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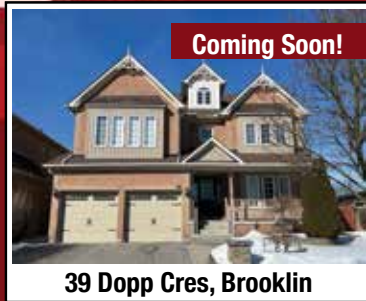
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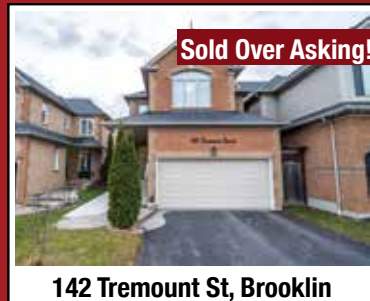
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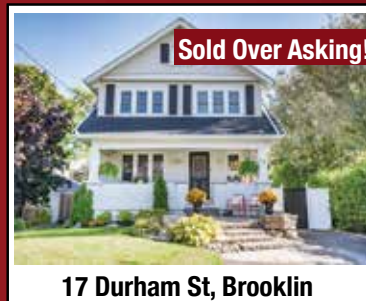
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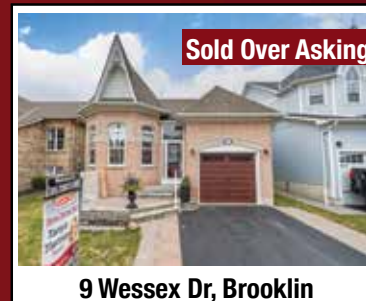
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## Less than half the picture: The Beauty of “Beauty and the Beast”

By Richard Bercuson

Willam Shatner and I share humble beginnings. We are both alumni of Montreal Children's Theatre. He became Captain James T. Kirk of the Starship Enterprise and T.J. Hooker. I became, well, me.

There are foggy memories of those days when the Children's Theatre used the upstairs hall at the Town of Mount Royal Arena. Before an audience of perhaps a few dozen, my debut as the Beast in “Beauty and the Beast” was hailed by my mom as a theatrical milestone. Or was it millstone? No matter. I was six years old and didn't need to sing or dance since it was ages before Disney transformed it into a charming musical.

So when I attended The Song Spot's production of the Disney show on the weekend, I already harboured a weakness for the story. My date was my eight year old granddaughter

who loved every minute and demanded a photo afterwards with Aubrey Ledger who played Belle. True to form for a show's star, Aubrey happily posed with her and made her day - and night.

Let's be clear about these productions. They're not Mirvish nor Broadway. They're not even Off Off Broadway (which, you should know, has some fantastic shows). Live theatre has a verve, a pulse, an innocent energy you can't get from professional shows nor from films. When the performers are kids, even better.

Everyone's standards are tempered. We expect some singers won't hit every note and some dancers will be out of unison; lines may be mumbled; cues missed; mikes may pop; scene transitions will be awkward. So what?. As the cast shouted in unison after taking their bows,

“We did it! We did it! We did it!” Their pride in the accomplishment was palpable. The audience, naturally, responded with a standing “O,” not because the cast nailed every bit of it but rather because they *tried* to nail it, and mostly did.

Anyone not related to the energetic cast had to bear a bit of glint in the eye for the effort alone. Shaan Singla's Beast was beast-like when he needed to be and a perfect gentleman



in the end. Somehow Ryan Tonoo as Lumière was able to keep both hands aloft, gripping candles, for over an hour while Fiona Guindon (Mrs.

Potts) spent most of the show with one arm crooked to her hip to replicate a teapot. Gaston's “henchman” Lefou (Mia Wells) exited one scene with an unscripted flourish that drew a good laugh. And the costuming was inspired. Whose idea was it to plunk little Chip into a wagon made to look like a table top?

Local theatre is an unheralded gem that tends to be overshadowed by athletes' and teams' successes in sport.

However, what theatre teaches is more organic, personal and inclusive. It's teamwork of an entirely different sort - and just as important.

### Brooklin TOWN CRIER.com

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Next Issue: Friday, April 5, 2024

Deadline: Friday, March 29, 2024

## Strategies to save for your children's education by Brian Evans, Financial Advisor



One important financial goal you might have is saving for your children's

post-secondary education. But, this is likely not your only financial goal and it is often difficult to prioritize and consider your complete financial picture. Discussing with your financial advisor all of your financial goals will help you work together to develop a strategy that factors in all of your priorities and sets you on a course that will best help you achieve them.

**Here are strategies to consider as you plan:**

**Setup a Registered Education Savings Plan (RESP)**

– An RESP is a tax-deferred savings account designed to help you save for post-secondary education. The government will match 20% on every dollar

of the first \$2,500 you save in your child's RESP each year to a maximum of \$500 per year for each child up to a \$7,200 lifetime maximum. In addition, low- and middle-income families may qualify for the Canada Learning Bond up to \$2,000.

**Consider setting up an automatic payment plan**

– You can set up an automatic payment plan which systematically withdraws funds from an account to make contributions to your RESP.

**Create a budget and stick to it**

– Work with your financial advisor to determine a monthly contribution amount you can afford and increase it when you can.

**Involve your family**

– For special occasions like birthdays and holidays, you could encourage grandparents or other family members to open an RESP in your child's name or contribute to one that is already set up.

**Explore financial assistance options**

– A good place to start is the Government of Canada's Resource page at [canada.ca](http://canada.ca) (search edu-

cation funding) where you can explore student loans, grants and scholarship options that might be available to you.

By following some of these saving strategies when your children are young, the investments will have more time to grow and you will be in a better position to support your children's post-secondary education when the time comes.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

**Edward Jones**

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### How Can We Serve You Better?

Our Community Survey is now underway and we want to know how we can serve you better. From now until April 7, you may be contacted by Forum Research to participate in a confidential and randomized telephone survey. Anyone not contacted by phone can participate in the Community Survey online at [whitby.ca/CommunitySurvey](http://whitby.ca/CommunitySurvey)



### Summer Camp Registration Opens April 3

Register your children for Sports Camp, Junior Firefighter Camp, Day Camp, and more. Add programs to your Wish List on ACTIVE Net now so you are ready for registration on April 3. [whitby.ca/Active](http://whitby.ca/Active)



### April: Holiday Waste Collection Schedule

Yellow Collection – Areas 2, 4, 6, 8, 10

mon	tue	wed	thu	fri	sat
1	2	3	4	5	6
8	9	10	11	12	13

Blue Collection – Areas 1, 3, 5, 7, 9

mon	tue	wed	thu	fri	sat
1	2	3	4	5	6
8	9	10	11	12	13

Indicates Holiday Collection Change

## Plant-Based Eating by Sheree Nicholson



### Why Being Vegan Is Safe

An increasing number of people are following a vegan lifestyle for ethical, environmental, or health reasons.

According to [madeinca.ca](http://madeinca.ca), in 2020, 4.6% (approx. 1.8 million) of Canadians identified as vegan and 7.6% (approx. 2.9 million) as vegetarian. The age group that is adopting this lifestyle at the fastest rate is 18 to 29, which means that you may know someone who is now vegan or vegetarian. And, this person may be wondering if it is safe.

*(Editor's note: The site's statistics come from <https://www.statista.com/statistics/817435/specialty-diets-in-canada/>)*

The answer is yes, it is safe, but careful planning is required to ensure a healthy vegan diet because, as with any diet, there is a risk of nutritional deficiencies. However, many who consume meat can also have such deficiencies.

There are different varieties of the vegan diet. Here are three of the most common:

**Whole-food vegan diet.** This is based on a variety of whole plant foods such as fruits, vegetables, whole grains, legumes, nuts, and seeds.

**Raw food vegan diet.** It is based on raw fruits, vegetables, nuts, seeds, or plant foods cooked at temperatures below 118°F (48°C).

**Junk food vegan diet.** This diet relies heavily on mock meats and cheeses, fries, vegan desserts, and other heavily processed vegan foods.

Vegans avoid eating any animal foods as well as any foods containing ingredients that come from animals. These include:

- Meat and poultry
- Fish and seafood
- Dairy
- Eggs

- Bee products
- Animal-based ingredients

### Foods to eat:

- Tofu, tempeh, and seitan. They provide versatile protein-rich alternatives to meat, fish, poultry, and eggs in many recipes.
- Legumes. Foods such as beans, lentils, and peas are excellent sources of nutrients.
- Nuts and nut butter. Unblanched and unroasted varieties are good sources of iron, fibre, magnesium, zinc, selenium, and vitamin E sources.
- Seeds like hemp, chia, and flaxseeds contain a good amount of protein and beneficial omega-3 fatty acids
- Calcium-fortified plant milk and yogurt. These help vegans achieve their recommended dietary calcium intake.
- Nutritional yeast fortified with B12. This is an easy way to increase the protein content of vegan dishes and add an interesting cheesy flavour.
- Whole grains are a great source of complex carbs, fibre, iron, B vitamins, and minerals.
- Sprouted and fermented plant foods. Ezekiel bread, tempeh, miso, natto, sauerkraut, pickles, kimchi, and kombucha often contain probiotics and vitamin K2.
- Fruits and vegetables are excellent foods for increasing your nutrient intake. Leafy greens such as bok choy, spinach, kale, watercress, and mustard greens are particularly high in iron and calcium.

It is important for everyone, not just vegans, to follow a well-planned diet that limits processed foods and includes nutrient-rich options. However, some vegans may need assistance in consuming sufficient amounts of these nutrient-rich or fortified foods to meet their daily requirements. In such cases, taking supplements can be beneficial. It is recommended to consult a doctor who can conduct yearly blood work to check nutrient levels before spending extra money on supplements.

**Sheree's Hack:** A well planned vegan diet includes a wide variety of foods, which is key.

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# The Dancer Has A Vision

**By Richard Bercuson**

By the end of this year, it is entirely possible that Brooklin dancer Madison Williams will be on her way to realizing her dream of dancing and acting in Los Angeles. What is standing in her way of obtaining the required visa is, well, not much given her determination.

“Trying to book an agent there is really hard,” she says. “When you don’t have the credits, footage and so on, it can take years to build up the background. But my time is now.”

There is a single-mindedness in the young woman, now 27, who began dancing at age 3 at the Durham Dance Centre and has turned her passion into a career. She now teaches dance, choreographs shows,



takes acting lessons to expand her marketability, and, of course, performs. Choreography, she says, while rewarding

is also physically and mentally exhausting. “You pour so much of yourself into it.”

### Dance was it

Even at age 6 while competing in shows in Florida and Buffalo, she knew dance was for her. By the time she was finishing high school at Sinclair Secondary School because of the French Immersion program, she realized where life was going to take her. She enrolled at University of Guelph to study psychology and marketing, isn’t entirely sure why, yet by her third year, it was clear dance was her future.

In an art form where so many performers limit themselves to just one or two styles, Williams takes pride in loving nearly all of them. “I train in them all. It’s helped me a lot because being versatile is so important to make a career or it.”

She describes how there seem to be more older dancers, over the age of 35, than before which means she is still well within the range of what shows will look for. And more recently, she’s been adding acting to her resume, performing in commercials and reality shows, all the while aiming for bigger and better gigs.



Photo by @aidantooth

YESes and really wonder what you’re there for. Kim has kept me focused.”

Just last year, Williams admits she had one of those moments when she asked herself, “What am I doing? Is this meant for me?”

### Important mentor

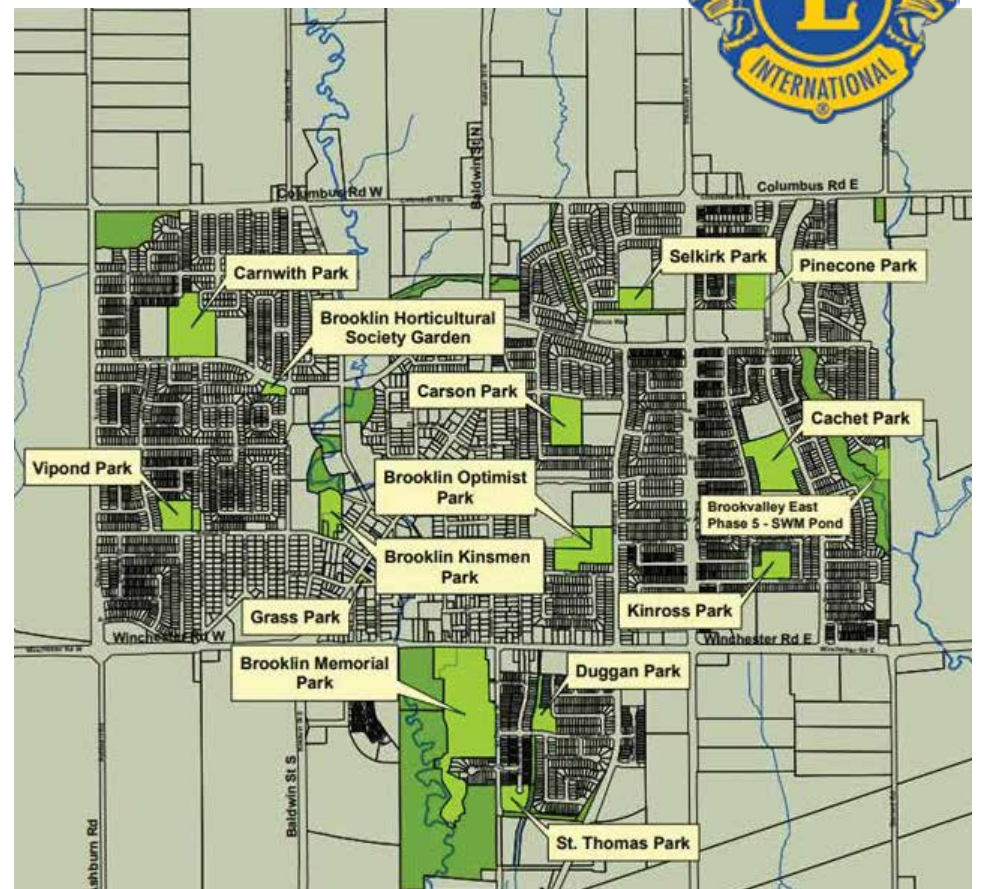
She credits Montreal dancer Kim Gingras with being her mentor. “The more you invest in yourself,” Gingras has told her, “the more you will be on the right path. Be proud of what you’re doing.”

Gingras has performed with some of the biggest names in show business and has had an enormous influence on Williams. “This industry,” Williams says, “can make you feel down. You can get 90 NOs and 10

“As a dancer, you give up a lot. I’ve had to push my ego and pride aside and look at the steps I need to take to get me there. It’s mind over matter. Some people are just comfortable where they are. I’m not one of those.”

And to prove her point, her pursuit for a career on the biggest possible stage continues unabated.

## Pitch-In Brooklin Looms



Park Location Map for Pitch-In Brooklin

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Brooklin, we need your help to clean-up our parks!

The Brooklin Ashburn Myrtle (BAM) Lions Club is organizing the 21st annual Pitch-in Brooklin cleanup event the first Saturday after Earth Day, April 27, 9 – 11 am at all Brooklin parks (rain or shine), excluding Grass Park (being renovated).

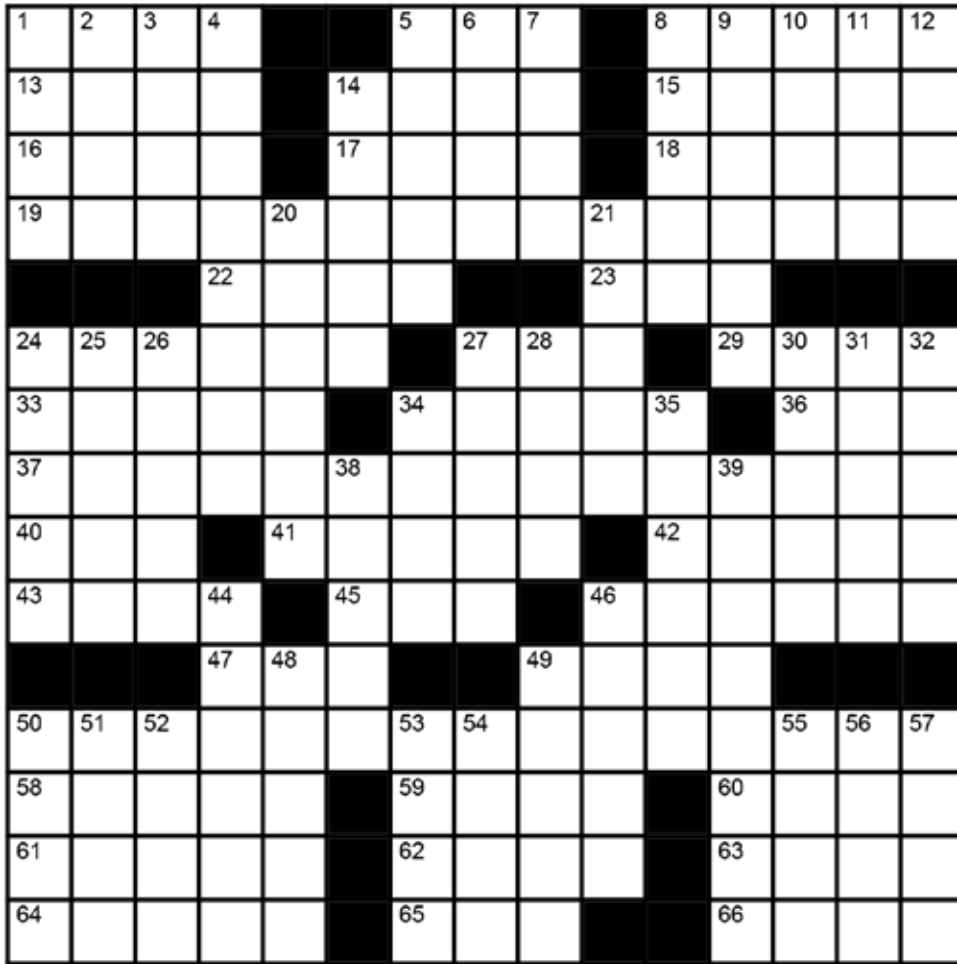
Please arrive at 9 am, to sign in,



obtain gloves and trash bags. Thank you for your interest in helping clean up our parks as part of the Earth Day celebrations that week.

Tim Hortons beverages and treats to be available for participants. If you are interested in being park captain or event sponsor, please contact Steve at [BAMLions@gmail.com](mailto:BAMLions@gmail.com).

## Brooklin Bafflers: by Liz Lowe



### Across

- 1 Toiletry item  
 5 Wrath  
 8 Related to or having filaments  
 13 A nursemaid or maid in East Asia or India.  
 14 Ripened  
 15 Any of various organs that synthesize the size substances needed by the body and release it into the bloodstream  
 16 A tropical Asian starling, sometimes a good imitator of human speech  
 17 Not bare  
 18 Becomes limp  
 19 Pertaining to or exhibiting magnetism  
 22 Midwestern state in the Great Lakes region of the United States.  
 23 Stubborn one

- 24 People who are condemned to eternal punishment  
 27 Spirit  
 29 One way to stand  
 33 Durable wood  
 34 Buenos \_\_\_\_  
 36 Poseidon's domain  
 37 Undertaker.  
 40 Ultimate ending  
 41 Noses (out)  
 42 Antler point  
 43 Snorkeling site  
 45 Neighbor of a Vietnamese  
 46 Sound system  
 47 Waikiki wear  
 49 Hipbones  
 50 Type of painting  
 58 United States anatomist who identified four pituitary hormones and discovered vitamin E  
 59 Sack  
 60 Golden rule word  
 61 The third canonical hour; about 9 a.m.  
 62 Top-of-the-line  
 63 Memorization method  
 64 Egyptian symbols of life  
 65 Use  
 66 Form of ether

- 6 Printer's amount  
 7 Old Icelandic literary work  
 8 A colour or pigment varying around a light grey-brown colour  
 9 More icy.  
 10 A jaunty rhythm in music  
 11 Voting no  
 12 Reduced instruction set computing (acronym)  
 14 Like thick smoke  
 20 They are (contraction)  
 21 Player  
 24 Yield  
 25 Invective  
 26 \_\_\_\_ Carlo  
 27 Broadcasting visual images  
 28 Pupil's place  
 30 United States capitalist (born in Germany) who made a fortune in fur trading (1763-1848)  
 31 Sierra \_\_\_\_  
 32 Florida's Key \_\_\_\_  
 34 Pond organism  
 35 Infected  
 38 Unrehearsed  
 39 An animal or person.  
 44 Draw back, as with fear or pain  
 46 Shade of gray  
 48 Softens  
 49 Often-missed humor  
 50 Bristle  
 51 Uniform  
 52 Attach a tag or label to  
 53 Sharp rebuke  
 54 Hammer or sickle  
 55 Privy to  
 56 One of four Holy Roman emperors  
 57 Yuletide

## Brooklin Family Matters: by Leanne Brown



### The Man Cold

Last week I got sick. It started with an upset tummy and turned into a cold. Though not Covid-19 positive, I put on a mask and carried on with my day, going to work (remotely) and picking up groceries. I also dropped my kid at hockey practice then sat in the car for an hour shivering.

Three days later, after resting over the weekend, I was back to normal and hadn't really missed much. But as I recovered, my

husband got sick and a day later my daughter, too. Both tested negative for Covid-19.

While she skipped a couple of hockey practices and rested, she was grumpy since the virus had ruined her March break plans. Gone were the girl's movie night, the sleepover party and the mall shopping trip. She did recover in time to enjoy her weekend and make up a few of those spoiled plans.

In the meantime, hubby was still sick, his cold so much worse than ours. For two weeks, he

lay in bed watching sports having lost his voice and appetite. He, too, got grumpy because his St. Patty's Day plans were getting canceled. He was just completely miserable.

I nursed him for the first little while and shared in his grumpiness. Despite my plea to not leave the tissue box on the floor, the dog got into it and had a good ol' time spreading tissue all over the house. I may not have minded too much except he also got into the snotty tissues. Yuck! There were also the scattered cups, discarded clothes and sleep I wasn't getting.

This is not a new thing. Whenever hubby gets sick, he acts like he's dying. Meanwhile my daughter and I rest up and we're over it. It makes me wonder. Is it because our immune systems are just stronger? Is he really suffering more than us?

I mentioned it to my doctor friend who explained that the estrogen

in the female body is thought to have a protective effect against the flu virus. The hormone may slow the spread of some viruses which can give our bodies additional time to go on the offensive. Some believed it is an evolutionary advantage though there's little research to prove it.

I quite like the sound of that. It may mean that us moms will now be expected to suck it up when we get sick (not that we don't already) so we can nurse our families.

Perhaps the man cold really is a thing. Maybe my hubby isn't making a big fuss over nothing after all and he really is suffering more. So next time the males in your house get a cold, please feel a little sorry for them. The poor things can't help it.

Fortunately, mine is now on the mend, although not soon enough to celebrate his recovery with a glass of green beer. That will have to wait a few more days.

### Still Waiting...Still Waiting...Still Waiting...

For the new hospital to move forward, Premier Ford needs to release \$3 million for the capital planning grant.

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# Before the Legion was the Legion (1883-1925)

By Jennifer Hudgins



There was a time when residents of Whitby Township voted to prohibit liquor sales in local hotels. This included what was once known as McQuay House till 1910 when Brooklin resident Norman Colwill bought the building at 56 Baldwin, re-naming it the The Temperance House.

Courtesy of Whitby Archives



### Vote for prohibition

Yet despite the change in ownership, the hotel continued to maintain its well-stocked provisions. That changed with the prohibition vote. Brooklin residents gathered for meetings to deliberate on the question of temperance: whether to advocate for the prohibition of alcohol sales or to allow hotels to continue selling alcoholic beverages. The majority of residents rallied behind the cause leading to the establishment of the Brooklin Council No. 102 of the Royal Templars of Temperance, a Society that advocated abstinence from alcohol. The Society made 56 Baldwin its headquarters and all Temperance business was conducted from there.

Many residents were drawn to the Society because of its provision of financial aid to families in case a member faced illness or passed away. The

assistance included \$5 per week during an illness and approximately \$500 to \$2,000 in the event of death, contingent upon members sticking to their oaths and maintaining total abstinence from all forms of alcohol.

### Local lectures

Prospective members had to undergo medical examinations as part of the enrolment process. Beyond its financial support, the Brooklin Council organized lectures that focused on the adverse effects of alcohol consumption. Centered on advocating for moderation, abstinence, or the complete prohibition of alcohol, the Society contended that even moderate consumption contributed to the challenges faced by families including unemployment, poverty, gambling and violence against women and children.

Templar historical records at the Whitby Archives depict late 19th-century Brooklin as a community deeply invested in the welfare of the Village's the less fortunate citizens. Prominent members such as

Brooklin businessmen Holliday, Spencer, Moore, Kerr, and Ketchum actively participated in the executive council of the Society while many other Brooklin families also rallied behind the cause.

### Divisions

While the Temperance Society movement aimed to address social issues associated with alcohol consumption, the Brooklin Society encountered challenges such as resis-

#### ROYAL TEMPLARS OF TEMPERANCE.

A Christian temperance and prohibition society, with its doors wide open to every man and woman desiring to unite in the effort to combat the great evil of intemperance, teaching also that total abstainers are less liable to sickness and accident, live longer than non-abstainers and suffer injustice when classified with such inferior risks in insurance and benefit societies.

##### ITS OBJECTS ARE:

1. To teach that intemperance and all that produces or sustains it should be regarded as a crime, and to seek to overthrow the traffic in strong drink.
2. To educate the young in temperance principles, and to reform and strengthen the fallen.
2. To unite law-abiding and order-loving citizens, so that their influence may be exerted in the most powerful manner to demand the proper observance of the laws of the land.
4. To improve the moral, intellectual, social and physical condition of its members.
5. To teach its members to be industrious and provident.
6. To furnish medical attendance and care for sick members; to afford pecuniary aid to disabled members, give respectable burial to the dead and provide for widows, orphans or friends left behind.
7. By its experience to prove that carefully selected total abstainers will live longer, have less sickness, fewer accidents and enjoy greater physical blessings than non-abstainers.
8. In one sentence, To protect the homes of our land from the twin evils of intemperance and want.

##### ITS FINANCIAL BENEFITS ARE:

Five Dollars per week during sickness and from \$500 to \$2,000 to families or heirs of diseased members at death,

You are invited to become a member.



Originally constructed as a hotel in 1883 by local businessman Benjamin McQuay, the venue had gained a reputation as a local watering hole with nary "a dry moment." A promotion in "The Brooklin Times" highlighted its amenities. "The McQuay House...Every attention will be paid to ensure the comfort of guests. A well-stocked larder, best wines, liquors and cigars."

tance, bootlegging and difficulties in enforcement. These issues created divisions within the Village, sometimes pitting families against each other.

Over time, it became evident that support for the Society was dwindling. In 1925, after disbanding, Norman Colwill sold the building to John Graham, who subsequently managed it as a hotel, complete with a bar, marking an end to Brooklin's dry era.

## War Amps Key Tags En Route

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tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants. With the public's support of the Key Tag Service, the Association is making a difference in the lives of amputees, including

children, by providing financial assistance for the cost of artificial limbs, peer support and information on all aspects of living with amputation.

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order them at [waramps.ca](http://waramps.ca) or call toll-free 1 800 250-3030.

