

Wishing you a Merry Christmas and a Prosperous New Year

- Ron and Anne

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Best wishes from all of us to all of you,

Barbara Dan Cady
 Brad Liz Ken
 Leanne Marissa Rhonda
 Sheree Richard
 Tommy Travis Sam

Holiday Hours:

Tues Dec 20 • 9:30am-6pm
 Wed Dec 21 • 9:30am-6pm
 Thurs Dec 22 • 9:30am-7pm (turkey pick-ups start)
 Fri Dec 23 • 9:30am-7pm
 Sat Dec 24 • 9:30am-1pm

Sun Dec 25 - CLOSED -
 Mon Dec 26 - CLOSED -
 Tues Dec 27 - CLOSED -

Wed Dec 28 • 9:30am-6pm
 Thurs Dec 29 • 9:30am-7pm
 Fri Dec 30 • 9:30am-7pm
 Sat Dec 31 • 9:30am-1pm

Sun Jan 1 - CLOSED -
 Mon Jan 2 - CLOSED -
 Tues Jan 3 - CLOSED -

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Seasons Greetings & Best Wishes for the Holidays.

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Less than Half the Picture *By Richard Bercuson*

Preparing for the Invasion



The formal preparations will be in full swing by next week, the planning already done.

Baby gates. Check. We're in a bungalow. A lower floor means stairs. My son-in-law took his penchant for all things tool-related and proudly installed two gates. They're white, so the colour scheme goes with everything. However, with a toy bin, Fisher-Price push car and high chair upstairs, the decor has morphed into more daycare-ish than cozy grandparent-y. It's temporary, I keep telling myself.

What a temporary it'll be. With son and family descending on us (geographically, ascending) from the U.S., we will have a few days of five additional bodies in the house. Three of them are under the age of four. When my daughter brings over her two, that'll be five - five! - kids here under four. I'm already planning naps. Twice daily, I hope.

Next, a photo op of the five grandkids. One can't yet sit up. One crawls over anything and is destined to become a world-class rock climber. One sings (sort of) the hits from *Frozen*. Over and over and over. Another sees the world's objects as one big truck, thus putting the TV remotes in grave danger. One, the most placid, loves to hit the red button on facetime calls. The pic may wind up being her selfie.

My brother and his crew will fly in from Richmond Hill at least once so we can get the entire brood in one of those charming family shots we'll look at in a few years and wonder how we managed to keep eight adults and

six children still for two seconds. Perhaps adult beverages will play a role. The grainy quality will be blamed on me because I couldn't control five munchkins.

Back to the house preparations. Son, wife and kiddies will occupy the lower floor. Guest room has a mattress with no box spring. It didn't survive the move. They'll have to be okay with it. Crib is stocked with cuddly little stuffed beasts. Air mattress awaits. Portable crib for le bébé has passed inspection.

My functioning record player and classic albums reside in that room. Son will like them. The truck grandkid will, too, but for the wrong reason. I'm worried for the future of the original Mr. Nobel Laureate Dylan album. Less so for the K-Tel International Hits record.

The floor includes my office. Memorabilia will be stacked high on shelves. Even the most intrepid child, armed with a lasso, will have difficulty yanking down my miniature Arc de Triomphe. A bookshelf though is within easy reach. Hockey manuals and my box of BTC business cards are at risk. Guitar will be moved. Seems thin wires and toddlers aren't a good combo.

Here's a question: Can one stock up on naps *before* a family visit, sort of like carbohydrate loading for a marathon?

My best to you, dear readers and your families, for a wonderful, joyous and even restful holiday time.

Highway 407 Will Soon Toll for Thee

The highway 407 Phase 1 eastern extension from Brock Road in Pickering to Harmony Road will cease being free as of Jan. 1, 2017. This includes highway 412 that connects the 401 to the new 407.

You can see 407 toll charges by visiting the web site: <https://www.407etr.com/en/tolls/tolls/toll-calculator.html> (the toll calculator currently shows \$0.00 for trips east of Brock Road)

The Highway 407 East Phase 2 Project will :

- Extend Highway 407 as a four-lane highway about 22 kilometres, from Harmony Road in Oshawa to Highway 35/115 in Clarington;
- Connect Highway 401 and Highway 407 with a 10-kilometre north-south, four-lane freeway numbered as Highway 418;
- Include freeway-to-freeway interchanges at Highway 401/Highway 418 and Highway 407/Highway 418;
- Include a freeway-to-freeway interchange at Highway 407/Highway 35/115;
- Include interchanges at:
 - Highway 407 at Enfield Road;

- Highway 407 at Regional Road 57;
- Highway 407 at Darlington Clarke Town Line;
- Highway 418 at Highway 2;
- Highway 418 at Taunton Road (partial interchange); and
- Establish a supporting maintenance facility

- By late 2017, Highway 407 from Harmony Road to Taunton Road/Highway 418 will be open to traffic (Phase 2A).
- By late 2019, Highway 407 and Highway 418 will be open to traffic (Phase 2B).
- This Project will cost approximately \$1.2 billion, which will include design, construction and Operations, Maintenance and Rehabilitation of Highway 407 and Highway 418 for 30 years after Phase 2A of the Project is open to traffic.
- This project is proceeding under Infrastructure Ontario's Design, Build Finance and Maintain model.
- Highway 407 and Highway 418 will be owned by the Government of Ontario.

(<http://www.407eastphase2.ca/project-overview/>)

Festive RIDE Results – Week Four

DRPS completed its fourth week of the Festive R.I.D.E program, stopping more than 2,700 vehicles and charging 16 drivers with drinking and driving offences.

Durham Regional Officers conducted RIDE checks in Ajax, Pickering, Whitby, Oshawa, Port Perry, Uxbridge and Clarington with the following totals (the numbers in brackets reflect 2015 fourth week totals for comparison):

2,726 (1542)
Vehicles stopped by R.I.D.E.

114 (132)
People given Roadside Breath Tests

18 (19)
People received "3 Day Suspensions" for registering a "WARN"

0 (2)
Novice Driver received a 24hr Licence Suspension

16 (28)
People were charged with Drinking and Driving Offences

25 (38)
Criminal Code Charges
5 (6)

G1 G2 / Young Driver Licence Holder Breaches of No Alcohol Condition

46 (56)
Charged with various Highway Traffic Act offences

2 (2) Drug Offences



After the fourth week, the Festive RIDE team has charged a total of 75 motorists for drinking and driving offences. Last year at the same time, 77 had been charged. Another 79 motorists have registered a WARN on a roadside screening device and had their driver's licence suspended for 3 days. Last year at the same time, 79 driver's had their licence suspended for registering a WARN.

A complete list of those charged with Impaired/Exceed is posted on our website at 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 seven days.

"Keep Everyone Safe: Don't Drink and Drive"

Season's Greetings



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Marissa Campbell at 905-243-3655
Email: yeswomanbrooklin@gmail.com

Next Issue: Friday, January 6, 2017
Deadline: Friday, December 30, 2016

Santa's North Pole Liaisons Keep the Spirit Alive



By Brad McIlwain

There is a magical mailbox in Brooklin. Built by library staff and kept open from the first week of November until the tree lighting ceremony, it remains a symbol of a bygone time.

For more than 30 years, it has connected children from Brooklin, Ashburn, and Myrtle to the Christmas spirit with handwritten letters to the jolly man in the red suit. His address? Santa Claus, North Pole.

With special help from his North Pole Liaisons at Group 74, Santa has been able to answer hundreds of wishes in personal, letters handwritten in red ink and enclosed in glistening red envelopes.

"I know how much my kids enjoyed it," says Yvonne Eglinski, a North Pole Liaison since the 1980s. "It was a fun time. When volunteers dropped them (letters) off, I made sure everyone had instructions. Santa always said he would do his best to make their wishes come true."

When the program started, Brooklin was still a small community with a population of 1,800. Letters poured in from school kids attending Meadowcrest Public and St. Leo's.

"It was a much smaller group of letters," Eglinski says. "In the beginning, maybe 60-80 letters to Santa were received each year. It enabled us to personalize the them."

A 17 cent stamp

Letters could be mailed with a 17-cent stamp at the Brooklin post office, or deposited in a special mailbox in either the children's section in the library or at the community centre during Group 74's Old Tyme Christmas celebration held on the second Sunday of December.

The Old Tyme Christmas tradition began in 1974 when Whitby Town Council gave Group 74 an official Christmas tree. That December 22, 200 people turned up at Grass Park to celebrate and sing carols around the tree. Norm Williams, choir leader from Brooklin United Church, led the caroling.

During the 5th annual Old Tyme Christmas in 1979, children were given wagon rides to the Community Centre by the Brooklin Kinsmen. "That's where

the action happened," remembers Gloria Jackson, an original North Pole Liaison. "We would have hot chocolate, apple cider and cookies. Everybody loved it."

The Group 74 ladies dressed in pioneer clothing to represent Christmas as it was in the 19th century. The kids dropped off their letters and were treated to a visit from Santa.

"Parents thought the letters that were coming to the kids were fantastic," says Jackson.

The Liaisons would meet at other helper houses or at the United Church, accompanied by music from the church organist. It was all made sweeter by the fact they often knew the children.

"We made sure brothers and sisters' letters were sorted. Santa could really personalize them. We would drink tea and read parts of the letters we thought were cute," Eglinski says.

"It was a time of fellowship with all the girls who did it," agrees Jackson. "It was fun." At one time, as many as 15 women helped Santa as

his official North Pole Liaisons.

Extra Gifts

In his letters, Santa often wrote about the two new reindeer, Twinkle and Sparkle, and how Mrs. Claus was again baking her delicious cookies for the hard-working elves. When children opened their letters, they found an extra gift of stickers tucked inside the envelopes.

"Santa always said they would be surprised by the gift they received," says Jackson.

The passion for the Old Tyme Christmas tradition that started in Grass Park is alive and well and has evolved into Christmas in the Village, with our annual tree lighting ceremony.

"Thousands come out," says Eglinski, "Even the reindeer attend which adds a new twinkle of magic to the event. There were several times when we have had reindeer come out. When a kid can see a reindeer, they know it's not a myth."

With the community growing, Santa Claus recently wrote asking for more volunteers to keep the tradition going and become his next North Pole Liaisons.

How do we know? His letter was in the mailbox.



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 the these services.

A Designated Driver service means they will drive your car back from your location for a fee,

with a companion car following. Please note that, as of Jan. 2, 2017, some DD companies will not be able to operate in the city of Oshawa due to a change in its bylaws. Contact the company to learn more.

#Taxi (#8294) - Mobile calls only

Phone the above number.

It will connect you with the closest taxi service in the area. There's a fee ranging from \$1.25 to \$2.50 to make the call depending on your cell carrier.

Eg. Rogers/Fido = \$1.75. Bell or Telus = \$2.50
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<https://www.facebook.com/DD4UDesignatedDrivingService/>

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Brooklin United Church

welcomes you to

Celebrate the joys of Christmas with us!

Sunday, December 18

Advent 4 -Nativity Displays 10:30 am

Saturday, December 24

Christmas Eve Services

Family Worship

5:00 pm and 7:00 pm

Candlelight Communion

10:00 pm

Sunday, December 25

Christmas Day Service 10:30 am

19 Cassels Rd. E.

905-655-4141

www.brooklinunited.ca



Our Brooklin Kids By Leanne Brown

Are the holidays stressing out your kids?



The Christmas holidays are typically a time of joy for kids, but sometimes they can be anything but. Kids feel the stress of the holidays just as much as the adults who love them.

At a holiday gathering a few years back, someone asked my daughter what she wanted Santa to bring her. She burst into tears. What happened? As it turned out, her tears were due to her not knowing what she wanted for Christmas. She felt stressed to come up with an answer. Sounds silly, but to put it in perspective, in a child's mind making a Santa list is akin to you attempting to write a letter to Prime Minister Trudeau.

If you consider all of the season's highs and lows, for kids, it's a roller coaster of emotions. What's more, as parents we're often so busy at this time of year that we may miss the signs our kids are stressed?

Holiday gatherings can be challenging for kids who aren't used to being around lots of people. How about dealing with those boisterous cousins with whom you have to suddenly share your room? Teens may struggle to balance family time with time spent with friends. Kids from divorced and blended families find they are "sharing" the holiday between two families or parents and may feel divided in their loyalties leading to mixed emotions. For others, it's the opposite - too few relatives nearby and the feeling they're missing out. Those from large families may feel lost in the crowd. And for some whose family is far away, they may feel lonely and jealous of their busy friends.

Kids are off their routines. School-aged kids may be prepping for concerts and recitals, attending holiday parties and parades, helping their community, and all the while keeping

up with regular sports, activities, and homework.

Much of the stress comes from kids feeling frustrated at simply being out of control. They usually don't have a say about all the obligations that are added to their schedules. Since it cuts into their down time and time with close friends, they can feel resentful.

Money can also stress families. They may feel frustrated because they're unable to afford a gift for a loved one. Children may feel disappointed knowing they won't get the expensive new toy or cell phone their friends are getting, not to mention how stressful it can be worrying if you're on the "nice" list when there's an elf in your house watching your every move.

What can we do as parents?

Watch for signs they're acting out and for snippy remarks. Stressed kids tend to misbehave and get more emotional.

Look at your schedule. At holiday time children tend to stay up later and become sleep deprived, so plan downtime. Are they doing too much? Keep as much routine as possible.

Watch what they eat. If they've eaten nothing but cookies at the party, their sugar levels may be out

of whack. Give them a proper meal before attending parties so they won't be hungry for sweets.

Finally, it can be easy to ignore children when you're caught up in holiday plans, but that only increases their stress. Remember, kids' stress is often due to lack of control so get them involved in the holiday planning whenever possible.

Speaking of plans...I'm off to take my little girl to mail a very important letter.

Happy Holidays!



A Brooklin Toddler's Random Thoughts

"Mama, does Santa drink beer or milk?"

Community Calendar

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

Mondays 6:30-7:00 pm: French Family Storytime: Children of all ages and their caregivers are invited to join Madame Sue for our weekly French Family Storytime! Enjoy a half hour of stories and songs in French, with a dash of English too! Registration is not required. Just drop in! LOCATION: Central Library - Children's Program Room

Tuesdays: Brooklin Toastmasters, 7:15 pm for Meet & Greet, Meeting from 7:20 to 9:14 pm at the Brooklin Community Centre & Library, 8 Vipond Road, 2nd floor Boardroom. For more informa-

tion, contact John at 905-683-4439 or jajhj@sympatico.ca or Loran Weston-Smyth at lorn@lornaweston Smyth.com or 416-910-4109. Brooklin Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills.

Basic Foot Care: Community Care Durham provides basic foot care services by registered foot care nurses on the 1st and 3rd Tuesday of every month at St. Thomas' Anglican Church. Please call 905-668-6223 for more information.

Thursday evenings: Love to sing! The Brooklin United Church adult choir welcomes new voices to join us. Practices are Thursday evenings 7:30 - 9:00 pm. You do not need to read

music to be part of the choir. Practice CD's are made available. For more information, please call the church office at 905-655-4141 or by email at office@brooklinunited.ca

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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

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 a.m.
Communion and Healing Service
905-655-3883
www.stthomasbrooklin.ca

Brooklin United Church
19 Cassels Rd. E.
Christmas Services
December 11 • Service of Music (10:30 am)
December 18 • 4th of Advent (10:30 am)
December 24 • Christmas Eve
Family Services at 5:00 and 7:00 pm
Candlelight Communion 10:00 pm
December 25 • Christmas Day Service (10:30 am)
www.brooklinunited.ca 905-655-4141
Come catch the Spirit!

Renaissance Baptist Church of Brooklin
40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 a.m.
905-655-4554 www.brooklinrbc.ca
We're here for Brooklin!

Brooklin's Guide to Home Based

Photos by Dianne

www.istockphoto.com/search/portfolio/13554221

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Special to the Brooklin Town Crier By Kimberly Aloe

Girl Guides Feed the Need



Our 2nd Brooklin Girl Guide unit has made a huge contribution to Feed the Need in Durham region. Over the last few weeks, the 20 girls have been collecting non-perishable food items throughout Brooklin. They loaded 1,401 pounds of food into the warehouse on Marwood Drive in Oshawa, then began the enormous sorting process.

Feed the Need is the only food distribution centre in Durham that supplies 55 emergency food providers, including food banks, soup kitchens, shelters, and meal programs. Feed the Need also distributes perishable food and much needed non-food items such as baby diapers, personal hygiene items, soups and laundry detergent.

In Durham region, there are 48,000

people (38% being children) living with food insecurity, making it necessary to rely on emergency food providers. Donations to Feed the Need in Durham can really make a difference, particularly in the summer months when their stocks are at their lowest. Because they buy in bulk and have relationships with manufacturers, they can stretch your money. Every dollar donated can buy \$4 in food.

The unit leaders are extremely proud of these young ladies for their dedication and hard work to collect and deliver their food donations.

For more information on Feed the Need in Durham, visit www.ftnd.ca or call 905-571-FTND (3863).

Kimberly Aloe is a leader with the 2nd Brooklin Girl Guides

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Happy Holidays

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HOLIDAY HEARING SAVINGS



Special Coupon Offers!

The holidays are a wonderful time to reconnect and celebrate with family and friends. But if you struggle to hear well, this time of year can leave you feeling overwhelmed and frustrated. That's why we're celebrating the holidays with these limited-time coupon offers. Combine and redeem them at more than 100 locations in Ontario!

✂ THESE COUPONS CAN BE COMBINED! ✂

FREE Hearing Test



Receive a FREE hearing test and earn **25 AIR MILES®** reward miles!

Hearing tests are provided free of charge for adults ages 18 and older. 25 reward mile offer is limited to adults ages 50 and over and is non-transferable. Please allow up to 45 days for the reward miles to appear in your collector account. AIR MILES® is a trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and Canada Hearing Ltd. Expires 12/30/16. Limit one use per customer per year.



FREE Hearing Aid Check-up

Receive a FREE professional cleaning & check-up for your current hearing aids!



This is a free service regardless of make, model, or where you bought your hearing aids. No purchase required. Expires 12/30/16. Limit one use per customer per year.



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Whitby
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Promo Code:
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Happy Holidays

Wishing you peace and joy throughout the season.

Mayor Don Mitchell and Members of Council



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What We Reported in 2016

January

- New residential/commercial development announced for the corner of George and Baldwin Streets
- A Brooklin house fire on Thorndyke Crescent has an estimated \$800,000 in damage
- Brooklin Town Crier loses L.A. Black to a long fought battle



February

- Durham Civitan launches its pink shirt in support of Anti-Bullying Day
- Carleigh Semeniuk qualifies for Team Canada in Beach Volleyball
- Fire Department Master Plan pushes Whitby Budget towards tax increases
- Ontario leaders descend on Brooklin during the provincial by-election
- Progressive Conservative Lorne Coe wins Provincial By-Election seat
- Hundreds come out to support the Refuge on the Coldest Night of the Year Walk
- 100 Women Who Care Brooklin collects \$3500 to Feed the Need in Durham
- Derrick Gleed appointed to Lorne Coe's vacant regional councillor's seat
- Armed robbery at Brooklin's The Beer Store
- Kay Fritz at the Court at Brooklin celebrates her 100th Birthday

munity.

- St. Bridget presents *Beauty and the Beast Jr.*
- First-ever Jazz Night at Brooklin High School
- Pitch-in Brooklin returns

May

- The new Brooklin High School officially opens
- Group 74's Annual Victorian Tea is a sold out event
- Brooklin Optimist Club Fairy Godmother's Closet provides outfits for prom
- Whitby Dolphins win multiple medals at Central Region Championships
- Rural speed limits are set throughout Brooklin
- Online voting for the by-election is announced in hopes of adopting it in 2018



March

- Mayor's Fund announces Gala Night at Trafalgar
- Brooklin Neighbourhood Watch develops a Facebook Site
- A June By-Election is Announced for the Ward One vacancy
- Lights were turned out for Earth Hour
- Lights were turned on for Neighbourhood Watch
- Dozens attend Brooklin Secondary Plan Public Information Centre
- Brooklin Scouts and Brooklin Optimists host annual Easter Egg Hunts
- Former Brooklin teacher charged with Sexual Assault and Sexual Exploitation
- Rotary Brooklin steps in to work with Brooklin High School DECA team



April

- Farm Connections sees 1200 students learn about local agriculture
- Autism Awareness events are held throughout the com-

June

- In a week-long by-election, Rhonda Mulcahy wins the Ward One council seat, beating out seven other candidates and garnering 36% of the 5349 votes cast
- The new Highway 407 extension opens. On Saturday, June 18, residents are invited to walk, bike, scooter or run a 1.5 km stretch of the new highway before it opens for vehicles on June 20. The highway will be free until Jan. 1, 2017, from Brock Road and along the new 412 to Harmony Road
- Brooklin's British Ex-pats club host a party to honour Queen Elizabeth's 90th birthday

July

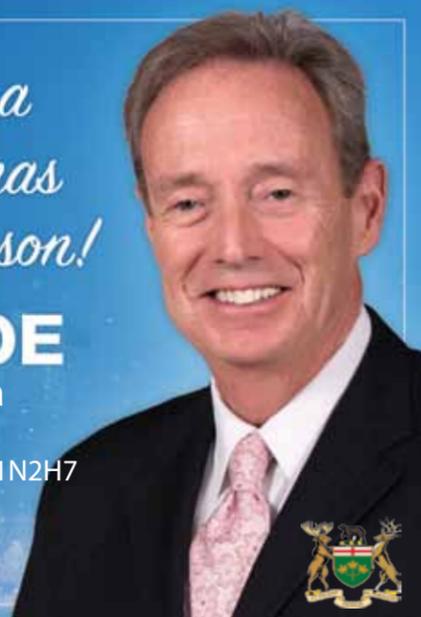
- Emily Batty captures a bronze medal at the cross-country biking world championships
- Beach volleyball athlete

continued on page 7

Wishing you a Merry Christmas this holiday season!

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continued from page 6

Carleigh Semeniuk, 17, competes in the torrid heat of a Cyprus summer in the World Beach Volleyball Championships

- Local Block Parent program is revived by Lisa Slade-Mullin
- Pro life demonstrators, holding giant signs with graphic photos, set up along the sidewalks at the Baldwin/Winchester intersection
- Liam Mulcahy has a top ten finish at the national U23 cross country mountain bike championships

August

- Emily Batty finishes 4th in cross country biking at the Rio Olympics, just two seconds out of a medal
- Five downtown Brooklin businesses are recognized by the mayor and council for renovations under the Facade Improvement Program: The Goodberry, Endless Ideas, Bryson Insurance, Raymond James Paragon Wealth Management, and Brooklin Dental Centre
- Ryan MacDermid, 14, makes the national karting team and competes in Italy at the worlds
- Rachel Devenyi competes in her first ever World Saddle Seat Equestrian World Cup in Capetown, South Africa, and earns a bronze medal

September

- Ethan Placek wins three golds at the Canadian Age Group Swimming Championships in Calgary. His victories came in the 50 and 200 m free-style and 100 m butterfly. Brothers Benoit and Harrison Potvin of Brooklin also competed in that event
- The audit firm KPMG presents Whitby with 18 recommendations to improve its services
- The Annual Wolfpack Golf Tournament raises \$36,113 for the Lakelidge Health Foundation
- The Brooklin Men's Hockey League (BMHL) raises \$2118.36 for two charities, Jumpstart and The Children's Wish Foundation
- Brooklin hosts Harvest Festival

October

- BTC contributor Brad McIlwain travels to the south of France to begin an 800 km plus walk, El Camino de Santiago
- Melanie Stelatos, a Winchester Public School grade 5 student, wins gold in three disciplines at the World Dance Championships in Germany. Two other Brooklin dancers, Braydon Tokarski and Taylor Roth also compete
- Ladies from The Court at Brooklin donate over 20 hand-woven blankets to Oshawa's Hearth Place, which supports cancer patients

November

- Whitby is named Ontario's best place for doing business and seventh best in Canada.
- Brad McIlwain reaches Santiago, Spain, on Nov. 7, with sore feet and knees
- At the Brooklin Remembrance Day ceremony, 12 year old Barrett Moore sings a particularly moving rendition of Leonard Cohen's "Hallelujah"
- Durham Region's RIDE campaign begins
- Christmas in Brooklin at Grass Park includes a tree lighting, tasty treats and a visit from Santa

December

- Construction at Winchester and Thickson marks the beginning of the widening of these two major roads. Work is expected to go to April, 2017
- St. Thomas' Church Refugee Committee surpasses its goal and raises over \$9,000 for a family of five
- Coaching Association of Canada announces that Adam Morka, Emily Batty's coach and husband, is a winner of a Petro-Canada Coaching Excellence award
- 2nd Brooklin Girl Guides collect 1,401 lbs of food for Feed the Need Durham
- Who really are Santa's North Pole Liaisons?

OKAY, BUT FIRST

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Yes Woman By Marissa Campbell

How I Learned to Love Plant-Based Food

I once went to a hypnotherapist to try to convince myself I liked vegetables. Didn't work. I spent years avoiding the colourful section of my plate, filling up instead on starches, meat, and dessert. Despite this stubborn aversion, I knew the health benefits of eating more fruit and vegetables and was curious when I heard about **Copper Branch**, a new plant-based restaurant in Brooklin.

My dad lost half his stomach to ulcer surgery when he was a young man and so, growing up, we couldn't have any spices in the house. Not even pepper. Now, I love my mother, but cooking wasn't her forte. My limited palette developed on appetizing selections such as gobbledygook: big chunks of unchewable stewing beef, white potatoes, and frozen peas in a tomato soup broth, or pork chops covered in an appealing mixture of brown sugar and tomato paste, with a side of frozen peas, or processed chicken

cutlets topped with - you guessed it - a mound of frozen peas. As soon as I figured out how to work the gas burners on the stove, I vowed never to eat frozen peas again and switched to Chef Boyardee and Kraft Dinner, in comparison a smorgasbord of gourmet flavours.



Add to that fascinating backstory my current intolerance to gluten, nuts, and seeds, and my dining options are limited. I took a chance and popped into **Copper Branch** to check out the menu. Smoothies, burgers, and power bowls all piqued my interest, but their chocolate gluten-free waffle cinched the deal. Suddenly,

plant-based eating didn't seem so unattainable. When I learned about their transition program, I decided to give it a try.

I met with Trish Paterson, owner of **Copper Branch**, and Adrienne McDonald, health-food aficionado. Their goal is to make a plant-based

lifestyle accessible to anyone. Together, they are the masterminds behind **Copper Branch's** detox and transition programs. I'm going to be upfront and honest. I didn't join the program to do a full 180 degree spin to a vegan lifestyle. I wanted to find ways to incorporate healthier foods and habits into my diet, and I couldn't be happier with the results.

Week One: Participants toddled into **Copper Branch** in the mornings to pick up breakfast, all the while receiving advice, encouragement, and yummy recipes from Adrienne. Week Two: With a slew of information at our fingertips, we made our own breakfasts and wandered into **Copper Branch** to grab lunch. We continued to receive daily advice and recipes.

Week Three: We could now whip up breakfasts and lunches, and popped into **Copper Branch** to enjoy one of their delicious dinners. By the end of the third week, we had enough

resources to confidently make three plant-based meals a day, all on our own.



The food at **Copper Branch** is unbelievable. I was eating vegetables every day - and enjoying it. I've tried almost everything on their menu. My favourite is The General Copper Bowl - which has broccoli in it. Seriously, I was eating broccoli.

Starting in January, they are running a new transition program, perfect for making healthy resolutions and adding more plant-based goodness to your life. Whether you're ready to take the plunge and make a full switch to a vegan lifestyle, or are just considering healthier options for you and your family, Copper Branch is an incredible resource in the community.

Best of all, there are no frozen peas on the menu!

(Yes Woman is a paid advertisement)



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From the Whitby Archives

Planting a Christmas Tree



Copyright Lloyd Robertson

Members of the Community Club in Brooklin planting a spruce tree in Grass Park on December 10th, 1955. Ralph Mowbray donated the tree that was expected to be the town Christmas tree, in preparation for the annual Santa Claus Parade. Left to right: Merrill Ross, Bob Heron, Ralph Mowbray, Bruce Mitchell, Howard Grills, and Earl Ormiston.

Plant-Based Eating by Sheree Nicholson

Party Detox Smoothie



Christmas is a busy time of year as well as a time when our clean eating habits tend to go out the window. It's not easy, and probably not necessary, to pass up all the Christmas

goodies. Hey, you have to live a little. However, the next day we wake up and ask, "Why do I feel so crappy? I only had one drink." You probably have what I call a food hangover, that groggy, tired feeling that comes from overeating

sugary, processed foods.

One reason these foods make us feel tired is because, unlike cooked or raw plant-based foods, they lack digestive enzymes. This means our body now has to do all the work of breaking down the foods.

Generally, digestion takes about 50% of our energy, so our digestive system is working overtime at this time of year. The result is that kind of blah, drag your feet around all day feeling. To combat it, try eating a

raw plant-based breakfast the next morning to give your body a chance to catch up.

This raw smoothie is full of protein, micro-nutrients from the kale, and a sure way to help combat that sluggish feeling. If you don't have a high-speed blender, replace the dates with maple syrup. You may have a grainy texture from the hemp seeds. This is also a tasty way to hide the greens for those children who won't eat them.

Ingredients:

- 1 1/2 cups unsweetened almond milk (or any non-dairy milk)
- 1 cup fresh or frozen organic kale (buy it pre-chopped to save time)
- 2 to 3 pitted large Medjool dates, to taste*
- 2 tablespoons hulled hemp seed
- 2 tablespoons unsweetened cocoa powder

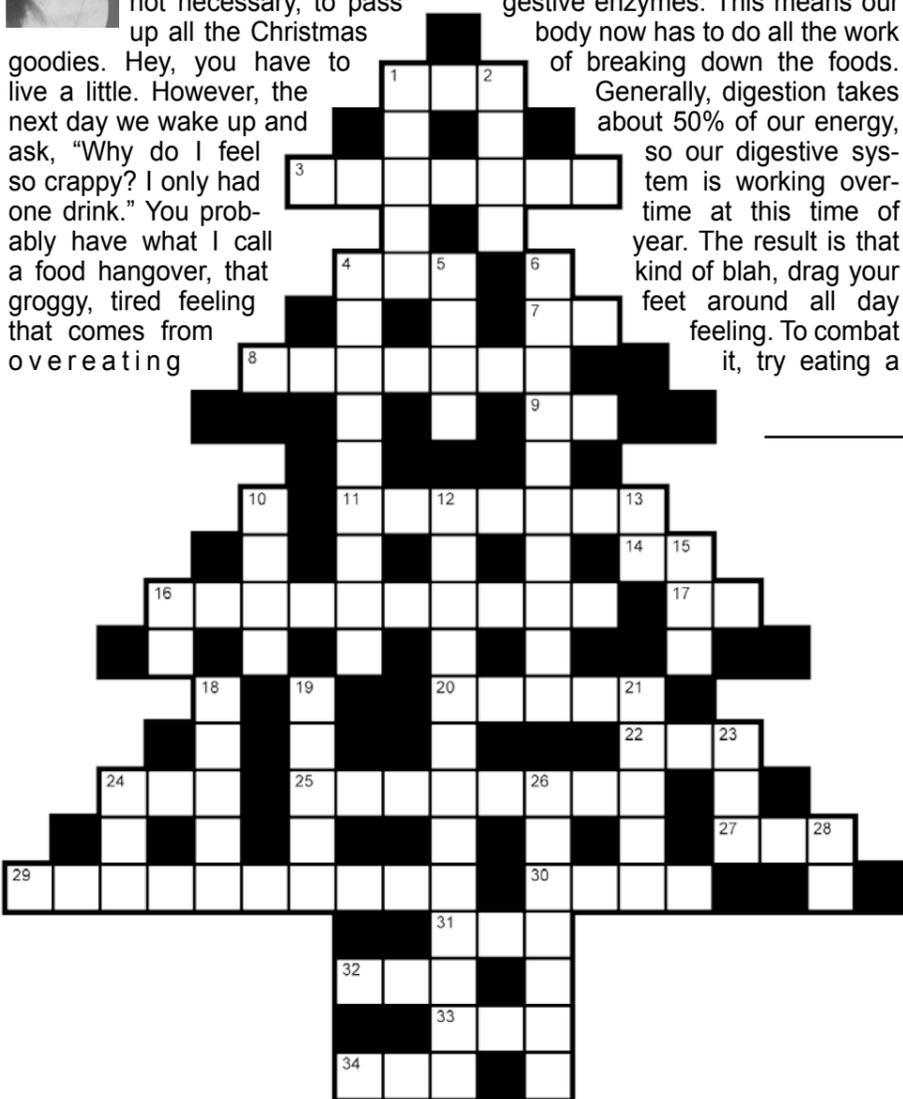
- 1 large frozen banana
- Dash of cinnamon
- 1 tablespoon avocado (for thickening)

Directions:

Add all ingredients into a high-speed blender and blend until smooth. Adjust sweetness to taste, if desired.

*Soak the dates in boiling water for about 30 minutes or soak overnight if your dates are dry or replace with 2 tablespoons of maple syrup. You could also add a scoop of your favourite plant-based protein powder to the smoothie. If you do, skip the hemp seeds completely.

Sheree's Hack - When your bananas are overripe, freeze them to use in smoothies. Frozen bananas create a creamy thick smoothie.



Brooklin Bafflers by Liz Lowe: Christmas Tree

Across

- 1 Additionally (3)
- 3 Ordered (7)
- 4 Pitcher's pride (3)
- 7 The objective case of we (2)
- 8 Folic acid (7)
- 9 Introduces a conditional clause (2)
- 11 Gain strength (7)
- 14 Connects a noun with the preceding word (2)
- 16 Comes near (10)
- 17 To a higher intensity (2)
- 20 Downing Street distance (5)
- 22 Cashew, e.g. (3)
- 24 Holed up (3)
- 25 Retained without reflection (8)
- 27 Fresh (3)
- 29 Official document (10)
- 30 Tops (4)
- 31 Everyone (3)
- 32 Old Testament book (3)
- 33 Auction offering (3)
- 34 Every other hurricane (3)

Down

- 1 Inflammation (5)
- 2 A platform for loading trucks or trains (4)
- 4 Care (9)
- 5 the word (4)
- 6 Type of: social control (10)
- 10 Expect and wish (4)
- 12 Difficult to handle (13)
- 13 A negative (2)
- 15 Good times (3)
- 16 To the same degree (2)
- 18 Respected one (5)
- 19 State to be true or existing (5)
- 21 Broke off (5)
- 23 Beachgoer's goal (3)
- 24 ___ Master's Voice (3)
- 26 Projectiles (7)
- 28 Plural of "I" (2)

Blooming in Brooklin *By Ken Brown*



Outdoor Garden Closed - Indoor Chores Begin

Snow! It really is a love-hate relationship with that fluffy white stuff, which we love when it's fluffy, but hate when it's wet or frozen. It made a permanent appearance in my garden this week and that allowed me to declare the outdoor gardening season closed. Still, there are a few chores to attend to. I checked the rain barrel at the back of the house and was happy to see it wasn't frozen yet. Hopefully I'll get it emptied before it does freeze.

The Town finally sodded the road construction in front of the house and I immediately emptied the front rain barrel on it, but that's probably also going to be the destination of the back barrel's water. I'd really like that sod to survive the winter as I can't imagine the contractor returning in the spring to replace any. I'll be happy to see more fluffy white stuff lying on it as it will act as a great insulator and will help insure its survival. I also bought a new snow blower. The old one had served well for over 20 years. I'll be disappointed if I don't get a chance to use it.

If you're a garden addict like me, then a bit of snow just slows us down and changes our venue. Many summer deck plants have been moved indoors. The first cymbidium orchids are about to burst open with perhaps 20 large, bright, yellow flowers that will enliven the solarium/kitchen for about three months. I'll be watching the others carefully as I may have left them outside a bit late. They like a few cool nights, but the warm days ended a couple of weeks ago. The

orchids' soil balls were solid when I carried them in. A few leaves on each plant are looking a little sad and brown so I'll watch patiently to see if they bloom in the new year as they normally would.

The dream garden also starts now as the seed catalogues start to pour into the mailbox. I open each one and immediately turn to the "what's new section" to add to my list of must-haves for next spring. That list always greatly exceeds the available garden space, but in January it's just a dream garden, mostly because there are no weeds in it. The begonia and dahlia tubers are tucked into their shredded paper winter beds and are happily sleeping in a cool corner of the basement. The box of amaryllis bulbs have arrived. I'll plant one immediately and then start planning who will get these amazing bulbs as Christmas presents. They're great fun to give to the grandchildren. It's a bit of a Christmas tradition to get down and dirty with each family member as Grandpa helps the kids plant their own bulbs. Inevitably a whose-is-growing-fastest competition breaks out among the siblings.

If you have a dedicated gardener to buy a present for, then the ideal item is the Toronto Gardener's Journal and Source Book. Published yearly by a garden writer friend, it's a wealth of current gardening information supplied at the correct season of the year with a page for each day to record garden successes and failures. It's available online at <http://torontogardenbook.com/>

Driver Cooperation Required
On Friday, Dec. 24, Mr. S. Claus will be making deliveries throughout the night. Drivers are asked to kindly yield the right of way to his, um, vehicle which will be led by his service animals.

Get Smart About Salt This Winter

Central Lake Ontario Conservation is asking for your help this winter to help keep you safe and protect the environment. Each year in Canada, we use an average of 5 million tonnes of road salts as de-icers and spend over \$1 billion on winter maintenance to keep roads, sidewalks, and parking areas safe and passable. In Ontario the majority of road salt is applied by the Ministry of Transportation, municipalities and, of course, you, the businesses and homeowners. If we use too much salt or store it improperly exposing it to weather, we could be causing negative impacts on the environment.

According to a University of Michi-

gan study in 2009, approximately 70 percent of salt applied in the winter is retained in a watershed. You likely cannot see it, but it's there and the water quality data we collect from our creeks and groundwater confirms chloride and sodium are trending upward. This will continue to have serious consequences to our health as well as the plants, wildlife, soil and water.

Here are some facts to help you get smart about salt this winter:

- Salt only works when the outside temperature is between 0o and minus 12oC. Check your thermometer before you grab the salt. Consider the use of kitty litter or sand as a low

Our Councillor's Report *by Rhonda Mulcahy*

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



Reflections on 2016

As we approach the end of 2016, I'm grateful for the opportunities

I have been graced with.

Undoubtedly, the June 16 by-election win is a stand out for me. I remain humbled and honoured to have been chosen by the community to represent you at Town Hall. I am steadfast in my goals and am finding my place on Council.

Over the course of the year we've seen Lorne Coe leave council to represent us as MPP. I was elected to fill the void as the Ward Councillor; Fire Chief Speed became Whitby's temporary CAO then Doug Barnes was interim CAO; and Mayor Mitchell was temporarily absent while recovering from some health issues. I'm happy to report, however, that it's business as usual at Town Hall.

Earlier in 2016, we held the third and final Public Information Centre (PIC) for the Brooklin Secondary Plan. Dozens of people came out and feedback was great. We hope to see the Brooklin Secondary Plan come back to us at Council in early 2017.

Recently we held a PIC for the Whitby Official Plan at Town Hall. Again, turn out was good. I have to commend the Planning Department for the amount of work they are doing on these plans. It is a huge undertaking.

The Emerald Ash Borer decimated our streetscapes this year. Brooklin was the last to see the tree removals. It's painful to watch. New plantings will happen next year.

The 407 opening was my first official gig as councillor. Fun stuff. Very soon we are going to see tolls put in place for the new highway. Take advantage of the free days left. Council has written to the MTO requesting the tolls be removed from the 412 (note: the 407 phase from east of Brock Road is owned by the province, not 407 ETR). There is also an online petition for those who wish to support this initiative. (Visit

www.change.org and search 412 non-toll)

In the meantime, I continue to scratch my head over orange traffic cones. Trust me, they are my nemesis.

Recently we held Christmas in the Village in Grass Park. Despite my singing performance, we saw thousands attend. Our social media sites saw more action for this event than any other Town event ever. Over 60,000 hits! I'm floored. But then again, Brooklin likes its social media.

When elected, I was clear that one of my focuses would be directed towards safer streets. I can assure you we have several ongoing traffic studies. Most studies occur in May and October as these are, apparently, the most "real" numbers. We also suspect our numbers in various areas will change when the 407 tolls are a reality. Regardless, I'm eagerly awaiting results in a few areas and will be following up with these in the new year.

I did have some success in budgeting a traffic light for the intersection of Thicksen and Gateway Court. This is the intersection just to the north of the Metro Grocery store. Those who live on that street are trapped in an increasingly dangerous situation. Council was unanimous. I am thankful for the support of my peers.

Things to look forward to in 2017 will include the finalization of the Brooklin Secondary Plan, the 2017 Budget (perhaps "looking forward to it" may be a stretch), replacement of Emerald Ash trees, ground-breaking for at least two new builds at the corners of George and Baldwin Streets as well as Baldwin and Way Streets.

For now, I'm looking forward to some time with my husband and kids over the Christmas break. I hope you all get to enjoy the time as well. From my family to yours, have a Merry Christmas and a Happy New Year. I look forward to serving you through 2017.

impact alternative to give you that much needed traction.

- Put away your flip flops and wear sturdy footwear designed for snow and ice to help prevent slips and falls.

- Be proactive and redirect downspouts away from walkways and paved surfaces to prevent ice build-up in those high traffic areas.

- Clear your snow from driveways and walkways as soon as possible. Not only is it good exercise if done properly, it can prevent the ice from

forming in the first place.

- Put snow tires on your car and give yourself extra time to get to your destination on time.

- If you must use salt or a de-icing product, read the directions and apply a small amount on icy areas only. Give the salt product time to do its work.

- Do you contract a service for snow clearing? Ask them if they have taken 'Smart About Salt' training. If they haven't, they may contact the Smart About Salt Council at www.smartaboutsalt.com.

Police Warn about Vehicle Wrap Scam

The DRPS is warning the public about a new fraud scheme being reported by residents of Durham.

hook for the money. The money transferred to the fictitious vehicle wrap company is profit for the scammer.

Residents are contacted by a company that offers the opportunity to earn money by wrapping their vehicles with advertisements. Once they agree, a cheque is sent to the victim with instructions to deposit the money in their personal account and keep a portion for themselves as payment. The remaining funds are to be deposited into another bank account, that of the company that is contracted to wrap the vehicle. The cheque is later determined to be counterfeit, the victim's bank rejects it, leaving the victim on the

To date, six residents of Durham Region have fallen victim to this scam. The cheques received by the victims range in value from \$2,000 to \$4,500.

For more information or to report a scam attempt, visit the Canadian Anti-Fraud Centre at: www.antifraudcentre-centreantifraude.ca or call 1-888-495-8501.

Anyone wishing to report a fraud in Durham Region is asked to contact Durham Regional Police at 1-888-579-1520.

Reminder to Always Secure Medications

Police and the family of a young, accidental overdose victim are reminding members of the public to always secure their medications.

day season, with family visits and children running around unfamiliar homes, those unaccustomed to having children in their homes should take extra care to lock up any medication.

On November 19, 2016, police and paramedics responded to the Pickering Town Centre for a 13-month-old boy who was not breathing. The parents had visited family members prior to their shopping trip and although the family took proper measures to secure her medications, a bedroom door was left open. It's believed that the boy ingested a single pill that was in the unlocked room.

For more information on protecting your home and securing medication, please visit:

<http://upandaway.org/>

The family has asked for privacy during this difficult time and is not yet prepared to speak publicly about their tragedy.

The 13-month-old boy from Whitby died in hospital two days later. His organs were donated to three recipients.

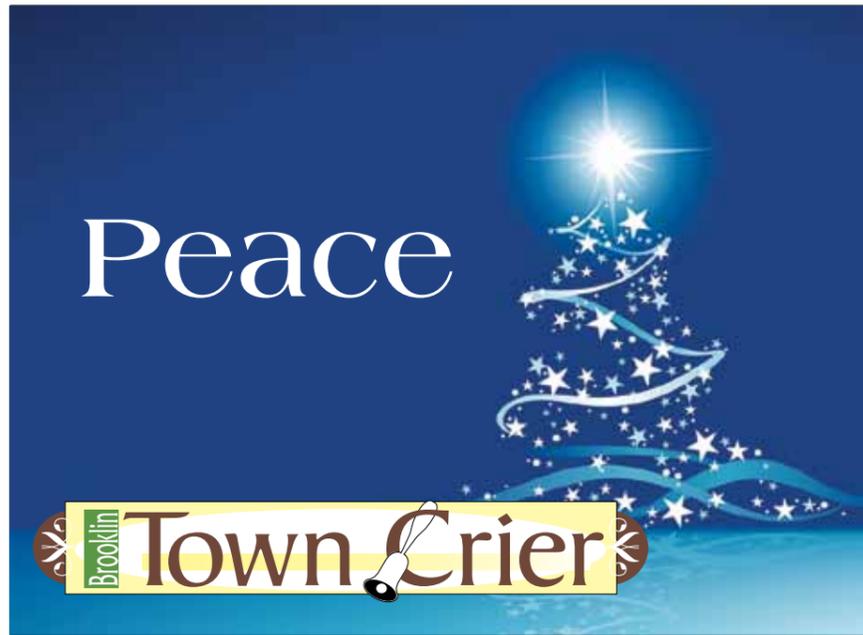
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The family encouraged the police to issue a public statement so no other family has to endure a similar, preventable tragedy. As we enter the holi-



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WHITBY Solid Waste Services Holiday Collection Schedule

ONTARIO • CANADA

During the week of December 26 - 30 (Christmas)
Solid Waste Collection Services (Green Bin Organics, Blue Box Recycling, and Residual Garbage) will be revised as follows:

Normal Collection Day	Area #	Revised Collection Day		
		Organics (Green Bin)	Recycling (Blue Box)	Residual (Garbage)
Mon Dec 26	1	Tues Dec 27	Tues Dec 27	Tues Dec 27
Mon Dec 26	2	Tues Dec 27	Tues Dec 27	No collection
Tues Dec 27	3	Wed Dec 28	Wed Dec 28	Wed Dec 28
Tues Dec 27	4	Wed Dec 28	Wed Dec 28	No collection
Wed Dec 28	5	Thurs Dec 29	Thurs Dec 29	Thurs Dec 29
Wed Dec 28	6	Thurs Dec 29	Thurs Dec 29	No collection
Thurs Dec 29	7	Fri Dec 30	Fri Dec 30	Fri Dec 30
Thurs Dec 29	8	Fri Dec 30	Fri Dec 30	No collection
Fri Dec 30	9	Sat Dec 31	Sat Dec 31	Sat Dec 31
Fri Dec 30	10	Sat Dec 31	Sat Dec 31	No collection

Please remember to set waste out by 7:00 a.m. on your revised collection day. Do not place waste on snow banks. Please place waste on the cleared portion of your driveway. Christmas tree collection will occur on your regular waste collection day from January 16 to January 27.

WHITBY Solid Waste Services Holiday Collection Schedule

ONTARIO • CANADA

During the week of January 2 - 6 (New Year's)
Solid Waste Collection Services (Green Bin Organics, Blue Box Recycling, and Residual Garbage) will be revised as follows:

Normal Collection Day	Area #	Revised Collection Day		
		Organics (Green Bin)	Recycling (Blue Box)	Residual (Garbage)
Mon Jan 2	1	Tues Jan 3	Tues Jan 3	No collection
Mon Jan 2	2	Tues Jan 3	Tues Jan 3	Tues Jan 3
Tues Jan 3	3	Wed Jan 4	Wed Jan 4	No collection
Tues Jan 3	4	Wed Jan 4	Wed Jan 4	Wed Jan 4
Wed Jan 4	5	Thurs Jan 5	Thurs Jan 5	No collection
Wed Jan 4	6	Thurs Jan 5	Thurs Jan 5	Thurs Jan 5
Thurs Jan 5	7	Fri Jan 6	Fri Jan 6	No collection
Thurs Jan 5	8	Fri Jan 6	Fri Jan 6	Fri Jan 6
Fri Jan 6	9	Sat Jan 7	Sat Jan 7	No collection
Fri Jan 6	10	Sat Jan 7	Sat Jan 7	Sat Jan 7

Please remember to set waste out by 7:00 a.m. on your revised collection day. Do not place waste on snow banks. Please place waste on the cleared portion of your driveway. Christmas tree collection will occur on your regular waste collection day from January 16 to January 27.



For more information, contact:
Town of Whitby, Operations Centre
Phone: 905.668.3437

Hours: Mon.-Fri., 7:30 a.m.- 4:00 p.m.

Whitby Waste Wizard

Not sure where it goes? Ask the Waste Wizard, visit: whitby.ca/waste

Sign up for waste reminders at www.whitby.ca/waste



For more information, contact:
Town of Whitby, Operations Centre
Phone: 905.668.3437

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Whitby Waste Wizard

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Sign up for waste reminders at www.whitby.ca/waste

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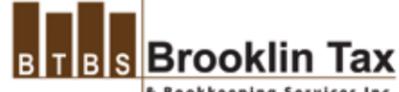
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