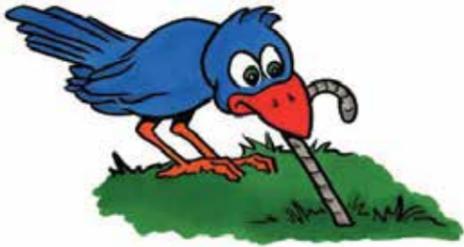


Perfect time to get information and get organized to list for early February.



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Former Phys. Ed. Teacher Coping With Cystic Fibrosis



See the feature on page 3

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Less than Half the Picture *By Richard Bercuson*



Around a Roundabout

There are a few distinguishing characteristics separating adults from elementary school-age children which researchers and engineers sometimes overlook.

- Children have no money. If they weren't owned by adults, they'd be homeless.
- While adults are left to fend for themselves, children have an endless array of groups, laws, and policies to protect them. For instance, shouting at a child in hockey practice is construed by some as being abusive. However, shouting at a parent in a rink to keep quiet is acceptable even if it leads to a "settling of accounts."
- Adult decisions aren't often questioned; children's decisions are always so.

Unpredictable kids

As we sage adults know, children

are unpredictable and fallible in ways that baffle us. While parents teach them basic rules of crossing streets, no one can account for judgements which can be interrupted by...squirrel!...just about anything. Children, as a rule, cannot be trusted all the time. It's why they're too young to drive, to vote, to quit school or legally buy tickets to a Rod Stewart concert.

This brings me to the roundabout suggestion for the intersection of Watford St. and Nathan Avenue, one of the Town of Whitby staff proposals for traffic control. (Note: Oddly, a survey about the issue has only gone to residents in the immediate area even though affected students come from over a kilometre away.) Drivers don't get roundabouts for the longest while. Pedestrians are puzzled by them. Most importantly, young children will be miffed. Some may find the island in the middle a tempting challenge too good to

pass up even though crosswalks tell them otherwise.

Twice daily, Watford and its surrounding streets are parades of youngsters, trekking to or from either Winchester Public or St. Leo's Catholic school, unaccompanied by adults, which is called independence, a good thing.

Notorious intersection

Various studies state roundabouts are safer for vehicles and even for pedestrians. One American site points out, "A roundabout near a school zone may be a form of traffic calming since vehicles are forced to slow down and yield to traffic. With proper design...a roundabout allows school buses, passenger cars, pedestrians such as school children, and bicycles to share the road safely." It provides a youtube

video of a roundabout near Kitchener's St. Mary's High School, citing it as an example of one that works. The video shows high schoolers marching across the crosswalks while vehicles stop. Yet a March, 2017, Kitchener newspaper report calls it "a notorious roundabout" and one of the region's most dangerous intersections.

Before they become teens, children are well dressed waifs, darling little humans who, as pedestrians, put their trust in crossing guards and the patience and courtesy of drivers. Nearly always, this works out just fine. Nearly. Always.

A roundabout may very well be a suitable traffic calmer for vehicles and older pedestrians. Is it worth nearly a half million bucks to wonder if it will work with little kids?



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Next Issue: Friday, February 2, 2018
Deadline: Friday, January 26, 2018



Rotary Club of Whitby - Brooklin Satellite invites you to:

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Beat the February Blahs with a fun night of great conversation and some home made pasta!

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Town of Whitby | January 19, 2018

UPCOMING EVENTS

Whitby Youth Rooms
Youth ages 12 to 18 years are invited to drop in to any Youth Room on Saturday, January 19, at 5 p.m. to celebrate National Popcorn Day and Wednesday, January 24, at 4:30 p.m. for Board Game Day. For more upcoming events, visit whitby.ca/youthrooms

Family Multi-sport
Drop-in sports every Saturday, starting at noon. Brooklin Community Centre and Library. whitby.ca/schedules

Station Gallery P.A. Day Camp
Friday, January 19, 9 a.m. to 4 p.m. at Station Gallery Register at stationgallery.ca

whitby.ca/calendar

Council Meetings

Operations Committee
January 22 at 7 p.m.

Council
January 29 at 7 p.m.

Planning and Development Committee
February 5 at 7 p.m.

These meetings take place at Town Hall, 575 Rossland Road East. whitby.ca/civicweb

News

All 2018 Community Development Fund Applications Due by March 31
Community groups in need of financial support for initiatives and projects this year are encouraged to apply to the Mayor's Community Development Fund and Performing Arts Community Development Fund. The deadline for all applications in 2018, including Lead Cause applications for the 2018 Mayor's Golf Tournament, is March 31. whitby.ca/communityfunds

Notices

Whitby Identified for Cannabis Store Location
The Ministry of Finance and the Liquor Control Board of Ontario (LCBO) have identified Whitby as one of several municipalities set to have a cannabis retail store open in July 2018. The Town will continue to work with the Ministry and the LCBO to proactively enforce guidelines for selecting a store location in addition to the fair revenue sharing. lcbocannabisupdates.com

Job Opportunities

Summer Student Recruitment
The Town's Summer Student recruitment is now underway. Applications are now being accepted for positions in a number of areas including Parks, Events and Planning. For a complete list of the opportunities currently available, visit whitby.ca/employment

Health Club Membership

For 3 Months at the Whitby Civic Recreation Complex

\$1 per day Valid for new members only



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whitby.ca/fitness



A Special BTC Feature Former Teacher Coping With Cystic Fibrosis

By Richard Bercuson

When does lawn care become not just a chore requiring attention but a chore that just cannot be done? How can simply going up a flight of stairs require a chair at the top to rest on for a moment?

Such are the typical daily issues faced by Brooklin resident Alex McCombes, once an active high school physical education teacher and volleyball coach, now reduced to learning how to cope with less than 30% of lung capacity. That's what cystic fibrosis has dealt him. The genetic disease he was born with has gradually choked off many of the activities he regularly did, not the least being his teaching career. That ended on Nov. 7, 2014, when, as phys. ed. department head at Markham's Bur Oak Secondary School, his body finally told him he could no longer properly perform his duties.

"I was so immersed in my life as a teacher to help people," he recalls, "and then suddenly my health declined very quickly. I wanted so much to help the kids and ensure they didn't have a lesser school experience."

Active lifestyle

Even with the disease, he spent his childhood and teens playing hockey and soccer, able to hold the disease's effects at bay. Into his 20s, he says, the lung issues gradually became more pronounced and then within a few years, it became noticeable. In the latter part of his teaching career, his lungs worked at around 50% and he mostly kept the condition hidden from colleagues. In fact, he continued to coach the school team for a few days after stopping teaching and won the regional tier 2 championship.

The gradual and steady decline of his lung capacity have obviously greatly limited his ability to perform even the simplest tasks. Folding

laundry, for instance, can exhaust him. But, as he points out, he's very much a never quit, half glass full type of guy. With an extensive home gym, he still works out as much as he can bear, between physiotherapy sessions and clearing out the lungs.

Importance of exercise

"Allocating my energy is one of the biggest things I deal with," he says. "Exercise is paramount. I go on the stationary bike and make sure my oxygen level is at around 90%." He also does some weights, yoga, stretching and more "functional" exercises, usually about three times a day.

Part of it is to keep moving and maintain a proper mindset. However, it's also to prepare his body for the possibility of a double lung transplant for which he's been fully evaluated and is regarded as a strong candidate. While the prospect of such a major surgery is ever present, a more short term and perhaps practical solution lies with new medications which may be no more than a few months down the road. These might raise his lung capacity to 50% or so, which would enable him to live a more functional and normal life.

On his blog for Cystic Fibrosis Canada, he writes, "I do not have words to describe the difficulties, pain and angst it causes. It is awful, increasingly difficult daily physically, emotionally and mentally. Look it up – it's terrible. Let's count that as understood for this."

He's learned to ignore certain types of pain, like physical which he deems as merely bothersome

Positive outlook

He further writes, "My perspective toward my future is positive. Even though I am scared and I am chal-

continued on page 5

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Our Brooklin Kids *By Leanne Brown*



Kids got the winter blues?

January 15 was "Blue Monday," the day in January considered to be the most depressing of the year. Cold weather and holiday credit card bills! Yuck. While adults may feel down, so might your kids.

When school resumed, my eight-year-old complained about having to wear snow pants to school. The night before, she was conflicted over the end of vacation, wanting the fun to continue but also excited about getting back to class. To be honest, I was a little concerned, too, as I thought of the work email that awaited me.

The first week back after the holiday break is hard on everyone. In our family, we're often tired because we're in this continuous excitement phase for two weeks. Our schedules are off and sleep is lacking. While our bodies need the time to somewhat recover, for kids, it's back to reality after the fun of Christmas. School and activities schedules resume.

Holiday letdown

If you've noticed your child doesn't seem like themselves, chances are it's the holiday letdown and fatigue. As well, we're dealing with winter's shortest days. We go to school and work in the dark and it's still dark when we leave for home. We're not getting as much vitamin D or serotonin from the sun and that mood-boosting hormone isn't around. About 10-20% of adults suffer from some degree of seasonal affective disorder, but it's not clear how it impacts children.

Are you modelling good coping skills during the winter months? If you complain about the cold or having to put on a coat and boots, your children will mirror that behaviour. However, if you embrace winter with fun activities like tobogganing and building snowmen with the kids, your kids will approach the season in a like manner.

There are a things you can do to help your kids beat the winter dol-

drums. Exercise, going outside, eating a lot of protein, getting more play time and doing something after school with peers all help regulate emotions.

Embrace activities

Embracing the season is the best way to enjoy the winter. Winter festivals are fun for the entire family and a great way to lighten the mood. Trying out a new winter sport is also a good mood booster. In January, many ski resorts offer beginner packages that include lessons for skiing and snowboarding. Why not try tubing for an adrenaline boost? Or grab some friends and go skating? Our family favourite is tobogganing at the hill behind Winchester Public School. When the snow is fresh, the hill is packed.

Not up for outdoor fun? Then host a camp-in. Pitch a tent indoors, get the fireplace going and make s'mores. Host a movie marathon with your kids' friends and serve homemade pizza. Need to get out of the house but not outdoors? Get the team together for an Oshawa Generals game or go to cooking class at the grocery store.

One final thought: the holiday season is full of anticipation, so try to



A Brooklin Toddler's Random Thoughts

"Why does the lady in your phone know the streets?"

keep a little of that going. Planning things to look forward to can help the winter days move faster.

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Community Calendar

If you have a community not-for-profit event you would like included in the calendar, please email it to editorofBTC@gmail.com with the subject line "calendar." Priority will be given to Brooklin events. Some editing may occur.

Fri., Jan. 26: 4:00 - 5:00 pm
(4th Friday of each month)
Teen Leadership Council
at Brooklin Library

Whitby Library's Brooklin Branch seeks Teen Leadership Council members to share ideas & assist with special events and programs.

Grade 9-12 students earn community service hours.

Snacks provided.

No registration required.

For information, email

teenservices@whitbylibrary.ca.

Sun., Jan. 28: 7:00 pm
- **Brooklin Pub Quiz Night**

\$15 per person for a team of 4-8 but teams of 6 are best. Team gets a platter of wings and fries and a mug of beer. Winning team receives \$10 gift certificate per person to Brooklin Pub.

All proceeds go to Pulmonary

Hypertension of Canada. Hints: 1. Wait Until Dark, 1967 film. 2. Roger Bannister

Mondays: 6:30-7 pm:

French Family Storytime: Children and their caregivers can join Madame Sue for weekly French Family Storytime! A half hour of French stories and songs, with a dash of English! Drop in at Central Library's Children's Program Room

Tuesdays: 7:25 pm:

Brooklin Toastmasters Club

Practice public speaking at Brooklin Community Centre & Library. Contact John Johnstone at jajhj@sympatico.ca or phone 905-683-4439 or Patricia Romano at promano257@outlook.com or phone 905-626-7055.

1st & 3rd Tuesdays

Community Care Durham (CCD)

Basic Foot Care at St. Thomas' Anglican Church. 905-668-6779

Mon.-Fri.

CCD delivers hot or frozen meals. To order: Karen Andrews 905-668-6779

Historically Speaking with Brian Winter



Legion Hall was once a hotel

The Brooklin Legion Hall on Baldwin Street was built as a hotel for Benjamin McQuay in 1882-83. Known as the Brooklin House, it was Brooklin's only hotel until it closed in 1964 upon the death of its last proprietor, William Goodum.

In 1966, Brooklin Branch 152 of the Royal Canadian Legion was

reorganized after an absence of 34 years, and the following year it purchased the Brooklin House.

The old hotel was converted into a Legion Hall with volunteer labour and officially opened on the 26th anniversary of D-Day, June 6, 1970. Much of the labour was supplied by striking General Motors workers.



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We're here for Brooklin!

continued from page 3

lenged daily with fear, but I view my future as filled with tremendous opportunity. Being assessed for transplant offered me a glimpse of what is possible and strengthened my already steadfast motivation to properly care for myself always. I try to offer a positive perspective and outlook through various channels by drawing upon my life experiences and health background as an educator, coach and person who lives with a chronic illness."



Just ten years ago, McCombes knew his teaching career had a looming end date. "You couldn't see the disease, but it was there in everything I did."

Nevertheless, in this new normal,

he fights on. "The small things life has to offer, and its infinite possibilities are a constant sense of marvel for me. I certainly do not wish any day away; I love my life! Whether it's dancing with my wife in our kitchen or so many other simple joys, I take time every day to be present."

Brooklin Trail and Park Improvements



Proposed improvements and changes to Carson Park and the Brooklin Lions Club Trail were presented at a Public Information Night earlier this week at Town Hall. These (and other Whitby) projects will ultimately go to council for final approval. Both are slated for completion in 2018.

Carson Park's project, with a budget of \$200k, will include resurfacing to a fibre base (instead of sand) and the replacement of all playground equipment (see photo above). It's expected the work will take three to four weeks and hopefully be done before June

30. If this is not possible, it will be done in the fall.

The Brooklin Trail (as shown could include the extension of the trail at the dead end of portion of St. Thomas St. to meet up with the trail coming south alongside Lynde Creek at a cost of about \$30-40k. An extension going south under Highway 407 is also possible. The budget for both parts is \$110k. However, Ontario's Ministry of Transportation, which oversees this portion of the highway, could in fact prevent the trail extensions for any number of reasons due to its proximity to the road.

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About Cystic Fibrosis

What is cystic fibrosis (CF)?

Cystic fibrosis is the most common fatal genetic disease affecting Canadian children and young adults. It is a multi-system disease that affects mainly the lungs and the digestive system. In the lungs, where the effects are most devastating, a build-up of thick mucus causes severe respiratory problems. Mucus also builds up in the digestive tract, making it difficult to digest and absorb nutrients from food. As improved therapies have helped to address the malnutrition issues, most deaths related to cystic fibrosis are now due to lung disease. There is no cure.



We have six offices across Canada, and 50 volunteer chapters. (Please note the proper abbreviation for Cystic Fibrosis Canada is "CF Canada," not CFC.)

How many people live with CF; what is the median age of those living with CF; and what is the median age of survival for those living with CF in Canada?

According to the 2016 Canadian Cystic Fibrosis Registry Annual Data Report, over 4,200 Canadians live with cystic fibrosis. The current median age of Canadians with CF is 22.7 years, and the median age of survival for Canadians with CF is estimated to be 53.3 years of age.

Where do funds raised go?

Cystic Fibrosis Canada is committed to investing in life-saving research, care and advocacy. Our 2016-2017 Annual Report thoroughly details our investments including grants, programs, as well as our statement of operations and fundraising revenue.

How to donate to CF Canada:

Go online to give.cysticfibrosis.ca

What does Cystic Fibrosis Canada do?

Cystic Fibrosis Canada is one of the three principal charitable organizations committed to finding a cure for cystic fibrosis and is an internationally recognized leader in funding research, innovation and clinical care. Cystic Fibrosis Canada has invested more funding in life-saving CF research and care than any other non-governmental agency in Canada. Since 1960, Cystic Fibrosis Canada has invested more than \$244 million in leading research, care and advocacy, resulting in one of the world's highest survival rates for Canadians living with cystic fibrosis.

Our Councillor's Report by Rhonda Mulcahy

North Ward Councillor, Town of Whitby • mulcahyr@whitby.ca



Around We Go

During the 2010 election, I was part of a community movement to create a safer crossing at Carnwith and Watford. Community members invited me out as the local media representative to pressure candidates during the election. I now find it ironic that, in the 2018 election year, I am still working on street safety, albeit this time on the other side of the fence.

However, the goal remains: to create a safer streetscape for our families. Council has in its 2018 budget to reconstruct Watford to make it safer. Staff at the Town have recommended similar enhancements to the Carnwith project: bump outs with curbs at intersections along Watford and bike lanes alongside on-street parking. The idea is to visually narrow the street so that traffic slows down.

Part of Watford's problem is that is so wide and drivers feel safe to speed down it. Originally the subdivision's developers intended to put medians in the middle of the street. But upon further debate, they left them out so residents could actually turn in and out of their driveways. (Seriously? Hard to believe this was even considered.)

There is also a roundabout proposed at the intersection of Nathan/McBeth and Watford. This is supposed to slow the traffic between the two schools. I want an honest response to the survey and so I'm reserving my thoughts on the road improvement suggestions until I see the results. I don't want to sway your opinion. If you wish to speak with me about it, I have no problem letting you know my thoughts. But in the spirit of a non-biased survey, I will withhold for now.

Last week, when staff informed me they'd sent out a survey to the neighbourhood, I was pre-emptive and posted the survey online on several social media pages. I recognize that the school catch area is larger than the survey area. So, by following up in the paper I hope we can get more response from the community at large.

Please have a look at the survey questions in the column on the

right. The last question, which is not included, asked respondents to provide any additional comments on the Watford Street Improvements project. To receive project updates, the survey page asks respondents to provide their contact information.

If you wish to simply provide feedback, you can send that to lookh@whitby.ca as Mr. Look is the staff liaison on the project.

Thank you

I want to extend a big thank you to residents for not parking on the street during winter storms. Over Christmas and New Year's, we had our challenges with snow removal but the bugs seemed to have been worked out. I'm happy to convey any snow removal issues along to staff to deal with, but by simply staying off the streets, you are helping.

Attention Seniors

We have a windrow program for seniors at the Town. If you register at the Brooklin Community Centre and Library for the program, whenever there's a 10 cm snowfall, the Town will come around after the plow and clear out that heavy nasty snow at the end of your driveway left by the plow. (within 48 hours). This is not for snowbirds. You need to actually live in your house for the winter.

Community losses

Last week, we lost our former, Mayor Marcel Brunelle. I've been working with council members for a long time so I was acquainted with him. I noticed a few little odd things during the 2010 election, but never put two and two together until much later.

That same week, I lost my mother-in-law, also to Alzheimer's. She's the reason I eventually recognized it in Marcel. One of the original volunteer Brooklin Moms, she, like the former Mayor, spent many years functioning in the community with the help of those around her who understood the disease. So we've have lost two great community champions. Our aging population means we have a substantial increase in dementia in society. If you haven't been part of the Blue Umbrella Training, you can take part by connecting with Durham Alzheimer's Society.

DRPS: "In the Zone" Traffic Blitz Around Schools

A one-week traffic safety blitz around neighbourhood schools in Durham Region has resulted in more than 1,100 traffic tickets being issued.

The Durham Regional Police Traffic Services Branch, in conjunction with officers from all divisions, initiated a zero tolerance traffic enforcement campaign targeting school and community safety zones during the week of January 8-12, 2018.

During that week, officers issued 1,144 tickets for various driving offences in and around schools. This includes 667 tickets for speeding and 8 charges of distracted driving. The goal of the annual enforcement campaign is to ensure high officer visibility and proactive enforcement in and around school zones during the first week back to school. The DRPS would like to thank local school officials and members of the public for supporting this traffic initiative.

The online survey can be found at whitby.ca/watford



Do you support the idea of providing two dedicated bike lanes with parking spaces on both sides of Watford Street - similar to Carnwith Drive at Watford Street?

Yes or No



Do you support the proposed curb realignment (i.e. bump-out) at the Watford Street / Blackfriar Avenue intersection?

Yes or No



Do you support the proposed curb realignment (i.e. bump-out) at the Watford Street / Blackfriar Avenue intersection?

Yes or No



Do you support the proposed curb realignment (i.e. bump-out) at the Watford Street / Waring Avenue intersection?

Yes or No



Do you support the proposed roundabout at the Watford Street / Nathan Avenue intersection?

Yes or No

Meet Your Local Merchant

Manchu Kitchen

Savour life's simple moments with family and friends at **Manchu Kitchen** when you share a plate of authentic homemade style Chinese food at your dinner table tonight.

Offering fast and friendly service, **Manchu Kitchen** Chinese food restaurant has been serving delicious tasty dishes to families in the Brooklin community since 2004.

Manchu Kitchen specializes in catering, takeout, and delivery options for your next dinner or special event. Manchu Kitchen uses the freshest ingredients to specially prepare your favorite family set dinners and combination plates so you can choose from a variety of egg rolls, sweet and sour chicken balls, beef mixed vegetables and add chicken and/or chop suey.



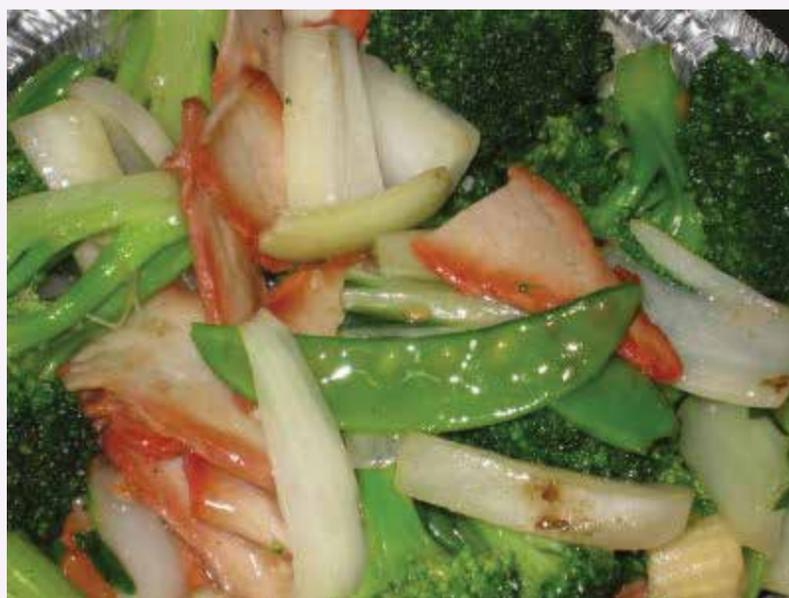
Friday, February 16 is the Chinese New Year 2018

Manchu Kitchen offers a great array of finger foods from lemon chicken to savory breaded shrimp. Pair them with classic Cantonese Chow Mein, Pad Thai, Singapore rice noodles and more for a fusion of flavour. Love vegetarian? B serves fresh stir-fried vegetables with tofu!

While some dishes may be naturally hot or spicy, **Manchu Kitchen** is happy to adjust them to your taste and can accommodate food allergies or sensitivities on special request.

Manchu Kitchen is located at 30 St. Thomas St. in Brooklin. Call us today at **(905) 655-0288** for pickup or to have it delivered at your convenience. Ask us about our menu options! To learn more about our menu and specials, visit our website at www.manchukitchen.com

Business Hours
 Mondays Closed (Except Weekend Holiday)
 Tuesdays to Thursdays 3:00pm - 10:00pm
 Fridays 1:00pm - 10:30pm
 Saturdays 3:00pm - 10:30pm
 Sundays 3:00pm - 9:30pm



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Blooming in Brooklin By Ken Brown



Basement garden delights

Starting most of the garden from seed is one activity that keeps my gardener's soul alive and well through winter's cold dark days. How do I know when to plant what?

For instance, in the basement under the lights, with their soil being gently heated to about 26o C, tiny specks of green are begonia seeds germinating.

Every year I marvel at how glorious summer flowers are propagated from little specks of brown dust. A small seed flat is filled with a soil-less mix. The last 0.5 cm is run through a fine sieve to create a smooth surface on which I attempt to evenly spread out a hundred or so little seeds. The packet I saved from last summer will have a couple of thousand and one secret of success is to find a way to evenly sow just a small portion of them.

Searching for specks

A few days later I use a magnifying glass to look for the first specks of green and they reliably appear. Begonias are actually easy to grow, but it takes a few months to get them large enough to move to planters in

the spring. After the begonias, the onion seeds started in mid February seem gigantic by comparison. You can separate and sow them individually.

Seed packets are a wealth of information while catalogues provide even more. Planting out time is the place to start and there are three dates I work with. The first is for cool weather crops and is described with phrases such as, "as soon as the soil can be worked." That's usually in mid April. The second date is in mid May when the soil is warm. Finally, the third is when all danger of frost is past - a tricky thing to estimate - but I work with the first week of June.

Seed packet info

Seed packets will provide a date and the number of weeks the seeds need to be planted in advance of the plant out dates. That's between four and eight weeks, depending on the variety. Working with data about plant out dates and weeks previous, I'm able to sort my seed packets into piles by sowing date. Then each week, in my little basement garden, I pick up the appropri-

ate pile of seeds and sow them. It's all quite simple and handling and reading the seed packets is a great way to spend a winter's day.

What new and exciting things am I looking forward to this year? From the All American selections list, I like a new compact Marigold Super Hero Spry. My young grandsons might take an interest because they love anything Super Hero. It's a French marigold with a ring of dark maroon lower petals and a tuft of golden yellow petals on top. It's earlier to bloom and requires no dead-heading during the summer.

A new veggie

Of course I must have a new vegetable to try and Asian Delight Pak Choi is the one that has me excited this year. Pak Choi is a wonderful cool season vegetable. The new variety has overcome one of its problems; it doesn't bolt and go to seed, staying harvestable in the garden for several weeks after the older varieties are a mass of yellow flowers.

So, with seedlings in the basement and new varieties to anticipate, a gardener can be happy on winter days when the skiing isn't perfect.

Durham Environmental Committee To Honour Achievement

The Durham Environmental Advisory Committee (DEAC) is now accepting nominations for the 2018 Environmental Achievement Awards.

Nomination forms are currently available by contacting deac@durham.ca. The deadline for submissions is March 2.

The annual awards program provides an opportunity to recognize individuals and organizations that dedicate time to promote, preserve and enhance the region's natural environment. Past nominees include local residents and businesses that have demonstrated measures undertaken to protect the environment and make Durham Region a healthier and better place to live.

The DEAC Environmental Achievement Awards was established in 2003 to recognize and acknowledge environmental achievements of individuals and organizations in the public, private and non-profit sectors within Durham Region. The awards program has six categories, which were named in memory of past environmental leaders.



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