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Maureen Stevens and her great grandson Preston

### HIGHLIGHTS OF THIS BTC:

- |   |   |
|---|---|
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## Make a WILL now, REST assured later



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(905) 620-4499 ext 228  
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Lorne Coe, MPP of Whitby



# Ontario Spirit

The mass mobilization of government, business, communities and private citizens to slow the spread of COVID-19 and keep people safe and healthy represents one of the largest and most ambitious efforts undertaken by Ontario in generations.

What's clear is that the potential to spread COVID-19 is great if we don't act swiftly to stay home and practise physical distancing. We owe it to our frontline and essential workers, to

our families, friends, and neighbours to restrict our travel and act responsibly. This is the only way we are going to minimize the risk to people, stop the spread, and reduce the number of fatalities.

### Ontario acting

On the advice of the Chief Medical Officer of Health, Ontario will continue to take decisive action to stop the spread of COVID-19. Most recently, the Province banned organized public events and social gatherings of more than five people, and closed all outdoor recreational amenities, such as sports fields and playgrounds. At the same time, the Province's COVID-19 Command Table has been implementing extensive measures to

build health-system capacity to prepare for increased hospitalizations.

Dealing with an evolving crisis like COVID-19 puts a lot of stress on everyone, including people who are self-isolating, families with children out of school, and the frontline health care workers and first responders who are keeping us safe each and every day. This very difficult situation will impact different people in different ways, but I can assure everyone we will be there to support you and help you cope in every way we can. Clearly, protecting our health and well-being is everything, and that includes our mental health.

### Helping with stress

The recently announced mental health services and supports will help

people experiencing anxiety, stress and other mental health challenges, including people who are unable to access their regular in-person counselling support. These resources will address the needs of youth and adults, and will include more dedicated support for those working on the frontlines who are dealing every single day with the difficult realities of COVID-19.

What we share, as a people, and as a Province, is our Ontario spirit, our ability to roll up our sleeves and work together to support one another during this challenging time. We will battle COVID-19, restoring our families, our communities, our economy, and our Province together. Please continue to visit **Ontario.ca** for regular updates and be safe.

## STAY INFORMED

April 10, 2020

### Notices

#### Town Facility Closures

All Town facilities, including Town Hall, remain temporarily closed to the public to help prevent the spread of COVID-19. Facility closures will be re-assessed as the situation evolves. Please note that Town services will continue to operate and are available online or over the phone.

#### Whitby Extends Cancellation of Town Events and Permits Until June 30

The Town is extending the cancellation of its events, Town-supported events and third-party event permits until June 30, 2020, with a possibility of further extensions. The decision was made in light of the COVID-19 public health crisis and provincial order to prohibit organized public events and social gatherings of more than five people.

For more information, visit [whitby.ca/coronavirus](http://whitby.ca/coronavirus)  
Call: 905.430.4300  
Email: [info@whitby.ca](mailto:info@whitby.ca)  
Subscribe: [whitby.ca/subscribe](http://whitby.ca/subscribe)

## Staying Connected

Join our new digital campaigns to spread cheer in our community!

#WhitbyWellWishes colouring pages provide a cheerful boost to seniors homes in our community who cannot accept visitors during these unprecedented times. Scan your masterpiece and email it to [wellwishes@whitby.ca](mailto:wellwishes@whitby.ca)

#ChalkYourWalk with positive art and messages on driveways and sidewalks and share them on social media. Don't forget to tag us @TownofWhitby

[whitby.ca/stayingconnected](http://whitby.ca/stayingconnected)

## We're in this Together

### #StayHomeSaveLives

### Stay Home, Save Lives

We all need to work together and do our part to stop the spread of COVID-19 by staying home, practicing physical distancing, and avoiding social gatherings.

#### Do your part to stay apart

Only leave your home for the following reasons:

- accessing healthcare or medication
- shopping for groceries once per week
- walking dogs
- getting daily exercise while maintaining physical distancing of at least two metres
- working at an essential business

If you have to leave your house for an essential reason, practice physical distancing by keeping two metres or six feet between yourself and any person living outside your household.

#### DO

- Practice physical distancing of 2 metres (6 feet) if you need to go outside.
- Wash your hands with soap often – especially if you are leaving and returning to your home.
- Take short walks or bike rides around your neighbourhood. Keep 2 metres apart (6 feet) at all times.
- Help keep Whitby clean. Dispose of pet waste and household waste appropriately.
- Play in your backyard to get some fresh air.
- Have phone calls and video chats with your family and friends.
- Have family and friends drop off supplies to you if you are self-isolating due to travel or illness.

#### DON'T

- Leave your home if it's not essential or if you are feeling sick.
- Use playground structures, off-leash parks, skate parks, basketball, tennis, lacrosse and pickleball courts, or any other park amenities (they are not sanitized and are closed to prevent the spread of COVID-19). **Violators will be prosecuted and receive a fine for non-compliance.**
- Drive to visit a park. Utilize your neighbourhood sidewalks and trails.
- Gather with people outside of your household.

To learn more about how the Town is supporting residents and businesses during COVID-19, visit [whitby.ca/coronavirus](http://whitby.ca/coronavirus)

### HOLIDAY WASTE COLLECTION SCHEDULE

Waste collection will be bumped one day forward starting **Friday, April 10**. Please ensure your waste is set out by 7:00 a.m. Check out your Whitby Waste Collection Calendar, download the Whitby Waste Buddy app, or go to [whitby.ca/waste](http://whitby.ca/waste) for more information.

Questions? Call 905.668.3437  
Email [pw.operations@whitby.ca](mailto:pw.operations@whitby.ca)

■ Indicates Holiday Collection Change

#### Yellow Collection – Areas 2, 4, 6, 8, 10

	mon	tue	wed	thu	fri	sat
	6	7	8	9	10 11	
					Bump a Day!	
	13	14	15	16	17	18
	Bump a Day!					

#### Blue Collection – Areas 1, 3, 5, 7, 9

	mon	tue	wed	thu	fri	sat
	6	7	8	9	10 11	
					Bump a Day!	
	13	14	15	16	17	18
	Bump a Day!					



Don Mitchell, Mayor of Whitby



Heed the messaging

I will start with one clarification. Our park signage says: “Closed” and “No Trespassing”. This follows the direction given by the Province as part of its emergency measures.

However, they did make an exception which allows you (and your leashed pet) to walk through a park or on a trail. But you cannot stay in the park or use any of the park amenities. And you must always stay at least 6 feet away from anyone not in your household. It is good for all of us to get fresh air and exercise and to say hello to others doing the same. This is an unprecedented public health crisis that is not going to end soon. We must stay healthy in all ways - including our mental health.

**Visit our site**  
If you have questions or concerns or need support - please go to Whitby.ca and find our Covid-19 link. That will help you locate trusted sources of information. Our council and staff are here to help in every way we can. There are so many needs. So please contact us. If we cannot fix the problem, we can connect you with the people who can.

To those generous volunteers, like Durham/Whitby Caremongers, who help our most vulnerable manage their daily challenges, we cannot thank you enough.

The core message from all governments is to stay safe by self-distancing and following Public Health guidelines on hygiene. This

is something we all can do as residents and something that is critically important.

Why? Because this coronavirus is new. It is not a flu. It is more transmissible. A recent article in The Diplomat referenced a person in South Korea who refused a test and went on to infect 37 more people. The Provinces recently released Covid-19 modelling that makes it clear that we must act and act now.

**It's serious**  
It is also more fatal. Though the most severe outcomes generally involve older adults, it can be serious at any age. It attacks the lungs and we have over 5,000 children with asthma in Durham Region. You can have it without knowing. It requires constant vigilance - which means a lot of testing and tracing. Building that capacity takes time.

We should all be proud of the strong and decisive leadership of Premier Ford and Prime Minister Trudeau and their governments and the

support of the Opposition as well. No-one is playing politics with this, which is a message to all of us of how serious it is. They are delivering the resources we need to get this under control. Their messaging is strong and consistent. We, at the Town and Region, are adding resources to support them, including bylaw resources to enforce the emergency measures. It is a team effort at all levels.

Our health care workers and emergency responders are daily heroes and our health care system is strong. But it needs time. Our scientists and doctors - nationally and globally - learn more about this “novel” virus every day. They will find a way to protect us but they need time.

This is going to take a while. We cannot change that. But we can change our own behaviours and help beat this thing. Sp, stay safe every day. Self-distance and follow the advice of our Public Health experts. We need you to do your part.

Ryan Turnbull, Member of Parliament, Whitby



Federal Government Taking Decisive Action to Support Canadians

A Message from Your Local Member of Parliament

Dear Friends,  
From the very beginning, the number one priority of the Federal Government has been the health and safety of Canadians and the economic stability of Canadian businesses. The entire government is focused on defeating COVID-19 and effectively responding to the economic hardship caused by this pandemic.

I want to thank the dedicated front-line staff. Our doctors, nurses, hospital workers, first responders, farmers, truck drivers, grocery workers, postal workers, and so many more who are playing critical roles during this time. Thank you for your dedication and service.

I also want to thank the many hundreds of people in our community who have contacted my office with questions or concerns. I take your views and concerns very seriously, and you can be assured that I convey them in my daily conversations with caucus colleagues, members of Cabinet, and the Prime Minister.

In these extraordinary times, no Canadian should have to worry about paying their bills or putting food on the table. The House of Commons recently passed Canada's Economic Response Plan. You can get the most updated information about COVID-19 and Canada's economic response at: Canada.ca/coronavirus.

Some of the measures included in our Economic Response Plan are:

• The Canada Emergency Response Benefit to provide \$2000

per month to Canadians who lose income due to COVID-19 for a period of 4 months. The application for the CERB will be available starting Monday April 6, 2020.

• Provide a special payment under the GST credit to low- and modest-income families.

• Provide a temporary wage subsidy of 75% for three months to eligible employers, including small businesses and non-profits.

• The new Canada Emergency Business Account to help provide interest-free loans to small businesses and not-for-profits.

• Introduce a pause on the repayments of Canada Student Loans for six months.

• Extend the tax filing deadline for individuals to June 1, and allow all taxpayers to defer, until after August 31, 2020, the payment of any income tax amounts that are owing on or

after today and before September 2020.

In adherence to physical distancing, our entire team is working remotely and are working around the clock for the people of Whitby. If we can be of further assistance, please do not hesitate to contact us. We can be reached at 905-665-8182 or Ryan.Turnbull@parl.gc.ca.

If you are able, please stay home as much as possible. This will save

lives by slowing the spread of the virus and protect our doctors, nurses and first responders on the front-lines. Our daily decisions and actions matter more than ever. We are asking for everyone to strictly comply with the advice and directives set by our world-class public health professionals.

Wishing you and your loved ones health and wellness at this challenging time!



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Our Brooklin Kids *By Leanne Brown*



Cousins

Our university aged niece had her school year end early due to COVID-19 and she moved in with us just before the “Stay at home” mandate came into place. What was supposed to be a few weeks is undoubtedly going to be a lot longer. But I don’t mind at all.

With our daughter being an only child, social distancing is especially hard as she has no siblings to hang out with. Yes, you can do the virtual thing, but it isn’t quite the same. Yet with her cousin here, it’s as if she suddenly got the big sister she’s al-

ways wanted. Cousins are special, like friends and siblings rolled into one. I used to love visiting with my own cousins as a child. I remember fun games of tag, building snow forts and loud, out-of-control Christmas visits where entirely too much sugar was consumed.

In my daughter’s case, she hasn’t had much interaction with her older cousin before now. Distance and the 10 year age gap made it difficult for them to socialize. But now, that 10 years seems to be no barrier. Is it because they are kind of stuck with each other due to the quarantine? Maybe.

But I also see two young ladies making up for lost time. All those years have melted away as I see them bond over music, makeup, and sports.

In times of crisis, we often find those special moments when we weren’t even looking for them. So, while this is a time that will define our generation, it will also allow re-

lationships to strengthen, families to get closer and, for some, a chance to be thankful for surprises, like time with a special cousin.

As I watch the girls giggle over a bedtime bowl of fruit loops, I am thankful that this global event brought my niece our way. For without her, I would be doing a lot more TikTok videos.

**“Proud to be a Brooklinite”**  
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and published 24 times per year.  
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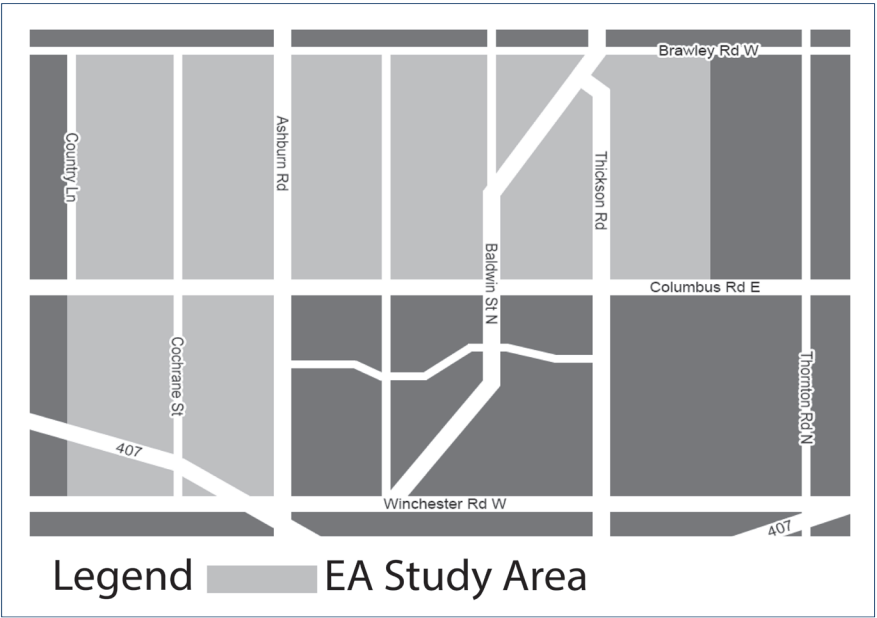
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Next Issue: Friday, April 24, 2020  
**Deadline: Friday, April 17, 2020**  
During COVID-19 dates are subject to change.

NOTICE OF ONLINE COMMUNITY OPEN HOUSES

**Have Your Say!** Community engagement is an important part of both of the below mentioned studies. With health officials advising that the best way to prevent the spread of COVID-19 is by practicing physical distancing and avoiding gatherings, engagement for both projects will be conducted online. Materials will be posted on each project’s webpage for public review and comment. Having trouble accessing the materials online? Contact the project team to arrange for an alternative.

The Brooklin North Major Roads Environmental Assessment (EA) Study



The Brooklin North Landowners Group, in partnership with the Town of Whitby are conducting an Environmental Assessment Study to develop the Major Roads network needed for the expansion of the Brooklin community.

The materials presented will include information on the study process, the development and evaluation of the Major Road alignments, and the preliminary preferred alignments and cross-sections. Input provided will be used to refine the preferred design concepts and feed into the final study report.

ONLINE PUBLIC CONSULTATION

**When:** April 15, 2020 to May 6, 2020  
**Where:** whitby.ca/BrooklinNorthMajorRoadsEA  
**Email:** BrooklinNorthMajorRoadsEA@whitby.ca

PROJECT CONTACTS

**Kenneth Chan | Deputy Project Manager | LEA Consulting Ltd.**  
kchan@lea.ca | 905.470.0015 ext. 292

**Paul Bumstead | Senior Project Manager | Town of Whitby**  
bumsteadp@whitby.ca | 905.430.5594

Mid-Block Arterial Road Class Environmental Assessment Study



The Brooklin Landowners Group, in partnership with the Town of Whitby, are undertaking a Schedule C Municipal Class Environmental Assessment (MCEA) for a new east-west arterial roadway south of Highway 407, between Cochrane Street and Thornton Road.

The materials presented will include information on the study process, the development and evaluation of alignments, and the recommended design alignment and cross-sections. Input provided will be used to refine the recommended design concepts and feed into the final study report.

ONLINE PUBLIC CONSULTATION

**When:** April 20 to May 8, 2020  
**Where:** whitby.ca/midblock

PROJECT CONTACTS

**Nathalie McCutcheon, P.Eng. | Environmental Assessment Lead**  
**The Municipal Infrastructure Group Ltd.**  
905.738.5700 x 506 | midblockEA@tmig.ca

**Greg Hardy, P.Eng. | Senior Manager**  
**Engineering & Infrastructure Services | Town of Whitby**  
905.430.4927 | hardyg@whitby.ca

**Notice to All Correspondents:** Information will be collected in accordance with the Municipal Freedom of Information and Privacy Protection Act. With the exception of personal information, all comments will become part of the public record.

This Notice was first issued on April 9 2020



# How to cope with COVID-19 impacting our mental health

By Cathy Nagy, MA., C.Psych. Assoc.

Never before has our society faced such far-reaching impacts to the way we live, work, and play. If ever there were a time to take care of your mental health, it's now.

We take so much for granted. When the balance of what we know and what we can control changes, our mental health is significantly affected. An increase in worries and fears about our health, financial security and the future is normal. In the face of these uncertainties, increased states of stress will surely follow. Many of the typical things we do to help us cope and manage our stress, such as going to the gym, having coffee with friends, or enjoying a nice dinner at a restaurant, are no longer available to us. We are challenged to find new ways to cope in order to stay mentally healthy.

Here are some things to consider:

**Create a routine:**  
Everyone's routines have changed. It is known that we tend to thrive best with routine. Try to establish and maintain a routine as much as possible. Wake up at a similar time every day. Stick to usual mealtimes. Break the day down into chunks of time and schedule activities or tasks within them. Allow evenings and weekends to feel as much as possible as they did pre-COVID.

**Healthy eating:**  
Our brains function better when we fuel our bodies with healthy foods thus allowing us to cope with the additional anxieties and stressors presented by COVID-19. Eat healthy, balanced, and reasonable portioned meals. Otherwise we may be a few pounds heavier at the end of COVID-19 isolation. Boredom, stocked pantries and fridges and extra time all contribute to make it easier to turn to food as a means of coping or falling back on a deeply rooted survival instinct. Instead, use this time to plan and prepare healthy meals and snacks.

**Monitor use of alcohol and other substances:**  
Although we may talk lightheartedly about how substances help us cope, it can become a serious problem. While it is reasonable to occasionally indulge, daily or binge use of substances contributes to a decline in mental health. Pay attention to when and how much of a substance you are using. If using increased amounts, it

may be a sign that you may need to establish other, more positive, coping strategies. If substance use was a problem pre-COVID, it's likely to become more problematic in times like these. Challenge yourself to reduce consumption.

**Stay active - and go outdoors:**  
We know that getting exercise is one of the best ways to reduce and manage stress. Plan to be physically active several times each day: morning yoga, afternoon hike, evening stroll, etc. When outside in your neighbourhood, remember to keep your distance, however difficult that may be when you see someone you know. This is temporary and we will be our close-knit community once again.

Durham Region offers many beautiful conservation areas and hiking trails to contribute to our efforts to keep our distance, with the advantage of nature grounding us and reducing overall stress.

**Be aware of possible changes to relationship and family dynamics:**  
We are not typically used to spending 24/7 with our family members; we could find ourselves experiencing a significant change to our relationships with spouses and children. Create spaces within your home allowing for alone time. Self-monitor for increased agitation with family members to limit damage to these important relationships. At an extreme, situations like these can give rise to increased rates of domestic violence and child abuse.

If you are living with someone who is having difficulty managing their anger and stress, create a plan to keep yourself safe. But, if you fear you cannot keep yourself safe, call 911.

**Socialize:**  
Human beings are wired for connection. We need it to survive and thrive. We feel a sense of loss not seeing friends, extended family or coworkers. Our kids miss their peers, teachers and coaches.

We can socially survive a time of extended isolation like this. The virtual possibilities are endless and we see creative solutions to this everywhere right now: a virtual playdate for your kids, an online dinner party, or a chat with a friend over coffee.

**Limit exposure to media:**  
Although we need to stay informed to keep our families safe, be careful not to read story

after story about just how bad it is out there. This hyperfocus on the negative can create increased anxiety states that can be hard to unwind from.

Give yourself a designated time of the day and set a time limit – minutes, not hours. Remember to also seek amazing stories of how we are coming together to help others who are struggling or who are on the front lines. Or look for stories about the creative ways others are finding to stay connected.

**Be mindful:**  
How do we tell ourselves and our loved ones that everything will be okay when dealing with great uncertainty where there are no answers? In the absence of answers, the best we can do is focus on the moment. Letting ourselves focus too far into the future right now will do little but increase our fears, worries and stress.

Engage fully and be present in your routine and daily activities. The only thing you can control is how you feel in this moment. Develop a deep breathing practice or daily meditation. These things take minutes, but help to ground us in the moment.

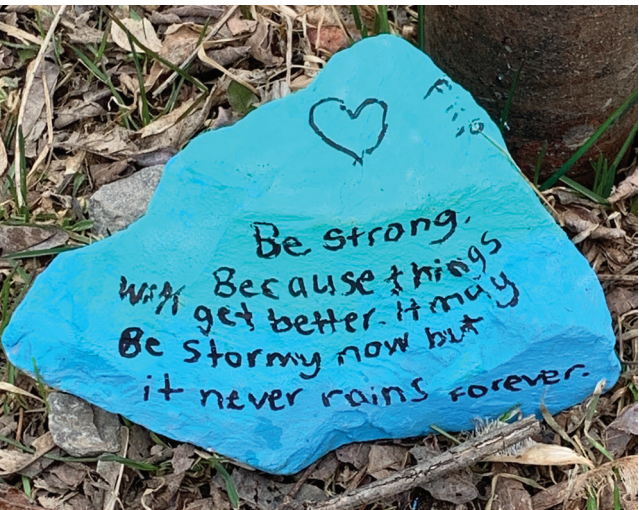


**Watch out for the needs of the most vulnerable:**  
Individuals will vary in terms of how they respond to a crisis like COVID-19. We need to pay particular attention to the stress responses of those who are at risk mentally and physically: older people, children, teens, people with pre-existing mental health issues, first responders (doctors, nurses, paramedics, police officers, firefighters and 911 communicators) and those at higher risk for contracting the virus. These people need our support more than ever.

There are incredible stories of resilience everywhere. In my work, I see evidence of this resilience every day through some of the most challenging things that people are able to overcome, learn from, and better themselves. It's one of many reasons why I love my work so much.

If you or someone you know needs help managing their psychological response to the COVID-19 crisis, please be sure to reach out to one of the many mental health service providers in our community

Cathy Nagy, MA., C.Psych. Assoc.  
Registered Member of the College of Psychologists  
Founder/Director of Cathy Nagy Psychology  
[www.cnpsychology.ca](http://www.cnpsychology.ca)



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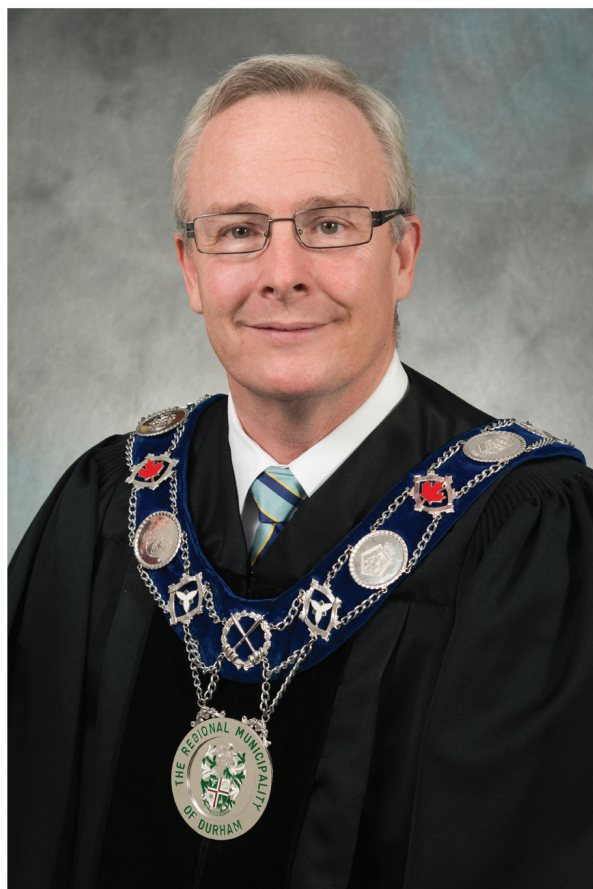
FREE

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For a FREE No Obligation phone estimate, anywhere in Whitby or Oshawa call:

905-655-1099 or 905-433-5000





## A message from John Henry, Regional Chair and Chief Executive Officer

Thank you for your strong response, over the past month, to overcome the COVID-19 global pandemic. Our community has come together to do what is needed, and to help those who are more vulnerable, during this emergency.

We applaud the work of those who are providing vital services. This includes health-care, seniors care and social services workers; agriculture and food production; food services and accommodation; and manufacturing and production. You are #DurhamStrong.

We've been working together to slow the transmission of COVID-19. This is helping to buy us time; reduce pressure on our health-care systems; and flatten the curve.

### We need you to keep up the momentum! It's the only way to beat this. Please remember to:

- Wash your hands often.
- Avoid touching your face.
- Stay home, stay safe; only go out when needed.
- Self quarantine for 14 days if you travelled—it's the law.
- Practise physical distancing by staying six feet apart.
- If you are ill, stay home and keep yourself away from others.
- Keep children out of group settings.
- No social gatherings of five or more people. It's illegal.

The Regional Municipality of Durham is doing its part to help flatten the curve. We are working remotely, hosting virtual meetings, have screening measures in place, and our buildings are closed to the public. Employees are working around the clock to continue essential programs and services.

This pandemic is serious. On March 24, I declared an emergency to enable the Region to respond more quickly to the present challenges; working in partnership with all levels of government. I am proud of the work provided by our Regional employees.

Our Regional Emergency Operations Centre is operating. We are focusing our resources on health and safety. We're maintaining the essential social services, public works and health-care services that our community needs.

We've created a web page for community resources (such as income, shelter, food security, mental health, and transportation) for our vulnerable population. Visit [durham.ca/CommunityResources](https://durham.ca/CommunityResources) to learn more.

The Durham Economic Task Force has also created a page with resources for businesses (for themselves, their workers and affected families) during this challenging time. Visit [investdurham.ca/COVIDResponse](https://investdurham.ca/COVIDResponse) to learn more.

The Durham Regional Police Service (DRPS) has set up a reporting process for citizens who want to report a non-compliant business or a large gathering of over five people. To do so, visit [www.drps.ca](https://www.drps.ca) > **Online Services** > **Community Concerns**. As a secondary option, citizens can leave a message on the DRPS non-emergency line at 1-888-579-1520 extension 5802.

To our residents, stay healthy, stay safe, and take care of one another. Keep up to date by visiting [durham.ca/NovelCoronavirus](https://durham.ca/NovelCoronavirus).

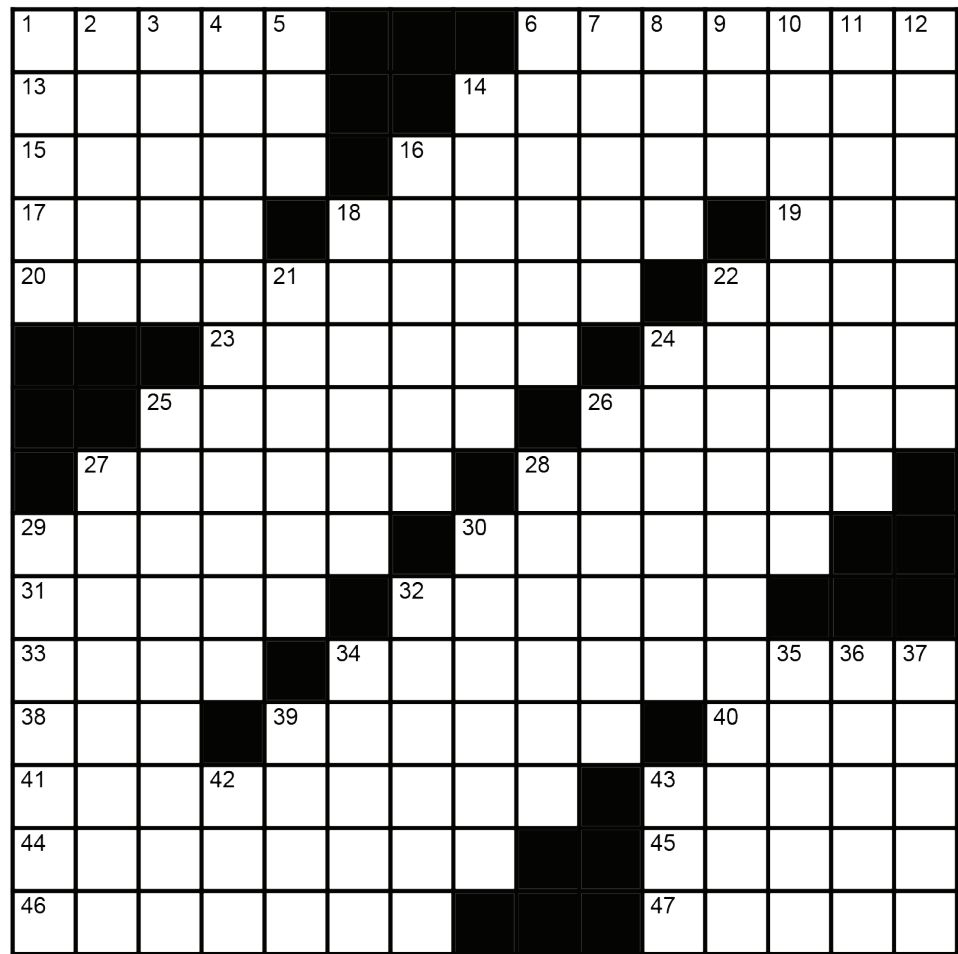
**Together we will stay #DurhamStrong**



#DurhamStrong



Brooklin Bafflers: *by Liz Lowe*  
**Crossword**



- Across
- 1 Any of various climbing plants of the genus Vicia

6 Rather

13 Where to hear an aria

14 A scale of the sun's declination for each day of the year

15 Smoked delicacies

16 A substance capable of reducing friction

17 Test

18 Feel remorse for

19 Tom Clancy subj.

20 Places of worship for a Jewish

- congregation
- 22 Basic input/output system
- 23 A short sleeveless outer tunic worn by a knight over his armour
- 24 Ticket
- 25 Eject the contents of the stomach (pl)
- 26 "Get lost!"
- 27 Wool source
- 28 Astronomical distance
- 29 Ho-hum
- 30 Hampers
- 31 Succeed
- 32 Civil War battle site
- 33 Rich soil
- 34 A small house
- 38 Giant Hall-of-Famer
- 39 Type of contractor
- 40 Oscar winner Sorvino
- 41 Type of removals
- 43 Cylindrical towers used for storing grain
- 44 Blows up
- 45 Sore spot
- 46 Small Eurasian shrub having clusters of yellow flowers
- 47 Pack animals

- 14 Predicts from an omen
- 16 Smooth, in music
- 18 Clothing formally; especially in ecclesiastical robes
- 21 A girl of impish appeal
- 22 Type of disrespect
- 24 A moralistic rebuke
- 25 Having great diversity or variety
- 26 Entruster of property
- 27 The quality of wearisome constancy
- 28 Makes an uninvited or presumptuous inquiry
- 29 Dear
- 30 Very hot and finely tapering peppers
- 32 Added zest or flavour to
- 34 A persistent and contagious disease of the skin; affects domestic animals
- 35 Scrabble pieces
- 36 Lucky strike
- 37 Softens
- 39 Tortoise racer
- 42 Black bird
- 43 Vacation spot

- Down
- 1 Small mouselike rodents

2 Glue

3 Bush, for one

4 A mortuary where corpses are cremated

5 Suffers from

6 Deep-seated

7 Holes in the head

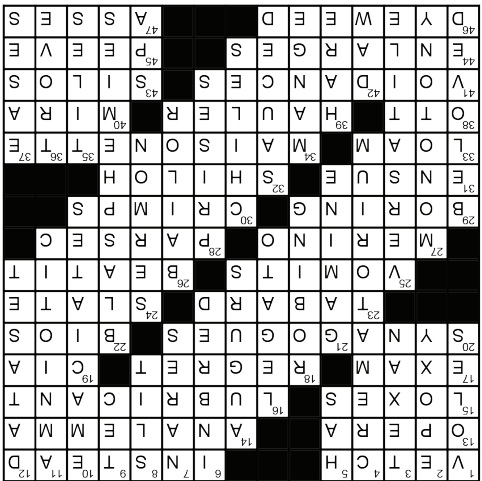
8 Skirt feature

9 A police officer who investigates crimes

10 Causes to grow thin or weak

11 Of or related to the amnion

12 Computer program input



RYAN TURNBULL

Member of Parliament for Whitby

*My team and I are here to help*

For the most up to date national information  
on our response to COVID-19,  
visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus)

*If you need assistance, please call 905-665-8182*

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## Plant-Based Eating *by Sheree Nicholson*



### When nutrition matters most, like now

During this pandemic, you need to keep your immune system healthy. But, I caution you always to check your source: information is free and often wrong in this digital age. Hucksters have been selling magic potions for years and social media have made it easier for them.

Follow the recommendations of reputable doctors and scientists. Try to reduce your stress. Drink plenty of water. Get enough sleep Exercise and eat right.

Reducing your junk food intake will go a long way in supporting your immune system. Remember that leafy greens are one of the most nutrient-dense foods. Add them to your soups, stews, smoothies, and salads.

The following salad will be on my menu. It's fantastic and a powerhouse of nutrition.

#### Spicy Peanut Ginger Kale Salad

Source: <https://keeprecipes.com/>

2 large bunches of \*kale (or 3 small)  
1 cup red onion, chopped  
1/2 cup peanuts  
1 Tbsp pickled ginger, chopped

#### Spicy Ginger Peanut Sauce

2 Tbsp creamy salted peanut butter (unsweetened preferably)  
1/2 cup water  
1 Tbsp tahini  
1 tsp sesame oil  
1 Tbsp pickled ginger, chopped  
1 tsp fresh ginger, peeled/chopped  
2 cloves garlic, minced  
2-3 tsp tamari (or light soy sauce)  
2 Tbsp rice vinegar

1 tsp lemon juice  
2 tsp agave syrup (or maple syrup)  
5 pinches cayenne  
Fine black pepper to taste

#### Directions:

1. Place a large soup pot over med-high heat on your stove top. Add all the sauce ingredients and stir briskly until they melt and blend together. Reduce heat to medium and simmer/stir for about two minutes. Turn heat to low.

2. Pull the leaves in bits from the thick stalks of your kale. Add the kale leaves - add kale to the pot until filled to the brim. Fold the kale into the hot sauce. The hot sauce will wilt the kale.

3. Turn off heat and add the remaining amount of kale. Also add in the pickled ginger, peanuts and red onion. Fold the kale salad well for about a minute, until all the kale has wilted and the leaves and onion mixed with the sauce.

4. Serve warm or place in fridge (covered) to chill and serve cold. Will keep well for up to a few days.

\* Washed kale should be dried well before adding to pot as wet kale will water down your sauce significantly.

**Sheree's hack:** You can reduce the work by using pre-washed and bagged baby kale in this recipe.

**A personal note:** I thank you for reading my column and wish everyone good health. The Brooklin community has always been one of my favourites, and seeing how so many of you have pulled together to support others during this time of crisis is a reminder of the charm that Brooklin holds.

## DRPS: Reporting processes

The DRPS continues to adapt during this difficult time.

In terms of the overall effect of COVID-19 on reported crime, some calls are up and some are down. However, there has been a significant reduction in roadway collisions.

We have received over 210 complaints from citizens related to violations of the Emergency Management and Civil Protection Act. Most have been about non-essential business openings, but the warmer weather has sparked an increase in social-gathering complaints.

The DRPS reminds citizens that there are support services available and ready to help them during this difficult time. Please visit the Region of Durham's website for a comprehensive list of community services: <https://www.durham.ca/en/regional-government/covid-19-community-resources.aspx>

For information about support for victims of crime, please visit <https://victimservicesdurham.ca/> for Victim Services of Durham Region. Youth who need support or assistance can use Kids Help Home by visiting <https://kidshelpphone.ca/> or calling 1-800-668-6868.

In emergencies, call 9-1-1. If you want to contact us about a non-emergency, call 1-888-579-1520. You can report less serious crimes on our website [www.drps.ca](http://www.drps.ca) under Online Services.

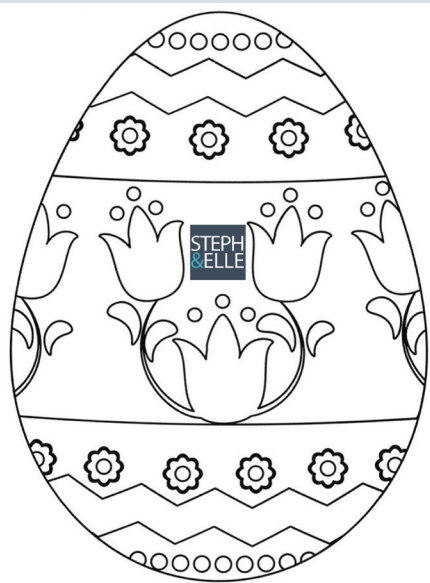
Citizens can report a gathering of more than 5 people or a non-compliant business on [www.drps.ca](http://www.drps.ca) under **Online Services - Community Concerns**. As a secondary option, citizens can call the DRPS non-emergency line at 1-888-579-1520, ext. 5802 and leave a message. The DRPS will endeavor to respond to these calls in a timely manner, however, our focus continues to be on emergency calls for service.

Call the **Stop the Spread Business Information Line** at 1-888-444-3659 for clarification whether a situation falls under the non-compliance orders. Assistance is available Monday to Sunday, from 8:30 a.m. - 5 p.m. For more information visit: [ontario.ca/stopthespread](http://ontario.ca/stopthespread).

For the most up-to-date public information about COVID-19 in Durham Region, refer to [www.durham.ca/NovelCoronavirus](http://www.durham.ca/NovelCoronavirus). Citizens can contact Durham Public Health via email at [health@durham.ca](mailto:health@durham.ca), or by phone at 1-800-841-2729 or 905-668-2020.

Reports regarding price gouging must go directly to the Province of Ontario. File a complaint at 1-800-889-9768 between 8:30 a.m. and 5:00 p.m., Monday to Friday, or file a report online at [www.ontario.ca](http://www.ontario.ca)

DRPS officers continue to patrol your communities. Like the rest of the community, we are practicing social distancing and following personal protective protocols.



### We are currently hosting a fun EASTER COLOURING CONTEST for the kids on our Facebook page!

If you'd like to join in on the fun, we'd love for you to colour the Steph & Elle egg (left) and enter at [www.facebook.com/soldsooner](http://www.facebook.com/soldsooner) for your chance to win

#### TWO \$100 Amazon Gift cards

- one for you and one for a friend in need.

The winner will be randomly drawn on April 13, 2020!

If you're thinking of a sale when the current situation is resolved, be sure to book in a

#### Virtual Staging Consultation NOW!

This includes a short FaceTime call with our stager, allowing her to compile a list of items you can work on now so that you're ready to go when the market normalizes! Call us today to schedule one in!

If you find yourself in an urgent situation where you HAVE to Buy or Sell, we want to help you.

#### We have safe options for you including:

Virtual Staging Consultations,  
Virtual Open Houses and Virtual Showings and we are equipped with the newest technology to handle everything we can VIRTUALLY!  
Call us to discuss your options today.

Not intended to solicit those home buyers or home sellers that are under a current agency agreement.



**STEPH  
&ELLE**

Steph Mitchell & Elle Potvin

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Not intended to solicit



Steph & Elle are FULL - time Realtors living and working in Brooklin.

Please stay home,  
stay safe and take  
care of each other,  
♥ Steph & Elle