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What's Going On

At St. Leo School?

Less than half the picture: By Richard Bercuson

Supporting a vital premise

Evidently, the outdoors is a bonafide and exhilarating place to learn. To wit, Brooklin's St. Leo Catholic School under the stewardship of Principal David

Malleau, who embraces education outdoors.

Thanks to a \$4100 gift from TD Friends of the Environment, the school was able to purchase trees and boulders (for seating) and secure their installations. All so as to provide students with an "outdoor classroom."

This is not a new concept and it's one I championed in an Aug. 21 column entitled, "Is this idea really so crazy?" Evidently, at St. Leo, it's not only not crazy but say, socialize and play, welcomed.

Malleau doesn't at all give the ed. classes, St. Leo students get appearance of one who's spent additional mask breaks during a lifetime in the bush hunting and living off berries. In fact, I've schools are doing. However,

no idea if he's ever done either, nor is it relevant. What he does though is recognize the importance of children in the time of Covid being in school, almost despite the weather. Almost.

Once the temperature hits -20C (-4F), he says, they're obligated to remain indoors. "We have a long tradition here of going out no matter how cold it is," he states. The new treed, bouldered "classroom" will allow students a place to sit during classes.

There's also this not-so-trivial point. "The kids are much more likely to come out regardless of the cold because they get to ditch the mask," he adds. And, I

Aside from their outdoor phys. the day, which, granted, many here, even math teachers are taking them outside while the day before our talk, Malleau explained how a grade 3-4 teacher conducted an outdoor class on ecology.

The concept is grabbing hold elsewhere across the country as the crummy weather begins to embrace us. It begins - and to some extent, ends - with this premise: it is essential to keep kids in school AND in their activi-

For instance, in Moncton, an elementary school is actually constructing pergola classrooms with seating made out of wooden

pallets. A Belleville school has done much the same, conducting classes outside on a wood chip floor with tree stump seats.

Indeed, science doesn't completely know where or why Covid cases rise, although a few instances appear to be obvious, like being maskless indoors among large groups. However, we do know where there have been no widespread issues: in schools and children's sports. With sensible and logical precautions, we can keep both going nearly full bore. St. Leo is one example of how education can, in its own way, turn lemon into lemonade.

Town Crier

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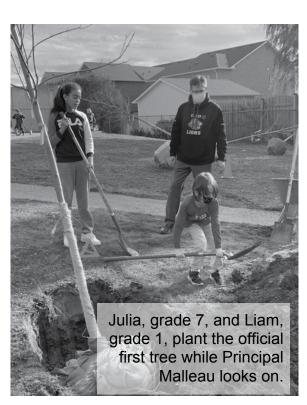


St. Leo's **Outdoor Classroom Takes Shape**

St. Leo held a tree (and boulder) planting ceremony to set up an outdoor space for classes.







Remembrance Day: A fly-past and students' sidewalk messages



ROYAL CANADIAN LEGION BRANCH 152

56 Baldwin St., Brooklin, ON (905)655-4681

The members of the Royal Canadian Legion Branch 152, would like to thank our Veterans and their families. We pay tribute to our Comrades who have served, and who continue to serve, so we may have our freedom today.

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

STATEMENT OF POPPY ACCOUNT

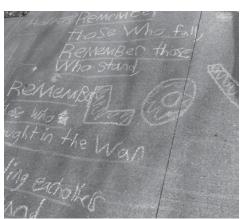
Opening Balance October 1, 2019 Income From Campaign & Donations	\$16,992.56 \$39,548.26			
Disbursements:	\$56,540.82			
Poppy Campaign and Expenses	\$2,693.53			
School Awards-Poppy Essay / Posters	\$1,040.00			
Accessibility Maintenance Annual Veteran's Dinner	\$913.86 \$350.00			
Donations – Veteran's	\$500.00			
Total Expenses	\$5,497.39			
Closing Balance September 30, 2020	\$51,043.44			

Yours in Comradeship, Royal Canadian Legion Branch 152 JIM McGRORY, PRESIDENT









Brooklin Bafflers: by Liz Lowe

Crossword

Across

- 1 Less than the speed of sound
- 9 Picnic dish
- 13 Tiny lobster-like crustaceans
- **14** See-through item
- 15 Capital on a fjord
- 16 Trumped-up story
- **17** Wine region
- **18** Add up
- 20 Chart-topping
- 22 Waikiki wear
- 24 Something to believe in
- 25 A public promotion of some product
- **26** The number of occurrences within a given time period
- 30 Western tribesman
- 31 Indian bread
- 32 ET carrier
- 33 Takes habitually
- 34 Outback runner
- 35 One who shrinks from social contacts
- 37 In the direction of
- 38 Relief
- 39 Wax producer
- 40 A Slavic language
- **43** Flips through a book
- 47 Solicits

- 48 Summer wear
- **50** Money in Western Samoa
- **51** Whodunit board game
- 52 Someone who determines your qualifications
- 54 Money in Myanmar
- 55 Singled out as important.

Down

- 1 Highlander
- 2 Constellation bear
- 3 Fun time
- 4 Puffed up
- 5 Connects a noun with the preceding word
- 6 Zilch
- 7 Wife of Osiris
- 8 To take up a substance on the surface by chemical bonding
- 9 Paroxysm
- **10** Whip
- 11 Aardvark
- **12** The most strange or unusual
- 19 It's made in Japan
- 21 Stubborn one
- 23 Fills quickly beyond capacity
- 26 Limited to one idea

1	2	3	4	5	6	7	8		9	10	11	12
13									14			
15					16				17			
18				19		20		21				
			22		23		24				25	
26	27	28				29		Г		30		
31					32				33			
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37			38				39					
40		41				42		43		44	45	46
47					48		49		50			
51					52			53				
54					55							

or thought

- 27 In a manner that is well nown
- 28 The 19th letter of the Greek alphabet
- 29 Young newt
- 30 Take advantage of
- 33 Inflammation of the middle layer of the eye
- 35 Son of a son

- **36** Poetic preposition
- 38 Source of strength
- 41 Gull-like bird
- 42 Waiting room call
- 44 Ardent followers
- **45** Skedaddle
- 46 Reddish-brown gem
- **49** Wax collector
 - 3 State of Maine abbrev.



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OPTOMETRIC

Sighted locally A very rare South American

bird has been seen around the Luther Vipond arena. The Variegated Flycatcher is usually found in Argentina, Brazil, etc. This is only the second time this species has been recorded in Ontario (Toronto, 1993) and one of about a half dozen all-time sightings north of Mexico! Early this week, there were roughly 40 birders observing it on a trail off St. Thomas St. A mega rarity!

Rare bird



What You Need to Know This Week

Brooklin

5959 Anderson St.





Effective Monday, November 16,
Durham Region entered the
Orange – Restrict level in the
Province's Reopening Framework.
This means that spectators are no
longer permitted in the Town's sports
and recreation facilities (exemption
for one parent/guardian of a child).

For more information on new restrictions impacting residents and local businesses visit whitby.ca/coronavirus

Follow public health advice to stop the spread of COVID-19:

- · Practise physical distancing
- Properly wear a mask
- · Wash your hands
- Stay home if sick



Winter Weather eNews Alerts

Be prepared: know what to expect during local winter weather events. Sign up to receive eNews alerts from the new Whitby Weather Desk directly to your inbox. whitby.ca/subscribe



Want to get involved in your local community? The Town is currently seeking a volunteer to join the Groveside Cemetery Board.

Learn more and apply online today by visiting whitby.ca/advisorycommittees

Different people, same values, great opportunities.

Join Whitby Fire Chief Dave Speed and a panel of men and women from various backgrounds to discuss how they became Whitby firefighters. If they can do it, so can you!

Thursday, November 26 | 6:30 p.m. to 8 p.m.

Join us on Zoom!

Visit zoom.us | Meeting ID: 850 2347 8058 Questions can be submitted to fire@whitby.ca



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Whitby Soap Company









The Whitby Soap Co was born from my passion to provide healthy but fun products for my family. After three decades teaching skincare in the cosmetic industry, I now create soaps, scrubs, bath bombs, shampoo bars and more, focusyou & your family!

up a dedicated workshop in the basement two years ago where I currently work. After teaching in the cosmetic industry, it became a perfect fit to offer workshops on making soaps, lotions, scrubs and more. I also have do-it-yourself kits for the kids ing on ingredients healthy for to make their own bath bombs or soaps at home.

Products are made in a dedi- Along with owning The Whitby cated workshop in my home. Soap Co, I am Director of Edu-After three years of making for cation for the Handcrafted Bath only family out of my kitchen, & Body Guild and a guest lec-I was convinced by friends to turer at Seneca College where I think of this as a business. I set sit on their advisory Board.

















Plant-Based Eating by Sheree Nicholson



Learning about nutrient density

While I often write about the benefits of nutritionally dense foods, it's time I explained what they are. Nutrient density refers to the number of beneficial nutrients in a food per calorie consumed; foods that provide a high number of nutrients have relatively few calories.

They're important because they provide us with essential vitamins, minerals, amino acids, fatty acids and more. They can be the first defence against preventing conditions such as heart disease, high blood pressure, diabetes and obesity.

The website www.draxe.com provides this example: 600 calories worth of fast-food french fries is obviously not the same as 600 calories of kale. You would have to eat about 20 bowls of oatmeal to get the equivalent nutrients of • one bowl of kale!

Nutrient-dense foods are real and unprocessed, contain no chemicals and are not made in laboratories. Nutrients found in healthy, whole foods include micronutrients like essential vitamins, trace minerals and electrolytes, plus macronutrients, including carbohydrates, proteins and different types of healthy fats.

The antioxidants and phytochemicals found in many plant foods support the immune system, the body's detoxification processes and cellular repair.

When researching which foods are the most nutritionally dense, I found 30, with 24 of them being plant-based. Here are the top five plant-based nutritionally dense foods:

- Seaweed
- Leafy greens, like kale. spinach, watercollards, cress, dandelion greens and Here's my favourite hemp seed

arugula

- ous veggies like cabbage or Brussels sprouts
- Exotic berries like acai and goji
- Red, yellow, green and orange bell peppers

It's easy to incorporate these into your diet, and you're probably them already. The thing to consider is this: are you eating enough of them? Is that green salad at lunch or dinner going to suffice, or could you be adding more to your diet?

One morning my smoothie contained sea moss and spinach, two of the top five nutritionally dense foods. For lunch, I went to Mathida's, a plant-based restaurant in Oshawa. I purchased a meal containing a variety of peppers. For dinner, we had roasted cauliflower and a spring mix salad, with homemade hemp seed dressing (seeds are number 23 the list).

I encourage you to start thinking of little ways you can add more nutritionally dense foods to your diet.

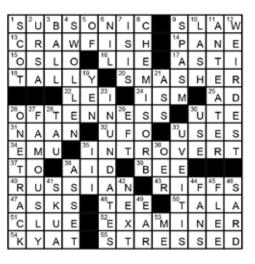
salad dressing which takes less Broccoli rabe, broccoli, cau- than five minutes to make. It's liflower and other crucifer- from the blog Ohsheglows. com.

Hemp seed dressing

- 1/2 cup hulled hemp seeds
- 1/2 cup water
- tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 clove garlic, peeled
- 1/4-1/2 teaspoon fine grain sea salt, to taste.

Blend all ingredients in your Magic Bullet or blender. It thickens nicely in the refrigerator.

Sheree's Hack: Freeze your leafy greens before adding to smoothies. This helps them to break down more easily.



Shop in Durham!

ham Region Joint Chambers of Commerce and Boards of Trade, have launched the new **#ShopInDurham** campaign with a special request for residents this holiday season: shop local.

The campaign's goal is to spread the message that buyfor small businesses, while encouraging residents to shop local for their holiday gift-giv-

"Throughout the COVID-19 pandemic, Durham has continued to show incredible support to our local business community, Durham Regional Chair and CEO John Henry. "As the holiday season approaches. I want to encourage residents to continue showing their support by spending their dollars locally. Now, more than ever, we have to support local and ensure our local business community stays Durham Strong."

Shoppers can help spread the message of support by using

Durham Tourism, and the Durthe hashtag **#ShopInDurham** when sharing their holiday finds on social media; this is an opportunity for consumers to participate in the campaign and enter to win local products and services from Durhambased businesses.

Follow Durham Tourism on Twitter, Facebook and Insing local will have a big impact tagram, and use #ShopIn-**Durham** for your chance to win one of eight grand prizes, including gift cards to businesses, restaurants and hotels across the region, and free opportunities to safely explore some of the amazing experiences Durham has to offer. Giveaway details will be posted on Durham Tourism's social media accounts.

> To learn more about the campaign and how you can support local, visit ShopInDurham.ca.

For a list of local businesses in Durham Region, visit DurhamTourism.ca. To find "main street" shops, restaurants and virtual services, visit DowntownsOfDurham.ca.

A good news story



Brooklin resident Amy Bourdon was walking her dog in her neighbourhood last Thursday afternoon when a young man, Matt Murray. happened by, asking her if she knew of anyone needing their lawn raked. She mentioned her across-the-street neighbour, Paul Spencer, who has a disability.

The following morning, on November 13th, that same young fellow, along with perhaps family members, were raking the Spencer home's leaves. They provided

the vard waste bags and collected about eight bags of leaves.

When they were nearly finished, she went over to thank them. "In a world with so much negativity right now," Murray said, "we want to spread love through small acts of kindness."

"It was so heartwarming" Bourdon recalls, "to see a young family helping out in any way they can in the community."

Brooklin Heritage Society

When Brooklin Hosted "The Littlest Hobo"

By Brad Moore

"The Littlest Hobo" was one of Canada's most endearing and successful television series. Ask Canadians over the age of 30 about the show and they will likely recall the amazing dog and the catchy theme song.

The show revolved around an intelligent German Shepherd that wandered from place to place, befriending and helping people in need. When troubles were resolved and the Hobo's mission was complete, he would move on down the road despite his newfound companions' pleas to stay.

Suitable look

The show ran for six seasons (1979-85) and was produced out of CTV's CFTO Studios in Scarborough. Nearly all of the 114 episodes were filmed within a 50 km radius of CFTO. Whitby and Brooklin were filming locations with Whitby appearing in seven and Brooklin in three episodes. Like Stouffville and Even Claremont, two other communities used on multiple occasions, Brooklin had the ideal small town look that suited many storylines.

The episode "Fast Freddie" was the first one filmed in Brooklin during the week of Sept. 29-Oct. 3, 1980. Scenes were filmed on Baldwin St. between Campbell and Roebuck Streets, and also on Roebuck Street, just east Street and neigh-

of Baldwin. The Baldwin Bistro building featured prominently as a real estate office. The Royal Canadian Legion on the corner of Baldwin and Campbell Streets

served as court offices in the episode.

Three weeks later, the production crew was back filming "Ghost Rig," which was shot primarily at the old Brookstone Motel/Diner on the northwest corner of Baldwin Street Columbus and Road. The building still stands today, vacant and boarded up as a date with the wrecking ball is imminent.

Grass Park

The final episode filmed here was in 1982. The Baldwin **Bistro** was used again, this time as a sporting goods store, for "Happy Birthday Mom" Roebuck while

extensively.

"The Littlest Hobo" was one of the first productions to film in areas that have since become popular shooting locations such as Queen Street East in Toronto and the communities of Stouffville, Uxbridge, and Whitevale.

bouring Grass Park were used Brooklin has also been used for other notable filming projects. "The Famous Jett Jackson," a Disney Channel TV Series, filmed 65 episodes over three seasons from 1998-2001. In 1996, The Tragically Hip filmed the music video for their hit "Ahead by a Century" in town. It won the award for Best Video at the 1996 MuchMusic Video Awards.





Our Brooklin Kids By Leanne Brown

Believing in - the magic



the boxes of Christmas decorations, my daughter would get super excited. She'd

unpack them with reckless abandon while I cringed, waiting for something to get broken. And it inevitably happened. One year it was a box of heirloom glass ornaments; another time, I saw our Christmas village people flying through the air in an imaginary snowball fight.

Despite the mishaps, I was always happy to listen to her chatter about Santa and her recommendations on where decorations should go. I never

It wasn't long ago that minded that each one we owned the minute I pulled out had to go up even though they made the house look more like a mall Santa's village than home for the holidays. It made her happy and it was part of our Christmas magic.

> This year though is different. The magic isn't the same. Because - she doesn't believe anymore.

> Two weeks ago, while loading the dishwasher, we were chatting about Christmas when she declared, "I know he's not real. You can just tell me it was you and Dad. "

day was coming soon because, after all, she's 11 years old. I was hoping to squeeze out one more year. But I had to come clean. I started by asking her what she knew and what she suspected, hoping to maybe save some of the childhood magic. She was too smart. She'd figured out everything. She wasn't mad about us "lying" to her, but rather disappointed.

So I turned it around. "Ok, now you're one of us. The ones that share the magic of Christmas for others. You can teach your little nephew all about our traditions. He's just learning about Santa and elves. And there are many ways outside of our home to share Christmas spirit, too."

My heart broke. I'd known this I saw a flash of the little girl

again as she found elves in a Christmas box this past weekend. She asked, "Does this mean I won't get to keep my elves (on the shelf)? Do they go away for good now?"

"Do you want them to stay?"

"Can I?" she asked, brightening up as the magic tingled in her once more.

"Of course we can. How about we bring them out on December first as usual, and this year we all take turns in the elf mischief?"

She likes that idea. So while she may know the truth, in the end, she still believes in the magic. I'm content knowing that while some of our traditions will change this year, some will stay the same.

Our Small **Businesses Need** Your Support!

This Holiday Season Please Shop & Support Local

www.whitby.ca/whatsopen





Rhonda Mulcahy

Regional Councillor

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Market Watch

tober. In the detached market segment, the pace of annual sales growth far outstripped growth in new listings.

"Competition between buyers of single-family homes, and particularly detached houses, remained strong last month and continued to support double-digit annual rates of price growth in many GTA neighbourhoods. In contrast, condo buyers have benefitted from much more choice compared to last year. Pre-COVID polling had already pointed to an increase in investor selling in 2020. The pandemic only added to this trend with a stall in economic growth and a halt to tourism impacting cashflows for many investors," said Lisa Patel, TRREB's President.

"Looking beyond COVID-19, it is clear that the high demand for housing will continue. The federal government has set immigration targets above 400,000 people for each of the next three years." - John DiMichaels,TRREB

CEO "The economic recovery in some sectors coupled with low borrowing costs has kept home purchases top-of-mind for many GTA residents. With this being said, we have not accounted for all of the pent-up demand that resulted from the spring downturn. Expect record or near-record home sales for the remainder of 2020," said Jason Mercer, TRREB's Chief Market Analyst.

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