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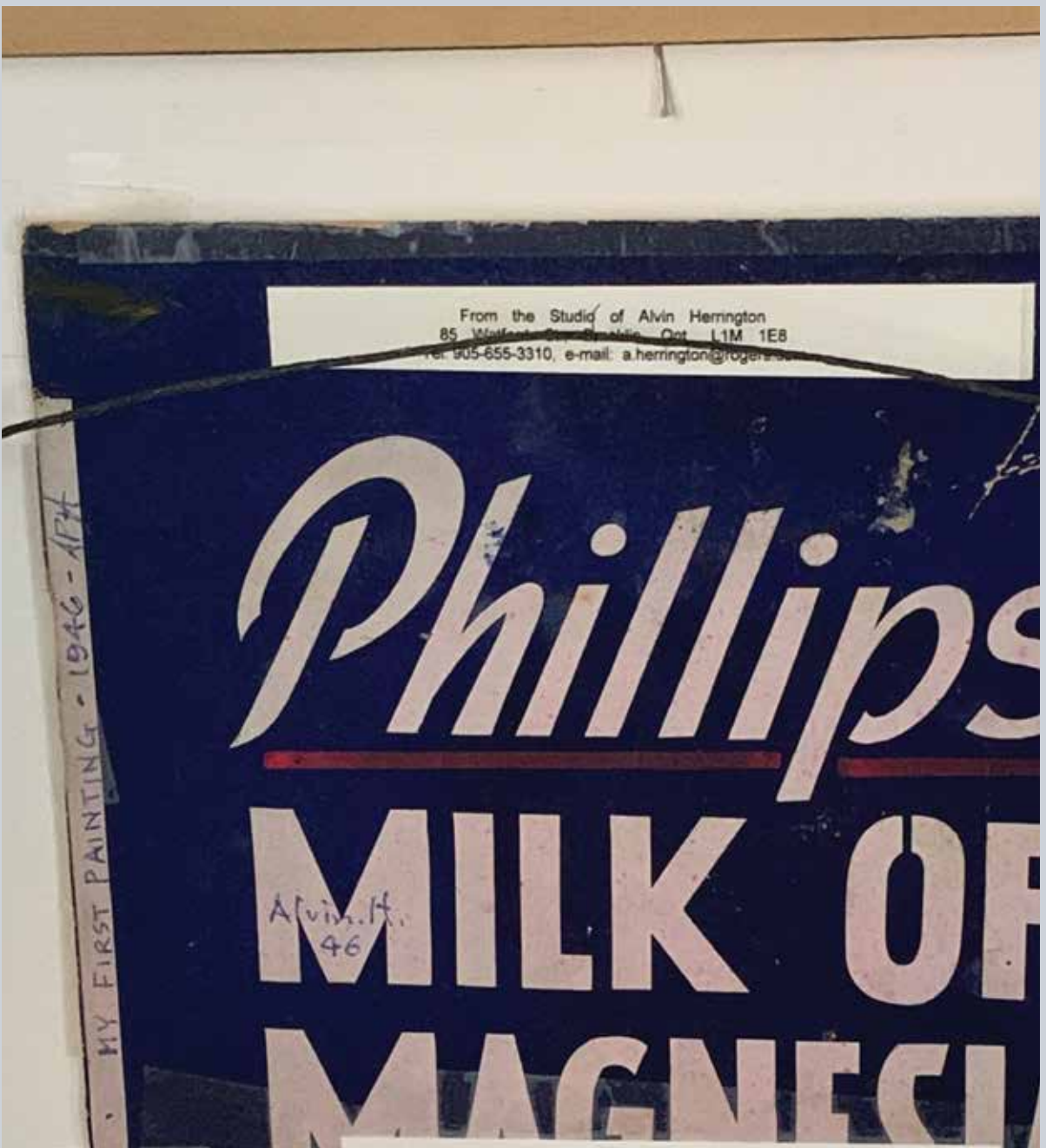
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Brooklin Artist's Career Began On The Back of a Box



See editorial on page 2 and photos on page 8.

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Less than half the picture by Richard Bercuson

Portraying nature's wonders in art



An uncle who'd owned a few successful businesses also collected art. He once invited my newlywed wife and me to select something from a closet in his Montreal penthouse as a wedding present. At the time, he was into Japanese drawings which dotted the living room walls. But the piece we chose from the stack leaning against his overcoats wasn't a total gift as we had to pay for the print by an obscure French painter. Still, it was a darn sight cheaper than the Matisse painting.

He ended up selling it all to pay for an upscale lifestyle, leaving nothing to anyone, including four children from two marriages. Interesting uncle; crappy father.

It was from him I developed a love of art, though sadly without the income to afford what I liked. Yet I've long harboured a deep appreciation for artists and musicians who enrich the world with their gifts.

A purchase

So when I learned Brooklin is the home of an accomplished painter, I had to investigate. First,

the end of the story. I bought an original piece from him as well as three small prints for my grandgirls. When I brought it home, the painting practically hoisted itself onto the wall.

Al Herrington's life story has more twists than could be recounted in a mere newspaper column. Consider this extremely shy child, born in Orillia who grew up in foster care. At age 10, his teacher asked him to draw something else because his first drawing of flowers was suspiciously good and she'd assumed it was done by a classmate. He completed the drawing, leaving the teacher aghast at his talent.

(That drawing became his first painting, done on the back of a Milk of Magnesia box, dated 1946. It was only recently framed and hung on his living room wall.)

Social worker's help

Herrington, now 87, recalls, "Somehow the word got back to my social worker that I could draw. She took me down to Yonge Street. She bought me all sorts of stuff. Pencils, pens, oils. A nice box to put my paints in. She loaded me up with all sorts of stuff and took me back to where I was stay-

ing with an older Scottish couple."

He completed his first oil painting commission at age 15 and by 17 was hired to do pen and ink sketches of historical buildings in north Toronto.

Then, with eyes on a career in electrical project design and engineering administration, he stopped painting after taking four years of high school art classes. In fact, when he got married, his wife Doris didn't know he was an artist until years later. Herrington says their three children never saw him paint.

Blessed with energy to burn and a self-professed proclivity to chat, his life during the painting-less years was full. His family lived in south Whitby at the time and he and neighbors were active in the community while he helped organize events and coached minor hockey.

Starting again

Then, two years before retiring at age 59, he resumed painting, taking his art to festivals and shows all over Ontario where it often won awards. One larger work, "Watson's Marsh," was painted to honour a late friend, Jack Watson, with prints sold as fundraisers. It's also significant for him as its creation marked his return

to active painting. It hangs in his living room, facing that first one from 1946.

"I had to produce enough art to be in those shows," he says. "I really had to work at it for a year to get enough."

A lover of nature, his work festoons his home including a studio packed with his art and prints.

Attention to detail

"When I was young," Herrington explains, "I painted in a much looser fashion. I don't anymore. My brain became conditioned for detail, detail, detail. I love nature. I developed an artist's eye."

As to his love of birch trees that feature in much of his work, he states that people ask if it's difficult to paint them. "Maybe if it's your first or second. Not so difficult if you painted thousands of them. It's like everything else in life. You get better at it. You learn from your mistakes."

I stroll about his house and studio, gawking. An unfinished painting he plans to return to sits on an easel. When it's done, I'd like to see it. Our house has room for another Herrington.

(See photos on page 8)

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This Canadian First Was In Brooklin

By Jennifer Hudgins

Brooklin was at one time in the heart of a large farming district. And so it happened on Sept.8, 1949, that land owned by Heber Down became the location for Canada's first farm improvement and soil conservation Day.

Agricultural experts from colleges and the federal government were concerned about the growing waste of fertile soil on Ontario farms due to wind and water erosion. Thus plans for a demonstration of ways to conserve the ecosystem to sustain plant life were put into place. Two hills of deeply eroded parcels of land owned by Heber Down were chosen from his 100 acre farm, lot 29, on the north side of Highway 7 in Whitby Township.

Lots of visitors

For weeks, the event was widely publicized on the radio and in newspapers. One attendance estimate had 15,000 people who came to visit the farm, travelling by chartered bus or private cars from major agricultural areas as far away as Ottawa to the east and Windsor to the west. Local and provincial authorities provided the manpower and tools needed to carry out the improvements.

On that day, spectators watched half a kilometre of shrubbery bulldozed and cleared out. Jack Coates, who lived on the farm with his parents Dave and Alma, was a young boy and remembers the reaction from the crowd when a giant elm tree stump was blown out of the field with dynamite. The force was so strong that debris was thrown in every direction.

Land work done

Kilometres of tile drains were dug and laid. Sloped land was terraced creating nearly level areas in the hillside while crops were grown in strips to follow an approximate contour of the land, minimizing erosion. Tracts of elm trees were established to form windbreaks



around the windward side of the field. A plan for crop rotation of wheat, barley, oats and corn was to be carried out over a five-year period to replenish lost nutrients.

However, improvements did not stop at the farmland. A new shed was also built to house farm tools and equipment to paint farm buildings. A remodelling of the farm house was done in a way to help conserve the time it took for Alma Coates to keep their home running efficiently. Soil around the house was landscaped with low maintenance perennial shrubs

and plants to minimize the need for frequent watering while flowering plants provided blooms to attract pollinators. The theory was that the more biodiversity there was in the garden, the less work the farmer's wife had to do.

Signs on Highway 7 directed people to the farm so that over time

travellers could take note of the results.

All these elements worked together to bring about necessary changes and, although the farm has not been in use for years, today conservation agriculture is a worldwide practice.



The Regional Municipality of Durham is Accepting Applications for Appointment to Regional Advisory Committees

The Region of Durham has a number of advisory boards and committees, whose members are appointed by Regional Council. Qualified applicants are selected in accordance with the process specified in the terms of reference for each board and committee.

The Region is accepting applications from individuals interested in serving on the following Committees:

- Accessibility Advisory Committee
- Durham Active Transportation Committee
- Durham Agricultural Advisory Committee
- Durham Environmental Advisory Committee
- Durham Region Anti-Racism Taskforce
- Durham Region Roundtable on Climate Change
- Durham Region Transit Advisory Committee
- Energy from Waste – Waste Management Advisory Committee

Applicants must be a Durham Region resident, an employee of a business operating in the Regional Municipality of Durham, or the owner of property in the Regional Municipality of Durham.

Additional information, including the terms of reference for each Committee, can be obtained by visiting the [Committees page](#) on the Region of Durham website. Upcoming meeting dates and meeting agendas and minutes are available for viewing on our [Council and Committee meeting calendar](#).

Application forms can be obtained from the [Region of Durham website](#) (www.durham.ca), or by contacting the Legislative Services Division at 905-668-7711 or by email at appointments@durham.ca.

Completed applications must be submitted to the Regional Clerk by **4:30 p.m. on Thursday, October 27, 2022**, at the address shown below or by email to appointments@durham.ca:

Regional Clerk/Director of Legislative Services
The Regional Municipality of Durham
605 Rossland Road East, P.O. Box 623
Whitby, Ontario L1N 6A3
Phone Number: 905-668-7711, extension 2097

If this information is required in an accessible format, please contact the Regional Clerk/Director of Legislative Services at 1-800-372-1102, extension 2097.

Brooklin Family Matters: *by Leanne Brown*



Clothing choices: It's about control

If your teen is like mine, there was a summer growth spurt. Little t-shirts and shorts that were cute

in the spring are now practically scandalous. Fortunately as they return to school, a shopping trip is in order even though it's no easy feat shopping for young teen girls.

On one such trip, my daughter and I were frustrated and butted heads. She wanted trendy clothes celebrities wear, except they're hard to fit on young teens.

Stores stock little that's appropri-

ate for a 13-year old. Tops are tiny and too revealing. Jeans and sweats are oversized and overwhelming. Even the larger girls seemed to find the clothing a challenge. Designed more for women in their twenties, the clothes my daughter and her friends crave just don't fit properly.

We searched the racks for some middle ground, cute and trendy clothes designed for girls in transition from child to adult. When I found something more age appropriate, I got that look. You know, the one that implies you're old, out of touch and clueless about fashion.

In the end, we found jeans, a couple of shirts and even a dress that was originally scorned. After trying it on "just because you're making me," she decided it was "a slay." Translation: acceptable. She wore it to dinner that night.

Seemed mom does know a thing or two about style after all.

The hardest part of this shopping is talking about how clothes can give people the wrong idea of who you are. While teen girls want to look cool, there's a balance between being stylish without being too sexy.

Though fashion fights may seem to be about how much a top or pants reveal, they're often just about control. We need to remember that it's normal for teens to seek friction with their parents. Clothing choices are a safe way to do it.

So, how to make your point without a blow-up?

Offer feedback calmly. If you're really unhappy about the belly-revealing top, for instance, you'll get the greatest effect approaching it matter-of-factly. You could say, "You should be prepared that that shirt might bring extra attention. I just don't want you surprised by it." This indicates you respect their choice but may give them pause to think about what you said. And, if they still want the shirt, show them ways to control the look by pairing it with high-waisted jeans.

What's your family's middle ground? How the conversation evolves depends a lot on your family's norms. Some parents might say, "You're not allowed to wear that." Others might give more leeway. The way to get it wrong is to just lay down the law without trying to understand each other's positions. Or say nothing at all when it's clear the girl is wearing something completely inappropriate.

Find the win-win. A way to avoid clothing fights is to adopt a "mutual veto" rule while shopping together. Here, you and your teenager are allowed to veto clothing selections. You keep shopping until you find an item you both agree on.

The good news is that bad clothing choices, unlike, say, drinking and driving choices, aren't likely to permanently harm your teenager. Sure, there may be a "What was I thinking" moment. But it's another learned experience. I reflect on some of my own outrageous teen style choices and yet I somehow became an adult who knows what's appropriate to wear and when. I have faith my daughter will, too.

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Next Issue: Friday, September 23, 2022

Deadline: Friday, September 16, 2022



The Regional Municipality of Durham is Accepting Applications for the Appointment of a Community Member to the Durham Regional Police Services Board

The Regional Municipality of Durham is accepting applications from individuals interested in serving as a community member on the Durham Regional Police Services Board.

Responsibilities include monthly board meetings, attending training sessions, zone meetings, conferences and sub-committee meetings. This will involve more than 20 hours per month. The term of this appointment is four years and coincides with the term of Regional Council.

To be eligible for appointment, the public member must be at least 18 years of age, be a resident of the Regional Municipality of Durham, and meet the eligibility requirements in the Region's [Recruitment and Selection Policy](#).

The successful candidate should demonstrate the following qualifications:

- an interest in and commitment to public safety and responsible police governance
- an understanding of the role of a police services board
- senior executive or board of director experience
- administrative and budgetary experience
- previous community and professional involvement
- availability to attend meetings
- a flexible schedule to meet time commitments of the position

Application forms can be obtained from the [Region of Durham website](#) (www.durham.ca), or by contacting the Legislative Services Division by email at appointments@durham.ca.

Further details regarding the Durham Regional Police Services Board can be obtained by visiting the [Durham Regional Police Services Board website](#) (www.durhampoliceboard.ca).

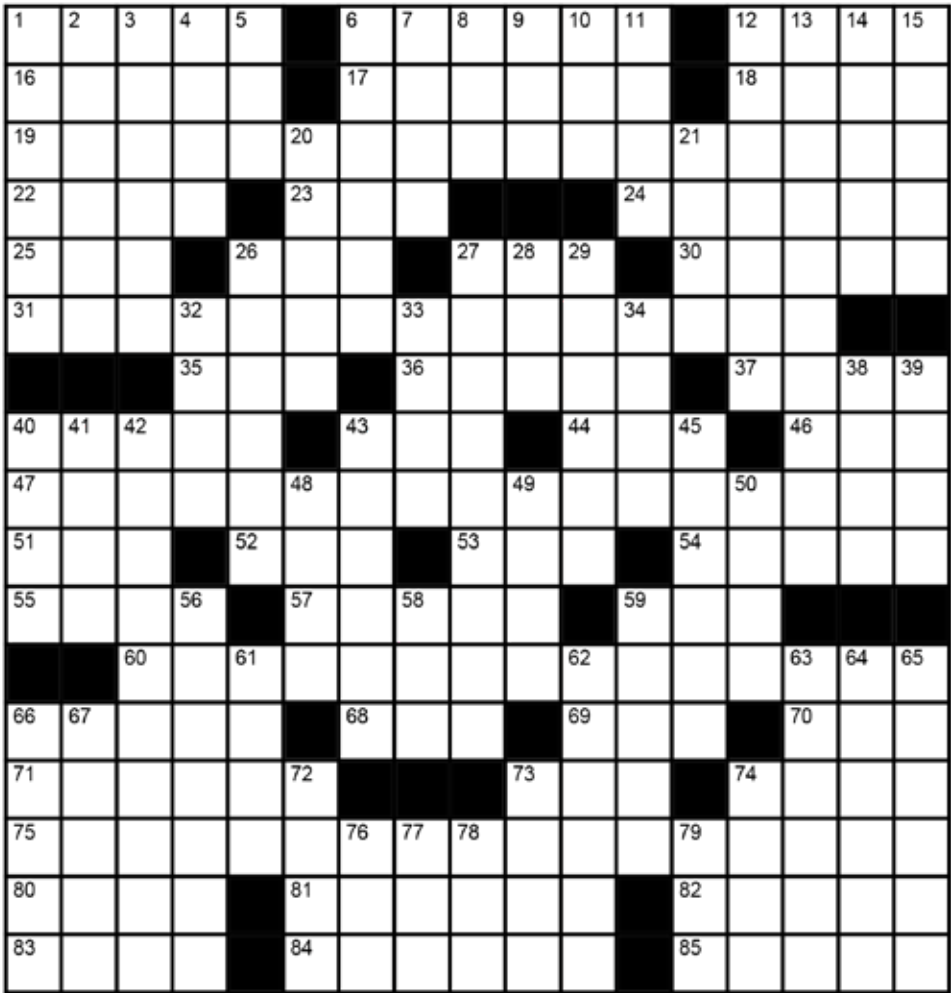
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Regional Clerk/Director of Legislative Services
The Regional Municipality of Durham
605 Rossland Road East, P.O. Box 623
Whitby, Ontario L1N 6A3
Phone: 905-668-7711, extension 2097

If this information is required in an accessible format, please contact the Regional Clerk/Director of Legislative Services at 1-800-372-1102, extension 2097.

Brooklin Bafflers: by Liz Lowe

Crossword



- Across
- 1 Bewildered

6 A colony of rabbits

12 "Let it stand"

16 Moves ahead

17 A liquid solution that results from elution

18 Blood pigment

19 Garden designer

22 Boat in "Jaws"

23 "48 ____"

24 Muffle

25 "Tsk!"

26 Go a-courting

27 Bathroom installation

30 Certifies

31 A boxer who spars with another boxer

35 Propel, in a way

36 Petrol unit

37 Smeltery refuse

40 Heroic tales

43 Big ____

44 Mandela's org.

46 It needs refinement

47 Type of philosophy

51 Go public with

52 Absorb, as a cost

53 Double-crosser

54 Bison features

55 Innocent

57 Not our

59 Floral necklace

60 Gallery for coin-operated game machines

66 Olden magistrates

68 It was dropped in the 60's

69 Red-white-and-blue inits.

70 A unit of illumination

71 Exceedingly

73 Coast Guard officer: Abbr.

74 Bad spots?

75 Compound used in effervescent drinks

80 Type of thermometer

81 Of or relating to an ovum

82. Square dance group, e.g.

83. Rip apart

84. Stands for things
- Down

1 Apportions

2 Destroy

3 Safe places

4 Icelandic epic

5 Beast of burden

6 Irritate

7 "The Sound of Music" backdrop

8 Bewail

9 Dust remover

10 In-flight info, for short

11 Doofus

12 Bundles

13 Flank alternative

14 Arab leader

15 Graceful fliers

20 The area occupied by singers

21 Campus bigwig

26 Tropical marine fishes with fleshy lips and powerful teeth

27 Partly dried in a washing machine

28 Frisk, with "down"

29 Out-and-out

32 Horse coloring

33 Secluded spot

34 Camping gear

38 Vulgar slang for anus

39 Masterpieces

40 Bayonet

41 Part of a score, maybe

42 Type of bin

43 A house of worship (especially one for sailors)

45 Photo equipment

48 Feline mammals

49 Bring home the bacon

50 Nonclerical

56 May birthstone

58 Dash lengths

59 Catch, in a way

61 The Beatles' "Back in the ____"

62 Electronic receivers

63 "Jo's Boys" author

64 A city in Scotland

65 Permissions granted to a
85. Marriage and others

- priest to go out of his diocese

Prohibit

Sheeplike

Cousin of a bassoon

Abbr. at the end of a list

American Society for Clinical Investigation

Lab eggs

Fraternity letters

Amber, e.g.

In favor of

Get Excited For

BACK TO SCHOOL

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What You Need To Know

This Week in Whitby



We're Hiring Crossing Guards

We are looking for crossing guards to help keep our kids safe on their way to and from school. Flexible shifts, multiple locations & a great way to get exercise! We are looking for leaders who can make a positive impact within our community.



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

Keeping Our Streets Safe

Now that kids are back to school, help keep Whitby safe by reporting unsafe driving to the Road Watch Program. This community-based traffic safety initiative helps residents confidentially report incidents of unsafe driving in their neighbourhood. whitby.ca/RoadWatch



Visit The Whitby Youth Rooms

Is your child looking for a place to socialize and have fun? Youth ages 12 to 18 are invited to visit the Brooklin Community Centre Youth Room or McKinney Youth Room. Both are open Monday to Friday from 4 to 8 p.m., and Saturday from 1 to 5 p.m. A reminder that parents/guardians must complete the free online membership through ACTIVENet for youth to attend. Learn more at whitby.ca/Youth



Register For Community Connection Programs

Community Connection offers a wide range of affordable recreation programs including fitness, arts and crafts, dance, sports leagues, and educational courses. All programs qualify for a subsidy with the Access Program. View available programs and register now through ACTIVENet. whitby.ca/GetActive





2022 Final Tax Bill Due September 26 – Residential, Farmland, Pipeline and Managed Forest Properties

The final instalment of the Tax Billing for 2022 is due September 26. Questions? Contact the Tax Division at 905-430-4304 or tax@whitby.ca.

For more information on how payment can be made, visit whitby.ca/Tax

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Our house sold quickly and for the price we had hoped for during this uncertain time period in the market. We had many showings and multiple offers. This, I am sure, was due to their marketing strategy. All queries were responded to promptly!

Deirdre F. ★★★★★ G

The Dan Plowman Team was always readily available and willing to answer our questions, and helped us stay motivated! Thanks to their support and effort, we are now excited to be moving into our new home in a couple months!

Annemarie P. ★★★★★ G

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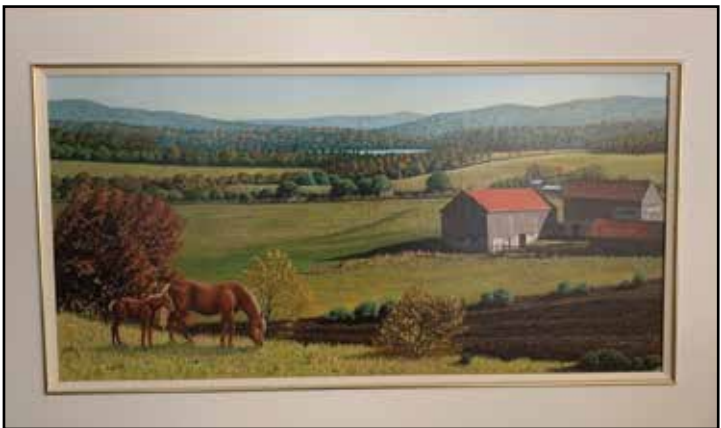

DAN PLOWMAN TEAM
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Al Herrington in his Brooklin Home Studio

(See Richard Bercuson's
editorial on page 2)



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A photograph of a framed painting depicting a close-up of red flowers with green leaves.

Casting your vote in the 2022 municipal election

On October 24, or through advance voting opportunities, eligible voters in Ontario will head to the polls for the 2022 municipal election. As part of this process, eligible voters will have the chance to choose who will represent them, at the municipal level, for the next four years.

Voters in Durham Region will have a chance to vote for a Regional Chair, in addition to mayors, local and regional councillors, and school board trustees.

Depending on the municipality, votes may be cast via mail, telephone, internet or in person. Eligible electors are encouraged to contact the local municipality directly (there are eight total in Durham Region) to learn more about voting methods, dates and locations. To learn more about Regional elections please visit durham.ca/Elections.

2022 Municipal Election

Each municipal election cycle, the Brooklin Town Crier provides all candidates free space to explain their ideas. We contacted them through: a) the emails they provided on the whitby.ca site, or b) via Whitby's town clerk who also emailed candidates with election information and included our request for them to reach us regarding instructions on inclusion in this issue.

Not all candidates responded or published their email addresses on the town site. What follows, therefore, are the platforms of those who did reply to our request.

Candidates for Durham District School Board Trustee (3 to be elected - more on page 10) (Catholic Board - see page 10)



David Babalola

Biography:
My family and I have called Durham region our home, where we work, live, and thrive for more than a decade. We have our kids learning and making friends in one of the schools of the Durham District School Board.

Platform:
The education of the kids should be a collaborative effort between educators and parents. Whenever educators plan to teach children controversial topics such as

abortion or sexuality, the parents of the concerned kids should be adequately informed in advance. If elected, I will be a voice advocating for the parents.

David Babalola
289-600-6162
David.babalola@hotmail.ca



Tracy Brown

Tracy Brown a proud Whitby resident, mother to two boys Aaron and Josiah (both graduates of DDSB) and a skilled professional with plenty of hands-on and learned experience in education, advocacy and how to navigate the school board system. My platform is firmly focused on student achievement, well-being, equity, and diversity. Children in our community and their families face many obstacles and challenges within the school environment, both in the classroom and outside. Through my experience, and in consulting with the DDSB and contributing to the Draft Human Rights Policy, I recognize the value of advocating for our children to ensure equitable access to learning and extra-curricular opportunities for all.

As a School Board Trustee, I will continuously engage with and gather feedback from all members of my community to enhance public confidence. I will ensure

that my constituents' voices parents, students, and all others are consistently heard at the Board table. I will advocate for the well-being and mental health of our students, staff, and teachers and be a strong supporter and effective voice for our community.

I'm excited to move forward together to build a bright future for the children and young adults in our community.

(647) 241-8428
tracy.brown@oecm.ca



Melike Ceylan-Leamen

As a mother with 2 children in DDSB for the past 14 years, one neurodiverse with specialized needs, I know firsthand how important it is to have a strong, open and collaborative relationship with Teachers, Staff, Trustees and the Board. I want to share my experiences to foster a positive and inclusive environment for all parents and teachers by ensuring all stakeholders, including medical and community organizations, are included in developing programs for students. For example, as a volunteer and Board Member of Epilepsy Durham Region (EDR), I have helped in developing sessions hosted in schools to educate students and teachers on Epilepsy. I have also consulted with EDR to assist other parents who have children struggling in school to ensure that they are aware of available programs and supports through the Board. I have lobbied local politicians for supports (Local, Provincial and Federal), created a policy for Neurodiversity, and have advocated in the media to draw attention to where supports were cut due to Provincial direction. I have also been heavily involved, as a Zone Co-Captain, with Caremongers Whitby ensuring that the most vulnerable in our society received assistance during the Pandemic.



Akuah Frempong

Platform:
My goal and main responsibility as a DDSB Trustee would be to ensure that all students have an equitable student experience, while also ensuring they have the support they need to thrive. To do this I will be an effective communicator, collaborator, and champion for the Whitby community regarding public education.

1. As a communicator: connecting with community members to advocate for the needs of Whitby residents in the DDSB.
2. As a collaborator: collaborating with various community partners and fellow trustees, to provide support to students, staff, and families throughout the DDSB community.
3. As a champion: assuring that equity and success of students are at the forefront of decision-making, policy, and procedures at the DDSB.

To address the increased challenges students, staff and families are facing, we need community-focused and principled representatives to center decisions around the voices of the Whitby community. Some initiatives I will communicate, collaborate, and champion as DDSB Trustee are increased community outreach initiatives such as trustee check-ins, increased cultural programming and supports for students with special needs, and monitoring modified school calendars and boundary changes to ensure they meet the needs of the community.

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Twitter: [@akuahfrempong](https://twitter.com/akuahfrempong)



Scott Templeton

A strong voice does not mean you have to be the loudest voice, but a voice of reason that supports our students, staff, teachers, and parents. That has been me for the past 4 years as Safety, Equity and Diversity were at the forefront of my support on new and updated policies.

Over the past four years, and especially during the past two pandemic years, we have worked hard to make sure there were safe learning environments in our schools for all. I believe we have accomplished this goal and will

continue to build on this over the next 4 years!

I will continue to advocate for the well-being and mental health of Students, Staff, and Teachers. I will continue to stand by the Board's new Human Rights Policy, declaring equality for all People!! I am continuing to be there for our community's most vulnerable through the work of organizations like Caremongers Whitby.

Your support on Oct 24th 2022 will allow me to continue to be the voice of reason for the next 4 years!

LET'S CONTINUE THE WORK OF
MAKING OUR SCHOOLS
A SAFER LEARNING ENVIRONMENT!



Christine Thatcher

Hello my name is Christine Thatcher and I am seeking re-election for the position of Trustee for Whitby. It has been my pleasure to serve my community in this role for the last 4 years. We need to re-elect trustees who understand the importance of listening to the concerns of the community and acting upon them to ensure student achievement, safety and equity.

I have continually demonstrated my commitment to children and their education as a parent, educator, coach and swim official. We need strong, experienced voices to tackle the pressing issues at

this critical time in public education. Never before has ethical leadership been so central in addressing the unique and unprecedented challenges of the next four years: closing the learning gaps, supporting mental health concerns for both students and staff, addressing the violent incidents in our schools, many of which now include discriminatory practices targeting black, indigenous and people of colour, and advocating for funding for new schools to address the enrolment pressures.

We serve 75,000 students and nearly 10,000 staff across the district and we are one of the fastest growing boards in the province. This brings with it new opportunities to re-think and re-shape what the future looks like.



Tyler Smale

As a former student of the Durham District School Board, I've experienced the struggles of students from the very beginning of their time with the board until the end, so I know the needs of students. That is why if elected, I plan to work on building our community and forming it into a safe and civil environment for teachers, staff, and families in the DDSB. My plan to do this

consists of three main pillars: Improving mental health support for students and staff, encouraging less testing-based evaluations of students, and building a platform where families and teachers can engage meaningfully to ensure the best possible education for Durham's youth. Our campaign is growing, and if you would like to be a part of it, you can support us by following us on Twitter and Instagram @SmaleforDDSB, and on our facebook group at Tyler Smale for DDSB Trustee.

smaleforwhitby@gmail.com

2022 Municipal Election

Candidates for Durham Catholic District School Board Trustee (2 to be elected)



Jeffrey Hoben

My name is Jeffrey Hoben and I reside in Whitby with my wife, Kim, two children, Liam & Riley and dog Wyatt. I have been a Whitby resident since 2003 and have had the privilege to see our Catholic community prosper and grow. However, times have changed and I am empathetic to the impact and changes that COVID has taken on our education system and the mental health of our teachers, staff, and students. I'm committed to helping our youth adapt to these changes and prepare them

for the challenges which lay ahead.

This year's DCDSB spiritual theme is, "Listening with the Ear of the Heart". A vote for me ensures that your voice will be heard and I will do my best to advocate your concerns to our Schools and throughout the Board.

Together, we can make a difference in the outcome of our children's education and leave a prosperous legacy for future generations to come.

Please Reach Out :
jeffreyhoben@hotmail.com
Call or text: (2890 404-5999)
Facebook:
JeffreyHobenDCDSBTrustee

Plant-Based Eating by Sheree Nicholson

The 5 Levels of Being a Vegan



The author of an article I was reading identified as a level 4 vegan. I had no idea what that meant. Did she eat raw vegan food? Had she been a vegan for a long time and earned a level status from somewhere? Curious, I researched it and discovered most of this came from blogs, not well established vegan sites. It was interesting, if not a little divisive.

Level 1 - Vegans typically switch to the vegan diet for health benefits. Level 1 vegans may be aware of veganism's ethical and environmental benefits, but that is not their motivating factor. These vegans may also not be as strict with their vegan ethics, so they may still use non-vegan products such as leather or makeup tested on animals. A level 1 vegan will sometimes say, "I am mostly vegan."

Level 2 - These people are predominantly those who follow a vegan diet to stay fit and healthy but care about animal cruelty. Level 2 vegans may have more of a commitment to animal ethics than Level 1s. They may still occasionally purchase non-vegan accessories or clothing.

Level 3 - These vegans are pretty firmly entrenched in the lifestyle and are also much more aware of animal cruelty and rights. They may not be activists or draw hard lines around which restaurants they will eat in.

Level 4 - They are committed to veganism and follow a strict dietary regime. Level 4 vegans will often only eat out at vegan restaurants or a restaurant that clearly has a vegan option on the menu. They are also passionate

about animal rights and often join protests in favour of animal ethics.

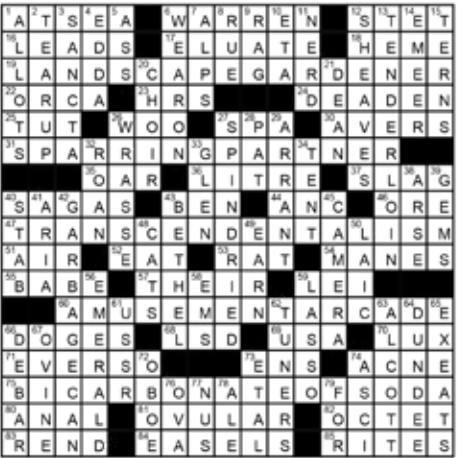
Level 5 - Often described as "extreme vegans," these vegans go to great effort to follow a lifestyle free of any type of animal product or animal exploitation. This goes further than just following a vegan diet - level 5 vegans will also not use accessories made from any form of animal product, will not use make up tested on animals, and will not wear clothing made of animal furs, skins or by-products. They will also avoid any food products where accidental traces of animal products may contaminate the food.

There's a lot of controversy in the vegan world about what products are vegan. Is honey vegan because nothing dies to produce it? Should people who identify as vegan wear leather? Should they get Botox treatments? What about drugs that are tested on animals? The community also has environ-

mentalists, animal rights activists, health-focused people and people who, for religious or spiritual beliefs, avoid eating animal products.

I am not sure where I stand on these levels. In my 12 years as a vegan, I've learned it's a journey, not hard lines. How or why you decide to give up animal products may change over time.

Sheree's Hack: Some products labelled vegan aren't actually vegan. Read the labels first.



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Brooklin Village Dental



The power to change the world begins with a simple smile. **Brooklin Village Dental Care** is committed to helping patients obtain their best smiles through state-of-the-art technology and on-site 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,” he adds. 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 periodontist make it easier for you to choose a specialist you feel comfortable with so you and your family can

have all your needs handled in the same building.

Brooklin Village Dental Care provides unique on-site 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 orthodontics, all in a clean, modern facility. Each room is equipped with cameras to explain the procedure so you can document your progress with before and after photos.

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 always accept 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 **brooklindentalcare.com**.

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

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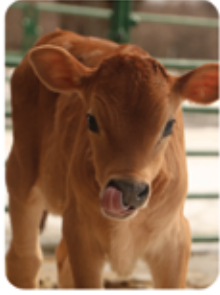


WindReach Farm Foundation


Invites you to our


"Of Course We Can"

Campaign Launch



Join us in our Foundation Garden as we share stories about WindReach Farm and celebrate our campaign launch to fulfill Sandy's dream of building sustainability for years to come!






Thursday, September 15th

4:00pm - 6:00pm

Bring your family, friends and colleagues to enjoy entertainment and refreshments! Please register here to ensure your complimentary ticket:



Event Registration

WindReach Farm

312 Townline Road,

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foundation@windreachfarm.org

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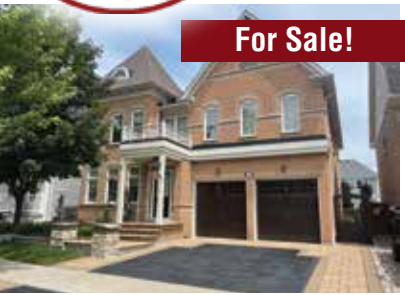
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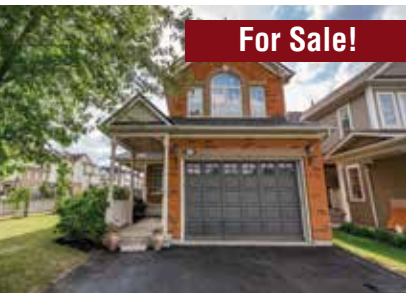
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56 Kenilworth Cres, Brooklin

SOLD!



14 Bloomsbury St, Brooklin

SOLD!



80 Mildenhall Pl, Brooklin

Brooklin is Tanya Tierney Country!

Based on RE Stats Inc. Data for Toronto MLS Volume Sold Jan to Dec 2021