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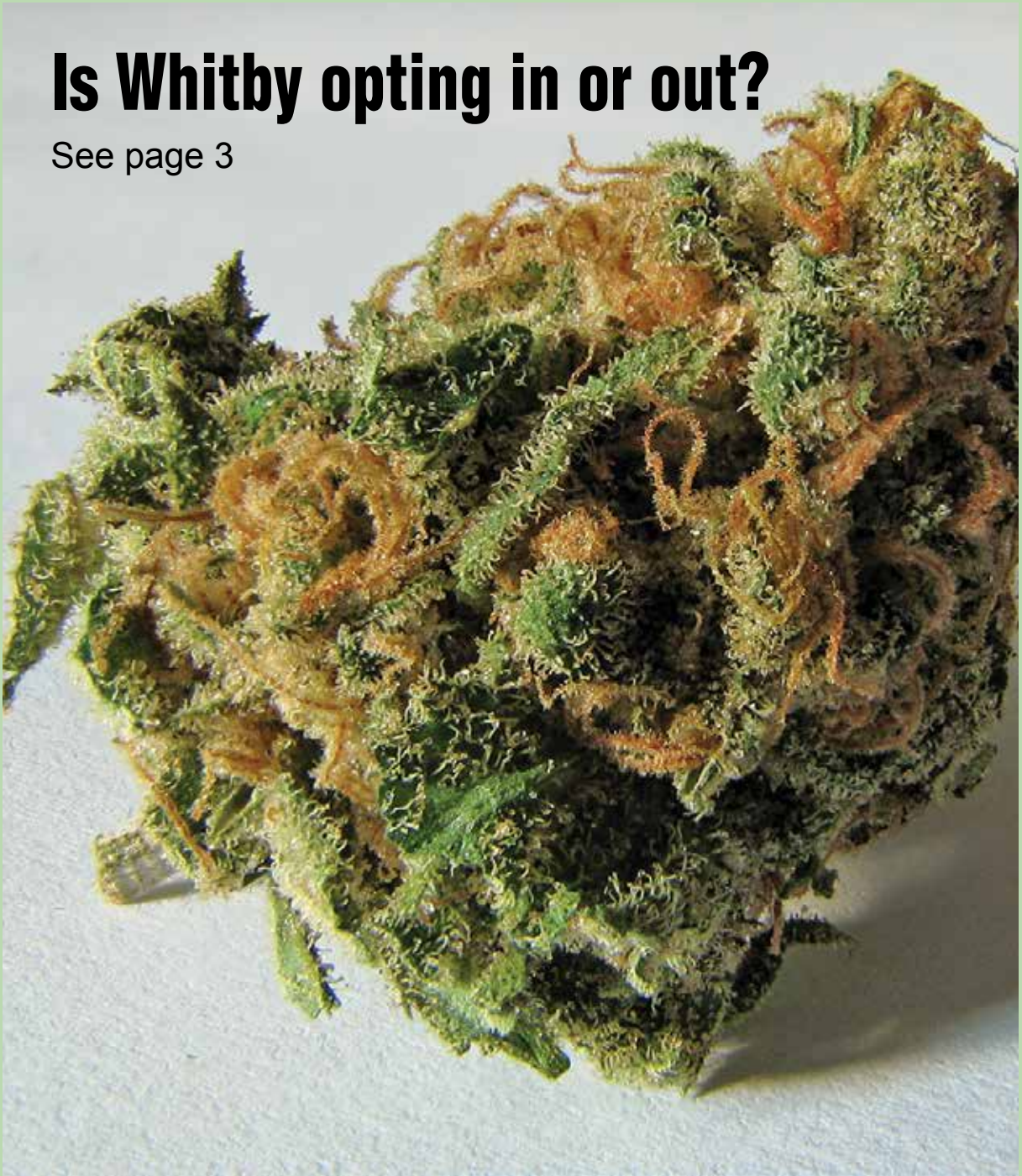
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Is Whitby opting in or out?

See page 3



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Welcome to the Clubhouse

Who’s Opted In/Opted Out?

from Alcohol and Gaming Commission of Ontario (A.G.C.O.):

Municipalities That Have Opted out (as of Jan. 15, 2019)

Township of Adjala-Tosorontio
Township of Blandford-Blenheim
Municipality of Bluewater
Township of Brudenell, Lyndoch and Raglan
Village of Casselman
Township of Centre Wellington
Township of Clearview
Township of Dorion
Town of East Gwillimbury
Township of East Zorra-Tavistock
Township of Emo
Town of Erin
Township of Frontenac Islands
Township of Georgian Bluffs
Township of Harris
Town of Ingersoll
Township of James
Municipality of Killarney
Township of King
Township of Lake of the Woods
Town of Lakeshore
Township of Lanark Highlands
Town of LaSalle
Township of Mapleton
City of Markham
Township of McDougall
Township of McKellar
Township of Melancthon
City of Mississauga
Town of Mono
Town of Niagara-on-the-Lake
Municipality of Northern Bruce Peninsula
Township of Norwich
Township of Oro-Medonte
Township of Papineau-Cameron
City of Pickering
Village of Point Edward
Municipality of Powassan
Town of Richmond Hill
Township of Sables-Spanish Rivers
Township of Severn
Township of Southgate
Township of St. Clair
Township of Tay
Town of Tecumseh
Township of Wainfleet
Town of Wasaga Beach
Township of West Lincoln

Municipalities That Have Opted in (as of Jan. 15, 2019)

Township of Alberton
Township of Algonquin Highlands
Township of Armour
Township of Armstrong
Township of Athens
Town of Bancroft
Municipality of Bayham
Township of Billings
Township of Black River-Matheson
Town of Blind River
Township of Bonfield
Town of Bradford West Gwillimbury
Township of Brock
Municipality of Brockton
Municipality of Brooke-Alvinston
Town of Bruce Mines
Village of Burk’s Falls
Township of Burpee and Mills
Municipality of Callander
Municipality of Calvin
Township of Carlow/Mayo
Township of Central Frontenac
Municipality of Central Huron
Municipality of Central Manitoulin
Municipality of Centre Hastings
Municipality of Chatham-Kent
City of Clarence-Rockland
Town of Cobalt
Town of Cochrane
Township of Dawn-Euphemia
Town of Deseronto
Township of Drummond/North Elmsley
City of Dryden
Township of Dubreuilville
Municipality of Dutton/Dunwich
United Townships of Dysart, Dudley, Harcourt, Guilford, Harburn, Bruton, Havelock, Eyre and Clyde
Township of Ear Falls
Township of East Ferris
City of Elliot Lake
Town of Englehart
Municipality of French River
Township of Front of Yonge
Town of Gananoque
Town of Goderich
Town of Gore Bay
Township of Greater Madawaska
City of Greater Sudbury
City of Guelph

Town of Hawkesbury
Town of Hearst
Municipality of Highlands East
Township of Hilton
Township of Horton
Town of Huntsville
Municipality of Huron Shores
Township of Ignace
Town of Iroquois Falls
Township of Johnson
City of Kenora
Township of Killaloe, Hagarty and Richards
Municipality of Kincardine
City of Kingston
Township of La Vallee
Township of Larder Lake
Town of Latchford
Town of Laurentian Hills
Municipality of Leamington
Township of Leeds and the Thousand Islands
City of London
Township of Lucan Biddulph
Township of Macdonald, Meredith and Aberdeen Additional
Township of Madoc
Township of Malahide
Township of Manitouwadge
Town of Marathon
Town of Midland
Township of Minden Hills
Township of Mulmur
Township of Nairn and Hyman
Municipality of Neebing
City of North Bay
Township of North Frontenac
Municipality of North Middlesex
Municipality of North Perth
Town of Northeastern Manitoulin and The Islands
Municipality of Oliver Paipoonge
Town of Orangeville
City of Oshawa
Township of Otonabee-South Monaghan
City of Ottawa

City of Owen Sound
City of Pembroke
Town of Penetanguishene
Town of Perth
Township of Perth East
Township of Perth South
City of Peterborough
Township of Plummer Additional
Township of Prince
Municipality of Red Lake
Township of Red Rock
Township of Rideau Lakes
Township of Russell
City of Sarnia
Municipality of Sioux Lookout
Township of Sioux Narrows-Nestor Falls
Town of Smiths Falls
Township of South Algonquin
Municipality of South Bruce
Township of South Frontenac
Township of South Glengarry
Township of South Stormont
Township of South-West Oxford
Town of Spanish
Township of Springwater
Township of St. Joseph
Town of St. Marys
Municipality of St.-Charles
Municipality of Strathroy-Caradoc
Village of Sundridge
Township of Tarbutt
City of Temiskaming Shores
Township of The North Shore
Town of Thessalon
City of Timmins
City of Toronto
Municipality of Trent Hills
Municipality of Trent Lakes
Township of Tudor and Cashel
Municipality of Tweed
Municipality of West Elgin
Municipality of West Grey
Municipality of West Nipissing
Municipality of West Perth
Township of Wollaston
Township of Zorra

Trivia Night Returns

Trivia night returns on the last Sunday evening of each month, beginning with Jan. 27, 2019. It will be held at MichaelKelly’s Eatery on Winchester Rd, starting at 7:30 pm when the restaurant will be closed to non-trivia night participants.

The monthly event begun by Carolyn Mathur a few years ago stopped when she moved away. Under her stewardship, the evening raised funds for Pulmonary Hypertension of Canada, a disease she’s dealt with herself. The new trivia night, hosted by intrepid Town Crier editor Richard Bercuson, will be a fundraiser for Prostate Cancer Canada. He is a survivor of that disease.

Teams of 4-6 people will compete for \$10 gift certificates (one per team member) and the title of Brooklin’s (temporary) Champions of Mostly Useless Knowledge.

Cost will be \$20 per person. Each

team will receive a large order of MichaelKelly’s renowned scrumptious pizza with a choice of four toppings, garlic bread, along with a beer for each person to wash it down. (None of this should be included in anyone’s personal fitness and nutrition plan.)

All proceeds will go to Prostate Cancer Canada Network (PCCN) Durham to help fund its activities.

To register for the event, which has a capacity of 42 people, please email: editorofbtc@gmail.com with Trivia Night in the subject line. Indicate the number of people on your team. Entrance is on a first come, first served basis.

Hint: Each event will feature questions about Brooklin, Whitby or even this newspaper. Participants are urged to read each issue, including the ads!

Traffic Blitz Produces Over 1,200 Tickets

A one-week traffic safety blitz around neighbourhood schools in Durham Region has resulted in more than 1,200 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 7-11, 2019.

During that week, officers issued 1,299 tickets for various driving offences in and around schools,

which included 872 tickets for speeding. Other tickets included 25 for stop sign and red light violations and 10 tickets issued for distracted driving.

The goal of the annual “In the Zone” 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

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Whitby Committee Recommends Opting Out

At Whitby Council's Committee of the Whole meeting on Monday, Jan. 14, Mayor Don Mitchell spoke to the motion to opt out of having cannabis retail in Whitby. Later, the committee voted 6-3 to recommend to council on Jan. 21 to opt out. The deadline for the decision is Jan. 22.

"This council is not in any way trying to turn back the clock on the legalization of cannabis," Mitchell began. "The previous council unanimously supported having a retail cannabis store in Whitby under the program presented by the Liberal government, which was in fact a very very good program.

"I believe the model of running it through government stores was a much better model. They were banning it on public sidewalks and they were working with us to get a fair share of revenue which is really important because this is going to be a significant revenue source. We need another sustainable revenue.

"Certainly I support the legalization of cannabis but I don't see why we'd support a regulatory regime that is significantly inferior to the one the previous government introduced. It

does not offer the same protections to our young people.

"We have zero control under this model. We were working with the previous government on suitable locations, on revenue funding, on government stores and instead we have this.

"I really think we should opt out, step back and take a breath and see what happens elsewhere. I just don't believe this meets our community standards, particularly with smoking on public sidewalks.

"When we have our open streets festivals, just think about it, where people are bringing their family members down, do you think that will help our downtown economy?"

"The attempt to normalize cannabis by treating it like tobacco is to me wholly misguided. Previous council said you had to treat it, at a minimum, like alcohol. At a minimum. And that's not here.

"Our job is to respect our community standards... I don't see anything in this that will do anything but reduce that pride."

Meanwhile, Oshawa...

Oshawa city council voted 7-4 to opt into having cannabis retail in that municipality. The vote took place on Jan. 10. Municipalities have until Jan. 22 to make their decisions.

According to Oshawa public report CNCL-19-01:
The results of a City survey indicate strong support (62%) in favour of Oshawa having private recreational cannabis retail stores. In favour comments cited the legality of recreational cannabis retail stores, convenience, economic opportunities/job creation, crime reduction, and existing rules and regulations in place.

Thirty-six percent (36%) of respondents were not in favour of having private recreational cannabis retail stores. Comments cited potential negative impacts on the city's and the downtown's image/reputation, increased access to cannabis by youth, increased addiction and crime/social issues, online availability, preference for the previous government's L.C.B.O. model, negative health impacts, loitering outside store locations, road safety and

product odours.

A small percentage, 2% of respondents, indicated they were unsure whether the City should have private recreational cannabis retail stores, with comments referencing a "wait and see" approach.

Based on the number of respondents that partially or wholly completed the optional demographic questions:

- Of the 405 respondents that answered the question "how old are you", all responses were received from those aged 19-65+ with the bulk of responses (109) coming from those aged 35-44 (26.9%).
- Of the 271 respondents that voted "Yes", 259 indicated their age group. The age breakdown ranged from 19 to 65+, with 67% 19-44 years of age and 33% being 45+. Of the 155 respondents that voted "No", 138 indicated their age group. The age breakdown ranged from 19 to 65+, with 35% 19-44 years of age and 65% being 45+.

More About The Surveys (from Whitby Staff Report LS 02-19)

Telephone Survey

In summary, 48% of respondents (196 people) opposed private cannabis retail stores in Whitby. This result is the total of those respondents who indicated that they either somewhat opposed or strongly opposed private cannabis retail stores. 33% of respondents (135 people) supported private cannabis retail stores. This result is the total of those respondents who indicated that they either somewhat supported or strongly supported private cannabis retail stores. A further 15% (63 people) neither opposed nor supported such stores, with 5% (19 people) unsure.

Please note that the total percentages may not add exactly to 100% due to rounding.

Online Survey

In summary, 51% (1,135 people) opposed private cannabis retail stores in Whitby. 43% (946 people) supported private cannabis retail stores. A further 5% (108 people) neither supported nor opposed such stores, with 1% (30 people) unsure.

The online survey revealed that a high percentage of respondents (95%) were aware of the impacts of cannabis legalization, however 55% of respondents had some level of concern with the way that cannabis legalization was being handled.

One conclusion that can be drawn from this result is that there is a high level of public engagement with cannabis legalization, but a majority of the public remains concerned with how the federal and provincial governments are handling legalization. This is a concern shared by staff, with the changes to Ontario's cannabis sale regime under Bill 36, and the resulting uncertainty as the province attempts to regulate cannabis sales months after legalization – well after all other provinces have achieved a coherent sales model.

Opposition to stores

The online survey also highlighted a number of reasons about the opposition to private cannabis retail stores. Respondents who completed this survey and who were opposed to the private cannabis retail stores had a number of options to indicate why they were opposed. Respondents were able to choose one, some, or all of the presented reasons, and were also able to submit other reasons for their opposition.

The reason that was selected the most was the inability of the Town to regulate the location of private cannabis retail stores (31% or 684 people), followed closely by a lack of meaningful funding from higher levels of government (31% or 683 people). The inability of municipalities to cap the total number of cannabis retail stores (29%) or the hours of operation (24%) were also cited as reasons in opposition.

Other submitted reasons for opposing cannabis retail stores included:

- the private retail model is not the correct choice and the sale should be handled by the LCBO or a government-run store;
- concerns about social impacts of retail sales, especially to minors, and the normalization of cannabis among youth;
- the lack of municipal control over how the stores can operate;
- a general negative opinion of allowing privately-run cannabis retail stores;
- doubts about the effective municipal or provincial enforcement of cannabis related offences/issues;
- the unknown health impacts associated with recreational cannabis usage (including second-hand smoke);
- safety concerns associated with cannabis retail stores (individual safety and those of the neighbourhood or community at large);
- not wanting Whitby's image as a "safe and family-oriented place to call home" to be associated with a retail "cannabis culture"; and
- general opposition to cannabis legalization.

In favour:

Survey respondents in favour of cannabis retail stores were also able to provide comments about their support.

The reasons for such support included:

- general support for privately-run cannabis retail sales;
- the fact that cannabis is legalized, and stores should be allowed to open to meet such legal demand in a safe and controlled environment;
- the need to take an active role in how cannabis is sold in Whitby (subject to proper local controls, such as zoning and licensing);
- easier access to cannabis for those with health or medical needs, and its benefits instead of opioids and other pain relievers;
- additional tax revenue for the Town;
- creation of new jobs in Whitby in the cannabis retail sector;
- helping to push out the existing illegal "black market" sellers of cannabis in the community; and
- the need for Whitby to be an innovative, economically vibrant municipality that supports the safe and legal "cannabis culture".

Another group of comments were cautiously supportive of cannabis retail stores, but advocated delaying approval. These comments suggested opting out now, while watching how other municipalities handle and are impacted by retail sales. Commenters suggested that using such experience will better inform how Whitby should handle retail stores if it decides to opt in at a later date.

Coming Soon!
The Return of
Yes Woman



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Next Issue: Friday, February 1, 2019
Deadline: Friday, January 25, 2019

Less than half the picture: *By Richard Bercuson*



Opt is Pot misspelled

Had I not had her registration form on my desk, I'd have guessed she was perhaps 40. She looked worn and tired though her clothing was clean and almost fashionable, gifts from parents who, she admitted, were appreciative of her efforts to clean up - three times. In fact, she was barely 30.

We chatted and I learned more about her than I'd expected her to admit to. Like so many personal sagas I heard during my adult education stint, hers was compelling. A daily fight to regain control of a life spinning wildly, scraping for dollars and sometimes food, all to feed the voracious drug machine she'd become. From cigarettes at 12 to marijuana as a teen to coke and heroine by the late teens till finally, on the brink of doom, she awoke. Now she sat in my class, off near a window to suck in clean air, dragging herself through the English course. "Not nearly as hard as what I've been through," she once said.

One morning, a young fellow, a regular student, traipsed in, flung his leather coat over the back of his seat and then collected his marked work. He returned to his desk at a diagonally opposite point in the room from the young lady, a fair distance. Within seconds, the woman rose and sauntered over to me, indicating she wanted to have a word. With tears welling up, she said she had to leave right away. Why? Are you feeling okay, I asked, wondering if some relapse was happening.

No, I'm fine, she said. But the kid who came in with the leather coat reeked of pot. The very smell (which I hadn't yet caught) would send her into a relapse. She had to leave, which she did.

I asked the fellow to come into the hall with his coat which indeed was rank with the smell. I told him what she'd said and that he had to leave, too. I doubled as back up Vice Principal and could play that card. He

denied smoking up before school, that the jacket was hung next to his roommate's in the closet, which would explain the smell. Sure, I said - he knew I knew it was a crock - but we can't have that smell here. Zero tolerance policy aside, that young lady might spiral back to who knows what and I'm sure you wouldn't want that on your conscience.

He nodded and left, returning the next day smelling just fine. She

returned, too, and completed her course and a couple of others. They never went near each other.

Before that and similar stories, I might - might - have felt differently. However, given those, I did not support legalization, just decriminalization. On the recent Whitby survey, I voted to opt out. It may be somebody's want, though an unnecessary one. And it does fill a medicinal need for some. Otherwise, nope...

Cannabis Survey Results: Whitby Wants Out

Whitby Council conducted a survey in December as part of its fact-finding to adopt one of the two options, on whether privately-operated cannabis retail stores should be permitted in Whitby.

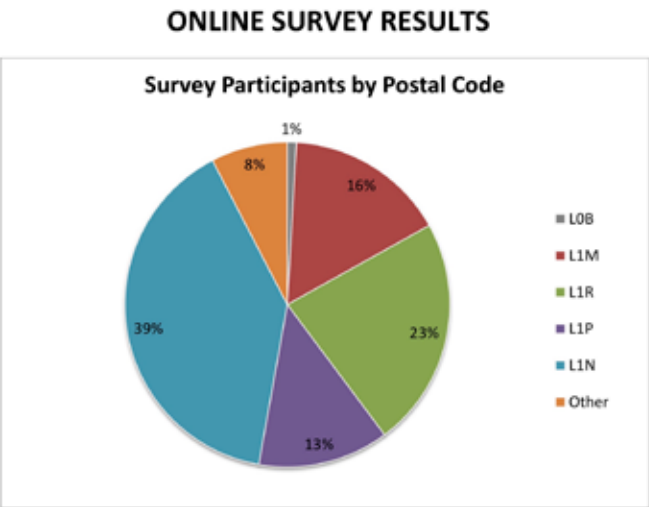
Telephone survey
Beginning on December 14, 2018, Forum Research conducted a telephone survey of people who live and/or work in Whitby to determine their support or opposition to private retail storefronts selling cannabis in Whitby. As part of the survey, 412 responses were collected. The survey results were deemed to be statistically accurate $\pm 4.83\%$, 19 times out of 20.

• Of those respondents, 48% (196 people) opposed private cannabis retail stores in Whitby. 33% (135 people) supported private cannabis retail stores. A further 15% (63 people) neither opposed nor supported such stores, with 5% (19 people) unsure.

Online survey
An online survey hosted on the Town's website was also conducted between December 13 and 28, which received 2,219 responses. Of those surveyed, 96% of the respondents indicated that they lived and/or worked in Whitby.

• Based on the online survey results, 51% (1,135 people) opposed private cannabis retail stores in Whitby. 43% (946 people) supported private cannabis retail stores. A further 5% (108 people) neither supported nor opposed such stores, with 1% (30 people) unsure.

Who's opting out
As of the date this report was written, within the GTA, only Toronto has agreed to allow private recreational cannabis retail stores. Markham, Mississauga, Richmond Hill, King Township, and Pickering have opted out. If Council wishes to opt out of the



Note that Brooklin is LIM and Ashburn L0B.

private retail model, they must do so by passing a resolution directed to the AGCO on or before January 22, 2019. Should a municipality fail to pass a resolution opting out by the deadline, the AGCO will consider that the municipality has no objection to cannabis retail stores, and such a municipality will automatically be considered to have opted in.

Should Council wish to opt out of the private retail model initially, they may later choose to opt in. However, if the one-time opt out is later reversed, the decision to opt in then becomes final.

Limit to provincial outlets
Under new regulations to the Cannabis Licence Act, 2018, and due to a claimed shortage of supply, the province is initially allocating only 25 Retail Store Authorizations in Ontario. In the GTA, five stores are allocated to the City of Toronto, with six stores to be shared in the remainder of the GTA. Cannabis retail stores cannot be located in a municipality that has passed a resolution prohibiting cannabis retail stores from being located in the municipality.

Regardless of whether Council chooses to opt in or out, the Town and other Ontario municipalities require revenue fairness from the province and the federal government. Whitby should receive a fair share of cannabis revenues and/or the ability to levy cannabis sales taxes, to provide guaranteed, sustainable, and meaningful funding from cannabis legalization, similar to the experience of local governments in Colorado.

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Meet Your Local Merchant

For the Love of Dog Wellness Centre

The property, house and other buildings at the **Love of Dog Wellness Centre** on the northern reaches of Brooklin are festooned with signs evoking one key message: You gotta love your dogs!

And if you do, then, says Su Steiner, the Centre's manager, you want to provide them with the best.

At one time, Steiner and her colleague Dave McDonald took in rescue dogs which had suffered the most extraordinarily difficult experiences. Ravaged by illness and neglect, they nursed about 1800 dogs to health through a combination of diet and, well, wellness activities.

Addressing common physical problems
Steiner says on their website **ForTheLoveOfDogWellnessCentre.ca**, "I started this company after getting into the dog day care and boarding business and found virtually all of our client's dogs had physical problems, from allergies to digestion to immune system, chronic ear infections, arthri-

tis and hair loss to name a few."
Since then, and having learned valuable lessons on what dogs need when you love them, they've transformed the grounds into a place where they believe a raw food diet and proper (and fun) exercise will keep your pet happy and healthy. "We literally have a 100% success rate fixing all kinds of problems," she adds.

Diet is the focus
The Love My Dog Raw Diet is the centre's focus. Dog lovers can order food online or visit the centre (by appointment). The raw diet, Steiner claims, is the only way to feed your dog and to that end the centre will educate owners on its many benefits.

In addition to the raw diet, The Wellness Centre will open an off leash dog park on its premises. Owners will be interviewed to

ensure a fully safe environment. For that and much more, owners will pay a monthly membership fee beginning at \$60/mo to start (about \$2-2.10/day). For more information about the dog park facility, which includes a digging pit and "swimming pool," check out the Centre's Facebook page at: <https://www.facebook.com/groups/248327475885876/?ref=bookmarks>

Please note that to be a member of the off leash dog park will require attending an orientation on Feb. 2 at 10 am.
To learn more about the Wellness Centre, raw food diet or dog park, contact Su at info@lovemydograwdiet.ca.



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For more information about this feature contact the Brooklin Town Crier at 905.655.7642

Our Brooklin Kids *By Leanne Brown*



Taking stock as hockey winds down

Here we are with minor hockey about to head into the playoffs. Where did the season go? For some teams this will cap a successful season. For others whose season wasn't so great, it will end a season of growth and development.

Whatever the situation or outcome, it's a great time for families to take a step back and look at their commitments.

As hockey winds down, take a few moments to reflect on what's next. For us, it's about getting ready for tryouts and shifting attention to other sports for the spring and summer.

Taking a break

For many kids, it's also time to take a break from their main sport. Multi sport athletes usually enjoy the break and the challenges of new skills. Others will discover it's a great time to do some extra development - as long as it's fun.

But if your child is wondering about wanting to continue in a sport, perhaps it's time to talk to them about what they want to do next season before you make a commitment.

A few years age, we did this with our

daughter. She loved gymnastics but wasn't ready to train all year round. At the same time she'd been progressing in another sport. A quick chat revealed she really wanted to do more of the new sport. So we cut back on gymnastics and added more skating lessons. Eventually the gymnastics faded away.

New interests

If they're developing new interests and want to try new sports or activities they've been introduced to at school, this is the time to explore it more.

It may not be their love of the sport that's waning but rather they've discovered they need to pay more attention to school work.

Or, it might be the people involved in their sport who impact their interest. A wonderful coach or teammates can make a big difference. Be sure to explore this, too.

So use the end of the season to take stock. Your kids aren't the only ones who will appreciate the effort.

Meanwhile, good luck in the playoffs!

Call for 2019 Whitby Idol Applicants

The Town's 2019 call for Whitby Idol applicants has begun.

Until Thursday, January 31, Whitby youth ages 12 to 18 are invited to apply (as individuals or groups) for Whitby Idol – the Town's annual singing competition that showcases the vocal talents of local youth. Interested youth can apply online at whitby.ca/youthevents.

Auditions will be held at The Music Scene, 1916 Dundas Street East, on Monday, February 13, from 5 p.m. to 10 p.m. Select finalists will be in-

ited to perform live at the Whitby Idol Finale on February 27 and at various Town events throughout the year.

Whitby Idol is presented by the Whitby Youth Council, youth and adults from local schools, agencies and organizations who work together to address the needs of Whitby youth.

For more information, visit whitby.ca/youthevents or call 905.430.4300 x6521

Celebrate Family Day 2019 in Whitby

Residents and visitors are invited to spend time together and celebrate Family Day in Whitby on Monday, February 18, with free, family-friendly activities being hosted at five Town facilities.

Between 10 a.m. and 4 p.m. residents can enjoy:

- Free swimming, skating and family fitness classes including Zumba and Taekwondo;
- Two screenings of "Incredibles 2" and free popcorn at the Brooklin Community Centre and Library;
- Free kids' crafts and activities at

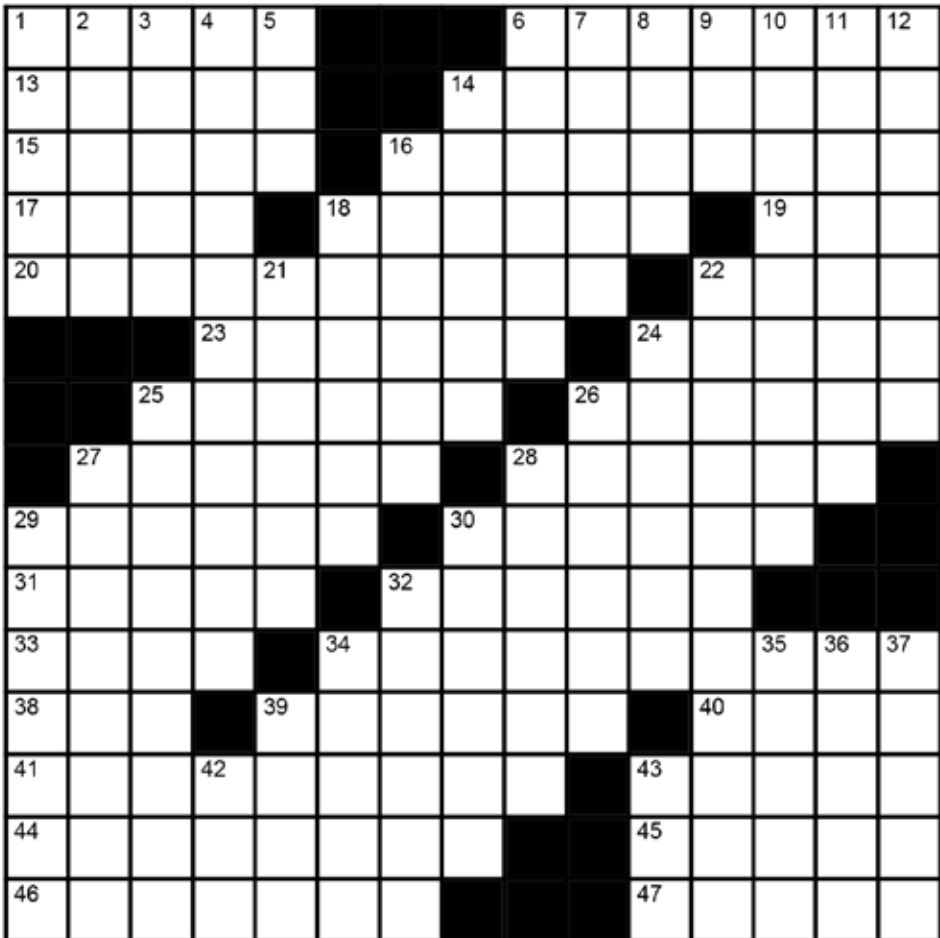
the Whitby Civic Recreation Complex; and

- Face painting, balloon art and more at Iroquois Park Sports Centre.

Other free activities will take place at the following Town facilities: Iroquois Park Sports Centre, Whitby Civic Recreation Complex, McKinney Centre, Luther Vipond Memorial Arena, and Brooklin Community Centre and Library. This year's event is proudly sponsored by Scotiabank and Trafalgar Castle School.

For more information, visit whitby.ca/familyday.

Brooklin Bafflers: *by Liz Lowe* Crossword



Across

- 1 Buzz off
- 6 Made or formed in a particular way
- 13 (Greek mythology) the Muse of lyric and love poetry
- 14 Pertaining to the goitre.
- 15 A doctrine or code of beliefs accepted as authoritative
- 16 One of the four major ypes of

Down

- 17 cancer (used as a sentence connector) therefore or co sequently
- 18 A unit of astronomical length equivalent to 3.262 light years
- 19 To a considerable degree; very much
- 20 Strengthened or made more firm.

- 22 A very short skirt
- 23 Work table of a machine tool
- 24 An angry dispute
- 25 A member of Christian group practising celibacy and communal living
- 26 Formerly the basic unit of money in Spain
- 27 Mentally quick and resourceful
- 28 Characteristic of country life
- 29 To set the level or character of
- 30 Auras
- 31 Fall-blooming herb with showy daisylike flowers
- 32 Toward or located in the north
- 33 A large open vessel for holding or storing liquids
- 34 In spite of everything
- 38 Metal in rocks
- 39 Wanderers.
- 40 Busy or occupied with
- 41 Turtles.
- 43 Smile contemptuously
- 44 New World woodland birds having brightly coloured males
- 45 A substance that exerts some force or effect
- 46 (hunting) catch in or as if in a trap
- 47 The basic unit of money in Mexico

Down

- 1 Ceremonial dinner on the first night of Passover
- 2 The number that is represented as a one followed by 7 zeros; ten million
- 3 A subgenre of reggae that incorporates hip hop, rhythm and blues and sampling
- 4 Environments or surrounding influence.

- 5 Extinct flightless bird of New Zealand
- 6 Exacerbate
- 7 To seive (food) to the consistency of small starchy grains.
- 8 Of or relating to near the ear
- 9 Ashes holder
- 10 The state of being goofy.
- 11 The quality of being human
- 12 The wife or widow of a czar
- 14 A band worn around the leg to hold up a stocking
- 16 39th President of the United States
- 18 Having reached the highest point.
- 21 Let saliva drivel from the mouth
- 22 Large (60 to 80 pounds) sport fish of North America
- 24 Load anew.
- 25 Floozies.
- 26 Draught horses.
- 27 Relating to abdominal delivery
- 28 Type of: capacitance unit
- 29 An old formal French dance in quadruple time
- 30 Navajo lodges covered with earth
- 32 Make soiled, filthy, or dirty (archaic)
- 34 A decoy who lures customers into a gambling establishment
- 35 Type of: fencing sword
- 36 A method of writing apidly
- 37 Category of things distinguished by some ommon characteristic
- 39 Kamarupan languages spoken in northeastern India and western Burma
- 42 Moving fast by using one's feet
- 43 Deplete

Blooming in Brooklin By Ken Brown

Longer Days Lead To Seeding



The days are getting longer. In fact we're enjoying about two minutes more per day of daylight. So by the time you read this we'll have gained almost an hour from the winter solstice. That extra hour can convince us gardeners there's hope for a new gardening season. We should start looking through seed catalogues and planting the earliest ones under our lights.

With flowers, the size of the seeds determines how early in the season they need to be planted. That puts begonias at the top of the list and some of mine have already been sown. Zinnias are at the other end of the scale. I grow all my geraniums from cuttings I harvested in September. But there are some nice geraniums that can be grown from seed and they need to be planted about now. Growing your own plants from seed can be a therapeutic and financially rewarding activity.

Heat and light

You can spend many dollars on fancy germination chambers and light setups. While they work well, all you really need is a heat source to warm the soil and light to provide healthy growth. Most seed catalogues feature a small heat mat designed to germinate seeds and they sell for less than \$40.

must be enough intensity to keep the little plants happy, in other words short and sturdy. The secret to good light is the distance between the light source and the plants. Light dissipates rapidly over distance. Inexpensive fluorescent fixtures with common cool white tubes work well if you can keep those tubes about 5+ cm from the top of the plants. The trick though is you need to be able to adjust the distance as the plants grow.

Here's the satisfaction

During the dark days of January, it's satisfying to run a packet of little brown specks of dust through your fingers, contemplating what they'll magically grow into with a little supply of heat, light and moisture. Then we dig into the soft, moist soil and appreciate its texture and ability to hold that heat and moisture and supply it to our seeds.

While I've used the word 'soil,' we don't actually want anything with garden soil in it. We need a sterile growing medium to provide the needed elements without providing any unwanted fungus spores, insect eggs or anything else that might attack the tender seedlings. Luckily such products are available at the local garden centre along with the right size of clean containers to keep them happy.

Light is the critical feature and there

Next is one of the most pleasant gardening activities. Seed catalogues and their web sites abound with pictures and descriptions of more new and interesting plants than we could possibly accommodate. Read them and dream through these dark days before making final choices. I received a seed catalogue the other day that promised 100 new vegetable varieties! How can I possibly choose?



WORSHIP DIRECTORY

Burns Presbyterian Church
765 Myrtle Rd West
(just 4 minutes north of Brooklin)
10am Worship, Kids Zone Fun & Nursery Care
"Discovering God, Sharing God's Love"
905.655.8509 www.burnschurch.org

Brooklin United Church
19 Cassels Rd. E.
Sundays 10:30 am • Sunday School & Nursery Care
Come catch the Spirit!
www.brooklinunited.ca 905.655.4141

Renaissance Baptist Church of Brooklin
40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 am
We're here for Brooklin!
905.655.4554 www.brooklinrbc.ca

Brooklin Village Church
At Brooklin High School, 20 Camwith Drive W.
Sundays, 10:30 am
Our Mission is to share the love of Christ as we live out our calling to become more like Him.
www.brooklinvillagechurch.com

St. Thomas' Anglican Church
101 Winchester Road East
Sunday Services: 8:30 and 10:30 am
Sunday School & Nursery Program (10:30am)
Wednesday 10:00 am Communion & Healing Service
905.655.3883 www.stthomasbrooklin.ca

Performers Sought For 2019 Town Events

Bands, buskers and musical performers are invited to apply to the annual call for performers and take part in some of the Town's 2019 events and festivals.

"Last year, in response to our first call for performers, we received nearly 100 applications," said Mayor Don Mitchell. "This year, we look forward to showcasing even more local talent through our community events."

More than 25 performers will have the opportunity to be featured at the Town's 2019 events, including Music in the Park, Canada Day, Brook-

lin Harvest Festival, Open Streets and others. Applications can be submitted online at whitby.ca/callforperformers. The deadline for applications is 4 p.m. on Tuesday, March 19, 2019.

To be considered, applicants must complete the Expression of Interest application form and provide a three to four sentence biography, sample song list, promotional video and link to a website or live performance.

For more information on submitting an application, visit whitby.ca/callforperformers or email events@whitby.ca.

Community Calendar

Fri., Jan. 25: 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.

Fri., Jan. 25: 7 pm:
Paint Nite fundraiser for Durham Region Hospice
At St Thomas Anglican Church, 101 Winchester Rd E
Limited tickets available @\$45 each. To register, visit: bit.ly/paintBrooklinCares

Sun., Jan. 27: 7:30-9 pm: Trivia Night
At Michael Kelly'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 will 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 going to Prostate Cancer Canada Network (PCCN) Durham.

Sat., Feb. 2: 9:15 am - 2nd annual Durham Rocks Charity FunSpiel, facilitated by the Durham Children's Aid Foundation
Proceeds to support our most vulnerable children in Durham region, those affiliated

with the Durham Children's Aid Society. The theme is "Canadiana" and there will be prizes awarded for the best dressed. Tickets are \$100. Participants will play two sheets of ice and receive lunch, dinner and live entertainment.

Sat., Feb. 2: 5:15 pm
- Brooklin United Church Fundraiser
Chili dinner and butter tart challenge (with 'blind' judging). Registration closes Sat., Jan. 26. To register and receive a challenger information sheet: Contact Karen Martin: 905-655-4945
For tickets, call church office at 905-655-4141 Adults \$12.00, Children 5 - 12 years \$5.00, Under 5 free
Proceeds To Brooklin United Church
A portion goes to 'bridge to a new home' refugee sponsorship program

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.

Plant-Based Eating *by Sheree Nicholson*



Keeping the weight loss resolution

If losing weight is one of your resolutions, then set yourself up for success by not just cutting back on calories and processed foods but also by increasing your intake of foods high in micronutrients.

Micronutrients are substances such as vitamins and minerals that are essential for healthy growth and development. They're only required in small quantities, however a deficiency can be the cause of serious problems since every system of our bodies needs them to function properly.

Lower calories

As well, if you're not getting enough of them, you may crave and eat more food because you mistake the body's signals that you're lacking nutrients for hunger and thus overeat. Nutrient dense foods, like leafy greens and colourful berries, are generally lower in calories and very high in nutrients, making them perfect for weight loss. Super seeds - chia, flax and hemp - are also nutrient dense but tend to be a little higher in calories. Consumed in moderation, seeds are powerhouses, containing proteins, omegas and other nutrients. Try adding them to your salads, cereals and smoothies

for a great nutrient boost.

It's generally best to eat these foods but if you're super busy, then a breakfast smoothie will ensure you start your day with high quality foods. The recipe below is for one of my go-to smoothies. You can add some staying power to it by adding a scoop of protein powder or a couple of tablespoons of hemp seeds. These are a great protein source and are relatively tasteless whereas protein powders can sometimes have a chalky taste or contain questionable ingredients.

Frozen blueberries

One of my favourite purchases is a box of frozen wild blueberries from Farm Boy in Whitby. The box lasts several months and I use the frozen blueberries in smoothies or oatmeal or eat them frozen mixed with unsweetened coconut yogurt. Blueberries have 84 calories in a cup making them very low in calories but high in nutrients.

There are countless free smoothie recipes online and some of my favorites come from the "Oh She Glows" cookbook series. I find it best to follow a recipe for optimum results and taste. Be wary though

of buying commercial smoothies since some are high in added sugar, which will stall your weight loss and cause a crash-and-burn effect during the day.

This smoothie recipe has been modified and is from a blog called "Organize Yourself Skinny." You can use a sugar free commercial nut milk or make your own for a more natural product.

Blueberry Kale Smoothie Ingredients

- 3/4 cup frozen blueberries

- 1 loose cup baby kale
- 1 tbsp peanut butter (or any nut butter)
- 3/4 cup of unsweetened nut milk
- Tsp of vanilla
- 1/2 frozen ripe banana
- 2 pitted dates

Blend all ingredients in a high speed blender.

Sheree's hack: If you don't have a high speed blender, pre-soak your dates the night before and they will blend better in your smoothie.

Historically Speaking: By Brian Winter Retired Archivist Town of Whitby



Two Masonic Halls Have Served Brooklin

Most people who know the Masonic Hall on Cassels Road opposite the Brooklin United Church are not aware that another Masonic Hall once stood on that site.

Mount Zion Masonic Lodge was founded at Borelia (now part of Port Perry) in 1853 and moved to Brooklin in 1857.

In 1871, a frame Masonic Hall was constructed at Brooklin,

which served for 80 years until it was demolished in 1951.

The Masonic Hall was often used for concerts and public meetings and when the old Brooklin Public School was condemned as unsafe and closed in 1923, classes were held in the Masonic Hall.

On Sept. 19, 1951, the cornerstone was laid for the new Masonic Hall, which still stands today.

Market is Changing... Don't wait... Call us... Now!

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To view 1000's of Homes for sale Visit KingHomeTeam.com or KingOfBrooklin.com

All will be watching the market in January

with special interest as they try to predict the movement of sales and prices in 2019. January may be a barometer for how the rest of 2019 will go after a sputtering performance in 2018. By the third week of January, the early spring sales will begin.

Historically early winter has produced the best sales price for sellers. Yes, there are fewer buyers and they have less homes to choose from but they are serious about purchasing. Many sellers wait until spring to put their homes on the market when their properties look best. They will face more competition. I have always recommended getting homes on the market as early as possible in the new year.

Here in Durham, we have seen more market activity than other areas since the region offers the most affordable homes in the GTA.

Durham Region is an ideal location for homebuyers due to its diverse neighbourhoods and proximity to major cities and amenities. Durham was named one of the Top 25 Places to Buy Real Estate in Canada in 2018 according to a report released by MoneySense this past year. Several projects were announced or began construction in 2018 including the Bowmanville Hospital Redevelopment Project, Bowmanville GO Train Extension, Courtice GO Train Extension with development set to start for the Courtice Go Bus and Park and Ride lots in Courtice. The Highway 407 East extension, a project to extend the 407 Express Toll Route to Clarington is a significant project underway.

Call the King Home Team to discuss the market and your best move! 905.655.7236



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