

## THE WAY WE WERE

As unprecedented housing growth continues in Georgetown, it was just over 60 years ago that developer Rex Heslop brought the subdivision idea to town, with construction of the Delrex development beginning in 1955. This aerial view photo from 1968 shows the Norval end at Delrex and Guelph Street. Original homes in the Delrex subdivision started at an amazing \$11,300. Submitted by Heritage Halton Hills.

Esquesing Historical Society photo



# A HEARTY START TO THE DAY

## BREAKFAST IS A QUIET, RELAXING TIME TO GET BODY AND SOUL IN GEAR, WRITES BROWN

I'm a diehard breakfast man and find breakfast is the best meal of the day.

Enjoying breakfast goes hand in hand with my farm background - most farmers enjoy that first meal of the day.

When I was young, we operated a full-scale dairy farm. We woke at 6 a.m., did the milking, then headed back to the house at 8 a.m. to sit down and enjoy a hearty breakfast.

It was like a reward for



**TED BROWN**  
Column

doing the early-morning chores.

I guess it was a behaviour that we acquired through repetition, every morning, seven days a week. And when we stopped milking cows, the breakfast routine stuck around.

So like I said, I'm a breakfast man.

Now to be clear, we're not talking about a wimpy breakfast here - nope, my idea of breakfast is two or three eggs, two slices of toast and a cup of coffee. On Saturday morning, I

add a couple slices of bacon to round out the meal. Saturday is designated as 'Bacon Day' in our household.

For years I was having it every morning, so I decided, in the interest of better health, to limit myself to bacon to once a week.

Now, The Sidekick will tell you she's a breakfast junkie as well, but I do have to challenge her on that claim at times.

For me, there is no way anything 'green' should be part of breakfast - it's simply wrong.

She tosses spinach into the blender, adds a handful of blueberries or some other ingredients, and fires up the blender which responds with a blood-cur-

dling screaming sound that would wake the dead.

The resulting concoction that she pours out of the blender is called a 'smoothie' and it has the most unappealing look - not to mention my central nervous system is still trying to reset after the screaming blender ordeal.

Breakfast is supposed to be a relaxing, wake-up time to get the body and soul in gear - not be roused up by the sound of a full-fledged battlefield in the kitchen.

The Sidekick argues that from a cholesterol point of view, her smoothie is much more healthy than my breakfast of bacon and eggs.

First of all, I don't have high cholesterol. And secondly, I acknowledge the smoothie is guaranteed to reduce cholesterol, but I couldn't face eating/drink- ing one.

Although I love making breakfast, I'll never turn down the opportunity of meeting for breakfast at a local restaurant, and let someone else do the cooking for me.

Longtime friend Kevin and I often meet for breakfast, to catch up on everything around us, and in doing so, generally solve all the wrongs of the world.

And with the exception of Kevin ordering brown toast, and me ordering white, our orders are identical - black coffee, eggs over easy, hash browns, and sausage. Geez, Doreen at Ares puts our order on as soon as we walk through the door.

On occasion, The Sidekick and Kevin's wife Barb join us, and I'm always amused to watch them as they order their breakfast from the menu.

The Sidekick is notori-

ous for ordering something on the menu, but with a slight change - like "eggs over medium, not easy," or "only two eggs, not three," and so on.

She does the same with many recipes at home. She likes to tweak it a bit, and in doing so, make it her own.

I go on the theory that you simply take what's on the menu - the kitchen staff can have my breakfast on the table much more efficiently, especially when no-one has to check for special instructions.

But there is one thing I have noticed about The Sidekick when we go out for breakfast. I've never, ever seen her order a smoothie.

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