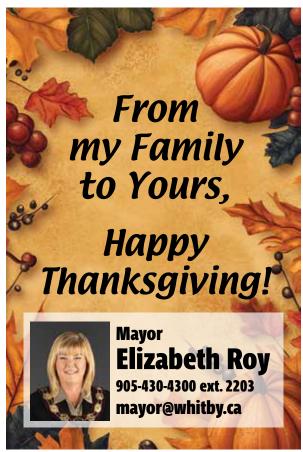
Friday, October 11, 2024







Harvest Festival 2024 Was Another Great Day!







Less than half the picture:

Le Plateau de Brooklin

By Richard Bercuson

Brooklin ain't Montreal. Not in looks, food, smell, les Habs, Lafontaine Park, Mount Royal, traffic (think Decarie) or bagels. (We were close with Kettleman's till it shut down. a satisfying bike stand click. Still...)

While Montreal is awash in revitalization and construction, Brooklin has merely the latter.

But in one way, it could easily be. A recent sojourn to hometown Montreal shocked me. People now stop at It got me thinking, always a stop signs which at one time seemed like a suggestion. Drivers are respectful of pedestrians and don't seem to care what language they speak.

And everywhere - everywhere! - there are cyclists. A cousin says the city is quickly transforming into a sort of Amsterdam, so prevalent are the bikers and bike lanes.

She lives in the area east of Mount Royal known as Le Plateau which has transformed into one of the most charming Montreal neighbourhoods. All over the city, you can rent bikes, standard or electric, from the Bixi company stands which dot the map. Rent from one stand, check for another near your destination, return it there.

But most surprising to me was the ease in which the city has made it possible to go just about anywhere by bike. Dedicated bike lanes are every street.

We rented bikes across from her place and, while she headed to an appointment, I continued to downtown - on a one way street! Against

traffic! Why? Because the bike lane allowed me to do so. At intersections, I toodled off as per the signals, arriving just a block from my destination where I returned the Bixi with

I felt completely safe, a refreshing new experience since cycling in this area isn't. Mine was a commute, albeit a touristy one. The Montreal locals bike because it's safe efficient.

dangerous mode. Let's say we wanted people to be healthier, enjoy the outdoors and get to and from, say, downtown. Let's go further and suggest our children would benefit from being able to bike across Brooklin to schools, parks and friends' houses. I know. Radical thoughts.

What if - here I go! - most of Brooklin's streets had such dedicated, green or blue painted bike lanes. What if parking was limited to just one side to allow for such lanes.

Part of the Winchester Road revitalization includes a bike lane along the south side. This will be all well and good, till you exit Winchester and try to negotiate any side street as just another cog in the traffic flow.

Oshawa, for instance, has scooter rentals though there's no such thing as scooter lanes. So people, usually students, travel the sidewalks. Have you painted and properly marked. ever faced or heard an electric Drivers just do not venture scooter sneaking up on you? into those lanes which are on But if there were bike lanes...?

> Is it time for the creation of a Brooklin Road Club to lobby Whitby to just steal Montreal's idea? We can investigate bagels afterward.

Brooklin's Community Newspaper

Proud to be a Brooklimite

Since 2000. Published 24 times per year.

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Next Issue: Friday, Octobere 25, 2024

Deadline: Friday, October 18, 2024

Community Care Durham Celebrates Support Month

Community Care Durham and Community Food Box excited to celebrate Community Support Month this October with an Open House on October 23, 2024, from 4 to 7 p.m. at our Pickering-Ajax Hub located at 1420 Bayly Street, Unit 6, Pickering.

The event will showcase wide CCD's range essential services that support the well-being of individuals across Durham Region. Guests attending the Open House will have the opportunity to sample delicious offerings from our Meals on Wheels program, including new Halal menu items. In addition, displays will highlight a variety of provides. services CCD such as:

- COPE Mental Health,
- ALS and Respite Care,
- Exercise and Falls Prevention,
- Adult Day Program,
- Foot Care,
- Community Food Box,
- Transportation services, and much more!

Community Care Durham plays a vital role in helping clients live independently in their own homes for as long as possible, reducing the burden on family caregivers and the healthcare system. With Ontario's aging population, the demand community services is growing rapidly. Last year alone, Community Care Durham provided care to 9,732 registered clients, helping them stay connected and supported within their communities.

CCD's impact last year included:

- 83,042 hours of Adult Day Programming across 13,844 attendance days,
- More than 15,042 attendees for COPE Mental Health sessions,
- Delivery of 108,263 meals through Meals on Wheels

programs,

 A combined 59,461 hours of care through Assisted Living and Supportive Housing services.

During Community Support Month in October, CCD will recognize the incredible efforts of its personal support workers, nurses, staff, and volunteers provide who essential services and foster vital social connections. are proud to acknowledge their contributions on the following special days and weeks:

October 7-11: Meals on Wheels Week

October 9:

Congregate Dining Day

October 11:

Housing/ Supportive Assisted Living Day

October 14-18:

Community Care Worker Week

October 15:

Friendly Visiting/Telephone Reassurance Day

October 16:

Respite Services Day

October 17:

Exercise and **Falls** support Prevention Day

October 21-25:

Adult Day Program Week

October 28:

Transportation Services Day

October 29:

Attendant Services Day

On October 23, join us in celebrating the work CCD does to support our community. The Open House is а fantastic opportunity to learn more about how our programs and services help residents of Durham Region live healthy, independent lives

Mayor Roy: Whitby hospice construction begins

Posted Sept. 2024 27, Today marks significant milestone for Whitby with the announcement that construction is set to start on a project close to my heart and vital for our community



- a much-needed hospice.

Hospice Whitby Roger Anderson House will allow those in our community with a palliative diagnosis to die with comfort, care, compassion, dignity, and privacy.

Our region currently has one 10-bed hospice located in north Durham, while data shows 37 hospice beds are needed to support the needs of our growing community.

As someone who worked in healthcare for more than 30 years, I believe deeply in the importance of end-of-life care. I have been involved with the

Hospice Whitby project for many years and profoundly am grateful to the many residents, businesses, corporations, and community organizations that have stepped up to support the

capital campaign.

I also want to acknowledge the Hospice Whitby board of directors, VON Durham Region Community Corporation as the owner and builder of the hospice, the Town of Whitby, which donated the land for the hospice, and the group of 16 developers that donated \$2 million towards the capital campaign.

Hospice Whitby represents the power of community and our collective desire to ensure everyone has access to compassionate end-of-life care.

Durham York Energy Centre Hosting Family Events

Durham Region residents are invited to bring their children to the Durham York • Energy Centre (DYEC) for a free public event on Friday, October 25 and Friday, November 15 and learn • how we are transforming household waste into valuable resources.

When: Friday, October 25 and Friday, November 15 from 10 a.m. to 3 p.m.

York Where: Durham Energy Centre at 1835 Energy Drive in Courtice.

Why: Activities include:

- Guided tours to our control room to view the waste pit and see the For "claw".
- Interactive waste sorting **WasteEvents**. games.

- Activity books and colouring pages.
- Stickers, temporary photo tattoos. opportunities, and button making.
- Meet the staff and have your questions answered by our team.
- Informational displays.

Note: The two event dates correspond with scheduled Professional Learning Activity (PA) Days for local schools. No pre-registration is required. All children accompanied must be by an adult. Accessible parking and access will be available.

information, more please visit durham.ca/





Whitby Youth Awards Accepting Applications

Nominations are being accepted for the Town of Whitby's 19th annual Celebrating Youth Awards. awards recognize outstanding young leaders in Whitby who make positive contributions to the community. The annual awards recognize Whitby youth aged 12 to 18, who are committed to making Whitby a better place through volunteerism.

Nominations are due Monday, October 21, 2024, at 4 p.m. and can be submitted online at whitby.ca/youthevents.

Nominees and award winners will be recognized at an awards ceremony on Thursday, November 28, 2024. This year's awards ceremony is proudly sponsored by Fieldgate Developments.

The Celebrating Youth Awards recognizes Whitby youth youthevents@whitby.ca.

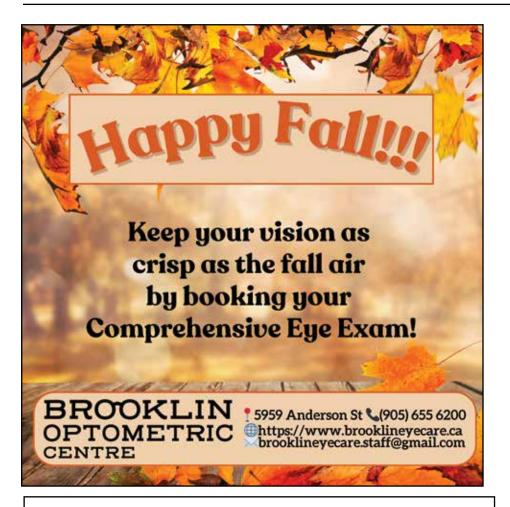
ages 12-18 for their selfless contributions and acts of goodwill that make the Town of Whitby a better place to live, work and play. Nominations are now being accepted until October 21 at 4:00p.m.

Nomination Criteria:

Nominated Youth must be Whitby residents between the ages of 12 and 18 who have made the Town of Whitby a better place. Such acts can include: building community ties, involvement in civic issues and activities, or helping to create a safe and healthy community.

Nominations must include a description of why you are nominating this youth and details of what they have done to help make the Town of Whitby a better place.

For more information contact



What You Need To Know This Week In Whitby



Thanksgiving In Whitby

Town Hall and Garden Street Branch in-person and phone services will close at 4:30 p.m. on Friday, October 11 and will reopen at 8:30 a.m. on Tuesday, October 15. All Town facilities will be closed on Monday, October 14.

Sign Up For Preauthorized Tax Payments

Never worry about missing a tax deadline.

Monthly Plan: Spread your annual tax bill

Monthly Plan: Spread your annual tax bill into 11 equal monthly payments.

Arrears Plan: Make monthly payments to help catch up on unpaid taxes.

For more information, email tax@whitby.ca or visit whitby.ca/Tax



Celebrating Youth Awards Nominations Now Open!

Do you know a young community leader who works hard to help make Whitby the best it can be? Nominate them for the 2024 Celebrating Youth Awards! Nominations are open now through Monday, October 21. whitby.ca/YouthEvents



October: Holiday Waste Collection Schedule

There is no waste collection service on **Monday, October 14**. For the week of October 14 - 18 collection will be bumped one day after your regular pick-up day. Download the Whitby Waste Buddy app for the latest information. whitby.ca/Waste

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

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



 14	15	16	17	18	19
21	22	23	24	25	26

Indicates Holiday Collection change



Did You Know?



Feed the Need networks are providing 125,000 meals to those in need each

The challenges our community is facing are big, but the generosity and kindness of people like you is even bigger.

month

Operating as a registered charity since 2009, Feed the Need in Durham is Durham's Regional Emergency Food Distribution Centre. Covering the largest geographical jurisdiction in the GTA, the boundaries stretch over 2,500 sq. km of territory.

Working collectively with over 65 hunger relief programs, hundreds of volunteers, and thousands of community supporters, they procure and distribute over 1.6 million safe & nutritious meals annually.

As an organization Feed the Need understands that food security is one of the most fundamental ways in which to break the cycle of poverty.

To find out how you can help with food drives, volunteering or to donate one time or regularly visit feedtheneedindurham.ca

Every \$1 raised = 3 meals for the community!



Whitby
Rhonda Mulcahy
Regional Councillor
905.706.0482
mulcahyr@whitby.ca

Happy Thanksgiving

Support Your Local Business

NO BETTER TIME THAN NOW TO SUPPORT OUR LOCAL ECONOMY

Call us today to make your backyard dreams come true.

If you are thinking about landscaping your yard this year, now is the time to call R. Havery Landscaping!

We are a local landscaping company that has been in business for many years, who you can trust. Our landscaping services team is comprised of professional landscapers. They have been landscaping in Whitby, Oshawa, Port Perry and the rest of Durham Region for years on all types of landscaping projects.

We pride ourselves in always doing our client's landscaping projects the right way. When you work with us, you are guaranteed that your landscaping will not only look great, but also will last the test to time.



DREAM / CREATE / ENJOY



www.rhaverylandscaping.com

Proud on-going supporters to our charities of choice for over 10 years!





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Brooklin Bafflers: by Liz Lowe

Across

- 1 Bewildered
- 8 Henhouse sounds
- 13 Edible seed
- **14** Found a new tenant for
- **15** Having an irregular outline
- **16** Fill with joy
- **17** Burn up
- 18 Cutlass maker
- 20 Not guzzle
- 21 Rowdy louts (usage AU NZ)
- 24 Blouse, e.g.
- 25 Easily tamed bird
- 26 (ancient Rome) an elected official responsible for the maintenance of public buildings
- 28 Clutch
- 31 Cyprinid fish
- **32** Wicker material
- 34 Monk's title
- 35 Old Tokyo
- **36** A nose with a prominent slightly aquiline bridge
- 41 Actor Alastair
- 42 Kind of function
- 43 Nth degree
- 44 Half of Hispaniola
- 46 Perturb
- 49 Baffled
- 50 Suffering from melanosis
- 51 Nickel, e.g.

52 Satires

Down

- **1** Fourth in a series
- 2 Coronet
- 3 A deadly sin
- 4 Chicken order
- **5** "A Chorus Line" number
- 6 Number puzzle
- 7 Needles
- 8 Continued moving forward
- 9 Aquatic shocker
- 10 Adaptable
- 11 The slender stem that supports the blade of a leaf
- **12** Extensive plains without trees
- 19 Chain letters?
- **22** Medical advice, often
- 23 Free from undue bias
- 27 Censure
- **28** English financier (1519-1579)
- 29 Send out rays
- 30 One who holds to the atomic philosophy or theory

- 33 Easter lead-in
- **34** Sticking point?
- 37 Dolphins' home
- 38 Mideasterner
- **39** Debussy contemporary
- 40 Decision makers
- 45 Caffeine source
- **47** U.N. working- conditions agcy.
- **48** Buff

1	2	3	4	5	6	7		8	9	10	11	12
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51						52						

Exercise is Medicine - A Strength Approach

By Brittany Dunbar



There have been many recent articles discussing how walking improves overall health and wellness. It's time we take it a step further to incorporate a better

understanding on how exercise truly is medicine.

Keeping a regular walking routine is fabulous. Perhaps you even add a hop to your step with running a few strides or several kilometers. If so, you are well on your way to improved cardiovascular health and more.

I want to shed some light on another component of physical activity: strength training. I'm not just talking about going into the gym and performing squats, bench presses, and deadlifts until you reach physical exhaustion - or boredom. While those exercises are great, there are so many more you can do in a gym setting or from the comfort of your home. What is even better is you can benefit from just 2-3 30-minute sessions per week. One option is adding them to your routine after your walk.

Strength training, from a functional movement perspective, means we are doing exercises that mimic what you already do in everyday life. I highly recommend exercises like:

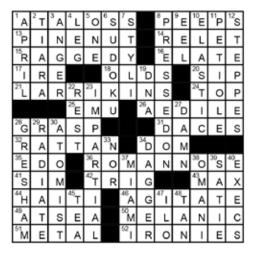
- single leg sit to stand (think going down a flight of stairs),
- shoulder press (how else are you to get that item on the top shelf in the kitchen),
- balancing on a Bosu ball (winter is coming, let's work on our balance to reduce slippery falls), or
- farmer carries (I'm looking at the ones who bring in an army of groceries in one trip from the car).

By incorporating functional movement activities with a little bit of resistance, we work on building overall strength in the body by maintaining muscle mass. Muscle mass begins to decline after the age of 30 if you don't keep progressing and incorporating strength training to your fitness

routine.

Whether you're 26 or 62, I highly encourage you to reflect on what you do in a day. Does it include strength training? The time to start is **now!** Research proves that even beginning at the age of 62 can show great improvements in quality of life almost immediately. But think about how mobile you can be two decades later.

Finally, any movement, walking, cycling, hockey, strength training, will help you sleep better at night. So many individuals can benefit from a more restful night's sleep. The good thing is you just need 20-30 minutes a day. Look at how long you spend on social media. Everyone's phone can track that and turn those minutes



into movement. Have fun and feel better!

Brittany Dunbar, MSc, is a Brooklin sport nutritionist and personal trainer.

Email: brittfandc@gmail.com

Quilt Show

Friday, Oct. 18th 10 am - 7 pm
AND Saturday, Oct 19th 10
am - 4 pm
Forest Brook Community
Church
60 Kearney Drive, Ajax L1T
4N2

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2024 Quilt Show
Challenge
Delicious Café
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Featured Quilter: Jane
Souch

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Admission \$10 Follow us www. durhamtrilliumquiltersguild.

> Questions? E-mail: dtqguild@gmail.com



Our General Store

By Jennifer Hudgins



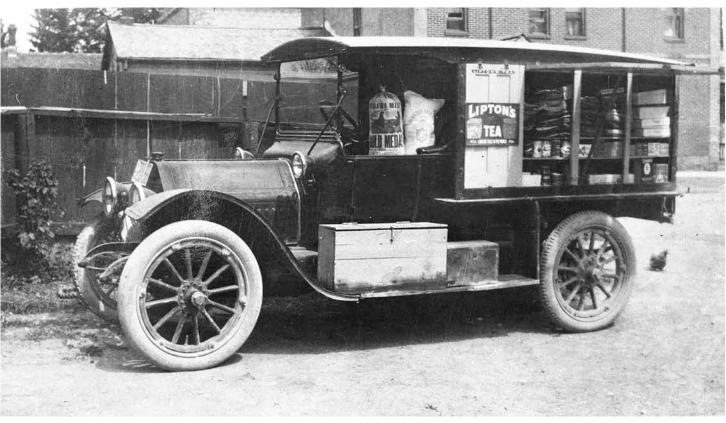
The 19th and early 20th centuries marked the golden age of the general store which sold a wide variety of goods

packed into one room. These included everything from horse harnesses to cheddar cheese and flannel work shirts to chewing tobacco. Essentially, almost anything not produced on the farm could be found in a general store where merchandise was arranged on sawdust-strewn floors and timbered walls as well as hung from the ceilings on hooks.

One of Brooklin's earliest general stores was on the southwest corner of Campbell and Baldwin streets, where the Canadian Imperial Bank of Commerce stands today.

New building

ln 1888, Henry Daniels, a harness maker and shop owner, constructed a brick store in which to relocate his business from a log cabin situated across from the brick mill on Mill Street (Cassels Road East). Upon moving, Daniels distributed a handbill announcing, "We have moved out of our old, dark, dingy store into a splendid new brick store." He managed



it for a few years before selling it to businessman John Warren, who operated a drug store on the premises until 1895, when he sold the property to merchant Alfred Charles Elliott.

When Elliot first moved to Brooklin in 1889, he started a harness business in a building that was once situated on the lot between

the Temperance House (currently the Legion) and Piatti's grocery store (Luna Dance Company). Later, this building was moved south to 46 Baldwin Street (now Skyview Electronics).

After purchasing 50 Baldwin Street, he established the store which became central to the everyday lives of local residents

by providing essential goods and services. In addition, he played an important social role in Brooklin as his store became a gathering place for residents and local farmers to exchange news and discuss local events. Elliot added to the property in 1903 by building a house alongside the store.

Water issue

In 1907, the village experienced a water shortage, likely caused by a long, hot, dry summer. To help, Elliott purchased and operated water а wagon, delivering much-needed drinking water to residents since local wells had dried up. The always forward-thinking Elliott expanded his business in 1915 by adding a delivery service. He invested in a truck outfitted to carry a variety of goods, allowing him to load groceries and travel to surrounding rural areas. offering

products directly to farm women as a convenient service to his more remote customers.

Upon retirement, Elliott's son Charles Wesley, took over the family store which he operated successfully for over half a century. He died in 1984 at the age of 94. The store and house were demolished in 1967 to make way for the Canadian Imperial Bank of Commerce.

However, as urbanization spread and department stores and mail order catalogues became popular, the general store gradually faded away. Today, only a few still exist in places like Enniskillen, Haliburton, Fenelon Falls and Port Hope.









