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## Local player drafted and signs with Peterborough



See story and photos on page 3

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Thank you!

See you all at the parade and fair!



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### Less than half the picture by Richard Bercuson



## Candidates ignore Brooklin

If ever I was foolish enough to run for political office, an unwinnable candidate who could never kowtow to the whims of often feckless leaders and do their bidding just because they are our dear leaders, I'd probably start by announcing my candidacy with much shorter sentences than what you are now reading since there's no identifiable nor provable correlation between verbose glibness and competence once elected. If elected.

But beyond such meanderings, my second order of business would be to seek how to get the word out. Mine, the leader's, the party's. You know, things like

ideas, platforms, ways to draw voters that don't include bribes.

This might include outlandish, out-of-the-box thoughts like contacting the media in the area. Brooklin, of course, is an area, a rather large and significant one. For one thing, it's been the home to much of the groundswell of opposition to the highway 412/418 tolls that magically disappeared in April. Local cynics, myself included, suspected the announcement might just have been a precursor to an election call. Darned if we weren't right.

With that issue "resolved" - hopefully forever, though skeptics remain - there is then the problem

of route 12, trucks thundering through our downtown and residential areas and how to reroute them, all unsolved provincial problems. No small cheap matter with plenty of opinions on every side of the argument.

Drive around Brooklin, though, and check out the election signage. Or whatever's left after the storm. More signs don't necessarily mean a candidate has cornered the market on effective advertising. However, a lack of them makes you wonder.

So, I wonder...has every candidate, save for a smattering of Lorne Coe signage, shown such disrespect for Brooklin that they just ignored us? Are we not worth the bother? Did their "handlers" just tell them that Coe is a lock so might as well forget it? Speaking of Coe, at least he's got some signs around, just enough to re-

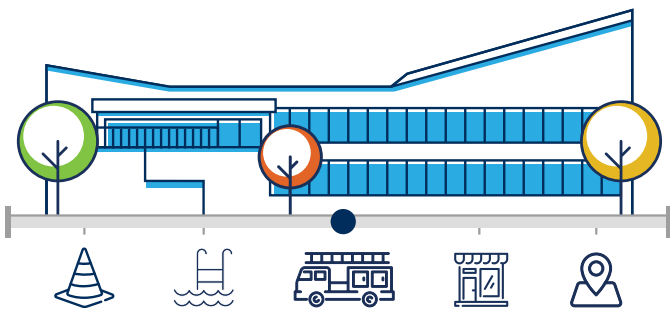
mind us he's still here.

An online publication recently put out statements from each Whitby candidate. They were to follow this lead: "If elected, I'd pledge to..." What they wrote were about 50 words of vacuous blather. Two candidates have never run for office and one is a carpentry assistant which might only be useful for, well, what, I'm not sure. How lovely of you to run. Something to boast to your grandkids about one day, right?

Is Premier Ford ripe for a ripping this election? Depends who you ask. In Whitby, however, a choice of viable alternatives would have been marvelous. Sadly, all eight have shown their true colours by pretty much ignoring Brooklin. Where the heck is a provincial Libertarian Party when we need you?

### What You Need To Know This Week:

## Whitby, What Are Your Budget Priorities?



#### Have Your Say: 2023 Budget

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

#### Register For Summer Programs

Looking to register yourself or a family member for a program like swimming classes, Basketball or 55+ Art Classes? Browse ACTIVE Net and create a Wish List starting May 30 so you're ready for registration day on June 8 at 9 a.m. Sessions start June 27. [whitby.ca/Active](https://whitby.ca/Active)



#### Things To Do In Whitby This June

Next month marks and celebrates Pride Month, Bike Month, Recreation and Parks Month, Seniors' Month, National Indigenous History Month - and the start of summer! There are many ways to recognize these important awareness days and get involved. Learn more: [whitby.ca/Calendar](https://whitby.ca/Calendar)



#### Last Call For 2022 Whitby Municipal Election Workers

The Town is looking for nearly 300 election workers to support voting locations during the advanced vote (between October 20 and 23) and on Election Day (October 24). The deadline to apply is Sunday, May 29, at 11:59 p.m. Don't miss your chance to get involved! [whitby.ca/ElectionWorkers](https://whitby.ca/ElectionWorkers)



#### On-Street Parking

Did-you-know that the Town's three-hour on-street parking limit is in effect year-round? Have out-of-town guests and need more time? Don't forget to register for a short-term parking exemption. [whitby.ca/Parking](https://whitby.ca/Parking)



## Congratulations Graduates!



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Next Issue: Friday, June 10, 2022

Deadline: Friday, June 3, 2022

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[whitby.ca](https://whitby.ca)



# Van Volsen Chosen #6 by Peterborough



Jack signs on the dotted line.



Van Volsen is flanked by Hall of Famer Bob Gainey (left) and Petes GM Michael Oke (right)

Along with every elite male hockey player in Ontario, Jack Van Volsen has long known the importance of his u16 (age 15) season if he had aspirations to play in the Ontario Hockey League (OHL). Regarded as one of the world's major feeders to pro hockey, the OHL recently held its priority draft and Brooklin resident Van Volsen was selected sixth overall by the Peterborough Petes, their first pick. To cement it, he officially signed with the team last week.

January, has had an eye on this step for years though he couldn't have predicted as a minor hockey AAA player for the Whitby Wildcats that it would end up quite so well.

"Looking back," he recalls, still riding the exhilaration of being a signed first-rounder, "I'd always looked forward to it. It was in the back of my mind for sure for a while."

### Family OHL connections

Both his father, Mike, and uncle, Joe, played in the "O" and he

Van Volsen, who turned 16 in

credits them with helping lay the path. It's partly why after playing in Whitby, he was advised to seek a more challenging and higher profile team and so he played this past season with the GTHL's Toronto Jr. Canadiens where he amassed an impressive 46 goals and 64 assists in 57 games. For perspective, in Jr. Canadiens history, his total ranks 11th all time. Who's first? Calgary Flames forward and

Stanley Cup winner Tyler Toffoli.

It quickly became apparent this past season that Van Volsen would be a high draft pick. "About 14 or 15 teams talked to me," he says. "My agent projected I might be a high pick. Being on a team that did well and won a few tournaments helped a lot."

### Living in Peterborough

Currently attending Crestwood Preparatory College, the grade 10 student will transfer to a Peterborough high school in the fall while being billeted with a local family, two more new adventures for him to contend with. However, he's undaunted by the challenges. "Actually I'm pretty excited. No apprehension at all. I know I have to work hard this summer and come to camp ready. But again, both my Dad and uncle experienced this so they've been a huge help along with the support of my mom and sister. Besides, Peterborough is only about 40 minutes away."

It should be noted that his younger sister Grace is herself a top notch hockey player, playing on the Whitby Wolves girls U15 high

performance team next season.

Growing up in Brooklin, Van Volsen had been an avid lacrosse player, stating he'd loved that sport as much as hockey for the longest while. "It was very physical and I think that helped me with the transition to body checking in hockey. I played a year up in hockey and it didn't really phase me much."

### Improved agility

Along with the obvious summer workouts, he expects to continue with skating teacher Ashlea Jones, who's taught him since he was four, to improve his agility.

The signing took on special meaning when former Petes great Bob Gainey showed up. Hockey Hall of Famer Gainey, who grew up in Peterborough, was there to provide some encouragement and words of advice. With all of that and his family support in tow, Van Volsen is determined to show the OHL club that its confidence in selecting him was deserved.

GROUP 74 IS HOSTING

# BROOKLIN CREATES

Featuring local artists and makers

**JUNE 18, 2022**  
10:00 am - 2:00 pm  
Brooklin Community Centre

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## Brooklin and area hit by a “derecho”

What's a derecho? A derecho is a widespread, long-lived, straight-line wind storm that is associated with a fast-moving group of severe thunderstorms known as a mesoscale convective system. Derechos can cause hurricane or tornadic-force winds, actual tornadoes, heavy rains, and flash floods.



### Valles Fruit Market

By Jennifer Hudgins

When contaminated soil was found on the original property of Valles Fruit Market, owners Pat, Mario and Joe Misasi were devastated by having to shut it down on Thanksgiving Monday of 1993. Located just south of Brooklin near Lynbrook Park, Valles became the victim of an Ontario government bureaucratic mess that made it impossible for them to continue operations.

From the time the Misasi brothers established Valles Fruit Market in a 5,000 square foot building, they specialized in the sale of fresh fruit and vegetables. The store also stocked a small deli, dairy and a snack food section. The building included the gas bar they owned, though the attached restaurant

was run by the Kapushinsky family (see photo). The hard-working brothers developed a loyal group of customers, serving local traffic between Brooklin and Whitby, including tourists and cottagers.

#### Gas station closed

In 1952, ten years before the Misasi brothers opened the store, a nearby gas station had gone out of business. The province bought 20 feet of highway frontage from the station owner in order to widen highway 12 to four lanes. At the time of the sale, the govern-

company was working in the area, they found the tanks still in the ground.

The government was notified, however its work order was again overlooked and nothing was done to have them removed. Four years later, it was discovered that these tanks were leaking onto the brothers' property, the beginning of the end for Valles.

Representatives from the Ministry of the Environment and the Ministry of Highways came calling with

who demanded the province take control of the situation.

#### Major clean-up

After testing the area, it was clear the clean-up was going to take a few months of digging with no guarantee the problem would be fixed. This meant the Valles could be cut off from their customers for a prolonged period. When the brothers asked for compensation for the damage to their business, they were given two choices: either let the government buy them out or close the business temporarily without compensation until the clean-up was completed. They had no choice but to accept the buyout offer. The closing left seven full-time staff and six summer students jobless, a big loss to the community.

After the sale, the Misasi brothers were not allowed to use the Valles trade name for five years. Once the time had passed, Mario re-established the store at 8880 Baldwin Street, north of Brooklin, where today his family continues to provide the kind of service their customers had come to expect.



ment paid to have the gas tanks removed but they failed to check if the work had been completed. So, in 1986, when the natural gas

an order giving the Misasi brothers a month and a half to clean up something that was not even on their property. They hired a lawyer

continues to provide the kind of service their customers had come to expect.

# Any Kids Want To Be Runners?



Brooklin runners in the Durham Dragons Club:

Front row (left to right):

Payton Johnston, Avery Polowyk, Ember Tadros, Aiden Clodd

Back row: (left to right): Charlotte Clodd & Alex Jackson

The Durham Dragons Track & Field Club will host an open event, the Elementary Try It Track & Field Meet, on June 12 at its training facility at the Oshawa Civic Rec complex track. Entry free is \$20

and youngsters are encouraged to try as many events as they wish: 100m, 200m, 400m, 800m, 1500m, 3000m, long jump, high jump, javelin, and shot putt.

Registration is at [trackie.com](http://trackie.com).

There are a bunch of runners



from Brooklin, such as Ember Tadros, 9, and Payton Johnson, 8, who swept the u10 division at an indoor meet in April.

The runners meet three times weekly, on Monday, Wednesday, and Saturdays, to train at the Civic in Oshawa. As one mother, Anna Tadros, says of the club, "We personally have seen our daughter grow and flourish in persevering, challenging herself to grow and try new things. Also making new friends and enjoying the outdoors."

# Lacrosse Team Has New Coach

The Brooklin Lacrosse Club has revamped its bench staff after Brad MacArthur announced he was stepping down as head coach though he will continue to serve as the club's general manager. Jason Crosbie, who had been the team's assistant coach the past couple of seasons, will assume the head coaching duties.

Former star player Gavin Prout has joined the organization as an assistant coach and will run the team's offence. Prout played 11

seasons of pro in the National Lacrosse League with various franchises and has known Crosbie for years, having played with and against him.

MacArthur will also continue as GM for Brooklin's Ontario Series Lacrosse affiliate, the Oshawa-based Merchants Lacrosse Club, a Senior B squad.

For more information about the club, visit: [www.brooklinlc.com/home](http://www.brooklinlc.com/home)



GROVESIDE CEMETERY

# DECORATION DAY

SUNDAY, JUNE 12, 2022

The Annual Decoration Day Service  
at Groveside Cemetery  
5155 Baldwin Street South, Brooklin

Ceremony will commence at 2:30 p.m.

Come and enjoy the grounds of Groveside Cemetery, and take part in a service in honour of and to remember our friends and family who have passed.

Please bring a lawn chair or blanket, or sit on seats provided.

EVERYONE WELCOME TO ATTEND

For more information, call Harry at 289-928-7138.  
This event is presented by Beethoven Lodge Odd Fellows.

Join Mayor Mitchell and Members of Council for the

# Brooklin Spring Fair

June 2 - 5 | Luther Vipond Arena & Brooklin Memorial Park  
(67 Winchester Road)

Note: Parade is May 28 at 10:30 a.m.



For more information visit,  
[whitby.ca/Events](http://whitby.ca/Events)





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360 Columbus Rd. E. Whitby

For More Information,  
please contact: [bestdiabetes@charleshbest.com](mailto:bestdiabetes@charleshbest.com)

## Drive-Ins Coming To Metro Store Lots

Interac Corp. and Metro Grocery have partnered again to host more than 20 complimentary Drive-Ins at local grocery store parking lots across Ontario this summer!

The Metro Retro Drive-In provides the opportunity to connect with local vendors, artists and musicians in the community. The event features

family-favourite retro films, free movie snacks and an Instagram-worthy photo installation.

Pickering is the second stop of the tour, at the Whites Rd Metro location on May 27th. Doors open at 7:30, the movie starts at 9 pm and will end around 11 pm.

Events are free, but attendees have the option of donating on-site using Interac Debit contactless payments, with all proceeds supporting local charities and food banks.

Metro and Interac will be matching community charitable donations up to \$150,000 as part of the program.

Interac is committed to supporting small business recovery by encouraging Canadians to #supportlocal. At each local Drive-In, they've built an InLife Marketplace where local businesses will sell their products and services to attendees.

Local Musiclife artists will have the opportunity to play the soundtrack of the event and reach community audiences to return to playing for live audiences.



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**SOUTH OF  
HWY 7 BETWEEN  
SALEM &  
WESTNEY**



**June 2-5**

# TOGETHER AGAIN IN 2022

Visit Agri-land presented by



*Demolition Derbies on Thursday & Saturday  
Truck & Tractor Pull on Friday  
RAM Rodeo on Sunday*



VISIT  
[brooklinspringfair.com](http://brooklinspringfair.com)  
for details

**PLUS** Midway Rides & Games, Live entertainment,  
Food & the Little Shoppes on the Fairgrounds





# Brooklin Spring Fair Schedule

(may change at last moment)

(T) – Track  
(A) – Arena + Welcome Home Building  
(B40) – Back 40  
(AL) – Agri-LAND  
(BD) – BaseballDiamond  
(TC) – Tennis Courts  
(PL) – Parking Lot  
(CS) – Courtyard Stage

## THURSDAY AT THE FAIR ...

4:00 pm – Gates Open  
4:00 pm – Agri-Land Opens  
5:00 pm – Midway Opens (after Safety Inspection)  
– TWOONIE RIDE NIGHT!!  
5:00 pm – Fire Guy Performance (CS)  
6:00 pm – Kiki Outrageous Performance (CS)  
6:30 pm – Official Opening Ceremonies (CS)  
7:00 pm – Demolition Derby (T)  
7:00 pm – Fire Guy Performance (CS)  
8:00 pm – Kiki Outrageous Performance (CS)  
9:00 pm – Fire Guy Performance (CS)  
10:00 pm – North Fire – After Dark Dire Show (CS)  
10:00 pm – Gates Close

## FRIDAY AT THE FAIR ...

9:00 am – Sportpony Starsearch Championships Show (AL)  
9:00 am – Youth Equestrian Show (following completion of the SportPony Starsearch) (AL)  
4:00 pm – Gates Open to the public  
4:00 pm – Agri-Land Opens  
4:00 pm – Midway Opens  
4:30 pm – Kids Creative Corner: Make and Take Modeling Dough (TP)  
5:00 pm – Honey & Maple Syrup Competition (AL)  
5:00 pm – Farm & Field Crops Competition (AL)  
5:00 pm – Homecraft and 'little shoppes' Open (A)  
5:00 pm – Fire Guy Performance (CS)  
5:30pm – Kids Creative Corner: Make and Take Tractor Pull Flags (TP)  
6:00 pm – Spelling Bee (registration begins at 5:15 pm) (A)  
6:00 pm – Kiki Outrageous Performance (CS)  
6:30 pm – Kids Creative Corner: Make and Take Acrylic Pouring 12+ (TP)  
7:00 pm – Truck & Tractor Pull (T)  
7:00 pm – Fire Guy Performance (CS)  
8:00 pm – Kiki Outrageous Performance (CS)  
9:00 pm – Fire Guy Performance (CS)  
10:00 pm – Two for the Show (B40)  
10:00 pm – North Fire – After Dark Dark Show (CS)  
10:00 pm – Gates Close

## SATURDAY AT THE FAIR ...

**Day Sponsored By – Lakeridge Auto Gallery**  
9:00 am – Gates Open  
9:00 am – Miniature Horse Show (AL)  
9:00 am – Double Rabbit Show (AL)  
10:00 am – Dairy Goat Show (AL)  
10:00 am – Homecraft & 'little shoppes' Open (A)  
10:00 am – Agri-Land Opens (AL)  
10:30 am – Kids Creative Corner: Make and Take Modeling Dough (TP)  
10:30 am – Poultry and Waterfowl Show (AL)  
11:00 am – Midway opens  
11:00 pm – Carriage Racing Derby (T)  
11:30 am – Kids Creative Corner: Make & Take Bouncing Bubble Solution (TP)

1:30 pm – Kids Creative Corner: Make and Take Harmonica & Maracas (TP)  
1:45 pm – Kids Pie Dive (A)  
2:00 pm – Construction Guys: Trapeze Performance (CS)  
2:15 pm – Pie Eating Contest (A)  
3:00 pm – Special Guest: Kalen Performance (CS)  
3:30 pm – Kids Creative Corner: Make and Take Bug Boxes (up to grade 4) and Backpack Tassels (grade 5+)(TP)  
3:30 pm – Spring Sing Talent Competition (check-in 3:00pm) (A)  
4:00 pm – Construction Guys: Trapeze Performance (CS)  
5:00 pm – Kiki Outrageous Performance (CS)  
4:30 pm – Kids Creative Corner: Make and Take Demolition Derby Flag (TP)  
6:00 pm – Special Guest: Kalen Performance (CS)  
6:30 pm – Kids Creative Corner: Make and Take Father's Day Craft (TP)  
7:00 pm – Demolition Derby (T)  
7:00 pm – The Construction Guys: Trapeze Performance (CS)  
8:00 pm – Kiki Outrageous Performance (CS)  
9:00 pm – Two for the Show (show starts at the end of the Demolition Derby) (B40)  
10:00 pm – North Fire: After Dark Fire Show (CS)  
10:00 pm – Gates Close

## SUNDAY AT THE FAIR ...

10:00 am – Gates Open  
10:00 am – Agri-Land Opens  
10:00 am – Homecraft and 'little shoppes' Open (A)  
10:00 am – Heavy Horse Show & Light Horse Show (AL)  
10:30 am – Kids Creative Corner: Make and Take Farmer Appreciation Card (TP)  
11:00 am – Midway Opens (Ride All Day Passes, Advance Sales only!)  
12:00 pm – 4-H Beef Show (AL)  
12:00 pm – Sheep Show & Junior Sheep Show (AL)  
12:00 pm – RAM Rodeo Tour (T)  
12:00 pm – The Construction Guys: Trapeze Performance (CS)  
12:30 pm – Kids Creative Corner: Make and Take Pop-up Rocket (TP)  
1:00 pm – Nail Driving & Log Sawing Competition (BD)  
1:00 pm – Junior Beef Show (AL)  
1:30 pm – Beef Cattle Show (following Junior Show) (AL)  
1:30 pm – Kids Creative Corner: Make and Take Father's Day Card Craft-Penny Spiral (TP)  
2:00 pm – The Construction Guys: Trapeze Performance (CS)  
3:00 pm – Fair Gate close (no further admittance)  
3:00 pm – RAM Rodeo Tour (T)  
4:00 pm – The Construction Guys: Trapeze Performance (CS)  
5:00 pm – Fair Closes

# Brooklin Spring Fair

## – Together Again in 2022

We are so excited that the Brooklin Spring Fair will be Together Again in 2022. The Board of Directors has worked tirelessly over the past few years to preserve our traditions. We also made a few necessary changes to keep everyone safe.

With the Fair opening on Thursday, June 2, and the parade on Saturday, May 28, we felt that spreading things out a little meant volunteers could deliver it all after a two-year closure. We hope to see you at both family events!

### Agriculture

You'll see a return of your old favourites at the Fair along with some improvements. Visit Agri-land, presented by Minto Communities, and learn about agriculture and how important it is to our community and our future.

Super fans will want to take in the Demolition Derbies on Thursday and Saturday nights. The Tractor Pull will wake up the neighbourhood on Friday as we watch the muscle on the track while Kids' Pedal Pulls will be in the Vipond arena before the big pull outside. And, on Sunday afternoon, we once again welcome the RAM Rodeo family back to Brooklin.

### Homecraft & Shoppes

Homecraft items will be on display in the arena. Visit the Little Shoppes on the FairGrounds and see what this new marketplace has to offer.

Thrill seekers will want to head into the midway for the rides, sights and sounds. There will, of course, be plenty of entertainment for everyone: live music in the Back40 featuring Two for the Show on Friday and Saturday nights. Meanwhile, The Buskers return to the Courtyard stage throughout the weekend with a fabulous fire finale each evening at 10.

The Brooklin Spring Fair is proudly run on 100% volunteer power. On behalf of the Board of Directors, thank you to our many and loyal volunteers and supporters who make this event such a success, and have been doing so for 111 years.

We look forward to celebrating our return with you and your families. See you at the Fair.

**Tracy Hanson**  
President, Brooklin Spring Fair

# Durham Families Celebrate One year Of Care Closer To Home

Twelve months after opening its doors to its first client, the Durham Region Paediatric Complex Care Program has reached a significant milestone. On May 5, 2022, this multi-disciplinary program will have provided service to more than 40 children and youth with complex medical needs. This means children, youth and their families have received care closer to home in their own community.

The Durham Region Complex Care Program is delivered in partnership among Grandview Kids, The Hospital for Sick Children (SickKids), Complex Care Kids Ontario, Lakeridge Health as the

lead of the Ontario Health Team - Durham, and the Central East Home and Community Care Support Services.

### Specialized programs

Grandview Kids, founded in 1953, is an independently operated, not-for-profit Children's Treatment Centre in Durham Region. A Centre of Excellence for paediatric assessment, care and rehabilitation, it provides specialized programs, medical services, and outpatient clinical treatment and support to thousands of children and youth with physical, communication and developmental needs, as well as support for parents and caregiv-

ers. Its mission is to help every child and youth live life to their full potential.

The program was designed to provide multi-disciplinary support to children in what is known as a 'multi-team' visit. Clients benefit from consultation and treatment from a Paediatrician, Nurse Practitioner, Social Worker, Dietitian, Occupational Therapist, Physiotherapist, and Recreation Therapist. A unique feature of this clinic is the addition of a Peer Navigator, a parent of a child who also has medical complexities and is a paid employee of Grandview Kids. This Peer Navigator, Fadia Omer,

connects with parents to provide peer-to-peer support before, during and after appointments.

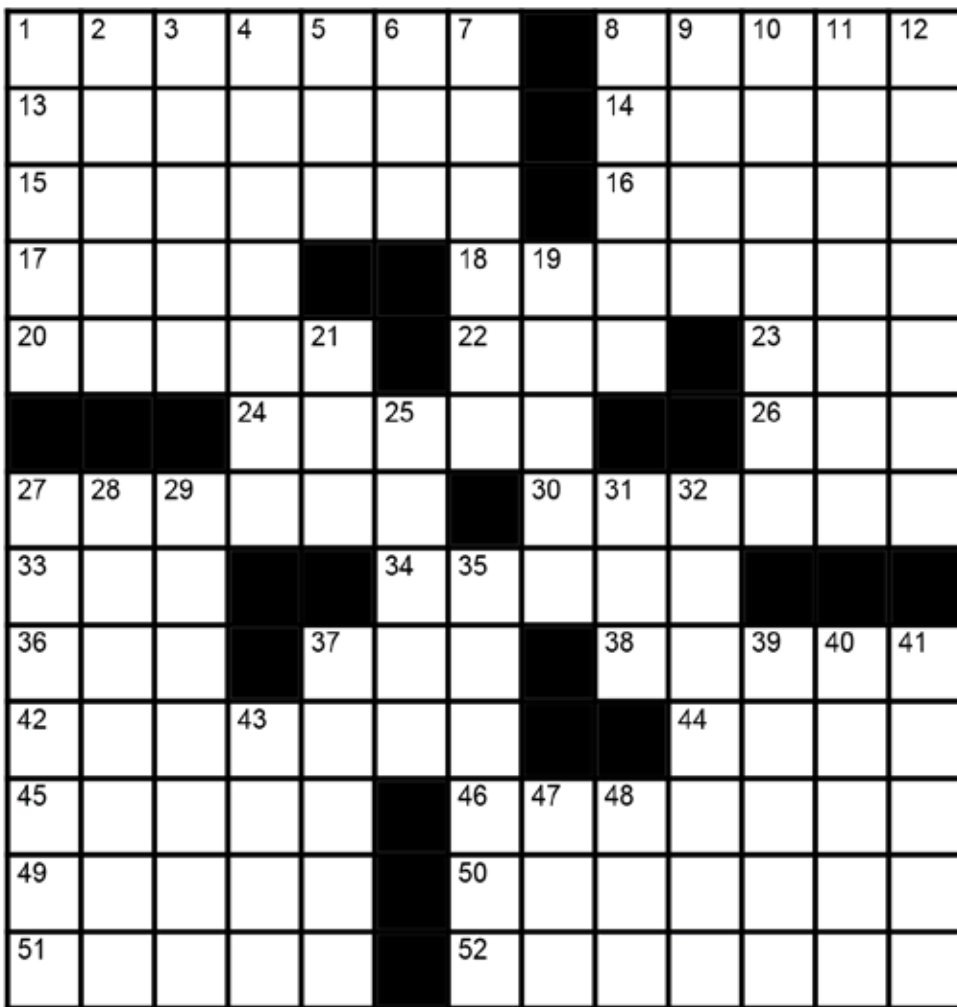
The complexity of medical needs endured by children and youth requires a holistic, team-based approach to on-going care and support.

To learn more about the Durham Region Complex Care Program, visit [grandviewkids.ca/complex-care-program/](https://grandviewkids.ca/complex-care-program/).

For more information about Grandview Kids, visit: [grandviewkids.ca/](https://grandviewkids.ca/).

Brooklin Bafflers: by Liz Lowe

# Crossword



**Across**

- 1 Manage
- 8 Heroic tales
- 13 Any of numerous New World woodland birds having brightly coloured males
- 14 High up
- 15 Render unnecessary
- 16 Sometimes used as a washing sponge or strainer
- 17 Cheer
- 18 An arrangement of flowers
- 20 Slightly wet
- 22 Bean counter, for short
- 23 Deception
- 24 Should, with "to"
- 26 Be mistaken
- 27 Hovel
- 30 Eye parts: Var.
- 33 Chop (off)
- 34 Come again
- 36 Apiece, in scores
- 37 Come together
- 38 Tally mark
- 42 Keeps a teapot warm
- 44 \_\_\_ a soul
- 45 City north of Cologne
- 46 Pinched
- 49 Feeling sorry for
- 50 Lankier
- 51 Arguments
- 52 Supplements

**Down**

- 1 Attack
- 2 Ban
- 3 A short stanza at the end of a poem
- 4 Serves
- 5 \_\_\_ Khan
- 6 Abbr. after a name
- 7 Make very wet
- 8 Chip dip
- 9 Burn balm
- 10 Searched the internet
- 11 Liaison (derived form)
- 12 Persons or other animals having powers of endurance
- 19 Kind of nerve
- 21 Egyptian boy king
- 25 Type of round shapes
- 27 Type of isopods
- 28 Remains secluded or in hiding
- 29 Failure of some tissue or organ to develop
- 31 Score
- 32 Period in human development
- 35 Either of the horny front wings in beetles
- 37 Percussion instruments
- 39 Large heavily built goat antelope
- 40 Words to live by
- 41 (Greek mythology) monster with nine heads
- 43 Copper
- 47 Soft plug
- 48 Butt

## Plant-Based Eating by Sheree Nicholson



### What do Vegans eat

After a recent two-hour trail run with friends, we stopped at a new bakery/cafe just north of Brooklin. I asked the server if they had anything vegan. No, he replied, but they carried gluten-free products, a response I often get. So, I thought, maybe it's time I explain the difference and share what vegans eat.

Those with celiac disease or gluten intolerances need to avoid gluten, a protein in wheat. And, since gluten comes from wheat, it is vegan. Seitan which is made from gluten is a common plant-based source of protein.

Vegans eat everything except animal products or foods containing animal products, i.e. we exclude meat, fish and other seafood, dairy, eggs and honey. However, we do eat burgers, lasagna, sushi, pasta, pizza, baked goods, pancakes, veggie bowls, sandwiches, burritos, tacos, as well as Indian, Italian, Thai, Chinese and Japanese foods. This list is endless. The only difference is we substitute plant-based ingredients for meat or dairy-based ones.

#### Healthy and complete?

Is a vegan diet healthy and complete, nutritionally speaking? No plant-based nor, for that matter, meat-based diet is nutritionally healthy and whole by accident; you need to eat healthy either way. Eating meat does not make you healthy, but nor does being vegan. No matter which diet we follow, everyone should pay attention to what goes on our plates.

The key to healthy eating is to eat consciously. Know what you are eating and why. Eat for energy and health most of the time. It's okay to indulge in junk or fast food but don't make it a big part of your diet. I own a yoga and fitness studio and am a long-distance trail runner.

Over the years, I've discovered the best way for me to eat and to maintain this active lifestyle. If I eat crappy food and then go for a run, I generally have a lower energy run. Eating plant-based whole foods takes less digestive energy and I feel better. Some days, I run, work out and teach classes, so I pay close attention to my food. On days I don't have a heavy schedule, I might indulge in fast or convenience foods.

I have a new cookbook called "Plantyou" by Carleigh Bodrug, a Barrie native. Her cookbook promises "ridiculously easy, amazingly delicious, plant-based, oil-free recipes." I like simple recipes so I am excited about this and plan to share recipes with you.

#### Yummy taco bowl

Last week I made one of her recipes and, though I didn't love the dressing, the taco bowl was great. Visit: <https://plantyou.com/vegan-taco-bowl>. In the future, I will substitute the dressing with taco sauce or the following hemp seed dressing..

#### Hemp seed dressing

- 1/2 cup hulled hemp seeds
- 1/2 cup water
- 2 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 clove of garlic, peeled
- 1/4 teaspoon fine grain sea salt, to taste

Blend until creamy.

**Sheree's Hack:** Nutritional yeast may be sprinkled on salads and pasta as a cheese replacement.



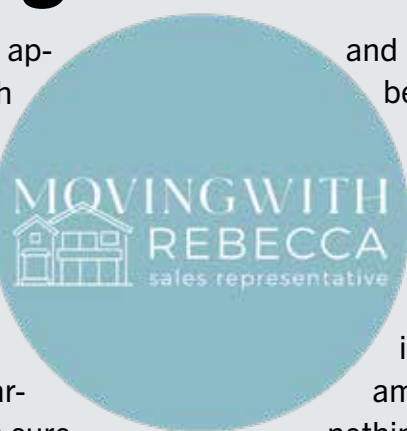
**Brooklin Spring Fair Theme - "Together Again"**  
**Brooklin Spring Fair Parade - Saturday, May 28th, 10am**  
**Brooklin Spring Fair Thursday, June 2nd to Sunday, June 5th**

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and smooth transition from beginning to end.

Rebecca enjoys working with people and real estate allows her to do just that! She feels incredibly blessed to work with amazing clients... there is nothing more rewarding than helping a family find their next home to create a future and build new memories.

The right home is the starting place of love, hopes and dreams and Rebecca will be sure to go above and beyond to find your next 'nook'. With over 21 years spent living in Brooklin, Rebecca's full-time real estate knowledge and experience in the Durham Region and intimate knowledge of the area gives her the enthusiasm and desire to make her home, your home.

On a personal note, Rebecca enjoys spending her free time with family and friends, golfing, travelling and takes pride in supporting her local community.

Her passion for real estate is apparent through her excellent communication skills, credibility and determination to go above and beyond your expectations. Her warm and friendly approach is evident in providing exemplary service to her buyers and sellers in order to acquire their trust, referrals and repeat business while bringing a little fun into every real estate transaction!

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## MARKETING YOUR HOME FOR ALL IT IS WORTH!

### Government incentives can help first-time buyers

If you're planning to buy a home in the foreseeable future, you already know budgeting is the first step to saving for a down payment. But taking advantage of government incentives can help you realize your dream of homeownership sooner and even more help is on the horizon.\*

We've put together a list of those programs and tax rebates, one or more of which might help boost your savings. Be sure to click on the links for details.

**Home Buyers' Plan (HBP).** Through this program, a first-time homebuyer can withdraw up to \$35,000 in a calendar year from their registered retirement savings plans (RRSPs) to buy or build a qualifying home for themselves or for a related person with a disability. You can withdraw funds from more than one RRSP as long as you're the owner of each account. Some RRSPs, such as locked-in or group RRSPs, don't allow these withdrawals. The HBP allows you to pay back the withdrawn funds within a 15-year period.

**Home Buyers' Amount.** The Home Buyers' Amount offers a \$5,000 non-refundable income tax credit amount on a qualifying home acquired during the year. For an eligible individual, the credit will provide up to \$750 in federal tax relief. Single-family houses, semi-detached houses, townhouses and condominium units are all considered qualifying homes.

**First-Time Home Buyer Incentive.** Eligible first-time homebuyers who have the minimum down payment for an insured mortgage can apply to finance a portion of their home purchase through a shared equity mortgage with the federal government. The program offers five or 10 per cent of the home's purchase price to put toward a down payment, which lowers your mortgage carrying costs. In lieu of interest, you pay the government back the same percentage of your home when you sell or after 25 years.

**GST/HST New Housing Rebate.** You may qualify for a rebate of part of the GST or HST that you paid on the purchase price or cost of building your new house, on the cost of substantially renovating or building a major addition onto your existing house, or on converting a non-residential property into a house.

**Ontario Land Transfer Tax Refund** ([www.ontario.ca/document/land-transfer-tax-landtransfer-tax-refunds-first-time-homebuyers](http://www.ontario.ca/document/land-transfer-tax-landtransfer-tax-refunds-first-time-homebuyers)).

If you're a first-time buyer, you may be eligible for a refund of the provincial land transfer tax, which is one of the closing costs that must be paid when buying property. The refund maxes out at \$4,000 for homes with a value higher than \$368,000. No land transfer tax is charged on homes worth less than that.

**Home Buyers' Tax Credit.** This tax credit is available to Canadians who've purchased a home after not owning one for four years or longer. Eligible buyers can claim up to \$5,000 on their taxes for a rebate of \$750. People who bought their home after January 1, 2022 will be able to claim twice that amount – up to \$10,000 for a rebate of up to \$1,500 – according to the federal government's 2022 budget. King Home Realty respects the hard work and sacrifices it takes to come up with a down payment. As part of our commitment to helping you achieve your homeownership dreams, we'll evaluate all active listings that meet your criteria, alert you to listings soon to come on the market, provide data on recent sales so you can make a knowledgeable decision and negotiate ethically on your behalf.

\* Please visit our website at [www.kinghometeam.com](http://www.kinghometeam.com) for a longer version of this article, which includes information about some of the factors that make Durham attractive to buyers.

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\*Existing homes + new construction, closed and pending for 2020. \*\* Photo similar to house to be built. Not intended to solicit those under contract.