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Is Brooklin home to the world's largest chicken?

See the story on page 3.

Highlights of this BTC

The NDP and a chicken	page 2	Hockey's "new normal"	page 6
Ride for COVID Relief	page 2	10 years of plant-based	page 7
Pinky the chicken	page 3	CityStudio Durham	page 7
Q & A with John Romano	page 3	Webinar on racism	page 7
Brooklin Bafflers	page 6	DRT: Free Presto cards	page 8



The Farmers' Market is Back in Brooklin September 26th • 9-2 Brooklin Community Centre and Library Parking Lot

Visit whitby.ca/coronavirus for the most updated Whitby COVID-19 information







Regional Councillors
Elizabeth Roy & Rhonda Mulcahy

East Ward & North Ward Councillors
Maleeha Shahid & Steve Lee

Less than half the picture: *By Richard Bercuson*

The NDP and a chicken



Onward the NDP!

There are 124 seats in the Ontario Legislature. Premier Ford's PCs hold 72 of them; the NDP, the official opposition, has 40. The math is simple: no matter how much wrangling the NDP tries with the Liberals (8), Greens (1), and Independents (3), they can't touch the ruling party.

As editor, I am on the mailing list for the provincial parties and get occasional missives from MPP Lorne Coe's office. The NDP though has taken it to an entirely different level. Since Sept. 1 alone, they've filled my inbox with over 50 announcements. (Nothing from the Libs. What does that say?)

For instance, on Sept. 18, they sent me a notice that their leader Andrea Horwath was going to comment later in the day about the spike in COVID cases. What was she going to say? "Wow. That sucks!"?

They're certainly trying to keep the government's feet to the fire. But do they need to uphold this one simple law of physics, that every action has an equal and opposite reaction? As I wrote last issue, take a breath, people. We're all just trying to get by.

More About Pinky

Elsewhere in this issue you'll find photos of Pinky, allegedly the world's largest chicken. You need

to know that Pinky took umbrage with my presence when we met a week ago. However, any journalist worth his salt needs to take risks in order to land a story.

Pinky ambled toward me as I snapped photos and chatted with his "handler/dad." Not considering the dangers of being near an over-sized rooster with an attitude, I was wearing shorts and sandals. In much the same way as I might have ogled Pinky's girth as potentially the best chicken breasts I could ever imagine barbecuing, he found my feet enticing. So he pecked on them a few times. But a story is a story after all. Till Pinky up and snapped at my shin. That's when dad advised, "You might want to step back a bit."

Now, I don't know how much more damage Pinky could have

caused beyond the small red welt on my right leg. I am a domesticated human and have no experience around farm animals unless they're on my plate. So I did as suggested and stepped up onto a ledge that was too high for Pinky to reach without keeling over from exhaustion.

I did check with this publication's owner to see if our medical plan covers being clocked by a clucker. (it does not). However I wanted to share with you the lengths we go to at the BTC to get the story.

A reader sent this

A yellow road sign with a picture of a bridge with some damage and the sign reads, "Don't cross this bridge because it is unsafe, unless you think this is limiting your personal rights and freedoms and if so please proceed."

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Ride for Covid Relief: Ride4UnitedWay



On September 27, cyclists are invited to come to Durham Region and ride their bikes for COVID relief. The annual ride will look a great deal different than it has in the past. But there remains the idea that you can ride a bike for the sheer enjoyment and satisfaction and at the same time help to raise funds for the COVID-19 Relief and Recovery effort.

The Ride4 in 2020 will emphasize the distancing aspects of cycling. Riders will have the opportunity to connect in purpose and cause as cyclists and community members while distanced to help those most vulnerable. All ride proceeds will support Durham's COVID Relief and Recovery effort. The priority is: support for seniors and the most vulnerable, support for those facing food precarity, support for children, and support for families in crisis.

"As if we needed reminding," says Robert Howard, Chief Possibility (and Bicycle) Officer, United Way of Durham Region, "the

COVID crisis has revealed how interconnected we all are, how the health of us all can depend on helping those most at risk and that the surest way to contribute to a return to any sort of normality or economic security is to help those most vulnerable.

"That is at the core of building a better and more prosperous community for all. And if anyone has ever gone for a bike ride when they've wondered if it was OK not to be OK, I hope they'll keep riding. And maybe join us."

Whether one is an experienced and familiar cyclist, new to the pastime, or rediscovering a passion and joy they may not have experienced in many years, all are welcome to come to Durham and ride. Riders may register to ride at: www.ride4unitedway.com,

For further information or comment please contact: Robert Howard at: rhoward@unitedwaydr.com



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and published 24 times per year.

Editor, Richard Bercuson

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Next Issue: Friday, October 9, 2020
Deadline: Friday, October 2, 2020

Publications dates subject to change during COVID-19 Pandemic

Pinky, the world’s largest chicken?



Somewhere in Brooklin resides what could be the world’s largest chicken.

As of Sept. 17, the bird weighed a stunning 390 ounces. That’s 24.375 lbs or 11.06 kg, far bigger than any chicken you’ll ever see on your Swiss Chalet plate. (in the photo, compare Pinky with the standard takeout container your chicken fits in.)

Pinky and his sister Blue were snatched up by their new Mom the day after they were born on March 17, more or less on a lark (a much smaller and less tasty bird). She brought them home to suburbia, figuring they’d last the typical 10-12 weeks a broiler bird reaches before being culled for dinner plates.

But no, they grew. And grew. Till Pinky achieved his current weight which seems to have leveled off lately. According to his adoptive father, “They don’t last too long. He’ll probably die of a heart attack because he’s so heavy or he’ll break his legs. I’m actually shocked he’s still alive.”

There’s been nothing special in

their diet to fatten them up either. However, life - no matter how short it may be - has been good to Pinky and Blue. The backyard shed where they’ve hunkered down in the summer is air conditioned. During the colder months when they first came home, they lived in a heated garage to which they’ll return as the temperature drops, if they last that long. Evidently, cold chicken just doesn’t cut it.

Does Pinky go cock-a-doodle-do? Indeed he does. Each morning, when let out of the wee condo, he lets loose a few times, later on weekends. On occasion, he doodle-dos just for the heck of it, as he did during this story’s research visit.

Meanwhile, Dad has been busy taking videos and is considering contacting Guinness for world record documentation.

When Pinky expires, he’s planning to visit a taxidermist and have him stuffed, and not with the stuffing one normally expects.

Q&A with John Romano by Regional Councillor *Rhonda Mulcahy*



There has been a buzz lately about the closures of Town sport facilities as parents are attempting to plan their hockey seasons, or lack thereof. I used to be one of those sports moms who had to organize my life around the kids’ ice time so I can appreciate the anxiety about the unknown during COVID. I thought it would be helpful to learn about our facilities and what we are doing.

Here is a Q&A with the Town of Whitby Commissioner of Facilities, John Romano.

Q. What town sports facilities will remain open/closed for the winter this year? Why?

The pandemic is continuously evolving and as a result staff have been evaluating our ability to proceed with programs or open facilities safely while ensuring we have the necessary resources to maintain the buildings with the increased cleaning and sanitization protocols. As of today (Sept. 22) the Town has opened the fitness centre at the Whitby Civic Recreation Centre, the Anne Ottenbrite Pool and Arenas 5 and Desjardin Arena 6 at Iroquois Park Sport Centre. The Facilities Team is currently working to complete the installation of the remaining sheets of ice at both Iroquois Park Sports Centre and McKinney Centre. We continue to evaluate the need for the various programming spaces at Brooklin Community Centre and Library as well as Luther Vipond Memorial Arena (LVMA) and the pool at the Whitby Civic Recreation Complex.

Q. Please explain why LVMA is closed.

On August 18th, 2020, Town Staff met with the Ice User Groups to discuss their requirements for the 2020-2021 season. At this meeting staff requested the groups submit their requirements. As a result of the submitted requirements from all the Ice User Groups, the need to install ice at Luther was not required.

Q. What is the threshold to open LVMA in ice time hours to make it financially break even?

In order to offset the incremental cost of maintaining LVMA and make it financially viable, 45 hours per week are required.

Q. Have all sports groups requested their hours? Have they been fulfilled? What happens if they need or ask for more?

Staff continue to meet and discuss the requirements of Ice User Groups. It is important to understand that prior to determining where ice would be installed. Staff requested that our ice user groups

provide their anticipated requirements for the upcoming season. Based on those submissions staff determine how much ice would be required and which arenas would allow for maximum efficiency of staff resources. As of today (Sept. 22) staff are able to provide all the requested hours of ice.

Q. Is there another option(s) for LVMA usage this winter for the community? (I.e ball hockey, private rental etc)

Staff will continue to explore opportunities for the use of LVMA this winter with the understanding any potential use would be required to operate safely and make financial sense while not increasing the burden to Whitby’s taxpayers.

Q. Why not open all pools? Gyms?

Town staff are approaching the re-opening of facilities cautiously to try and ensure first and foremost we can open safely adhering to COVID related regulations and implementing best practices. We also want to ensure that we can open facilities without increasing our operating costs and as a result the subsidy required from Whitby’s taxpayers. These are big buildings that use significant staff resources and that consume large amounts of utilities and are costly to operate. Since many of the return-to-play regulations, reduced group or participation sizes have heightened requirements for cleaning and sanitizing as well as requirements for screening and contact tracing which also add to our cost to operate the buildings. Understanding the financial pressures we all face, it is really important that we open facilities without adding to the overall cost to the municipality and ultimately the taxpayer.

Q. What happens to our costs if the province shuts down facilities?

Depending on the direction, we would work immediately to reduce our costs by shutting down facilities much like we did in March.

I will conclude by saying that I am sad about this situation and I have nothing but empathy for our sports enthusiasts, especially our young ones. There are no winners in this game of COVID.

Here’s a thought: It may just be the year to examine cross training for ice sports. We could see a run on fat bikes, cross country and downhill skis and snowshoes this year, so you may want to get yours in order.

As with everything, we evolve with the status of the virus, so please check in with whitby.ca/coronavirus for updates.

Zoom Meetings hurting your eyes?

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Name the new mid-block arterial road

The Town is looking for a name for the arterial road that will pass south of and parallel to the 407 from Ashburn to Thickson. Whitby council’s Committee of the Whole discussed it briefly at its Sept. 21 meeting since an environmental assessment is taking place.

The BTC is stepping up to assist in naming the road. Please email your suggestions to: editorofbtc@gmail.com

We’ll send our favorites to the Town. (Note: So far, we’ve rejected “Brooklin Bye Bye Pass.”)

Safely Connecting with Our Community

Update on Gathering Limits

On September 19, the Province announced gathering limits have been decreased as follows:

- A maximum of 10 people for indoor gatherings
- A maximum of 25 people for outdoor gatherings

For more information, visit whitby.ca/coronavirus

Helping Seniors Stay Social From Home

Residents ages 55+ can connect with others from the comfort of their own home or care facility through the Town’s Seniors Connection Line and Seniors’ Centre Without Walls programs. Connect with people who can offer information, support and friendly conversation during this time of physical distancing. For more information, visit whitby.ca/seniors or call 905.668.1424.

NEW Webinar Series begins September 29

Join the Town and its Diversity and Inclusion Advisory Committee for the first of a series of educational webinars aimed at building community awareness and education on topics related to diversity and inclusion. This first webinar – “Addressing Anti-Black Racism – An Introductory Discussion” will be held on Tuesday, September 29 from 6:30 p.m. to 7:30 pm. Find out how to pre-register at whitby.ca/diversity



Protect Yourself and Others From the Spread of COVID-19

We all have a role to play to help keep the community safe from the spread of COVID-19. Continue to practice physical distancing while you are out in the community and while visiting with people outside of your social circle of 10 people.

Remember: Non-medical face masks or coverings are mandatory when inside commercial public spaces in Durham Region. Wearing a non-medical face mask should not be a replacement for handwashing and should be worn when unable to practice safe physical distancing.

September 28 – Register for Virtual Recreation Programming

On September 28, registration will open for a condensed fall session of the Town’s recreation programming. Due to the increasing number of COVID-19 cases, the session will be offered virtually. The Whitby Civic Recreation Complex Health Club and the Anne Ottenbrite Pool (located at Iroquois Park Sports Centre) remain open to the public by appointment. Book an appointment at whitby.ca/getactive

Final 2020 Tax Instalment

The final instalment for Residential Tax Billing was due on **September 24**. Learn more at whitby.ca/tax





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Havery, a graduate of Niagara College’s Landscape and Horticulture Technician program, continues to give back to the industry by hiring trades students and supporting Landscape Ontario by sitting on its board.



He also believes in helping those within the community and gives generously to SickKids, Habitat for Humanity, Simcoe Hall

Settlement House and Breast Cancer Research.

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Brooklin Bafflers

Crossword

Across

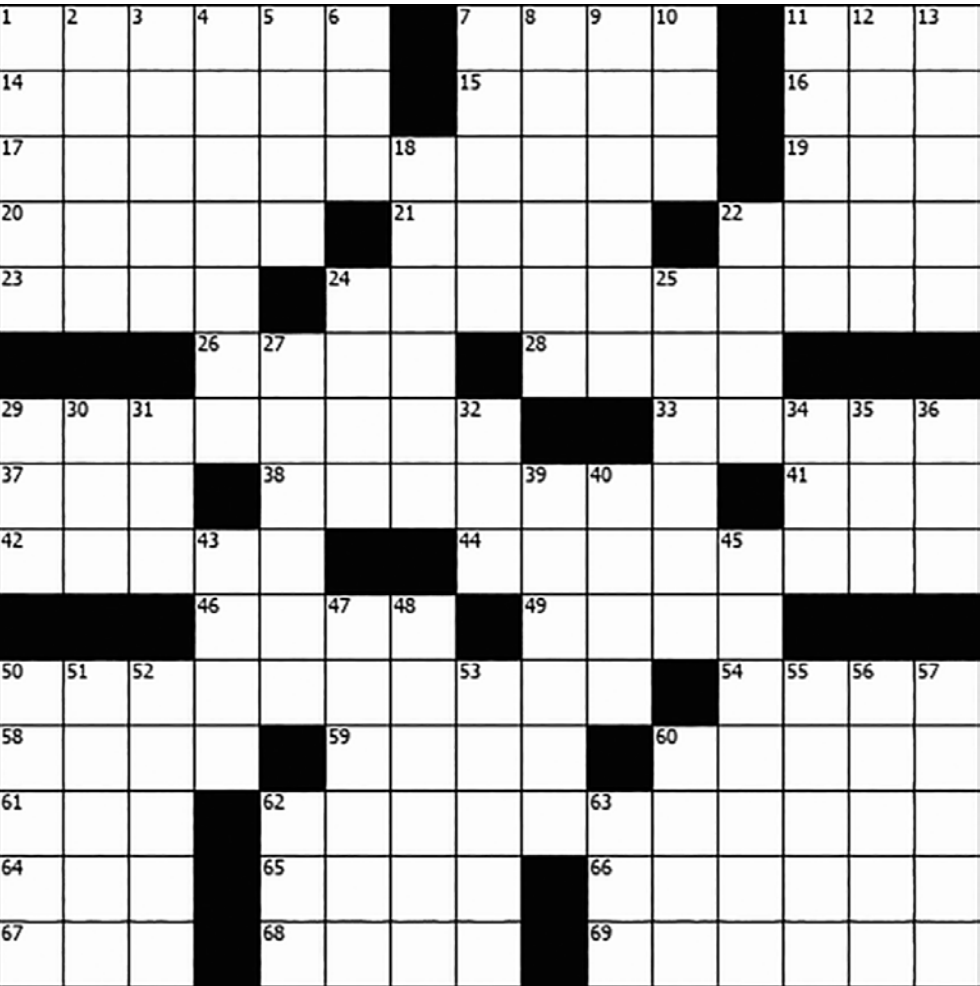
- 1 Result of a punch in the face, perhaps
- 7 Ticker tapes?
- 11 "6-pack" muscles
- 14 Procession
- 15 Literary sleuth Wolfe
- 16 "___ Clown" (Cole Porter tune)
- 17 Quote, part 1
- 19 Op or Pop follower
- 20 Approaches
- 21 Vocal quality
- 22 1952 Winter Olympics site
- 23 Baby's second word?
- 24 Quote, part 2
- 26 Quartet minus one
- 28 Spotted
- 29 Obtain by flattery
- 33 Bar, legally
- 37 "Agnus ___"
- 38 Quote, part 3
- 41 "___ Como Va" (Tito Puente favorite)
- 42 It pours from pores
- 44 Star golfer from South Africa
- 46 Some necklines
- 49 "Lemme ___!"
- 50 Quote, part 4
- 54 Tabletop sculpture
- 58 Deli side
- 59 Attire
- 60 Shaping machine
- 61 "Silent" Coolidge,

familiarly

- 62 Casino owner/speaker of quote
 - 64 Lend a hand
 - 65 Rice-shaped pasta
 - 66 Short sock
 - 67 Golf teacher
 - 68 Exam for high-school jrs.
 - 69 Medicine givers
- Puzzle Grid

Down

- 1 Stimulate the economy
- 2 "___ nice day!"
- 3 "___ you loud and clear"
- 4 Tell
- 5 Rival of Ben and Jerry's
- 6 Confederate soldier
- 7 Finish with
- 8 Macroeconomics pioneer John Maynard ___
- 9 Dolphins Hall of Fame QB Bob
- 10 "Mayday!" relative
- 11 Put to shame
- 12 Comedian called "the thief of bad gags"
- 13 Didn't use, as a news story
- 18 "Lawrence of Arabia" star Peter
- 22 Has title to
- 24 Like a piccolo's range
- 25 ___-weenie
- 27 Thelma of film fame



- 29 Superegos inhibit them
- 30 Just out
- 31 Contend (for)
- 32 Katrina's or Wilma's center
- 34 Single digit
- 35 Popeye's Olive
- 36 Footlike part
- 39 In an unpleasant mood
- 40 Entry fee for a poker hand
- 43 Declare bluntly
- 45 Builds a levee
- 47 Lawn-care tools
- 48 Piece of poetry
- 50 Tin Pan Alley org.
- 51 Special talent
- 52 Nick ___ (rival of 44-Across)
- 53 "Believe It ___"
- 55 Worth having
- 56 Blacksmith, at times, or a farrier
- 57 Portable shelters
- 60 Floor covering, in Britain
- 62 Dizzy's jazz
- 63 Ill-behaved

Our Brooklin Kids By Leanne Brown

Hockey's "new normal"



Hockey is returning but it's different this year. Kids are excited to get back to the game they love. Some, like my daughter,

never really left, finding 3 vs 3 leagues and small group training. Still, it hasn't been hockey in the traditional sense.

In this new world, health and safety are the priorities. Kids need signed waivers and masks to enter rinks and are using tailgates as change rooms, which means watching out for cars while shimmying into gear. As days shorten, we'll be doing this in the dark, another concern. So my daughter arrives in base layers while skates, helmet and gloves are donned inside.

Gone - for now anyway - are the

days of girl talk in the change room or arriving early to warm up. Inside, spaced apart for social distancing, the girls holler to each other through their masks. No team high fives of group hugs. She misses genuine socializing as they all find it hard to maintain distance once they get to see friends they've missed.

Alone in a rink

As a parent, I worry. Has anyone here been exposed to the virus? Any kid using a tissue becomes suspect even if it's just to spit out gum. If allowed in to watch, you sit in the stands alone wearing a mask. No more chatting with other parents. If you can't watch, you wonder how your child is doing. Are they having fun? Are they safe? Are they developing?

With no formal tryouts, competitive team players are placed on teams based largely on where they played pre-COVID19.

Coaches may not have seen your child play much so they need to go by unreliable stats and often pick players they know. How do they know they haven't overlooked a great kid?

As well, on-ice training will have fewer staff so it will be harder to keep kids' attention or give individual feedback. The entire setup means it's mostly a development year. But will kids get bored of practicing without playing games?

Small space games

Traditional games may not happen right away. Thus small space games, like 3 vs 3, will be the norm for a while. With no offside and lots of room to carry the puck, kids get more puck touches. My daughter loves these as they give her the opportunity to practice skills and be creative. If you aren't in shape, 3 vs 3 will get you there!

No tournaments. This disappoints my daughter and me the most because they build teams and friendships. Staying in a

hotel with 16 of your friends is a blast. They're also fun for parents who get to cheer on their kids, eat meals at separate "grownups" tables and have a weekend away from it all.

However, I do worry that hockey will start and then get shut down again due to a second wave, a concern for organizations that are adhering to ever-changing health guidelines and protocols.

Hockey is part of our culture and a huge part of the Whitby community. More importantly, the kids need to feel a sense of normalcy. Besides, I'm actually looking forward to spending weekends at the rink nor will I never again complain about bad arena coffee or freezing my butt off. Even the thought of driving to a game in Peterborough in a snowstorm no longer fills me with dread.

It may not be hockey as we knew it, but it's great to be back.

Plant-Based Eating *by Sheree Nicholson*



10 years later...

This month, I celebrate 10 years being entirely plant-based. What started as a 21-day challenge has become a lifestyle. Being plant-based has opened many new doors for me, and I have really enjoyed writing columns and speaking on this topic at Farm Boy and other local businesses.

Over these years, the question I’m asked most often is, “How do you get your protein?” Protein comes from various sources, the most apparent being meat. But most plants contain varying levels of protein. If you eat a wide variety of foods, it’s easy to get enough protein. I have no problem fueling my active lifestyle on a plant-based diet.

There’s a high interest in plant-based eating right now, so

here are some ways to replace meat with plant-based sources. Whether you want to fully eliminate meat from your diet or just cut back on meat, it’s easier and tastier than you might think.

Lentils: 18 grams of protein per cup. Use instead of ground beef in spaghetti sauces, tacos or chilis. Green lentils are the best for this as they hold their shape well.

Chickpeas: 14.5 grams of protein in a cup. These versatile legumes can be blended into hummus for use in sandwiches. They can be mashed, mixed with vegan mayonnaise and used as a replacement for tuna salad in sandwiches. They are tasty as a salad topping or roasted as a snack. My favourite use for chickpeas is in falafels, which are quick and easy to make.

Black beans: 15.2 grams of protein in a cup. These starchy beans hold together well so they’re perfect for veggie burgers. They also can be spiced and heated to use as a topping in rice bowls or as the protein in burritos.

Quinoa: 8.14 grams of protein in a cup. This versatile seed can be used instead of rice as the base for dinner bowls. Use quinoa in salads or even as an oatmeal replacement. Quinoa is considered a complete protein source, which means it provides all the essential amino acids.

Seeds: Add hemp, chia or ground flax seeds (meal) to oatmeal, smoothies or on top of sugar-free coconut yogurt. They are virtually tasteless and give you an extra protein boost. Hemp seeds, for example, provide about 11 grams of protein in 2 to 3 tablespoons. They are considered a complete protein source, which means they provide all the es-

sential amino acids.

Meat Substitutes: There are lots of great meat replacements on the market. Keep in mind some of them are high in fat or full of chemicals. Like any commercially produced food, eat them in moderation. Don’t expect them to taste like meat; they don’t. Instead, enjoy their unique flavours. The Beyond Beef burger, for example, has 20 grams of protein in a burger.

Sheree’s Hack: Keep a package of frozen veggies burgers in your freezer for those nights you’re super stressed or busy. They come in handy.

S	H	I	N	E	R		E	K	G	S		A	B	S
P	A	R	A	D	E		N	E	R	O		B	E	A
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A	I	D		O	R	Z	O		A	N	K	L	E	T
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CityStudio Durham Connecting To The Future

The Regional Municipality of Durham, Durham Regional Police Service, Durham College, Ontario Tech University and Trent University Durham GTA have partnered to launch CityStudio Durham, an experiential education and civic engagement model that is developing tomorrow’s leaders by bringing municipal government to the classroom.

Through CityStudio Durham, local post-secondary students will apply their skills, creativity, and entrepreneurial spirit to real-world community projects, helping to shape a better future for Durham.

Matching students with projects

The CityStudio model, which was co-founded in 2011 by Simon Fraser University and the City of Vancouver, is an institutional partnership framework for civic governments and post-secondary institutions to work together at the strategic level. It operates as a matchmaker and lab for municipal employees, faculty, students, and researchers to develop civic experiments, prototypes, and engagement projects. A growing number of cities across Canada and the world have adopted or been inspired by the CityStudio model including 10 municipalities in Canada, as well as cities in Australia and Norway.

Durham Region’s post-secondary schools are already recog-

nized for their academic programs; shaped by research and leading-edge thinking. The CityStudio model will bring this expertise and student-thinking to community projects in areas as varied as wastewater infrastructure, municipal planning, long-term care, social housing, and climate change.

One of twelve projects already underway is the detection of COVID-19 in wastewater. This project will sample wastewater from multiple processing facilities in Durham Region to identify the presence of COVID-19 and direct where to focus testing resources, providing a potential early warning of where virus outbreaks are occurring.

Create partnerships

Projects are identified and developed by municipal staff, then matched with programs and courses at local post-secondary institutions. This can take the form of class projects, applied research, and field placements, among other formats. Municipal employees, students and faculty members from partner schools, and the local community, will work together to develop new ideas and co-create innovative solutions to the challenges facing our community.

Final projects will then be launched in the community by students as experiments or pilot tests. Projects open for collaboration are posted three times a

year on the CityStudio web portal, available at durham.ca/CityStudio. Faculty and staff can indicate their interest in a specific project by completing CityStudio Durham’s **Collaborate with**

us form. If members of the community have project ideas that we should consider, please send them to citystudiodurham@durham.ca.

Webinar Series
On Anti Black Racism

Residents are invited to take part in a new four-part webinar series aimed at increasing community awareness, understanding and education on topics of diversity, equity and inclusion, including anti-Black racism.

The first webinar of the series – “Addressing Anti-Black Racism – An Introductory Discussion” – will take place on Tuesday, September 29 and will feature Allison Hector Alexander, the Director of Office of Student Diversity, Inclusion and Transitions at Durham College. During the session, Allison will discuss anti-black racism and share insights on how to celebrate diversity, equity and inclusion in the community.

“As a Town, we are committed to working with our Diversity and Inclusion Advisory Committee and our residents to support a safe and inclusive

town for all,” said Mayor Don Mitchell. “This new series is yet one more way that we are delivering on that commitment and I encourage residents to take part.”

Here’s how and when residents can take part:
What: Addressing Anti-Black Racism – An Introductory Discussion
When: Tuesday, September 29, 2020 – 6:30 p.m. to 7:30 p.m.
Where: WebEx virtual live stream
How: Pre-register for the webinar online at whitby.ca/diversity

There will be three additional webinars hosted by the Town’s Diversity and Inclusion Advisory Committee (DIAC) between November, 2020, and April, 2021, on different subjects that support diversity and inclusion education. Learn more at whitby.ca/diversity.

Visit **durhamregiontransit.com** to learn more.

* Photo similar to house to be built Not intended to solicit those under contract