

Brooklin Town Crier

Brooklin's Community Newspaper • Circulation 8000 Delivered via Canada Post

Friday, July 10, 2020
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NEW COVID-19 RULES PREVENT IN-STORE ACCESS

Brooklin High Grads Parade
(See page 4&5)

Face Coverings Are Here
(See page 2,3&8)

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HIGHLIGHTS OF THIS BTC:

Whiners, take note.....page 2	Town's virtual concert series.....page 6
Our Brooklin Kids: Maskspage 3	Brooklin Bafflerspage 7
BHS Grad Classpages 4-5	Green protein shakepage 7
Meet the Brooklin Concretespage 6	Where to get masks in Brooklin.....page 8

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Less than half the picture: *By Richard Bercuson*



Whiners, take note

There. It is done. For all the right reasons, Durham Region's medical officer of health, Dr. Robert Kyle, has stepped up and declared face coverings mandatory "within public indoor places." It was a tad late for my liking; we could have used that stance a few weeks ago given what I've seen

in a few establishments. There's nothing quite like a naked-faced goof leaning over the pears in Farm Boy to steer me to another aisle, let alone another fruit.

The proclamation will naturally result in gobs of whining and tsk tsk-ing, slathered mostly throughout social media. As

well, my own overt support here will likely receive its share of criticism, none of which I plan to publish, even if the missives contain droplets of logic. Why? Because it is the very nature of my supreme power as this vaunted publication's editor to say so. I call it the journalistic equivalent of my former teacher self telling my class, "Just do the assignment."

However, I'm not without a modicum of sympathy for the whiner's cause. So to head them off before they get too caught up in their own ferocious independence, I offer some expected responses to the drones.

"They can't make me wear a &*\$\$#%@!^! mask!"
Why, yes they can. It's called a bylaw.

"Whadda ya gonna do? Call the cops?"

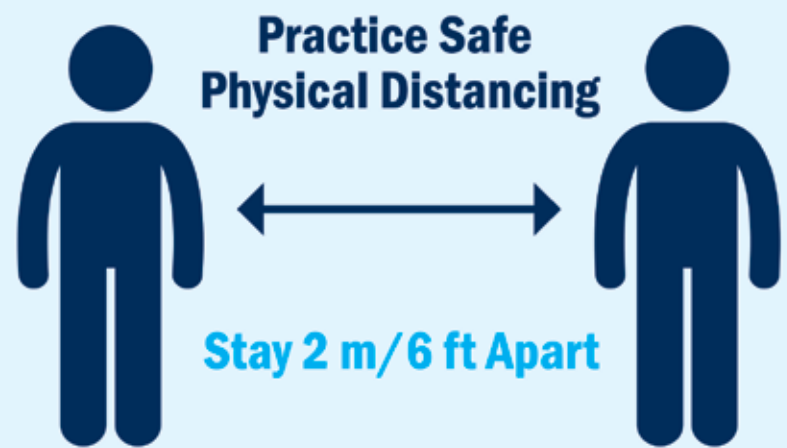
continued on page 3

Staying Social Safely This Summer: What You Need to Know

Social Circles vs. Social Gatherings - Know the Difference



Social Circles = up to 10 people who you can come in close contact with. No physical distancing required.



Social Gatherings = up to 10 people, outside of your social circle. Physical distancing is still required.

Supporting the Safe Reopening of Downtown Whitby Businesses

15-minute Parking Spaces

More than 20 metered on-street parking locations in Downtown Whitby have been converted to free 15-minute spots to help support safe curbside pick-up and delivery. All on-street and municipal lot parking in Downtown Whitby continue to be free at this time. As of July 3, parking enforcement, including overnight residential and parking time limits, have resumed in Whitby. For more information on parking in Whitby, visit whitby.ca/parking

Pedestrian Zone

Shop local business displays with safe physical distancing in the new pedestrian zone on the east side of Brock Street and south of Dundas Street. The new zone offers a marketplace experience where shoppers can browse local goods while keeping 6 feet apart. whitby.ca/reopening



Join us on Facebook at [@TownofWhitby](https://www.facebook.com/TownofWhitby)

Enjoy live performances from local musicians during 'Whitby Live' - the Town's new virtual summer concert series. Wednesdays and Thursdays at 7 p.m. until Thursday, August 20 on the Town's Facebook page. Learn more at whitby.ca/live

- Thursday, July 9** - Riley - Country Rock
- Wednesday, July 15** - Backstage Pass - R&B, Motown and Classic Rock
- Thursday, July 16** - The Doozies - Foot-stomping Canadiana

For ongoing updates on what is closed, cancelled or reopening in Whitby, visit

whitby.ca/reopening

Stay Connected: whitby.ca/subscribe



continued from page 2

Only if you refuse to comply or leave and persist in behaving like a puerile moron.

“And I will not pay any fine!”
Life is all about choices, isn't it? Besides, enforcement is to be “in good faith.” Which means stomping your feet and decrying government interference in your right to be disrespectful won't cost you anything except for the sneering of onlookers.

“I know my rights.”
Do you? Have you read the Canadian Charter of Rights and Freedoms? Start with that and get back to me.

“I won't ever shop there again. Ever.”
Bye.

“There's no medical consensus that they work.”

Please refer to Florida - and Texas - and Arizona - and California - and...

“Masks - Social distancing... It's all overkill!”
Bingo. You hit the magic word: kill. As in, the virus kills people.

“You expect me to tell my teenagers to put on a mask in a store?”
Yes. It's called parenting.

“I find them hard to breathe in or talk.”
Then speak verrrrrrryyyy.....sssslllloooow-wwwwllllyyy.

“I haven't worn a mask yet and can't be bothered with this social distancing stuff. I'm still here.”
Please send me a photo of yourself. I'll post it in the paper so everyone knows to stay away when you're anywhere.

Our Brooklin Kids By Leanne Brown



Masks

A few months ago, the only time I would consider wearing a mask was at Halloween. Usually it would be to a party and I would have it on for about 30 minutes until enticed for longer by a drink.

Fast forward to 2020 and masks are now a must-have accessory. But kids aren't always willing to wear them. Just like we fight with them to wear boots and snow pants in the winter, getting kids to wear masks can be a challenge.

I get it. We have to wear masks to protect ourselves and others from something we can't even see. We're lucky not to have many cases in Brooklin. But often for kids, they don't understand the danger until they see it.

So how do we get kids to comply with wearing masks?

Who complies easiest

Let's start with the sweet spot: children aged 8 through 12 are more likely to accept the mask. Why? Well, it's the rules. The law says to wear one. Mom and Dad say to wear one. Most of their friends are wearing them. However, if you have a child in this age group who isn't keen on

them, you can reason with them. Explain how it keeps them and their friends safe. You know this age group loses things, so buy in bulk.

For the younger ones ages 2 to 7, refusing to wear a mask is all about comfort; they find them hot, itchy, and in the way. Start by getting them used to wearing it at home for short periods. Slowly increase the time until they're used to it. Disney and Universal make some great fun masks with their favourite characters that can be ordered online. These are soft cotton and may encourage kids to wear them. One great trick is to sew buttons onto a hat and loop the elastics around the buttons. This makes it more secure and harder to pull off.

As for teens, it can be hard to make them wear one when their friends aren't. But letting them pick out a cool athlete one or a simple black or white one might help. Tell them to keep it in their back pocket or backpack. Then let them decide what to do. In most cases, they will make the right choice. Supply the tool and let them be the one to use it. Trust them and they will make good decisions.

Don't forget: kids do best following guidelines when parents lead by example.

Town Crier
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 During COVID-19 dates are subject to change.



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12 George St, Brooklin



12 Wigston Crt, Whitby



18 Iberville Rd, Brooklin



24 Barnabas St, Whitby



25 Barnabas St, Whitby



105-80 Shipway Ave, Newcastle



1841 Holbrook Crt, Pickering



6780 Coronation Rd, Brooklin



8990 Ashburn Rd, Ashburn



55 Montana Cres, Brooklin



72 Sonley Dr, Whitby

Brooklin is Tanya Tierney Country!

Not intended to solicit those under contract.



Brooklin High School Graduating Class of 2020

- | | | | |
|--------------|-----------------|-----------|--------------------|
| Emily | Alty | Belle | Drury |
| Nuredin | Amitofski | Isaiah | Duckworth |
| Ethan | Andrews | Jack | Dunn |
| Trevor | Andrews | Emerson | Durcak |
| Matthew | Arrigo | Lloyd | Durward |
| Jacob | Aube | Malak | Elhaloty |
| Michael | Barrett | Aaron | Emmanuel |
| Abby | Beattie | Aidan | Emmens |
| Mitchell | Beaven | Sophia | Ewaniuk |
| Emma | Beer | Alex | Farmer |
| Natalie | Bellon | Alexander | Fass |
| Tyler | Bird | Joshua | Faulkner |
| Adina | Birnbaum | Jonathan | Fernando |
| Aniah | Biscette | Noah | Fitzpatrick |
| Mariah | Bomben | Riley | Fitzpatrick |
| Matthew | Bray | Adrien | Fleming |
| Jordan | Breen | Brianna | Flemmings |
| Jack | Brouwer | Summer | Fono |
| Sarah | Bryant | Robert | Forbes |
| Luke | Buehler | Julian | Forbes-Henry |
| Brooke | Buller | Bronson | Forde |
| Emily | Bulmer | Grant | Forge |
| Christian | Busch | Meagan | Forrester |
| Benjamin | Butler | Natalie | Fryzuk |
| Evan | Butt | Kate | Gallant |
| Zoe | Butterworth | Ty | Gardner |
| Angelica | Cairns | Fedrick | Gayle |
| Jake | Calvert | Isabella | German |
| Reese | Cameron | Hunter | Giamov |
| Adam | Campbell | Luke | Gibson |
| Kaitlyn | Carragher | Caleb | Giguere-Sutherland |
| Benjamin | Clack | Jaden | Gilbert |
| Breanna | Clausner | Seth | Gilbert |
| Simon | Cleghorn | Jasper | Gileo |
| Ethan | Clements | Brandon | Giotis |
| Lucas | Cole | Laura | Girardo |
| Shawni-Nodin | Commanda | Karli | Gopaulchand |
| Iain | Condron | Griffin | Gossen |
| Olivia | Connelly | Cameron | Graham |
| Hailey | Cornacchia | Vittoria | Greco |
| Rory | Coughlan | Will | Guest |
| Mason | Cowan | Dorian | Guzman-Vlug |
| Keira | Crilly | Kobe | Handsor |
| Ean | Cross | Jake | Hanks |
| Justin | Cross | Vanessa | Harris |
| Kadin | Cross | Julia | Hart |
| Teresa | Crouchman | Kristen | Hartloff |
| James | Currie | Gabriel | Hashoul |
| Zackary | Cutler | Ally | Heaney |
| Jacob | D'silva | Rudy | Heezen |
| Aviv | Dad | Natalie | Hetherington |
| Liam | Daniels | Aiden | Hicks |
| Cameron | Dasilva-Olender | Ashley | Higgins |
| Hannah | de Guzman | Skye | Hillis |
| Connor | Deline | Brooke | Hogan |
| Claire | Della Torre | Jake | Hogg |
| Simone | Descary | Mikayla | Holliwel |
| Ektaa | Dewan | Grace | Howes |
| Brianne | Dickson | Riley | Hughes |
| Lauren | Disalvo | Chloe | Hunt |
| Jacob | Docherty | Kevin | Hurshman |
| Matthew | Doran | Haseeb | Hussainy |
| Kaelum | Dow | Katie | Iacono |
| Cole | Doyle | Daniel | Isovski |
| Riley | Doyle | Meg | Jackson |
| Khloe | Drummond | Julian | Jaikaran |



- | | | | |
|-----------|-------------|-------------|---------------|
| Sarina | Jeffcoat | Charlotte | Mcdowell |
| Cole | Jeffery | Kapri | Mcilravey |
| Sydney | Johnson | Alex | Mcintosh |
| Claire | Johnstone | Ethan | Mckee |
| Drake | Jones | Campbell | Mckinlay |
| Kaitlyn | Jones | Spencer | Mckinnon |
| Halle | Josch | Aeden | Mclean |
| Damian | Jovanovski | Ceara | McLean |
| Saurab | Kayaith | Kaden | Mclennan |
| Ryan | Kehoe | Rylee | Mclintock |
| Joseph | Kidd | Alexis | McNutt |
| Ben | Kierstead | Hannah | McPhail |
| Jordyn | Klingenberg | Michael | Mendez |
| Veronica | Koitsis | Abbey | Miller |
| Mia | Lalu | Jason | Milton |
| Valerie | Lantaigne | Kostyn | Mitruk |
| Amanda | Law | Ethan | Moore |
| Emily | Law | Holly | Moore |
| Ethan | Law | Owen | Moore |
| Reagan | Lawrence | Braeden | Morrison |
| Spencer | Leblanc | Sean | Moss |
| Savanna | Lee | Ryan | Moulson |
| Nana | Li | Nivitha | Muralitharan |
| Hillary | Lo | Ryan | Murphy |
| Taylor | Long | Cassius | Myers |
| Brayden | Lopes | Ali | Nadhum |
| Kimberley | Lord | Matthew | Nagy |
| Anthony | Lupi | Deanna | Nedanis |
| Jackson | Lyn | Jacob | Nelson |
| Kaitlyn | Macarthur | Mitch | Nolte |
| Amberle | Macdonald | Samuel | Northcott |
| Graham | Macneil | Sheldon | Nzopfabarushe |
| Christian | Majid | Mackenzie | O'brien |
| Bishop | Manherz | Max | O'Toole |
| Elizabeth | Marshall | Spencer | Oakes |
| Teagan | Martire | Spencer | Paciocco |
| Ashleigh | Martynek | Nico | Palalas |
| Victoria | Matheou | Jakob | Papadopoulos |
| Megan | Matthews | Simone | Patel |
| Amelia | Mawdsley | Laniece | Pavek |
| Gregory | Mazza | Konstantina | Pavlopoulos |
| Ceileigh | Mcallister | Myles | Perry |
| Sydney | Mccann | Talia | Pike |
| Jamie | Mcdonald | Matthew | Pineau |





Brooklin High School Graduating Class of 2020

- | | | | | | |
|-----------|-----------------|-----------------|--------------|----------|------------|
| Aidan | Pleasants | Ethan | Sanderson | Brooke | Walker |
| Dylan | Polonsky | Emma | Schlichtmann | Macey | Warren |
| Anjalee | Poranganel | Jacob | Schmidt | Rachel | Washington |
| Annabelle | Potvin | Grant | Schnurr | Carter | Wentges |
| Maria | Ramirez Jimenez | Holly | Schultz | Griffin | White |
| Jessica | Raney | Cameron | Scott | Jackson | Whiteman |
| Madumitha | Ravisangar | Jackson | Scott | Jack | Wierzbicki |
| Scott | Reader | Ella | Sereda | Hunter | Wilkinson |
| Warren | Rhoden | Benjamin | Serra | Alayah | Williams |
| Ashley | Richard | Madison | Shepard | Jarrold | Wilson |
| Michael | Robinson | Shaumiga | Singaravelan | Campbell | Winkler |
| Mitchell | Robinson | Megan | Siokalo | Madelin | Winters |
| Skylar | Robinson | Cole | Skinner | Nicole | Wong |
| Anjali | Roopnarine | Carlos | Smith | Madisen | Wood |
| Morgan | Rose | Cassandra Smith | Smith | Patrick | Wood |
| Taylor | Roussell | Cavell | Smith | Erin | Wyndham |
| Mackenzie | Routh | Miranda | Smith | Joshua | Zabudsky |
| Amber | Russell | Isaac | Sooklal | | |
| Katrina | Sainovski | Raul | Souza | | |
| Sean | Saldanha | Blaise | Sposato | | |
| Bradley | Salehi | Abbey | St-Aubin | | |
| David | Saliba | Ben | Steele | | |
| | | Anthony | Stelatos | | |
| | | Noah | Stevens | | |
| | | Natalie | Stevenson | | |
| | | Colton | Stewart | | |
| | | Emma | Stewart | | |
| | | Sophia | Stifani | | |
| | | T.J | Strachan | | |
| | | Aidan | Sullivan | | |
| | | Braiden | Sunn | | |
| | | John | Sutter | | |
| | | Grace | Tanzola | | |
| | | Alexis | Tokarski | | |
| | | Nicholas | Tsatsanis | | |
| | | Emanuel | Tsiris | | |
| | | Mackenzie | Vaillancourt | | |
| | | Hailey | Van Camp | | |
| | | Naomi | Van Der Zwan | | |
| | | Melanie | Veerman | | |
| | | Jaxon | Vessio | | |
| | | Adele | Wagg | | |



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congratulations to all of the grads and we were so thrilled to be a part of the first (annual?) Brooklin High grad parade.

What Our Clients Are Saying...

"With Steph & Elle's experience and expertise, we have just sold another property! In just over 5 years, we have sold 3 homes (2 of ours, and one of our parents) and bought one with the help of Steph and Elle – over \$2.4M worth of properties! The 2 homes we have sold with Steph & Elle have both sold for over asking. Our most recent successful sale can be substantially attributed to their strategic plan for selling our home. This is their strength! They know the market, know what attracts buyers, and are superb marketers – leveraging social media to generate interest. Steph & Elle's marketing resulted in 60 showings in 5 days, 10 offers, and a firm, clean offer for 113% of asking! To say we are thrilled is an understatement! Finally, Steph and Elle are responsive – always responding quickly to any query or concern. Suffice it to say, we would use Steph & Elle again and highly recommend them to assist you with real estate requirements – buying or selling! You will not be disappointed!"

~Mark & Sherri-Lynn

Hello fellow Brooklinites!

Well, it seems we have rebounded and are experiencing a strong Seller's market! In this type of market, we usually, but not always, withhold offers. This entails listing the home just under market value, setting an offer date and waiting for multiple offers. In doing so, we have had 60-70 showings per listing! Have you ever heard of a "bully offer"? Also known as "pre-emptive", these are offers that come in before the specified date. Is it always a good idea to accept a "bully offer"? The short answer is no. However, it may make sense if showings are slower than expected or the feedback hasn't been all positive. Thinking of listing? Call us! We will come up with the best strategy for you!

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Brooklin Heritage Society

Meet the Brooklin Concretes

By Jennifer Hudgins

The Brooklin Concretes softball team, whose successes created a sense of pride for the community, was to be inducted into the Whitby Hall of Fame last April until COVID postponed the event for a year.

The Concretes were born in 1963 when players from the Brooklin Stevenson Motors team joined with players from Mount Zion. This new team, which played to exuberant crowds who filled the Brooklin Memorial Park stands, joined the Oshawa City and District Softball League and developed a reputation for strong performances. In their second season, the Concretes advanced to the league semi-finals. However it was at the regional and provincial levels where the players accomplished their most outstanding achievements.

Competing in the Ontario Amateur Softball Association (OASA) Intermediate C division playoffs, the Concretes captured Southern Ontario titles in 1964 and 1966, earning the right to play for

the All-Ontario championship. In both years, they played a team from Capreol.

The 1964 squad, coached by Dib Little, advanced through four play-off rounds to capture the Southern Ontario championship. With each round a best-of-three series, the Concretes eliminated Elmvale, Markham, Selkirk, and Tweed, recording eight wins and just two losses. Their pitchers were so skilled that, in 10 games, the opposing teams scored just 26 runs.

The 1964 All-Ontario championship was also a best-of-three series with all games in Brooklin. After a narrow 2-1 loss in the opening game, the Concretes bounced back to win their first provincial title by securing the next two games with scores of 3-1 and 4-2.

Two years later, with Coach Bill Harper at the helm, the Concretes faced a tougher challenge in the OASA Intermediate C Finals: they had to win six playoff series to become the Southern Ontario Champions.

They accomplished it with wins over Battersea, Bridgenorth, Fisherville, Markham, Merlin and Minden, winning 12 of 15 games and with a combined score of 127 to 28. Five of those wins

were shutouts.

Brooklin defeated Capreol in the provincial finals, winning 2-1 and 5-1 to capture their second All-Ontario title.



CCD Seeking Board Members

Community Care Durham (CCD) is currently recruiting new Board members and is also looking for clients and their caregivers to join its Client and Family Advisory Committee (CFAC). As the organization continues to respond to the impact of COVID-19 and readies for the future, it is looking for local leaders, who have previous experience in technology, philanthropy and finance, to join its Board. The CCD CFAC, which will be launched in the fall, will be providing feedback and recommendations to CCD's Board, CEO and staff regarding issues of importance or concern to clients and their care partners.

Contact:
Katie Cronin-Wood
Communications Consultant
Community Care Durham
20 Sunray St., Unit #1
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Town Launches 'Whitby Live' Virtual Concert Series

Whitby residents can now enjoy live performances from local musicians from the comfort of their homes during 'Whitby Live,' the Town's new virtual summer

concert series. The series began on Wednesday, July 8.

"Whitby Live is about sharing the incredible talent of our local

musicians," said Mayor Don Mitchell. "We have something for every musical taste, so please join us for a summer of song." Performances will take place each Wednesday and Thursday at 7 p.m. from July 8 to August 20. Residents can livestream performances through the Town of Whitby's Facebook page.

Schedule is as follows (whitby.ca/live)

Date:

Thursday, July 9
Wednesday, July 15
Thursday, July 16
Wednesday, July 22
Thursday, July 23
Wednesday, July 29
Thursday, July 30
Wednesday, August 5
Thursday, August 6
Wednesday, August 12
Thursday, August 13
Wednesday, August 19
Thursday, August 20

Performer:

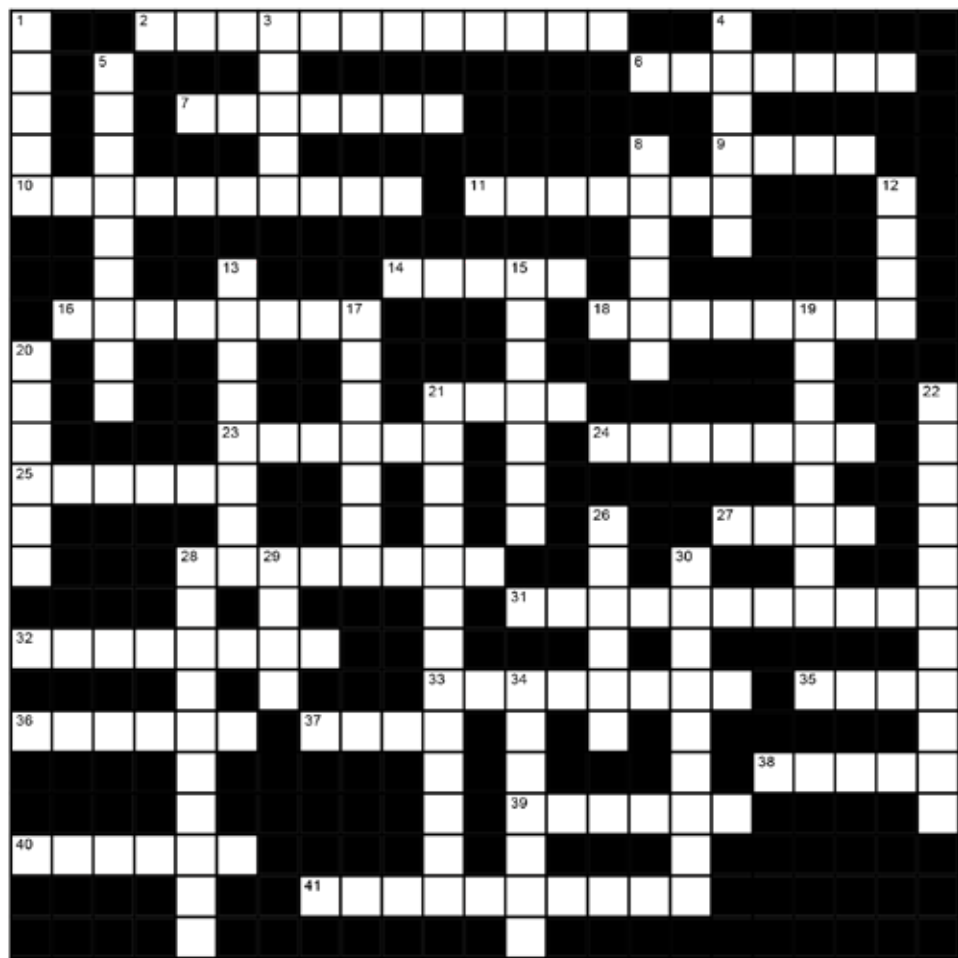
Riley
Backstage Pass
The Doozies
I, The Mountain
Alexia Goldie
Coming Soon*
Jack de Keyser
Rob Tardik
Coming Soon*
Julia Middleton
Andy Earl & the Bandits
The Classy Wrecks
The Lionyls

Style:

Country Rock
R&B, Motown and Classic Rock
Foot-stomping Canadiana
Folk Pop
Country
Coming Soon*
Blues
Instrumental Pop and Latin
Coming Soon*
Pop/Classic Rock
Blues
Reggae Rock
Funk, Soul, Rock

Brooklin Bafflers: by Liz Lowe

Crossword: Canadian Trivia



Across

- 2 Which province was the first part of Canada to be explored by Europeans (12)
- 6 The first NHL player to score 50 goals in one season (7)
- 7 This poet from Halifax was the first person to use wood fibres to make paper (7)
- 9 There are none in Edmonton or in all of Alberta for that matter (4)
- 10 This trophy has its own bodyguard (7,3)
- 11 The term trick or treat was first used in this province. (7)
- 14 The coldest temperature in North America was recorded here in 1957 at -63 C (5)
- 16 An Ontario man invented this pizza (8)
- 18 The first YMCA started here in 1851. (8)
- 21 Telephone inventor. (4)
- 23 Canada's capital (6)
- 24 It is illegal to move this between provinces without permission (7)
- 25 The official symbol of Canada (6)
- 27 This baseball player hit his first professional home run on the Toronto Islands. (4)
- 28 The first province to grant women the right to vote (8)
- 31 One of the best places in the world to see the northern lights (11)
- 32 Canada's most famous ship (8)
- 33 Canada's official sport (8)
- 35 80 per cent of all alcohol consumed in Canada (4)
- 36 The world's longest freshwater beach (6)
- 37 Canada didn't get its official one until 1965 (4)
- 38 What animal causes the most deaths in Canada (5)
- 39 Coin introduced in 1987 as a cost-saving measure. (6)
- 40 How many sides does a Loonie have? (6)
- 41 Winnipeg, Man. was the first

place in the world to develop this emergency number (4,3,3)

Down

- 1 Canada has more of these than all other countries combined (5)
- 3 The world's highest tides occur in this bay. (5)
- 4 Remembrance Day poem In Flanders Fields composer (6)
- 5 Studies have found them to be the secondhappiest people in the world (9)
- 8 Churchill, Man., has established this for bears who break into people's homes for food (6)
- 12 Rodney, Ont. has the world's smallest (4)
- 13 The world's largest totem pole was raised here in 1994 and stands 54.94 metres tall (8)
- 15 Nunavut translates to ___ in Inuktitut (3,4)
- 17 One-fifth of Canada's total area is taken up by this territory. (7)
- 19 Commonly known as the Gateway to the North (8)
- 20 O Canada was first performed on July 24, 1880 in this city. (6)
- 21 In 1883, this mitt was invented in Canada (8,5)
- 22 Canada is the largest exporter and producer of his. (11)
- 26 The oldest brewery in North America, established in Canada 1786 (6)
- 28 P.E.I. author (10)
- 29 The only Canadian to win the NBA MVP award (4)
- 30 Canada has the longest of any country in the world (9)
- 34 This became Saskatchewan's official sport in 2001 (7)

Plant-Based Eating by Sheree Nicholson



Time for a green protein shake

Green Protein shakes are my go-to in the mornings as they're an excellent breakfast for busy people. They're also a portable breakfast that won't make a mess if you eat it on the run or at your desk. If you make them the night before, you have a "grab and go" breakfast.

Protein is essential in the morning as it kick starts your metabolism. Besides, who has time to cook a high protein breakfast? The Canadian Food guide recommends you get most of your protein from plant-based sources, which means a plant-based smoothie with a scoop of protein helps you meet this recommendation.

Protein-rich green smoothies digest easily so your body doesn't have to use much energy to digest it, ensuring you won't crash and burn, mid-morning.

Lots to add

You can add anything to your shake. I start with protein powder and then add L-Glutamine, some frozen greens and sometimes more protein by way of hemp seeds. I also add half a frozen banana to make it creamy and cold along with a handful of whatever other frozen fruit I have on hand.

My shake meets my nutritional needs as it's protein and carbohydrate-rich. The greens give my body much-needed micronutrients. I sometimes use plant-based unsweetened milk such as almond or cashew milk, but on other occasions, I use about an eighth of a cup of pre-soaked frozen cashews. When pre-soaked, cashews are quite soft

and if you have a high-speed blender, they'll break up completely in your shake.

Like all foods, protein powders are not created equally. Some are full of sugar and stabilizers; others taste awful and a bit chalky. A lot of brands sell smaller sample packages which I recommend trying before you invest in a large tub of powder.

An easy one

The following recipe has a milder taste and is really easy to make. As is, it has 15.7 grams of protein in it. If you add a scoop of protein powder, you'll probably double its protein content. The recipe is from the blog Ilovevegan.com, I have modified it slightly.

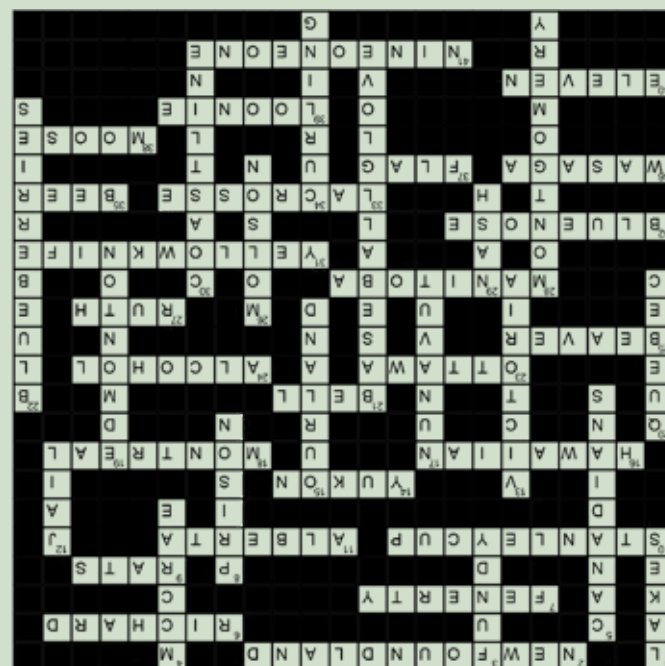
Green Smoothie Recipe

- 1 cup unsweetened almond or any unsweetened nut milk
- 1-2 handfuls of spinach (frozen breaks down the best)
- 2 frozen bananas
- 2-4 soft pitted dates (pre-soak these the night before if you have time).
- 2 tbsp hemp hearts
- 1 tbsp natural peanut butter
- 2 ice cubes
- Optional Add-in: 1 scoop protein powder

Instruction

Combine all ingredients, blend on high until smooth and frothy.

Sheree's Hack: Pit, pre-soak overnight, and then freeze Medjool dates for use as a sweetener in smoothies.



WEAR a MASK or FACE COVERING before entering Commercial Establishments



As of July 10, 2020, wearing non-medical masks or face coverings will be required in commercial establishments in Durham Region.



This is an additional public health measure (along with physical distancing, hand and cough hygiene, and staying home when sick) that may prevent the spread of COVID-19.



Some people are exempt from wearing non-medical masks and face coverings. Visit durham.ca/novelcoronavirus for more information.



durham.ca/novelcoronavirus
Durham Health Connection Line
905-668-2020 or 1-800-841-2729



Where to get masks in Brooklin

Kathleen Chiu

Triple layer cotton masks with pockets for optional filter, pleated style with ties or earloop elastic for kids to adults. Cost is \$8 per mask and all proceeds are donated to the food bank and street youth outreach. I've already donated over \$1200 this spring.
Kathleen.chiu@outlook.com

Terri Cuenca:

Sketch It & Stitch It

I have been and am currently making masks for the public.
sketchitstitchit@gmail.com

DailyMyles

Becka Homer is a local small business owner who makes masks in soft fabric and fun patterns for both children and adults. Made from 100% cotton and with a pocket for a filter. Local delivery by Canada Post.
<https://www.etsy.com/ca/shop/DailyMyles>

Amanda Hendy

I sell double pleated with three layers of breathable fabric, cotton and washable. Over 60 different fabrics available. Email: **borntobealive50@outlook.com** for further information. If you have questions, text me at **905-409-4911**.

Jordan's Designs

I can be found on Facebook. I can also be reached by email at **jordans-designs@outlook.com**

Jennifer King

Masks are 3D style with a filter pocket and wire on the nose. Men's and ladies sizes available. \$10 each. Email: **Jenniferking67@gmail.com**

Muoti Masks

7 sizes available, custom made to order, Kids sizes are \$12 each or two for \$20, Adult sizes are \$15 each or two for \$25. Order through my Facebook page or email **Muoti.masks@gmail.com**

Tanya Turry: All Things Quilted

On Facebook at **www.facebook.com/AllThingsQuilted**
Lots of fabric to choose from. Available to order: 2-layer pocket masks, 3-layer masks, and lip reader masks with a see-through window. All have nose wires and elastic ear loops that can be adjusted for a tighter fit. Ties can also be used in place of elastic upon request.

Uxbridge: Linda Bunn

I have a pickup/drop point in Whitby. **905-862-9050** or **905-621-8924**.

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2 Storey	4	2.5	2290	36 x115	Walk to great schools + parks
2 Storey	4	3.5	2730	40 x115	Select your finishes
2 Storey	3	2.5	1940	36x115	Backing onto treed yard
New Build	4	2.5	2300	35x115	Central location with schools
Bungalow	3	2	1670	40x108	South exposure
Bungalow	2	2	1292	35x115	Close to medical centre
Bungalow	4	2.5	2070	40x115	Walk to stores + amenities
New Build	3	2	1812	50x115	West yard exposure



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