

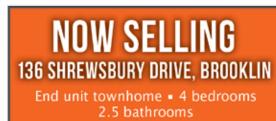
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Make a WILL now, **REST** assured later.

Brandon McBride

Lawyer 905-620-4499 extraa8

Brooklin

79 Baldwin St N Brooklin ON L1M 1A4 Tel (905) 620-4499 mason bennett johncox lawyers - be well advised*

www.mbjlawyers.com

Port Perry 204 Casimir St. Port Perry ON LgL 1B7 Tel (905) 985-4141



Less than Half the Picture: By Richard Bercuson

The Poppy...because...

About 12 years ago, my son decided to seek adventure and travel through Europe. Not yet encumbered with trivialities like a wife, kids, and job, he traipsed here and there, from the mountains of Spain to a coastal town i n

England where he became the only one of eight great grandchildren to meet his great-grandmother.

destination was One Juno Beach in Normandy. His grandfather, my dad Bernard, was a war veteran, having flown with the RCAF and RAF in Ferry Command and in Halifax bombers as a wireless air gunner. He hadn't shared many tales with his two elder grandchildren, my son and daughter. It didn't matter. That he'd experienced the conflict at all was sufficient. From Juno, my son duplicated what I'd done years before during a hockey coaching sojourn in France when I'd called my dad from Dunkirk to tell him where I was. My kid phoned him from the beach.

Dad wasn't one to show much emotion about the war, but this touched him. Then and now, my son continues to wear a poppy as a sign of respect and remembrance. What's special about it is that he lives in the U.S. where he's a middle and high school teacher. He wore the poppy through his university days there and naturally it attracted attention, as it still does. Students ask about it which prompts a brief history lesson since Americans don't wear poppies, mostly just those in the U.K., South Africa, Australia and New Zealand do.

During my France experience an epoch ago, I wore my poppy on Nov. 11 during that country's spectacular Paris Armistice Day celebration along the Champs Elysees. I wasn't alone since the boulevard was jammed with both French and visitors alike, most of whom seemed to bear one. I came from a country that hadn't known first-hand conflict on its lands for generations. Here I was in the midst of a nation whose people had endured the horrors of

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Email: mulcahy42@rogers.com Next Issue: Friday, November 17, 2017

Deadline: Friday, November 10, 2017

war twice in 40 years and only one generation removed. Our subdued, respectful approach is understandable. There, the exuberance was palatable.

Back in Canada, the Ottawa school I taught at was barely a kilometre from the National War Memorial. I'd walk down after the Nov. 11 ceremony to lay my poppy on the Tomb of the Unknown Soldier. I'd write Dad's initials, BDB, on the inside. The first time I did it, as I elbowed my way through the peaceful throngs, I phoned him since he always watched the ceremony on TV and took time to reflect.

"Dad, you watched the ceremony?"

"Yes."

"You saw people putting their poppies on the tomb."

"Yes."

"I'm doing that right now."

"Why?" he asked.

"Just because," I answered.

Next week, in an American classroom, my kid is about to educate someone new while his sister here in Brooklin, like me, like all of us, wears her poppy just because.



"Proud to be a Brooklinite" Founded in 2000 • Published 24 times annually

(Town Lrier)

Editor, Richard Bercuson 613-769-8629 • editorofbtc@gmail.com

Locally owned and operated. A publication of Appletree Graphic Design Inc.

Town of Whitby

UPCOMING EVENTS

Shop Late,

Shop Local Friday, November 17, from 6 p.m. to 10 p.m. in Downtown Whitby. whitbybia.org

Station Gallery Annual Holiday House Tour

Saturday, November 18, between 10 a.m. and 4 p.m. \$30 per ticket.stationgallery.ca

Council Meetings

Planning and Development Committee November 6 at 7 p.m.

Operations Committee November 13 at 7 p.m.

Council

November 20 at 7 p.m.

These meetings will take place at Town Hall, 575 Rossland Road East. For a full listing of Town meetings, visit whitby.ca/civicweb

On-Street Parking Restrictions Start November 1

The Town is reminding residents of the annual November 1 to April 15 restriction on all on-street parking in Whitby between the hours of 2 a.m. and 6 a.m.

whitby.ca/parking

Special Waste Collection Dates

Pumpkins can be disposed of with your regular leaf and yard waste on the same day as your first garbage collection after Halloween. Please

November 3, 2017

Honouring Whitby Veterans

Remembrance Day events:

- Brooklin Legion Memorial Friday, November 10, at 1 p.m. at Luther Vipond Memorial Arena (67 Winchester Road East)
- Whitby Legion's Annual Parade Saturday, November 11. Starts at 10:30 a.m. at the Branch (117 Byron Street South) and finishes at approximately 10:40 a.m. at Cenotaph Park (111 Dundas Street

Christmas in the Village

Friday, November 24, from 6 p.m. to 8 p.m. at Grass Park, Downtown Brooklin.

Christmas Tree Lighting

Friday, December 1, from 6 p.m. to 8 p.m. at Celebration Square, Whitby Central Library

whitby.ca/calendar

For more information, contact the Clerks Department at clerks@whitby.ca or 905.430.4315

Notices

Update: Henry Street Bridge The Ministry of Transportation's replacement of Henry Street Bridge is well underway however the new bridge is now expected to open in December. mto.gov.on.ca have all waste at the curb by 7 a.m. whitby.ca/waste

As part of your regular recyclying pick up, the Region of Durham will collect used household batteries from November 6 to 10 on your regular blue box collection day. Put batteries in a sealed, clear bag and place on top of your blue box. durham.ca/battery

eNews Alerts Available Receive the latest new and notices. Learn more at whitby.ca/subscribe East). Ceremony to follow.

In addition, eighty-one banners, each featuring a local veteran or active service member, have been hung throughout Whitby and Brooklin downtowns and will remain until November 12. The banners were developed in partnership with the Brooklin and Whitby Legion Branches, and local graphic designer, Emma



WHITBY

More information Phone: 905.430.4300 Email: info@whitby.ca f @TownofWhitby whitby.ca

A Special BTC Feature Insurance: Is it vexing us?

By Richard Bercuson

Last summer, a Toronto woman was declared a "vexatious litigant" for continually abusing the court system by filing dozens of lawsuits the court deemed frivolous.

A July story in The Toronto Star stat-

ed, "Ontario's attorney general had requested (she) declared be vexatious, saying in a court application

that her barrage of lawsuits and court motions are a frivolous 'abuse of the court's process and a waste of judicial and public resources.'

"A 2016 Star investigation found she has sued at least 30 people, companies and organizations since 2011 in Toronto. She has targeted successful men she had relationships with, a school board, bank employees, a pawnshop, a dry cleaning business, lawyers who have opposed her in the courtroom, and a complete stranger."

Discontent?

While this may be an example of lawsuits and a litigant run amok, it perhaps explains to some degree why insurance is necessary. Which brings us to Brooklin where a degree of discontent is emerging about the

need for and cost of liability insurance during events.

Artfest in Grass Park seemed to have fewer participants than previous years. No one can pinpoint exactly why. However, anecdotal com-

> ments might some offer hints. One local artist who refused to be identified said that the cost insurance of

might prevent participation in future such events. Despite a passion for art, this person said the additional insurance costs more than negated any profit coming from sales. Another artisan admitted adding a oneday rider to their personal liability insurance for just \$5.

What then does the town of Whitby require and why?

Insurance is a complex and not too exciting topic at the best of times. However, as evidenced by the example at the top of this feature, it doesn't take much to set someone alight.

Lawsuits abound

Regional councillor Derrick Gleed whose other career is in life and home insurance and investment ad-

Whitby Event Definitions Courtesy of Town of Whitby

Town Approved Event: An event on Town of Whitby or prievent that is free to the public, has been approved by Municipal Council and is organized, implemented and marketed by municipal staff. Examples: Harvest Festival and Heritage Day

Third Party event: An event theme, organized by an outside community group, commercial business or service club which holds a special event permit from the Town of Whitby. These events the general public are further defined by A or B. a. Town Supported Event is a third party event that has been approved by Municipal Council in the budget, is requiring approval and permit by the SEAT (defined below) Team and is supported by municipal staff through in-kind services such as road closures, park booking, and/or marketing support. Example: Artfest or; b. The Town of Whitby holds no financial responsibility and all costs are invoiced to the event organizer

vate property (including parks, roads/road allowances, parking lots, marina etc.) and not limited to; a festival, walk/run, march, parade or other organized event and may include the following:

a celebration of a specific

 has a predetermined opening and closing date/time

vice, says things aren't getting any better. "We're in a litigious society and the lawsuits are getting bigger.

"Lawyers will sue municipalities," he adds, "simply because they have deeper pockets."

For nearly all events in Whitby there are 200 of them annually - the town requires proof of a minimum of \$2 million liability insurance. The cost for most events is \$75, however that varies depending on the nature of the event. For instance, a street closure for a street dance, permissible only for neighbourhood events on cul-de-sacs, small crescents, and dead-end streets, costs \$275. Add an inflatable play structure and the insurance requirement jumps to \$5 million.

When one considers there may be people floating about for whom a lawsuit is a cash cow in waiting, it's a small price to pay. Besides, as Gleed points out, the insurance requirements are not set by the town of Whitby. It is also neither a tax nor a moneymaker. The rates are determined by the company in whose insurance pool Whitby is a member along with many other municipalities.

Whitby's low fees

Lara Scott, Whitby's Special Events Lead, says Whitby's fees are among the lowest in the province. Cobourg's Waterfront Festival charges \$310 to set up a 10 ft. by 10 ft. tent. Aurora's same space costs \$125 for a day, North Bay holds an Armed Forces Appreciation Day for which it charges booths \$95.

Rates and the amount of insurance vary according to the level of risk. Food vendors, as an example, require \$5 million for the obvious reason that the level of risk for customers is considerably higher than, say, buying art. However, it's not the purchase of something which is the issue.

Imagine someone "window shopping" in Grass Park, tripping on a booth's guy wire and shattering a hip. A lawsuit follows. While it hasn't happened, it could and that's why liability insurance exists, to protect everyone involved.



"The cost of insurance," Gleed says, "is also there to protect the municipality and the taxpayer because in the end, if something happens, costs will get put on the taxpayer. Participants do need to be consumers. They need to phone their insurance brokers and learn about it."

In the meantime, Scott says the town is working at streamlining and clarifying the event process with a goal to providing a clearer understanding of liability insurance and its costs for all types of events. This should be completed soon.



pay tribute to our Comrades who have served, and who continue to serve, so we may have our freedom today.

Branch 152 would like to thank the residents of Brooklin, Myrtle, Ashburn, and surrounding communities for your continued support throughout the Poppy Campaign. Monies raised are put into a trust fund and is used to help Veterans and their families, our youths through bursaries and school awards, and helping others in our communities when needed. Without your help we would not be able to make this program possible.

STATEMENT OF POPPY ACCOUNT



Special Event: A one-time, annual or infrequently occurring · • live entertainment Food is being given or sold to Alcohol Fireworks

- Sound amplification
- The use of electricity
- Amusement rides
- Parking lot or road closures
- Projected attendance over 500 people

SEAT (Special Events Advisory Team): A team comprised of town staff representing various municipal divisions, representatives from key stakeholders (DRPS, ems etc.) who meet and review applications to ensure all the necessary permits, permissions and site plans are approved and in place.

Opening Balance October 1, 2016 Income From Campaign and Other Sources	\$26,229.24 \$42,552.90			
	\$68,782.14			
Disbursements:				
Poppy Campaign and Expenses	\$10,632.78			
School Awards & Youth Education	\$2,439.54			
Donations – Cadets	\$5,000.00			
Donations – Community	\$1,000.00			
Donations – Veterans	\$7,808.72			
Total Expenses	\$26,881.04			
Closing Balance September 30, 2017	\$41,901.10			

Yours in Comradeship, Royal Canadian Legion Branch 152 NORM O'BOYLE, PRESIDENT **NEW MEMBERS AND VISITORS ALWAYS WELCOME**

Our Brooklin Kids By Leanne Brown



Pay kids to achieve good grades?

It's report card time. Some kids approach this time of year with dread.

Others look forward to it. And for a few...it's pay day!

That's right. Some parents reward their children for each "A" they bring home with a cash or other incentive. But does paying for grades really help?

It's an interesting debate. As a society, we believe in being paid for our work. So if a child's "work" is learning, shouldn't they get paid for performance? Isn't this a value we want our kids to adopt?

Many parents think so. According to the American Institute of CPAs, 48% of U.S. parents reward their kids financially for good grades. The average payout for an "A" is \$16.60.

No performance guarantee

Paving kids for grades does work but that "A" grade you paid \$20 for doesn't guarantee a similar future performance. Harvard professor Roland Fryer Jr. tested the concept of paying for grades and other desirable behaviour in four urban Ameri-

can school systems with mixed results. "The Hamilton Project: The Power and Pitfalls of Education Incentives" (scholar.harvard.edu) concluded that paying for performance didn't work, unless the students had a clear idea of the need to achieve results. The experiment was more successful in improving test scores by rewarding kids for "inputs" they could control, such as reading books.

There is also the opinion that the "A" grade is in itself the reward for work rendered. Why do you need to put a monetary value on it? Kids should want to do well on their own as a result of the effort they put in. Children who are rewarded for good grades can start to feel a payout is something they're entitled to, which robs them of the ability to develop a love of learning and a sense of responsibility for their own education.

I found most parenting and finance experts don't recommend paying for grades. Experts agree that if you're doling out bucks for grades, it may be doing more harm than you think. Paying for performance is often seen as focusing on the symptoms rather than the underlying causes of a student's challenges.

Reliance on external motivation

This practice also undermines a student's work ethic and confidence, they argue, because it relies on external, rather than internal, motivation. Research shows that some well-timed words from a parent or teacher to a student who is making a real effort may be a more reliable way to increase a kid's motivation to excel than a cash incentive.

Experts suggest linking good grades to effort. Instead of handing over \$20 for an 'A', tie the result to a specific activity the child can repeat. Praise your child's efficient use of her time, her careful work, or how hard she studied. Let them know you are proud and that the "A" is valuable, well worth it in and of itself. For a child who struggled and worked hard to master a difficult subject and gets a "B-", this can be more meaningful than the easy "A" for which he earns money.

Do you feel the "B-" is worth rec-

ognizing with something special? An article from Scholastic Magazine suggests that using rewards is most effective if it is done spontaneously. "Kids who are aware of grade incentives lose interest in the task twice as fast as those who didn't know a reward was coming," it states.

Reminder: Progress reports come home the week of November 13. 2017



A Brooklin Toddler's **Random Thoughts**

"It's going to be a busy day."

Durham Celebrates Farm Families

Farming and farm families celebrated their rural roots in Durham Region on October 26 with close to 350 people in attendance at the 4th annual Cel-

ebrate Agriculture Gala held at the Scugog Community Centre in Port Perry. The evening recognized three Durham Farm Connections award



winners and 133 Canada 150 Farm families.

The presentation of Canada Farm Family gate signs and certificates to

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.

Wed., Nov. 15: 7:00 pm- 9:30 pm:

Mondays: 6:30-7 pm:

Durham Region's Canada 150 farm families was a Gala highlight. Recognition was given to a farm family that has been continually farming in Canada since 1867 and are still farming in Durham Region today.

The Durham Farm Connections

Celebrate Agriculture Gala benefits agricultural awareness efforts in Durham Region. Through the efforts of hundreds of volunteers, Durham Farm Connections delivers educational programs to improve the understanding, and awareness of agriculture in Durham Region.

Brooklin and area farm families and the years they began farming were:

Batty Bray Burkholder	1857 1832 1833	Middleton Miller O'Connor	1838 1839 1832
Glaspell	1851	Osbaldeston	1836
Grandy	1823	Taylor	1787
Guthrie	1818	VanCamp/Linton	1841
Jones	1842	Werry	1845
Mackey	1798		

Red Tent Circle for Women Only To register or obtain more information, visit: meetup.com/RedTentCircles and look for GTA-Peterborough-and Kawarthas

Sat. Nov. 18: 9:00 - 3:00 p.m: St. Leo's Craft / Vendors' Fair St. Leo's Parish Hall. 130 Watford St. (Off Winchester) Over 30 vendors to browse. Free Admission. Takeout food available. Door prizes. Info or table rentals: 905-620-0724

Fri., Nov. 24: 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.

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

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

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. Sunday Services at 10:30 am Sunday School & Nursery Care 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 The Midnight Echo: From Album To Road Tour

Midnight Echo, an alternative rock band formed in 2016, has signed a deal with Rock Avenue Records of Los Angeles and released its first album "Voyager" last May.



Band members Joel Lalonde (Vocals/Guitar), Tyler Rayman (Guitar) and Ryan Speakman (Bass), all of Brooklin, will be touring the U.S. east coast this month followed by locations next year in Canada, Europe and other American hotspots.





"We fuse the hook-laden anthems of the early 2000s," says Lalonde, "with the synth-driven tones of 80s new wave to create our own unique and atmospheric sound."

You can read more about the band and its tour at themidnightecho.com or on facebook at facebook.com/themidnightecho

On twitter: @themidnightecho On instagram: @themidnightecho

Lest We Forget

November 11

A day we remember and honour our heroes

Mayor Don Mitchell and Members of Council





Major study finds untreated hearing loss linked to dementia

Although the reason for the link is as yet unclear, a recent Johns Hopkins and National Institute on Aging study shows that seniors with hearing loss are significantly more likely to develop dementia over time than those with normal hearing. Researchers say these findings "could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens."

Further, they suggest a common pathology may underlie the two conditions, or that the strain of "decoding sound" over the years puts undue strain on the brain leaving them more vulnerable to dementia. Other speculation includes the social isolation that often results from hearing loss as a factor that could exacerbate dementia and other cognitive disorders. "Whatever the cause," the school reports, "their finding may offer a starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients' hearing."

FREE Hearing Test

Have you had your hearing tested?

Take the first step and book a FREE hearing test today. There is zero risk and no cost involved. Why wouldn't you get your hearing tested?

Call a local clinic below or book your appointment online at:

HearingLife.ca/Dementia



For a limited time we are offering

50 FREE

Air Miles[®] Reward Miles when you complete your first FREE hearing test with us.

Nationwide coverage – Over 200 locations across the country.

Ajax | 235 Bayly Street West | Call Samia at 1-877-203-6437



For information on Remembrance Day ceremonies: whitby.ca • 905.430.4310

- Oshawa | 470 King Street West | Call Lyndsay or Abigail at 1-877-207-8014
- Pickering | 1848 Liverpool Road | Call Jennifer at 1-877-200-1341
- · Whitby | 604 Garden Street | Call Karla at 1-877-200-1701



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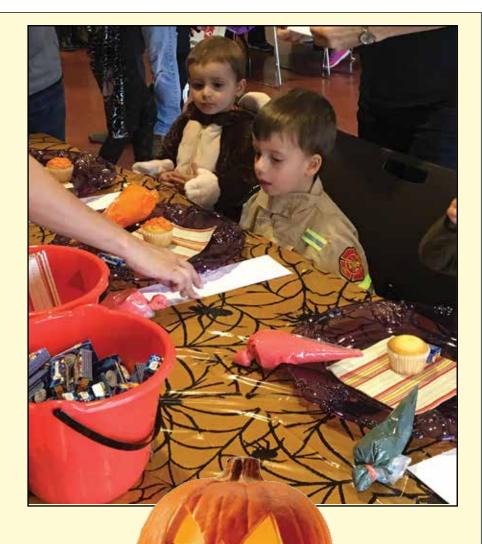
NIHB, VAC and Worker's Compensation Provider

*Offer valid until November 30, 2017 and is subject to change without notice. Please allow 45 days from the endotthe offer period for MLes to be posted to the Collector Account. Limit one offer periodstome, per Collector Account. Reward mile offer is limited to first time hearing tests of outside to the Collector account with a new tests for black. This after cannot be combined with other promotions for hearing tests. Hearing tests or payded the other period to some tests for Black Some conditions may apply. Please we cline to details ** Trademarks of AR MLES International Trading BV. Used under license by Loyalty. One: Co., Listenkip Canada and Hearing Life Canada.







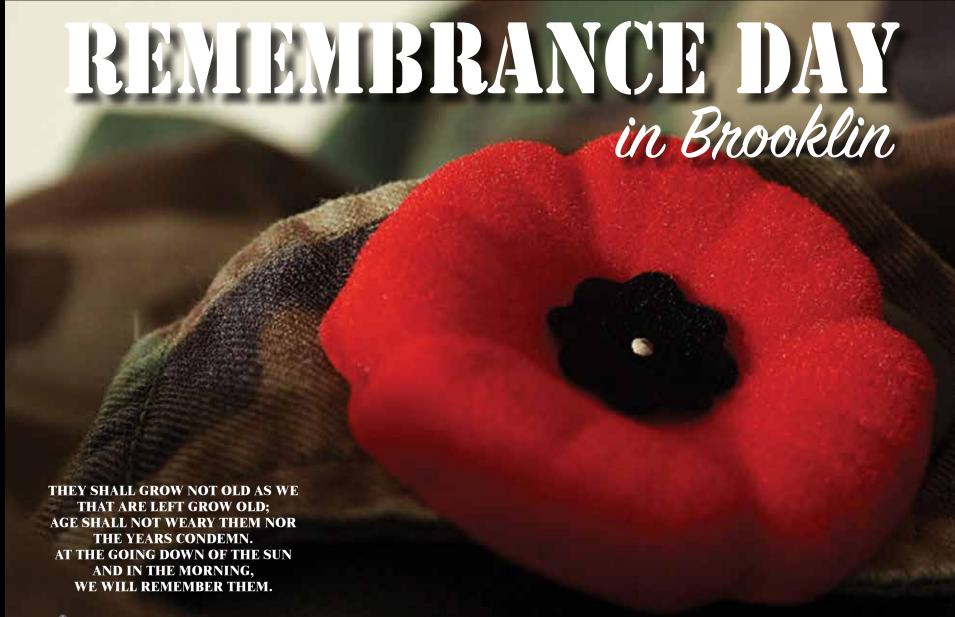


Group 74's Boo-fest: A Boo-tiful Day!

Brooklin's Community Centre and Library was overrun by ghosts, goblins, witches, super heroes, and princesses at Group 74's first ever Boo-fest on Oct. 28.

Group 74 volunteers were on hand to guide children through crafts and activities, including - yum - making cupcakes.

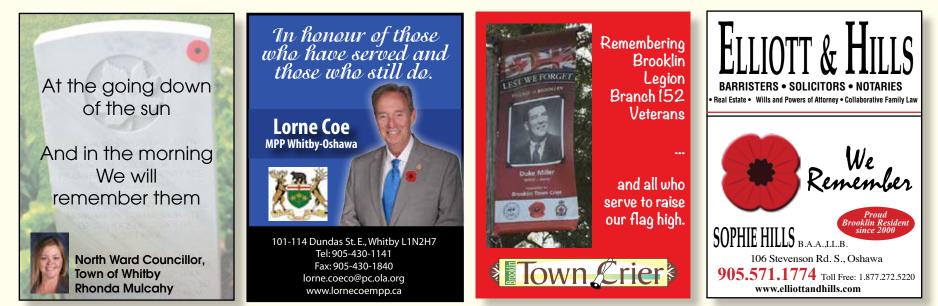






Brooklin Legion Branch 152 invites everyone to the Annual Memorial School Day Service **Friday, November 10, 2016, 1:00 p.m.** at Luther Vipond Memorial Arena

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



We Remember



5295 Thickson Rd. N. **905-655-3662** www.barnesmemorialfuneralhome.com "They shall not grow old, as we that are left grow old: age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we shall remember them."

- Laurence Binyon, "Ode of Remembrance"



East Ward Councillor, Town of Whitby Steve Yamada

elina Caesar-Chavannes, Member of Parliament for Whit

LEST WE FORGET

During this time of remembrance, we pay tribute to the courage and sacrifice of those who served, and continue to serve, our great country.

We are grateful for your sacrifice, which allows us to enjoy The True North strong and free.

We all must continue to strive towards achieve peace in an effort to ensure that your sacrifice was not in vain. WE REMEMBER

206-701 Rossland Rd. E., Whitby ON L1N 8Y9 elina.Caesar-Chavannes@parl.gc.ca | (905) 665-8182 THERE IS NO GREATER LOVE THAN TO Lay down ONE'S LIFE FOR ONE'S LIFE FOR

- LEST WE FORGET -

Chris Leahy West Ward Councillor, Town of Whitby

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



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

MacDermid **Paving A Winner's Road**

Brooklin resident Ryan MacDermid won the Senior division of the Canadian Karting Championship at Mosport Kartways in Bowmanville this past August and was crowned Canadian Senior Rotax National Champion.

He also captured the prestigious US Open in Las Vegas that earned him a spot on Team Canada 2017. The team will travel to Portimao, Portugal, this month to compete at the World finals. Last year, he was part of Team Canada rac-

sion and became the first Canadian ing in Sarno, Italy, in the Junior divi- junior driver ever to gualify on the



pole position, out of 72 drivers from 50 different countries.

In October, he raced in South Carolina at the WKA Manufacturer's Cup Grand Nationals in the Pro Senior IAME division, finishing on the podium for both races and tied for the title of overall winning driver.

Ryan attends The Academy for Student Athlete Development (A.S.A.D.) in Whitby, a unique programme that allows athletes to attend the Centre half days to study and train at Elite Training Systems and go to their home school the other half. He is in grade 11 at Brooklin High School.





Batteries dead? Recycle instead! Curbside battery collection November 6 to 10 only.



Special orange labels were provided in your waste management calendar.

Simply place the orange sticker on your own zipper style bag.

Place sealed battery bag on top of your paper blue box on your collection day.



Need stickers? Call 1-800-667-5671 or visit durham.ca/battery

If you require this information in an accessible format, please contact the number above.



Plant-Based Eating by Sheree Nicholson



All Hail Kale!

The fall is a great time of year to cook soups made with local vegetables. One of my fa-

vourite soups is Farm Boy's mushroom/kale (there's a low sodium version). After a trail run, I'll sometimes stop go to the store and grab a cup of this creamy soup, which is packed full of kale and other good-for-you veggies.

One recent Sunday, I made this soup and its smell in the house reminded me of Sundays as a child when my mother would make soup or bread.

I find there is a mindfulness in not being busy, chopping vegetables and just being in the kitchen. I've read that foods prepared with love taste better, so maybe that's why Mom's cooking seems to be the best you've ever eaten.

Kale is a nutritional powerhouse. Some of its benefits can be found by visiting this site:

mindbodygreen.com/0-4408/Top-10-Health-Benefits-of-Eating-Kale.html

1. Kale is high in iron.

Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.

2. Kale is high in Vitamin K.

Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting.

3. Kale is filled with powerful antioxidants.

Antioxidants, such as carotenoids and flavonoids, help protect against various cancers.

4. Kale is a great anti-inflammatory food.

One cup of kale is filled with 10% • 1 bunch of the RDA of omega-3 fatty acids, which help fight arthritis, asthma and autoimmune disorders.

Farm Boy's

Mushroom/Kale Soup This recipe makes 4 to 6 servings and takes about 40 minutes to prepare.

-	
• 2 tbsp (30 mL)	extra-virgin olive oil
• 3/4 cup (180 mL)	Spanish
	onion, peeled and
• 3/4 cup (180 mL)	chopped carrots,
	peeled and chopped
• 3/4 cup (180 mL)	celery,
• 1	chopped large Yukon
	gold potato, diced
• 1 tbsp (15 mL)	garlic, minced
• 1 lb (454 g)	button
	mushrooms, chopped
• 3 cups (750 mL)	water
• One 14 oz/400 mL	can coconut

onut milk

• 1 bunch	curly kale, stems
	removed and
	leaves
	chopped
 2 tsp (10 mL) 	salt
• 1 tsp (5 mL)	pepper

1. In a large pot, heat the oil over medium high heat. Add onions, carrots and celery and sauté for 5 minutes.

2. Add the potatoes, garlic and mushrooms to the pot and continue to sauté for another 5 minutes.

3. Turn heat to high and add the water and coconut milk. Bring to a boil then reduce heat to low and simmer until all vegetables are tender.

4. Add in kale and cook until wilted, about 5 minutes. Season with salt and pepper. Use an immersion blender or regular blender to purée. Taste and adjust seasonings.

Sheree's Hack: If you are in a hurry buy a bag of pre-chopped kale. Use the leftovers for fast morning smoothies.

In Flanders Fields By Lieutenant Colonel John McRae

Composed on May 3, 1915, during the Second Battle of Ypres

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below. We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie In Flanders fields.

Take up our guarrel with the foe: To you from failing hands we throw The torch; be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow In Flanders fields

Durham Network Assisting In-Need Seniors For Xmas

D.E.A.N. (Durham Elder Abuse Network) will again this season conduct its Secret Santa program in cooperation with many other Durham seniors organizations and Sutton Group-Heritage.

If you wish to help, there are two available options: a gift that you purchase yourself or a monetary donation.

All seniors identified by D.E.A.N. have indicated certain items they need. If you choose to get a "Tag,' the senior's first name and area of residence will be indicated along with the items he/she needs.

Tags will be distributed November 12-15 with a deadline of December 1 for the gift to be returned. Pickups can be arranged or the gifts can be dropped off at the Brooklin

Sutton Group-Heritage office at 44 Baldwin St.

If you would like to donate a monetary gift for others to do the shopping, we will provide a tax receipt for donations of greater than \$25.

Due to the sensitivity of the organization, D.E.A.N. will be responsible for delivering all gifts to the selected seniors.

D.E.A.N. will also have area children make Christmas cards for the seniors. If your child would be interested in making one for the Senior you have been given a Tag for, please inform us se we can include some paper when you receive your "Tag".

For more information, contact Angela Josch at ajosch@sutton.com.



Durham Seeks Volunteers For Council On Aging

The Regional Municipality of Durham is currently seeking three volunteers for Member-at-Large positions on the Durham Council on Aging. Two positions are reserved for older adults (aged 55 and over) and there is one "open" position available to any Durham resident, business owner or organization with an interest in the work of the council. The minimum time commitment required is three hours every three months.

Interested volunteers are asked to complete the Expression of Interest form, outlining how you feel you can contribute to the council, by November 8. Submissions should be sent by email to: info@ durhamcouncilonaging.ca or mailed to:

Durham Council on Aging c/o Sonva Hardman 605 Rossland Road East P.O Box 623 Whitby, ON L1N 6A3

The Council on Aging was established to guide the implementation of the Age-Friendly Durham Strategy and Action Plan over the next five years. The council will establish cross-sectoral partnerships that engage numerous stakeholders in the work of advancing age-friendliness. It will act as a springboard to connect with other community initiatives and consolidate efforts, in a way that breaks down silos, reduces duplication, and increases collaboration and knowledge transfer.

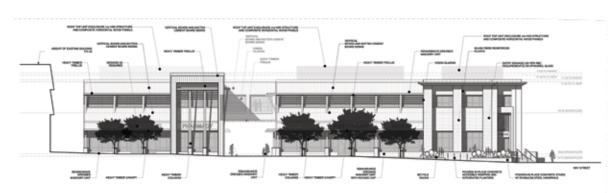
The Member-at-Large Expression of interest form and additional information about the Age-Friendly Durham Strategy and Action Plan is available on the Region of Durham's website at durham.ca/agefriendly.

Advertise 906.655.7642

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Baldwin Street Development Approved at Council





On October 10th Town of Whitby Council approved the site plan application from Brookvalley Developments for the intersection of Way Street and Baldwin Street in downtown Brooklin.

This piece of property is actually three properties, 72 & 76 Baldwin plus 15 Price Street totalling 1.68 acres – a significant sized property for the downtown.

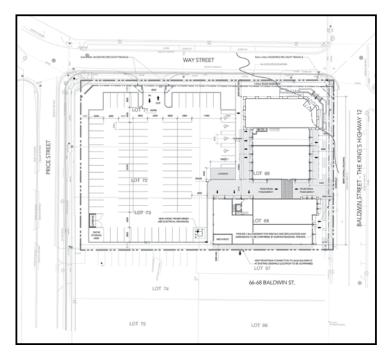
Previously the site was home to an auto-

mobile garage repair shop on 72 Baldwin Street, a home on 15 Price Street and a multi-purpose building at 76 Baldwin Street (Home of Gus' Square Boy Pizza shop).

Soon the combined lots will see two, 2-storey multi-unit commercial buildings built connected with a second storey walkway.

The zoning will permit the uses of offices, retail stores, eating establishments, personal service establishments.





Brooklin Bafflers: *by Liz Lowe*



- 20 "Fancy that!"
- 21 Head, for short
- **23** Antiquity, in antiquity
- 24 Chaotic
- 26 Pan, e.g.
- 28 Babysitter's handful
- **30** "Much ____ About Nothing"
- 32 Its motto is "Lux et veritas"
- 36 Alternative to Windows
- 39 Well
- 41 "Good grief!"
- 42 Cabernet, e.g.
- 43 Exposed
- 45 Armageddon
- 46 Neuter
- **48** "Your majesty"
- **49** (informal) address, esp. an email address
- "Our Time in (10.000)50 Maniacs album) 51 Cried" (1962 hit) 52 Masefield play "The Tragedy of 54 "Raiders of the Lost 56 A tower for guiding pilots 60 Appetite 63 Affirmative vote 65. "Mud" 67 Victorian, for one "Four Quartets" poet 68 Bone-dry 70 72 Greek earth goddess: Var. 73 Bar offering 74 Type of sardine 75 Beehive, e.g. 76 Airport pickup 77 Little ones

- 4 Apple leftover
- 5 Ashtabula's lake
- 6 "Malcolm X" director
- 7 Hang loose
- 8 Artillery burst
- 9 Cast
- 10 Halftime lead, e.g.
- 11 Call
- 12 Mosque V.I.P.
- 15 Aged
- 20 High school class
- **22** "Give it !"
- 25 Half a dozen
- 27 Blonde's secret, maybe
- **29** Calphalon product
- 30 Informal: A person who drinks alcohol to excess habitually
- 31 Textile worker 33 Ancient 34 Capture 35 Christian Science founder 36 Advocate 37 Call for 38 Doing nothing 40 Big blowout 44 Animal house 47. lab calls?" 51. Blue hue 49 "Tarzan" extra 55. 4:1, e.g. 53 Bequeath 57 Architectural projection 58 59 Indian bread 60 "Absolutely!" 61 The sixth month of the eccl siastical year in the Jewish calendar 62 Not yet final, at law of Eden" 64 Dump 65 "What are the ____?" 66 69 Electrical unit 71 "Flying Down to _ 72 Caught

42					45				44			45		
46			47			48					49			
50					51				52	53				
			54	55						56		57	58	59
60	61	62		63		64		65	66			67		
68			69			70	71				72			
73						74					75			
	76					77					78			

Across

- 1 Absorb, with "up" 4. Kind of phone
- 8 Abandon
- **12** International Civil Aviation Organization, abbrev.
- 13 Sundae topper, perhaps
- **14** Part of a TV feed
- 16 It holds a yard
- **17** Cambodian currency 18. OK, in a way
- **19** "Aladdin" prince
- 78 ____ el Amarna, Egypt

Down 1 E

- Bathroom item
- 2 Desert sight
- 3 Ale holder

Meet Your Local Merchant

Brooklin Village Dental

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

First Impressions

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

Patients are drawn to Dr. Yao's genuine manner and positive outlook. Dr. Yao served as a Captain with the Canadian Armed Forces for nine years, and practiced dentistry at the military base in Toronto. "It was a great



Yao, who is dedicated to serving all of his patients with compassion and offering the very best in quality care.

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

Comprehensive Care

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

Brooklin Village Dental Care provides unique onsite comprehensive services for you and your family's dental needs, providing the latest dental techniques for pain free procedures! We also offer children and nervous patients with nitrous oxide for everyone and IV conscious sedation for adults.



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Photos are from Brooklin Village Dental's 2nd Annual Free Dentistry Day held on Saturday, October 14th. This community outreach provided dentistry to 45 people who would normally not be able to see a dentist.





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Average Toronto house price rebounds

The average Toronto area re-sale home price rose by about \$43,000 or 6 per cent in September compared with August — a sign, say some realtors, that the slumped market is waking up, or at least levelling off.

"The increase in price is seasonal, but it's still a positive sign because it tells you the market isn't falling further," said Realosophy president John Pasalis.

Sellers are struggling to digest the change that has occurred in the Toronto region market since April, when the average home price peaked at \$920,791, said Aurorabased Royal LePage broker Caroline Baile."We're still getting sales, but they're coming in at about 97 per cent of list price," she said.

"It's like we have two different markets. One in the core — downtown and the neighbourhoods that are in high demand and have low inventory — and then almost a completely different market for areas outside the city like York Region and Mississauga," said Sohail Mansoor of Royal Lepage Signature Realty in Toronto. Choice locations are still selling, often with multiple offers and, in some cases, agents are again holding off offers to a set date, something that was a given in the booming first four months of the year, he said. Jason Mercer, TREB's director of market analysis, said there is good reason to believe buyers will step off the sidelines as they have in Vancouver, which introduced a foreign buyers tax last year, similar to the one that Ontario launched in April. Toronto region employment is high and, despite two recent central bank rate increases, borrowing rates remain low. "There ought to be still quite a bit of confidence in your ability to purchase and pay for a home over the long-term," he said. TREB market research suggests there are people who want to buy homes. "They're just biding their time right now," said Mercer.





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