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Come Join Us!



1st Year Anniversary

Saturday, November 10th

We would not have made it to this milestone without the support of our Community and Customers, so we would like to take this opportunity to show you our appreciation and thank you all for an amazing First Year.

Be sure to stop by for our free offerings, give aways, samples & tastes throughout the day.
We look forward to seeing you.

93 Winchester Rd. E (Behind Michael Kelly's)

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- Brooklin Juice Junction

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Ryan Doble Home Financing Advisor Brooklin Towne Centre (905) 703-5376 ryan.doble@scotiabank.com



*Registered trademark of The Bank of Nova Scotia. *All mortgage applications are subject to meeting Scotiabank's standard credit criteria, residential mortgage standards and maximum permitted loan



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Moving from meat.....page 3 Remembrance Day.....page 6



New Health Support For Whitby Firefighters

A new partnership between Whitby Fire and Emergency Services (WFES) and Wounded Warriors Canada will see the Town's fire-fighters and their families have access to new mental health programs and services.

The programs, offered by Wounded Warriors Canada, will build on the current mental health supports available to Whitby fire-fighters through the Town's employee Benefits Program and the Employee Assistance Program (EAP), the WFES peer support program, and the Regional critical incident stress team. They will help to ensure Whitby fire-fighters are healthy and able to perform properly as they work to serve the community.

Mental health is top-of-mind for WFES, especially this time of year. Throughout the month of

November, personnel will be wearing RED slip-on epaulettes (the small sashes worn on the shoulder of a first responder uniform which denotes their ranking) in support of the Wounded Warriors of Canada's "Slip on the Red" campaign.

The decorative pieces are being worn in recognition of all Canadian military and first responders - both of the past and present - who place themselves and their mental health at risk for others every day around the world. RED was selected to stand as an acronym for Remember Everyone Deployed.

WFES is proud to partner with the Wounded Warriors of Canada, a not-for-profit organization dedicated to bettering the mental health of Canadian Veterans, first responders and their families.

Less than half the picture: By Richard Bercuson



The Importance of the Legion

Through no fault of my own, I was sent to a prominent Montreal private school, which back then had a cadet corps, the last vestige of an obscure link to a distant time. From grade ten on, every student had to learn to march in itchy wool uniforms, ironed and spotless, and perform short order drills with a rifle

whose only lethal capacity was in

crushing bugs with its stock.

We marched through the school's fields every Wednesday afternoon in the fall, rehearsing for Remembrance Day parades. There we were with veterans from both world wars, presenting arms to various dignitaries, and otherwise feeling we were a supportive arm of the military when in fact we weren't even a fingernail.

The cadet corps and my dad's war service in Halifax bombers are my solitary first hand exposures to the military. Yet my respect for those in the service is and has always been immense. I was reminded of that recently during a brief chat at our local legion with its bar steward (NOT bartender!) Marika Roberts. She'd just celebrated one year on the job

and expressed how honoured she was to be to help veterans, whether through poppy sales or on the job.

The Legion organization, whose role is to assist and advise veterans, is struggling.

With fewer older veterans, newer ones are just not joining. As a result, numerous Legions across Canada have closed. Ours is not in such dire straits though its 1st vice president, Larry Sutcliffe, who spent 35 years in the army, does say the building could use major renos.

It's been the Legion's home since 1966 in what was once the Brooklin House Hotel. For 34 years, the Legion was actually in limbo until re-opening in the current location (thanks to former Whitby archivist Brian Winter for this information). Structural issues haven't deterred its membership from financially supporting a great many groups such as Meals on Wheels and hospitals. Sutcliffe says the Legion's poppy campaign has raised \$40 k to help various programs.

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(Town Crier)

"Proud to be a Brooklinite"
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905.655.7642

Email: brooklintowncrier@gmail.com

Next Issue: Friday, November 30, 2018 **Deadline: Friday, November 23, 2018**

Town of Whitby

November 9, 2018

UPCOMING EVENTS

Free Public Skate

Saturday, November 10 from 1:15 p.m. to 2:15 p.m. at Iroquois Park Sports Centre. Sponsored by Sky Zone.

Board and Committee Recruitment Community Open House

Thursday, November 15, from 6 p.m. to 9 p.m. at Town Hall. Drop in to learn about the more than 150 volunteer opportunities available on the over 15 advisory boards and committees. whitby.ca/notices

Christmas in the Village

Friday, November 23, from 6 p.m. to 8 p.m. at Grass Park, Downtown Brooklin. Holiday crafts, activities and more. whitby.ca/christmasinthevillage

whitby.ca/calendar

Council Meetings

Inaugural Meeting

December 3 at 7 p.m.

The meeting takes place at Town Hall, 575 Rossland Road East.

For more information, contact clerks@whitby.ca or 905.430.4315

whitby.ca/civicweb

News

Celebrating Youth Award Winners Announced

As a Platinum Level Youth
Friendly Community, the Town
is committed to engaging youth.
The 2018 Celebrating Youth
Awards were presented to
22 Whitby youth on Tuesday,
November 6, at a special
ceremony held in recognition
of their outstanding leadership
and positive contributions to the
community. For a full list of this
year's award winners or for more
information, visit
whitby.ca/youthevents

Notices

On-Street Parking Restrictions Now in Effect

The Town is reminding residents of the annual November 1 to April 15 restriction on all onstreet parking in Whitby between the hours of 2 a.m. and 6 a.m. In addition, the three-hour parking limit still applies.

whitby.ca/parking

Where to Pay Parking Tickets

The Town is reminding residents that parking tickets can be paid at either Town Hall or the new Garden Street Branch Office located at 3050 Garden Street, Unit 102 (Garden Street and Rossland Road). whitby.ca/parking

Stay Connected

Receive the latest news and notices to your inbox. whitby.ca/subscribe

Honouring Whitby Veterans

Remembrance Day events:

- Brooklin Legion Memorial
 Friday, November 9 at 1 p.m. at Luther
 Vipond Memorial Arena (67 Winchester
 Road East)
- Whitby Legion's Annual Parade
 Sunday, November 11. Starts at 10:15
 a.m. at the Branch (117 Byron Street
 South) and finishes at Cenotaph Park
 (111 Dundas Street East). Ceremony to
 follow at Fairview Lodge at 2 p.m. and The
 Colonial Retirement Residence at 3 p.m.
- Bells of Peace

Bells will be rung in Celebration Square 100 times at sunset to mark a moment 100 years ago when church bells rang to let Canadians know WWI was over. Ceremony begins at approx. 4:30 p.m.





Phone: 905.430.4300 Email: info@whitby.ca



continued from page 2

Then there's the new cenotaph which is to be moved to the front of the library from the Vipond Arena for next year's Remembrance Day. The work will cost \$73 k of which about a third has been covered by Veterans Affairs. Sutcliffe says the base of the new cenotaph will be done shortly

with the rest in the spring.

So when you buy a poppy these days - I've stopped fretting about the ones which fall off; I just buy more - keep in mind that Brooklin's Branch 152, like all of them, are there to support local organizations and, most importantly, those who serve our country. Is there a greater calling?

Plant-Based Eating by Sheree Nicholson



Moving from meat and meat replacements

a plant-based diet, you need to change how you think about food and how you replace meat.

Many of us have been raised planning our meals around what kind of meat we're serving. For instance, holiday celebrations are about turkey, ham or both. So if we take meat out of the equation, there's a hole on the plate.

A plant-based eating beginner generally thinks that, to replace meat, you merely buy meatless burgers, nuggets and expensive meat replacements. This comes from the fear of not getting protein and from traditional meal planning, which is meat first and vegetables second.

Moving from thinking about a meat replacement and planning interesting meals is the way to go. There aren't too many meat replacements that taste very good (though some do). I've also found that people who last on a plant-based diet stop searching for those elusive meat substitutes and move towards eating things like Buddha Bowls and more ethnic cuisine.

Many cultures live on little or no meat. As a result, there are great recipes for inexpensive meat-free dishes that are so full of interesting flavours and spices that you won't miss meat. Plant-based foods are higher in protein than you'd think so you really don't have to worry. It's easier to find vegan foods in ethnic restaurants than North America style ones.

meal, which makes it easy on busy nights. If you plan to double the recipe and freeze half, omit the collard greens and kale as they do not freeze well. You can always add them later when you're reheating the stew.

One-Pot African Peanut Stew

http://makingthymeforhealth.com/ one-pot-african-peanut-stew/

Yield: 6 servings Prep Time: 15 mins.

To be successful long-term on Cook Time: 45 mins (Total Time: 1 hour)

Ingredients:

- tablespoon extra virgin olive oil (optional*)
- onion, finely chopped (about 2 cups)
- ialapeno, cored and finely chopped (about 2 tablespoons)
- garlic cloves, minced (about 2 tablespoons)
- -inch knob fresh ginger, peeled and minced
- (about 2 tablespoons) teaspoon cumin
- 1/4 teaspoon cavenne
- tablespoons tomato paste
- large (1-lb) sweet potato, peeled and cut into 1-inch cubes (about 2 cups)
- 1/2 cup unsweetened creamy peanut butter
- cups vegetable broth
- cup water
- bunch collard greens, stems removed and chopped (can use kale) fresh cilantro, cooked brown rice, roasted peanuts and lime juice for serving

Directions:

In a large pot over medium heat, warm the olive oil. Add the onion, sprinkle with salt and cook for 3 minutes, until translucent. Add the garlic, jalapeño, ginger, cumin and cayenne then stir together and cook for about 2 minutes.

Next, add the tomato paste and stir together. Add the sweet potato, peanut butter, vegetable broth and water. Stir together then bring to a boil. Reduce heat to medium-low. cover and cook for 15 minutes. Add The following recipe is a one-pot the chopped collard greens to the pot, stir, then cover and continue to cook for another 15 minutes, until sweet potato is tender.

> Using the back of the spoon, mash some of the sweet potato to help thicken the broth. Boil uncovered for 5 minutes. Serve warm with rice and garnish with cilantro, peanuts, and lime juice.

> Sheree's hack: Cook twice the recipe and twice the rice and use leftovers as lunches or a midweek easy meal.

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Retirees Eager to Try New Hearing Aid

A new award winning hearing aid is now available for retirees! It is easy to use, looks great in the ear, and marks a MAJOR advancement in hearing technology!

At last. The hearing aid that thousands have wanted is now available.

The latest digital hearing aid technology solves the biggest challenge for hearing aid wearers-hearing well in noisy environments.

Nobody will notice it because of its minute size, fitting snugly and comfortably just behind your ear.

Everything works automatically. There are no controls to worry about and adjustments are easy to make-even from your smart phone. So you can get back to enjoying your relationships, rather than thinking about your hearing.

Because these new hearing aids collect and digitally processes natural, 360 degree sound thousands of times per second, they have been shown to reduce the strain that effortful-listening puts on the brain and even to improve recall from conversations in noisy listening environments.

In fact, these hearing aids improve speech understanding in background noise 30% better than even the previous top-of-the-line hearing aids.

Hearing professionals are celebrating the biggest advancement in 30 years of fitting hearing aids and patients credit it with providing a substantial improvement in their ability to communicate in large groups and noisy social settings. A hearing test takes less than 60 minutes, you don't need a doctor's referral, and there's no cost or obligation whatsoever.

Call now to try these hearing aids for yourself!

Call to book your FREE appointment or book your appointment online at:

HearingLife.ca/RetireesEager

Ajax

235 Bayly Street West Call Samia or Tomecca at

1-866-210-1484

Oshawa

470 King Street West Call Lyndsay or Abigail at 1-866-209-4784

Pickering

Call Jennifer at 1-866-209-1083

Whitby 604 Garden Street Call Karla at

1-866-209-5135





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Hearing tests are provided free of charge for adults ages 18 and older. Please see clinic for details. Offer not valid in Quebec. † http://hearinglife.ca/retireesresearch † https://www.oticon.ca/solutions/opn



GET INVOLVED!

2018 to 2022 term

The Town is looking for 150+ volunteers to support the 15+ boards and committees that advise Council on:

- Accessibility
- Heritage
- Active Transportation
- Sustainability
- Diversity
- And more!

Submit your application online today.

Application deadline: November 30

Questions? Contact the Office of the Town Clerk at clerk@whitby.ca or 905.430.4315

BOARDS & COMMITTEES SEEKING VOLUNTEERS:

Advisory Committees

- · Accessibility Advisory Committee
- Active Transportation & Safe Roads Advisory Committee
- Brooklin Downtown Development Steering Committee
- Downtown Whitby Development Steering Committee
- Ethno-cultural and Diversity Advisory Committee
- Heritage Whitby Advisory Committee

- · Whitby In Bloom Committee
- Whitby Sustainability Advisory Committee

Boards

- Ashburn Community Centre Board of Directors
- Community Connection Executive Board of Directors
- · Groveside Cemetery Board
- Spencer Community Centre Board of Directors

• Whitby Public Library Board

Quasi-Judicial Committees

- Animal Services Appeal Committee
- Committee of Adjustment
- Property Standards Appeal Committee

Special Purpose Committees

• Grants Review Committee



Blooming in Brooklin By Ken Brown

Wondrous Ainwick Gardens



I readily admit to having visited too many gardens during my career, which has left me a bit jaded.

It's why touring Alnwick Gardens in the north east of England during a recent trip to visit grand daughters was such a treat. Alnwick also has the second largest occupied castle in England, which we did not tour.

Located less than an hour from the Newcastle upon Tyne airport, Ainwick's extensive use of espalier was amazing. Espalier is a technique of training deciduous trees or shrubs, usually fruit trees, along wires or other supports to create a shape. This is often done to keep them flat against a wall or fence to increase the harvest with minimal use of space.

Tunnels and jets

Alnwick has taken the technique to entirely new levels. There were hundreds of metres of tunnels, about 3-4 metres tall, made from Hornbeam trees trained over wire supports. They were impressive even without most of their leaves. Many of these tunnels ran up both sides of a water feature called the Grand Cascade, which pushes over 7000 gallons of water per minute through a series of ponds down a hillside. Within these ponds are a myriad of jets that put on a rotating show of dancing water.

When we returned, there was much gardening to be done. Though no severe frosts here while we were away, the dahlias and colocasia were looking pretty sad. It was definitely time to throw their tops into the compost and dig up their tubers. They get packed in the paper from our shredder and stored in a large box in the cool part of the basement. They don't want to be really cold and certainly cannot freeze.

C-c-cold water

I've procrastinated on another chore that's now become unpleasant. All the vegetation in the ponds should be removed so that it doesn't just settle to the bottom and create smelly ooze. This means reaching into cold water and cutting the lily stems as close to the bottom as possible. Brrrr!!

The fish spend winter in the ponds happily nestled under the ice and kept alive by a small bubbler that pumps in fresh air to counteract the gases that the decomposing vegetation produces.

As the leaves fall, they'll be raked into windrows and then run over with the lawnmower to mulch them. The mulched leaves will then be spread over the surface of the vegetable and perennial beds. Not only is it great compost but it also provides homes for a lot of beneficial insects that want to overwinter in our gardens.

The garden centres have their bulbs on sale and it's not too late to plant them. On the next sunny day, plant some spring beauty.

Drop In and See Our New Look!

BROOKLIN OPTOMETRIC CENTRE

905.655.6200 • www.brooklineyecare.ca

Community Calendar

Sun., Nov. 18: Mt. Zion United Church's annual turkey supper

Seatings at 5:00 pm & 6:30 pm. Tickets \$18 for adults, \$5 for children 12 and under. For tickets, call (905) 649-5200. We are located at 3000 Concession 8 (just east of Salem Road).

Fri., Nov. 23: 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., Nov. 25: 12 - 4 pm - Christmas Market

At Brooklin Village PS. Hosted by Whitby Chiefs baseball team

Fri., Dec. 14 - Sun., Dec. 16: "Home for Christmas" - a Musical

At Brooklin United Church
Tickets \$20 for adults and \$12 for children
12 and under from eztix.com/christmas.

Show dates/times: Fri., Dec. 14 - 7:30 pm Sat., Dec. 15 - 3 pm and 7:30 pm Sun., Dec. 16 - 3 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

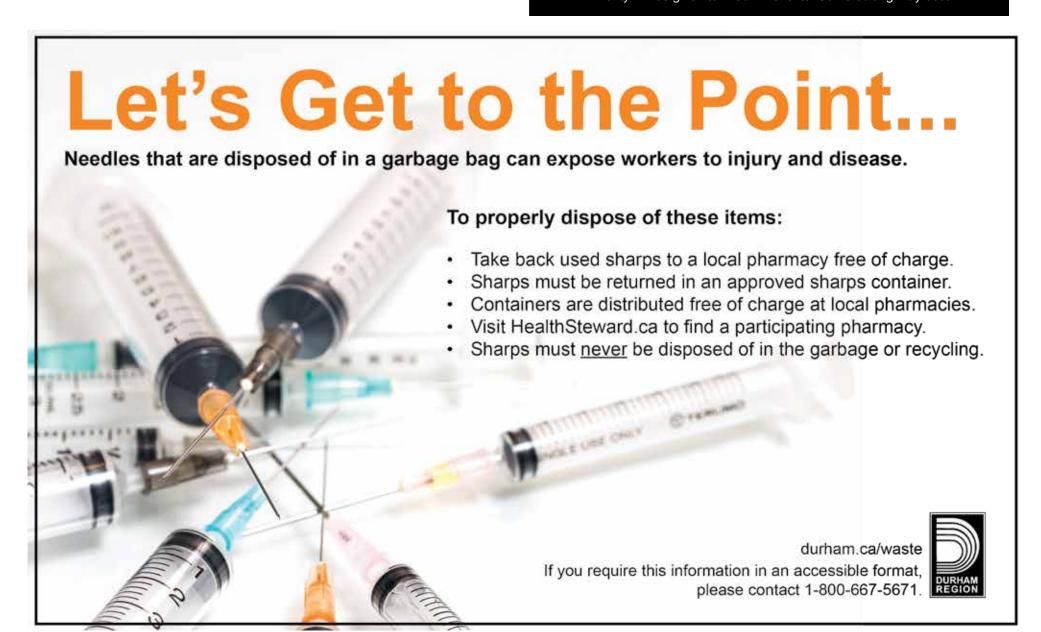
Practice public speaking at Brooklin Community Centre & Library. Contact John Johnstone at jajhj@sympatico.ca or phone 905-683-4439 or Patricia Romano at promano257@outlook.com or phone 905-626-7055.

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**

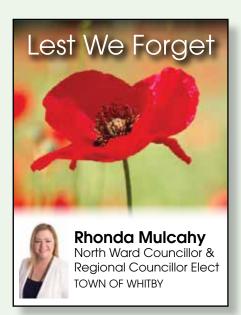
If you have a community not-for-profit event you would like included in the calendar, please email it to editorofBTC@gmail.com with the subject line "calendar." Priority will be given to Brooklin events. Some editing may occur.

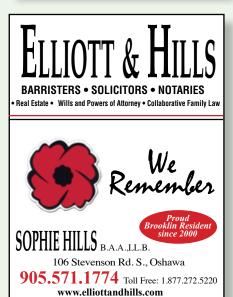


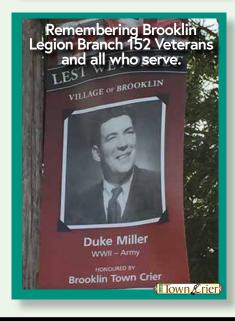


Friday, November 9, 2018, 1:00 p.m. at Luther Vipond

Memorial Arena



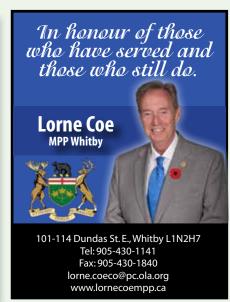


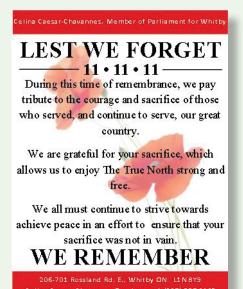




A moment of silence will be witnessed.

Wreath presentations will be made by local area schools and various community members. Come honour those who have fallen in the name of Canada.







The Brooklin Branch of the Royal Canadian Legion is a local long standing organization. Funds raised through Legion initiatives go to a wide variety of charities. From children's sports and school programs to senior's medical services, the Legion has been behind countless donations for the betterment of our community.



This year, when you see a local Legion representative promoting the Annual Poppy Campaign, please give generously. Poppy funds go towards helping our veterans and seniors as well as several others in the community.

Meet Your Local Merchant

Brooklin Village Dental

The power to change the world begins with a simple smile. Brooklin Village Dental Care is committed to helping patients achieve their best smiles through state of the art technology and onsite comprehensive care for specialized dental treatments, all under one roof.

First Impressions

Meet Dr. Peter Yao, who Village Brooklin opened Dental 2004. Care in Calgary, Originally from Dr. Yao received his BS Microbiology, before moving to Manitoba where he completed his Medical Dentistry Degree.

Patients are drawn to Dr. Yao's genuine manner and positive outlook. Dr. Yao served as a Captain with the Canadian Armed Forces for nine years, and practiced

"It was a great experience serving my country," says Dr. Yao, who is dedicated to serving all of his patients with compassion





"I like being in health care, ultimately because

and offering the very

best in quality care.

you are there to help people." Dr. Yao has lived in the Brooklin area with his family since 2003, and actively participates in local community events such as the Brooklin Harvest Festival.

Comprehensive Care

Brighten your day with a visit to Brooklin Village Dental Care and meet our amazing staff! Our friendly and knowledgeable team of dentists, hygienists, orthodontist and our periodontist, making it easier for you to choose a specialist you feel comfortable with so you and your family can

dentistry at the military base in Toronto. have all of your needs handled in the same building.

> Brooklin Village Dental Care provides unique onsite comprehensive services for you and

> > your family's dental needs, providing the latest dental techniques for pain free procedures! We also offer children and nervous patients with nitrous oxide for everyone and

BROOKLIN VILLAGE DENTAL CARE

conscious sedation for adults.

Brooklin Village Dental Care specializes in family & general dentistry, periodontics, oral surgery, cosmetic dentistry, and orthodontics all offered in a clean modern facility. Each room is equipped with cameras to explain the procedure so you can document your progress with before and after photos.

Our family friendly office is a digital, paperless environment, complete with a kid's zone with free video games and complimentary Wi-Fi for all patients!

Contact Us

Brooklin Village Dental Care is dedicated to making a difference, one smile at a time. We are always accepting new patients from Brooklin and surrounding areas. Schedule your next appointment with us today at (905) 655-7117, or stop in and say hello! Our office is located at 5969 Baldwin St. South. Our friendly staff is happy to answer any of your questions! You can also visit us online at: http://brooklindentalcare.com

Brooklin Village Dental Care is open Monday to Friday 9:00am— 8pm and Saturday 9:00am —5:00pm.

> Photos are from **Brooklin Village Dental's** 2nd Annual Free Dentistry Day held in 2017.

This community outreach provided dentistry to 45 people who would normally not be able to see a dentist.

