









Highlights of this BTC

Durham cult	ure days	page 2
Smart cities f	orum	page 3
Brooklin Baff	lers	page 3
Are you on v	oter's list?	page 3
Is commuting	g hurting family?	page 4

Make a WILL now, REST assured

Brandon McBride

Lawyer

(905) 620-4499 ext 228 bmcbride@mbjlawyers.com

lin lawyers - be well advised*

Brooklin

79 Baldwin St N | Brooklin ON L1M 1A4 Tel (905) 620-4499 www.mbjlawyers.com



later.

Port Perry

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

Durham Tourism Celebrating Culture Days

Durham Tourism invites residents and visitors to experience Culture Days, a free, interactive celebration of local arts and culture, taking place September 28 to 30. All eight Durham municipalities have registered on the Culture Days Ontario website.

The three-day national celebration sees thousands of artists and cultural organizations, in cities and

cultural spirit and passion.

Durham residents and visitors are encouraged to explore their creativity through the region's talented artists, musicians, creators, historians and more in over 70 events. Visit durhamtourism.ca and on.culturedays.ca for a full lineup of events.

towns across Canada, share their This year's Culture Days weekend sees the addition of Culture Trek, a new program of travel itineraries building on the desire to explore our surrounding communities. Durham Region has been selected as one of three Ontario locations for this inaugural year.

> The itineraries pinpoint key Culture Days events along recommended travel routes while high-

lighting the great places to eat and sleep. Selected to reflect the unique character of our local arts and culture scene, travellers will find mainstays like theatres and museums as well as the work of local artists, collectives and community groups.

For more information, contact Durham Tourism at 1-800-413-0017 or email tourism@durham.ca.

Town of Whitby

September 28, 2018

UPCOMING EVENTS

Open Streets Whitby

Saturday, September 29, from 10 a.m. to 2 p.m. in Downtown Whitby. whitby.ca/openstreets

Whitby Youth Rooms

Youth ages 12 to 18 years are invited to drop in to any Youth Room on Thursday, October 4 at 4 p.m. to celebrate National Taco Day or Friday, October 12 at 4 p.m. to decorate their own mini pumpkin to take home. whitby.ca/youthrooms

Appy Hour at Whitby **Public Library**

Thursday, October 11, from 7 p.m. to 8 p.m. at the Brooklin Branch. Learn how to find and save recipes, home ideas, style inspiration, share photos and follow interests. Beginners welcome, whitbylibrary.ca

Seed and Plant Exchange

Saturday, October 13, from 10 a.m. to noon at Rotary Centennial Park. Bring seeds, cutting and plants to exchange with fellow gardeners whitby.ca/seedday

Station Gallery **Educators Night**

Thursday, October 18, from 4:30 p.m. to 6:30 p.m. at Station Gallery. Tour the gallery, preview programming and enjoy refreshments. Register at stationgallery.ca

Farmers' Market

Open every Wednesday from 9 a.m. to 3 p.m. until the end of October. Celebration Square, Whitby Public Library. whitby.ca/farmersmarket

whitby.ca/calendar

Job Opportunities

The following employment opportunities are available:

Urban Transportation and Smart Mobility Coordinator, closes October 1

Engineering Technician I, closes October 1

The deadline for applications is 11:59 p.m.

whitby.ca/employment

News

Nominations for 2018 Celebrating Youth Awards Open

The annual Celebrating Youth Awards are an opportunity to recognize Whitby's young leaders for their selfless contributions to the community. Nominations are now open and are due October 9 by 4 p.m. whitby.ca/youthevents

New Special Events Volunteer Strategy and **Action Plan Underway**

The Town is developing its firstever Volunteer Strategy and Action Plan to support the hundreds of volunteers who help deliver Town events. It will serve as an important framework for how the Town attracts, retains, trains and recognizes its event volunteers. The strategy and action plan are expected to launch in early 2019. whitby.ca/volunteers

Notices

Whitby **Election**

Voter Notification Cards Mailed to Residents

Voter Notification Cards have been mailed to Whitby electors. Residents are encouraged to watch their mail for their card to arrive by the end of September. The card identifies the voter's ward, school support and when and where to vote. If you do not receive your voter card in the mail by October 1, or any information on the card is incorrect, please contact the Office of the Town Clerk.

Special Mail-in Ballot for October 22 Election

Eligible voters unable to cast their vote at a designated voting location between October 18 and 22 can apply to the Office of the Town Clerk to receive a special mail-in ballot.

For more information, visit whitby.ca/vote

Saturday, September 29

10 a.m. to 2 p.m. **Downtown Whitby**

A new event that opens the streets to people and closes them to cars.

Free activity hubs, entertainment and pop-up activations.

whitby.ca/openstreets

2018 Final Tax Bill Due Residential, Farmland, Pipeline and Managed Forest Properties

The last regular instalment of the final tax billing for 2018 was due September 24, 2018. For more information on how payment can be made, visit whitby.ca/tax

Questions? Contact the Tax Division at 905.430.4304 or tax@whitby.ca

Holiday Waste Collection **Schedule**

Waste collection will be bumped one day forward starting Monday, October 8. Please ensure your waste is set out by 7:00 a.m. Check out your Whitby Waste Collection Calendar, download the Whitby Waste Buddy app, or go to whitby.ca/waste for more information. Questions? Call 905.668.3437 or email pw.operations@whitby.ca

Blue Collection - Areas 1, 3, 5, 7, 9



Yellow Collection - Areas 2, 4, 6, 8, 10





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

Experience the "Hello Tomorrow: Durham Smart Cities Forum"

Residents, community partners, businesses, academics, students, government officials and tech industry leaders in Durham Region and beyond are invited to the Hello Tomorrow: Durham Smart Cities Forum for a day of discovery on smart cities approaches and technologies.

When: Saturday, September 29, 2018 from 8:30 a.m. to 3:30 p.m. (post-event reception to follow at the Durham College Al Hub).

Where: University of Ontario Institute of Technology (UOIT), 2000 Simcoe Street North, Oshawa, Room UB2080.

Why: The Regional Municipality of Durham is looking at technology solutions to strengthen decision making and improve service delivery

Durham Region.

Through discussions, exhibits and demos, the forum will highlight local examples of smart cities approaches and technologies, celebrate work already underway, and begin collaborating with key stakeholders to design the path forward.

The forum will be the first of many public engagement activities undertaken by the Region of Durham to apply for Infrastructure Canada's next round of the Smart Cities Challenge.

For full details and to register, visit durham.ca/SmartCities. Tickets are \$25 each. A limited number of free early bird tickets are available using the promo code SmartDurham.

for the people who live and work in A free Hello Tomorrow: Durham

Smart Cities Forum app has been developed to allow attendees to interact and provide feedback throughout the event. The app also features polls and surveys, event challenges, speaker bios and presentations/resources, and more. Download the app from the Apple Store or Google Play Store by searching "eventmobi" and entering the code HT18. A web browser version is also available at eventmobi. com/app/HT18.

Those unable to attend can also

use the app while watching a live broadcast of the sessions at durham.ca/SmartCities.

The event will feature Communication Access Realtime Translation (CART) transcription and event ambassadors to offer assistance.

The forum is being hosted in partnership with University of Ontario Institute of Technology (UOIT) and Durham College.

Brooklin Bafflers: by Liz Lowe

Crossword



election on Monday, October 22, the Town of Whitby is encouraging eligible voters to find out if they are on the list to vote by visiting voterlookup.ca.

Voterlookup.ca is an online service used to collect and confirm information that will be used in the preparation of the final Voters' List for the Whitby municipal and school board elections. Through the service, electors can easily update their personal information, add a name to an address or change their school support.

To update or confirm their informa-

tion, eligible voters can log on to voterlookup.ca using their full name and date of birth, and either:

- property address; or,
- assessment roll number (19 digit

roll number found on a Property Assessment Notice or municipal tax bill).

Updates to this information will help ensure the Town's Voters' List is up-to-date before voters head to the polls this fall.

An eligible voter is a person who, on voting day, resides in Whitby or is the owner or tenant of land there, or the spouse of such owner or tenant, and is a Canadian citizen, at least 18 years of age and not prohibited from voting. After September 4, electors wishing to update their information may do so by contacting the Town directly.

> For more information, visit whitby. ca/vote, email elections@ whitby.ca or call 905.430.4315, go to voterlookup. ca to check the vot-



ers list

Across

- 3 The outcome or resolution of a doubtful series of occurrences (10)
- Fat, oily (7)
- A long, deep sigh (11) Of, relating to, or
- characteristic of a prophet (5) A composition that 12 imitates or
- misrepresents somebody's style, usually in a humorous way (10)
- A person who changes to the opposite party or faction (8)
- 15 Rhetoric. the suggestion, that much of significance is being omitted, (10)
- To withdraw one's feelings of attachment from (a person, idea, or object) (9)
- Unskillful, awkward (9)
- Having ocelli (9)
- Sandy, gritty (8) 25
- 26 Before noon (12)
- (Informal) an 27

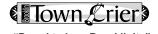
- impressive or wonderful person or thing; an outstanding example (12)
- **28** Characteristic of or relating to winter (6) Having a fluffy character or

appearance (10)

Down

- The debilitating state of information overload
- An acknowledgment of your error or guilt (3,5)
- (Yiddish) the entire family network of relatives by blood or marriage (9)
- A person of noble or high rank; aristocrat (9)
- 6 Carefree and happy and lighthearted (10) To bribe or induce
- unlawfully. (6) Renewal; restoration
- (12)Superficial, asserted or felt truthfulness (not necessarily with

- any evidence) (10) The pleasant remembrance of a past experience (9)
- **13** Deserving of respect or high regard (9)
- Any place or house of worship (10) A Latin expression
- meaning "time flees". (6,5) 20
 - A gesture used in many cultures as a display of frustration, disappointment, exasperation, embarrassment, horror, shock, surprise, exhaustion, sarcasm, or incredulous disbelief. (4-4)
- 22 Suitably; appropriately. (6)
- A person of fatuously earnest intellectual, artistic or social pretensions (5)
- 24 A person's fate or destiny (5)



"Proud to be a Brooklinite" Founded in 2000 and published 24 times per year. **Editor, Richard Bercuson** 613-769-8629 • editorofbtc@gmail.com

The Brooklin Town Crier is locally owned and operated and is a publication of Appletree Graphic Design Inc.

We accept advertising in good faith but do not endorse advertisers nor advertisements. All editorial submissions are subject to editing For advertising information, contact: 905.655.7642

Email: brooklintowncrier@gmail.com Next Issue: Friday, October 12, 2018 Deadline: Friday, October 5, 2018

Our Brooklin Kids *By Leanne Brown*

Is your commute hurting your family?



Contemptuously, I recently pondered the 15 hours a week I spend commuting to work with rude individuals (like the one next to me clipping her toenails). It made

'S U S P I R A T I

A S Q U I N A D E

me wonder how commuting affects both my health and my family's.

Commuting to work is a necessity

D E N O U E M E N T

TURNCO

as there aren't an abundance of good-paying jobs in Durham region with only 67 for every 100 people. Of those, many aren't high-paying enough to support a family, leaving few choices. But at what cost?

Stressed and fatiqued

A 2010 Statcan survey showed it's not unusual to feel stressed and fatigued at the end of the day after a

long commute from work. Inactive commuting can be detrimental to your health. A longer commute means long sitting hours which can hurt health, your increase vour waistline, cause joint stiffness and back pain. It can increase also blood sugar levels leading to diabetes and sudden spikes in blood presnavigating traffic.

If you frequently experience extreme fatigue along with symptoms of insomnia, difficulty in waking up, anxiety, low energy levels, stubborn weight gain and brain fog, then you may have Adrenal Fatigue Syndrome (AFS). When your body detects stressful situations, the stress response system signals your adrenal glands to secrete the anti-stress hormone cortisol. Repeated stress overburdens your adrenals, reducing the level of cortisol secretion. As a result, your body gradually starts losing its stress fighting ability, leaving you fatigued.

More time?

It can all take a toll on relationships. I sometimes feel as though I'm spending my life in transit rather than living it. I know I'm not alone thinking that if I didn't have to spend 90 mins in transit each way, I'd have so much more time. I bet commuters know exactly how they'd use those hours.

My family feels it, too. They miss my cooking and look forward to hearty

sure when rushing for a train or weekend home-cooked meals instead of the quick fix weekday dinners. We have less time to play together since, once I get home, there are a lot of chores to do. leaving little free time before bedtime. This often means I let my daughter's bedtime slide a little so we can spend a few moments together.

Tight schedules

Long commutes also allow for less physical activity time. My sports team suffers poor numbers for late games as many players have early wake-ups. A 2016 report indicated that 29.1% of Durham region commuters reported leaving for work between 6:00 and 7:00 am, spending 45 minutes daily on the commute. Many families struggle to make the early activity start times work, some as early as 4 pm, which means their kids miss out. Even 7 pm can be a challenge if you don't catch the train till 5:30pm.

As our bedroom community grows. the jobs will come here. Until then, if vour work allows it, it might be worth looking into telecommuting options. Even one day a week working from home could have a positive impact.

Community Calendar

LIAIPIAILIOIOIZI

『티니이 이 이 네 니 티 씨

"DECATH

²⁵S A B U L O U S

Fri., Sept 28: 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.

Sat., Sept. 29: 10 am - 2 pm: **Open Streets Whitby**

Brock Street South in Downtown Whitby, from Mary Street to Burns Street A free, family-friendly event that will close a 1.2 kilometre stretch of Brock Street South to cars and open them to people. For activities schedule,

visit whitby.ca/openstreets.

Sat., Sept. 29: 11 am - Bid Euchre Fest Odd Fellows Hall, 42 Bagot St., Brooklin Progressive euchre. No partner required. \$10 includes lunch and excellent prizes. Advance tickets only.

Proceeds to Camp Trillium: camps for kids with cancer and their families. 905-655-4652

Sun., Sept. 30: 7:00 pm Suburbanaires Men's Barbershop Chorus performance

At Mt. Zion United Church. A fun and entertaining evening with these wonderful singers! Refreshments will be served. Free will offering. Mt. Zion is at 3000 Concession 8, just east of Salem Rd.

Wed., Oct. 3: Brooklin United Church **41st Community Roast Beef Dinner**

Sittings at 5:15 & 7:00 p.m. Adults: \$20 - Children under 12: \$5 Preschoolers FREE

(but must have a ticket) A portion of each ticket sold will support St. Vincent Pallotti's Kitchen New Building Fund. For Tickets, call the church office (905) 655-4141

Wed., Oct. 24: 7:30 pm: Brooklin Horticultural Society meeting at Brooklin **United Church**

Guest speaker Sean James. The presentation "It Doesn't End in August: Extending Interest in the Garden":

- · a study, month by month, from September to December and beyond
- combinations, individual plants · breaking down the belief that the spring garden is the climax, and the rest of the year is the denouement

Also our Pumpkins, Pies and Pictures Show. Guests are always welcome.

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!



Who to vote for? **Stay informed!**

See our special election insert at: brooklintowncrier.com

Read again about the candidates whose profiles we've published to date: **DDSB and DCDSB Trustees Regional Chair Mayor of Whitby Regional Council**

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.

Historically speaking - Brian Winter

Grass Park Isn't Named For The Grass That Grows In It

Grass Park, in the centre of Brooklin, is named after Charles Grass who owned the site from 1907 till his death in 1941. For years, Mr. Grass, a miller at the Brooklin brick mill, maintained his property as a public park and willed it to the Whitby Township upon his death.

The Township at first refused the bequest, but when Mr. Grass's daughter, Harriet Fraser, wanted to sell the property for development in 1949, concerned citizens stated they did not want to lose the park.

In the summer of 1951, a canvass was held for Brooklin citizens to raise \$1,600 to purchase the park from Mrs. Fraser. Individual contributions ranged from 25 cents to \$200.

The park was saved and presented to the Township of Whitby. It is now owned by the Town of Whitby and maintained by the Brooklin Horticultural Society.

It is a fine example of what public support can do.

The First Gas Pump In Brooklin

The first gas pump was installed in The building he used as Brooklin's Brooklin in 1917 by Harry Goodenow.

Mr. Goodenow's garage was in the former Stephen Mead Thomas store on the west side of Baldwin Street near what is now the Renascent Centre. Mr. Goodenow sold his garage in 1924 and moved to Toronto.

first garage, was demolished in 1936.

Brooklin, on the main route to cottage country, was later known for its many garages and service stations. Some of the owners were Wes Schell and Percy Maynard.



"Why do I hear but not understand?"



FREE trial offer ends September 28th 2018

If you struggle to understand, you're not alone, in fact 47% of Canadians over the age of 60 have hearing loss. Your hearing difficulties could be caused by damaged hearing hair cells inside your inner ear (cochlea). When damage occurs in the high-frequency areas of the cochlea (where consonants are heard), speech may sound garbled and comprehension could become difficult. The right hearing aid could help you improve your comprehension.

Hear the difference hearing aids can make. Try the latest advanced or premium digital hearing aids for 14 days, risk-free. Our hearing experts will perform a FREE hearing assessment and fit you with hearing aids suited to your loss. There's no cost or obligation to participate.





GET 25 BONUS

AIR MILES® REWARD MILES when you complete your first FREE hearing test.



Limited time offer - Book your FREE, no obligation hearing assessment today. Call a nearby clinic below or visit: HearingLife.ca/14DayTrial

V Ajax

235 Bayly Street West Call Samia at 1-855-808-3374

Oshawa

470 King Street West Call Lyndsay or Abigail at 1-855-809-3219

Pickering

1848 Liverpool Road Call Jennifer at 1-855-808-7738

Whitby

604 Garden Street Call Karla at 1-855-812-6474





Referred by Physicians over 80,000 Times.



CFappreciation.ca ADVANTAGE CAVANTAGE Legion alumni UBC









NIHB, VAC and Worker's Compensation Provider

Hearing tests are provided free of charge for adults ages 18 and older. Some conditions may apply, Please see clinic for details. Offer not valid in Quebec. [1] www.campaignforbetterhearing.ca/research [2] Reward mile value is non-transferable. Please allow up to 45 days for the reward miles to appear in your collector account. $e^{-r\alpha}$ Trademark of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc. and HearingLife Canada Ltd. New customers only, limited to one-time use. Expires 09/28/18.

Plant-Based Eating by Sheree Nicholson



Magic Mushrooms

I've written a lot about vegan "superfoods," so named because they're packed with micronutrients. Many contain high amounts of protein, a macronutrient our bodies need for muscle development and repair. It's generally associated with meat and/ or dairy.

Protein is a major topic these days with numerous diets based on high protein eating. The easiest way to increase your protein intake is to eat more meat, which is what most people turn to. But there are health risks associated with high meat intake and it's not the only way to increase your protein. So, if you are still eating meat and want to increase your protein, you can turn to foods such as hemp and chia seeds, nutritional yeast, and high protein vegan smoothies to support your protein increase.

The superfood

Mushrooms could be considered superfood as they're low in carbohydrates, calories, and sodium and are cholesterol and fat-free. Mushrooms are also rich in B vitamins to help maintain a healthy metabolism. They're an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke. Mushrooms are also a source of riboflavin, niacin, and selenium, an antioxidant that works with vitamin E to protect cells from the damaging effects of free radicals. All this, plus they're high in fibre and have plenty of protein.

A cup of mushrooms has nearly four grams of protein. That may not seem like much. However, if you consider your daily protein intake as cumulative, eating vegetables like mushrooms, broccoli, spinach and peas (all high in protein), you're getting twice the impact as well as lots of micronutrients the body needs.

This recipe is one of my favourites. I often pop into Farm Boy after a fall or winter trail run and treat myself to a hot cup of this nutrient-dense food.



Farm Boy's Mushroom Kale Soup

2 tbsp extra-virgin olive oil 3/4 cup finely chopped Spanish or sweet onion 3/4 cup finely chopped, peeled carrots 3/4 cup finely chopped celery 1 lb button mushrooms, sliced large Yukon Gold or other yellow-fleshed potatoes, peeled, diced 1 tbsp minced garlic 3 cups water + more if needed for thinning 14-oz can unsweetened coconut milk 4 cups packed, chopped kale (stems and large veins removed) 2 tsp kosher salt 1 tsp freshly ground

black pepper

In a large pot, heat oil over medium-high. Add onions, carrots and celery. Cook, stirring, 5 minutes. Add mushrooms, potato and garlic. Cook, stirring, 5 minutes. Raise heat to high. Add 3 cups (750 mL) water and coconut milk. Bring to a boil. Reduce heat to low. Simmer, uncovered, 30 minutes or until vegetables are tender. Stir in kale. Cook until wilted, about 5 minutes. Season with salt and pepper.

In three batches in a blender, purée soup on high until smooth. If needed, thin with additional water. Makes about 8 cups.

Sheree's Hack: Buy pre-chopped kale when you're in a hurry, then freeze what you don't use for later use in smoothies.

Brooklin Laser Hair Removal Clinic & Spa

Do you lead a hectic lifestyle? Is work taking a toll on your mind and body? Let us help you relieve that.

When you require hair removal, massage or skin treatments, it's important to find a clinic with your sion is to offer our guests an outstanding level of service and care. With over a decade of experience delivering great results, we will provide you with peace of mind knowing you're being looked after by the best in the business.

Our trained and qualified staff — Stephanie, Wajeeha, Julia and Shilpa — will assist you with a variety of treatments, using state-ofthe-art equipment and premium spa products, including: permanent laser hair removal, waxing and tinting, non-medical massage, facials, eyelash extensions and cosmetic teeth whitening. In fact, our laser treatment is considered the gold standard.



ents love it and often take selfies in-front of it after their service.

Booking an appointment is so simple, too. You can do it online https://www.vagaro.com/ **brooklinlaser.** The site will even send you reminders and e-receipts.

What our guests have said:

"Brooklin Laser hair Removal Clinic & Spa is honestly the most amazing spa I've been to in a longest time. It is absolutely stunning inside. Serene and calm with beautiful decor, glittery walls and to top it all, knowledgeable, friendly and very accommodating staff."

We provide our guests with a "I love going to Brooklin Laser.

warm, welcoming environment, Imagine your whole body relaxbest interests in mind. Our mis- complete with sparkle wall. Cli- ing. Any tension you've been holding evaporates. The stresses and strains of everyday life feel far away."

> "I have visited Brooklin Laser several times. The treatment rooms are very calming. Dimming lights, fireplace, lit candles, soft spa music and beautiful decor."

Check out our variety of marvelous services at https://www. brooklinlaserhairremovalclinic.

Better yet, drop by our convenient location at 17 Baldwin Street North, Unit 110, Brooklin or give us a call at 905-655-1999.

We'd love to meet you!



Tuesday thru Friday 9:30 am - 8 pm Saturday 10 am – 6 pm

Wolfpack Golf Tourney Top Lakeridge Contributor



(left to right) Wes Houston, Keith White, Pete Casey, Yves Gadler. Ryan Mitchell, Tawfig Dahdah.

The 10th annual Wolfpack Golf at Brooklin's Shoeless Joe's. Tournament on Sept. 15 raised over \$38,000 for the Durham Regional Cancer Centre. It brings the total raised over ten years to \$221,267, making it the top community contributor to the Lakeridge Health Foundation.

The event took place at Valleymede Columbus Golf Course with the post golf dinner and entertainment

The winning foursome was the group "The Long Balls" who took home the coveted "Wolfpack" championship with a score of -15.

For a recap of the day or years past videos, go to www.wolfpackclas**sic.com**. The tournament's website is at www.WolfpackGolfTourney.









Something for everyone at this year's jam-packed Harvest Festival

 from a portable curling rink to military vehicles to, of course, yummy produce













Meet Your Local Merchant





Providing a full range of professional accounting & taxation services.

62 Winchester Road E., Brooklin

905.655.8556 • www.turnermoore.com





Meet Your Local Merchant is an ongoing feature. Call today to book your spot. 905.655.7642



106 Stevenson Road South, Oshawa, Ontario L1J 5M1 www.elliottandhills.com email:sophie@elliottandhills.com

Meet the Candidates for the 2018 Municipal Election



Regional Councillor (Select 4, 4 will be elected)

5 of 10 Candidates, continued on page 10



Chudi Asidianya

300 Brookwood Blvd, Whitby Campaign Office: 905.668.9591 Mobile: 905.447.3726 electchudi@gmail.com www.electchudi.com

Taxation must be fair, equitable, we should not

continue to lose our youth (human capital) to other municipalities due to lack of employment in the area

Council must address the imbalance between

growth/urban sprawl and its infrastructure limi-

- The needs of our ageing population(seniors) must be addressed to ensure that the lifestyles as they age are acceptable (They got us here after all)
- To bring blue collar and white collar employment that will make Durham an attractive community for quality residents
- To put my 28+ years past employment experience with Durham Region on government policy to work
- Elected official must be accessible to their constituents, and must recognize the need for balance between social & fiscal responsibility
- Municipal government needs a representative with integrity; someone who has the audacity to celebrate diversity as strength and who will partner with all stakeholders in designing the blueprint for Durham Region of tomorrow.
- Committed to making the 412 toll free for Whitby residents returning home from a long days' work from the GTA
- Youth Employment, Mental Health, Homelessness, Low Income Housing needs, and efficient and reliable Transit System must be addressed

October 22, Vote Chudi Asidianya. A voice of reason on Council. Commitments! Ideas !! Results!!! Visit me at electchudi.com



John Dolstra

23 Regency Crescent 905.668.9595 dolstra@sympatico.ca www.johndolstra.com

For 30 years, Whitby has been my home and place of business. I'm proud to have served as Centre Ward Councillor, and as School Trustee, (balancing a \$750 million

budget.) I have the skills and progressive approaches that are required on Regional Council to make our community a better place to live, work, and play. I will be a strong voice for Whitby/Brooklin.

Two issues are always raised. First, tax and service charges are outpacing the revenue increases of residents. In the last four years, Whitby/Brooklin taxes have increased by more than 22%, this after promises by certain ward Councillors of tax decreases at the last election. Seniors are punished with ever increasing

taxes to the point where staying in their home is not an option. New, better service delivery modules at lower costs are needed.

Next, we have to promote, and strengthen the economy by enticing new and innovative businesses to relocate to Whitby. Our citizens, our children, and students completing university deserve the opportunity to find employment in Durham. We need to analyze and create a viable plan to lure business to our town.



Derrick Gleed

19 Monterey Court, Whitby Business: 905.668.5138 Mobile: 416.402.6885 campaign @derrickgleed.ca www.derrickgleed.ca

have been fortunate to serve the residents of Brooklin both as the North Ward Councillor

and as a Regional Councillor for the Town of

Whitby. At the start of this last term, we set a number of important objectives to take both our Town and Region to the next level.

Our focus has been on developing infrastructure to support growth. What's more, it's time to work with the province and the Region of Durham to bring forward capital expenditures allowing employment lands to become serviced. This will provide greater diversity to our tax base while taking pressure off the residential taxpayer. It will also create more local jobs, including for our youth. Council needs to

be focused on making our community a place where young people can afford to live, and seniors can afford to remain.

Safe roads are a priority. To that end, I recently introduced a motion for the Town to work with the Region to install photo radar in School safety zones. This will initially be done on a trial basis in 2019.

My priorities are clear, but I know we have a lot of work to do. It's time to finish the job.



Terry Johnston

1 Prentice Drive, Whitby Mobile: 905.449.1490 terry@terryjohnston.ca www.terryjohnston.ca

The Durham community, including charities, hospitals, every Mayor, MP and MPP, have entrusted me to be front and centre

at their events. I've had a front-row seat on and off-air for over 25 years, so making the decisions that affect you in the future is the next Kids Safety Village speaks for itself.

Safety issues such as speeding on residential streets and through intersections, with more roundabouts as a possible option; and the need for safe paths, lighting and cleanliness in parks. I know that seniors want to be neard about safety on their sidewalks and accessipeople with disabilities.

My record supporting Grandview Kids, Brooklin's Charles H Best Diabetes Centre & the

Keeping taxes at a manageable level and using our dollars wisely. One option I'm hearing from many is to open up employment lands near the 407 in Brooklin to entice businesses to the area. This would bring many employment opportunities close to home.

bility is a major concern for both seniors and We're all agreeing to push for removal of the tolls on the 412 highway.

> Stay tuned for Durham's trusted voice to have more impact.



Chris Leahy

15 Mapleglen Court, Whitby Mobile: 289.638.6974 chris@chrisleahv.ca www.chrisleahy.ca

BA, MBA - 39 year resident, married, father of 3. Current West Ward Councillor. Chair Budget, Vice-Chair Operations. Council designate Whitby Library, Accessibility Committee,

Seniors Committee, Regional Council alternate. Former Trustee & Chair, Durham Catholic School Board. Volunteer Board Member, Catholic Family Services. 17 years corporate & small business experience.

Why am I running? To bring a fresh & experienced voice to Regional Council. I have the knowledge & experience to have a positive impact immediately. Through my accomplishments at both council and the school board, along with my successful business experience, I am prepared to responsibly represent the residents of Whitby.

We need a new approach to Economic Development. We need to pre-service employment lands not wait years for houses to bring in the services. Doing so will bring jobs to Whitby sooner, increase industrial taxes & thereby reduce residential taxes.

We need to manage growth and minimize the tax burden on residents. The current tax structure is unfair to those on fixed incomes. I will lobby the province to change the taxation structure for Whitby to access revenue tools, similar to those that Toronto utilizes, in order to reduce taxes for homeowners.

Meet the Candidates for the 2018 Municipal Election



Regional Councillor (Select 4, 4 will be elected)

5 of 10 Candidates, continued from page 9



Rhonda Mulcahy
35 Dopp Crescent
Brooklin
905.442.9828
rhonda@
rhondamulcahy.com
www.
rhondamulcahy.com

I've been an integral part of Brooklin and a fixture in council chambers for decades both as your ward councillor as well as one reporting

council news for this paper for 18 years. I humbly ask you to support me in achieving more for our community. I decided to run for this seat because I know I have the time, energy and experience needed to address the numerous important issues requiring immediate attention.

Our regional roads need widening NOW. Our transit is inefficient and operates without community consultation. Our employment lands cannot wait longer to be serviced with sewer and water as the region has historically waited

for the houses to reach the land first. We need jobs NOW. We need an industrial/commercial tax base to offset property taxes NOW. We need to protect our farmland and water sources NOW.

With our future growth, we cannot afford to wait for inexperienced people to get up to speed. We need a strong Whitby voice at Regional Council. I relish challenging old ways with new ideas and technologies, as I've demonstrated at Whitby council. We are building a community to live and play in. We need the jobs and transportation to go with it.



Elizabeth Roy Mobile: 905.447.7172 roy4region@gmail.com

I am seeking re-election as Regional Councillor for the Town of Whitby. I have 20 years elected experience, 9 as Public School Trustee, 8 as West Ward Councillor

and 4 years as Regional Councillor. I have held many leadership roles

during these years; Currently Deputy Mayor, Chair of the DDSB 4 Years, Chair of Planning, Chair of Operations and Finance Chair.

I'm running for Re-Election to continue addressing the concerns and initiatives that I have been working together on at Whitby and Regional Council. The need to continue working with addressing: 1) Road and Community Safety 2) Healthcare Needs; with the growth of our community we need to ensure we have doctors and expanded hospital/healthcare facilities, working with all levels of government

and with our education and healthcare institutions 3)Economic Development and Creation of sustainable and good paying jobs; we have employment lands along the 412/407 that we need to attract businesses to come into our community 4) Affordable Housing Stock: new development needs to be inclusive to affordable housing stock; our kids and seniors want to stay in the community but the cost of housing is out of reach 5) Activity/Community Space for our Seniors and Youth.



Rod Thwaites

17 Lacey Drive, Whitby Home/Mobile: 905.259.9647 electrodthwaites @gmail.com www.electrodthwaites.ca

My name is Rod Thwaites, I have served the community for 36 years as a first responder, my proven

leadership abilities, my years of experience advocating for the health and safety of all citizens

and first responders at all levels of government nationally and internationally coupled with a unique "boots on the ground" perspective are strengths only I am able to offer on Council.

The Brooklin Town Crier has asked me to address what I feel is important specifically to the community of Brooklin, with the understanding there are many other pieces in play within our municipality and Region.

Managing growth effectively can only be done with a vision in place which is accurately and consistently communicated. Integration of

Brooklin's heritage with modern, accessible, affordable and strategically placed infrastructure and services enables us to protect and flourish as a family friendly, healthy and safety conscious community.

In closing, a mutual concern of ours is safety and the environment, for this reason I have chosen not to utilize any election signs. By not following the status quo, demonstrates to you my progressive thinking, my leadership skills and my hard work, attributes our community deserves.

Thank You and stay safe. Rod Thwaites



Christine Winters

72 Stratton Crescent, Whitby Home: 905.430.6050 christinewinters4whitby @gmail.com

My name is Christine Winters, resident for 25 years. I am pleased to say I am running for Re-

gional Councillor. There were many questions

and concerns that were brought to my attention as your Durham District School Board Trustee for Whitby. Its time to bring these concerns to the Region.

JOBS!!! Families and their children are looking for JOBS!! We have employment lands. With strategic planning and the expansion of the 407, this is key to attracting businesses to our town. Let's keep our residents working and living in our community instead of commuting out of it! We will all need to fight for the removal of the 412 tolls. Public transit need to

be examined for better routes to Brooklin.

Another big concern for all is HEALTHCARE. We need more support for initiatives for mental health, support for seniors and more family doctors. Let's get these important essentials on the table. We need to lobby the government for backing to a Healthcare we all deserve. Wait times are too long.

Thank-you for your support as Trustee for Whitby for the past 12 years. Now its time to be your voice for the Region.



Steve Yamada

18 Rushlands Crescent, Whitby Home: 289.987.8383 Mobile: 289.987.8383 steve@steveyamada.ca www.steveyamada.ca

Building on my background as an Ontario public servant, TDSB teacher and the current

East Ward Councillor, I am once again asking

for your support. In this election, I am applying to be one of four Regional Councillors.

Over the past four months, voters in Brooklin have been telling me that growth, jobs, safety, taxes and congestion are the main issues.

I will continue to advocate for the removal of the 412 tolls. We need to grow our commercial and industrial tax base by pre-servicing more employment lands. To reduce our costs, I would implement a regional service delivery review without harming jobs or service levels. These initiatives will relieve the burden on homeowners. We also need to expand our community safety zones and traffic calming measures and provide DRPS with the tools to reduce speeding in school zones. Finally, I will work with residents to ensure that new housing developments take your thoughts and ideas into account.

I am asking for your support so I can put my experienced leadership to work for you. I love our community. We should never lose the opportunity to make it even better, safer, cleaner, more family-friendly and more affordable. Thank you.

nutritionhouse



Savings That Feel Good

Checkout this Month's In-Store Exclusives

Limited time offer on featured products only!



REG. \$21.39

Renew Life 30 chew tabs

NOW ONLY

Ultimate Flora – Kid's Probiotic (10 Billion)

- Once-a-day formula
- Immune-boosting microflora for kids
- absorption



Optimizes nutrient

REG. 53.99



300 gr

Prairie

Naturals

Bone Broth Protein (Organic Free-Range Chicken)

- Rich with amino acids, minerals & connective tissue building nutrients
- Gluten, dairy & GMO free
- Easy-to-digest protein gut healing



BELL

473 ml (16 fl.oz) Liquid Multivitamin



- · Reinforced with amino acids, colloidal minerals and herbs
- 85% absorption rate. quaranteed

REG. 28.95

NOW ONLY \$23.16



Stamets 7

Defense

60 Vcaps

Host

- Boosts immunity Made from Certified Organic mycelium
- · Improves ability to adapt to stress

NOW ONLY

REG. 53.99



REG. \$45.95

REG. 22.99 **Renew Life**

90 caps **Digest More**

(Regular Strength) Digestive enzyme

- with plant enzymes & L'Glutamine
- · Soothes indigestion
- Relieves occasional gas, bloating & stomach ache





RED BAND Extra Diesel

2.2 lbs (998 gr)

New Zealand Whey Isolate (Milk Chocolate)

- Lactose-free, BCAA profile, 5G L'Glutamine
- Builds lean muscle. repairs body tissue
- Supports healthy digestion



NOW ONLY

VALID ONLY AT

nutrition house brooklin

5969 Baldwin St South Whitby, ON L1M 2J7

(905) 425-5550

MON - FRI: 10:00AM - 8:00PM **SAT & SUN**: 10:00AM - 6:00PM





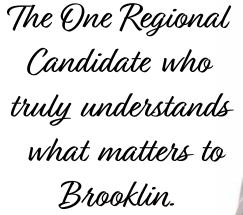


NEW MANAGEMENT • NEW OWNER



ENTER TO WIN A \$500 VISA GIFT CARD

* Does not include hard goods. May not be combined with any other offers, discounts, coupons or electronic vouchers. ONLY VALID AT: Nutrition House - Brooklin. OFFERS EXPIRE: October 31, 2018





Elect Rhonda MULCAHY

Regional Councillor

www.rhondamulcahy.com
905.442.9828 #Rhonda4Region

Current Ward One Councillor at the Town of Whitby

Tre-elect DON MITCHELL MAYOR of WHITBY



Have a Safe and Happy Thanksgiving

Market is Changing... Don't wait... Call us... Now! 905.655.7236

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

Home prices rise against tighter supply

The gains are a sign that buyers are finally stepping back into the market in the latter half of this year as the Toronto Real Estate Board (TREB) had predicted, said Garry Bhaura, board president. Many home buyers, who had initially moved to the sidelines due to the Ontario Fair Housing Plan and new mortgage lending guidelines, have renewed their search for a home and are getting deals done much more so than last year, he said in a press release. In a region where the economy re-mains strong and the population continues to grow, ownership housing remains a solid long –term investment.

August appears to have cemented the Toronto region's real estate recovery, with average resale home prices up 4.7 percent year over year to \$765,270. That is about \$34,000 higher than the aver-age a year ago. There were also about 500 more transactions — an 8.5 percent increase — com-pared to August 2017.

Tight market conditions contributed to the strong August, said the board's director of market analysis, Jason Mercer. The annual rate of sales growth outpaced the annual rate of new listings. We only have slightly more than two-and-a-half months of inventory in the TREB market as a whole and less than two months of inventory in the City of Toronto, he said, adding that there is a scarcity of homes available to buy in many neighbourhoods. This could present a problem if demand continues to accelerate over the next year, which is expected, said Mercer.

It is encouraging to see an increase in transactions as we enter the fall market. It was anticipated that we would see a hike in activity in the fall, and an increase in sales as well as the average selling price for the month of August is a very positive sign, said Dennis Roberts present of the Durham Region Association of REALTORS

With inventory currently in short supply and a possible rate increase in the fall, right now may be the right time for Buyers to make that decision to purchase their next home.

Office: 905.239.4800

Durham Region continues to be the leader in affordable housing options for buyers in the GTA according to the MLS* Home Price Index.

Call us to discuss the market and your best move! 905 655 7236



Great Family Street!

Gorgeous 4 Bedroom Home featuring hardwood floors, gas fireplace, family sized Chef's kitchen with granite! Walk out to west facing private yard, mature trees, entertainers patio! Text "GetPhotos" to 59559 for more details



Family Friendly Crescent!

Relaxed atmosphere for a growing family! Pool size premium lot! Updated kitchen! 4 large bedrooms; 2 ensuite baths & 1 semi-ensuite! Partially finished basement! Walk to Brooklin's Schools & Amenities!

Text: Getphotos to 59559 for photos +video



Desirable Location

Minutes to public transit & 407/412/401! Main floor offers open concept with lots of natural light! Over-looks beautiful treed conservation land! 3 spacious bedrooms! Garage access! Walkout basement!

Text: "Getphotos" to 59559 for photos +video



9 St. Augustine Drive, Brooklin



Builder Inventory Clearance! Best Value in the Area!

New Fernhill Built 2000-2500 sq ft on 36x 115 lot in center of Brooklin. Walk to parks, schools, recreation center and restaurants. Over \$40,000 in upgrades included: Gleaming Hardwood and Ceramic, Upgraded Kitchen with Quartz counters, Gas Fireplace, Soaker tub and glass ensuite shower, Oak stairs and Cast Iron Picketts, 9 ft ceiling (grnd flr), Flat Ceiling finish, Light package including potlights, large moldings and so much more!

Call 905-655-7236 or Email: King@KingHomeTeam.com for details



Direct: 905.655.7236

What Others Say...

Trusted advisor! Customer Focused! Local Expert! Professional! Knowledgeable!
Hard Working! Accessible! Dependable! Patient! Reliable! Well Prepared!
Honest! Strong Negotiator! Superb Service!

Want to know what's happening in the market? Want to Know the Value of your House! Call Us Now! 905.655.7236

There is no cost or obligation!



Not intended to solicit those under contract. *Call for details & conditions