

PREVENT HOLIDAY BURGLARIES



LIVE

Lock all doors and windows



Make your home look occupied; leave lights, radios or TVs on

Don't post that your leaving town on social media

Call Skyview to install HD Quality, Crystal Clear, **Day & Night Security Cameras**

CROSS CRIME SCENE DO NOT CROSS CRIME SC ENE DU MUT VII



ECTRONICS 905-655-3661 46 Baldwin St. Brooklin

Need some quiet time? My gift to you.

Please turn to page 9 for a guaranteed 10 minutes of "me time" while the wee ones colour.





Christmas in Brooklin



Santa appeared all over town last weekend. Above, he listens to a girl's wish list at the Group 74 Workshop at the Brooklin Community Centre and Library on Saturday, Nov. 26.

The weekend began the night before with his appearance at the Town of Whitby tree lighting in Grass Park. Thousands attended

and were treated to hot chocolate, local crafts and carolling.

Santa ended his Brooklin weekend on Sunday morning at the Brooklin Optimist Breakfast, also at the BCC. This weekend, the busy fellow will attend events throughout Whitby. Hey Santa, be sure to finish your list in time!

IN THIS BTC:

Less than Half the Picture	page 2	2
R.I.D.E. program update	page 2	2
Brad's El Camino - Part 4	page 3	3
Holiday family events	page 3	3
Our Brooklin Kids	page 4	4
Refugee committee's goal	page 4	4

Understanding concussions	page 5
Our Mayor, the Rocker	page 6
Email fraud attempts	page 6
Yes Woman: Ink is Art	page 8
Plant-Based Eating column	page 9
Brooklin Bafflers	page 10



Tel (905) 620-4499 | Fax (905) 620-7738 | www.whitbylawyers.com

Less than Half the Picture By Richard Bercuson don't do it



Warning: This column contains descriptions of events some readers may find too graphic.

Gerry was a strong fellow and a fine athlete. I tried to stay clear of him in classes like karate and wrestling, where engagement was expected. It mostly didn't work.

One evening, five of us piled into my car for a toodle into downtown for the usual: beer, music, beer, people, fun, and beer. Everyone had already downed a few. I had one. Still paranoid, even five years later. One beer before driving and that was it - in the 70s!

Gerry climbed into the back seat behind me. Not good. I turned and asked for someone to please distract him while I drove. He was cackling. It was the beer. I started the engine and his paws wrapped around my head, covering my eyes. I smelled it. Geez, how many did he have? I pulled them down but he was stronger. C'mon, Rich, let's get going! He was slurring but coherent. C'mon Rich! He let up a bit.

I drove a block and again his hands slapped onto my face. We were in Pine Avenue traffic across from the campus. The others in the back pulled on him and implored him to let Rich see the road. It was a one way and I figured we couldn't be hit head on because there was no other side. But there were parked cars and an intersection coming up.

His hands again found my face, mostly blocking my vision but once also covering my nose and mouth. I was getting angry. Never drive angry, my driving instructor said years before. Or drunk, he added. The Montreal City Motor League

instructor had shown us a 16 mm film he got from the police of bodies removed from wrecks. One, a teen like me, was lifeless, folded in half under a vehicle. Don't drive angry or drunk, he commanded. But I was angry - and Gerry was plastered.

The briefest of flashes, to five years Durham earlier.

All six squeezed into John's Beetle. If I'd been there, as I was supposed to be, we could've split the load into two cars. But, no. Marty didn't call me when the game I was coaching was done. I'd promised him the night before I'd go straight over after. He doesn't call because the Beetle, crammed with the dinner party group, is already heading to Hemmingford.

The drunk drove a big car. One headlight out. Two lane road. Around 10 pm on Nov. 23 so it's pitch dark. He crosses the median. They're all gone. Marty, Michael, John, Katye, Bridget, and Susan. He walks away. Two other friends from the dinner party go to the morgue while I sit at home waiting for Marty to call.

The next morning, the Journal de Montreal publishes a front page photo of the scene. In the middle of the foreground lies Marty's penny loafer. I cried. And cried.

I yelled at Gerry using an array of choice expletives. He got a bit upset but stopped. We wound up at this club where I had one more beer all night. Someone else drove Gerry home. On Monday in class, he apologized. He grows up and becomes a school vice-principal.

I'm still growing up because I can't forget. Don't do it, I tell myself - and everyone I know. Just don't.

Festive RIDE Results – Week Two

DRPS completed its second week 🙀 of the Festive R.I.D.E program, stopping more than 2,400 vehicles and charging 27 drivers with drinking and driving offences.

Regional Officers conducted RIDE checks in Pickering, Ajax, Whitby, Oshawa, Port Perry, Uxbridge and Clarington with the following totals (the numbers in brackets reflect 2015 second week totals for comparison):

> 2,493 (1,795) Vehicles stopped by R.I.D.E.

104 (125) People given **Roadside Breath Tests**

23 (18) People received "3 Day Suspensions" for registering a "WARN"

0 (3) Novice Driver received a 24hr Licence Suspension

27 (21) People were charged with Drinking and Driving Offences

38 (30) Criminal Code Charges

4 (8) G1 G2 / Young Driver Licence Holder Breaches of No Alcohol Condition

39 (56) Charged with various Highway Traffic Act offences

1 (2) Drug Offences

After the second week, the Festive RIDE team has charged a total of 46 motorists for drinking and driving offences. Last year at the same time, 39 had been charged. Another 42 motorists have registered a WARN on a roadside screening device and had

their driver's licence suspended for 3 days. Last year at the same time, 39 driver's had their licence suspended for registering a WARN.

A complete list of those charged with Impaired/Exceed will be posted on our website at www.drps.ca under Hot Topics.

Note: Under the Ontario Highway Traffic Act, anyone charged with a drinking and driving criminal offence will have his or her driver's licence suspended for 90 days and their vehicle impounded automatically for 7 days.

"Keep Everyone Safe: Don't Drink and Drive"



(Town Lrier)

"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

We accept advertising in good faith but do not endorse advertisers nor advertisements. All editorial submissions are subject to editing. For advertising information, contact: Rhonda at 905-442-9828 mulcahy42@rogers.com

Next Issue: Friday, December 16, 2016 Deadline: Friday, December 9, 2016

Appletree Graphic Design Inc.



On sale at Oshawa Little Theatre Box Office November 1st Child & Adult Prices

THEATRE

December 17th • 2pm & 7pm

Call for sponsorship opportunities 905-425-2828

If I'm not doing your mortgage, you're probably paying too much.

10000strongbootcamp.com

Go to centum.ca/jennifer_dunn and check out the 15 minute mortgage.

(905)666-1234 ext 708



10.000 Strong Boot Camp 1645 Dundas St. E. Whitby

endu

Mortgage Agent

Brad's El Camino - Part 4: **Buen Camino Indeed**

BTC contributor Brad McIlwain has been documenting his 800 km-plus walk, El Camino de Santiago. This is the final installment describing his journey.

In the days before reaching Santiago, we'd been walking in mud and rain, through patches of thick fog that made it difficult to find the Way markers, even inside city limits.

Terry and I were drinking tea with Keryn from Melbourne, Australia, whom we adopted into our Camino family. We were talking about our journey and what the final stage would be like when another woman beside us mentioned how a fellow pilgrim passed away that day on the trail.

My heart sank. It happened on the Valcarlos route, in the Pyrenees valley. A man and woman were on the first day of their pilgrimage. The man succumbed to his injuries while the woman was rescued, but was hypothermic. The accident happened a month to the day after I began and it made me realize the very real dangers we've faced daily.

We set out for Santiago on Nov. 7. Terry played the theme song from The Last of the Mohicans on his phone, which got me pumped up. My mind raced at what I might see

and I had a strange energy and an- The sun began to set on ticipation.

But at the same time, I didn't want the walk to end. I wanted to stretch it out. I still had 22 km to go and I wanted to enjoy each moment, rock, flower, lake, forest, and village that we passed.

Before entering Santiago, Keryn and I stopped by one of the fences that bear thousands of handmade crosses left by pilgrims. We decided to make our own, so we tied together two branches we found by the roadside.

It was around 4:30 pm. Terry had gone on ahead. Keryn and I walked down old cobblestone streets, hearing the click of our walking sticks on the ground where pilgrims' footsteps have echoed for a thousand years.

We bought some gelato in one of the alleys. The green mint chocolate was refreshing and cool on my drv throat. We sat at a fountain and watched people pass. Jim, an Irish pilgrim, recognized me and came over to greet me with a hug and congratulations. I happily returned the same sentiment. He showed us where the Santiago de Compostela Cathedral was and how to get to the pilgrim office.

it and I stood in awe for a few moments. After walking for more than a month, I could hardly believe I was here. What did it all mean since walking out my front door on October 4 and setting out for the unknown?

At the pilgrim office, I received my official compostela from the Church, recognizing my Way. It was a humbling and emotional feeling. I felt a sense of both sadness and joy that it was finally complete.

The next day, I attended the pilgrim mass where I connected with people from all over the world who'd shared their personal stories and dreams.

After mass I approached the statue of St. James and placed my arms on

its shoulders, giving thanks for the blessings and people who have come into my life on the Camino and for our safe pilgrimage home. It's amazing that, setting out on this pilgrimage on our own and leaving our families, friends, we'd found each other. On the Camino, just like in life, you are never truly alone, as my friend Marc from France would say.

In Madrid, before my flight home Buen Camino!



to Toronto, I saw Terry. "Hey Terry, good day to walk 25 km!"

A special thank you to my family and friends for their love, support and encouragement on this crazy, wonderful journey. It has truly meant the world to me, half a world away!

Meanwhile, I hope my words inspire you, the BTC reader, to go on your own adventure.

Celebrate the holidays and ring in the New Year at family-focused events

Whitby's Annual Christmas Tree Lighting

When: Friday, December 2 from 6:00 to 8:00 p.m.

Where: Celebration Square, 405 Dundas Street West, Whitby

What: Watch the lighting of the Town's Christmas tree, make crafts, visit with Santa and enjoy hot chocolate and cookies. Bring unwrapped toys to donate to the Owasco Stuff-a-Bug for Santa Toy Drive, supporting the Salvation Army.

Whitby Santa Claus Parade

From the Whitby Archives

Thearn Kivell and Brooklin Bakery **Delivery Truck**, 1924

When: Saturday, December 3 starting at 10:00 a.m.

Where: Brock Street (Manning Road to Trent Street) in Whitby

What: Residents can gather on Brock Street to watch marching bands, dance groups, floats, clowns and musical entertainment - all in anticipation to see Santa Claus and his reindeer.

New Year's Eve

When: Saturday, December 31 starting at 6:00 to 9:00 p.m.

Where: Iroquois Park Sports Centre, 500 Victoria Street West

What: Bring the whole family for a fun-filled evening of skating, face painting, magic tricks, juggling acts, balloon artists and a live performance by the Whitby Figure Skating Club.





A black and white photograph of Thearn Kivell standing in front of the Brooklin Bakery delivery truck. Mr. Kivell was the driver for the Brooklin Bakery for over 20 years. The bakery was located at 4 Roebuck Street, on the north side, between Baldwin Street and Cassels Road. It was demolished in November 1983.

Whitby Archives Photograph 25-000-217

Our Brooklin Kids By Leanne Brown

Elf on the Shelf - It's Not for Everyone



For those unfamiliar with the Elf on the Shelf, it is exactly how it sounds. An elf. On a shelf.

The elf is one of Santa's scouts who is asked to

watch what goes on during the day in children's houses. Each night, the elf flies back to the North Pole and gives Santa a report on who was naughty and who was nice. When they return, they settle in a different location in your home. The fun's in the kids discovering them in a sort of game of hide and seek.

We have two elves in our house. It wasn't a tradition I'd planned; in fact it happened quite by accident. You see, our elves aren't the branded "Elf on The Shelf" elves but rather wonderful decorations I had acquired a few years back. Last year my daughter got very excited when

Brian R Evans

905-655-8076

Financial Advisor

5959 Anderson St., Unit 1c

Member – Canadian Investor Protection Fund

Brooklin, ON L1M 2E9

she discovered them in a box as we decorated the house. She immediately called them her Elves on The Shelf. Thus began the tradition in our house.

As it is with traditions in many families, we've taken the original concept and made it our own, one that embodies our culture and beliefs. Our elves "Twinkle" and "Twizzler" follow some of the usual Elf on The Shelf rules, but instead of reporting to Santa, they watch for the good deeds she does. They recognize her kind and giving behaviour with the occasional little positive note. Our elves teach the true meaning of Christmas: kindness, caring and love. They encourage our daughter to use these traits to help others. We use them in the spirit of the holiday season.

But as much fun as elves are for

us, not every family agrees. My work colleague Tina feels strongly about the elves. "Elves aren't welcome in my home," she says. "I really don't like

the idea of my kids

being watched. It

haunts kids with the idea that someone is always waiting for them to mess up."

For my friend Sera who has five children under the age of 12, an elf is not on her to-do list. She feels it's a challenge coming up with daily mischief. "It's just another thing I have to do. Christmas is busy enough already," she adds. "I don't need to add to it."

True, the tradition is not for everyone. But it's great that many families have been able to take the idea of Christmas elves and sort of make it their own.

Sera embraces the idea of elves during the holidays "My kids like seeing elves out in the community. But for us they are just Santa's helpers in town visiting."

No matter how you feel about the tradition, the reality is these little imps aren't going away soon. According to the official "Elf on the shelf" publisher, Creatively Classic Activities and Books, more than 10 million scout elves have been sold in eight countries since 2005. On the official website www.elfontheshelf.com, you

can buy fashion and pets for your elves, play games, and even download an app for parents who need ideas for elfin mischief.

What's trending with elves in 2016? The popular thing now is to capture elf selfies - "elfies" - on your phone or kid' tablet for them to discover at random. My idea? Why not include your elf in the traditional family holiday photo?



A Brooklin Toddler's Random Thoughts

"I don't like nutritious."



Edward **Jones**® MAKING SENSE OF INVESTING

Whitby engages residents to "Colour the Square"

The Town is launching a new initiative to get residents talking about opportunities to bring new life and creativity to Celebration Square.

Our Colour the Square campaign kicks off on Friday, December 2, as we begin to involve residents in the transformation of this unique public asset. To complete this project, the Town is partnering with 8 80 Cities. a Toronto-based organization that specializes in community engagement and public space. Together, the Town and 8 80 Cities will run a series of pop-up community engagement hubs to gather ideas from residents for animating Celebration Square.

campaign will be a tool toward achieving that goal."

Several consultations and an online survey will provide insight on how Celebration Square is currently used and identify new ways for residents to enjoy the space, including programming changes that will create a more welcoming atmosphere.

"We applaud the Town of Whitby

Refugee Committee Surpasses Goal

St. Thomas' Brooklin Refugee Committee surpassed its goal to cover food for a year for a family of five and raised over \$9,000. This was thanks to the Rotary Club of Whitbv- Sunrise's donation of \$500.00 Brooklin Village and Meadowcrest schools ran Halloween Loonie In the photo are some members of Drives that raised over \$500.

Along with the sponsoring churches St. George's (Pickering Village) and St. Paul's on the Hill (Pickering) are St. Thomas, Brooklin; All Saints, Whitby; and St. George's Oshawa which all helped with the fundraising initiative. AURA (Anglican United Refugee Alliance) has decided sufficient funds are available and is now looking for a family.

the Refugee Committee (from left to right): Nancy Bugg, Bruce Beveridge, Rev. Canon Claire Wade, Don Mills, Betty Cincurak and Peter Bocking of the Rotary Club of Whitby – Sunrise

"Celebration Square has the potential to become a premier destination in downtown Whitby," said Mayor Mitchell. "Creating a more culturally engaging and dynamic downtown will be of great benefit to all residents, and the Colour the Square

and Mayor Mitchell for launching this initiative," said Ian Ross, Chief Librarian and CEO of Whitby Public Library, whose main branch is located adjacent to the Square. "By bringing renewed focus and life to Celebration Square, this campaign will tremendously benefit the library, our patrons, and our community."

More information on Colour the Square can be found on the Town's website at whitby.ca/colourthesquare.

Our last issue for 2016 will be Dec. 16. First one for 2017 will be Jan. 6 with a deadline of Dec. 30

Understand the Importance of **Preventing Concussions**

Winter sports are a great way to dicate that the rate of concussionkeep young people physically active during the colder months, but the risk of concussions can be an important concern when playing any sport. To help parents better understand concussions and the associated risks, Durham Region Health Department has developed a resource entitled "Heads-up on Concussions: What parents need to know", which provides information on symptoms of a concussion, what to do to reduce the risk, what to do when you think you child has a concussion and guidelines for returning to learn and returning to play.

A concussion is a brain injury that is caused by a bump or blow to the head or body that causes the brain to move rapidly inside the skull. "All concussions are serious," explained David Amot, a public health nurse with the Health Department. "Research has shown that incidents of concussions are on the rise and often occur in youth who play sports." Certain sports have been found to put individuals at higher risk for concussions including, football, rugby, hockey, soccer and boxing.

"Ten to 19-year olds are at greater risk for concussions because the teenage brain is still developing." Mr. Amot explained. "The parts of the brain responsible for judgement, self-control, emotions and organization are not fully developed until age 25."

Research has shown that concussions often occur in youth who play sports. Local hospital statistics in-

related emergency department visits and hospitalization have been on the increase in Durham Region since 2011, with youth 10 to 19-years old, most often males, accounting for the largest portion of concussion injuries.

Prevention is the key treatment for concussion-related injuries. To help reduce the risk of concussions, youth are encouraged to:

 Play fair and show respect to other players.

 Play within the rules of the sport and within their ability.

 Wear the right protective gear, ensuring proper fit and keep gear well maintained.

• Make sure there is nothing that can cause a trip in the area where the sport is being played.

 Follow your sport organization's concussion policy.

"Most people with a concussion can recover quickly and fully; however, for some people, symptoms can last for days, weeks or longer," Mr. Amot added. "Individuals who have had a concussion in the past are also at risk of having another and may take longer to recover. Repeat concussions are serious and may require the individual to alter their level of participation in a sport or stop playing the sport altogether."

To obtain a free copy of the resource or for more information on preventing concussions, please visit durham.ca/sportsinjury, or call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729.

HOLIDAY HEARING SAVINGS

Special DEC Coupon Offers!

The holidays are a wonderful time to reconnect and celebrate with family and friends. But if you struggle to hear well, this time of year can leave you feeling overwhelmed and frustrated. That's why we're celebrating the holidays with these limited-time coupon offers. Combine and redeem them at more than 100 locations in Ontario!

THESE COUPONS CAN BE COMBINED!



Please see clinic for the full list of member discounts Expires 12/30/16. Limit one use per customer per ye

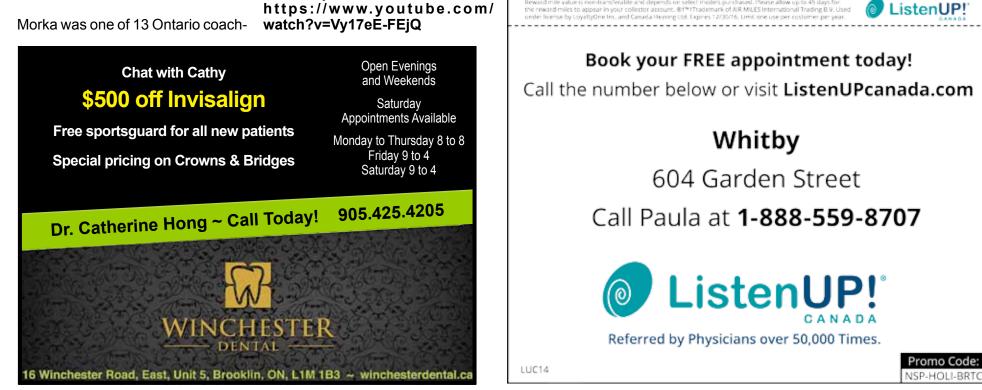


with your purchase of select

ListenUP!

The Coaching Association of Canada (CAC) recently announced that Adam Morka, coach and husband of Olympic cycling competitor Emily Batty, is a recipient of the 2016 Petro-Canada Coaching Excellence Award.

es in various sports to be given the honour. Emily was a bronze medal winner at the world championships and finished fourth at the Rio Olympics in August. A short video about some of the winners, including Morka, is on youtube at:



The Brooklin Beat By Dan Surette **Our Mayor, the Rocker**



What do we really know concert? about Whitby Mayor Don Mitchell? We know he ran his lumber business for over 25 years, was a lawyer for seven, has been on council for close

to 20, and been a Brooklin advocate forever.

But did you also know he was once on stage with Grace Slick and the Jefferson Airplane?

DS: Were you musical growing up?

MM: I picked up the guitar in my early teens and used to sing in the choirs in school. My grade 3 report card said I sang out of tune. I still think that was a bit harsh. (Laughter)

DS: Bob Dylan made a career out of doing that!

MM: Yeah...My Dad used to play the mandolin and harmonica at home for family gatherings and Mom was trained on the piano. There was lots of music at home.

DS: Do you remember the first record you bought?

MM: No, but it wasn't a 78! (Laughter). But the first record I do remember - I'm not sure who bought it was called Beatlemania (the U.S. version of Meet the Beatles) and we played that thing out. Wore it out.

DS: Do you remember your first DS: Any thoughts about Wood-

MM: Oh yes. It was the Jefferson Airplane at the O'Keefe Centre. It was really cool. At the end of the concert, Grace Slick asked the audience if anyone wanted to come on stage, to sit and listen to the last song, to come up. If you can imagine such a thing in this day and age, I went on stage and sat right by Grace. It was pretty cool.

DS: What was your favourite concert?

MM: Oh you will love this one. I saw Arlo Guthrie at Massey Hall about 10 years ago. Of all the concerts I've been to, that was the most enjoyable. He just connected with the whole audience. Unfortunately, I have the worst luck at shows as there always seems to be a guy that sits next to me that feels his job is to talk through the show. Drives me nuts but that is my luck.

DS: Given the choice, would you be in the Beatles or the Rolling Stones?

MM: Oh, I would be Paul. I always liked Paul. He was never too into himself and just seemed to like music in all its forms. I loved his early stuff like Wildlife, and those early Wings music. We play that stuff all the time at home. Very fresh even today. In his interviews, he acknowledges that some of his stuff is underwhelming but at the time he thought it was good.

Beware Counterfeit U.S. Currency

Police are reminding retailers to be ing low dollar value purchases on the lookout for counterfeit cur- with large denomination Amerirency as the busy holiday season can bills, or making multiple purarrives.

Investigators generally see an increase in counterfeit U.S. money at this time of year. Merchants should cepting American currency. be extra diligent when accepting American currency. The main notes cions. being counterfeited are \$20, \$50 • Never become involved in a and \$100.

chases, but paying for each item separately with American currency.

Develop a store policy for ac-

· Contact police with any suspi-

physical altercation with a potential suspect, your safety always comes first.



Mayor Don Mitchell performing in downtown Whitby earlier this year.

stock?

MM: I was only in my teens and was not able to attend, but when I went to university, the movie was out and the soundtrack was huge. That was in '69-'70 and everyone was playing it and it really changed things culturally.

MM: They had a thing at Mosport the year or two after called Strawberry Pops or something and I went to that. It was kind of a Woodstock MM: The arts, regardless of your like thing. It was kind of wet and unpleasant.

DS: If you were stranded on a desert island, what five albums would you bring with you?

MM: Joni Mitchell's Blue, Sgt. Pepper's, Jennifer Warnes's Famous heart?

Blue Raincoat, almost anything from Neil Young - let's say Decade, which was a compilation album and any Mozart.

DS: So you have a classical side as well?

MM: Yes, somewhat, but Mozart is a gift from the gods, that's for sure.

DS: Why are arts important to you as Mayor?

level of ability, are really about challenging yourself and learning and growing yourself. It's important for all of us.

Isn't it cool to know your Mayor will be leading Whitby with strength and vision - while being a true rocker at

Police Warn of Email Fraud Attempts

Durham Regional Police (DRPS) would like to warn the public about a new email scam being reported by residents of Durham that demands payment for a traffic violation.

Residents have received an email telling them they have committed a speed violation and lists a fine that is immediately payable. It is believed that by clicking on any link contained in the email, malware is loaded onto your device, which could damage your device or access your device's protected information.



For more information or to report a scam attempt, visit the Canadian Anti-Fraud Centre at: www.antifraudcentre-centreantifraude.ca or call **1-888-495-8501**.

Although not every bill will be fraudulent, it's important to keep some tips in mind to protect yourself and your business:

• Serial numbers - If you think bills are counterfeit, look at the If you suspect counterfeit currency serial numbers. You should not has been passed at your store or see two bills with the exact same serial number sequence.

You can visit the Bank of Canada website for examples of fraudulent currency and additional information.

you witness someone attempting to pass fraudulent currency, please • Be cautious of customers mak- contact police right away at 1-888-

579-1520 ext. 6234.

Michael Thoman CLU®RHU Thoman Financial Services Inc. Tel: 905-425-0130 Cell: 416-709-7578 michael.thoman@sunlife.com Sun Life Financial www.sunlife.ca/michael.thoman

Life's brighter under the sun

Mutual funds distributed by Sun Life Financial Investment Services (Canada) Inc un Life Assurance Company of Canada is a member of the Sun Life Financial group of companies o Sun Life Assurance Company of Canada. 2016. If you would like more information or have general questions about fraudulent currency please contact D/Cst. Hoover at 1-888-579-1520 ext. 5352.

Never click a hyperlink from someone you don't know, and never provide personal information or money unless you are sure of the person or business you are dealing with. Please delete these emails.

These warnings should be discussed with seniors or other vulnerable people who may receive emails.

Anyone wishing to report a fraud in Durham Region is asked to contact Durham Regional Police at 1-888-579-1520.



Advertising Sales Representative Needed Email resume to mulcahy42@rogers.com

Century Home Garden Greenhouses



POINSETTIA

SIZES · 10+ COLOURS



OUTDOOR ARRANGEMENTS \$2499 & UP

CHRISTMAS TREES 4 VARIETIES

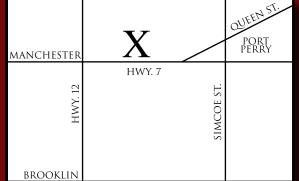
> OUTDOOR GARLAND, SWAGS, MANTLEPIECES, WREATHS & MORE



INDOOR ORCHIDS, CYCLAMENS, CHRISTMAS PLANTERS & MORE

FROM

ONLY 12 MINUTES North of Brooklin



BRANCHES, BOWS & URN DÉCOR OPEN 7 DAYS A WEEK, 9-5 1431 HWY. 7A, PORT PERRY, ON 905.985.2672

Yes Woman By Marissa Campbell

Ink is Art

They say tattoos are an addictive obsession. Once you start, you want more. A friend recommended Christine Fenzl, owner and tattoo artist extraordinaire, of **Ink is Art** in downtown Whitby, and I fell in love with her work.

My introduction to body art started eighteen years ago. I had just given birth to boy child number two, and I was in desperate need for a reconnection. It's too easy to get lost in the world of mom and babes and

forget who you are in the process. I needed a reminder. I had to shake things up. I called my girlfriend and convinced her we needed a wild night out. I got dressed up and embarked on an evening of laughter, wine, and friendship. Oh, and a tattoo.

It happened rather spur of the moment - an inebriated decision to just go for it. At the time, my friend knew a tattoo artist who worked from home. We called, we went, we got inked. The amusing part of this is how much I dislike

pain (I've been known to use baby oil to help remove Band-Aids from any particularly hairy body parts). Naturally then, my new tattoo was a tiny thing on a very fleshy, hair-

less patch of skin. The process took twenty minutes and was slightly uncomfortable but totally bearable. No problem. I had this.

It took a while, but sixteen years later that itch to get another tattoo resurfaced, only this time I was ready to go big or go home. My first impression of **Ink is Art** was how down to earth everyone was. The studio is in a beautiful old Victorian home and Christine is warm and welcoming. A fellow mom with incredible talent,



Christine is renowned for her line work. At the time, I didn't know what that meant but have since learned that it's a coveted skill in the industry. If you're going to get something permanently embedded in your skin, you want the lines to be crisp, without any shakiness or jagged edges. Her work is incredible.

After our consultation, it was d e t e r m i n e d the artwork I wanted would take about five hours to complete. Pffft, no

problem. I already had a tattoo. I could handle this. We set the appointment, and I left, happily anticipating my appointment.

Reality check. Tattoos hurt. I have many friends who laugh their heads off at me and tell me tales of them falling asleep during the process (they really do). Not me. After my five-hour procedure, I was a tense ball of blubbering, quivering jelly. Throughout the process, Christine whispered words of encouragement, reminding me how awesome the tattoo was going to look. Some people don't even blink at the discomfort, wimps like baby-oil-Band-Aid-removers clearly need a little extra TLC. Despite my whimpering (and a few robust expletives) I walked out of Ink is Art with a gor-



geous piece of art. That was two years ago.

Last week, I was back at **Ink is Art**, sitting in Christine's chair, with another ambitious vision for my bicep. I couldn't imagine going anywhere else. Christine makes you feel supported, encouraging you, making sure your experience is a positive one.

I absolutely love my new tattoo. Her work is stunning. If you're a newbie, a veteran, or someone looking to cover up a previous incarnation, Christine's your girl. Go for it. Get a little wild. Tell her the Yes Woman sent you.

(Yes Woman is a paid advertisement)

After

Before



Here's how it works:

For every gift card (valued at \$25 or more from any store) you bring in as a charitable donation to the Denise House, we will give you 5 entries into the draw.

BUT WAIT, THERE IS MORE! For every lnk is Art \$100 gift card you purchase, you will receive an added \$25 bonus plus 1 raffle ticket entry.

GRAND PRIZE: 4 HOURS OF TATTOOING 1st Prize: 2 hrs of tattooing 2nd Prize: 1 hr of tattooing 3rd Prize: gift bag of Ink is Art Swag

Hurry In! Raffle Ends December 23rd.

AND, TO START THE NEW YEAR OFF WITH A BANG!..

Winners will be announced January 2nd via on-line video.

613 Brock Street South • 905-665-9305 • Open 11-7 Tuesday to Saturday

Plant-Based Eating by Sheree Nicholson

Breakfast anyone?



There's little doubt Brooklin Moms and Dads lead hectic lives, what with work, children's activities, date nights, and finding time for personal fitness.

As a long time plant-based eater, I'm asked lot of questions. Other than "How do you get your protein?", the most common one is, "What do you eat?"

A major obstacle busy parents share with me is that they want to eat more plant-based foods but don't have time. For them, making changes just seems like a lot of stress, so they keep eating the same old things day after day.

My goal for this column is to unravel the mystery of plant-based eating, share some great recipes and plant-based life hacks, and help you make small but powerful changes to your family's eating habits.

Breakfast has to be the easiest meal in the world to eat 100% plant-based because you can buy almond, cashew or coconut milks (purchase the sugar-free ones) that taste great and are healthy alternatives to dairy.

A high protein plant based breakfast

We welcome Sheree Nicholson to our team of columnists. She has a certificate in plant-based eating from eCornell University and is owner of the Brooklin Run Club. She can be reached at **sheree@livewithspirit.ca**.

can meet up to $\frac{1}{3}$ of your daily protein requirements. We need about 20% of our daily calories from protein.

Here's a high protein, high energy plant-based breakfast:

Overnight Oats Recipe

¹/₂ cup steel cut

or quick cooking oats ¹/₂ cup liquid (unsweetened nut or coconut milk) 1 tbsp chia seeds (use white chia seeds to blend better with the oatmeal)

Mix together in a mason jar and place in the refrigerator overnight.

In the morning, top the oatmeal with some of your favourite toppings, such as hemp seeds, chopped fruit, unsweetened coconut shreds, crushed nuts, maple syrup, coconut sugar, etc.

This breakfast is super easy and contains more than 8 grams of protein (toppings can increase it).

Double this recipe for longer lasting meals.

Sheree's Hack – Make a bunch of these the night before as a family.

Lane restrictions on Winchester and Thickson

The Regional Municipality of Durham, Works Department, would like to advise residents of lane restrictions on Winchester Road, from Anderson Street to Garrard Road; and on Thickson Road, 300 meters north and south of Winchester Road, in Whitby.

Work began Nov. 28. The entire project is expected to be complete by April, 2017. Unfavourable weather conditions may influence the work schedule.

The work to be done

includes removal of existing street lighting and traffic signals, and installation of new street lighting and tem- porary traffic signals in prepa-ration for the widening of Winchester and Thickson Roads.

> The Region realizes that the work may be disruptive and will make every effort to complete the work as quickly and efficiently as possible. Drivers are asked to exercise caution for the safety of pedestrians, cyclists and construction workers.

Seasonal Yard Waste Collection Ends

Yard waste collection has ended for 2016 in the Town of Whitby and will resume in the spring. Residents should check their collection calendars, download the Durham Region Waste App or visit http://www.whitby.ca/en/residents/leafandyardwastecollection.asp to see their specific collection schedule.

Christmas tree collection will take place in January.. You can check the exact date for your area by inputting your address on this page: http://www.whitby.ca/en/residents/garbageandrecycling-schedule.asp



evergreen bush

12 He carries clubs

18 Desert sight (5)

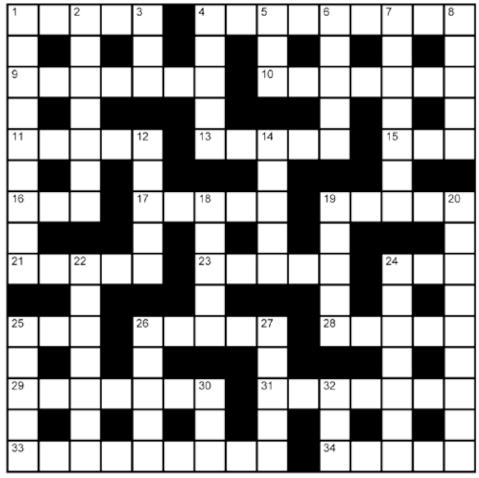
for a player (5)

(5)

14 Fancy (5)

19 Clear (5)

Brooklin Bafflers by Liz Lowe



Across

Leg bone (5) 1

- Next to (9) 4
- Type of eatery 9 where light meals are available (U
- age: Brit) (7) 10 A war fought that freed Kuwait from Iraqi invaders; 1990-1991 (4,3)
- 11 Frenzied (5)
- 13 Examine carefully for accuracy (5)
- 15 Beluga yield (3)
- 16 Common
- deciduous tree (3) **17** A group of animals

(a herd or flock) moving together (5)

- **19** Rodeo rope (5) 21 Manicurist's board
- (5) 23 Poison plant (5)
- 24 As well (3) 25 It would
- (contraction) (3) 26 Vanquished (5)
- 28 A person eating a mea (5)
- 29 To such an extent (7)
- (Military) a public 31 toilet in a military area (7) 33 Transfer or persist
- from one stage or
 - sphere of activity

to another (5,4) 34 A welcome unexpected event

(5)

Down

3

4

5

6

7

- 1 A tribal emblem carved and painted with totemic figures (5,4)
- 2 Nonconformist of the beat generation. (7)
 - Cigar residue (3)
 - Beginning (5)
 - Wine container (3)
 - Coastal feature (5)
 - Toward the center
 - (7)
- Type of spiny 8

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.

20 Scentless (9) 22 Consumer (3,4) 24 A state of mental

- or emotional strain or suspense (7)
- 25 Hipbone-related (5)
- 26 Southpaw (5)
- 27 Schoolbag item (5)
- 30 Gun, as an engine (3)
- 32 It has a certain ring to it (3)

Whitby Announces Interim CAO

Doug Barnes has been appointed as CAO with the Town of Caledon. by Council as interim Chief Administrative Officer (CAO), effective November 21.

With more than 20 years of senior public sector experience, Mr. Barnes adds a wealth of knowledge and experience to the municipality. He has served as Assistant Deputy Minister in a number of provincial ministries and most recently worked

As interim CAO, Mr. Barnes will help ensure the town's commitment to service excellence continues, and he will also lead the recruitment search for a permanent CAO.

Members of Council and staff would like to thank Dave Speed for his commitment to moving business forward over the past 30 days.

Calenda Community

Fri., Dec. 2 - 7 pm - Ritson Rd Alliance Church, Oshawa. Brooklinites Jessica Berube and Brittany King join fellow musical artists Daniel Richter, Jessica Thompson, and Brieonna Locche with songs and musical theatre. \$10 per ticket. For more information: www. universe.com/musiquedelanuit

Fri., Sat., Sun., Dec. 2, 3, 4 - Mt. Zion United Church Craft and Bake Sale with over 30 vendors selling homemade crafts and baking. Free admission and wheelchair accessible. We accept donations for the food bank and new toys to support families in need. At Mt. Zion Community Centre, 4230 Salem Rd. For more info, email mtzioncraftsale@gmail.com

Sat., Dec. 3 - 10:00 am - 2:00 pm Brooklin Christmas Marketplace -Brooklin High School. Shop from 50+ vendors including artists and handcrafters. This event is in support of Possibilities House for Children. Admission is FREE. You can choose to

donate and receive draw tickets for the fabulous door prizes offered by our vendors. Visit our facebook event page Brooklin Christmas Marketplace. То learn more about Possibilities House for Children, go to www.possibilitieshouse.org/

Sat., Dec. 3 - 10 am to 3 pm - Court at Brooklin Bazaar. All proceeds go to local charities in our community.

Sat., Dec. 3, 2:00 - 7:00 pm: Ritson Rd Alliance Church, Oshawa. Brooklinites Jessica Berube and Brittany King join fellow musical artists Daniel Richter, Jessica Thompson, and Brieonna Locche with songs and musical theatre.\$10 per ticket. For more information: www.universe.com/musiquedelanuit

Mondays 6:30-7:00 pm:

French Family Storytime: Children of all ages and their caregivers are invited 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! LO-CATION: 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 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





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. **Christmas Services** December 11 • Service of Music (10:30 am) December 18 • 4th of Advent (10:30 am) December 24 • Christmas Eve Family Services at 5:00 and 7:00 pm Candlelight Communion 10:00 pm December 25 • Christmas Day Service (10:30 am) 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!

CLASSIFIEDS

Custom Closets & More www.dream-space.ca 905.409.8681. Authorized HomeAdvisor

Guitar Drum Lessons Repair Fret Replacement Leveling, Setup, patricksguitarstudio.com

Sarah's Sewing Alterations, Mending, Crafts, Costumes - Call or text: 905 242-4251 blue.dragonfly@rocketmail.com

Brooklin's Guide to Home Based Businesses

To advertise in this feature contact Crystal at 416.839.0248



www.istockphoto.com/search/portfolio/13554221



Ding - Dong, AVON Calling!

To receive a bi-weekly brochure email me at AvonRep.judyfry@outlook.com or drop by 60 Penhurst Drive, Brooklin

Need Post Holes? We can help!

FBG Fencing Inc. • Brian 416-795-9469 www.fbgfencing.com

Brooklin Town Crier





Meet Your Local Merchant Durham Doctors House Call Service

Have you ever needed to see a doctor but can't get an appointment or aren't able to get out?

In 2012 the Ontario Medical Association reported that there were over 900.000 patients without a family physician. Perhaps you are among them?

There is now a service that vou can access that makes for an easy doctor's visit. One where he comes to you!

BARRISTERS • SOLICITORS • NOTARIES

Durham Doctors House Call Service connects patients with qualified doctors in Durham Region. Instead of having to go to the walk-in clinic (where you can be subjected to other illnesses), you can wait for the doctor in the convenience of your own home. The visit is free of charge with a valid Ontario Health Card (OHIP).

The service is optimal for patients who are unable to leave their homes due to any reason. Elderly and young families with infants or toddlers are most appreciative of this service. Often mother's call Durham Doctors when their daycare calls to let them

Real Estate

Wills and Powers of Attorne

Collaborative Family Law

Durham **Doctors**

gency

days a week.

know their child is sick. Durham Doctors House Call Service believes that patients needs are of the utmost importance. The entire team is committed to meeting those needs.

Currently Durham Doctors answer approximately 400-500 house calls per week covering Pickering, Ajax, Whitby, Brooklin,

You can access the service by calling (905)-619-6641. (If you call after 7:00 p.m. there may be a chance you won't see the doctor that day.)

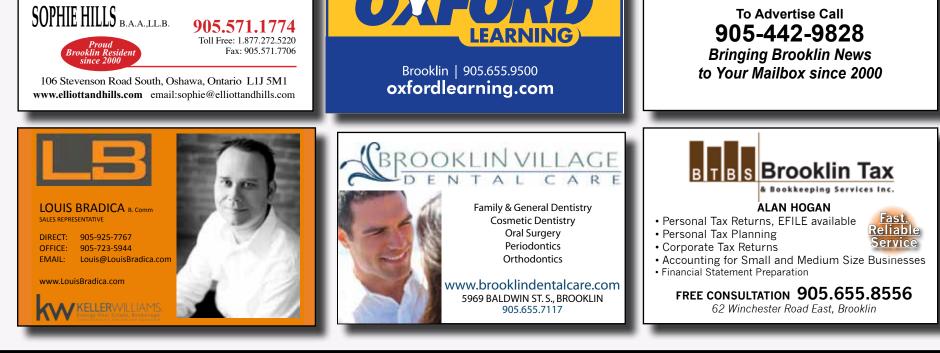
Have handy the following information: Name, Date of Birth, Address, Phone Number, Ontario Health Card Number and the Nature of Concern.

Staff will ask some questions to make sure the patient is able to wait for the house call.

Courtice and Bowmanville. Then simply wait for your doctor to arrive.

"Have the doctor come to your home" FREE with a valid OHIP card Durham **Doctors** ~Conveniently Available ~ 9am - 9pm, Seven days a week to 9:00 p.m., seven www.durhamdoctorshousecallservice.com 905.619.6641 Your Way To "A" Better Report Card! Town Crier Call today! **Since** 1984

First to stress that in an emergency one should always call 911 first. If you aren't in an emersituation however perhaps Doctors Durham House Call Service is ideal for you. Hours of operation are 9:00 a.m.



For more information about this feature contact the Brooklin Town Crier at 416.839.0248

NEWS FLASH! NEWS FLASH! NEWS FL

What does this mean to our clients and future clients?

- A state-of-the art office in a convenient location at Garden/Taunton
- Increased advertising opportunities to sell your home faster
- A huge network of Buyers
- An established, world-wide lead generation system designed to bring you qualified Buyers
- Amazing technology to help market your home and get it SOLD for top dollar
- Brand strength and recognition - creating trust with your potential buyers and interest in your listing
- Excellent front desk support and 7 offices across the GTA for your convenience

Please help us spread the news!

Just visit our Facebook Page to enter an exciting contest and a chance to win a

> **\$200 VISA** gift card!

Right at Home with Steph & Elle





They have joined RE/MAX

Rouge River Realty in Whitby!

Look Who's Moving Now! Steph & Elle have big news!

Stephanie Mitchell & Elsbeth Potvin Sales Representatives **Right at Home Realty Inc., Brokerage** direct: 905.441.7171 office: 905.655.8088 www.stephandelle.com

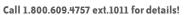


Your Home SOLD in 30 Days or we will sell it for FREE!*

To view 1000's of Homes for sale Visit KingHomeTeam.com or KingOfBrooklin.com 905.655.7236



Brooklin: family home on deeper lot. Lots of upgrades. New Carpet (15) Ext. railings /Trim, 2 gas BBQ gas lines. Double wide parking plus garage. Renovated Kitchen, Fin, Bsmt.





Clean Home on Quiet Street in Brook lin! Enclosed front porch. 2+2 Bdrm. Gleaming hardwood. S.S. appliances. Private yard with stone patio. Bright prof. fin. Bsmt with Rec Rm and fireplace. Roof (16)

Call 1.800.609.4757 ext.1031 for details!



Get your Free Report with no obligiton Text "7 laws" to 289.275.4488



Large open concept townhouse in Family Friendly Brooklin. 114 ft deep lot. Well maintained, freshly painted, roof (16). Parking for three. Easily walk to playground and schools. Freehold-no monthly fees. Call 1.800.609.4757 ext.1051 for details!



Bright Lower Level Office Space. Approx. 1500 Sq Ft Ideal For Builder Related Professional Office, Engineer, Architect, Drafting, Real Estate Lawyer. Insurance Broker, Accountant, Contractor. 20 Parking. Spaces.

Call 905 655 7236 to view today!



High Demand Correll. Inviting Front Stone Courtyard! Bright, Open Concept! Kitchen +Bkfst Bar & Garden Door To Large, Private Deck! Lower Bdrm Can Be Used As Office! 3 car parking.

Visit BuySellWhitbyHomes.com to view 1000"s homes in the area.



Buyers in Waiting List. We have buyers waiting for the right house to come on the market.

Buyers waiting for 4 bdrm, 3000 sq. ft. Buyers waiting for 3 bdrm townhouse. Buyers waiting for clean 3 bdrd link. Buyers waiting for 2500 sq ft, 2 car garage.

No B.S.... I have buyers... will you consider selling?

Call or text me 905.409.6730



Well maintained on a family friendly street in Brooklin. Parks and schools in walking distance. Double car parking. Patio stone landscaped front to back.

Visit BuySellWhitbyHomes.com to view 1000's homes in the area.

Find Out What Your Home Is Worth Online

Free evaluation with no obligation

OnlineHomeValue.info



RARE FIND! Highly Visible Historic Building On Main Street. High Growth Area! Charming Ground Floor. Restored And In Good Condition! Prime Office Space. Storage Space, Washroom & Private Kitchen.

Call 905.655.7236 to view today!

Your Trusted Source to Buy, Sell or Invest!

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 a second

opinion on selling your home! Call and we'll chat... 905.655.7236

There is no cost or obligation!

Re/Max First Realty Ltd. Brokerage, Independently Owned and Operated.



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