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Friday, January 28, 2022

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## Snowmageddon 2022



Ella and Michael take shelter from the outside world

More photos on page 5

## Make the Most out of Winter!

There is nothing better than sunshine and  
fresh air for mental health in the winter.  
Below are some private and public suggested  
locations for activities. See you out there!

**SNOWSHOEING**  
LYNDEBROOK GOLF COURSE  
LYNDE SHORES CONSERVATION AREA  
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Please ensure you are not trespassing and please stay off the storm water management ponds.



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**Rhonda Mulcahy**  
[mulcahyr@whitby.ca](mailto:mulcahyr@whitby.ca)  
905-706-0482

Regional Councillor  
**Elizabeth Roy**  
[roye@whitby.ca](mailto:roye@whitby.ca)  
905-706-2001



Less than half the picture by Richard Bercuson



The indignity of being tertiary

**Sunday afternoon** - Forecast says big snow coming. Seen that before. Brooklin gets wannabe storms. We all know the 407 berm softens weather patterns north of it. Unsure which government arranged that. Explains why we never experience the mighty dumps like in Ottawa. Snow coming? Really? Bring it on!

**Sunday night** - It begins. Not flurries nor flakes which are at least pretty. Droplets. Many many. In garage, I prep snow brushes

to clear off cars in the morning. Schools already closed. Whoa wait, what if the forecast is, um, exaggerated? Or wrong? That 407 thing, remember?

**Monday morning, 7:30** - Stretch. Coffee. Wee breakfast. Wife returns, breathless, from traipsing through deep snow to get the pooch to perform. Dog has done nothing. Snow is too deep. Too deep? In Brooklin? Looking outside. Cannot see our cars. Nor front porch. Nor most of the tree by the curb. Nor fire hydrant. I throw on layers, open garage door. A wall of snow. Now this, I mutter, is a right proper dump. Evidently the 407 berm has been breached. Snow brush for car is replaced by industrial push broom. Fervently hope no

one calls in the army. Embarrassing. We can do this, people!

**8:30 am** - Been employing my shoveling technique for an hour. Learned it in Ottawa with a shared driveway three cars wide and 60 feet long. Don't lift; scythe. Sweeping arcs, like using a scythe to cut away brush, but launching small amounts of snow to wherever. Takes longer but saves the back and heart. In one hour, I clear a narrow path to the cars. Why, I cannot explain. Time to execute next phase.

**9:30 am** - What if we need to go somewhere...What if Amazon arrives...What if we want take-out...Where driveway meets road needs clearing. Careful examination of options leads to conclusion: push snow across the unplowed road and, with more long scything, heave onto park land. Another hour gone. Feet soaked. Path done. If I flip car on its side, I could squeeze it through. Why, I cannot explain either.

**10 am** - Exhausted. No sign of plows. Grab a coffee and check Whitby site. My street isn't primary or secondary. It's tertiary. Third best. Pride is bruised, perhaps irreparably. Roads in the lower east side are tertiary. I want desperately to complain to a councillor. I know some. I bet their streets aren't tertiary. But if I call, will I get the proverbial eye roll? Self-respect would be bruised as well as pride. Will contemplate complaint dur-

ing the excessively long shower I've earned. Plus the nap.

**Afternoon** - Snow has subsided. Cannot see over mountains on either side of driveway. The distant hum of snowblowers wafts across the snowy wasteland. I chisel away at snowbanks to allow us in and out. Why, I cannot explain. Someone drove down our tertiary road leaving a barely passable trough. Still no plow. Tertiary after all.

**Tuesday morning, 8 am** - Energized, though dignity still smarting from being tertiary. Head outside again. Neighbour with snowblower has already started to widen my driveway. Good fella, that. Always move to a house next to someone with the right tools and equipment. Plow has been by. I now own a "windrow." Scything tougher but gradually there's an entrance to the plowed road. We do his then another neighbour's. Satisfying work. Embrace the snow, I say!

**Afternoon** - Scythe other neighbours' paths. Go inside for a bite. Come out and admire the job. Cars cleared off. Decent path to door and sidewalk, albeit around a small mountain I couldn't be bothered shrinking. Skipped two days of workouts to deal with snowpocalypse. Just like the old days. Decide not to complain to councillors. Instead, will investigate if any Brooklin street is designated worse than tertiary. Quaternary. Then at least there was someone worse off.



What You Need To Know This Week:



Share Your Feedback on Whitby's Proposed 2022 Budget

The Town's proposed 2022 Budget is now available online at [connectwhitby.ca/Budget](https://connectwhitby.ca/Budget). Residents can share their feedback on the budget through a variety of ways:

**2022 Virtual Budget Forum | Open now through February 9**  
[connectwhitby.ca/Budget](https://connectwhitby.ca/Budget)

**Virtual Budget Public Meeting | February 7 at 7 p.m.**  
[whitby.ca/LiveStream](https://whitby.ca/LiveStream)

**Virtual Special Council Meeting for final approval of the proposed 2022 Budget | February 17 at 7 p.m.**  
[whitby.ca/LiveStream](https://whitby.ca/LiveStream)

Residents who wish to speak virtually at either meeting must register with the Town Clerk by noon the day of the meeting. Forms are available at [whitby.ca/Delegation](https://whitby.ca/Delegation). For comments or questions about the budget, contact the Financial Services Department at [treasury@whitby.ca](mailto:treasury@whitby.ca) or by phone at 905.430.4300 x1952

What To Expect After A Snowfall

Wondering what type of street you live on and when it will be plowed after a snowfall? Use the "Find My Street" tool to learn more at [whitby.ca/Snow](https://whitby.ca/Snow)



Creating A More Accessible Community

What accessibility improvements would you make to better serve the community if you had extra funding available? Businesses, community groups and non-profits are encouraged to submit an application to receive up to \$10,000 in matching funding from the Town under its Accessibility Grant. For more information or to apply, visit [whitby.ca/AccessibilityGrant](https://whitby.ca/AccessibilityGrant)



What's New on Connect Whitby

**Chelsea Hill Park** - the Town is getting a new local park in West Whitby on the east side of Marcel Brunelle Drive. View the proposed conceptual park design and complete a survey by February 6 to share your feedback on the playground design.

**Climate Change Master Plan** - complete new poll questions every two weeks to let us know how changing weather and climate change is affecting you. Your feedback will help shape the Whitby Climate Change Master Plan to help the Town prepare for future climate-related events.

Have your say on these topics and more at [connectwhitby.ca](https://connectwhitby.ca)

*Ski/Snowboard Goggles*

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Next Issue: Friday, February 11, 2022  
**Deadline: Friday, February 4, 2022**

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# Region to strengthen diversity, equity and inclusion

Brooklin Bafflers: by Liz Lowe

## Crossword

Durham Region is committed to translating words into actions and, in 2021, the Region placed a strong focus on diversity, equity and inclusion. It set a goal to lay a solid foundation centered on inclusive development through four goals and areas of improvement:

- Improve our understanding of diversity and deepen everyone's commitment to inclusion.
- Strengthen diversity and inclusion within our organizational culture.
- Engage staff in diversity and inclusion efforts, and foster opportunities for leadership, advancement and employee development.
- Identify and address barriers to inclusion in the delivery of Regional programs and services.

**The Durham Region Strategic Plan 2020 to 2024** places community vitality at the forefront. This involves helping to foster an exceptional quality of life with services that contribute to strong neighbourhoods and vibrant and diverse communities, and influences our safety and well-being. This includes building a healthy, inclusive community where everyone feels a sense of belonging.

Some of the key initiatives include:

- **Anti-Black Racism Pillar Report:** This report—which helps form part of the Region's Anti-Racism Framework—called for key priorities to be identified by the Region's diverse community of employees; it outlined how leadership and staff need to be change agents to confront anti-Black racism at the Region. Through three key strategic areas, the Region continues to take actions that include: encouraging staff to examine organizational cultural norms; reviewing complaint process mechanisms; assessing formal institutional policies; examining racism across Regional departments; providing updates; and connecting with external resources, among other activities.
- **Diversity, Equity and Inclusion Office:** Established a Diversity, Equity and Inclusion Office within the Office of the Chief Administrative Officer. Under the leadership of its director, this team helps ensure Regional staff are appropriately equipped, structured and supported to affect change on systemic racism and advance equity organizationally and within local communities. The team achieved several milestones in 2021, such as the

creation of an Anti-Racism Task Force; equity and inclusion competency training for staff and council members; and convened a variety of staff working groups to implement diversity, equity and inclusion strategies that address the needs of both employees and residents.

- **Durham Region Anti-Racism Task Force (DRART):** As part of the Region's commitment to develop and implement an Anti-Racism Framework, the DRART was created with a "hub-and-spoke" model. Membership includes community members with lived/living experiences who can address concerns of racialized groups in the Region; representatives from industry, association and public institutions; a Regional Councillor; and the Region's Chief Administrative Officer.

- **Internal activities:** To spark important dialogue across the organization, the Region created DEI working groups; introduced an anonymous staff reporting tool; hosted ongoing dialogue sessions with Black employees; and will be launching an employee census. The senior leadership team participated in a series of Indigenous Cultural Safety sessions which will help inform the development of the Reconciliation Action plan. In addition, a Let's Talk Series was launched to help educate employees about microaggression, allyship, gender diversity, Indigenous Culture, Islam 101, Truth and Reconciliation, Accessibility and the Shadow Pandemic. An anti-Black racism educational session was held for all levels of staff.

- **External activities:** Durham Region partnered with community organizations, local libraries and education institutions to host an anti-Indigenous racism series; and partnered with other municipalities to host an Anti-Hate Symposium for approximately 250 attendees. To highlight our commitment to inclusion, the Region installed a permanent location for the Mississaugas of Scugog Island First Nation flag at Regional Headquarters. A Drum Circle was hosted in recognition of Canada's first National Day for Truth and Reconciliation. Through a community partnership, Regional staff are helping to co-ordinate a Black History Month event in early February. In 2022, the Diversity, Equity and Inclusion Office will be launching an Accessibility Plan and begin working with Indigenous collaborators on the development of a Reconciliation Action Plan for the Region.

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Across

- 1 An omnivorous nocturnal mammal native to North America
- 8 Type of airship
- 13 Swell
- 14 Island country in the Caribbean
- 16 Thirds
- 17 Sustenance
- 18 Rolls up
- 19 Type of bath for treating rheumatism
- 20 Domesticated bovine animals as a group. Usage: archaic
- 21 A pint, maybe
- 22 "Holy cow!"
- 23 English exam finale, often
- 25 "The Last of the Mohicans" girl
- 27 Ring bearer, maybe
- 28 Type of substance
- 31 Stand in
- 32 Awakens
- 33 "60 Minutes" network
- 36 A very slow rate of speed
- 40 Certain theater, for short
- 41 Length x width, for a rectangle
- 42 Bakery supply
- 44 "Bingo!"
- 45 Computer monitor, for short
- 46 Acclivity
- 47 Ancient city buried by a volcanic eruption
- 49 Soft-shell clam
- 52 Hair salon stock
- 53 Plaids
- 54 Having the most horizontal surface
- 55 Lack
- 56 Gives advice to
- 57 Shell game player

Down

- 1 Second shot

- 2 The doctrine that all natural objects have souls
- 3 Purge of an ideology, bad thoughts, or sins
- 4 Transportable support designed to better protect infant and child passengers.
- 5 Tolkien creatures
- 6 Curved molding
- 7 1987 Costner role
- 8 A recently married woman
- 9 Follower of Mary
- 10 Cooling-off periods
- 11 (historical) a woman's cloak, gown or mantle
- 12 Any herbaceous plants whose leaves are cooked and used for food or seasoning
- 14 A clique (often secret) that seeks power usually through intrigue
- 15 Laments loudly
- 24 Shoots the breeze
- 25 Swindler
- 26 Blast from the past
- 29 Number systems which have 2 as its base
- 30 Catch a glimpse of
- 33 Victorian plumber who is often said to have invented the first flushing toilet
- 34 Be appropriate or necessary
- 35 Sent unwanted e-mail
- 37 Makes bubbly
- 38 Semiaquatic reptiles of Central and South America
- 39 Core
- 43 Less verbose
- 45 Gives up
- 48 Glazier's item
- 49 Alone
- 50 Perfume brand by Dana
- 51 European language





# SNOWMAGGEDON 2022

Thank you for sharing your photos with us!





# Brooklin's haunted house

By Jennifer Hudgins

The chill of an unseen heavy presence. Bathroom taps turning on by themselves. Cupboard doors opening and closing. Windows shaking on a calm day. The sounds of dragging footsteps in the attic.

It's not uncommon in small communities to hear tales of paranormal activity in older houses. They may be passed down from the loss of loved ones or through violent or mysterious deaths.

For the former residents of 5 Vipond Road, one of Brooklin's oldest historic landmarks, this house is indeed haunted.

The single-storey wood framed building was built in 1850 by pioneer physician Dr. Jonathan Foote where he and his wife raised their six children after they moved from their Oshawa residence. He was born in Cornwall, Vermont, in 1804 and graduated



from the Vermont Medical College in 1829, moving to Oshawa the next year. In 1835 he married Robina Dow, a daughter of one of the wealthiest pioneer farmers in Whitby Township. Dr. Foote had an extensive practice that cov-

ered the area from Scarborough in the west to Hope Township in the east.

### Family tragedies

To lessen his workload, he partnered with Dr. Henry Warren in

1861. One of Foote's daughters, Margaret, married Dr. Warren in 1864. However, the marriage ended tragically on July 11, 1872, when he took his own life. He left three children, the last of whom was born two months before his death.

As for Dr. Foote, the year 1884 was devastating. His son Henry died on August 14, his wife on September 2 and his daughter Helen on September 21. In November, 1885, one year after he sold the homestead to John Vipond, Dr. Foote himself passed away.

Vipond made some changes to the property, adding a second storey in 1924 and dividing the house into two apartments. One was for himself and the other for his aunts Adelaide and Elsie. While John Vipond died in 1926, the Viponds continued to live in the house until it was sold in 1955 to Jack Gray, a Toronto Globe and Mail journalist.

So then, what suggests the spooky nocturnal presence at the address? It was not until Gray sold the house in the 1970s that tales of haunting began to emerge. Renters attested to various unusual, seemingly impossible, phenomena, as described above.

Is there a supernatural presence at 5 Vipond Road?

## Plant-Based Eating by Sheree Nicholson



### To supplement or not

For as long as I can remember, people have claimed we need supplements as our soil quality is depleted and we're not getting the nutrients we need from food. Others say we should be okay if we eat a wide variety of foods, especially fruits and vegetables.

While I am not a dietician - my certificate is in plant-based nutrition only - I do recommend that when switching to a plant-based diet, you investigate what you need and ensure you get it, either through diet or supplements.

If you eat a standard North American diet, you get essential nutrients from animal-based products without much thought. For example, essential ones such as B12, iron, and protein come from meat, calcium from dairy and omegas from salmon. So when you eliminate these from your diet, you may worry and feel the need to supplement.

### Available nutrients

Except for B12 which comes from the soil, these nutrients are naturally available in plant-based sources as they're ingested by animals and then passed on to us when we eat meat. For B12, you must find a good supplement or eat foods fortified with it. Some even go for B12 injections to keep their levels up. I've not experienced a drop in B12 and I do have my levels checked regularly.

As a long time vegan, I look to my blood work to see what's happening in my body. My doctor and I discuss my plant-based lifestyle. If you decide to go plant-based, let your doctor know to ensure you get the proper blood work. I have an excellent relationship with mine, and together we pave a pathway to my future health.

It's easy to think that you're tired

and need to supplement, when all you need is some good sleep and downtime. There is certainly nothing wrong with taking supplements as, generally, the excess will pass through you as waste.

### Iron levels

I'm a runner and need to be mindful of iron since long strenuous



activities like running can affect iron levels. However, excess iron is not good for you. So I have my iron levels checked.

High performance athletes, for instance, may need more protein than the average person and can add protein shakes to their diets. If adding protein shakes to your diet, find a healthy vegan brand of

protein powder that is not overly processed. Or make one from a combination of hemp seeds, fruit and non-dairy milk. It's hard to have a protein deficiency if you eat enough calories. Protein deficiencies are rare in first world countries as we generally get more than enough calories.

If you have a vegan teen, watch out for veganism as a mask for eating disorders. They still need to eat a wide variety of foods; they cannot exist on lettuce.

**Sheree's hack:** To ensure you're getting a wide variety of foods, download the Daily Dozen PDF from the Veganuary website: <https://veganuary.com/wp-content/uploads/2020/11/dailydozen-checklist-US.pdf>





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Havery, a graduate of Niagara College’s Landscape and Horticulture Technician program, continues to give back to the industry by hiring trades students and supporting Landscape Ontario by sitting on its board.

He also believes in helping those within the community and gives generously to SickKids, Habitat for Humanity, Simcoe Hall Settlement House and Breast Cancer Research.

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## Whitby Gifts The Best Centre \$250,000

Whitby Council unanimously approved a pledge of \$250,000 over up to ten years to The Charles H. Best Diabetes Centre (Best Centre) on Columbus Road. The pledge is directed to the building on the Best Expansion Campaign with a goal of renovating and expanding the Centre.

The Best Centre announced the Building on the Best Expansion Campaign last May. With a goal of \$5 million, the Centre is working to raise funds to renovate and expand its current heritage site. The building expansion will include construction of a new Welcome and Reception area that will connect the two existing structures, as well as renovation of the main house.

### Major renos

It will also allow for a renovation of the two existing structures and an addition of a supplementary conjoining space. Upon completion, the new centre will have full first floor accessibility, 18 patient

counselling spaces, a new large event and education space, six meeting rooms, and an additional clinic room with a children's play area.

"Expansion is a necessity as we expect patient demand to double in the next five years" said Lorrie Hagen, Executive Director at The Charles H. Best Diabetes Centre. "The Town of Whitby has been supportive of our work for years. We are grateful for Council's ongoing support and this newest pledge demonstrates their belief in the importance of the Best Centre and the well-being of our residents."

The Building on the Best Expansion Campaign has the support of many community volunteers such

as Whitby Regional Councillor Liz Roy, who sat on the campaign Taskforce. "To see the Building on the Best campaign progress and garner support from the Town of Whitby is very special" stated Councillor Roy. "The Best Centre is an integral part of our community and expansion will not only benefit the residents of Whitby, but the entire Region."

### Mayoral support

Whitby Mayor Don Mitchell was present at the virtual announcement of the Building on the Best Expansion Campaign earlier this year. "We are proud to be home to The Charles H. Best Diabetes Centre," said Mayor Mitchell. "We

have been pleased to support their services and much needed expansion through our Community Development Fund in past years and now through a long-term pledge of this size."

The Best Centre delivers one-of-a-kind patient-centred healthcare exclusive to type 1 diabetes. As Canada's only stand-alone centre and charitable organization specializing in type 1 diabetes, the staff provides highly responsive and individualized care. The interdisciplinary care team includes registered nurses, dietitians and social workers who provide frontline healthcare and education throughout patients' lifetime.

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## MARKETING YOUR HOME FOR ALL IT IS WORTH!

### 2022 Brings More of the Same

People say the real estate market has been "unsustainable" for almost a decade now. The pandemic hasn't been enough to cool the market. With inflation hitting an 18-year high in October, the Bank of Canada is expected to respond by raising its overnight rate multiple times in 2022. The Big 6 banks have predicted the Bank of Canada will raise its overnight rate by one per cent by the end of 2022. Only time will tell what impact this will have on the market, but given current levels of supply and demand, a one-per-cent hike is unlikely to be a significant factor on sales or prices.

Chris Alexander, president of Re/Max Canada, anticipates a bump in activity ahead of rate hikes, but feels the Bank of Canada's "slow and gradual" response won't be much of a deterrent for buyers overall.

The Canadian Real Estate Association (CREA) projects the number of sales to drop by 12.1 per cent next year. With housing inventories at historic lows there will be fewer homes for sale. Canadians will have even fewer — yet more expensive — homes to battle over.

Industry experts have attributed the rapidly rising price of homes to the housing supply shortage, which was amplified by a notable spike in demand in 2020 and 2021. This is expected to continue, with 1.2 million people expected to

immigrate to Canada by 2023 and all of them need a home. With no major increase in listings or new construction expected, industry experts suggest market pressures could mount, putting ever greater pressure on prices.

By the end of 2021, 97 per cent of Canadian housing markets analyzed by RE/MAX Canada (37 out of 38) were expected to be seller's markets in 2022, characterized by low supply, high demand and rising prices. This is likely to continue in 2022, given that adding supply to the market isn't a quick fix.

**For an update on the market and how it affects the value of your home when you sell, Call us at 905.409.6730**

*We interviewed three real estate teams as part of the process, and Maurice and Eleanor won hands down. No flash in the pan from this team, just to the point and using their experience made us feel comfortable and confident. The King Home team gets a 5 out of 5. They are a professional team who guided us through the entire sale of our house. Eleanor was a godsend keeping us calm and reassuring us along the way. They were there throughout the process to answer our questions and provide guidance when needed. The staging team did an amazing job. This team goes above and beyond, kudos to both of you and your entire team. We would definitely recommend the King Home Team, and would use them again in the future.*

*Karen and Gary*

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Eleanor King  
B.B.S., B.Arch.  
Broker

Maurice King  
B.B.S., B.Arch.  
Broker

\*Existing homes + new construction, closed and pending for 2020. \*\* Photo similar to house to be built. Not intended to solicit those under contract.