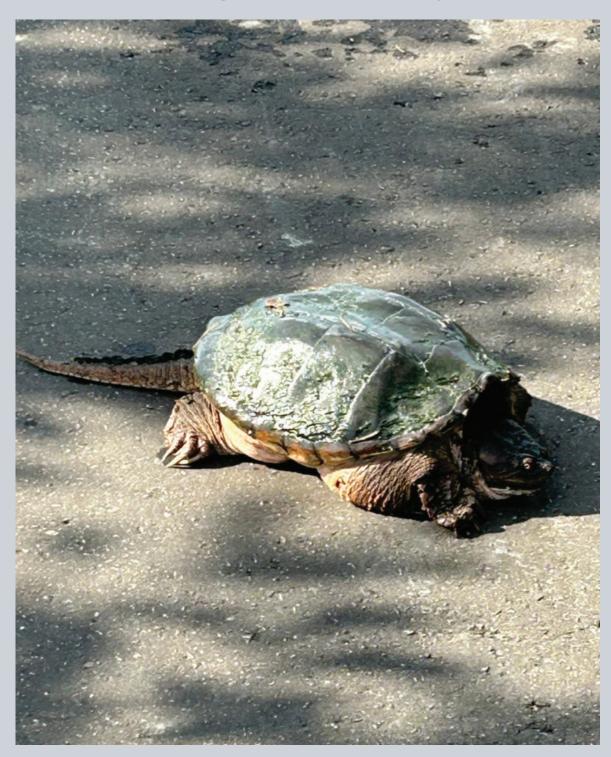
Friday, September 15, 2023







# A reason to protect the greenspaces along our waterways



Greenbelt lands include all the waterways and the areas around them. This turtle wandered out of those spaces near Brooklin Memorial Park and made a crossing.

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# Plant-Based Eating by Sheree Nicholson

### **Know why to switch**



This month, I celebrate 13 years as a vegan. In honour of the anniversary, here's how my journey unfolded. Just before switching to a plantbased diet. I was considering running an ultra marathon and had a 50k trail run on my radar. In researching for the event, I found online videos by Brandon Brazier, a Canadian vegan triathlete, author of several books, and founder of the Vega line of plantbased protein powders and other products.

One of his theories is that meat takes a lot of energy to digest, which takes away from your overall energy and affects your training performance. That caught my attention. As an active person, I'm always looking for better energy

So I took on a 30-day vegan challenge. My energy soared and I never looked back. My curiosity eventually led me to read a few of Brazier's books. I went on a retreat in New

York State offered by Forks Over Knives, a business that helps educate and empower people to live healthier lives. I also took a plant-based nutrition course offered by eCornell. While life took me on a different journey and I never did run that 50k race, I learned to enjoy many shorter distance trail runs and train with kettlebells.

Here are my top tips for making a smoother transition to a plantbased diet:

- Have a strong why! Whether it's animal rights, the environment, or your health. Knowing your why strengthens you when you doubt yourself or face criticism.
- Be prepared. Meal planning and batch cooking helps. As a personal trainer, I suggest to my clients to pre-cook a few meals, whether they eat meat or not. Nothing sabotages your healthy eating goals like running late and having nothing to eat.
- **Eat for energy.** For example, pre-run, I might eat a banana with some peanut butter and leave the heavier meal for post run.
- Check menus before you head to a restaurant. Most restaurants have online menus and categorize meals as vegan, vegetarian, and gluten-free.

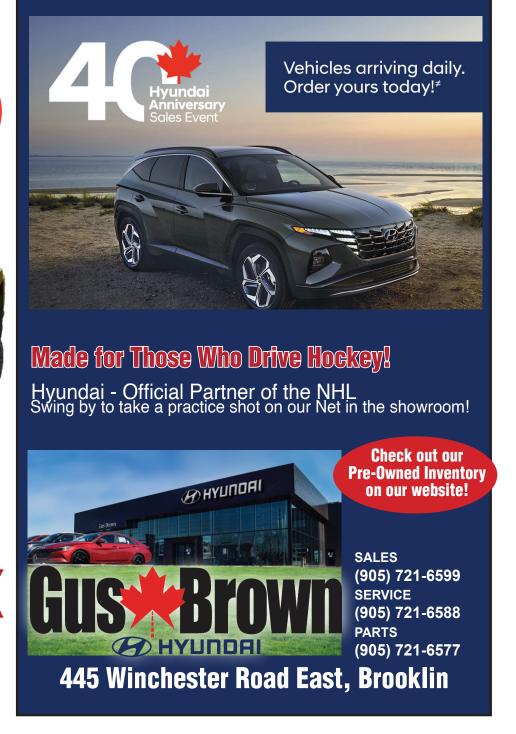
- Keep a few quick meals/ items in your freezer, such as veggie burgers, for when you are tired and want something fast.
- Offer to bring food to family gatherings. This makes it easier on the host. I've gone to family events where I could only eat raw veggies.
- Educate yourself. Be ready for questions such as: Where do you get protein? What about B12? Won't you end up with low iron? Research these topics not only for your peace of mind but also to help others understand you know what you are doing.

Be kind and patient with people as you navigate this change. Sometimes their questions come from genuine concern and should be treated that way. Other times, their comments are to draw you into a debate they hope to win something I refuse to do. I'm happily on my journey and don't feel the need to justify my decision.

Sheree's Hack: Some helpful links to get you started. https://ecornell.cornell.edu/certificates/nutrition/plant-based-nutrition/https://www.forksoverknives.com/what-to-eat/







#### **Brooklin Family Matters:** by Leanne Brown

# Disciplining A Teen By Removing Their Phone?



It's after school and my daughter is relaxing on the couch with her phone. I ask her about homework. She says she'll do it later.

After dinner, I ask her to be ready to leave for hockey by 7 pm. At 7:10, I'm standing at the door ready to go as she walks up to me and asks me where I'm going! Her phone has been distracting her since 2:15 pm. She didn't get around to anything she was meant to do. I'm frustrated and threaten to take her phone away.

But then I wonder if it's the best consequence for her actions.

#### **Better choices**

It seems that threatening to take away your teen's phone is usually not a good discipline choice. When you take away their phone, you're also taking away the television, games, their ability to talk with friends, and grounding them all at once. Phones are how

teens communicate which is important for their development. Is taking it away a punishment that fits the crime?

It often backfires and can damage your relationship. They might refuse to talk to you or try to sneak their phone when you aren't looking. And next time, they may lie to protect their phone access.

The best way to handle it is to make the consequences relative to what they did wrong. For example, in my daughter's case, if she's running late because of distractions, she'll need to apologize to the coach and suffer the team's consequences which might be extra sprints or less icetime.

If they come home late, take away the ability to communicate with their friends or to attend a future outing. If a chore or homework isn't completed on time, then block access to games on their phone.

#### Lock it

Locking a section of the phone allows them to still use it for safety but sets consequences by limiting the fun. If your teen did do something wrong online, such as cyberbullying or posting inappropriate photos, you might want to take the phone away or delete a specific app for a while.

At our home, we put limits on the time our teen uses her phone. These help her manage her time effectively.

But we realize that virtual communication and social media have become the modern day equivalent of hanging out at the mall or movie theater for teens. Instagram, TikTok and SnapChat are places where teens are able to kick back and express themselves, connect with their peers, and

develop their identity without too much adult oversight.

Next time I consider taking her phone, I'll first contemplate if removing her lifeline from friends is the right consequence. Instead, when the table isn't set on time, she may find herself cleaning a nasty burnt-on pan.





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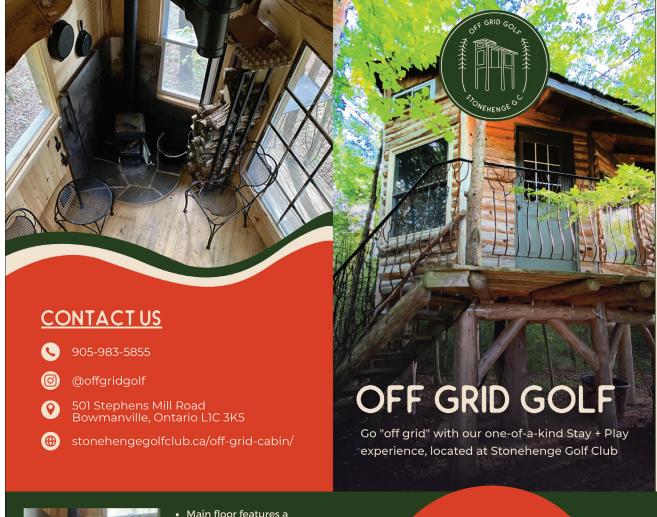
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Next Issue: Friday, September 29, 2023

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# A.J. and The House on Princess Street

By Jennifer Hudgins





One of Brooklin's more successful businessmen was also a top notch butcher. Arthur James Cook, A.J. to family and friends,

provided quality cuts of meat beginning at the age of 15 when he established his first butcher shop in Columbus, Ontario, and mastered the profession.

He and his wife Louella, whom he married in 1917, settled in Brooklin where he wasted no time in establishing himself as an entrepreneur, starting with the purchase of a butcher shop from W.J.Haycraft at 46 Baldwin Street.

#### **Knowing customers**

While Louella managed the retail aspect of the shop, A.J. was occupied at his abattoir located in the St. Thomas and Anderson Streets area. His dedication to his craft went beyond meat preparation. He knew his customers by name, including their preferences and dislikes. His daily routine consisted of many hours driving across the district in his delivery truck, committed to offering the best service.

While running the butcher shop, he expanded his business portfolio by purchasing a bakery at 61 Baldwin Street where Louella played a significant role as manager until it was sold to Herm Harris in 1953. Meanwhile, A.J. ventured into a new endeavour by purchasing an established general store housed within the former Balfour building at 58 Baldwin Street. There he sold a wide array of items including clothing, hardware, dry goods, and groceries, further solidifying his reputation as a prominent local merchant. In 1944, A.J. decided to sell the butcher shop to Wes Piatti who opened a groceteria in its place.

After retiring from his business pursuits, A.J. purchased the property at 11 Princess Street from developer W. Radcliff. He oversaw the construction of a stately house he had built for his wife and two children, Gordon and Mary Noreen. Today, this rare example of a modified WWII bungalow-style home is a designated heritage site safeguarded under the Ontario Heritage Act. It was the first house built in Brooklin to feature a basement recreation room.

#### **Community involvement**

A.J. Cook was more than a successful businessman and his legacy extends beyond the walls of the beautiful 11 Princess Street structure. Deeply engaged in the community, he generously donated meat to families in need during WWII, particularly to those whose loved ones were in service overseas.

For over 20 years he served as an Associate Director on the Brooklin Spring Fair Board. He played soccer with the Brooklin Soccer Club, served on the Whitby Township Council and was a member of the Masons, taking his role as Past Master District Deputy Grand Master seriously, where he was authorized to preside in every lodge of his district.

A.J. died of leukemia at the age of 62 in 1957 while Louella died on July 4, 1983. The couple are buried at Groveside Municipal Cemetery.

# What You Need To Know This Week In Whitby

#### Join Us At Harvest Festival

Harvest Festival is coming back to Whitby! Join us at Grass Park on **September 16** from **10** a.m. to **4** p.m. We will have vendors, music, family-friendly activities at the Animal Services booth, an adventure zone, and so much more! whitby.ca/Events



#### Final Tax Billing For 2023 Due September 25

The final instalment of the 2023 Final Tax Billing is due September 25. 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



#### Help Keep Our School Zones Safe

When driving through school zones, stay safe and help support your neighbourhood crossing guard. Remain fully stopped until all pedestrians and the guard have cleared the crossing and are safely on the sidewalk. whitby.ca/SchoolZoneSafety





#### Do you have unwanted items still in good condition?

Don't throw them away – put them out on Curbside Giveaway Day, taking place **September 16 from 7 a.m. to 7 p.m.** Mark items as 'free' and place them at the curb for anyone to pick up. At the end of the Curbside Giveaway Day, return unclaimed items to your home. For a list of acceptable materials, visit **durham.ca/CurbsideGiveaway** 





# Gus Brown was awarded the Platinum Certification from Hyundai Canada for the second year in a row!









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## Letter to the editor - About speed bumps (Edited for length and content)

I was wrong, speed bumps can slow down speeders. Several months ago I

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wrote my anti-speed bump arguments to you. I related to you the loss of mon-

ey Unionville experienced when they laid down speed bumps and then after fierce opposition had to tear out the speed bumps and pay a hefty cost to return the road back to its pre-speed bump state. I also wrote about other jurisdictions experiencing costly damage to their ambulances and fire trucks. All true but I'm glad you ignored my email.

In the area where I live (Montgomery/Joshua Blvd.), I have noticed that speed bumps do slow down some speeders but not all because some people who drive small cars have learned a

dangerous trick – how to circumvent a speed bump. Now familiar with the speed bump locations they cut to the right of the upcoming speed bump, missing the bump by simultaneously driving on the roadway shoulder and on the apron of a driveway! God help us if a toddler/child dares to walk on their family driveway apron when these jack-asses come flying down their street.

Unfortunately, I have now observed that, notwithstanding a new stop sign, people are still speeding along Joshua

Boulevard. But before the same type of speed bump is installed on Joshua Boulevard as has been installed on Montgomery Boulevard, I would advocate for a new style of speed bump (i.e. wider?), or different roadway locations (i.e. not at the end of a driveway apron) or whatever it takes to stop the above-mentioned deadly "trick".

Pauline Maynard

## Letter to the editor - Speeding on Carnwith (Edited for length and content)

I am reaching out again to yourself and the town of Brooklin on a very serious matter that myself and my neighbours deal with on a daily basis. Specifically, I'm referring to the ongoing speeding concerns on Carnwith Drive West between Baldwin Street/Hwy 12 and Montgomery Avenue.

I am beyond frustrated at the lack of concern over the safety for those of us who live on and travel this road every day including students at Brooklin High, Chris Hadfield, and St. Bridgets. There is also a steady stream of cyclists and

runners who use the great slope to Way St

I will give credit where due as I have seen more safety measures taken including speed bumps on Montgomery and STOP signs on Cassels at Croxall, along Watford and Cassels as well. These are all excellent but don't believe that any have the high speed issues that we have on Carnwith Dr. W.

I personally took matters into my own hands last fall and made a Freedom of Information(FOI) Request from

> 📕 Durham Police asking for all speeding tickets issued between Leithridge Crescent and Way St from Jan 2019 to Sept 2022. The formal response I got back confirmed as I had feared. Only 1 speeding ticket had been issued in almost 4 years. Police are rarely here to do radar. I know resources are strapped but surely time can be set aside for such important work.

> > All I am asking for is that you put speed bumps on Carnwith Dr West or if that is too big a concern with traffic flow and/ or cost, simply install 2 STOP signs on Carnwith at the intersection of Braddock Court and Leithridge Cres. An inexpensive start to solving this momentous problem but it's a start. Coupled with some regular police visits, the town can honestly say it's concerned about road safety and speeding.

Something major is going to happen here. An accident that everyone will wonder why didn't we do something sooner to prevent



# A Community-Centric Franchise Opportunity

New Store Franchise Opportunity in Brooklin

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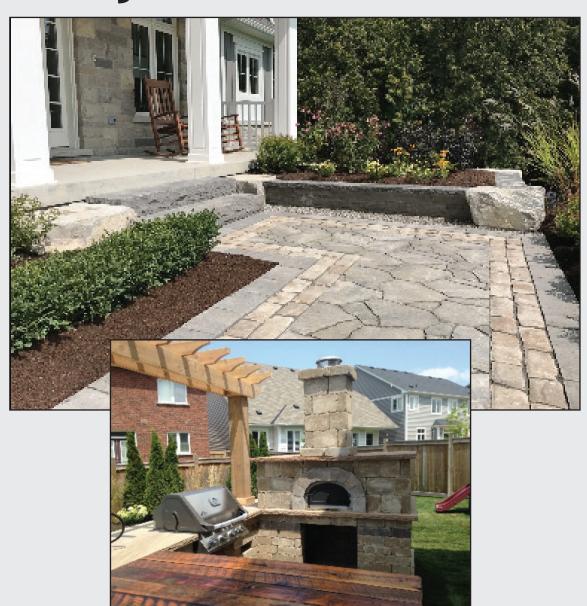
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#### **Brooklin Baffler Crossword** by Liz Lowe

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#### Across

- Performance of music or dance especially by soloists
- 8 Warms up
- 13 Better
- 14 Kindled anew
- 15 A flat round pancake
- 16 Absurd
- 17 Downed a sub, say

- 18 Flu symptom
- 20 Cut a swath
- 21 A traditional German spiced cakelike biscuit
- 24 In vitro items
- 25 Bic filler
- 26 Baseball Hall-of-Famer Duke
- 28 Muscular strength (pl)
- 31 Dead to the world

- 32 Examine again
- 34 Consumes
- 35 According to
- 36 Civil time
- 41 Sue Grafton's for Lawless"
- 42 Graze
- 43 Dictionary abbr.
- 44 One of the small sacs or saclike dilations in a compound gland
- 46 Type of coffee
- 49 They go with the flow
- 50 A party of people assembled in the evening (pl)
- 51 First Hebrew letter
- 52 All together

#### Down

- Kingly
- Send, in a way
- People person
- got it!"
- Sylvester, to Tweety
- Charge
- Bloodsucker
- Every third year
- Biddy
- 10 Apple-pie order
- 11 Persuade
- 12 It's a Wonderful Life actor

- 19 "For a jolly ..."
- 22 Fuzzy fruit
- 23 Not greedy
- 27 Research facil.
- 28 Singsong sounds 29 In the shape of a coil
- 30 Slippery
- 33 Distress
- 34 Any elementary particle
- 37 Halt
- 38 Prestigious institutions
- 39 A ceremonial staff carried as
- symbol of office (pl)
- 40 Demagnetize, as a tape
- 45 Brief time out?
- 47 Ambition
- 48 Lingerie item

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## MARKETING YOUR HOME FOR ALL IT IS WORTH!

#### WHAT'S ON THE HORIZON THIS FALL?

Prospective homebuyers and anyone with a variable-rate mortgage or balance on a home equity line of credit are breathing a collective sigh of relief following the Bank of Canada's (BoC) announcement on September 6 that it will hold the key overnight rate at five percent.

In March 2022, the BoC launched an aggressive rate-hike campaign increasing the rate 10 times - in a bid to drive down inflation. Before the campaign, the overnight rate sat at 0.25 per cent. Inflation has dropped substantially since it peaked at 8.1 per cent in June 2022, though it ticked up to 3.3 per cent in July 2023 from 2.8 per cent the month before.

The BoC has made it clear that it will achieve its two percent inflation target, leaving the door open to hikes down the road. Two more announcements are scheduled before year's end: one on October 25 and the second on December 6. Numerous economists, however, suggest the BoC is likely done with rate hikes thanks to a slowing economy that will bring inflation down to the target rate over time.

If you're thinking about purchasing a home, The King Home Team: Royal Heritage Realty encourages you to get a preapproved mortgage to hold the current rate for 60 to 130 days, depending on the lender. As many of our clients have realized firsthand, the benefits of a preapproved mortgage are numerous. Lack of inventory and high interest rates are leading some industry experts

to predict a "softer" market this fall. In its 2023 Fall Housing Market Outlook Report, for example, Re/Max Canada predicts some "much-needed relief" from the "sky-high prices" we've experienced over the past couple of years. It expects average residential sales prices to decrease in some regions and to increase by 2.5 per cent in the GTA.

After most people put their homebuying plans on hold in the summer, Zoocasa predicts buyers will be back this fall with "renewed energy and focus." The Toronto Regional Real Estate Board (TRREB), meanwhile, is confident there will be "solid demand" for housing in the Greater Toronto Area (GTA). "Record immigration levels alone assure this," it notes.

KING HOME TEAM

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GTA realtors reported 5,294 sales in August 2023 - down by 5.2 per cent compared to August 2022. New listings were up by 16.2 per cent year-overyear, providing some relief on the supply front, but year-to-date listings are still down substantially compared to the same period last year, TRREB reports.

The average selling price of \$1,082,496

in all TRREB areas remained virtually unchanged in August 2023 compared to the previous year. The average selling price in Durham Region was \$930,852, making it considerably more affordable than Halton (\$1,230,389), Peel (\$1,050,925), City of Toronto (\$1,005,945) and York (\$1,339,742)

Here's the average sales price in Durham in August by municipality: Ajax (\$930,852), Brock (\$867,550), Clarington (\$875,371), Oshawa (\$815,098), Pickering (\$1,035,231), Scugog (\$1,032,464), Uxbridge (\$1,228,915) and Whitby (\$1,021,163).

As the real estate market continues to evolve, it's important to have a seasoned realtor on your side. The King Home Team: Royal Heritage Realty will conduct thorough market research so you know what similar properties in the area have sold for and will do our best to check off all your must-have boxes within your budget.

The King Home Team has the last phase of new build homes in central Brooklin for sale. Please contact us and learn more. We also invite you to visit www.kinghometeam.com for a longer version of this article with additional information about how a pre-approved mortgage can better prepare you for today's market.

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Want to know what's happening in the market?



