



The Brooklin Natural Health Centre
2 PRINCESS ST. BROOKLIN, ON L1M1B1
905-655-0752

Top Choice Award Winner - Chiropractic Clinic

Celebrating 20 years of service to the Brooklin Community!

We are growing, exciting news to come!
www.brooklinnaturalhealth.ca

OUR SERVICES:

- Chiropractic • Massage Therapy
- Acupuncture • Active Release Technique (ART)
- Custom Orthotics • Naturopathic Medicine
- Counselling Services • Physiotherapy

@The Brooklin Natural Health Centre
@TheBNHC

Chiropractic Care Available 6 days per week

Tanya Tierney Team
REALTY INC. BROKERAGE

FOR SALE!
55 Montana Cres, Brooklin



Stunning 3+1 bedroom Tribute 'Birkshire' bungalow with gourmet kitchen, fully finished basement, sprinkler system and 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

Get Ready for Back to School

COMPUTERS
New / Used
Upgrade / Repair

FREE* Screen Protector

Cell Phone Repairs
Computer Repairs & Sales
Large selection of Back to School Computer Specials!


*To the first 50 customers, limited brands, call for details, ends Aug. 31, 2022

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

Lady B's Bronze



The "Brooklin Connection" of the Oshawa Lady B's U15 softball team:
Left to Right ; Madison Lee, Leah Dees, Gillian Schuck, Ella Jensen, Emma Evans, and Makaela Lundrigan. See the story on page 5.



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

www.mbjlawyers.com

Less than half the picture by Richard Bercuson

Recognition At Last, But...



The Feds see us. They really really see us.

Applying the deft statistical sleight of hand governments are wont to use, Brooklin will finally get the respect it deserves. Check out the story on pages 8 & 9 about how federal electoral districts out here are being redistributed.

We are to be coupled with Pickering in a new electoral district named Pickering-Brooklin. Alphabetically, or even geographically with respect to proximity to Ottawa, it should be the other way around. But let's not allow com-

mon sense to play into it. The rest of Whitby will stand alone which means that current MP Ryan Turnbull will not be knocking on Brooklin doors come the next election. Lucky fellow. Less traipsing, fewer shoes to buy, less money for printouts to stuff in doors, and most importantly, less chance of being roasted in this paper since he'll have nothing to do with Brooklin.

In a bizarre twist of number crunching, Whitby's four regional councillors are campaigning and working in an area and population far larger than what either the provincial or federal elected officials will face when representing Whit-

by. How this makes sense is vexing. One could argue therefore that, as a result, we should be paying regional councillors salaries on a par with what Lorne Coe or Turnbull earn. Regional councillor base salaries are about 84% of what the MPP receives and about 52% of the federal stipend.

Then again, Brooklin will not be the only new hyphenated, hybrid, arranged-marriage district. There will also be Bowmanville-Oshawa North and Lake Simcoe-Uxbridge.

This is all based of course on stats and population changes. Just one problem. Brooklin's current population, when coupled with Pickering, is listed as 122,000. As we well know, Brooklin's population is going to explode over the next few years. Is this to say that another redistribution is in the offing one or two elections from now? Canada's constitution states that federal electoral districts are to be reviewed after each 10-year census. In ten years, Brooklin will

constitute nearly half of Whitby's population.

However there's another bothersome aspect to the issue, one that supersedes statistics and conclusions based on formulas. Brooklin is not part of Pickering, no more so than Bowmanville is part of Oshawa. Pickering is merely the place we drive through to go west. It's even two stops away on the GO train. Ajax is prettier, has better shopping, and is literally next door.

The boundaries commission that came up with this solution would have been similarly off-base had it opted for us to be linked with Bowmanville or Scugog.

Brooklin, as independent as we want to be, remains part of the municipality of Whitby. Leave us alone.

Public consultations, as outlined in our page 9 story, are in September. Let them know.

What You Need To Know This Week in Whitby



We're Hiring Crossing Guards

The Town is hiring a number of Crossing Guards for the fall. Make a difference in your community and help keep kids safe on their way to and from school.



Scan this QR code to apply or visit whitby.ca/CrossingGuards

Register For Fall Programs

Looking to sign yourself or a family member up for a program like swimming classes, bootcamp, or martial arts? Registration is now open for the Town's Fall Recreation programs. whitby.ca/GetActive



Survey Says...

Earlier this year, we conducted a survey to learn more about what communications channels you use to get information from the Town. Thank you to the more than 1,400 people who engaged in the process and nearly 850 visitors who completed our survey. Your feedback will help us to serve you better! Read the survey highlights at connectwhitby.ca/CommunicationsSurvey



What You Need To Know This Labour Day Long Weekend

Residents are reminded fireworks are not permitted for the Labour Day Holiday and all Town facilities will be closed on Monday, September 5. The Town's splash pads, parks, trails and many other outdoor recreation amenities are open to enjoy. When visiting please do your part to keep these spaces clean - pick up after pets and use garbage cans, or take waste home with you. Scan this QR code to view an interactive map of amenities or visit whitby.ca/Parks



September Holiday Waste Collection Schedule

Indicates Holiday Collection Change

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

	mon	tue	wed	thu	fri	sat
	5	6	7	8	9	10
	12	13	14	15	16	17

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

	mon	tue	wed	thu	fri	sat
				1	2	3
	5	6	7	8	9	10

RE-ELECT



Rhonda MULCAHY

Regional Councillor



SCAN ME



@rhondamulcahy

Rhonda@RhondaMulcahy.com

905-213-7403

RhondaMulcahy.com



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, September 9, 2022

Deadline: Friday, September 2, 2022

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

whitby.ca





When the Telephone Arrived

By Jennifer Hudgins

It was September in 1884 when Bell Telephone installed the first telephone line from Whitby to Port Perry, through Brooklin, Myrtle and Manchester. Brooklin's telephone exchange was located in the back of the patent medicine and stationary shop at 49 Baldwin Street, run by businessman Jonnie Pringle. Mable Hall was the first telephone operator. By March of 1906, the telephone office had 15 local subscribers and, as the number of subscribers increased, so did the number of operators.

The office was eventually moved to the Rudkin house on the west side of Baldwin Street where residents Shirley Blight, Leonne Smith, Marion Hall and Gladys Rudkin worked the switchboard. Mrs. L. Stephenson kept sub-

scribers' bills up to date.

Private and party lines

A few subscribers paid extra for private lines, but the majority of users were connected through a party line which was anything but a party. As many as ten families shared one exchange meaning there was no privacy since some subscribers deliberately listened in on other people's conversations. Each family had a special ring that was heard by all the subscribers, so everyone had to pay attention to telephone calls coming into their houses. If a caller wanted someone in the same party line, they hand-cranked a magneto generator to produce the required ringing pattern. If the call was made outside the party line, they signalled the switchboard operator to route it. When lifting the receiver, the caller said "using" before connecting with the operator.

In July of 1922, Bell removed its service from Brooklin and The Woodbridge and Vaughan Telephone Company Limited took over. When Brooklin's hand-operated telephone ex-

change was replaced with the automatic dial exchange, residents were happy with the faster service, though a few things that were useful to the village were lost. The operator was no longer available to answer resident's questions or contact the fire department or a doctor. Having the caller's voice recognized was a comfort to some senior residents. Former Brooklinite Johnny Lade recalls August 2, 1954, as the time when, as a young boy, he went missing. The operator called all the phones in the Brooklin exchange to ask for volunteers to search for him and within minutes, over 50 men had responded to the call.



Old telephone with magneto generator



Telephone operators Marion Hall, Leonne Smith and Gladys Rud-

users. Four digit numbers were introduced and the rotary dial phone became a staple in every home.

Bell returned to Brooklin in 1961 in a new building on Vipond Road featuring "modern" equipment. The beginning of the end for the rotary dial came in 1963 as tone dialing became available. The digits 655 were added to the four digit phone numbers for local calls. By November of 1968, callers were required to dial the full seven digits.

Brooklinites began to dial 905 before the seven digit number starting in 1993. The area code 905 was officially exhausted in 2005 and others numbers are used. However, in this mobile phone age, the changes do not matter as much as they did in those days of the rotary phone.

Photos courtesy of Gord Stevens

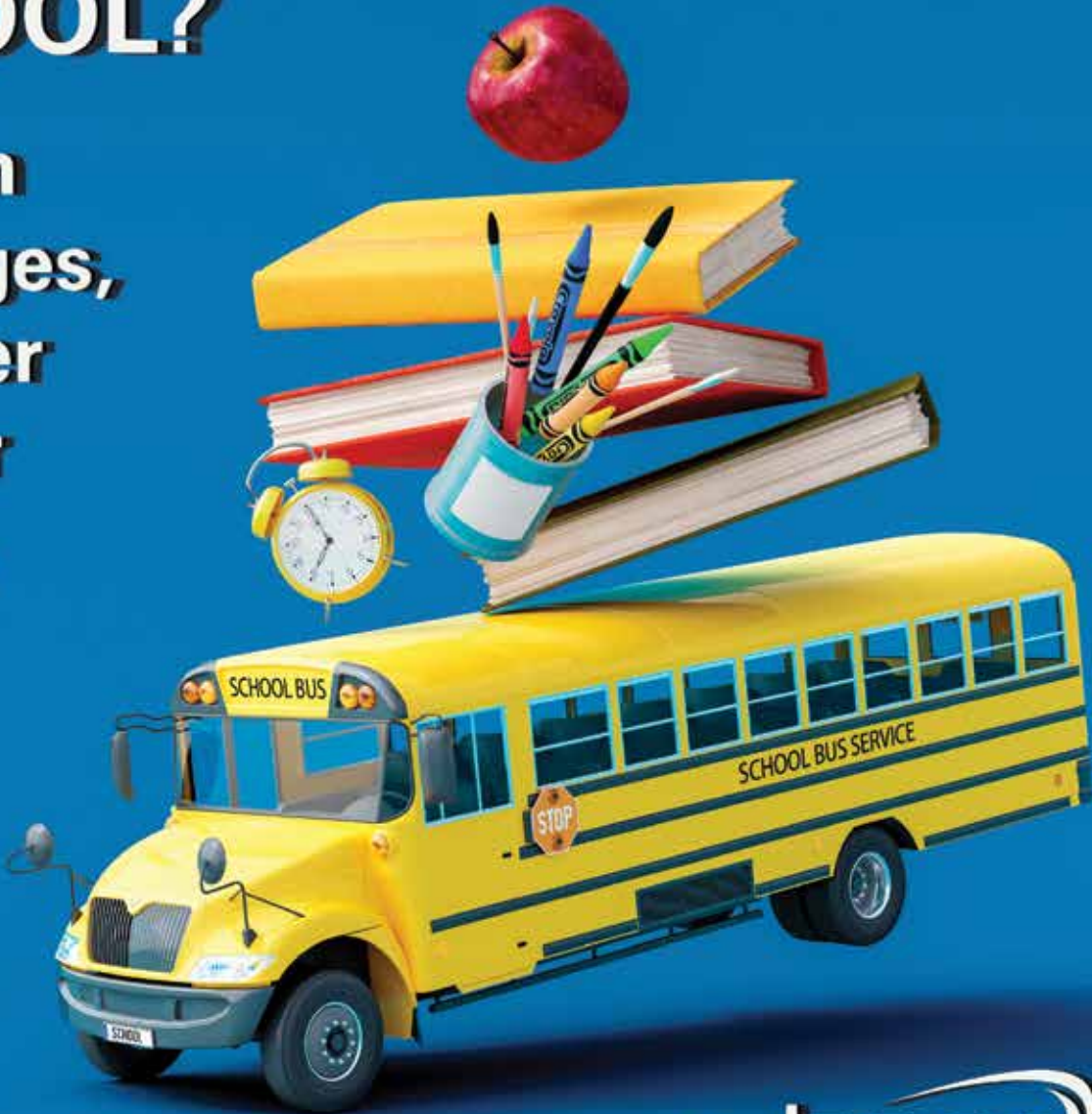
ARE YOU READY FOR BACK TO SCHOOL?

With new pricing on all MAXfibre packages, homework has never been easier for your kids or your wallet.

MAXfibre
100% FIBRE INTERNET

STARTING AT
\$69.95*

*Taxes, fees & other charges and restrictions may apply.



telMAX

NOTICE OF ZONING BY-LAW AMENDMENT

A Zoning By-law Amendment application to remove the Holding (H) symbol from the subject land located at 125 Hickory Street North has been submitted by DeNoble Homes to permit the development of three townhouse dwelling units.

File number: DEV-07-22 (Z-06-22)

The subject application will be considered at the Committee of the Whole on:

September 19, 2022 at 7:00 p.m

Details about the meeting and how to participate can be found at whitby.ca/CivicWeb

For more information about this matter, including information about appeal rights, please contact:

The Town of Whitby | Planning and Development Department
Email: planning@whitby.ca
Please Quote File Number



Eagles Fly High At Nationals

The Whitby Eagles 2006 placed fourth at the Canadian National Championships in Montreal - and did so playing as an underage team. The team finished second in its pool to advance to the Elite 8 and proceeded to win games against Ontario 2 and BC6 before losing to BC1 in a thrilling 10-inning game. The team finished with a 6-2 record, with its only two losses coming to the number 1

ranked BC team, and outscored opponents 53 to 13. Three of the Whitby Eagles players, Caitlin Colley, Kaitlyn Parisi, and Alexa Aquanno, were named to the tournament All-Star team.

One player, Jorja Sandilands, is from Brooklin as is her father, assistant coach Andrew. The team's head coach is Scott Aquanno.

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!



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



905.441.7171

WHEN IT'S TIME TO SELL, CALL STEPH & ELLE!
INFO@STEPHANDELLE.COM • WWW.STEPHANDELLE.COM

Brooklin Girls Contribute to Provincial Medal

The Oshawa Lady B's U15 soft-ball team had an important Brooklin connection to help them land a bronze medal at the Provincial Championships in Stratford, August 5-7.

Madison Lee, Leah Dees, Gillian Schuck, Ella Jensen, Emma Evans, and Makaela Lundrigan, all Brooklin High students, were key cogs in a team that went 14-0 in their regular season of the Central East Women's Fast Pitch League. The team went on to win gold at the Eastern Ontario provincial qualifier in Napanee, July 22-24, which allowed them to go to the All Ontario tournament.

North Ward by Steve Lee

Thanks, and now let's look forward



I want to start by sincerely thanking all those residents who supported me throughout the past four years, and also in this current election. I am very honoured to have been acclaimed and given the opportunity to represent you and the North Ward on council once again.

While out canvassing for this election, I have had the opportunity to be at doors speaking with you to find out the issues that concern you the most. I will continue to be there, hearing from you. I invite you all to reach out at anytime and would love to chat about what you would like to see done in our town.

Increase public space

One of the items that I have heard many times from residents and one that I have worked hard for is to increase our public space and parks and to make our downtowns thrive again. As your councillor, I sat on the downtown Brooklin steering committee and one project I am very proud of is the closure of Roebuck St. in Brooklin to make a public space and placemaker. This street closure has allowed us to expand Grass Park on to the road to add public art, chairs and tables and a great place for people to gather. There will be pop up events, concerts and more this summer and early fall. I loved this idea and am glad to see it all come together.

I have had so many positive calls and emails in support of what we did on Roebuck. Every time I go by, I see people of all ages enjoying the space. I have had many people comment about how great the large "Brooklin" art is and how much they loved that.

Many businesses have reached out and are appreciative of the fact we are trying to get more people into the downtowns and love what we have done here with the closure.

Pilot Program

This is just a pilot program and I invite you to please stop by and have a look and enjoy it for yourselves. As well, if you haven't had a chance, there is more information and a survey available on the Connect Whitby website. I would encourage you all to take a minute to have a look and please fill out the survey. I would love to hear feedback and see if we can make this street closure permanent every summer.

Website link for information and Survey: <https://connect-whitby.ca/roebuckstreet>

Finally, I want to say I will continue to work hard for all of you and look forward to the new council this fall. I will work to provide strong community representation for you on any issue that could affect you and your family, and to make sure the North Ward voice is heard.

I assure you that my commitment to Whitby and Brooklin runs deep and I want to continue to make our town the best place to live, work and raise a family.

Thank you again for all of your support.

Municipal and Schoolboard Election 2022: Who Is Running

Mayor (one to be elected)

Evan Griffiths
Deidre Newman
Elizabeth Roy

Regional Councillor (four to be elected)

Michael G. Emm
Ron Kapuscinski
Chris Leahy
Vasu Mallula
Rhonda Mulcahy
Dave Sansom
Maleeha Shahid
Steve Yamada

Town Councillor North Ward 1 (one to be elected)

Steve Lee

Durham District School Board Trustee (three to be elected)

Michelle Arseneault
David Babalola
Tracy Brown
Melike Ceylan-Leamen
Akuah Frempong
Srikanth Mylavarapu
Tyler Smale
Scott Templeton
Christine Thatcher
John Wakelin

Durham Catholic District School Board Trustee (two to be elected)

Trevor Aitcheson
Olivier Camara
Robert De Souza
Janelle Emanuel
Jeffrey Hoben

Whitby Chamber Hosting Mayoral Forum

The Whitby Chamber of Commerce is proud to offer the business community a forum to hear from candidates running for Mayor of the Town of Whitby. Municipal Matters! Join us to meet our candidates during the breakfast reception and then settle into the theatre to hear from both of our current candidates:

Deirdre Newman
Elizabeth Roy

Agenda:
8:30 a.m.
Registration & Reception

9:45 a.m.
Introductions and candidate opening remarks

10:00 a.m.
Candidate forum and Q&A period

11:15 a.m.
Closing remarks

Registration is \$30 per person and you must register online.

Go to the Whitby Chamber of Commerce site: **whitbychamber.org**
Click on Chamber events and then calendar. Go to Sept. 12

ELIZABETH ROY

for WHITBY MAYOR

EXPERIENCE TO LEAD WHITBY FORWARD

ROY4MAYOR.COM

INFO@ROY4MAYOR.COM

905-706-2001



#1 DAN PLOWMAN ALL OF DURHAM REGION

- ✓ MOST HOMES SOLD IN DURHAM REGION 2021 AND 2022
- ✓ MOST HOMES SOLD IN DURHAM FOR OVER A DECADE
- ✓ SELLS HOMES FOR 21.1% HIGHER THAN THE BOARD AVERAGE
- ✓ SELLS HOMES 5 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>\$1,025,000 - Waterfront Home With Beautiful Sandy Beach</p>	<p>\$1,050,000 - 2320 Square Feet Home On 1 Acre Lot</p>	<p>\$989,900 - Finished Raised Bungalow On Big Lot</p>	<p>\$799,000 - Spacious 3 Bed 2 Bath Bungalow</p>
<p>\$995,000 - Custom Built 4+1 Bed 3 Bath Country Home</p>	<p>\$1,049,900 - Breathtaking 4 Bed 3 Bath Estate Property</p>	<p>\$799,900 - Lovely Rural Home For Country Living</p>	<p>\$929,000 - Spacious Bungalow With Inground Pool</p>
<p>\$825,000 - 9 Acre Custom Built Bungalow Estate Property</p>	<p>\$999,000 - 3 Bed 2 Bath Home With Oversized Garage</p>	<p>\$824,900 - Beautiful, Brick, 3+1 Bed 2 Bath Home</p>	<p>\$649,000 - Detached Brick Bungalow In Heart Of Oshawa</p>
<p>\$900,000 - 4 Bed 3 Bath Home With Private Fenced Yard</p>	<p>\$900,000 - Quiet Country On Just Over 2/3 Of An Acre</p>	<p>\$119,900 - Amazing Mobile Home On Large Lot</p>	<p>\$518,000 - High Ceilings, Skylights and Juliette Balcony</p>
<p>\$1,199,999 - Custom Built Year Round Featuring 3 Bedrooms</p>	<p>\$949,900 - Home With Large Driveway And 40x40Ft. Shop</p>	<p>SOLD \$1,865,000</p>	<p>SOLD 1,442,000</p>
<p>SOLD \$1,290,000</p>	<p>SOLD \$1,350,000</p>	<p>SOLD \$1,050,000</p>	<p>SOLD \$1,367,000</p>

Dan Plozman 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. ★★★★★G

We interviewed multiple realtors and found that Dan Plozman'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. ★★★★★G

OPEN 7 DAYS A WEEK
905-723-6111


DAN PLOWMAN TEAM
REALTY INC. BROKERAGE

GETTING YOU MORE.

www.votestevelee.ca

Continued from Page 8



der-representation and over-representation. This has resulted in many important changes reflected in the proposed electoral map. The Commission had the responsibility of creating one new electoral district, given that Ontario had been allocated 122 seats.

Increased population

The Commission noted that there had been significant population growth in Ontario and the Quota had increased as a result. The Commission further noted that the population growth was uneven across the province, with significant growth in some areas and only modest growth in others.

As a result of this uneven population growth over the past decade, combined with relatively wide population disparities in the 2012 map, there are substantial population inequalities across electoral districts today. The Commission has sought to remedy this.

The Commission considered—and respected where possible—

the historical pattern of electoral districts. However, a redrawing of the boundaries was often required in order to rectify the grave disparities from population equality across the province. In other words, the deviations from the 2022 Quota were not reasonable.

In determining population counts, data from the 2021 Census was used. The 2021 demographic data will not be released by Statistics Canada until after the preparation of this proposal. Therefore, the Commission has utilized the available demographic data, namely, from the 2016 Census. In creating the proposed redistribution plan, the Commission endeavoured to limit the deviation from the Quota to no more than plus or minus 10 percent.

Public participation – Ontario
The Federal Electoral Boundaries Commission for Ontario is holding public hearings, in person and virtually, to gather comments and feedback on the proposed boundaries and electoral district names.

How to participate

If you wish to make a representation at a hearing, you must complete a Public Hearing Participation Form. The Commission has set **September 25, 2022** as the date by which the Public Participation Hearing Form is to be filed.

A submission may be made in writing as an alternative to appearing at an in-person or virtual hearing.

Should you wish to send comments and feedback to the Commission, without attending a public hearing, you can do so by mail or email, or by using the Interactive Mapping Tool.

Public Hearing Participation Form https://redecoupage-redistribution-2022.ca/com/on/phrg/form/index_e.aspx

The Public Hearing Participation Form, or alternatively written submissions (for those who only wish to make a submission in writing), may be filed by email or by mail to:

ON@redecoupage-federal-redistribution.ca
Ms. Paula Puddy
Commission Secretary
Federal Electoral Boundaries Commission for Ontario
PO Box 37018 Southdale
London,
Ontario
N6E 3T3

Virtual hearing
Central Ontario; Northern GTA; Eastern GTA; and Central East Ontario

The link will be provided to participants Monday, September 26, 2022, 6:30 p.m

Brooklin Bafflers: by Liz Lowe

Crossword

1	2	3	4	5	6	7	8		9	10	11	12
13									14			
15					16				17			
18				19		20		21				
			22		23		24				25	
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
40		41				42		43		44	45	46
47					48		49		50			
51					52			53				
54					55							

Across

- 1 Of or relating to acetone.
- 9 Sagan of “Cosmos”
- 13 Protective garment
- 14 “I had no ____!”
- 15 Appearance
- 16 Podded plant
- 17 Reduced instruction set computing
- 18 Surrealist Max
- 20 Unknown element
- 22 Stop on a crawl
- 24 Tribute, of sorts
- 25 Not in any degree or manner
- 26 Causing disapproval or protest
- 30 Humanities degs.
- 31 Bottom
- 32 Back muscle, familiarly
- 33 Charged particles
- 34 Mongrel
- 35 Stimulate
- 37 Connects a noun with the preceding word
- 38 Grass part
- 39 Fa follower
- 40 Investigation of unidentified flying objects
- 43 Swell
- 47 Bank posting
- 48 Strike caller
- 50 “Buona ____” (Italian greeting)
- 51 Barbershop sound
- 52 A person with a record of successes
- 54 Carve in stone
- 55 Instituted, enacted, formally written

Down

- 1 Climax
- 2 Coconut fiber
- 3 All square
- 4 One of four playing cards in a deck
- 5 Introduces an alternative

- 6 Break
- 7 Holly
- 8 A dessert made by baking fresh fruit with a thick batter
- 9 “Odyssey” enchantress
- 10 Mine entrance
- 11 Serving to bring to mind
- 12 A game invented by American Indians
- 19 Formal wear, informally
- 21 Infomercials, e.g.
- 23 Using or knowing two languages
- 26 As might be expected
- 27 Being puffed out; used of hair style or clothing
- 28 Negative conjunction
- 29 Bran source
- 30 ____ constrictor
- 33 Mistreated
- 35 Couple
- 36 Court play
- 38 First Hebrew letter
- 41 Auditory
- 42 Gym site
- 44 On or to the left
- 45 Got bigger
- 46 Bring home the bacon
- 49 ____ Beta Kappa
- 53 A card or badge used to identify the bearer

1	A	C	E	T	O	N	I	C		C	A	R	L					
13	C	O	V	E	R	A	L	L		14	I	D	E	A				
15	M	I	E	N		16	P	E	A		17	R	I	S	C			
18	E	R	N	S	T		20	X	F		21	A	C	T	O	R		
						22	P	U	B		24	O	D	E		25	N	O
26	O	B	N	O	X	I	O	U	S		30	B	A	S				
31	F	O	O	T		32	L	A	T		33	I	O	N	S			
34	C	U	R			35	T	I	T	I	L	L	A	T	E			
37	O	F				36	A	W	N		36	S	O	L				
40	U	F				41	O	L	O	G	Y		43	B	U	L	G	E
47	R	A	T	E			45	U	M	P		46		50	S	E	R	A
51	S	N	I	P			52	A	C	H		53	I	E	V	E	R	
54	E	T	C	H			55	L	A	I	D	D	O	W	N			

Plant-Based Eating by Sheree Nicholson



Yes, it is for athletes

I love this time of year as stores and farmer’s markets are filled with local produce. On Sunday mornings, after trail running with friends, I’ll stop at a local farmer’s market or Farm Boy and fill my cart with fresh local vegetables for the week.

Over the summer, I’ve been training for a fall 26k trail race

and doing some endurance-type workouts to get into top shape. I share this because there is a misconception that vegans can’t gain muscle or don’t get enough protein to be athletic. But a well-researched plant-based diet is perfectly safe. In fact, some vegan athletes claim that being plant-based gives them the edge they need to excel in their sport.

Many vegan athletes

Power lifter Patrik Baboumian carried a yoke that weighed 550 kilograms (about 1212 lbs) nearly 33 feet at the Vegetarian Food Festival in Toronto in 2013 thus setting a world record and earning the nickname “the strongest man in the world.” There are vegan professional athletes in almost every sport now. A Netflix documentary called “Game Changers” covers some of this topic. However, like most

documentaries, it’s selling one side of a theory.

As a long-time runner, I was inspired to go plant-based by Brendan Brazier, a Canadian professional Ironman triathlete and creator of VEGA, a plant-based nutritional line. He’s also authored several books. Another top athlete I follow is Rich Roll, an ultra-endurance athlete, podcast host and author who went vegan when his health took a nosedive around his 40th birthday. In 2009, he was awarded the title of one of the “25 Fittest Men in the World” by Men’s Fitness magazine. I listen to his podcasts a few times a month and they inspire me.

Over the years, I’ve been to various similar gyms where meat is often a staple of the diet to “build muscle.” However, as a plant-based athlete, I’ve had no problem keeping up. In fact, I used to compete in kettlebell competitions and consistently placed in the top three.

Adding protein

I add more protein to my diet when competing or training hard, but it’s always from plant-based sources. I can easily load up a bowl of oatmeal with various seeds and create a high-protein breakfast. Scrambled tofu is one of my go-to breakfasts in the winter. A plant-based protein shake after a work-

out is quick and easy.

Here’s an easy smoothie recipe that has about 10 grams of protein. You can increase the protein content by adding a scoop of unflavoured protein powder or hemp seeds. You may have to add a touch more liquid if you are adding the higher protein ingredients.

Cinnamon Apple Smoothie Ingredients:

- 1 small apple, sliced (peel if not using a high speed blender).
- 1/2 cup rolled oats
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon almond butter
- 1/2 cup unsweetened coconut milk
- 3-4 ice cubes
- 1/2 cup cold water
- Add the oats and water to your blender. Pulse a couple times and then allow the mixture to sit for at least 2-3 minutes so the oats can soften.
- Add all the remaining ingredients to the blender. Process until smooth, about 30 seconds.

Sheree’s Hack: Double this recipe, so you have a premade protein shake to grab and go to the gym. Being prepared to eat well, improves your chances of success.

NEW Classes

NEW Glasses

BROOKLIN OPTOMETRIC CENTRE

905.655.6200 • www.brooklineyecare.ca

Come Join Us at the

BROOKLIN SPRING FAIR

BOARD OF DIRECTORS

OPEN HOUSE

The Brooklin Spring Fair has been operating for more than 110 years. Have you ever wondered how it all comes together? Are you interested in getting involved?

Join us on Thursday, September 8 at 7:45 pm at the Brooklin Oddfellows Hall (45 Bagot Street, Brooklin)

Learn what it takes to put the Fair together, see a meeting in action, talk to directors about the volunteer experience. No commitment necessary!

To register or for more information, please email secretary@brooklinspringfair.com.



Support Your Local Business

NO BETTER TIME THAN NOW TO SUPPORT OUR LOCAL ECONOMY

Brooklin General Store Limited

Carefully curated for intentional living

It's magical: You don't have to compromise a perfectly curated home to save the planet or at least lower your carbon footprint. At Brooklin General Store Limited, we work with a short list of products aimed to make sustainable and intentional living more accessible without having to sacrifice style or function.

Reviving old fashioned general stores with modern charm, Brooklin's newest store has quickly become the buzz of the town. Owner Rutvi (Rudy) Yadav is a Toronto transplant who moved to our village in January, 2018, with her husband, son, and the lights of her life, her two dogs Wonton and Aly. Her love for history, community, eco-conscious living, and now her Brooklin pride are obvious the moment you visit the store in person or online.

With a focus on eco-conscious alternatives for all aspects of your lifestyle, this small but impressive store carries, well, everything really. The ever-changing inventory includes spices, artisan soaps, kitchenwares, decor, gifts, jewelry, furniture, and even a dry plant bar. And if there is something you can't find, ask the owner and she will happily order it for



you, just like old general stores once did.

It started as an ecommerce shop in October, 2021. Since then, Rudy has grown quite the online community with her love of sharing historical clippings and photographs of Brooklin on both the website and Instagram account. But don't let those keep you from visiting in person. This tiny store is worth a visit (and, depending who you ask, worth a visit at least once a week).

Shop online at [Brooklingeneralstore.ca](https://brooklingeneralstore.ca) or visit us in the store at 61a Baldwin St. in historic downtown Brooklin. Free local delivery within Brooklin and in-store pick up available. Email: hello@brooklingeneralstore.ca Instagram: [@shopbrooklingeneral](https://www.instagram.com/shopbrooklingeneral) Long live the General Store!



BROOKLIN GENERAL STORE
Carefully curated for intentional living.

61a Baldwin Street, Brooklin
ON L1M 1A3
hello@brooklingeneralstore.ca
www.brooklingeneralstore.ca

Scan to follow us on Instagram



We Make Your Dreams Come True!

DREAM / CREATE / ENJOY

R. Havery
LANDSCAPE & CUSTOM HORTICULTURE CONTRACTING
905-424-2249
Since 1996

www.rhaverylandscaping.com
COMMERCIAL SNOW REMOVAL




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



BROOKLIN VILLAGE DENTAL CARE

Family & General Dentistry
Cosmetic Dentistry
Oral Surgery
Periodontics • Orthodontics

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

hills nolan EST 1997

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

Brooklin TOWN CRIER .com


Print Advertising Works
You are reading this, aren't you?
This space can be yours.

Text or call **905.213.7403**




You deserve more.

End of Summer Sales!




53 Wickens Cres NEW PRICE \$1,399,000 4 + 2 | 4 Bath | Walk-Out | Ravine

Walk Out Of Your In-Law Suite And Jump In To You New Dream Home! Welcome To This 2500 Sqft 4+2 Bedrooms, 4 Bath, Double Car Garage In Ajax Central West. 2 Kitchens. 2 Laundry Rooms. A Brick Fire Place. A Walk Out To A Huge Deck Off The Main Floor With Access To A Natural Gas Bbq, Has A Secluded Backyard That Sits On A Ravine And Even Comes With A Hot Tub! This Stunning Home Has A Massive Primary Which Includes A Freestanding Soaker Tub Ensuite Retreat And Two Massive Walk In Closets. This Functional Family Home Has It All! Offers Anytime!




SOLD

4+1 BED 4 BATH HUGE LOT + POOL



CONDITIONAL

5 BED 4 BATH RAVINE + POOL



CONDITIONAL

TORONTO SEMI - 3+1 BED 3 BATH



LUXURY COLLECTION





WINNER 2021
REAL ESTATE AWARD

Brandon Hebert
REALTOR®

416-949-7529
Brandon@AtlasMaverick.com
AtlasMaverick.com





MARKETING YOUR HOME FOR ALL IT IS WORTH!

Rethinking Modular Construction

Luxury prioritizes value, minimal environmental impact

When you hear the term 'modular housing' you might think 'basic' or even 'cookie-cutter design.' But 241 Waterloo in Toronto is turning that stereotype upside down and inside out.

The innovative sustainable, net-zero, modular home embraces revolutionary green building materials and technologies and is the pinnacle of residential design for homeowners who prioritize value, luxury and minimal environmental impact. Designed to the City of Toronto's 2030 Standard of Home Design, 241 Waterloo promises to redefine the perception of what's possible in sustainable home development.

The King Home Team: Royal Heritage Realty is proud to have been selected as the listing agent for this one-of-a-kind property. It's loaded with the latest technology, including a green roof, heated driveway and garage, heated flooring throughout the house, in-ground water collection tanks, on-demand electric water heaters and electric car outlets in the garage.

With a gourmet kitchen, elegant bathrooms, an inviting primary bedroom and other luxurious spaces, 241 Waterloo is loaded with comfort. It will feature a lap pool and walk-out to a backyard that will be home to a sunk-in heated seating area. Southfacing windows on each floor boast heated balconies.

With smart lighting, you can change the atmosphere with the simple touch of a button. Each room has its own heating control so there's no more fighting over the thermostat. Enjoy the peace of mind that comes with a state-of-the-art security system and the convenience of a sprinkler system.

The first structure of its kind that will be built onsite in as little as 14 days, 241 Waterloo will serve as the flagship home for Daylun, an innovated homebuilder in developing premium, sustainable, net-zero and pre-engineered homes. Years before green design caught on, the builder envisioned the world transitioning toward a more secure and sustainable future. That bold vision informed Daylun's commitment to building quality, energy-efficient and long-lasting homes.

No other company has put so many innovative features into one build with

sustainability and technology at the forefront. 241 Waterloo will feature advanced building materials, including many of Daylun's proprietary technologies, including solar-heated outside cladding that's a cost-effective passive heat gain system. It will also showcase fixtures, appliances, systems and building components provided by premier manufacturers in the green building community internationally.

Pre-engineered and manufactured modular homes are a forward-thinking solution to the challenges of inadequate housing supply and affordability. Because these projects are comparatively less expensive to design and construct than conventional stick-built housing and take much less time to deliver to homeowners, they could help solve the housing crisis.

"We envision a future in which safe, stylish and good-for-the-earth and budget housing is available to everyone," Daylun CEO and founder Arthur Zankowicz tells us. The 241 Waterloo site is currently in preparation for construction and is scheduled for completion this year.

Please contact The King Home Team: Royal Heritage Realty today and imagine living in a home unlike any other. The project is open to the public for prebidding. To learn more and to join the Interest List, visit <https://241waterloo.com/> and <https://daylun.ca/>. Please visit our website at www.kinghometeam.com for a longer version of this article, which includes information about additional amenities.

For an update on the market and how it affects the value of your home when you sell! Call us at 905.409.6730

Our experience with the King Home Team was exceptional. They went far over and above our expectations of what a realtors duties were and made the buying and selling of our homes so much less stressful. We have and will continue to recommend the King team every chance we get. - Cory

Thinking of making a Move?
Call us
905.409.6730
We have Buyers!

905.655.7236
view 1000's of Homes for sale at
KingHomeTeam.com
or **KingOfBrooklin.com**



Pre-Construction Sale

Net Zero home produces as much energy as it consumes using advanced construction methods, materials and superior heating/ cooling equipment.



Your Trusted Source to Buy, Sell or Invest!

What others are saying...

"Trusted advisor!" | "Customer Focused!" | "Local Expert!" | "Professional!" | "Knowledgeable!"
"Hard Working!" | "Accessible!" | "Dependable!" | "Patient!" | "Reliable!"
"Well Prepared!" | "Honest!" | "Strong Negotiator!"
"Superb Service!"



Direct: 905 655 7236 Office: 905 239 4800
YOUR HOME TEAM ADVANTAGE

Want to know what's happening in the market?
Want to Know the Value of your House?
Call Us Now! 905.655.7236
There is no cost or obligation!



Eleanor King
B.B.S., Realtor

Maurice King
B.B.S., B.Arch., Realtor



PreConstruction Bungalow Sale

Discover contemporary elegance in this unique custom design! Bright open concept featuring designer kitchen! Quality finishes too numerous to list! 2 + 1 Bdrm /3 bath! 50 ft wide lot in centre of Brooklin!
Walk To Great Schools, Parks & Community Amenities!
Text 905.409.6730 for Details



New Construction For Sale

Fernhill Home! 4 Bdrm / 3 Bath. Quality Throughout & Loaded With Upgrades! Bright, Open Interior! Spectacular Kitchen W/Ctr Island, Quartz, Backsplash, Pot Drawers, Higher Cabinets & So Much More! Walk To Great Schools, Parks & Community Amenities!
Text 905.409.6730 for Details