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Who are the two Brooklin athletes going to the Canada Summer Games?

See their profiles on page 5.

The swimmer is just 15 years old. This cyclist, #4, is leading the pack.



HIGHLIGHTS OF THIS BTC:

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Less than Half the Picture *By Richard Bercuson*

Bits that might have become columns



At your disposal?

Did you love the fireworks around Brooklin on July 1? Seemed like everywhere you turned there was another set going off, and well into the evening, too.

I hope locals took proper precautions and had water and/or fire extinguishers at hand. But the aftermath was a puzzler. There were two locations I happened to see where piles of spent fireworks were dumped in front of town garbage bins in parks.

I don't understand. If residents kindly chipped in to buy fireworks for everyone else to enjoy, which we did, wouldn't it have behooved them to also bring garbage bags to dump the spent stuff in and drag them home? Instead, the town came by four days later to clean up the areas.

As well, there were children about on the days following. You have to expect that the used up 'works might have been an attraction for

some. Why take that chance?

Next time, please be at your own disposal.

Scoot! Scoot!

It's wonderful to see kids outside playing. Not so wonderful to see them on scooters on the road.

It's also great they're wearing helmets. Not so helpful they're wearing helmets on the road because, let's face it, if a scooterer (scootist?) is struck by a car, well, fill in the rest.

Since it is one of a child's jobs to annoy adults, scooting down the middle of a street does successfully annoy drivers who probably wonder if honking would make things worse than leaning out the window and shouting. Since scootists (scooterers?) don't signal and have no brake lights, it's hard to predict what they'll do. They also often travel in pairs or small packs, which means the hazard is compounded. Drivers, beware! Parents, please have a talk

with your family scooting rep.

Times Square

On Thursday evenings at Grass Park during the summer Music in the Park event as well as at the recent Artfest, Roebuck Street is cordoned off.

Does Roebuck serve any useful purpose as an actual road? Why can't we have our own version of New York City's Times Square, a pedestrian mall? Wall it off permanently to vehicles. Paint the street. Make it a local art project. Maybe add more park benches and paint them, too. Presto! Times Square in Brooklin.

Your Cassels is not your home

That there hasn't yet been a serious accident on the Cassels Road stretch from Grass Park to Queen Street is remarkable.

It's a scenic east-west route with a dip at the bridge which entices drivers to see how well their vehicles can first accelerate then zoom back up to a comfortable cruising speed of 70-plus km per hr. Even Durham buses seem to enjoy rocketing along. And yes, scooterers and skateboarders abound. If ever there was a Brooklin road where Durham Police could make a statement, this is one.

Now back to the summer's idyll...



At Artfest on July 15, Maura Mapes stretched what was to be an hour's performance into another 30 minutes of music. It was thanks partly to a delayed opening ceremony but also because of her artistry playing and singing a wide variety of cover songs. Mapes works at Endless Ideas across from Grass Park and has been performing for 20 years after just picking up the guitar to learn to accompany herself as she sang. She plays at various open jams and local pubs in the Durham region



"Proud to be a Brooklinite"

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Next Issue: Friday, August 4, 2017
Deadline: Friday, July 28, 2017

Town of Whitby

July 21, 2017

UPCOMING EVENTS

Fresh Air in the Square

Zumba: Thursdays at 7 p.m. until August 24.
Family Fitness: Saturdays at 10:30 a.m. until August 26.
whitby.ca/thesquare

Movies in the Park

Bring your lawn chair or blanket to enjoy:
July 28: Sing
Whitby Civic Recreation Park, 555 Roseland Road East.
Sponsored by Vanessa Hopman, Keller Williams Energy Real Estate Brokerage.
Movies are weather permitting and begin at dusk.

Farmers' Market

Every Wednesday until October. 9 a.m. to 4 p.m.
201 Brock Street South.

whitby.ca/calendar

Council Meetings

Special Council Meeting

August 21 at 4 p.m. at Town Hall.

For a full listing of Town meetings, visit whitby.ca/civicweb

For more information, contact the Clerks Department at clerks@whitby.ca or 905.430.4315

News

New Recreation Registration System Launching Soon

As of August 2, you're invited to go online and activate your account with ACTIVE Net, the Town's new recreation registration system. The new system will make registering for programs easier. View the new Fall/ Winter Activity Guide online August 2. Registration for Fall/Winter programs begins: August 9 (Non-aquatic programs), August 16 (Aquatics for residents), and August 23 (Aquatics for non-residents).

whitby.ca/register

Notices

Development Charges

Amendment Public Meeting

A public meeting will be held on September 11 at 6 p.m. regarding the proposed amendment to the Roads & Related development charge rates and policies. Studies and the proposed by-law will be made available for review on or before July 20, 2017.
whitby.ca/notices

Holiday Waste Collection

Due to the Civic Holiday, waste and green bin collection has been bumped one day forward. View the revised schedule at whitby.ca/waste

Bid Opportunities

For a complete list of tenders, quotations and proposals or to register as a bidder, visit whitby.ca/tenders

Job Opportunities

The Town has the following employment opportunities available:

Temporary Labourer
Closes July 28 at 4:30 p.m.

Brand Coordinator - Graphic Designer (Regular, Full Time).
Closes July 31 at 4:30 p.m.

whitby.ca/employment

Weather Updates for Outdoor Town Events

Rain, rain, go away! Be sure to check our website or follow us on social media for the latest updates.

whitby.ca/calendar



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More information
Phone: 905.430.4300
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whitby.ca



Rochelle Boivin (right), second prize winner in the BTC Essay Contest, receives a \$50 cheque from Marissa Campbell, vice-president of Writers' Community of Durham Region which donated the prize along with a free WCDR breakfast. Rochelle also won \$25 gift certificates from Coffee Culture and the Brooklin Pub and a free lesson from Patrick Pidek of patricksguitarstudio.com.

BTC Essay Contest Second Prize Winner

Canada Is...Small Town Charm and Community

By Rochelle Boivin

Rochelle Boivin caught the writing bug at the tender age of seven. As a lifelong Brooklin resident, she has lived and loved in the community for 40 years. She writes human interest stories for her blog, The Passion Chronicles, but also has six published romance novels. Rochelle likes to burn the midnight oil, writing stories of hope, renewal and the healing power of love. Her other loves include her daughter, the Toronto Blue Jays, karaoke, travel, cycling and the California sun.

What does it mean to be Canadian? Better yet, how does it feel to be the citizen of a small community? While the obvious perks to being Canadian exist in the slogan "peace, order and good government," I can answer with my own account and a beaming smile.

As a longtime "Brooklinite," I'll gladly share fond memories of my national pride in this community.

Firstly, I can recall the annual Old Tyme Christmas, huddled warmly together, snowflakes falling, with a hot Tim Hortons brew in hand. Suddenly, the wagon ride resulted in a shocking end. The horses galloped down Cassels Road, past the Old Mill, and broke free, sending the wagon with its driver tumbling to the ground, and the rest of us barreling down the road. The experience was scary, yet thrilling all at once. Those Belgians were fine, thankfully. One ended up near Bagot Street, standing by a telephone pole, and the other beside the old community centre. We all shared a round of laughter, thinking about the escapade.

Peppered with wonderful memories of Brooklin, my heart swells with fondness for this small town boast-

ing Victorian homes with wrap-around porches, towering oaks and quaint little shops. The scenery is something out of a Hallmark movie, complete with colorful people and warm connection.

A throwback

What do I love most about life in a small Canadian town? Well, it is something of a throwback to that TV Show *Cheers*, "where everybody knows your name." Wok-In Express on Baldwin treats me like an old, dear friend each time I enter the establishment. There's a lovely teenage girl with long dark hair and big brown eyes who has surprised me. "Hello, Rochelle," she greets cheerily. It is nice to be recognized and catered to when I drop in for some hot, fresh Cantonese Chow Mein.

While some establishments have not perfected the art of customer service, those in Brooklin have certainly raised the bar. Since 1995, family-owned and operated Michael Kelly's Eatery has been serving up home-style meals and warm smiles. They're a welcome place in the hearts of Brooklinites and have lasted far longer than most.

Many of us in the Brooklin community are proud to wear our Canadian pride, whether waving that red and white flag from the porch or cheering for the Toronto Maple Leafs over a cold brew and good company at Brooklin Pub on Baldwin.

One place that has always welcomed me with open arms is the Royal Canadian Legion, Branch 152. Whether it be a last-minute decision to waltz into the room dressed in a 1950s poodle skirt for their annual Halloween bash,

(continued on page 5)



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shown to reduce the strain that effortful-listening puts on the brain and even to improve recall from conversations in noisy listening environments. In fact, these hearing aids improve speech understanding in background noise 30% better than even the previous top-of-the-line hearing aids.

Hearing professionals are celebrating the biggest advancement in 30 years of fitting hearing aids and patients credit it with providing a substantial improvement in their ability to communicate in large groups and noisy social settings.

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Our Brooklin Kids By Leanne Brown



Just let me do it.

My daughter got roller blades for her birthday. She couldn't wait to get them on her feet. After showing her how to put them on, adjusting the padding and helmet, I gave her a few instructions and helped her to her feet. Then I let her go to it.

Yes, she fell a few times. She tried to stop as though on ice skates and fell. She got up. She tried stopping by dragging a toe and ended up in the splits. She figured out how to use the heel brake and coasted to a stop. And as she tried different things and made adjustments along the way, her confidence grew. The

second day with her skates, she added a hockey stick to the equation. Day three, she had Dad in the net as she raced down the street to take a shot.

My role in all this? Enthusiastic spectator to her learning experience.

Good intentions

As parents we tend to get very involved when our kids try new things. While our intentions are good, often we're robbing them of the experience of discovery and learning, the chance to uncover their own abilities through trial and error.

Need proof? About 10 years ago, Baby Einstein videos and toys were a big trend with claims that these and brain-training tools would give kids the jump on learning. However, research showed the products didn't work at all.

According to John Medina, author of *Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five*, "They had no positive effect on the vocabularies of the target audience, infants 17-24 months. Some did actual harm. For every hour per day the children spent watching certain baby DVDs and videos, the infants understood an average of six to eight fewer words than infants who did not watch them."

Active learning

The issue was that real learning isn't passive, it's active. In order for children (and adults) to learn, they need to do the activity and learn through experimentation so their brains can make a solid connection between the activity and the knowledge.

In their research report "Active learning: Creating excitement in the classroom," co-authors C. Bonwell and J. Eison defined active learning as "involving students in doing things and thinking about the things they are doing." Our two local schools

boards use this best practice by using play-based learning in and out of the classroom. And it works!

So how do we do this at home? If you want your child to learn something new, the best way to do it is to show them the basics, then get out of the way and let them do it on their own. Allow them to try and fail, fall down and get up. Let them learn along the way while encouraging their efforts.

I leave you with this Asian proverb: I hear, and I forget. I see, and I remember. I do, and I understand.



A Brooklin Toddler's Random Thoughts

"Don't play with me. I'm not a toy."

Free Zumba and Family Fitness at Whitby library

Residents of all ages are invited to join us outside and enjoy the Town's new "Fresh Air in the Square" Zumba and family fitness classes in Downtown Whitby.

The free activities, offered throughout July and August, are the first pilot project to launch from the Town's recent Colour the Square engagement campaign. Both activities will be led by qualified Fitness Instructors from the Town. No experience, pre-registration or equipment is required.

Along with the public, media are invited to take part in the following:

What: Free Zumba and family fitness classes led by the Town of Whitby

When: Throughout July and August

- Zumba will run every Thursday from 7 p.m. to 8 p.m. from July 13 to August 24
- Family Fitness will run every

Saturday from 10:30 a.m. to 11:30 a.m. from July 15 to August 26

Where: Celebration Square located outside the Whitby Public Library's main branch (405 Dundas Street West, Whitby)

The six-month Colour the Square engagement campaign gathered ideas on how to animate and activate Celebration Square year round as a community space. Of the more than 1,700 ideas from approximately 800 participants, recreation classes were one of the top ideas identified by the community.

More projects and ideas will continue to be tested in Celebration Square in the coming months. Feedback will continue to be gathered throughout the various activations.

For more information, visit whitby.ca/thesquare

Beware of Water Treatment Sales Tactics

The Regional Municipality of Durham reminds residents that the Region does not sell nor endorse water filters or treatment equipment. The Region has been contacted by concerned residents inquiring about phone calls from salespersons who want access to their home to test the water or inspect the water service. In the past, salespersons have gone door-to-door making similar claims.

"These phone calls are not from the Region of Durham," says Susan Siopis, Commissioner of Works. "The Region provides clean, safe drinking water, which meets provincial water quality standards. Our water undergoes daily monitoring and testing, and does not require further filtration or monitoring at residents' expense."

If someone calls you or shows up at your door, remember the following to protect yourself from scams:

- Did you request this call or visit? Regional staff will not visit without sending an official letter to schedule an appointment.
- Never give out your personal information.
- Call the Region to confirm that the phone call or visit is legitimate.
- If you receive a phone call, don't feel pressured to agree to a home visit.
- If they come to your door, don't feel pressured to sign contracts on the spot, or to let anyone into your home.
- If they come to your door, ask for identification. All Regional employees and authorized contractors carry photo ID.

Community Calendar

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

Fri., July 28: 4:00 - 5:00 pm
(4th Friday of each month)
Teen Leadership Council at Brooklin Library
Whitby Library's Brooklin Branch seeks Teen Leadership Council members to share ideas & assist with special events and programs. Grade 9-12 students earn community service hours. Snacks provided. No registration required. For information, email teenservices@whitbylibrary.ca.

Mondays: 6:30-7 pm:
French Family Storytime: Children and

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

1st & 3rd Tuesdays
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Sunday School & Nursery Program (10:30am)
Wednesday 10:00 a.m.
Communion and Healing Service
905-655-3883
www.stthomasbrooklin.ca

Brooklin United Church
19 Cassels Rd. E.
Sunday Services at 10:30 am
Sunday School & Nursery Care
www.brooklinunited.ca **905-655-4141**
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Renaissance Baptist Church of Brooklin
40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 a.m.
905-655-4554 www.brooklinrbcc.ca
We're here for Brooklin!

Meet Brooklin's Two Canada Summer Games Athletes

Ethan Placek

The only Durham region swimmer representing Ontario at the Canada Summer Games in Winnipeg will be Brooklin's Ethan Placek. A grade 11 student in the fall at Brooklin High School, Placek earned his spot by being the province's top swimmer recently in the 100 m freestyle. In order to be invited, athletes had to be the best in one event.

A member of the Whitby Dolphins swim club under head coach Olivier Renaud, Placek will compete in the u16 category in seven events, the maximum allowed by the Games, though the 100 and 200 m freestyle races are certainly his best chances for medals.

Is he excited about the prospect of swimming against Canada's best? "Super excited," he says. "This is the 50th anniversary of the Games so it's certainly one of the more important ones. It's a big deal."

However, it won't be his first time competing at the national level. At last year's Canadian Junior Nationals in Calgary, Placek captured three gold and two silver medals, which bodes well for the Winnipeg event.

It was private swim lessons as a child that brought him into the sport. He'd been playing hockey and lacrosse but, by around age 11, it became clear his prowess in the pool



Ethan practices his start at a recent training session in Whitby.

stood him apart from his peers so he channelled everything into swimming.

This includes a gruelling year round training regimen of about 24 hours per week of which about 21 are in the pool with the remainder doing dryland work. His nine weekly workouts include 5:15-7:30 morning sessions before heading to school while afternoon sessions are from about 3:30-6:30 pm.

He's headed to the junior nationals again this week before the staging camp at Toronto's Pan Am Olympic Centre in Scarborough Aug. 2-5. Then it's off to Winnipeg and the swim competition Aug. 7-12. The Ontario team's coach is former swim marathoner Vicki Keith.

"A lot of Olympians started by going to the Summer Games," he says. "So this is definitely one of my first steps to my goal of being in the Olympics."

Liam Mulcahy

What started as a love for short track speed skating with cycling as part of his training has morphed into Liam Mulcahy's passion for mountain biking. It will take the Durham College/UOIT marketing student to the Canada Summer Games in Winnipeg to compete as part of Team Ontario in three events.

The Summer Games, where all athletes are under 23 years of age, will give the 19 year old (turning 20 in August) a chance to compete against Canada's best, a bit of a break from the Canada Cup and nationals which are open to all ages. "I think I have a good chance," he says after a one hour training jaunt. "There'll be a lot of strong young guys so I know it'll be a fight no matter what. It will be super competitive."

Mulcahy, racing for the Progressive Sport p/b3Rox/Maverix team, is one of six Ontarians in the mountain bike event on a course he actually tried out a year ago. "It's a real good course," he says. "It's man-made and looks like it was built on just about the only hill in Manitoba. It's very technical but has good straightaways for racers to display their power."



Liam racing at the June 17 Hardwood Canada Cup in Orillia. The cover photo shows Liam (#4) leading the pack at the Ontario Cup in Uxbridge.

His summer is packed with races and training. He left this week for the nationals in Canmore, Alberta, and was going from there to Winnipeg. This after another weekly training block of about 20 hours on the bike and 4-6 hours of dryland.

He sees the Games as a unique opportunity, somewhat different from competing in the nationals which he's done before. As to the future, once he's completed his schooling, a shot at professional biking might be possible, though it would likely be more feasible in Europe.

All this because he cross-trained on a bike and was just getting too tall for speed skating. With positive results in high school at a Mont Tremblant event, Mulcahy chose to make mountain biking his sport.

(continued from page 3)

or show off my pipes for karaoke night, a good time is had by all. In a sense, you can feel the love of community in that place, along with the spirits of those who gave their lives with dignity in two World Wars.

Library help

During hard times in my life, I had to make use of public wi-fi and the computers at Brooklin Library. An entire novel was written there, and the staff embraced me and supported the process, whether it was help needed with the printer or just offering a smile to make my day brighter. This sense of collective community extends to the members of Brooklin United Church who offered a helping hand at the food bank when my daughter and I needed nourishment. Gratitude spills over from my cup as I savor dear memories and revel in all the glory that makes up this storybook town.

To be Canadian, and to be Brooklin born and raised, is a double blessing. But nothing speaks Brooklin pride more

loudly than the Annual Brooklin Spring Fair. Case in point: our people have spent 106 years preserving this gem. From the intoxicating sights and smells of the food vendors, to the thrilling roar and boom of the demolition derby, there is something for everyone, young and old. One famous story hails from 1998 when a newcomer bought a house on St. Thomas Street, then started a petition to get the Brooklin Spring Fair shut down due to "noise." Well, the folklore states that a group of teenage boys showed up on her doorstep to confront her. The saga ended when she promptly sold her house and left town.

Years may come and years may go, but there truly seems to be "no place like home," and I believe every Brooklin resident would agree. In closing, I'll take this time to extend my gratitude for being born a Canuck. There is no question that our hearts swell with pride over glorious memories shared in this town. O Canada, you are one spectacular place. With a beaming Brookline smile, we salute you.

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Blooming in Brooklin By Ken Brown

The Ups and Downs of Rain



Last year I greatly expanded the drip irrigation system in my vegetable plots. So far, it's looking like an unnecessary expense. I like to wander the garden early in the morning but many mornings it's just too wet to be out there comfortably. Remember that children's rhyme? "Rain, rain, go away, come again some other day!" There are benefits. Many things are growing well.

Who knew roses liked so much water? They're bigger with more blooms than any year I can remember. And amazingly, there seem to be few leaf-eating worms and oth-

er nasties. Unfortunately though, weeds do appreciate the rain and the opportunities to deal with them have been limited.

No rain

There was a stretch of four days one week without rain. Town workers can attest to my efforts as they found several brown bags at the end of my driveway on Thursday. Weeds can make great compost, especially in the municipal system where it gets heated enough to kill weed seeds. My own compost gets quite warm but many weed seeds seem to survive and that's why the nice town workers got to take them away. Thanks, fellows!

The rain has also reduced the frequency of the watering cycle for the containers decorating the house and deck. While that's a good thing, those plants are growing in a soil-less medium that has no nutrient value. They're totally dependent on the fertilizer I put into the watering can.

Use Acti-Sol

Although not wilting, they're not putting on as good a show as they might if they were getting fertilized more regularly. Some larger containers aren't suffering as badly. The soft soil is a place where squirrels like to dig. To deter them, I spread Acti-Sol on the surface. Acti-Sol is a dehydrated, pellet-like chicken manure fertilizer. Though we barely notice, it produces an odour the squirrels find offensive so they dig somewhere else. The rain ensured the fertilizer pellets have dissolved and do their main job as well as be an effective repellent for those bushy tailed tree rats. Two for the price of one - what more could we ask?

Eating in the fall

At this time of year I think about what we might eat in September and October. With planning, we eat almost exclusively from our vegetable garden from mid April until November. Cool season vegetables such as bok choy, broccoli, lettuce, cabbage and others have almost disappeared from the garden. But they'll return in the fall if I plant seeds now. In a small space on the corner of the deck, I'll be repeating the seed sowing I did in the basement last winter. All those delicious delights will be sown in their little cell packs and tended carefully to produce healthy transplants to go into the garden by late August. An hour or two now will ensure delicious dinners in October.

I'm growing more vegetables in sub-irrigation containers and the results are amazing. There isn't room here to tell you about this process, but please check my web site gardening-enjoyed.com to learn more about it. More food, less space, no weeds - a gardener's dream.



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Our Councillor's Report by Rhonda Mulcahy

North Ward Councillor, Town of Whitby • mulcahyr@whitby.ca



One Year In

Over the last year, our council has been working towards creating a stronger community and I'm honoured to have been part of achieving that goal.

Recently council approved the creation of the Werden's Heritage district in downtown Whitby and the formation of the Town's business improvement area (BIA). Council also approved the use of the former land registry office to become a "Wi-Hub," an innovation hub accelerator project to help new hi-tech businesses. As well, there are plans for the old downtown Whitby fire hall. We should soon see the Nordik Spa project at the Old Cullen Garden property on Taunton Road come to fruition.

As for Brooklin, our Secondary Plan (BSP) has been by far the biggest project that directly impacts our North Ward community. Final draft approval will return to council this fall before the provincial government passes increased density rules.

We have had a lot of in-fill projects come through the Planning Committee and these can sometimes be a challenge. Two sites in particular have been noted on the BSP as their land use designations won't be determined until each application is dealt with at Planning and Council.

Watford improvements

The Operations Committee, of which I'm a member, will invite more public consultation about Watford Street improvements. The objective, of course, will be

to make our streets safer. This fall, I'll be moved to the Planning Committee, which is important given the many projects coming to Brooklin.

In the meantime, the multi-purpose trail approved last fall is being installed along Highway 12. While rain has been an issue for many areas this spring, it's slowly getting done.

The trail connection from Ashburn Road south through Cullen Central Park will be constructed later this summer. The work has to be completed this year as we need to fulfill the grant from the Provincial government. However, we need to wait until the breeding grounds of specific species are safe to disturb. So we're hoping for a dry autumn.

Cullen Park

Meanwhile, there should be great improvements at the south end of that trail in Cullen Park. The old log cabin will get a covered patio alongside new pickleball and bocce ball courts. One day, it will make for a great destination on bike.

Then there's the location for the new sports facility. We're scheduled to receive a report to council about that this fall and I am eager for this to get moving. As of 2018, we will be at capacity in our population for sports facilities. No matter when it starts, the project will be in construction for two years. Given the time to plan it, that puts us in a position of balancing our user groups and community facility time.

I feel strongly about the need for active living in our community for all ages and abilities, which makes this one of my highest priorities for the upcoming year.

Meet Your Local Merchant

Brooklin Village Dental

The power to change the world begins with a simple smile. Brooklin Village Dental Care is committed to helping patients achieve their best smiles through state of the art technology and onsite comprehensive care for specialized dental treatments, all under one roof.

First Impressions

Meet Dr. Peter Yao, who opened Brooklin Village Dental Care in 2004. Originally from Calgary, Dr. Yao received his BS in Microbiology, before moving to Manitoba where he completed his Medical Dentistry Degree.

Patients are drawn to Dr. Yao's genuine manner and positive outlook. Dr. Yao served as a Captain with the Canadian Armed Forces for nine years, and practiced dentistry at the military base in Toronto. "It was a great experience serving my country," says Dr.

Yao, who is dedicated to serving all of his patients with compassion and offering the very best in quality care.

"I like being in health care, ultimately because you are there to help people." Dr. Yao has lived in the Brooklin area with his family since 2003, and actively participates in local community events such as the Brooklin Harvest Festival.

Comprehensive Care

Brighten your day with a visit to Brooklin Village Dental Care and meet our amazing staff! Our friendly and knowledgeable team of dentists, hygienists, orthodontist and our periodontist, making it easier for you to choose a specialist you feel comfortable with so you and your family can have all of your needs handled in the same building.

Brooklin Village Dental Care provides unique onsite comprehensive services for you and your family's dental needs, providing the latest dental techniques for pain free procedures! We also offer children and nervous patients with nitrous oxide for everyone and IV conscious sedation for adults.

Brooklin Village Dental Care specializes in *family & general dentistry, periodontics, oral surgery, cosmetic dentistry, and or-*



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Our family friendly office is a digital, paperless environment, complete with a kid's zone with free video games and complimentary Wi-Fi for all patients!

Contact Us

Brooklin Village Dental Care is dedicated to making a difference, one smile at a time. We are always accepting new patients from Brooklin and surrounding areas. Schedule your next appointment with us today at (905) 655-7117, or stop in and say hello! Our office is located at 5969 Baldwin St. South. Our friendly staff is happy to answer any of your questions! You can also visit us online at: <http://brooklindentalcare.com>

Brooklin Village Dental Care is open Monday to Friday 9:00am—8pm and Saturday 9:00am—5:00pm.



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Plant-Based Eating by Sheree Nicholson



Snack time!

When you switch to a plant-based diet, you may find you're hungry more frequently. This is normal and is because plant-based foods digest faster than meat-based meals. The tradeoff though is that digestion takes energy. Remember that last big meal you ate and how tired you were after? I've found my energy levels have soared since I switched to a whole food plant-based diet.

I solve the problem of hunger between meals by eating whole food snacks that are raw, vegan and made with simple ingredients. I use the the energy balls recipes below as pre/post workout or midday snacks. Packaged snacks can be high in refined sugars and preservatives to increase their shelf lives.

Just because there's a vegan or gluten free label on the packaging doesn't mean it's good for you. Marketers love to use trendy food labels to increase sales. As well, when buying vegan or gluten free snacks, you're generally going to pay a premium price. So all in all, making snacks yourself is going to save you money, allow you to control the ingredients, and provide more nutrient dense foods.

I have several recipes for energy balls, but here are two favourites. They're so easy you can make them with your children without causing too much stress. There's also a pride of accomplishment when you make them yourself.

Raw Coconut Lemon Bombs

Ingredients

1 cup cashews

1/3 cup rolled oats (use gluten free)
1/4 cup unsweetened shredded coconut flakes (optional)
Zest of 2 lemons, medium-sized
Juice of one lemon
7-8 medjool dates, softened/pitted
1/2 cup shredded coconut flakes for rolling

Preparation

Place cashews and oats in food processor and blend until a medium to fine grind.

Add the rest of the ingredients and blend until you have a doughy consistency. If you find your dough is a bit too dry, add freshly squeezed lemon juice, 1 tablespoon at a time.

Chill the dough for 20-30 minutes. This will help stiffen it to make rolling easier. Roll into 1 inch balls then roll in coconut flakes. Makes 12-14 balls

Date, Almond and Cacao Balls

Ingredients

24 fresh pitted dates
1/2 cup almonds
1/4 cup (25 g) raw cacao powder, plus extra for rolling
2 Tbsp Coconut oil (I use less oil as coconut oil is a saturated fat).

Preparation

Place the dates, almonds, cacao and coconut oil in a food processor and process for 2-3 minutes or until the mixture comes together. Roll tablespoons of the mixture into balls and put in extra cacao to coat. Makes 22.

Sheree's Hack: Double the recipe as they freeze well and can be eaten frozen.

Mayor Don Mitchell and Councillor Rhonda Mulcahy pose with staff from Little Orchard Daycare, one of six recipients of the Mayor's facade grants.



Local Businesses Receive Façade Grants

Six Brooklin businesses have received grants from the Town of Whitby's Grant Improvement Program to help develop the architectural and curb appeal of commercial properties. They are: Brooklin Mill Montessori School, Brooklin Village Spa, Oakridge 1847, Little Orchard Daycare, Tanya Tierney Realtor, and Durham Orthodontic Centre.

Under the program, the Town of Whitby will provide a one-time grant of up to 50% of the cost, up to a maximum of \$5,000, to help commercial property owners and tenants improve the exterior appearance and/or the structural condition of their buildings. The grant is

for eligible street-oriented exterior work and is focused on helping to cover construction costs associated with the improvements. It also offers a Design Assistance Grant that can be applied for in conjunction with a Façade Improvement Grant. The grant is 50% of the professional design fees required for preparation of a beautification/restoration project to a maximum of \$1,500 that may be required when applying for a façade grant.

In 2016, more than \$75,000 was delivered to 16 grant recipient businesses in Downtown Whitby and Downtown Brooklin resulting in approximately \$200,000 in investments.

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