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Brooklin High School Welcomes the Community to The Grand Opening



Getting Ready for a Grand Opening Ceremony at Brooklin High School Maggie MacEachern (left) and Liam Maloney (right), pictured here with Principal Warren Palmer, will be the emcees for the Grand Opening of Brooklin High School on Thursday, May 26, 2016 from 7:00 to 9:00 p.m. The two-storey school has 1227 pupil places, is 173,200 square feet, on a 14.81 acre site. It features state of the art science labs, visual arts rooms with kiln, music and individual practice rooms, theatre arts area with dressing rooms, culinary arts program and family studies area. The school is also modernized to include transportation technology with two lifts, construction technology, communications technology with studio, triple gymnasium with full sports field and running track, dance studio, weight room, full service learning commons, cafeteria with stage, and a demonstration green roof for students. everyone is welcome to attend the Grand Opening!

rhonda mulcahy/BTC

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bruises



By Sarah Eddenden

This week, I dug up sod and laid down a flagstone patio. I repainted the kitchen cupboards, and I sanded and painted the picnic table outside.

Last week, I painted the basement floor white.

I have a lot of bruises. I focus on the two steps ahead and miss what is right in front of me. Trip on shoes and walk into door-knobs.

I don't much like what is right in front of me now.

Things don't feel the same since my mom died.

I never realized the great comfort I enjoyed, knowing my parents were together and warm and good. Talking or not talking, just reading next to each other, but there and fine.

I took that feeling for granted.

Still how could I know what this would feel like ahead of time?

I didn't talk to my mom every week, though now I wish I had. Stupid guilt. Stupid me.

She was there if I needed her.

We didn't always see eye to eye. She loved to take the other side, challenge until I was spitting frustration.

None of that really matters now.

Getting used to someone not being there feels like trying to shake a fog that won't go. There's a weird numbness too that stops me from laughing too hard or feeling too good.

I'm not alone, but I feel it.

Searching out flagstones at the landscaping

supply store or digging at the dirt or painting the next coat of semi gloss enamel gave me something to focus on. The simple enjoyment of laying out the caramel marble stones carefully between the cracks or sliding myself across the now-smooth picnic bench without getting a splinter.

When I have a bath, I study my bruises. The one on the right side of my calf is purple and red. I got that from walking into my husband's bike while I was carrying a bag of sand. The one on the left side of my calf is yellow and green. I got that when I swung a bag of stones from the wheelbarrow and smacked myself in the leg before I managed to drop it to the ground.

They are like medals of achievement.

I did.

I find paint on me in the most obscure places days later.

How did that get there?

When I stopped, because I was hungry or thirsty or tired, and I looked at what I had done, I felt good and sort of unsure too. Who was I to lay down flagstones?

That feeling I had at the landscape place of appearing naive or unschooled.

When do I weigh my car? Where do I weigh my car?

The first time home, I texted my husband: I have one soaker, two bags of sand and fifteen pieces of flagstone.

When I went in to pay, the woman at the cash asked me: "Were you in the white car?"

I almost said: "Why?"

Like she meant something by that.

The patio done that third morning, I made myself a tea and sat down on the outside steps and I thought: My mom's gone.

It doesn't go away. It just has to find its place.

I wonder if she'd like my new patio. The Adonis blue picnic table.

She might wonder at my white basement floor.

The mourning doves from my last column? She would have loved to watch them fly away.

I'd show her my bruises, and she would rub

them and be sympathetic and then scrunch her nose at me and giggle. She would make me laugh at myself.

When I told my dad about the patio I was laying down, he seemed impressed at my choosing to lift heavy sod and haul heavy stones.

It felt good to impress him.

I didn't tell him that I am covered in bruises.

For me, getting bruises is nothing new. But each new bruise is new.

Brooklin Youth Charged in Convenience Store Robbery

A 15-year-old male, from Brooklin, has been arrested in connection with the armed robbery of a convenience store last month.

On Wednesday, April 27, 2016, the Brooklin Smokey Way store on Campbell Street was robbed by a male with a knife. A male suspect, wearing a mask and gloves, walked to the counter of the store at approximately 3:45 p.m. and pointed a knife at the cashier. The cashier immediately fled the store. The suspect took a glass bong and ran out the rear of the store. He was last seen entering the wooded area at the rear of the business. Officers searched the area, but did not locate the suspect at that time. Pieces of clothing and a glass bong were located in the wooded area. No one was physically injured during the incident.

On Tuesday, May 3, the suspect was arrested by members of the Central West Criminal Investigations Bureau of the Durham Regional Police (DRPS).

The charges are Robbery with an Offensive Weapon; Wear Disguise with Intent to Commit Offence; Possession of a Weapon Dangerous to the Public; Carrying a Concealed Weapon, and Obstruct Police Officer. He was held for a bail hearing and cannot be identified under the Youth Criminal Justice Act.

Anyone with new information about the incident is asked to contact Detective Constable Mamers of the Central West Criminal Investigations Bureau at 1-888-579-1520, extension 1815.

Anonymous information can be sent to Durham Regional Crime Stoppers at 1-800-222-TIPS (8477) or online at www.durham-regionalcrimestoppers.ca, and tipsters may be eligible for a \$2,000 cash reward.

From the Archives...

Brooklin Creamery Gasoline Powered Delivery Truck, c.1913

A black and white photograph of the Brooklin Creamery's gasoline powered delivery truck circa 1913. This truck was owned by Ernest Patterson, proprietor of the Brooklin Creamery. He used it to make deliveries. In this photograph from left to right: Ernest Patterson, Art Patterson, James Patterson, Mrs. Ernest Patterson, Mrs. Peter Windatt, Peter Windatt.

Whitby Archives Photograph
25-000-132



Inside the Ropes 2016 – Play Golf, not Golf Swing



By Dave Castellani

The common denominator I have encountered more than any other over the years in teaching is that golfers tend to think too much about swing mechanics during the actual round of play. Many players feel lost without this focus of attention on some kind of swing key which usually creates an overload of information known as paralysis by analysis. Here is a different way of looking at your thought pattern during your on course play.

Let's break this into two areas known as the "Think Zone" and the "Play Zone".

Imagine a baseball player stepping up to bat. Prior to stepping over the line into the batter's box, one would do all the thinking necessary to swing the bat with thoughts about pitch selection, wind direction, runners on base, and where the defense is positioned.

Apply this to golf and you are doing all the thinking slightly behind the golf ball. This is the time for thoughts such as club selection; elevation, wind direction, and the desired target relative to pin placement take place.

In baseball, you will take your practice swing outside the batter's box and, as in golf, you remain slightly behind the ball. This is the ideal time to program your swing mechanics in to your brain and body before crossing the line into the batter's box or prior to stepping up to address the golf ball.

Now is the time to step into the batter's box just like the baseball player, only when you

are ready to get the job done. The old saying "Just Do It" now takes over, and the real focus of attention is with the desired target. Next time you watch golf on TV, look closely when the player is at address over the ball to see how they become consumed with total focus of attention to the target. The key here is to incorporate a line during your practice sessions and not to step over that line and become fully engaged with the actual execution of the shot until you are ready. It has been proven that we are conditioned to respond to lines similar to most athletic areas of play such as tennis courts, football and soccer fields, hockey ice surfaces, and even highways while driving.

Try this method of preparation during your practice sessions and you may find a dramatic improvement when switching from thinking to playing by virtue of stepping into the batter's box, allowing for a free flowing swing without all of the interference of swing mechanics.

Parents, here is a friendly reminder if you are looking for golf camps or clinics for those youngsters wanting to learn basic golf skills. Most golf facilities offer after school clinics or weekly camps starting in July once school is out and running throughout the summer. Contact courses in your area to get up-to-date information about details or feel free to contact me for further information.

Editor's Note: Dave Castellani is the Director of Instruction at the Royal Ashburn Golf Club. If you have any ideas for future articles or questions for Dave, please email him at dcastellan@royalashburngolfclub.com.

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Brooklin's Samantha Busch Survives Ecuador Earthquake



by Barbara Howe

Many people dream of watching the sun go down on a tropical white sand beach. However, on April 16, this was the start of a nightmare for a young Brooklin resident, Samantha Busch.

Busch was backpacking in Ecuador when a 7.8 magnitude earthquake hit the small fishing village of Canoa on the country's Pacific coast. Now back home in Brooklin, Busch is anxious to help those who helped her after the quake.

A former student of Winchester P.S. and Donald A. Wilson Secondary School, Busch had just completed a month's assignment for a Toronto-based charity in the Amazon basin of Ecuador when the earthquake struck.

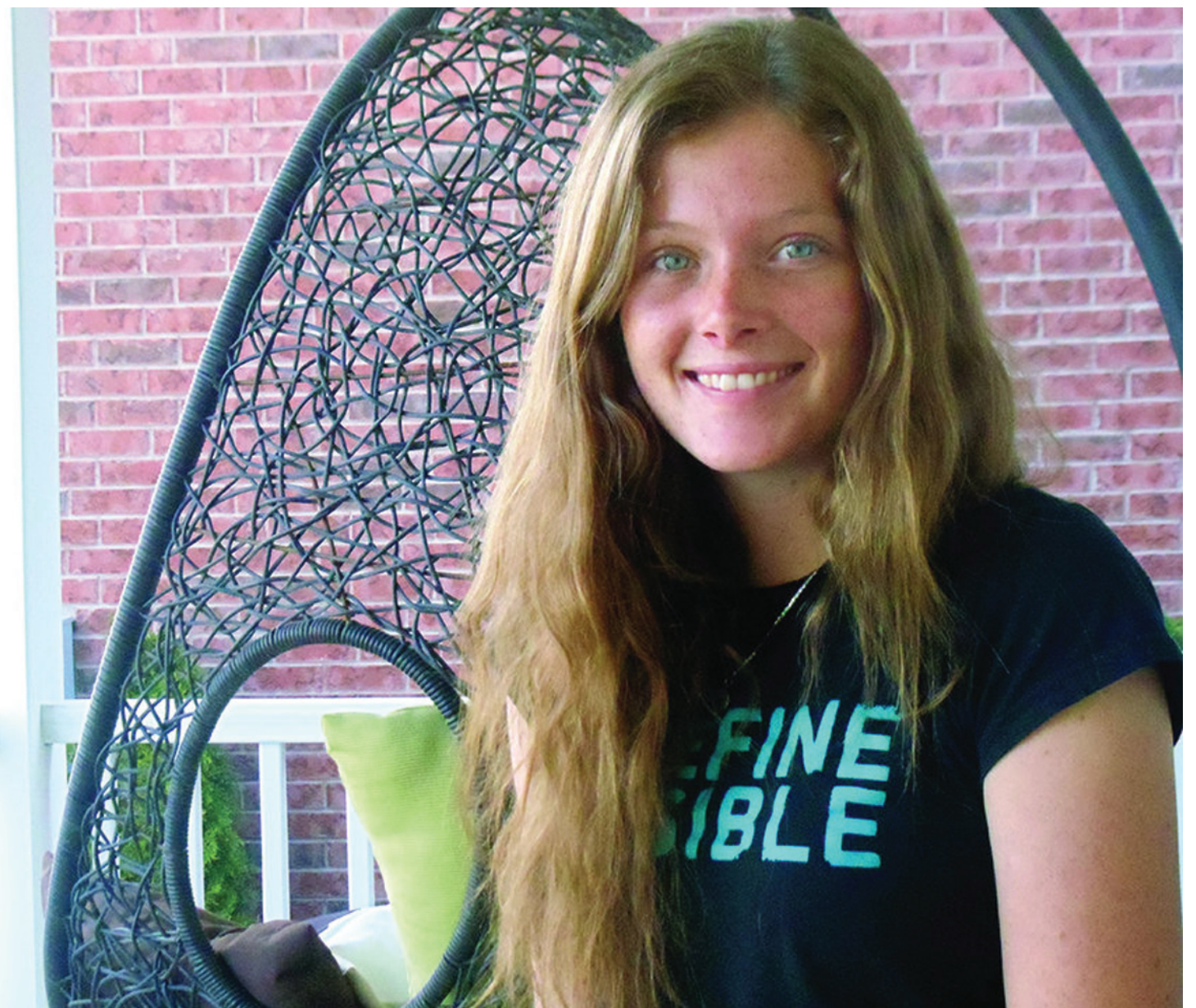
"It was as if a ripple was going through the earth, taking everything in its path," said Busch, as she described the moment the earthquake began. "My whole body felt completely out of control; my surroundings were in control of me."

That was the beginning of the longest night in the life of this bright 20-year-old. Busch seemed relaxed, as she sat cross-legged on the sofa of the family home. However, she says she finds it hard to sleep, as her nerves are still on high-alert.

Busch described her terror as she and her friend, Geovanny, ran barefooted over rocks and rubble, away from the ocean. A tsunami was a real threat after the quake roared into the quiet seaside town.

"It was as if there was a pool of adrenaline in me, and I just felt it shoot to everywhere in my body," said Busch.

Busch went on to paint pictures of the challenges she faced that night. It was pitch black, and her body switched into survival mode. She related how she saw a building collapse in front of her, but there was no sound. She could hear voices, but she could no longer speak any of the limited Spanish she knew.



Barbara Howe/BTC

Ecuador earthquake survivor Samantha Busch is glad to be back with her family in Brooklin. She is fundraising to help the survivors in Canoa.

The idyllic tourist town was now 90 per cent destroyed. Busch and her friend scrambled over rubble and dead bodies, passing injured victims who cried out for help.

An American woman pleaded for help for her husband, who had a bone sticking out from his leg. Busch told her to put water on it and tie a T-shirt around it.

desperate and alone, she needed to get away from the town. With the help of a local family, Busch's work organization in Toronto and Quito, and Busch's family in Brooklin, travel arrangements were made and she flew back to Canada last week.

Finally, Busch managed to make it back to her 'hostal', a kind of lodging common in Spanish-speaking countries. In pitch darkness, she found her room and, although a huge hole was in the floor, used her senses to locate her belongings.

"I grabbed my phone, medical kit, water, and my teddy bear – it was what I needed right then," said blue-eyed Busch.

The locals were yelling, "Tsunami, tsunami," so Busch knew she needed to get to higher ground. She and Geovanny headed up the nearby mountain.

Busch spent 12-hours in the cold and rain on the edge of the mountain. Aftershocks, with magnitudes of five and six, punctuated the night every ten minutes. The air was full of Zika virus-carrying mosquitoes, and she recalled watching the houses explode below, as fires spread into propane tanks.

The following day, Busch came down from the mountain. Feeling

In spite of escaping this disaster, this courageous young woman is determined to return to Canoa immediately and help the people who took care of her that night on the mountain. The experience has cemented her love of working in the humanitarian and relief field.

"If you can put yourself in somebody's shoes, you can help them infinitely," says Busch. "If you tap into their emotions, then you can help them in huge ways, and that is how people change the world."

Almost 700 people are known to have died, with thousands injured or made homeless after the earthquake. Donations can be made to The Canadian Red Cross, ShelterBox Canada, or other emergency relief organizations.

Editor's Note: The Brooklin Town Crier is delighted to welcome Ashburn resident Barbara Howe to our team of Community Writers. Born in Manchester, England, Barbara emigrated to Canada in 2000 to marry her husband, Bill, with whom she enjoys working in their financial services business, Raymond James, in Brooklin. She has just completed her first year at Durham College in its journalism program and is looking forward to finding stories to write about in her home community. Welcome Barbara!

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rhonda mulcahy/BTC

St. Thomas' Anglican Church Seeks Support for Syrian Refugees

Members of the St. Thomas' Refugee Committee (from left to right): Bruce Beveridge, Nancy Bugg, Betty Cincurak, Don & Nancy Mills, and the Rev. Canon Claire Wade

St. Thomas' Anglican Church, Brooklin, is seeking community support of their drive to raise money to help a Syrian family come to Canada. The efforts of the St. Thomas' parishioners are part of a larger campaign led by St. George's, Ajax, and St. Paul's on the Hill, Pickering, to sponsor a family of five through AURA (Anglican United Refugee Alliance). AURA has been helping refugees make a new home in Canada since the 1970s.

When asked for their motivation to help others, Don & Nancy Mills explain, "by reaching outside of ourselves, humanity as a whole expands. How can we not help when we are so blessed?"

For some time, Betty Cincurak, a long-time St. Thomas' parishioner, has been concerned that her church needed to be part of an effort to help refugees from war-torn countries, so she is delighted to be a member of our Syrian support committee. "I believe," she says, "that we are privileged and blessed by this participation. Here, we have so much, and the people/

families who have lost homes and possessions need our care and concern. As Christians, we are called to help one another and to show our love. Being part of a larger group certainly makes it very possible."

Committee member Heather Beveridge agrees that church-going people must be prepared to help refugees who have not brought this humanitarian disaster down on themselves. "As the images of women and children in a war zone stay with us in our daily lives," she asks, "what images must the Syrian people carry with them for the rest of their lives?" St. Thomas' Brooklin has pledged to cover the cost of food for the refugee family for one year. Anyone who would like to donate to their fundraising efforts may visit stthomasbrooklin.com and click on the "Donate to our Syrian Refugee Fundraising Campaign" button or the "Canada Helps" button (choose the "St. Thomas Refugee Fund" section). People are also welcome to call 905-655-3883 to arrange a cheque or cash donation.

You may recognize me as the Editor of the **Brooklin Town Crier**.

I launched the paper in 2000 just as our community began to expand. Over the past 16 years, I have attended countless Council, Planning, and Works Department meetings at the Town of Whitby.

Through the paper, I've brought North Ward issues to you, writing editorials to advocate on behalf of the community.

I've encouraged and promoted 16 years' worth of community events and activities in the area.

I've resolved residents' concerns directly through my contacts at various levels of government.

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Our Brooklin Kids: Giving Consent to Sexual Activity



By Leanne Brown

Sometimes affection is not always wanted. Be it towards you or you giving it to another. Many people, especially teens, don't realize that there are clear laws that pertain to giving/receiving "consent" for sexual activity that are more complicated than just saying "yes" or "no". So let's clear them up for you.

First, when it comes to any sexual activity, you have the right to decide when you do it, with whom you do it, where you do it, and how you do it. Sexual activity refers to sex, kissing, hugging, making out, cuddling, and touching someone's body in a sexual way. Before any sexual activity to happen, both people need to consent, or say yes, willingly and without being coerced.

So, how do you know if someone wants to make out or have sex? You have to ask! For example, you could say something like, "Is it okay if I kiss you?" and if they say "YES!" then pucker up! If they say NO, they're uncertain or if they say nothing, the answer is NO. Anything other than them saying the word "yes", means no.

Here are 5 things you need to know:

1. Just because people are in a relationship does not mean that they are owed any sexual activity.
2. If you think you received non-verbal consent for sexual activity, but without a clear "yes" and/or the other person really wasn't interested, then it could lead to rape or assault charges.
3. Coercion is when someone pressures the other person to turn their "no" into a "yes". Trying to turn someone's "no" into "yes" is sexual coercion. This includes pressuring

someone to sext or send sexy pictures or threats or bribes. If someone doesn't say "yes", coercing them into sexual activity is sexual assault.

4. You can change your mind at any point and the sexual activity has to stop. Not stopping when the other person wants to stop is sexual assault.

5. You cannot ask or be asked to consent to sex activity when you or your partner are under the influence of alcohol or drugs. Just because someone chooses to use alcohol or drugs does not mean they are asking to be assaulted. If you feel like you were taken advantage of, even if both of you were drunk or high, you can press charges.

In Canada, there are laws about how old you have to be before you can say "yes" to sex. So let's clear those up too.

The legal age of consent for sexual activity is 16. But there are some exceptions:

- If you're under 16 you cannot consent to sex with an adult five or more years older.
- If you're under 18 years old you cannot have sex with someone in a position of authority, like a teacher, coach, babysitter or boss, etc.
- 12 and 13-year-olds can be sexual with other young people who are no more than two years older than they are.
- 14 and 15-year-olds can be sexual with people who are no more than 5 years older than they are, as long as neither is in a position of authority. (For example, it is okay for a 15- and a 19-year-old to consent to sex unless the 19-year-old is the 15-year-old's coach, teacher, boss, camp counselor, etc. Then it is a crime.)

Remember, the decision to engage in sexual activity is and always will be yours.

Protecting Our Kids from Sexual Predators



By Mary Lou Harrison,
Guest Editor

When a popular teacher, sports coach, or baby sitter is charged with sexual assault, we are shocked, outraged, and saddened.

This happened at the end of March when an Ajax elementary school teacher, who used to teach at an elementary school in Brooklin, was charged with Sexual Assault (x4), Sexual Interference (x4), Sexual Exploitation, and Invitation to Sexual Touching.

News stories in succeeding weeks contained reports of similar charges against a Toronto babysitter, who was also an elementary school lunch monitor and a sometimes recreation program employee.

Just last week, the Ontario Provincial Police (OPP) announced that 274 charges had been laid against 80 people following a massive, co-ordinated investigation by the Provincial Strategy to Protect Children from Sexual Abuse and Exploitation on the Internet. These charges included Sexual Assault, Possession of Child Pornography, Make Available Child Pornography, Distribution of Child Pornography, Making Child Pornography, and Accessing Child Pornography.

Scary stuff indeed.

So how do we keep our kids safe from sexual predators who use their position, popularity, community standing, or online anonymity to take advantage of children and other vulnerable young people?

It seems to me that we start by asking questions. Lots of questions. We ask our kids about what they do at school, at Guides, at hockey, at friends' houses, or when they have a babysitter. If we get an answer that seems vague or gives us pause for thought, we ask follow up questions.

We should also ask questions of the people who are tasked with keeping our kids safe.

Most organizations dealing children, the elderly, or other vulnerable populations have policies about sexual misconduct, designed to protect everyone involved.

As a Girl Guide leader, first in Brooklin and now in Toronto, I was screened for my volunteer position and trained under the Safe Guide Policy of Girl Guides of Canada. Among other things, this policy sets out sleeping arrangements at camp (dividing leaders and girls), outlines leader to girl ratios for different ages, and more.

Sometimes, the policies might seem counter-intuitive. I was at Camp Samac this fall when a young Brownie wanted to crawl into bed in the middle of the night with one of the leaders because she was missing home. Half-asleep, the leader almost said "of course", but realized quickly that this was not an okay response to someone else's child. Her Safe Guide training kicked in.

What kind of screening, training, and policies are in place where your kids, or grandkids, spend time without you? Ask.

Person to person situations are one thing. Online communication is a whole different ballgame. It's so easy for kids to get themselves into a situation where they can be approached by total strangers, often masquerading as our children's peers.

While today's young people are technology savvy from a very young age, that does not mean that they know how to keep themselves safe. The supposed anonymity of the internet can lead kids to sharing much more of themselves than they ought to. They may be adept at all the latest social media platforms and apps, but they are still children and naive in many ways.

Again, ask your kids who they talk to online. Ask about Snapchat, Instagram, and online chatrooms. Get them to show you how they work, even if it means deep sighs and eye rolling.

After asking and listening, talk with your kids about appropriate relationships, about what kinds of touching or conversation is okay and not okay, about what situations make them feel uncomfortable.

It is also well worth having a talk with your teens, and even pre-teens, about consent in sexual relationships. In her "Our Brooklin Kids" column, Community Writer Leanne Brown provides an excellent overview of the law in this area.

There are some great online resources that can help you get the conversation started, including the "Kids in the Know" program of the Canadian Centre for Child Protection. One of their resources is a "Safety Habits for Life" poster with five tips, including Safety Habit #3 - *Some secrets should be told. Secrets that make you feel scared or uncomfortable need to be told to adults.*

So ask, talk, and learn together. And stay safe out there.

From the Archives...

William James Wilson Family, c.1905

A photograph of William James Wilson and his family circa 1905. In the back row: Eliza Jane, Clara, Myrtle, and William James. In the front row: Roy and William.

William James Wilson married Eliza Jane Augustus and they had four children: Myrtle Irene, William, Clara, and Roy. He conducted a harness business in Brooklin for some time before moving to Toronto where he remained until his death.

Whitby Archives Photograph 19-053-002



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Meet Your Local Merchant

Oxford Learning Centre

Learning doesn't stop just because school's out! Study smart and get a head start this summer at Oxford Learning Brooklin.

Studies suggest students can lose up to 6 weeks of learning skills, 2.6 months of math grade level equivalency, and are more likely to score lower on tests after the summer break.

Oxford Learning Brooklin's programs are customized to suit each child's specific needs, and the summer programs are no exception. Our programs can help students maintain momentum and tackle problem areas in order to be prepared for the added challenges of the next school year. Without the hustle and bustle of the regular school year, students are able to make great academic strides, meaning less school-related stress and fewer struggles at home next year.

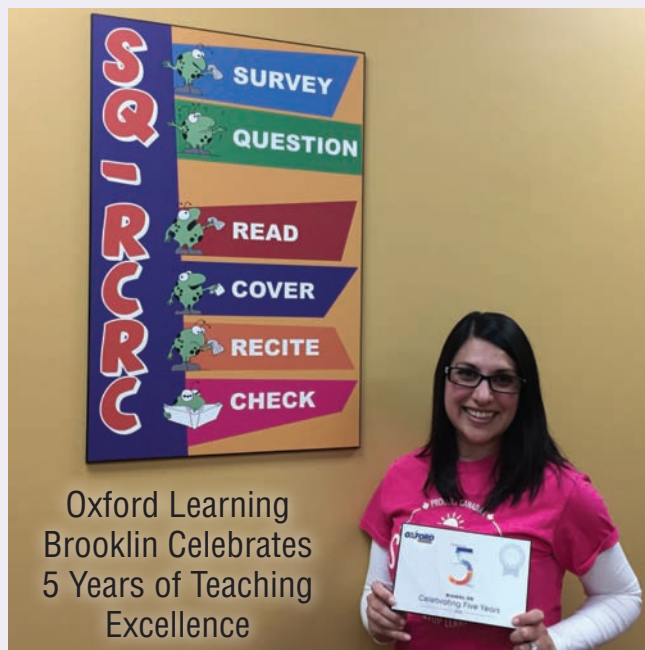
Oxford Learning uses cognitive learning techniques to help children develop more effective ways of thinking, concentrating,

listening, and remembering. The programs help children of all ages acquire the tools necessary to read and write (in both English and French), study effectively, and be organized, motivated, and confident both inside and outside the classroom.

"I have seen kids flourish," says Trisha Dosaj, Oxford Learning Brooklin's owner and director. "There is a moment of clarity when they realize they can do it, especially when they learn to read or complete a task independently. We want to ensure we can help everybody; to make sure students have the right strategies to transfer from Oxford into their every day life, whether it be at home or at school."

Oxford Learning programs range from all ages, all grades, and all subjects: Little Readers & R.E.A.D. Elite (Ages 3-6), Beyond Tutoring (Grades 1-8), Advantage (Grades 8-12), and French (Grades 1-12).

Maintain learning or provide enrichment to be prepared for the next grade level and contact Oxford Learning Brooklin. Call or come in today and together we'll create a summer program that fits your family's busy summer schedule and unique educational needs.



Oxford Learning Brooklin Celebrates 5 Years of Teaching Excellence

You will be amazed at what your child can accomplish! Oxford Learning Brooklin is located at 5969 Baldwin Street South. For more information or to book an assessment, call (905) 655-9500.

Friend us on Facebook! We are always posting great tips for parents to Like and Share. You can also visit our website at www.oxfordlearning.com for any further information.



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Brooklin Takes Centre Stage – West Side Story



Hello Brooklin!

My name is Cady Dreger, and I am an aspiring actress/journalist hailing from right here in town.

I'm a Grade 11 student in the Performing Arts Program at O'Neill C.V.I. which means two things: I am absolutely overwhelmed with homework, and I have a strong passion for theatre.

Now that the spring weather is finally (and timidly) making its debut, it's a beautiful time to stretch your limbs, get some fresh air, and support your local production companies! Over the next several weeks, I will highlight a number of youth theatre companies and their upcoming spectacles as well as some of the fabulous fellow Brooklinites featured in each one.

Starting off our journey is the wonderful cast of Glass Half Full's *West Side Story*. Glass Half Full Productions (GHF) was formed in 2012. Their goal is to provide musical theatre education and performance experience to youth actors and actresses, primarily in Durham region. The company holds auditions in late fall and meets to rehearse twice a week thereafter until show-time in mid-May.

Inspired by the timeless story of Romeo and Juliet, *West Side Story* is the tale of a turf war between rival teenage gangs, the American Jets and the Puerto Rican Sharks, and two young lovers, Tony and Maria, who get caught in the conflict.

In the *West Side Story* spotlight are Brooklin actors Kennedy and Josh Gil-

bey, and Melissa Matthews, who plays a member of the Shark gang in the musical which opens next week. Melissa is a Grade 12 performing arts student at O'Neill, and she credits the program as her inspiration to become involved in theatre. Melissa enjoys the social aspect of rehearsing, while working hard to put together a final product of which the cast is proud.

"My biggest challenge has definitely been finding the courage to do things I wouldn't usually be comfortable with," says Melissa, "dancing and singing alone especially!"

That being said, she claims that the joy of being a part of the experience definitely outweighs the stress she and the rest of the cast feel in anticipation of opening night.

West Side Story runs May 13 to 22 at the historic Town Hall 1873 Centre for the Performing Arts, 302 Queen Street, Port Perry. Tickets are \$20 for students and \$26 for adults, available on the Glass Half Full Productions website or at the Town Hall box office.

GHF has impressed patrons with past productions of *Les Misérables*, *Legally Blonde*, and *Cats*. Its current production will not disappoint. With its sophisticated melody lines, high energy choreography, and remarkable social theme, *West Side Story* will stay with you long after the curtain closes.

Editor's Note: The Brooklin Town Crier is delighted to welcome Cady Dreger to our team of Community Writers. Her love of theatre is infectious, and we look forward to her upcoming columns which will explore the offerings of local youth theatre companies. Welcome Cady!



submitted photo

National Public Works Week

Open House

Saturday, May 14
10 a.m. to 3 p.m.



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Mental Health Week 2016 - Tips for Supporting Your Mental Health

Mental Health Week is May 2 to 8, and the Durham Region Health Department is encouraging residents to consider five simple steps to support their mental health.

"Mental Health Week is an opportunity to give your mental health the attention it deserves," says Keith Rew, a public health nurse with the Health Department. "According to the Public Health Agency of Canada, positive mental health is a state of well-being that allows one self to feel, think and act in ways that enhance their ability to enjoy life and deal with life's challenges."

The Health Department offers five simple ways that residents can support their mental health. They include:

1. Be active. Going for a walk, playing on a sports team, or going for a swim can help to create positive mental health. Not only are these activities great for physical health, they are also great ways to release stress and improve mental health.

2. Build and enjoy healthy relationships. Enjoying the company of others is a great way to create positive mental health. Having social connections with friends, family and colleagues gives a sense of belonging. Having lunch with colleagues or eating dinner together with family are great ways to connect.

3. Get enough sleep. Sleep is a valuable opportunity for the mind and body to rest and recharge. When rested, a

person's focus and ability to make decisions improves, and they are better equipped to handle challenges. Creating sleep routines can improve sleep. Turn off electronics two hours before bedtime.

4. Offer to help. The 'helper's high', a feeling of well-being that one gets when helping or giving back, can improve mood. Offering to help a colleague at work or a neighbour in need will also increase connections with others.

5. Be mindful. Being mindful of negative thoughts and attitudes throughout the day is a great way to improve mental health. Optimistic thinking can help put a positive spin on a stressful challenge. Practising positive thinking becomes easier over time. Try placing a note on the fridge with a positive thought for a loved one to see, or do a random act of kindness.

"Taking time each day to look after our mental health is easier than we may think," adds Mr. Rew. "By incorporating some of these simple steps, we can all make efforts to improve our mental health."

More information on mental health is available from the Durham Health Connection Line at 905-666-6241 or 1-800-841-2729, or by visiting durham.ca/mentalhealth. Residents are also encouraged to tweet their favourite mental health tip to the Health Department via @DurhamFamilies.



Next Brooklin Town Crier is the Brooklin Spring Fair Edition

call for details

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May 12 Fraud Awareness Seminar in Brooklin

The success of fraud prevention seminars hosted by the Durham Regional Police Service (DRPS) Fraud Unit and Neighbourhood Watch in Pickering, Uxbridge, Oshawa, and Ajax has prompted the organization of an event in Brooklin.

At the seminar, members of the Fraud Unit will speak to residents about the types of scams active in Durham Region, how to prevent becoming a victim, and how to report fraud.

The Brooklin Fraud Awareness Information Night will take place

on Thursday, May 12, in the activity room of The Court at Brooklin Residence, located at 5909 Anderson Street. The seminar will run from 7:30 to 9:00 p.m.

The session being presented by your local Neighbourhood Watches, along with the Durham Regional Police Service (DRPS), the Town of Whitby, and The Court at Brooklin.

Additional information is available from the Neighbourhood Watch co-ordinator at 1-888-579-1520 ext. 5610 or via email at 1150@drps.ca.

BROOKLIN BRAIN TEASER

1	2	3	4	5	6	7	8		9	10	11	12
13									14			
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40		41				42		43		44	45	46
47						48		49		50		
51						52			53			
54						55						

- Across**
- 1 A mechanism that puts something into automatic action
 - 9 Messy dresser
 - 13 The middle of the day
 - 14 Superhero accessory
 - 15 Colossal
 - 16 Aquatic shocker
 - 17 Ancient greetings
 - 18 Author H. G. _____
 - 20 Material that is used to form a hard coating on a porous surface
 - 22 Black gold
 - 24 Deprive of by deceit
 - 25 Engage in (verb)
 - 26 Like some agreements
 - 30 Female of domestic cattle
 - 31 Crazy
 - 32 Obtain
 - 33 Brake part
 - 34 Archaeological site
 - 35 A piece of furniture that stands at the side of a dining room
 - 37 The thing named or in question
 - 38 Firms: Abbr.
 - 39 Beaver's work
 - 40 In a nasal manner
 - 43 Conversation starter
 - 47 Bit of physics
 - 48 High peak
 - 50 Frost
 - 51 Departed
 - 52 German
 - 54 Descartes's "therefore"
 - 55 Give or delegate authority to
 - Down**
 - 1 Fresh
 - 2 Make do
 - 3 Hard work
 - 4 Reveal the true nature of
 - 5 Expresses position, direction or location, or point in time (preposition)
 - 6 Windsor, for one
 - 7 Lyric verses
 - 8 Referred to another person for decision or judgment
 - 9 Resell illegally
 - 10 Hot stuff
 - 11 Freedom of access policy
 - 12 Give as a gift
 - 19 Canine command
 - 21 Afflict
 - 23 Make laws, bills, etc.
 - 26 Frivolous banter
 - 27 Parrot
 - 28 Captain's journal
 - 29 Checkers colour
 - 30 When repeated, a Latin dance
 - 33 In a way
 - 35 Costa del _____
 - 36 "____, humbug!"
 - 38 Tiny part
 - 41 Carol
 - 42 (Cosmology) the original matter that (according to the big bang theory) existed before the formation of the chemical elements
 - 44 Kind of wolf
 - 45 Animal shelter
 - 46 Tolkien creatures
 - 49 Part of a litter
 - 53 In the direction of

Publisher's Note: Originally from Scarborough, Liz Lowe has lived in Durham Region for over twenty years and currently resides in Brooklin with her husband Anthony and their pet parrot Pebbles. In her spare time, she is an avid photographer, loves to cook, and is a passionate reader of mysteries. She is an enthusiastic (die hard) Maple Leafs fan and is a past contributor to Surfacing Magazine which showcases Durham's artistic and creative people.

Brooklin's Guide to Home Based Businesses
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BROOKLIN BUSINESS INSIDER:

Brooklin Business Insider - Take Your Work Outside

by Kyle Paterson

Here we go! Spring is here, the sun is out... and you're stuck inside behind a desk. Bah! This statement will not win me friends, but it will but a blink of the eye before we see the fall leaves on the ground.

Many of us are weekend warriors, making the most out of every weekend. Others wait to end their commute at 7:00 p.m. before they get out and enjoy the sun, and some end up slipping into the routine of staying inside through the weekday evenings.

I offer a challenge that I participate in as well – spend an additional 20 minutes of each work day outside.

But why?

Depth of information aside - being outside naturally re-energizes, de-stresses, and calms the mind. A change in environment also sparks creativity, new insight, and a deeper connection with what is around you.

From a goal-mindset, it also feels good to accomplish being outside more before you even get home at night. And it creates a healthy habit that will spill over into other facets of life.

Here are a few ideas to help you accomplish this worthy goal.

Move Your Office Outside

Do you work from home? Create an office in a shaded space somewhere in your backyard. Beyond upping the brightness, facing the sun, and wearing sun glasses that contrast with the screen, there are some creative ways to reduce glare on your laptop screen.

If you find yourself unable to reduce the glare enough, then opt to make your backyard your paperwork and call centre. Now, the biggest frog many people have to eat each day (making prospect phone calls) can be done in an oasis.

If you work in an office setting, there still

may be hope. We live in an age of portable wifi. Find a shaded picnic table, turn your smartphone hotspot on, connect your laptop to the internet, and you have a functioning outdoor office! (just watch data usage rates)

Schedule Meetings in Nature

Sitting in meeting after meeting in an artificially-lit boardroom can be draining on the senses. Shake things up by shifting team meetings to the great outdoors (or under a nearby tree). Bring lawn chairs, blankets, or whatever your team deems fit to create a great space to meet in.

Netwalk

Whether it is a meeting with a team member, colleague, client, or prospect – shift the venue outside by scheduling a netwalk. Walking for 20 minutes allows for a free flow of conversation and a drop in tension. It is also an opportunity to be unique and memorable. I suggest writing down on a piece of paper the results you want to achieve from the walk. This will help keep the conversa-

tion on track as you go. Following the walk, you can still wrap up in a more traditional way to make sure everything is completed... all within 30 minutes!

Start a Walking Club

Maybe you are unable to be flexible in your work day. Maybe your role requires you to be at a desk, on the phone, and physically available. If so, you can still find time in your normal work day flow.

Members of our team try to get out every day for a brisk walk at lunch. I've heard Stephanie from Brooklin Optical is going to start joining them. You are welcome to as well. E-mail CRoberts@BrysonInsurance.ca if you're interested. It is fun, light, and challenging. They walk pretty quickly, but I straggle. So if I'm there, you can always trail behind with me - hah! The group usually departs at 10 Roebuck around noon.

What ideas do you have to work outside more? I'd love to know. You can connect with me at kpaterson@brysoninsurance.ca.

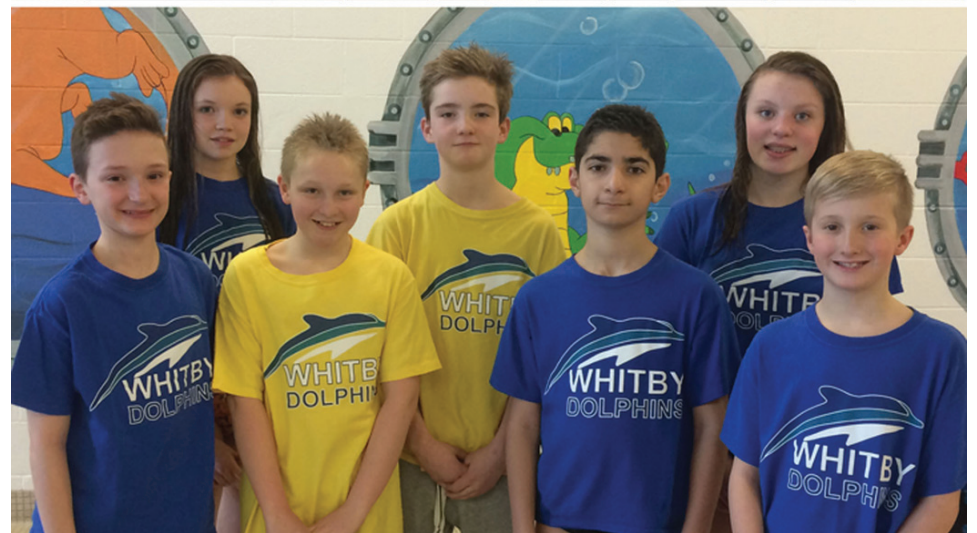


submitted photo

LOSSA Gold for Donald A. Wilson Curlers

The Boys' Curling Team from Donald A. Wilson Secondary School won LOSSA (Lake Ontario Secondary School Athletics) gold with a 11-1 league record. The team went on to OFSAA (Ontario Federation of School Athletic Associations) in North Bay in March and played against some very competitive teams.

Pictured here are Coach Darren Lockhart with Aaron Deveau, Liam Windrem, Troy Stoner, Jake Giczi, and Alex Dafoe.



Whitby Dolphins Golden at Winter Provincial Championships

A team of five Whitby Dolphin swimmers travelled to Ottawa in early March for the Ontario Spring Long Course Championships, an under 18 championship meet featuring 770 of the fastest swimmers in the province).

Ethan Placek swam a club record breaking 25.46 50m freestyle, taking gold and top spot in the province. Ethan also won silver in the 400m freestyle and bronze in the 100m freestyle. Judson Nickerson had an excellent weekend of top 8 swims, including winning the bronze medal in the 200m backstroke in a new club record time of 2:18.45. Ben Potvin swam a solid 1:04.69 in the 100m butterfly and 26.10 in the 50m freestyle in the very competitive 16-17 boys category. Sarah Hawkins raced to a 1:09.29 in the 100m butterfly in the fast 16-17 girls category. Harry Potvin had an excellent weekend of swims and was instrumental in great finishes in the boys 15 and over relay events, including a 34.7 breaststroke split in the medley relay and a 27.57 free split in the freestyle relay.

swimmers at the Ontario Winter Festival Championships in Markham in February. This is a junior provincial meet showcasing the young, talented, Ontario swimmers. On the heels of his medal winning Central Region championship meet, Isaac Allen raced to nearly 100% best times. Josh Arbuckle had a great weekend of fast races. Morad Aref crushed his personal best time by almost 9 seconds in the 200m Breaststroke. Mccaley Campbell had an excellent weekend with two top 15 finishes and an incredible new best time in the 200m breaststroke. Christian Derby swam an outstanding new best time by 5 seconds in 100m butterfly. After big time drops at Central Region champs, Abbey Hawkins swam to 100% best times. Gregory Peckham had an excellent weekend of personal bests and two top 15 finishes. Josie Santaguida swam excellent races nearly beating all her personal bests.

In photo (top left to right): Benoit Potvin, Ethan Placek, Harrison Potvin, Sarah Hawkins Judson Nickerson; (bottom left to right): Josh Arbuckle, Mccaley Campbell, Christian Derby, Gregory Peckham, Morad Aref, Abbey Hawkins, Isaac Allen. Missing from photo: Josie Santaguida.

The Whitby Dolphins also sent 8 qualified swimmers to the Markham Pan Am Centre to compete with the best 13 and under

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Brooklin Pitched-In!

On Saturday, April 23rd, Brooklin residents Pitched-In and cleaned up the community. Thank you to everyone who participated!



rhonda mulcahy/BTC



Town of Whitby employee Pauline Mezzabotta picking up the garbage collected by Pitch-In volunteers.

submitted photo



rhonda mulcahy/BTC



Abbey, Victoria, Lauren, Kennedy & Kylie at Vipond Park

leanne brown/BTC

BLOOMING IN BROOKLIN

May



By Ken Brown of the Brooklin Horticultural Society
A quick wander in the garden this morning reminds me that I'll still have to dress warmly if I'm going to spend any time out there, and yet I must do so.

Things are happening despite the coolish weather. There is the usual succession of chores that must soon be accomplished in the proper order. I planted the peas and some lettuce and radishes last week when we had one of those almost warm days. They are just starting to emerge. That's good news and bad news. The rabbits will soon devour them if I don't get the little fence up around that garden. I need to plant some Onions around the perimeter of that bed. I can't do that with the fence up, at least not easily, so

the pressure is on to put on the winter parka and plant Onions so that the fence can be in place to protect the peas and lettuce from the rapacious rabbits

My attempts to trap those creatures for the past few weeks have netted me three squirrels and a few chipmunks. I have yet to find the appropriate inducement to get a rabbit into those traps. Once that fence is up then I can start to relieve the overcrowding in the cold frame. The Cabbage, Kohl Rabi, Broccoli, and Pak Choi in there are growing very well and are now getting too big for the little cell paks they are in. I actually saw something in there this morning that is starting to throw up its little yellow flowers. We should be eating it before that happens.

Eating is looking good this evening. I will have to search a little, but I see enough Asparagus emerging to provide us with our first, fresh, garden vegetable of the season. A true harbinger of spring and a delightful reward for the hours spent in that garden. Actually, time in the garden is its own reward. Sun-

shine, fresh air, and lots of gentle exercise are freely available to anyone who ventures into a garden. Watching Mother Nature's miracles every day makes those days even more rewarding. Planting, tending, and nurturing a variety of flowers and vegetables really does create a calmness and a sense of wonder and a gentle tiredness that makes each day spent there truly invaluable.

There is plenty to keep a gardener busy at this time of year. Cleaning up the detritus in the perennial beds is something those of us who have a desire for neatness can do



while we wait for warmer weather. The other school of thought is to leave all of the decaying material right where it is so that it can return its stored nutrients back into the soil. If we wander through the forest and meadow, we will not find Mother Nature out there with a rake and

a pair of pruners, maybe we should work to overcome our obsession with neatness and learn to accept the natural rhythms that occur in our gardens. I confess, as lazy a gardener as I am, I'm still seduced by the neatness fairies and will be seen out in my garden moving all that decaying material to my compost heaps and then, next year, moving it back to those gardens again as dark crumbly compost. Twice the effort for the same nutritional result, but my neat addiction has been fed.

While it's certainly the time to plant many things, it is also much too early to plant many other things. Those colourful Pansies I saw in the garden centre this morning should definitely be rushing into your planters and beds; the Tomato plants that were on display beside them need to go back inside a warm space for another month. There was also quite a range of annual flowers sitting outside looking lovely and ready to plant. They have just arrived from some warm cosy greenhouse somewhere and will not be happy out there tonight when the temperature hovers around 0C. It was not a real garden centre but one of our big box stores that tries to become a garden centre for a few weeks in the spring.

Just because they can start to generate Christmas sales by displaying that merchandise by mid October doesn't mean that the same marketing tactics will work with those racks of living plants. They were all on the front sidewalk with a little roof over them but no source of heat and certainly no way to move them indoors for the cold nights. The cost of all the plants that are mistreated and will probably never sell should be deducted from the marketing department's payroll budget and then they might realize that they aren't dealing with Christmas ornaments. The commercial greenhouses produce these lovely plants, and it hurts me to see them mistreated so. Our local full-time garden centres may also have some of those tender plants, but they will be in heated greenhouses and usually accompanied by a sign warning people not to buy them yet. There, I've finished my seasonal plant abuse rant.

Free Garden Seminar

Presented by Whitby In Bloom and Brooklin Horticultural Society



May 25
Vicki Taylor-Scott
Container Gardening



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Damaged blue boxes and green bins may also be exchanged for new ones free of charge. While supplies last.

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By-Election Update - North Ward One Councillor

Nominations for the position of North Ward One Councillor for the Town of Whitby closed at 2:00 p.m. on Monday, May 2, 2016. The following 8 people, listed in alphabetical order, are candidates in the upcoming by-election.

Electors in the Town of Whitby will be able to vote online or by telephone anytime during the established voting period, commencing on **June 9, 2016 at 10:00 a.m.** and ending on **June 16, 2016 at 8:00 pm.** During this voting period, the Town will also establish a Voter

Help Line and Voter Assistance Centres in the North Ward One where Election Officials will be available to answer any questions and assist electors with the voting process.

Information regarding the telephone and internet voting process, voting period, voter assistance options and Voter's List revisions is available online at whitby.ca. Questions regarding the North Ward One by-election can be directed to the Office of the Town Clerk at 905-430-4315 or by email at elections@whitby.ca.

Registered Candidates:

Asghar, Sameena
16 Bayern Drive
Brooklin, ON L1M 0A3
905.447.9280 - Mobile
sameena.asghar@gmail.com
www.sameena.ca

Lane, Ron
36 Knox Crescent
Brooklin, ON L1M 1C8
905.626.2540 - Home/Mobile
ron@ronlane.ca
ronlane.ca

McCaughley, Keith
10 Leithridge Crescent
Brooklin, ON L1M 2N2
905.655.3144
keithmccaughley@yahoo.ca
www.votekeithmccaughley.com

Mulcahy, Rhonda
35 Dopp Crescent
Brooklin, ON L1M 2E5
905.655.7642 - Home/Campaign Office
905.442.9828 - Business/Mobile
rhonda@rhondamulcahy.com
www.rhondamulcahy.com

Perkins, Sean
94 Shrewsbury Drive
Brooklin, ON L1M 0E3
905.767.0528 - Mobile
seanperkinscampaign@gmail.com
www.seanperkins.ca

Pritchard, Christian
4 Iberville Road
Brooklin, ON L1M 1H5
905.655.6297 - Mobile/Campaign Office
voice@votechristianpritchard.com
www.votechristianpritchard.com

Sansom, Dave
27 Teresa Drive
Whitby, ON L1N 6H9
905.430.9226 - Home
905.430.9618 - Business
289.892.2571 - Campaign Office
dave@sansomins.ca

Staneland, Nathan
14 Cody Avenue
Brooklin, ON L1M 1K8
905.442.5132 - Mobile
info@nathanstaneland.ca
www.nathanstaneland.ca

Options to cast your vote include:

- Desktop or Laptop Computer
- Smart phone (mobile device)
- Tablet device
- Touchtone phone

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blue.dragonfly@rocketmail.com

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

Brooklin United Church
19 Cassels Rd. E.
Sunday Services at 10:30 am
Sunday School & Nursery Care
www.brooklinunited.ca 905-655-4141
Come catch the Spirit!

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

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 Town Crier Community Calendar If you have a community not for profit event you would like included in the calendar, please email it to mulcahy42@rogers.com with the subject line "calendar".

Wednesday, May 11 "Here We Grow" - Optimist Club members, in co-operation with the Brooklin Horticultural Society, will provide materials for children to create their own take-home kitchen garden. 6:30 to 7:30 p.m. at St. Thomas' Anglican Church, 101 Winchester Road East. Advance tickets are \$4.00 which includes potting soil, planter, and 3 vegetable plants. Parents do not need a ticket to attend, only children who would like to plant. This event is also free to anyone who wants to learn about Ajax Whitby Gardens, Durham FarmFresh or the Horticultural Society. The program is designed for children of all ages. For more information, please contact Sue Bullard at sbullbull@aol.com.

Friday, May 13 Free passport clinic hosted by M.P Celina Caesar-Chavannes, 10:00 a.m. to 1:00 p.m., at the Brooklin Community Centre, 8 Vipond Road, in the Optimist Meeting Room. Sunday, May 15 Brooklin United Church (19 Cassels Rd. E.) invites you to a Spring Concert & Lasagna Dinner. Come and enjoy some wonderful music featuring a hand-bell choir, Brooklin United's own choir, soloists, duets, trios, piano and organ duets. The concert will

be followed by a delicious lasagna dinner. Concert begins at 4:00 p.m. Tickets are \$20 (family pricing available). Call 905-655-4141.

Wednesday, June 1 Meeting of 100 Women Who Care Brooklin, at the Royal Ashburn Golf Club. Registration at 6:30 p.m. with meeting from 7 to 8:00 p.m. Come and see how to become 1 in 100 Women who are making a difference in our local community. Guests are always welcome. www.100womenbrooklin.com or 905-655-0651 for more information.

Thursday, June 2 Free Movie Night, 7:00 p.m. at the Whitby Central Library - screening Concussion. Register for this free event at www.whitbylibrary.on.ca/ events or by contacting any branch.

Saturday, June 18 Car Wash Fundraiser by the Brooklin Optimist Club, 9:00 a.m. to 1:00 p.m. at the Brooklin Coin Wash on Highway 7. \$10 per car.

Mondays through Fridays Community Care Durham delivers hot or frozen meals to Brooklin residents. Meals can be ordered by contacting Karen Andrews at 905-668-6223. Note that volunteers

are needed to deliver Meals on Wheels to Brooklin residents. Please call our office at 905-668-6223, extension 223, to find out more.

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 at 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 p.m. 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 email of office@brooklinunited.ca.

Tuesdays Brooklin Toastmasters, 7:15 p.m. for Meet & Greet, Meeting from 7:20 to 9:14 p.m. at the Brooklin Community Centre & Library (NEW LOCATION), 8 Vipond

Road, 2nd floor Boardroom (NW corner). For more information, contact John at 905-683-4439 or jajhj@sympatico.ca or Loran Weston-Smyth at lorn@lornawestonsmyth.comor 416-910-4109. Brooklin Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills.

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 175 Kirkland Place JUST SOLD! Sold for 113% of Asking!	 10 Rockland Cres JUST SOLD! Sold for 100% of Asking!	 19 Sandhill Crt JUST SOLD! Sold for 104% of Asking!
 8 Blanchard Crt JUST SOLD! Sold for 100% of Asking!	 76 Burning Springs Pl JUST SOLD! Sold for 107% of Asking!	

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