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Local Women Lead Canadian Contingent for Women's March on Washington



Kristi Honey (left) and Marissa McTasney spent much of last weekend preparing "goodie" bags for those who were busing to Washington on Jan. 20. Through McTasney's company Moxie Trades, the two ladies fronted the money for the March Kits that participants bought online at canadianwomenmarch.ca. They'd worked with The Bargains Group (a female-owned Toronto business) to design and purchase items for the kits and resold them on the website for local and delegation marchers. Funds over their costs will be donated to a local charitable organization espousing their values. See story page 3.

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HIGHLIGHTS OF THIS BTC:


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Less than Half the Picture *By Richard Bercuson*

Will you tell your children about The March?



In 1953, Sir Edmund Hillary and his Sherpa guide Tenzing Norgay were the first to scale Mount Everest. Hillary later said, "People do not decide to become extraordinary. They decide to accomplish extraordinary things."

Which brings me to the story of Kristi Honey and Marissa McTasney and their roles in the Women's March on Washington on Jan. 21 (see page 3).

Years from now, their progeny may ask about their contributions to society. No, not the business part nor the family part. The part where they might have done something important or perhaps were witnesses to history.

The answer should come easily. It was that weekend in January of 2017 when they attended the inauguration of an American president and helped organize a march that had hundreds of thousands to show solidarity for the values civilized individuals hold dear.

When I interviewed Kristi about the March and her contribution, I offered that, no matter that comes of it, their work needs to be recognized by future generations. She began to choke up at the thought. One could opine, I suppose, that I was making too much of it. I am not.

Neither she nor Marissa, so caught up in the the mammoth organization of it as they are, have a handle on what to do post-WMW. It's a fair question. What does one do in the aftermath of arranging a very public continent-wide declaration in the

capital of the world's most powerful nation?

There is this: educate. Go to schools and colleges. Talk to students about the experience as well as the power of what this event means and why it's important.

I have one granddaughter in the U.S. and two more here in Brooklin, all tiny. I have complete confidence in the quality ethics their parents will impart on them. I know these girls will grow up to understand the difference between aberrant rhetoric and what is leadership by example, even when one vehemently disagrees with said leadership. It is why I will watch the march with one eye on history.

Is this to be a peaceful and meaningful event? My sense is it will indeed be peaceful. Anything else would be anathematic to the cause. But meaningful?

It certainly will be to participants like Kristi and Marissa and the 400-plus individuals who will spend two nights in buses, sandwiching the day of the march. As to the rest of us, it is much too soon to tell, though the message will be plainly delivered to the new administration. While Kristi emphasized this is not an anti-Trump rally, it is, however, a sub-text. More powerful though is how women around the continent, even the world, have stepped forward to make a statement.

Being a part of the event is special. Organizing it because one believes in the statement's value is, in a word, extraordinary.

Planning and Development Commissioner Robert Short To Retire

Following 43 years of service and leadership, the Town of Whitby announced this week the retirement of Planning and Development Commissioner Robert Short.

Mr. Short began his career in 1973 at the Town of Whitby as a Planning Technician. In 1978, he became Deputy Planning Director. And, in 1979, he advanced to become Planning Director, now referred to as Commissioner of Planning and Development.

Over the years Mr. Short advanced and completed a number of major projects including:

- reviewing and updating two Official Plans;
- advancing development in Brooklin through the engineering needs study that helped bring in regional services and the Secondary Plan and Transportation Master Plan;
- relocating and developing the Station Gallery;
- creating a sustainability portfolio which led to the creation of the Corporate Sustainability Plan;

• leading the acquisition and lease of lands across Whitby's waterfront ahead of the development of the Waterfront Trail and expansion of lands owned by the Town and CLOCA;

• completing a number of Secondary Plans including downtown Whitby, Rossland/Garden, Taunton North, Whitby Shores and West Whitby;

• developing the recently approved Downtown Whitby Action Plan;

• establishing architectural control for planned communities;

• achieving main street façade improvements in both downtown Whitby and Brooklin; and,

• creating the Brooklin Heritage District Plan and advancing the Werden's Heritage District Plan.

The Town of Whitby would like to thank him for his contributions, commitment, and dedication to the town. The Town will initiate a search to fill this position in the coming weeks. To assist with the transition, Short will stay on with the Town until the end of June 2017.

Regional Council Appoints Integrity Commissioner

Durham Regional Council has approved the appointment of Guy W. Giorno as its Integrity Commissioner. Giorno, who is a representative of the law offices of Fasken Martineau DuMoulin LLP, will report directly to Regional Council until Dec. 31, 2021.

"Durham Regional Council strives to promote and enhance transparency and accountability; helping to ensure public confidence through the highest levels of ethical conduct and behaviour," said Roger Anderson, Regional Chair.

Under the Municipal Act, 2001, Council has the authority to appoint an Integrity Commissioner who acts independently of the municipality. This individual applies the code of conduct for council members, in addition to any municipal procedures, rules and policies that govern ethical behaviour.

Council also has the authority to assign duties and functions to this per-

son, such as receiving complaints/ conducting investigations related to the code of conduct; providing advice around ethical behaviour; outlining findings and recommendations to council; and delivering an annual summary of activities.

For an annual retainer fee of \$900, Giorno will perform all initial steps to process a complaint (unless it warrants a formal investigation); and provide an annual summary of report complaints, investigations, subsequent advice, and any recommended changes to the current process. Complaints requiring a formal investigation, or any special projects requested by council (such as public meetings or other assignments), are subject to an additional hourly fee of \$239.

In September 2016, Regional Council approved its Code of Conduct and Complaints Procedure—a by-law that will now come into effect with the appointment of this Integrity Commissioner.



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Editor, Richard Bercuson

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Next Issue: Friday, February 3, 2017
Deadline: Friday, January 27, 2017

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Brooklin Women Help Organize Women's March on Washington

By Richard Bercuson

The message should be clear: equality, diversity and inclusion matter.

When thousands of women take to the streets of Washington, D.C., on Saturday, Jan. 21, the day after Donald Trump's inauguration, getting that message out will be the aim. Front and centre to the Women's March on Washington (WMW) will be Brooklin residents Kristi Honey and Marissa McTasney, two of the organizers for the Canadian contingent.

While the WMW is centered on the U.S. and Washington, similar marches are planned for a number of places around the world, including various major American and Canadian cities. The Canadian portion will have a caravan of buses, loaded with over 400 marchers, heading out Friday evening (Jan. 20) and returning right after the march.

The involvement of these two ladies is likely similar to many others in the U.S. in that they felt something had to be said. While Honey admits she wasn't acutely tuned in to the American campaign prior to the November election, she was certainly aware of, and appalled by, the rhetoric coming from Trump.

"I was utterly shocked. Words were taken right out of my mouth," she says about the election result. "I was really devastated. Were there that many people in the U.S. who espoused these values, or at least not bothered by the rhetoric?"

"I'm not activist nor a protester. I've

never even been to a rally. But since the campaign, I've seen things here in Canada I don't think I'd ever seen before. It's as if people have been empowered to do and say things."

She and McTasney, who runs a women's safety footwear and apparel company Moxie Trades (moxietrades.com), had never met prior to connecting on Facebook. Once they did, they found they had mutual reactions and a common goal, which has led to what may become a significant historical event, both for Canadian women and others.

"As their sisters to the north, I want to stand with our American friends to show our support," Honey says. "We believe in their message, that values are important. That's the objective."

On the eve of this march, Kristi Honey, an IT executive and member of Durham College's Board of Governors, doesn't quite know if excitement describes her feelings. "I'm not sure what to expect. My husband says if there's one place on earth where security won't be an issue, it's Washington.

"But none of us have done this kind of work before," she adds. "I'm just happy there's been a way I could take action. And I hope our voice is heard."

As would be expected with an event of this magnitude, there has been criticism. When the Huffington Post ran a story on the march, there was considerable negative commentary, most of it personal and disturbing. Aside from the internet trolls though, Honey says there hasn't been any-



Shortly after arriving in Washington this week, Marissa (left) and Kristi were interviewed at the CTV News affiliate in Washington, ABC News.

one who said it's a terrible idea. As well, she notes the "incredible cooperation" organizers have received from the Canadian Embassy.

She and McTasney left for Washington last Monday and planned to attend the inauguration. Between that and the march itself, Honey says

they've bandied about answers to one question: what happens on Jan. 22?

The answer probably doesn't rest with them. It will hopefully be taken up by a society that needs to address just how important are equality, diversity and inclusion.

Petition: Make Highway 412 Toll-Free

By Richard Bercuson

Growing up in Brampton, Adrian Piccolo learned to become accustomed to the value of north-south highway links. Then, as now, highways 410 and 427 connected his community with major arteries such as the 401. Most importantly, they were free.

So when the new highway 412 was on the verge of opening last spring, Piccolo says he was under the impression that it, like all other north-south arterial highways in the GTA, would be free. To him, it seemed logical.

Of course, that didn't happen and the result was that the Brooklin resident decided "enough was enough." Never mind that the 407 is already Canada's most expensive toll road. Moreover, it ranks 5th in North America (at off-peak hours rates) as the most expensive, at 34.87 cents per mile (to compare it with U.S. cities). Convert that to American dollars and

it's 4th. (Editor's note: These figures use the 407's least expensive charge, the off-peak rate for passenger vehicles. At peak hours, the rate jumps to 62 cents per mile, the continent's most expensive toll road).

Piccolo took definitive action. He created an online petition to obtain 5000 signatures to send to Ontario's Ministry of Transportation expressing support for making the 412 a non-toll route. As of last weekend, the petition had drawn nearly 6000 names, making his next "ceiling" 7500.

The petition's web site is at: <https://www.change.org/p/keep-ontario-highway-412-as-a-non-toll-route>

It states: "All other Ontario link highways to and from highway 401 are non-tolled highways. This allows for the relief of congestion along the different stretches of highway 401 and municipal roads leading to highway 401. With the

current plan to make the newly opened highway 412 a toll route in 2017, it will drastically discourage people from driving it, therefore, keeping the already congested Durham Region stretch of highway 401 bumper to bumper. The Ontario Government will make money off highway 407 East (as that will be tolled in 2017) and by giving people a free alternative to get to the 407 (eastbound or westbound), it will lighten the load on highway 401."

He's not alone on the issue either. Whitby town council voted at its December council meeting to let the province know it, too, wants the road to be toll-free and Mayor Don Mitchell has expressed his support to Piccolo.

"My family in Brampton is surprised that Durham Region didn't have a free connection to the 401," Piccolo says. "And a lot of my friends have noticed that since the 412 came and was free for a few months that

the 401 has been less bogged down. It just feels like the province is nickel and diming us with this."

The toll-free period ends on Feb. 1 yet signatories to the petition keep pouring in. Piccolo does eventually plan to send it to the ministry. Where it goes from there though is anyone's guess.



Adrian Piccolo

Our Brooklin Kids By Leanne Brown

Standing tall when you're not



My daughter has recently become concerned about her height. After a great game, her hockey teammates patted her on the top of her helmet, sharing enthusiastic comments about her performance. But she seemed upset about the praise. I asked her why.

"I hate it when they do that!" she said. "Do what?" I asked. She demonstrated by tapping me on the head.

In a game, she's a strong competitor and her size never seems to matter. But lately, her taller peers have taken to affectionately patting her on her head. While they aren't doing this with the intention to make her feel small, the good-natured teasing has started to bother her.

Many girls her age are quite a bit taller. At the rink, in a line-up along the boards, her stature is apparent. True, she is slightly below average on the growth chart, floating around the 35th

percentile while her female peers have really started to sprout. Many are approaching five feet tall and are already out of booster seats. Some tower above her.

As a kid, I was short and a late bloomer. I expect I've passed on those genes. I topped out at five foot three inches. Her dad is five foot nine. She'll hopefully hit somewhere in the middle. But as some of the girls are starting to nudge their way towards puberty, she has started to take notice. Puberty in girls starts between ages 8 and 13 and the growth spurt at varying ages. Everyone around her is growing up. She'll start soon enough.

We can't do much about when it will happen. But in the meantime, we can focus on all the things she excels at. Really, height and weight are just numbers, numbers which do not define our children. So focus on the positive things. As an athlete, she is strong despite her smaller stature. We emphasize that being short is not a

limitation. She has already proven she can do anything she puts her mind to, and we remind her of her successes.

Kids can't change their height, so what are they supposed to do when someone points it out? Body confidence goes a long way. For my daughter, I point out women she admires; Lady Gaga, Kristen Chenoweth, Ariana Grande, Brooke Henderson and Kaetlyn Osmond, women who are all just over five feet tall but fill stages, courses or rinks with their huge personalities. For taller girls who feel awkward about their height, women like Taylor Swift and Penny Oleksiak show that being tall allows them to be beautiful, strong and graceful.

For most kids, it seems like there's not much to do but wait to see how it all turns out. We can't control that. But we can encourage kids to get the nutrition, sleep, and exercise they need to reach their maximum potential height.

Until then, when our daughter feels small, we remind her to walk with confidence, with her head held up, and she'll always look a few inches taller.



A Brooklin Toddler's Random Thoughts

"We get a boo-boo when we fall down."

Community Calendar

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

Fri., Jan. 27, 6:30 pm - 10:00 pm
Winter, Wine and Wellness - 8 Vipond Road, Brooklin
 The Optimist Club of Brooklin's Winter, Wine and Wellness event will consist of two sessions (6:30 pm - 8 pm and 8:30 pm - 10 pm) where you are invited to enjoy a fun evening and learn about some incredible local community partners who operate health and wellness-based businesses. Tickets will include admission, snacks and beverages (alcoholic and non-alcoholic). This event is for community members 19+. There will be samples, demonstrations, giveaways, and a fundraising raffle where you can purchase tickets to win some amazing prizes. Early Bird tickets are \$15 each (plus fees) if purchased BEFORE January 15. Then they will increase to \$20. Many local businesses will be in attendance to show how they help their clients to beat the winter blues. This event is all about wellness. We hope you come to have a bit of fun and learn a little something, too. Please stay tuned to this page web site page below to get updates about our amazing community partner businesses will be attending.
<https://www.eventbrite.ca/e/winter-wine-wellness-tickets-30214161370>

Sun., Jan. 29, 7:00 pm
Brooklin Pub Quiz Night, \$15.00 per person gets you a platter of wings and fries and a mug of beer. Teams of 4-8; 6 is best. Winning team gets a \$10.00 gift certificate per person to return to the Brooklin Pub another time. All proceeds go to Pulmonary Hypertension of Canada. Hints: 1. Monopoly 2. Mark David Chapman. Need more info please call/text Carolyn **905-449-1162**

Wed., Feb. 22, 7 pm
Brooklin Horticultural Society Membership & Think Spring Meeting: BHS starts off its year with its annual Membership meeting, welcoming our returning & new members alike. Gini Sage, a Durham Master Gardener with over 30 years of gardening experience will be our guest speaker. She will present "Starting from Seed," providing the knowledge and skills to be successful at starting seeds at home for planting in the spring. Come early & enjoy our social time before the meeting. At the Brooklin United Church, 19 Cassels Rd. E.

Mondays 6:30-7:00 pm:
French Family Storytime: Children of all ages and their caregivers are invited

ed to join Madame Sue for our weekly French Family Storytime! Enjoy a half hour of stories and songs in French, with a dash of English too! Registration is not required. Just drop in!
LOCATION: Central Library - Children's Program Room

Tuesdays: Brooklin Toastmasters, 7:15 pm for Meet & Greet, Meeting from 7:20 to 9:14 pm at the Brooklin Community Centre & Library, 8 Vipond Road, 2nd floor Boardroom. For more information, contact John at 905-683-4439 or jajhj@sympatico.ca or Loran Weston-Smyth at lorn@lornawestonsmyth.com or 416-910-4109. Brooklin Toastmasters provides a supportive and positive environment where members have the opportunity to develop their communication and leadership skills.

Basic Foot Care: Community Care Durham provides basic foot care services by registered foot care nurses

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9	5	8	1	3	2	4	7	6
4	2	7	6	5	8	1	3	9
8	6	3	5	9	1	7	4	2
5	4	2	8	7	3	6	9	1
7	9	1	2	6	4	5	8	3
1	7	9	4	2	5	3	6	8
2	8	4	3	1	6	9	5	7
6	3	5	9	8	7	2	1	4

on the 1st and 3rd Tuesday of every month at St. Thomas' Anglican Church. Please call 905-668-6223 for more information.

Thursday evenings: Love to sing! The Brooklin United Church adult choir welcomes new voices to join us. Practices are Thursday evenings 7:30 - 9:00 pm. You do not need to read music to be part of the choir. Practice CD's are made available. For more information, please call the church office at 905-655-4141 or by email at office@brooklinunited.ca

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 Sunday School & Nursery Program (10:30am)
 Wednesday 10:00 a.m.
 Communion and Healing Service
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www.stthomasbrooklin.ca

Brooklin United Church
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Brooklin's Guide to Home Based Businesses

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From the DRPS

Police To Use Enhanced Online Reporting

DRPS has expanded the "Online Services" area of drps.ca to provide an efficient process for reporting minor crimes and community concerns.

Online Services launched in June, 2015, giving residents the opportunity to conveniently report minor crimes online. We have recently added two new categories:

Identity Theft/Fraud – Residents can utilize this area if they feel personal information has been used to open a bank account or obtain credit, or if personal identification has been taken without permission.

Community Concerns – This area can be used to report ongoing negative behaviour or activity in your community. Reportable incidents include traffic violations, loitering, illicit drug use, alcohol consumption in public, or

any ongoing activity that affects community enjoyment.

In 2016, online reporting generated 1076 reports and residents are encouraged to utilize this convenient option for reporting crime.

For citizens wanting to report minor, non-emergent property crimes visit our website at www.drps.ca, click "Online Services," choose the appropriate categories from the drop down boxes and report your minor property crime, including photos.

Non-emergency property crime means there is no immediate threat to your safety, no suspect on scene and no potential for injury. You can still call police at **1-888-579-1520** or visit the nearest police station to report a non-emergent crime if that is your preference.

Traffic Blitz Produces Over 1000 tickets

A one-week traffic safety blitz around neighbourhood schools in Durham Region has resulted in more than 1,000 traffic tickets being issued.

The Durham Regional Police Traffic Services Branch, in conjunction with officers from all divisions, initiated a zero tolerance traffic enforcement campaign targeting school and community safety zones during the week of January 9 -13, 2017.

During this week, officers issued 1,045 tickets for various driving offences in and around schools, which

included 562 tickets for speeding. Other tickets included 47 for stop sign violations, 15 for disobeying a red-light, and 28 tickets issued for distracted driving.

The goal of the annual "In the Zone" enforcement campaign is to ensure high officer visibility and proactive enforcement in and around school zones during the first week back to school.

The DRPS would like to thank local school officials and members of the public for supporting this traffic initiative.

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- Whitby | 604 Garden Street | Call Paula at 1-866-800-8971

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Everybody Won in Brooklin High's First Cure Cup Game

By Richard Bercuson
BHS event photos by Samaah Jadoon

The best way for students in a high school business class to learn about real world situations is to participate in one. Such is what happened with Brooklin High School teacher Sue Shoemaker's grade 12 class when they ran, from stem to stern, a Jan. 12 fundraiser for the May Relay for Life.

The Relay for Life, a fundraiser for cancer research, will take place on May 26 with a 12 hr. continuous walk/run event at the school. It will be set up by her second semester business class.

In this independent study unit, Ontario eduspeak for final assignment, her BOH 4M class of 25 organized the first annual Brooklin Cure Cup hockey game between the school's first place team (with a current record of 15-2) and a teacher's squad

comprised of staff and a few add-ons, who were necessary to keep the roster well-stocked and breathing.

The class pre-sold nearly 200 game tickets at \$5 apiece and also set up booths to sell pizza and hot chocolate. There was an intermission Chuck-a-Puck contest and Joker Poker cards were available to buy. Chuck-a-puck winners received gift cards and front-of-the-line passes to the school cafeteria. (Anyone who's spent time in a



Here's who ran the event:

Front: Sam Yacob (snuggling with the Cup)

Middle (from left): Dylan Hayman, Evan McLean, Zak Webb, Kyle Argue, Logan Soares, Christian Calabrese, Taylor Kolten, Amanda Downs, Autumn Gervais, Vic Kemp

Back (from left): Mckenzie Jaglowitz, Ryan Lintner, Guillaume DesRochers, Roy Yehia, Nicholas Bodimeade, Carter Watson, Mikael Yaremko, Aidan Bellamy, Meghan Howell, Shane Bull, Matt Rogowski, Akash Jeewanandan, Aidan Davis, Braydon Murphy, Mrs. Sue Shoemaker

high school caf will appreciate the importance of that prize.) The Joker Poker grand prize winner got a Raptors ticket.

Of course, no staff-student competition would be complete without proper fanfare and dignitaries. The school band played the national anthem while the mascot, Baldwin the Bear, was on hand to lend the student team moral support and ensure each player did, in fact, "bear down" every shift.

Players from both teams were introduced through a fog machine, which was not meant to be a metaphor for the staff team's wonky break-out system. Mayor

Don Mitchell and Ward One Councillor Rhonda Mulcahy dropped the puck for the ceremonial faceoff won by student captain Carter Secord to cheers from his teammates who clearly showed little respect for their more aged opponents. Principal Warren Palmer toodled about as a guest referee, kindly allowing two female student linespersons to handle all the faceoff duties.

Co-chair of the event, grade 12 student Sam Yacob, said the goal was to raise awareness, get people excited about the May Relay day, and foster school spirit. "In a new school building, school spirit is so crucial,"

he said.

The winners of the first Brooklin Cure Cup, the students, won the game 3-0, thanks to relentless forechecking and superior neutral zone re-groups. The class raised money for a great cause. As for everyone else, they just had fun.



Event Co-MCs: Sam Yacob (left) and Nicholas Bodimeade



Students selling goodies



Baldwin the Bear grows the anthem



A teacher finds a hole through the student defence



BHS player Johnathon Sawka with Principal Warren Palmer after winning the CURE CUP



Leadership students (from left) Roy Yehia, Kyle Argue, Vic Kemp



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Yes Woman *By Marissa Campbell*

Trafalgar Castle School Preps the Next Generation

Raise your hand if you'd like to attend school in a castle. Hermione and Harry Potter were on to something. While Hogwarts School of Witchcraft and Wizardry doesn't exist, **Trafalgar Castle School**, nestled in downtown Whitby, does.

I don't know what your high school was like, but I grew up in Pickering and went to Dunbarton. Shout out to all the Spartans in the house! I plodded along, grasping at good grades while simultaneously worrying about how I looked and how people would perceive me. Add to that mix the volatile concoction of hormones flooding my system, and I had boys on the brain a ridiculous amount of time. A great deal of daily effort went into make-up application, hair style, and clothing selection. Who had time for studies?

I recently visited the all girls **Trafalgar Castle School** and had the opportunity to speak to a few of its grade 12 students. Not once did they mention boys. Only when I brought it up did they express how little boys and their related drama factored into their lives. They were too busy excelling and living up to their potential.

I probed further. What about make-up? Hair styles? No one had any interest in that stuff either. And since uniforms were mandatory, the clothes debate never came up. Flabbergasted, I then inquired as to what on earth they talked about during the day or on weekends with friends. Their unanimous responses were school and their studies. It was as if I'd entered the twilight zone.

These incredible young women spoke about philanthropic pursuits, like their fundraising efforts to provide tuition to **Trafalgar** for two girls from third world countries. They waxed poetic about their internationally recognized robotics program. They spoke at length about the enriched academic curriculum and how their teachers pushed

them to excel; how much they respected their educators and strived to meet their expectations; and how they loved math and sciences.

Their eyes were set on the global stage. They had big dreams, and they credited **Trafalgar** with giving them the resources to be able to achieve them.

Trafalgar Castle School is a small community with only 200 students from grades 5 – 12. Of these, 70 are boarded. For perspective, there are only 40 students in this year's graduating grade 12 class. At Dunbarton, there were hundreds. This tight-knit environment fosters a tremendous sense of sisterhood, pride, and community. The girls I spoke to were not shy to point that out. They've made friends for life here, friends who span international borders and global interests.

To be given the opportunity to attend a school like **Trafalgar** is phenomenal, and these girls knew it. These days, there's a sense of entitlement that seems to accompany some youth (I can say this confidently since I birthed three of them). But I didn't find that attitude at **Trafalgar**. To the contrary, these students knew they had been given a wonderful opportunity and felt it was their duty to give back and foster outreach when-



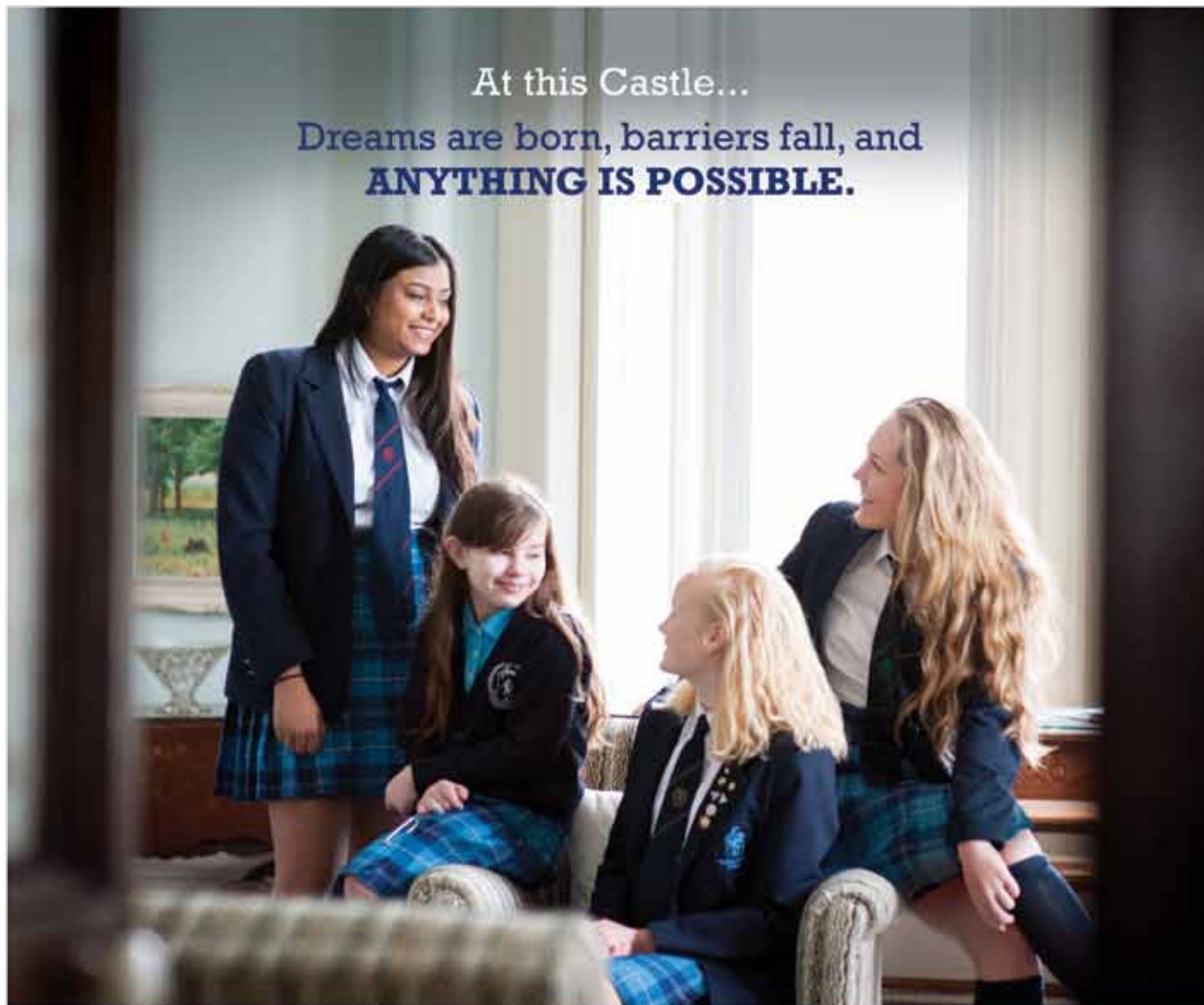
ever possible.

Hogwarts relied on magic, but **Trafalgar Castle School** uses internationally enriched academics and unparalleled extra-curricular and arts programming to help prepare its students for the challenges ahead. In fact, graduates have a 100% acceptance rate to their choices of universities. No magic or sleight of hand involved there.

I wouldn't change anything about my upbringing, it's made me who I am today. But there is something to be said about an educational environment that encourages you to set the bar high and dream big, that supports your personal growth and self-confidence as a young woman, and gives you the resources you need to follow whatever path your heart desires. Such is **Trafalgar Castle School**.

Like Dr. Seuss said, *Oh, The Places You'll go*.

(Yes Woman is a paid advertisement)



Trafalgar Castle girls learn and lead on their own terms. They graduate as women of strength and character, ready to make their mark on a waiting world of endless possibilities.

Visit our Open House on **Saturday, February 4 10 a.m. to noon** or email admissions@trafalgarcastle.ca to arrange your own personal visit.



Trafalgar Castle School

401 Reynolds Street, Whitby, ON
Tel.: 905.668.3358

trafalgarcastle.ca

ALL GIRLS

DAY & BOARDING

GRADES 5 - 12



Notice of Public Open House and Public Meeting

Draft Recommended Amendment to the Town of Whitby Official Plan

Take notice that, Pursuant to Section 17 and Section 26 of the Planning Act, R.S.O. 1990, c. P.13, as amended, the Town of Whitby is proposing general amendments to its current Official Plan.

An Official Plan is a policy document that guides land use planning decisions regarding long-term growth and development in a municipality. The Draft Recommended Official Plan Amendment outlines proposed policy and map changes being made through the Town's comprehensive Official Plan Review. The Draft Recommended Amendment applies to all lands within the Town of Whitby, therefore there is no key map. The purpose and effect of the Draft Recommended Amendment is to update the Whitby Official Plan to be consistent with the Provincial Policy Statement, and to conform with the Province's Greenbelt Plan, provincial policy directions, and the Durham Regional Official Plan as well as to propose a broad range of other general amendments throughout the Official Plan. The consideration of this Draft Recommended Amendment concludes an extensive review and consultation process.

Public Open House

A Public Open House was previously held on December 1, 2016. A second Public Open House to provide further opportunity to review and discuss the Draft Recommended Amendment with Town staff in an informal setting will be held as follows:

Date: Tuesday, January 24, 2017
Times: 6:30 to 9:00 p.m.
Location: Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby
File: OPA-2007-W/04

Statutory Public Meeting

A Statutory Public Meeting regarding the Draft Recommended Amendment will be held as follows:

Date: Tuesday, January 31, 2017
Times: 7:00 p.m.
Location: Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby
File: OPA-2007-W/04

The Public Meeting will provide an opportunity for Council to receive input from the public and stakeholders. The Planning and Development Department will then consider the input and intend to bring forward a Final Recommended Amendment for adoption by Council on **February 21, 2017**. The details of this meeting will be posted on the Town's website at www.whitby.ca/officialplanreview. Once the Amendment is adopted by Whitby Council, it will be forwarded to the Region of Durham for final approval.

Your Input

If you are not able to attend the Public Meeting, there are other ways to participate. Comments on the Draft Recommended Amendment can be submitted by:

- Mail: Town of Whitby Planning and Development Department, 575 Rossland Road East, Whitby, Ontario, L1N 2M8
- Email: officialplanreview@whitby.ca

- Fax: 905.668.7812
- Online: www.whitby.ca/en/residents/yourinput.asp

Written submissions are requested to be received by **February 3, 2017** in order that they can be considered in preparing the Final Recommended Amendment for Council adoption.

Information and Material

Interested persons are encouraged to review information and material regarding the Draft Recommended Amendment, which is available at:

- www.whitby.ca/officialplanreview
- Planning and Development Department, Whitby Municipal Building, weekdays between 8:30 a.m. and 4:30 p.m.
- Whitby Public Library (all branches)

For more information about this matter, including information about preserving your appeals rights, you may contact the Town of Whitby Planning and Development Department by:

- Email: officialplanreview@whitby.ca
- Phone: 905.430.4306
- Fax: 905.668.7812

Public Advisory

If the person or public body does not make oral submissions at a public meeting or does not make written submissions to the Town of Whitby, before the proposed Amendment is adopted, the person or public body is not entitled to appeal the decision of Regional Municipality of Durham to the Ontario Municipal Board.

If the person or public body does not make oral submissions at a public meeting or does not make written submissions to the Town of Whitby, before the proposed Amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board there are reasonable grounds to add the person or public body as a party.

Notification

If you wish to be notified of the adoption of the Amendment by the Town of Whitby, you must make a written request to the Town Clerk, Corporation of the Town of Whitby, 575 Rossland Road East, Whitby, Ontario, L1N 2M8; clerk@whitby.ca.

If you wish to be notified of decision of the Regional Municipality of Durham on the proposed Amendment, you must make a written request to the Commissioner of Planning, Regional Municipality of Durham, 605 Rossland Road East, Box 623, Whitby, Ontario, L1N 6A3; planning@durham.ca.

Collection of Information

Personal information from those that make either an oral or written submission regarding the Amendment is collected under the authority of the Planning Act and the applicable implementing Ontario Regulation, and Municipal Freedom of Information and Protection of Privacy Act, R.S.O. 1990, c. M.56, and will become part of the public record for this Amendment.

Questions about the collection of personal information should be directed to the Clerk's Office, Town of Whitby, 575 Rossland Road East, Whitby, ON L1N 2M8, by calling 905.430.4315, or by email to clerk@whitby.ca. (Please quote File: OPA-2007-W/04)

Robert B. Short, MCIP, RPP
 Commissioner of Planning
 Corporation of the Town of Whitby

Plant-Based Eating *by Sheree Nicholson*

No, It's Not Expensive



Plant-based eating is too expensive! I hear it all the time and I think there's both fact and fiction around the statement.

Plant-based eating would appear to be more expensive if you become more of a processed food vegan, eating tofu hot dogs and sausages. That kind of pre-formed packaged food does get a little pricey. If you're comparing the cost of a package of regular hot dogs to tofu hot dogs, the tofu's price is probably double. So trading meat for packaged vegan options can add up quickly.

However the key to great health is to stick to a whole food vegan diet with lots of veggies/fruits (frozen when necessary), brown rice, quinoa, legumes, etc. These are a fraction of the cost of meat.

I try to think of plant-based eating as a new way of eating, so I don't seek to replace meat with food processed and formed into little chicken wings. Since I see eating as energy for my body, I try to eat foods I make myself, foods that have few ingredients and I know what the heck is in them.

I read ingredient labels all the time and think whoa!! How can this 15 ingredient list of stuff I can't pronounce be good for me? If I don't know what's in it, I put it right back on the shelf. If you become an avid label reader you soon find that a lot of so-called vegan health foods are not so healthy. They may serve a place in your diet from time to time, however, if you make them a large part of your diet you won't experience the true benefits of being plant-based, which is great energy. The energy comes from meeting your body's needs for micronutrients from the leafy greens and vegetables

and not taxing your body's digestive system by overloading it with harder to digest meat and processed foods.

My favorite thing to make in the winter is soup and I love to have a pot of soup simmering in my kitchen. I haven't purchased canned or packaged soups in years.

Easy Tomato Soup Recipe

I make this soup recipe with canned tomatoes rather than fresh. If you don't have a hand-held blender, blend it in batches in your regular blender. Be careful when blending hot soups.

- ¾ cup chopped onion
- 2 cloves garlic, chopped
- 1 tbs. chopped fresh oregano or basil ¼ tsp. dried
- 1 tsp. chopped fresh thyme or ¼ tsp. dried
- 5 cups diced fresh tomatoes (2 lb. (strain juices if using canned.))
- 1 ½ cups low-sodium vegetable broth
- 2 ½ tbsps. tomato paste
- 2 tsp. sugar
(I generally skip the sugar)

Heat the oil over medium heat in a large saucepan. Add onion, garlic, oregano or basil and thyme, then cook for about 5 minutes, stirring often, until the onion begins to soften. Add tomatoes and cook 5 minutes, stirring occasionally. Stir in broth, tomato paste and sugar. Season to taste with salt and freshly ground pepper.

Bring soup to a boil. Reduce heat. Simmer, uncovered, for 15 minutes. Using an immersion blender, process until smooth.

Sheree's Hack: Use the herbs found in tubes, in the produce section. They're packed with flavour and have a longer shelf life than fresh herbs.

STOP Program Returns For Smokers Who Want To Quit

For many smokers, the cost of nicotine replacement products can be a barrier to quitting. The STOP (Smoking Treatment for Ontario Patients) Program workshops offer eligible participants in Durham Region five-weeks of cost-free nicotine replacement therapy and smoking cessation information to help smokers in their quit attempts.

Nicotine replacement therapy has been shown to effectively help people quit smoking by easing withdrawal symptoms. Workshop participants also receive educational material with quit smoking and relapse prevention strategies, along with information to address other unhealthy lifestyle factors that are known to accompany

smoking.

The STOP Program is led by the Centre for Addiction and Mental Health (CAMH), and is funded by the Ontario Ministry of Health and Long-Term Care as part of its Smoke-Free Ontario Strategy.

CAMH is Canada's leading addiction and mental health teaching hospital. Integrating clinical care, scientific research, education, policy development and health promotion, CAMH transforms the lives of people impacted by mental health and addiction issues.

For more information on the program, call Durham Health Connection Line at **905-666-6241** or **1-800-841-2729**.

Braeden's Wish



by Nyssa Liivoja

<https://www.gofundme.com/braedens-wish>

(Editor's note: As of printing, the campaign has raised over \$7,700 towards the goal of \$10,000)

In December of 2007, Braeden was playing hockey and when the puck hit his skate, he froze. He was taken off the ice and did not know his name or where he was. This was the beginning of our journey.

In early February of 2008, he went for a CT Scan as ordered by Sick Kids Hospital. He was not even allowed to leave the room. His brain was so swollen that he was being rushed to Sick Kids Hospital for emergency Neurosurgery. He underwent a Third Ventriculostomy Non-Shunted Hydrocephalus. After the surgery, we were told that they discovered an inoperable tumour in his mid brain area.

Braeden began having seizures and was diagnosed with epilepsy as well. Over the years, Braeden has undergone a couple more brain surgeries due to the swelling.

In November of 2015, Braeden was rushed to hospital where they could not figure out what was wrong. He was slipping out of consciousness. It was determined that he had a severe pneumothorax and he underwent surgery on his lung. They found blebs in his lungs as well. His cardiologist managed to fit some pieces together and they diagnosed

him with Ehlers-Danlos Syndrome as well.

As if that was not enough, August of 2016, Braeden underwent emergency Neurosurgery again as the Third Ventriculostomy was malfunctioning. He was in excruciating pain and was becoming incoherent.

In November, he suffered a heart attack. At this point, we are not sure what caused the heart attack. Along with all of this, Braeden has undiagnosed twitching on his entire body that occurs regularly. More tests are being done.

I am appealing to friends and family to help us out. Braeden is 19 and is too old to receive a wish from Make a Wish. However, he is still a child and for more than 9 years, his life has consisted of surgeries and appointments with neurosurgeons, neurologists, cardiologists, hematologists, oncologists, respiratoryologists, geneticists, ophthalmologists and many others.

This child deserves a break! Depending on the amount raised, we will take some sort of vacation to the destination of his choice, so we can escape the hospitals for a while. He is very difficult to insure and we need to be sure we choose a location where medical care is available. We appreciate any and all support as this has been extremely traumatizing for our family as we have had to deal with his critical condition on too many occasions. Thank you from the bottom of our hearts.

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yeswomanbrooklin@gmail.com

Brooklin Bafflers by Liz Lowe

Sudoku

3							2	
	5				2		7	
4			6				3	
			5		1	7		
	4			7				
		1	2	6				3
	7				5			
				1		9		
6	3		9					

Blooming in Brooklin By Ken Brown



Gardening in January

The mass of blooms from the Christmas cactus are fading and giving the kitchen floor a pink polka

dot look. Does sweeping up fallen flowers count as gardening in January? The amaryllis bulbs that were potted for Christmas are starting to put up their fat flower stalks while we search the cymbidium orchids for signs of bloom stalks.

There are new seed catalogues everywhere and opening them is a daily delight. Soon I'll need to make some choices as there simply isn't enough room in the garden. Vegetables continue to be popular and those new pages now feature more vegetables than flowers. We could fill the garden just with different tomatoes, but as tasty as it might be, it could be a tad boring.

To relieve boredom in your vegetable garden, try growing some of the 2017 All America selections, particularly okra candle fire F1. This bright red okra is produced on decorative plants with flowers that show its hibiscus family connection. It'll stand out in your garden and make you scramble through cookbooks to find out what to do with okra.

Tuberous begonias have grabbed my attention for the past couple of seasons, particularly the one I've tried growing from seed. There are two groups of begonias whose seed I'll be planting: the large flowered tuberous hybrids and the boliviensis types that have masses of tubular flowers and a trailing habit. They both produce lots of seed and I was collecting it all summer. I've grown the boliviensis seed a couple of times with great results and the large hybrids from purchased seed.

Instead, this year I'll be trying my collected seed. I wonder what colours I'll get and if that seed is even viable.

I start these seeds now because they take several months to produce good sized transplants. That's mostly due to the size of the seed. Begonias produce some of the smallest seeds. If you sneezed while handling it, you'd probably lose most of what looks like brown dust. Its size also makes sowing the seed a bit tricky. Getting this dust spread lightly and evenly over the soil can be a bit challenging. A bit of seed on the point of a knife blade can have several hundred seeds in it and they'll be much easier to grow if they're not crowded together.

One trick is to mix the seed with fine sand and then sow the mixture. The seed does not need covering, just some light pressure to put it in good contact with the soil. After the seed is sown, I thoroughly soak the soil by standing it in a tray of water until the surface is wet. Watering from the top with even the finest nozzle will move the seed around, leaving it in a clump somewhere.

Next, we need to get that soil warm around 24-26° C. Keep it moist by putting it under a clear plastic dome, like a baby lettuce container. It must also be under light for about 16 hrs a day. Once those seeds germinate, producing compact healthy seedlings will need intense light. Use standard fluorescent tubes and keep them within 3-5 cm of the seedlings. Light intensity drops off quickly over distance. They are tiny. It's tricky but actually not that difficult and it's highly rewarding. It's also gardening in January.

Our Councillor's Report by Rhonda Mulcahy

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



Reasons Behind the Season

There's duck season. There's rabbit season. And then there's budget season.

We can expect a Town of Whitby tax increase this year, hopefully lower than the initial staff recommendation of 5.8%.

I could shower you with detailed numbers that are mind-numbingly boring, but the general idea is that the pressures at a municipal level are not subsiding.

Council referred that initial number back to staff with a target of a 4.5% increase. It also recommended that staff show what it would look like to dip below that number. In other words, cut services. Only with this amendment did I support the vote on the target rate of 4.5%. I think it's important to see what cuts might look like.

Indeed, I struggle with this number. We are in a difficult time right now. The MPAC reassessment has hit Whitby harder than any other Durham municipality. Most of Brooklin is facing 35-45% home value increases over four years. And while that is a huge blow to residents, it remains revenue neutral to the Town. In other words, the municipality receives the same amount from taxpayers regardless of how many homes go up or down in value. I've heard loud and clear from residents, complete with examples of those on fixed incomes lower than \$40 k annually who pay over \$10 k in property taxes. The only positive is that their reassessment indicates their properties are more valuable.

Couple the property tax burden with increased household bills for hydro, gas and food and we all feel it. Consumer taxes are likely more than our property taxes but it's not as easy to see the bottom line. Property taxes are a sore spot.

Mayor Mitchell said it well last Monday night when describing

the levels of government. 70% of our funding comes from property taxes. Toronto's is 40%, which explains why their property taxes are lower. In some other countries, like France, municipalities receive federal funding to cover up to 95% of budgets. Generally, municipalities provide the most used and important services to our communities. Working within a responsible budget is something all municipalities struggle with since we provide a wide array of services.

The Town of Whitby is in a good financial position as we carry zero debt, something the current council inherited from the previous one. But we also inherited an under-serviced fire department. So while we play catch-up and require a 1.5% increase for Whitby Fire Services, we aren't looking so hot to the taxpayer.

Moreover, there's the plan-ahead factor. While debt free, we face tremendous growth, which will be a funding challenge. The Official Plan currently underway shows us what is coming and we can't bury our heads in the sand forever and expect to be able to afford the growth if we don't prepare in advance of it.

I promised I would be responsible with your tax dollars. However, I recognize the new target rate will be unpopular. Any increased tax will be. Our options are few, which is why we've asked for what anything under 4.5% would look like in reduced services.

Once combined with Regional and school board taxes, the increase to your property tax bill works out to approximately 2.5% overall. In Brooklin, an average tax bill of \$6500 would increase by approximately \$165.

The budget is yet to be set. This is the rate currently targeted by council and referred back to staff. We are happy to hear your ideas, comments, and concerns.

Ensure No Fire Hazards in Household Waste!

The Regional Municipality of Durham, Works Department is reminding residents to be mindful of fire hazards in household waste. Heat sources can start fires when waste is stored, collected, transported, sorted and processed.

Please be cautious when disposing of the following items:

- **Ash from barbecue grills, smokers or fireplaces:** Ensure ash is cold, completely extinguished and securely bagged in a 100% compostable liner bag before disposing

of it in the green bin.

- **Charcoal from barbecues:** Ensure charcoal is cold, completely extinguished and securely bagged before disposing of it in the garbage.

- **Cigarette butts:** Ensure cigarette butts are completely extinguished before disposing of them in the garbage.

For more information visit www.durham.ca/waste and click on "Know before you throw," or download the Durham Region Waste App.

Meet Your Local Merchant

Manchu Kitchen Chinese Food Take-Out

Savour life's simple moments with family and friends at **Manchu Kitchen** when you share a plate of authentic homemade style Chinese food at your dinner table tonight.

Offering fast and friendly service, **Manchu Kitchen** Chinese food restaurant has been serving delicious tasty dishes to families in the Brooklin community since 2004.

Manchu Kitchen specializes in catering, takeout, and delivery options for your next dinner or special event. **Manchu Kitchen** uses the freshest ingredients to specially prepare your favorite family set dinners and combination plates so you can choose from a variety of egg rolls, sweet and sour chicken balls, beef mixed vegetables and add chicken and/or chop suey.

Manchu Kitchen offers a great array of finger foods from lemon chicken to savory breaded shrimp. Pair them with classic Cantonese Chow Mein, Pad Thai, Singapore rice noodles and more for a fusion of

flavour. Love vegetarian? **Manchu Kitchen** serves fresh stir-fried vegetables with tofu!

While some dishes may be naturally hot or spicy, **Manchu Kitchen** is happy to adjust them to your taste and can accommodate food allergies or sensitivities on special request.

Manchu Kitchen is located at 30 St. Thomas St. in Brooklin. Call us today at **(905) 655-0288** for pickup or to have it delivered at your convenience. Ask us about our menu options! To learn more about our menu and specials, visit our website at www.manchukitchen.com



Located at 30 St. Thomas Street, Brooklin

Business Hours

Monday Closed
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 Friday 12:30 pm–10:30 pm
 Saturday 2:00 pm–10:30 pm
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