin's Jack Wierzbicki recently competed in the midget boy's 1500m steeplechase for Team Ontario at the The Legion's National Track and Field Championships that were held in Brandon, Manitoba, August 11-13.

The Legion's National Track and Field Championships have come to be regarded as one of the best in the country, with each province sending their best athletes. In fact, many former participants have gone on to international and Olympic success.

To qualify, Jack won his district and then headed to Windsor where he also won the provincial championship while setting a meet record.

In his August 13 race, Jack overcame a stumble before the last steeple and out sprinted his opponent during the last 100m to pass him at the finish line and capture gold. His winning time of 4:26.39 was a per-



sonal best beat his opponent from Manitoba, who finished in 4:26.67.

Jack also competes for Brooklin High School and Durham Dragons and will shortly transition to the cross country season.

Town Council Approves New Digital Strategy

The Town of Whitby is focused on exploring ways to leverage technology to deliver better, more efficient services to residents. On Monday, August 21, Town Council approved the staff recommendation to create a long-term digital strategy in addition to a few priority projects.

The new five-year digital strategy will be solutions-oriented and customer-centric in order to better serve residents in an innovative, cost-effective and sustainable manner. The strategy will serve as a framework that allows the Town to be agile and adaptable as it moves forward with its digital transformation. It will focus on: improving resident engagement and access to information through digital channels, digitizing Town services, and promoting open and transparent government by providing better access to data.

"While the pace of digital change is rapid, we want to be a leader in digital innovation and technology," added Matthew Gaskell, Chief Adminis-

trative Officer, Town of Whitby. "The investments we are making inherently build innovation and collaboration into our day-to-day service delivery and will allow us to be nimble and responsive for years to come."

To address the Town's immediate priorities, Council also approved a few short-term digital projects. These include, but are not limited to:

- minor website improvements to meet immediate compliance needs and improve usability;
- the creation of a modernized corporate intranet to promote and facilitate collaboration, information sharing and new ideas; and,
- the introduction of a new self-serve electronic permit and inspection scheduling tool to be used by builders working on developments in Whitby.

The digital strategy is scheduled to be brought forward to Council in late 2018 and will look at how to further encourage collaboration and innovative solutions for the Town and its residents.

On September 16, 2017 you can shop under the Blue Umbrella to help make Brooklin a dementia-friendly community!


Blue Umbrella Shop Day



SEPTEMBER 16, 2017 | 11AM - 2PM
DOWNTOWN SHOPS OF BROOKLIN | GRASS PARK

Hosted by the Rotary Club of Whitby - Brooklin Satellite Club





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- Pickering | 1848 Liverpool Road | Call Jennifer at 1-888-508-5774
- Whitby | 604 Garden Street | Call Paula at 1-888-508-6096




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Our Brooklin Kids By Leanne Brown



Watching your kids online activity? It's not just you...

One day, my daughter and her friend started looking at stuff on the Internet. They watched "Descendants" YouTube videos, played online games and checked out a fall preview for a new TV show. The next day I noticed that, when she surfed, her tablet displayed ads for travel to Disney. No big deal. Except she was also getting ads for an online company selling vaping products.

A quick glance at her browser history and I saw she'd searched for "Big Smoky Mountain" instead of the Disney ride "Big Thunder Mountain." Hence the connection.

Welcome to the era of tracking programs, which follow our every move on the Internet. I recall my brother's wedding planning last spring and the ads for flower girl dresses that kept popping up. There were also ads for stuff I'd recently been searching for showing up in the sidebar or banners.

Usage tracked

Advertisers are watching our online usage using embedded technology. They're collecting data on our internet use, including our children's, to understand behaviour or marketing preferences. Children's browsing

history, app usage, and even their locations are collected for use in marketing and advertising. Tracking what our kids do online means more information about our children is out there. Kids who chat online and use social media get tracked most often and it isn't just by marketers.

Most of us realize that when we go online and click those "allow" tabs without reading, companies might be collecting or selling personal data on us for advertising purposes. Many of us make the assumption, however, that when we let our children use "kid-friendly" apps from trusted companies, our kids are safe from privacy violations. But this isn't always the case. Disney is currently defending a class-action lawsuit as some of its online video games did not require adult authorization for children's information to be tracked.

In the U.S., state laws and protections plus a dedicated federal law, The Children's Online Privacy Protection Act (COPPA), protects children's online privacy. But in Canada, there's no privacy law specific to children. Online privacy in Canada is governed by the Personal Information Protection and Electronic Documents Act (PIPEDA). But the

unique needs of children aren't specifically protected. PIPEDA requires organizations involved in commercial activity to obtain meaningful consent, yet it can be difficult to obtain meaningful consent from children. While the office recommends to avoid tracking children and using websites aimed at children, this practice happens extensively.

Delete and block?

In this era of evolving technology and data management challenges, it's good to be concerned. So, do I ban my daughter's online activity completely? Sure, I could delete and block cookies on her tablet, but I'm likely not getting them all. Moreover, the tracking technology is not deleted when I remove regular cookies from our computer.



A Brooklin Toddler's Random Thoughts

"It's been a tough week."

I realize I need to watch the types of ads targeting my daughter a little more closely. Today a department store is promoting bras to my daughter...something she clearly doesn't need...well, not at least for a few more years.

A Special BTC Feature:

Child Identity Theft: Is Your Child Vulnerable?

By Leanne Brown

Identity theft cases are becoming more common among kids. A 2012 U.S. report revealed that 140,000 children in the U.S. every year are victims of identity theft. It also indicated that nearly 11 per cent of children have someone else using their social security number.

It is creeping into Canada. In 2016, the RCMP and Canadian Anti-Fraud Centre reported 119 complaints of child identity theft of victims under 19. With 65 cases reported in the last six months, the danger is something that is definitely a concern.

Daniel Williams for the Canadian Anti-Fraud Centre says, "These numbers are just a fraction, as most cases go unreported." The Canadian Anti-Fraud Centre logs

as many as 25,000 calls each year about everything from identity theft to phishing schemes and employment scams.

Kelley Keehn, author of "Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud," points out, "Often the thief is the person you least suspect. Studies in recent years have found that up to 70 per cent of identity thefts are committed by someone the victim knows, often a friend, relative or in-home employee."

Who They Target:

Children aged 6-11 are most vulnerable to fraud. Since most parents monitor their children's activity at this age, it's easier to spot. "Once

... continued on next page.

Community Calendar

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

Sat., Sept. 9: 2-3:30 - Whitby Ringette free on-ice introduction

An hour of on-ice fun events and introductory drills with experienced coaches and players.
Girls aged 4 and up.
Just bring your skates and a helmet.
We'll supply the rest and some snacks.
Iroquois Park Arena - Pad 1

Sat., Sept. 9: 1 - 5 pm - G-Moms of Port Perry Present "Birder Murders"

Written by Steve Burrows,
author of Birder Murder series
On Reach Road, Uxbridge
- Exact location will be on purchased tickets. Also view film
"A Murder of Crows"
by Susan Flemming.
Marketplace for bird and nature-themed purchases. Free refreshments
Tickets \$20 each from Presents,
Presents, Presents in Uxbridge
or by calling Judy at (905) 471-4651

Sat., Sept. 16: 9 am - 3:30 pm - Thickson's Woods Nature Festival

Learn about nature from the experts!
Guided nature walks, bugs and botany ID, beekeeping demonstration, live wild animals and birds to meet, arts and crafts, silent auction, bake sale, refreshments, Thickson's Woods merchandise, and more! Tickets at the gate: \$5 adults, \$2 children, \$10 family (cash only).
Thickson's Woods is at the foot of Thickson Road, south off Hwy.401 in Whitby.
For information,
visit thicksonswoods.com
or phone 905-433-7875

Fri., Sept. 22: 4:00 - 5:00 pm
(4th Friday of each month)
Teen Leadership Council at Brooklin Library
Whitby Library's Brooklin Branch seeks

Teen Leadership Council members to share ideas & assist with special events and programs. Grade 9-12 students earn community service hours. Snacks provided. No registration required.
For information, email teenservices@whitbylibrary.ca.

Sun., Sept. 24: 7:00 pm - Brooklin Pub Quiz Night

\$15 per person for a team of 4-8 but teams of 6 are best. Team gets a platter of wings and fries and a mug of beer.
Winning team receives a \$10 gift certificate per person to return to the Brooklin Pub. All proceeds to Pulmonary Hypertension of Canada.
Hints: 1. Archer Fish 2. Agra.
Contact Carolyn at 905-449-1162

Wed., Sept. 27: 7 - 9 pm - Brooklin Horticultural Society meeting

Speaker Edith George will lead a discussion on "Heritage Trees - What is a Heritage Tree & Why are we protecting them." Also featuring our Autumn Show. Enjoy refreshments, pick up draw tickets & speak with our gardening experts. Brooklin United Church, 19 Cassels Rd. E.

Mondays: 6:30-7 pm:

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

1st & 3rd Tuesdays

**Community Care Durham (CCD)
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WORSHIP DIRECTORY

<p>Burns Presbyterian Church 765 Myrtle Rd West (just 4 minutes north of Brooklin) 10am Worship, Kids Zone Fun & Nursery Care "Discovering God, Sharing God's Love" 905.655.8509 www.Burnschurch.org</p>	<p>Brooklin United Church 19 Cassels Rd. E. Sunday Services at 10:30 am Sunday School & Nursery Care www.brooklinunited.ca 905-655-4141 Come catch the Spirit!</p>
<p>St. Thomas' Anglican Church 101 Winchester Road East Sunday Services: 8:30 and 10:30 am Sunday School & Nursery Program (10:30am) Wednesday 10:00 a.m. Communion and Healing Service 905-655-3883 www.stthomasbrooklin.ca</p>	<p>Renaissance Baptist Church of Brooklin 40 Vipond Road (Just West Of Library) Sunday Worship & Kids Program 10:30 a.m. 905-655-4554 www.brooklinrbc.ca We're here for Brooklin!</p>

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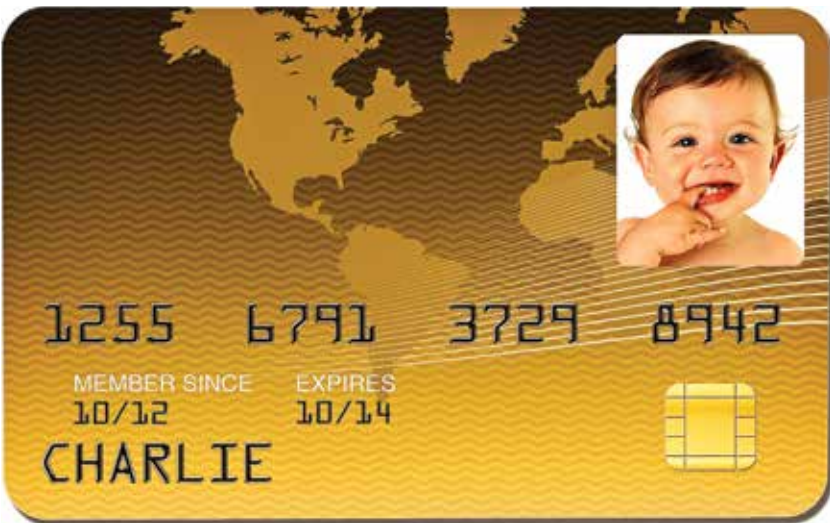
continued from previ- kids hit their tweens, they are 40% more likely to have their ID stolen due to their online presence especially if they have a cellphone,” says Keehn.

Why Kids are Vulnerable:

Since children have clean credit histories, criminals use these IDs to apply for credit cards, lines of credit, and even mortgages! A child’s identity is often stolen through the apps they register for to download and also through online registrations, accounts and profiles. “The Internet has made life so easy for criminals,” says Williams. Identity thieves create fraudulent websites that mimic social networking ones in order to gain their personal information.

What Criminals Do:

About 22% of child identity theft cases in Canada reported misuse of the child’s SIN. Thieves create a ‘synthetic identity’ using the child’s SIN and a different name, date of birth, and address, to obtain new bank or credit accounts for financial gain, or services such as utilities, phone, cellular, and Internet. Children’s information is also used to commit non-financial identity theft, including obtaining fraudulent tax returns or government benefits, housing rental, employment, medical treatment, or evading criminal charges. This type of child identity theft is usually committed by a family member or someone you know.



How parents find out:

On average, victims of child identity theft in the U.S. have roughly \$12,000 worth of fraudulent debt. Parents often don’t find out until the child goes to university and/or applies for a student credit card to buy books in the university book store. By that time, their credit is damaged and they are denied credit. Then it is a lengthy process to have it restored, which typically take about two years.

What You Can Do:

According to Keehn, “You have to be diligent about protecting your child’s social insurance number. I can’t believe how many organizations ask for a copy of your child’s birth certificate. Ask the organization why they need this. Keep any documents that contain your child’s social insurance number, their birth certificate and their passport under lock and key.” It goes without saying that children’s internet use should be monitored. Children should be warned not to give out their personal details over the net. Check children’s social net-

work and other online profiles for any personal information that might be displayed. Social networking sites can require that minors enter in their personal information in order to sign up so you have to watch what information the site requires.

Williams adds that it is also a good idea to request a credit bureau on your child. This can be done by contacting

Equifax and TransUnion about once a year and requesting a credit report from each of them. If one comes up, you need to investigate. Only one in 10 Canadian adults actually do this.

What To Watch For:

Several signs can tip you off to the

fact that someone is misusing your child’s personal information. For example, you or your child might:

- be turned down for government benefits because the benefits are being paid to another account using your child’s SIN.
- get a notice from the Revenue Canada saying the child didn’t pay income taxes, or that the child’s Social Insurance Number was used on another tax return
- get collection calls or bills for products or services they didn’t receive
- get credit card offers or offers for products not suited to children addressed in their name
- receive statements of earnings or insurance claims that don’t apply to them

“The best defence is awareness, knowledge and the will to fight back,” stresses Keehn.

Transportation Master Plan Draft Available

The Regional Municipality of Durham is currently in the process of updating the Durham Transportation Master Plan. A draft of the new Master Plan is available for public review online at durham.ca/tmp until September 30. Feedback may be submitted via the contact information available on the website.

Durham Region’s Transportation Master Plan is a strategic planning document designed to define the policies, programs and infrastructure improvements required to plan for Durham’s future transportation needs.

There has been much change and growth in Durham Region since the

original Durham Transportation Master Plan (TMP) was approved by Regional Council in 2003, more than 14 years ago. Studies and plans related to transit, cycling, trails and other issues have been implemented, but the current TMP outlines plans for growth only until 2021.

For these reasons, the Region is updating the TMP. The update plans for transportation needs to 2031 and beyond, in conjunction with the Regional Official Plan. The update addresses all modes of transportation (including walking, cycling, transit, automobiles and goods movement), while enhancing safety, promoting sustainability and minimizing environmental impacts.




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OPTOMETRIST

BROOKLIN OPTOMETRIC CENTRE



13th Annual Walk for Suicide Awareness

Sat. Sept. 9, 2017


[Walk Details](#)

Time: 10:00am - 1:00pm
Location: Heydenshore Park, 589 Water St. Whitby
Whitby waterfront trail

Check-in: 10:00 a.m. **Walk Start:** 10:30 a.m.

Start/End Point: Heydenshore Park 589 Water St. Whitby waterfront

Route: Along Waterfront Trail 2.5 km to Thickson Rd. turn around -2.5 km back to Heydenshore Park. (Walk proceeds rain or shine)





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Fall Registration



WHITBY GIRLS HOCKEY ASSOCIATION

NEW PLAYERS WELCOME

Celebrating 20 years of hockey excellence! We proudly support our players and goalies with comprehensive development in a friendly, fun and safe environment.

Registration Fees for the 2017/18 Season

Initiation (Tyke) HL (2011-2013) - \$400 (2 ice times/week)
Novice-Bantam HL (2002-2010) \$545
Midget/Intermediate HL (1996-2002) - \$480
Midget Goalies - \$300
Senior Houseleague - \$440

New This Season - Initiation hockey for girls (2011, 2012, 2013)
- development for "first time on ice" players

www.wgha.org

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Ultra Marathoners Finish at Grass Park

Eight long distance runners, campaigning under the banner "Run for a strong heart" for the Heart and Stroke Foundation, used Grass Park as the finish line last weekend for a 55 km run from Markham. In previous years, they'd completed 65 km runs for cancer (2014) and autism (2016). One of the runners is Wallace Peddle of Brooklin. Councillor Rhonda Mulcahy was on hand to greet them.

Whitby Fire Receives \$22,000 Donation from Firehouse Subs

*Funds to be Used Toward
Specialized Equipment and Training*

Whitby Fire Services Get Important Donation

Whitby Fire and Emergency Services (WFES) received a donation of more than \$22,000 from Firehouse Subs Public Safety Foundation of Canada.

The funds received will support the purchase of new life-saving equipment and training needed by Whitby firefighters to conduct specialized low angle rope rescues.

Low angle rope rescues are those done on slopes up to 35 degrees, as can be experienced when responding to a car that has gone off road and down a hill. In these scenarios, the rescuer's weight is primarily supported by the ground, and a rope is used for balance or to assist in moving a patient to safety.

The funds provided will enable WFES to better respond to low angle rescues within Whitby, including those occurring on bluffs, ravines and rough terrain.

Brooklin Bafflers: *by Liz Lowe*

Astronomy

S	Q	U	B	L	A	C	K	H	O	L	E	N	A	N	S	A	T	U	R	N
U	E	U	M	I	L	K	Y	W	A	Y	G	M	E	R	C	U	R	Y	U	G
P	Q	G	A	E	P	X	O	I	L	A	O	X	B	B	Q	O	K	A	N	A
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M	P	I	E	V	U	I	T	T	A	S	S	A	T	E	L	L	I	T	E	L
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N	E	B	U	L	A	T	P	E	R	I	A	P	S	I	S	G	D	U	A	E
T	V	A	C	N	S	A	V	R	S	P	I	R	A	L	G	A	L	A	X	Y
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E	G	R	A	D	I	O	T	E	L	E	S	C	O	P	E	M	O	O	N	M
I	E	G	A	N	Y	M	E	D	E	J	U	P	I	T	E	R	N	Q	Z	A
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AGN	Jupiter	Pluto
Alpha Centauri	Kepler's law	Quasar
Apoapsis	Luminosity	Radio telescope
Asteroid	Mars	Red giant
Black hole	Mean time	Red shift
Callisto	Mercury	Right ascension
Cluster	Milky Way	Satellite
Coma	Moon	Saturn
Comet	Nebula	SETI
Dark matter	Nebulus	Spiral galaxy
Earth	Neptune	Star
Eclipse	Orbit	Sun
Epoch	Orion	Superior
Equinox	Periapsis	Supernova
Europa	Phase	Terrestrial time
Galactic plane	Planet	Universe
Ganymede	Pleiades	Uranus
		Venus

Wolfpack Golf Tourney Seeking Sponsors

The 9th Annual Wolfpack Charity Golf Classic at Columbus Golf Club on Sept. 9 seeks a few more hole sponsors and prize donations. The tournament is hoping to raise \$35,000 for cancer care at Lakeridge Health.

As of last Monday, it had raised \$31,000.

To sponsor a hole, visit **WolfpackGolfTourney.com**. To donate prizes, please email **info@wolfpackgolftourney.com**.

Meet Your Local Merchant

Manchu Kitchen Chinese Food Take-Out

Savour life’s simple moments with family and friends at **Manchu Kitchen** when you share a plate of authentic homemade style Chinese food at your dinner table tonight.

Offering fast and friendly service, **Manchu Kitchen** Chinese food restaurant has been serving delicious tasty dishes to families in the Brooklin community since 2004.

Manchu Kitchen specializes in catering, takeout, and delivery options for your next dinner or special event. **Manchu Kitchen** uses the freshest ingredients to specially prepare your favorite family set dinners and combination plates so you can choose from a variety of egg rolls, sweet and sour chicken balls, beef mixed vegetables and add chicken and/or chop suey.

Manchu Kitchen offers a great array of finger foods from lemon chicken to savory breaded shrimp. Pair them with classic Cantonese Chow Mein, Pad Thai, Singapore rice noodles and more for a fusion of flavour. Love vegetarian? **Manchu Kitchen** serves fresh stir-fried vegetables with tofu!

While some dishes may be naturally hot or spicy, **Manchu Kitchen** is happy to adjust them to your taste and can accommodate food allergies or sensitivities on special request.

Manchu Kitchen is located at 30 St. Thomas St. in Brooklin. Call us today at **(905) 655-0288** for pickup or to have it delivered at your convenience. Ask us about our menu options! To learn more about our menu and specials, visit our website at **www.manchukitchen.com**



Located at 30 St. Thomas Street, Brooklin



Manchu Kitchen

Chinese Food Take-Out



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Kinsmen Park Gazebo needed a refresh, so....

...In stepped the 2nd Brooklin Scouts troop who all lent their painting skills to give the structure a fresh new look.

Plant-Based Eating *by Sheree Nicholson*



Going nuts for cashews

A few weeks ago, I met my sister in Kensington market for lunch. I love the vibe of Toronto and its eclectic neighbourhoods. The market was busy with several large health foods stores to explore. I purchased some new plant-based food products, including one I loved, a “nut cheese” called Un “Brie”-Leviable. Shaped like a piece of Brie cheese, it was made from organic cashews and had very few ingredients. It was by far one of the best new products I’ve recently tried.

Cashews are a great nut and are used in a lot of plant-based recipes to replace dairy. Cashew milk is creamier than almond milk so it’s wonderful for smoothies and baking. As well, cashews can be used to create “cheesy like” sauces and dips. A friend of mine throws a handful of cashews into her smoothies with some water and you have instant cashew milk. They’re a fine snack food and are extremely versatile since they can be used in smoothies, stir-fries, sauces, and baking.

Like most nuts, they are high in fat but the good news is that these fats are mostly mono-unsaturated and poly-unsaturated. I wouldn’t suggest eating them in large quantities but they are one of the most nutritious nuts. Of course, if you have a peanut allergy, it’d be best to avoid nuts in general.

If using them in sauces, they’re best soaked in water and then processed

in a high-speed blender. Not soaking them will make a grainy textured sauce. Nothing will replace cheese in taste, but if you are looking for a creamy texture, try cashews.

Here’s a basic cashew cheese recipe. If you’re creative in the kitchen, you could try adding garlic and dill or whatever spices you enjoy. It’s vegan and gluten free.

Serves: 12

Ingredients

- | | |
|--------|---|
| 1 cup | raw cashews (soaked) |
| ¼ cup | filtered water |
| ¼ cup | nutritional yeast |
| 2 Tbs. | lemon juice |
| 2 | cloves garlic |
| 2 Tbs. | white wine (wine you’d drink) or use 1 Tbs. raw apple cider vinegar |
| 1 Tbs. | Dijon mustard |
| | sea salt and pepper to taste |

Instructions

Add all ingredients into your Vitamix or high speed blender and blend until thick and creamy.

It will have the consistency of stirred cream cheese but will harden a bit over night. Store in the refrigerator for up to 5-7 days. Nut cheeses are calorie dense so keep that in mind before you gobble up the whole recipe.

Sheree’s hack: Pre-soak cashews in water then freeze in individual freezer bags or containers so you always have some soaked cashews on hand. (This tip came from my Mom.)

Story Idea?

editorofBTC@gmail.com



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Toronto housing market showing signs of bottoming out

New figures from Zoocasa and TD Bank show that Toronto’s cooling housing market is bottoming out and could be returning back to normal rates of growth. If Vancouver’s spectacular boom, sharp slowdown and rebound is any guide, the cool-off in Toronto may not last. Having slowed sharply due to stricter government measures, demand has already bounced back in Vancouver. The average price for all home types was up 8.7 per cent to just over US\$1 million in July compared with the previous year. House price inflation there is expected to accelerate further to 10.5 per cent this year, more than double the pace estimated in May. While most analysts said they didn’t yet have enough data to corroborate whether Toronto would go the same way, their best case scenario was that it would. Supply constraints are also likely to resume pressuring the market higher, economists said. “The beginning of a decline in listings reinforces our view that home prices in the Greater Toronto Area won’t decline substantially from now on. Resale transactions are at their lowest level since the financial crisis but employment is at an all-time high,” said Sebastien Lavoie, chief economist at Laurentian Bank Securities. Canada’s unemployment rate fell in July to 6.3 per cent, its lowest since October 2008 when the global financial crisis was just starting to take hold. A slower pace of homebuilding nationally is also expected to lead to further house price gains. **If you are considering buying a home, now may be your best opportunity to get a decent deal. Call Us!** **If you are selling your home you will want to know when and how best to position your house in this market to put the most cash in your pocket. Let’s chat.**



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