Spirit of

Giving

BRING IN 2 NONPERISHABLE FOOD ITEMS
AND RECEIVE FREE CUSTOM
WHITENING TRAYS!

THE FOOD ITEMS
AND RECEIVE FREE CUSTOM
WHITENING TRAYS!

WISIT US ON

VISIT US ON

THE FOOD

VISI

STEPH &ELLE

Just Sold!

3 Corvinelli Dr. Brooklin

It was such a pleasure choosing Steph and Elle Real Estate to list our executive home in Brooklin! We received amazing advice, understanding, patience and beyond personalized service. They helped

sell our home for 99% of asking price before it was even listed! They are hard working, professional and extremely knowledgeable. They took time to discuss any concerns or questions we had, and made the process seamless.

From the contacts that were recommended by Steph & Elle to get our house in beautiful condition, to their phenomenally talented stager, it was honestly just such a wonderful experience from beginning to end. They also had amazing photography and videography highlighting our home.

You ladies are absolutely incredible!

Call Steph and Elle to discuss your spring needs.

Happy Holidays!

Steph Mitchell & Elle Potvin

Sales Representatives, REMAX Rouge River Realty Ltd., Brokerage 905.441.7171

info@stephandelle.com





Seasons Greetings & Best Wishes for the Holidays.



Ryan Doble Home Financing Advisor Brooklin Towne Centre 905.703.5376 ryan.doble@scotiabank.com



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What a "feet"!

See story page 3



Highlights of this BTC

Holiday driving beloers nage 2	Brooklin Bafflerspage 5
, 3 1	Keeping holidays simplepage 6
. 3	How Whitby helps in winterpage 6
Stellar Drive Connector opens page 4	Trends and King Kalepage 7



Less than half the picture: By Richard Bercuson



Holiday Driving - Let Someone Else Do It

Instead of driving this holiday season, the BTC strongly recommends you stash the keys and use one of these services. (The Brooklin Town Crier does not endorse any particular company nor type of service.)

Note: A Designated Driver service will drive your car back from your location for a fee, with a companion car following.

#Taxi (#8294) - Mobile calls only The above number will connect you with the closest taxi service.

Fee is from \$1.25 to \$2.50 to make the call, depending on your cell car-

poundtaxi.com

Bell Taxi 905-668-8888 Belltaxi.ca

Circle Taxi 905-668-6666 circletaxi.ca

City Wide Taxi 905-579-9393 citywidetaxioshawa.com

DD4U 905-440-4469 Opens at 5 pm https://www.facebook.com/ DD4UDesignatedDrivingService/

DD Kingz Call 905-914-6703 Ask for Wally or Sheryl. ddkingz.com (Facebook link) Keys to Us 1-800-439-0339 **Keystous.com**

Taxi Taxi 905-571-1234 taxi-taxi.ca

Uber

For rates, visit: http://uber-rates-whitby-on-ca. uber-fare-estimator.com/

Have a wonderful, safe and happy Christmas and New Year! - Richard

D.R.P.S. Festive R.I.D.E. Campaign Updates

DRPS completed its fourth week of People received "3/7/30 Day Susthe Festive R.I.D.E program, stopping more than 1,500 vehicles and charging 22 drivers with drinking and driving offences.

Durham Regional Police Officers conducted R.I.D.E. checks in Ajax, Pickering, Whitby, Oshawa, Clarington, Scugog and Brock Township with the following totals: (2018 Festive R.I.D.E. stats from Week Four are in brackets)

1,573 (4,157) Vehicles stopped by R.I.D.E. 128 (115) People given Roadside Breath Tests 10 (12)

pensions" for registering a "WARN" 139 (N/A)

Mandatory Roadside Breath Tests 0 (N/A)

Person arrested for impaired as result of Mandatory Tests

1 (N/A) People received "3/7/30 Day Suspensions as a result of Mandatory Tests

0 (N/A) People given "Approved Drug Screening Device" Tests

Novice Driver received a "3 Day Licence Suspension" 22 (20)

People were charged with Drinking and Driving Offences

31 (32) **Criminal Code Offences**

66 (73) Charged with various Highway Traffic Act Offences

0 (1) **Drug Offences**

0 (1)

Cannabis Act offences

After the fourth week, the Festive R.I.D.E. team has charged 68 motorists for drinking and driving offences. Last year at the same time, 63 had been charged. Another 56 motorists have registered a WARN on a roadside screening device and had their driver's licences suspended for three days. Last year at the same time, 51 drivers had their licences suspended

for registering a WARN.

The R.I.D.E. Team conducted mandatory roadside breath tests again this week on the R.I.D.E. line. Every driver entering the R.I.D.E. line was given a breath test. Results are posted above.

A complete list of those charged with Impaired/Exceed are posted on the website www.drps.ca under Hot Topics.

Note: Under the Ontario Highway Traffic Act, anyone charged with a drinking and driving criminal offence will have his or her driver's licence suspended for 90 days and their vehicle impounded automatically for 7 days.

Town of Whitby

December 13, 2019

UPCOMING EVENTS

Youth Rooms

Youth ages 12 to 18 years are invited to drop in to any Youth Room on December 18 for holiday cookie decorating and for hot chocolate and marshmallows all month long! whitby.ca/youthrooms

Jersey Day

On December 19, wear your favourite hockey jersey or red as part of Rogers Hometown Hockey Jersey Day. Post a photo on social media using #WhitbyHometownHockey whitby.ca/hometownhockey

Free Public Skating and Swimming

Multiple skate and swim times and locations until February 1. Sponsored by Tim Hortons, Brookvalley Developments, Elexicon, CUPE 53, Trafalgar Castle School and Gerdau. whitby.ca/calendar

whithy.ca/calendar

Council Meetings

Council

December 16 at 7 p.m.

Public Meeting

January 13 at 7 p.m.

This dedicated public meeting is aimed at collecting resident feedback on development applications, initiatives and projects being considered or undertaken by the Town.

The meetings will take place at Town Hall, 575 Rossland Road East. For more information, contact clerks@whitby.ca or 905.430.4315 whitby.ca/civicweb

Notices

Downtown Parking Holiday Rates Get ready, winter shoppers! To make sure you have all the time you need to shop, parking rates at all on-street downtown metres have been reduced to \$1/hour until Tuesday, December 31. whitby.ca/parking

News

Paint the Town Red, Whitby!

Businesses, schools, minor hockey teams and community members are encouraged to decorate windows, storefronts or their lawns with a red Hometown Hockey theme as part of the 'Paint the Town Red' Contest. Deadline for entries is Monday, December 16. To register or for details visit whitby.ca/hometownhockey

Stuff a Bug Toy and Food Drive

From now until Saturday, December 21 residents are invited to bring new, unwrapped toys or non-perishable food donations to Iroquois Park Sports Centre to help fill an Owasco Volkswagen Beetle. The gifts will be distributed through the Salvation Army to local families in need. whitby.ca/news





The Town has launched a new "Find My Street" tool to help you better understand when the snow from your street will be cleared following a winter weather event. Find your street here:

whitby.ca/snow



Phone: 905.430.4300 Email: info@whitby.ca whitby.ca

Hockey Players Donate To Socks Brooklin

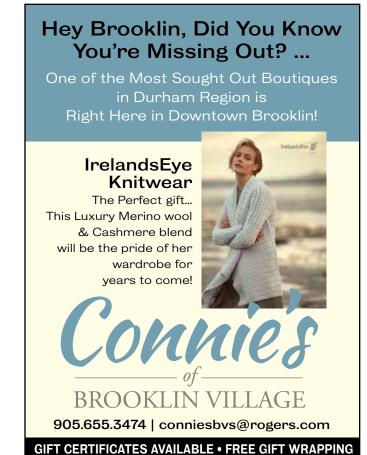
The Whitby Minor Pee Wee AA Blue hock- least donated items to these facilities. ey team, all but two of whom live in Brooklin, collected over 155 pairs of new socks recently for the children of Durham region. They've donated them to Socks Brooklin, a local chapter of an organization that provides socks to the homeless and needy.

The organization, which began just five years ago with the motto "Warming hearts by warming toes," has over 20 such chapters throughout eastern Ontario.

According to its web site sockswarminghearts.com, every month more than 800,000 Canadians rely on food banks, and socks are one of the most needed and

"Socks are more than an article of clothing to those who have so little," it states. "They offer warmth, health, a symbol that someone is looking out for them, ownership, and pride. Socks make the forgotten poor feel wanted and loved again."

Team members: Willem Serviss, Jake Lannegar, Noah Murray, Matt Tavares, Ethan Freshwater, Liam Hoben, Lucas Burley, Mikah Fryer-Wilson, Caleb Ryan, Ryan Marsh, Terry McDonnell, Ronan Miller, Brady Westlake, Ryker Babcock, Griffin Jannes, Michael Costanza and Christian Luciano





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(905) 655-2424 🚹 Orchid Salon & Medi Spa orchidsalon.medispa

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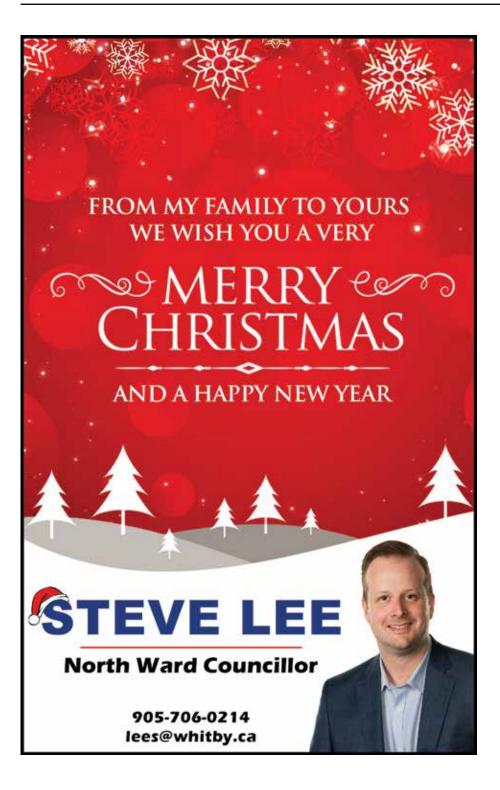


CLIP AND SAVE 10% OFF 1 SkinCeuticals Product *Valid until March 31/20*



Buy 2
'Skinceuticals Facials' for \$200 & Receive 1 FREE Dermaplaning





Stellar Drive East-West Connector Opens

The Regional Municipality of Dur- al road network as our community ham, Works Department is announcing the completion of a new east-west connector road, Stellar Drive (Regional Road 25), which runs between Thickson Road and Thornton Road South (just north of Champlain Avenue) in Whitby.

"I'm pleased to announce that Stellar Drive is now open to the public, creating another east-west connection option for south Whitby and Oshawa," says Susan Siopis, Commissioner of Works. "We'd like to thank local residents and businesses for their patience throughout construction as we work to grow our Region-

continues to grow."

Construction on Stellar Drive will continue in spring 2020 to complete boulevard work and restoration. Additionally, construction work on Champlain Avenue, from Stellar Drive to Thornton Road South, will be ongoing as crews work to reconstruct and widen the road. Drivers should expect lane restrictions on Champlain Avenue until fall 2020.

To learn more about this and other Regional construction, design and environmental assessment projects, visit durham.ca/WorksProjects.







Brooklin Bafflers: by Liz Lowe

Crossword

Across

- Chooses
- Naked Maja" painter 5
- Like some triangles
- Everything available; usually preceded by 'the'
- Balanced
- That which causes a loss of strength
- (military) a commissioned officer in the Navy
- Pass over
- Western tribe
- Theories
- Of a firearm
- 28 Stride
- 30 Select
- 32 Swelling reducer
- Persons who analyze a complex process or operation
- Delhi dress
- 42 Corn serving
- 43 Wise one
- Web browser entry
- Also called a con rod
- Kenyan tribesman
- 52 Pizazz
- 53 Man of many words
- 55 Flimsy
- Keen-eyed hunting dogs resembling greyhounds
- A clawed foot of an animal
- Expressing admiration and pleasure
- A prolonged period of time
- Exposed
- Two-door car
- Cherished
- 70 Managed
- 75 Bard's "before"
- Worn
- 78 The day before Christmas
- Nothing special
- Men who discriminate against or denigrate women
- Garage contents
- 87 Witness
- Form of ether
- A device providing a connection between a power source and a user
- "Halt!"
- Mannerly sort
- Really bad
- Type of controller who maintains and audits business accounts
- 104 Aesthetically pleasing
- 105 A paradoxical anecdote or a riddle that has no solution
- 106 More terrible
- 107 A short-handled shovellike utensil

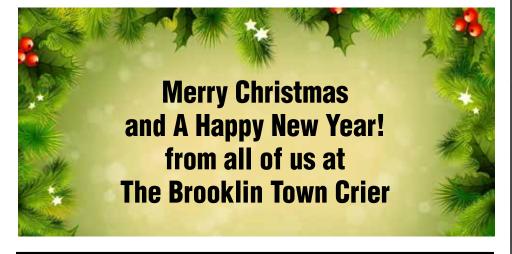
- into which dirt is swept
- 108 River to the North Sea
- 109 (informal) address, esp. an email address

Down

- Wise one
- Taro dish
- Having a thick woody stem and a crown of large fronds
- Day of the Dead prop.
- Mutation target 5
- Lab eggs 6
- Strong desire
- A song of devotion or loyalty
- Rig
- 10 Engine part
- Wanted-poster letters
- Mercifulness as a consequence

of

- being tolerant
- Wraps up
- A tropical Old World tree
- Transgresses
- **Pigpens**
- 19 Doo-
- 21 Whirlpool
- Police
- Reduced instructio set computing (acronym)
- International Civil Aviation Organization (acronym)
- Way up or down
- Sea swallow
- 30 Dinghy propeller
- Pudding fruit
- Search for Extraterrestrial Intelligence
- Highly excited
- Hosiery shade
- Rice (with raw fish) wrapped in seaweed
- Get into shape 38
- 39 Hurl
- Fill, as with a certain quality
- Antlered animal
- 47 Brother of Abel
- 48 Rank
- 49 Propel a boat
- 51 2004 Olympics site
- Stretched
- Oregon's capital
- 57 Prefix with phobia
- 58 Carpenter's tool
- 59
- "Tarzan" extra
- Where ships go
- Spiral-horned antelopes of the African bush
- Kind of engineer
- Singles 67





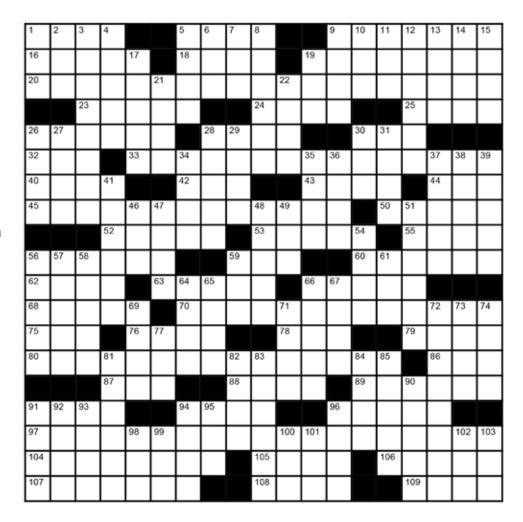
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Next Issue: Friday, January 10, 2019 Deadline: Friday, January 3, 2019



- The title assumed by Benito Mussolini in 1922.
- Gambling mecca
- An establishment on the waterfront where vessels are built
- Biblical twin
- A small rural town or village in South Africa
- That vessel
- Lively intelligence 81
- 82 Sell
- The drawing in of air (or other gases)
- Biblical pronoun

- 85 In good shape
- Old Roman port
- Large amount 91
- 92 Drive-
- Rolled items 93
- Jack-o'-lantern feature
- Common Market: Abbr.
- Kind of wolf Kitchen measurement
- 99 When a plane is due in: Abbr. 100 USMC rank
- **101** Taxi
- 102 Nancy Drew's boyfriend 103 Undertake



Rhonda Mulcahy

Deputy Mayor & Regional Councillor, TOWN OF WHITBY mulcahyr@whitby.ca | 905.706.0482

Our Brooklin Kids By Leanne Brown



Keeping the Holidays simple

It's so easy to get caught up in the holiday season and go overboard. Every year there seems to be a new thing to add to the lineup of traditions. I love the holidays so much but they often feel overwhelming. The pressure to deliver the Hallmark holiday recreation is just so full of expectations that it is impossible to get it done when you have a full time job and kids in activities.

So it was last year that I decided to simplify Christmas in our house. After the decorations were put up, I looked around and then took some down. It was all too much. Even though they'd only been up a few hours, I was already dreading the take-down process that would follow the holidays. But the reduction in décor felt right. The house looked tidier and there were fewer things dripping glitter on my floor. It was still beautiful but felt less chaotic.

Next I looked at the gift list. Yup, this too could be simplified. I spoke to my family and we decided to pick names for gifts with a spending limit. This was great. Now I had seven fewer gifts to buy. Plus, the extra time allowed me to really think about the gift I was buying for the person instead of the last minute gift card.

Then I considered the invita- you don't miss the extra stuff.

It's so easy to get caught up in the holiday season and go overboard. Every year there seems to be a new thing to add to the lineup of traditions. I love the holidays so much but they often feel tions. On some nights, we were expected at three events. We decided to pick one and did a quick stop at another. The third one was declined with a Christian mas card.

Now for the food. While I love to bake at Christmas, with our busy schedule, baking feels more like a chore. So I got a few friends together and we had a baking exchange. I baked dozens of the same cookies and received 11 dozen varieties from the exchange. I also suggested everyone bring a dish to share for Christmas dinner. It all worked out. I had more time to actually spend with friends and family and the holidays were as lovely as ever.

That year as we took down the decorations after Christmas, my daughter commented on how our simplified Christmas was really fun. Why, I asked. She explainedit was because I was there enjoying Christmas instead of running around, cooking or catering to everyone. "You seem happier, " she said. She was right.

So, lessons learned. Sometimes it's okay not to live up to the expectations of a perfect holiday. After all, when everyone is there, you don't miss the extra stuff.



Brooklin residents Deputy Mayor Rhonda Mulcahy and North Ward Councillor Steve Lee got a chance to ask Santa for some good things for Brooklin at Christmas in the Village in Grass Park last weekend.

North Ward Councillor - By Steve Lee

How Whitby Helps Us In Winter



Let's look at our snow removal. At this time of year, especially after a large snowfall, people have questions about snow plowing and the clearing of streets. I believe it's important to

build awareness among residents and local businesses about what to expect during major weather events and our services.

The Town of Whitby has, in my view, a very good service which exceeds that of some other municipalities. The staff works hard to ensure roads are cleared as quickly as pos-

sible to keep everyone safe.

One important Whitby website you should check out is **whitby.ca/snow.** This is a great one-stop source of information on the Town's winter maintenance standards and efforts.

We also offer a service for seniors to clear the ends of their driveways (ie. the windrows). More information is available at whitby.ca/windrow. Fill out the application if this service applies to you.

How to apply:

- 1. Pick up an application at the Whitby Seniors' Activity Centre or print one off from whitby.ca/windrow
- 2. Register in-person at the Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby.
- 3. Submit your application starting October 1.

If you require assistance with your application, contact Whitby Seniors' Services at **905.668.1424**

Here are two additional links to information to help you stay up-todate with weather information and being prepared for snow:

The Whitby Weather Desk: Subscribe now to receive updates from the Whitby Weather Desk at whitby. ca/subscribe.

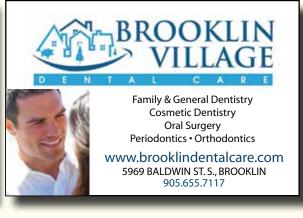
Find My Street: whitby.ca/find-mystreet

You can use the tool on this link to find your street and learn about how soon after a snowfall you can expect to have your street cleared. The tool also includes information about the sidewalks and trails maintained by the town throughout the winter.

As always, if you need more information, I'm always available to chat at 905-706-0214 or email me at lees@whitby.ca.











For more information about this feature contact the Brooklin Town Crier brooklintowncrier@gmail.com

Plant-Based Eating by Sheree Nicholson

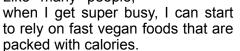


Trends and King Kale

Eating trends come and go. I've seen many recommended diets and

ways of eating in my lifetime. Many were fads that were dangerous and not grounded in science. Right now, while eating plant-based is a growing trend, there are many claims about plant-based that are just not true, the major one being that you'll lose weight. This seems to be, for many people, the pot of gold at the end of the rainbow, that there's an easy way to shed excess pounds.

It's just as easy to gain weight on a plant-based diet as on a meat-based diet if you choose nutritionally deficient, high fat, or sugary foods. I personally need to be careful on a plantbased diet as there was no miraculous weight loss for me. Like many people,



Be careful of portions

Restaurant portions are often huge, even in the plant-based world. If you're busy or don't like cooking and need to rely on these foods, you need to be careful. Ask for sauces on the side so you can add them in smaller amounts. Vegan mayonnaise is not healthier than a regular brand, so use it sparingly. You may also take home part of your meal for later.

The key to better health and weight loss is to choose nutritionally dense foods like leafy greens, kale, dark berries, and flax seeds, to name a few. These foods provide you with the much-needed vitamins and minerals your body needs. When we crave micronutrients, we often misread these as hunger signals and thus reach for fast or snack foods that aren't nutritionally strong.

Kale though is the king. It's high in nutrients, low in calories, and has protein. It's easy to use and freezes well. I use frozen kale in smoothies. I freeze it myself as it's less expensive. I don't chop it first as kale breaks apart easily when frozen. When used in a smoothie, frozen

kale virtually disappears.

Replacing lettuce

It can be added to your salads, chili, soups, and even to replace lettuce in a burger since it's relatively mild-tasting. Frozen kale is excellent when you want it to break down and make it disappear

into something like a smoothie. If you're adding kale to a chili or soup that you plan on freezing, it's best to skip the kale. You can add some later while you're reheating it. Kale that's frozen in soups and chilis can be a little slimy.

So then, just because it's say's plant-based on the label does not necessarily mean it's good for you.

Check out think for a great Kale salad recipe.

https://livewithspirit.wordpress. com/2019/11/23/serve-this-yummy-salad/

Sheree's hack: After cleaning your kale, place the whole bunch in a freezer bag or container for use in smoothies. No need to chop it!

Region Addressing Climate Changes

important strides towards addressing climate change risks and oppor-

"Municipalities have a critical role to play when it comes to climate change mitigation and adaptation. We are on the front lines of climate change impacts, which in Durham Region have included the recent flooding in some of our lakeside communities," said John Henry, Regional Chair and Chief Executive Officer. "As a leader in the community, the Region is taking steps within its own corporate operations, assets and facilities to help address climate change, and is eager to partner with others to enable and scale-up broader community-wide action."

Moving into 2020, the Region is focused on integrating climate action into economic and social development initiatives. The Region recognizes that, done properly, climate programs and policies will help reduce greenhouse gas emissions and extreme weather impacts, while also creating new jobs and business opportunities.

The region is building on a strong foundation of plans and programs, including:

- Durham Region Official Plan, which guides municipal decisions on long-term growth and development and includes considerations relating to environmental sustainability and low carbon climate resilience.
- Durham Community Climate Adaptation Plan (DCCAP), "Towards Resilience", a collaborative plan developed in partnership with local area municipalities, Conservation Authorities, and other stakeholders.

It received the Sustainable Communities Award from the Federation of Canadian Municipalities in 2018.

- Durham Community Energy Plan (DCEP), "The Clean Energy Economy in Durham", which outlines six programs for implementation, including a deep energy retrofit program for existing buildings, and an electric vehicle strategy which includes EV chargers at Regional Headquarters.
- · Waste management initiatives, including a landfill mining pilot, and approval

Durham Region has been making to develop an anaerobic digestion (AD) facility to divert organic materials from landfill to generate renewable energy through biogas produc-

- · Backyard tree planting program: in partnership with a non-profit organization, the Region is collaborating with local area municipal partners to expand the availability of this program in 2020.
- · Climate change mitigation and environment reserve fund: a \$5 million fund to support initiatives to enhance the Region's response to climate change and environment concerns.

Additional initiatives were made possible via provincial and federal support, including:

- Clean Water and Wastewater Fund: about \$33 million in federal and provincial funding has been approved for various Regional water and sewer projects.
- Investing in Canada Infrastructure Program (ICIP): about \$17.5 million in federal funding has been approved for various Regional transit projects, a large portion for the enhancement of Highway 2 PULSE, replacement and procurement of new fleet and commuter lot improvements.
- Ontario Municipal Commuter Cycling Program: approximately \$2.2 million in provincial funding has been approved for various Regional cycling projects, which aim to achieve greater levels of active transportation within the Region.

More information about the Region's initiatives can be found in report 2019-A-34 or visit the Climate Change and Extreme Weather section at durham.ca.

Community Calendar

Sun., Jan. 26: 7:30-9 pm: Trivia Night

At MichaelKelly's Eatery on Winchester and St. Thomas

\$20 per person cash only. Teams of 4-6 ONLY. Each team receives a large pizza and an order of garlic bread, with a beer per person. Winning team members each get a \$10 gift certificate to MK's. Register by emailing your name and number of team members to: editorofbtc@gmail.com Capacity is 42 people, so registration is first come-first served.

Hosted by the BTC with all proceeds to Prostate Cancer Canada Network (PCCN) Durham.

Tues., Dec. 24: 6:30-7:30 pm (4th Tuesday of each month) Teen Advisory Group at Brooklin

LibraryWhitby Library's Brooklin Branch seeks Teen Advisory Group members to share ideas, and assist with special events and programs. Grade 7-12 students earn community service hours. No registration required. For information, email: teenservices@whitbylibrary.ca

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 Elaine Goulbourne

289-404-8527 at elainegoulbourne@rogers.com

1st, 2nd & 3rd Tuesdays Community Care Durham (CCD)

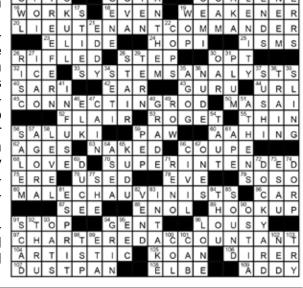
Basic Foot Care at St. Thomas' Anglican Church. 905-430-5732

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

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

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.







Brooklin

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www.mbjlawyers.com

Port Perry

229 Mary Street | Port Perry ON L9L 1B7 Tel (905) 985-4141

