

Unofficial

Election Results

* Denotes winner

| | | | |
|----------------------------|--------------|-------------------------------------|-------------|
| Regional Chair | | | |
| To be elected: 1 | | Christine WINTERS | |
| | Votes | 9.19% | 6852 |
| John HENRY* | | John DOLSTRA | |
| 59.22% | 12893 | 7.76% | 5786 |
| Tom DINGWALL | | Rod THWAITES | |
| 18.08% | 3937 | 2.86% | 2132 |
| John MUTTON | | Chudi ASIDIANYA | |
| 10.44% | 2272 | 2.75% | 2051 |
| Peter NEAL | | | |
| 6.94% | 1510 | | |
| Muhammad Ahsin SAHI | | | |
| 5.32% | 1159 | Town Councillor North Ward 1 | |
| | | To be elected: 1 | |
| Regional Councillor | | Steve LEE* | |
| To be elected: 4 | | 54.98% | 2624 |
| Elizabeth ROY* | | Bill WINDREM | |
| 16.44% | 12257 | 27.57% | 1316 |
| Chris LEAHY* | | Sharmila SAIGAONKAR | |
| 15.04% | 11210 | 17.45% | 833 |
| Steve YAMADA* | | | |
| 13.96% | 10404 | | |
| Rhonda MULCAHY* | | Durham District | |
| 11.46% | 8545 | School Board Trustee | |
| | | To be elected: 3 | |
| Terry JOHNSTON | | Niki LUNDQUIST* | |
| 10.80% | 8055 | 26.78% | 9844 |
| Derrick GLEED | | Christine THATCHER* | |
| 9.74% | 7259 | 18.07% | 6642 |

| | | | |
|--|-------------|--|------------|
| Scott TEMPLETON* | | Conseil scolaire Viamonde Trustee | |
| 15.32% | 5631 | To be elected: 1 | |
| Jim BARCLAY | | Sylvie A. LANDRY* | |
| 13.91% | 5112 | 61.90% | 52 |
| Thomas WALL | | Anna-Karyna RUSZKOWSKI | |
| 9.86% | 3625 | 38.10% | 32 |
| Luigia AYOTTE | | | |
| 9.64% | 3544 | | |
| Sherri SIMZER | | Conseil scolaire catholique MonAvenir Trustee | |
| 6.42% | 2360 | To be elected: 1 | |
| Durham Catholic District School Board Trustee | | Roger BRIDEAU* | |
| To be elected: 2 | | 60.35% | 137 |
| John RINELLA* | | Andre LINSKY | |
| 35.39% | 2571 | 21.15% | 48 |
| Tricia CHAPMAN* | | Marcellin KWILU MONDO | |
| 34.77% | 2526 | 11.89% | 27 |
| Teresa BUGELLI | | Balonda NKONGOLO | |
| 29.83 | 2167 | 6.61% | 15 |

From Brooklin Heritage Society

By Chris Alderson



Brooklin had a unique cast of memorable characters, and Clifford George Delong (August 28, 1905 – February 19, 1990) was one of them. He lived at 154 Baldwin Street N. in a saltbox style house without indoor plumbing. Clifford was a house painter and artist. He sold his paintings from his front door to local families as well as to people from out of town. Some of his artwork was recently discovered in

Aberfoyle, On.
My favourite memory of Clifford Delong is of him riding his 350 Honda motorcycle down Queen Street in the winter. I thought he was the coolest guy ever on that bike. Cliff is buried at Groveside Cemetery.

Plant-Based Eating by Sheree Nicholson



Vegfest perfect for newbies

I was recently a presenter at Durham Vegfest at Whitby's Abilities Centre. The event was a huge success with thousands in attendance. Given the diverse groups of people who attended, it's apparent that it is becoming more mainstream to not eat meat. When I first stopped 29 years ago I was the only person I knew eating this way. Many were concerned about my health and whether it was a safe way to eat.

I'm not sure if the interest in plant-based eating is a trend toward consumer changes in thinking or a fad, but I love what I see. The Vegfest featured local restaurants sharing great food along with clothing companies and just too many types of vendors to list. We all shared a common interest and passion.

Shows like this, where vendors supply good information, are great for the newbie or someone interested in changing their diet. Another great resource is blogs and books. With blogs, people put in a lot of effort to provide great information, which is all free and so helpful.

Some of the blogs I like are: "Oh She Glows", "The Minimalist Baker", and "The No Meat Athlete". But there are plenty more great ones on the web.

While the recipe below really has nothing to do with Vegfest, it is, however, a lovely snack and great for before or after a workout. It's modified, but the original one comes from <https://ohsheglows.com/>.

Energy Balls

- 1 cup pitted Medjool dates*
- 6 tablespoons hemp hearts
- 3 tablespoons unsweetened cocoa powder or raw cacao powder

- 2 shredded unsweetened coconut
- 1 tablespoon virgin coconut oil
- 1/4 teaspoon fine sea salt
- 3 tablespoons chopped dark chocolate (optional)
- 1 to 3 teaspoons (5 to 15 mL) water, if needed

Directions:

- Place the pitted dates in a food processor and process until a ball forms.

- Add the remaining ingredients to the processor (hemp hearts, cocoa/ cacao powder, coconut, coconut oil, salt, and chocolate, if using) and process until thoroughly combined and almost smooth. The dough should be sticky and shouldn't be crumbly when you form a ball. If it's not sticky enough, add 1 to 3 teaspoons of water, a bit at a time, processing after each addition.

- Line a plate with parchment paper. Lightly wetting your hands if needed, shape the dough into balls and place them on the lined plate. Freeze the balls for 20 minutes until firm or enjoy right away.

- Store the leftovers in the fridge or freezer. The balls will keep in an airtight container in the fridge for a week and in the freezer for 4 to 8 weeks.

Tips:

- * If your dates are bone dry, soak them in boiled water for 15 minutes and then drain well. Use an old towel to press out the excess water. If the "dough" is too sticky to shape, add some shredded coconut and process again.

Sheree's Hack: Double this recipe and freeze the balls for quick grab and go snacks.

Grand Reopening

15th Anniversary Celebration

Thursday, November 8!

Drop in and see our new look!

BROOKLIN

OPTOMETRIC

CENTRE

905.655.6200 • www.brooklineyecare.ca