Friday, September 13, 2024



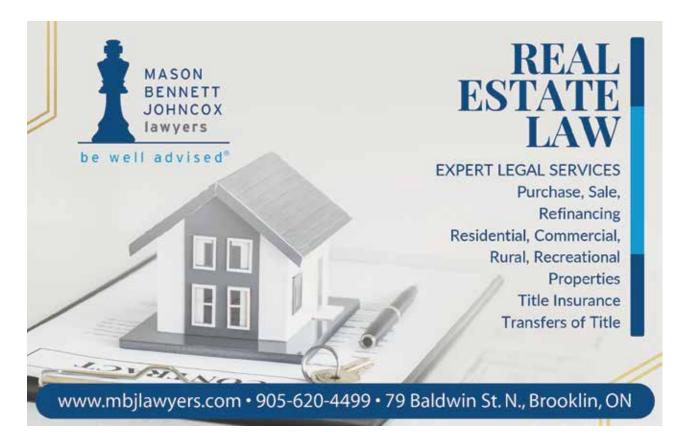




Sports Complex Taking Shape



The new sports complex "is progressing well, with key milestones having been completed on time. You can stay informed on the project at https://connectwhitby.ca/sportscomplex," says John Romano, Whitby Commissioner of Community Services.





1635 Dundas Street East We want to hear from you!

Provide your input on the next phase of 1635 Dundas Street East.



Take part in the online survey at YourVoice.Durham.ca/HelpAddressHomelessness until September 27, 2024.





Boost Your Confidencewith Brooklin Toastmasters!

Ready to conquer your fear of public speaking? Join our 6-week workshop starting Sept. 17!

WHAT: Master Your Voice in 6 Weeks: Public Speaking Workshop

WHEN: Weekly on Tuesdays at 7:25 PM to 8:55 PM from Sept. 17 to Oct. 22, 2024

WHERE: The Court at Brooklin: 5909 Anderson St, Brooklin, ON L1M 2H1

WHO: Anyone looking to improve presentation and speaking skills

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Next Issue: Friday, September 20, 2024

Deadline: Friday, September 27, 2024

Dear Premier Ford:

How about them tolls... even just between Baldwin and Thickson? Can you throw us a bone?

September 17 to October 22, 2024

The original offer still holds: The BTC editor will treat you to the beverage of your choice along with a tasty whatever else when you next visit us and explore the mess.

(NOTE: It will not be a tax reduction for him.)





2024 SIERRA 1500 0% for up to 72 ON SELECT
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Community Care Durham seeks Food Box Volunteers

Do you have some free time on Thursdays or Fridays? We are looking for volunteers to deliver food boxes containing essential groceries to clients' homes. Come join our wonderful team of volunteers and deliver food boxes for Community Care Durham (CCD).

With the support of local businesses and farms, the CFB contains the essentials for healthy eating. With the rising costs of groceries, food boxes offer an affordable way to help families. The fresh produce included in the box-

es is locally grown, giving clients a farm-to-table experience. As well, the food boxes also contain fresh eggs, dairy and bread.

Thanks to a recent generous donation, CCD is now able to provide healthy food to all those who were on our waitlist for the CFB program subsidy. With this incredible opportunity, we now face the challenge of needing additional volunteers.

Using their own vehicles, volunteers pick up the food boxes from

the Whitby Hub (20 Sunray Street) on Thursday afternoons at 2 p.m. or Friday mornings between 9:30 and 11 a.m. Each assigned route takes about an hour to complete. There is an option for mileage reimbursement on a monthly basis, based on the kilometers driven or monies can be donated back to CCD.

If you're interested in joining our team, all you need to do is visit our website at http://www.commu-nterested in joining our team, all you need to do is visit our website at http://www.commu-nterested in joining our team, all you need to do is visit our website at http://www.commu-nterested in joining our team, all you need to do is visit our website at http://www.commu-nterested in joining our team, all you need to do is visit our website at http://www.commu-nterested in joining our team of the properties of the proper

nitycaredurham.on.ca and complete the volunteer application. Once you've submitted your application, a member of our Volunteer Resources Team will be in touch to provide you with additional information and guide you through the volunteer process.

For more information, interested volunteers should visit:

www.communitycaredurham. on.ca/volunteers

Did you know that this month is National Hunger Action Month?

This year Durham municipalities will once again come together to help raise awareness, food donations, and funds to fight hunger in the community. Hunger is an important issue that affects residents from across the Region. As Durham Region continues to rapidly grow and food prices increase, more people are experiencing homelessness and/or using food banks and related services than ever before. This is one way we can help. (See drop off locations on this page, bottom left)



Feed the Need Drop-Off Locations

Here's a list of our other drop-off locations in the community:

Whitby Town Hall - 575 Rossland Road E

Iroquois Park - 500 Victoria St. West

55+ Recreation Centre – 801 Brock Street South

Operations Centre - 333 McKinney Drive

Fire hall Head quarters - 111 McKinney Drive

Brooklin Community Centre & Library – 8 Vipond Road

Whitby Civic Recreation Complex – 555 Rossland Road E

McKinney Centre - 222 McKinney Drive

Whitby Library Central Branch
– 405 Dundas Street West

Whitby Library Rossland Branch - 701 Rossland Road East

For more information: https://www.whitby.ca/en/news/durham-municipalities-come-together-to-support-hunger-action-month.aspx



whitby.ca/HarvestFestival



That House on Cassels Road

By Jennifer Hudgins



The building at 4 Cassels Road west was designated as a heritage structure under the Ontario Heritage Act in 2009. Originally known as

the Henry Warren house, it has an interesting history.

Constructed in 1864 by Dr. Jon-

athan Foote as a wedding gift for his daughter, Margaret Eliza, the house became her home after she married Dr. Henry Warren on September 28 of that year.

Dr. Warren received his medical education at New York Medical College in New York State and McGill University in Montreal, where he earned his degree. In February, 1861, after graduating, he joined Dr. Foote's

medical practice in Brooklin and, three years later, he married Margaret Foote. Tragically, he suf-

fered from severe depression and died by suicide on July 11, 1872, at the age of 33. He is buried in Union Cemetery in Oshawa. Margaret continued to live in their home where she raised their three children, until selling the property on March 2, 1892. Afterward, she moved to Orillia, where she lived until her death in 1914.

In practice together

Henry's brother, Frank Warren, also graduated with a medical degree from McGill and established a medical practice with his brother in 1872. After his sister-in-law Margaret sold the Cassels Road property, Frank moved his practice to Whitby, where he later served as Mayor from 1915 to 1917. He passed away on November 9, 1920, and is buried at Groveside.

Over the years, the property changed hands several times. In 1942, Alice Mabel Richardson purchased the house and trans-

formed it into a tea room which she named the "Twenty Steps Inn" due to its proximity -20 steps west - of Baldwin Street. The inn offered a cozy and inviting atmosphere, which made it a popular spot for both locals and visitors. She operated the business until 1950 before selling the house to Edwin and Grace Down, who bought it and raised their family of nine children there.

In 2004, the Town of Whitby acquired the property and later sold it to the Kevin Spohn Insurance Agency

Historical significance

Today, the house retains much of its historical significance, particularly as it stands within the Brooklin Heritage Conservation District. It exhibits classic 19th-century architectural features, such as its symmetrical window placement and gabled roof, characteristic of residential designs from that era.

It has been maintained and restored to keep these original features while adapting to modern needs. Inside, the core structure and historical integrity remain intact. Its location ensures protection, meaning any restorations must meet strict guidelines to preserve its cultural and historical importance.

The property continues to serve as a visible reminder of Brooklin's heritage, contributing to the Village's historical landscape.

What You Need To Know This Week In Whitby



National Day for Truth and Reconciliation & Orange Shirt Day

On September 30, the Town encourages residents to reflect on the significance of the National Day for Truth and Reconciliation and Orange Shirt Day, honouring the lives lost and the survivors of residential schools. Until October 4, you can pick up an orange ribbon at Whitby Public Library (405 Dundas St. W.) and tie it outside Presse Café to remember the children who never came home. Town recreation facilities will be open on September 30. Town Hall, the Garden Street Branch, and library locations will be closed. whitby.ca/Diversity

Help Feed The Need

September is National Hunger Action Month. The Town is working with local municipalities to collect food donations and funds to fight hunger in the community. Drop off non-perishable foods at Town facilities now through September 27 or donate online at whitby.ca/FeedTheNeed



2024 Final Tax Billing

The final instalment of the 2024 Final Tax Billing is due on Tuesday, September 24, 2024. You have the option to sign up for e-billing for property taxes and receive all future tax bills via email. For any inquiries regarding tax payments, contact the Tax Division at 905-430-4304 or tax@whitby.ca. Learn more at whitby.ca/Tax



September/October: Holiday Waste Collection Schedule

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

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





Indicates Holiday Collection change

P: 905-430-4300 E: info@whitby.ca Whitby whitby.ca



Brooklin Bafflers: by Liz Lowe

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	76					77					78			

Across

- 1 Triangular sail
- 4 Gulf war missile
- 8 Shade of black
- **12** Spiral-horned antelopes of the African bush
- **13** Pound of verse
- **14** Garbage
- **16** Without purpose
- 17 Diatribe
- **18** Skylit rooms
- **19** Three-way joint
- 20 Ring bearer, maybe
- **21** Tiny toiler
- 23 Symbol of sovereignty
- 24 Sheik's bevy
- 26 Trouble
- 28 Seed vessel having hooks or prickles
- **30** It's higher on the hwy.

- 32 Whitish
- **36** Sign of healing
- **39** Vicinity
- 41 Tickled-pink feeling
- **42** Usher's offering
- 43 Sick and tired
- **45** Work unit
- **46** Extinct flightless bird of New Zealand
- 48 Supermarket section
- **49** Loot
- 50 Sound rebound
- constrictor
- 52 Ram's mate
- **54** Shepherd's locale
- **56** Exclamation of frustration, rage, shock, etc.
- **60** Chlorofluorocarbon
- 63 Unpaired
- 65 Part of H.M.S.

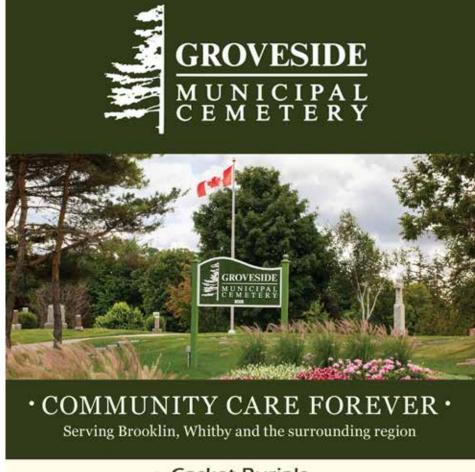
- **67** International Labor Organization
- 68 To enclose in something wound or folded about
- **70** Word-of-mouth
- **72** Uproars
- **73** Civilian clothes, in contrast with military or other uniforms
- 74 Plenty
- 75 It's outstanding
- **76** Wild or seedling sweet cherry used as stock for grafting
- 77 Slight advantage
- 78 Metal in rocks

Down

- 1 The southern region of ancient 51 Rotten Palestine
- 2 Slacker
- 3 Accept
- 4 Vaccines
- **5** Old Russian autocrat
- **6** Ashes holder
- 7 Numbers to crunch
- 8 Ring-tailed animal
- 9 Poetic adverb
- **10** Retro hairdo
- **11** Retreat
- **12** Kin's partner
- 15 Rat's place
- 20 Outback runner
- 22 Shrew
- **25** Wane
- **27** Trail

- 29 W.W. II fliers
- 30 Jiltee of myth
- 31 (New Testament) a Christian missionary to the Gentiles
- **33** Wiped out
- 34 Zeus' wife
- 35 A thief who breaks open safes to steal valuable contents
- 36 Unaltered
- **37** Swamp critter
- 38 A nursemaid or maid in East Asia or India.
- 40 Word processor command
- 44 Pizza order
- 47 The sun
- **49** Poseidon's domain
- **53** Kind of cabinet
- **55** A red fluorescent dye
- **57** Equestrian
- **58** Shakespeare's theater
- **59** Party thrower
- **60** A steep-walled semicircular basin in a mountain; may contain a lake
- **61** A dance deriving from the twist.
- 62 Bistro
- **64** Lavish affection (on)
- 65 Suspend
- **66** Ultimatum ender
- 69 School grp.
- 71 Towel holder 72 Trouble





- Casket Burials
- Cremation Burials
 - Columbariums
- Scattering Gardens
- Memorial Programs
- Garden of the 4 Seasons

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Thoughts on Fibre By Brittany Dunbar



In the nutrition world, no matter what your reasons are, there is one conclusion that can be made from selecting more plant-based,

whole food items. That is, the positive effect they have on the digestive system from the moment it hits your stomach to being eliminated as a bowel movement (okay, poop). What we see from foods such as fruits, vegetables, nuts, and legumes is an increase in dietary fibre.

Fibre is a non-digestible carbohydrate. Its role is to help promote regular bowel movements, It can lower cholesterol levels and even make you feel fuller longer. If you experience irregular or tough bowel movements or have been

> diagnosed with high cholesterol, checking your fibre intake might be a good idea.

Recommended amounts

According to Health Cana-Canadians da, should strive for a recommended daily intake (RDI) of 25g and 38g for females and males. respec-Unfortutively. nately, there are so many who are not even meeting half the RDI. Children are recommended to consume upwards of 20g of daily fibre intake.

One thing to keep in mind when increasing your fibre intake from plant-based foods is to also further increase your fluid consumption. Water, in combination with fibre, specifically soluble fibre found in apples, pears, carrots, edamame, beans, and more, assists with the digestion of carbohydrates. It binds to the cholesterol and fat found in foods and also assists with bringing them to an inevitable bowel movement.

Two types

In contrast to soluble fibre, there is also insoluble fibre. This type does

not absorb water but still plays a valuable role in clearing the colon by bulking up a stool and making it pass more quickly. Insoluble fibre is found in the tougher parts of existing vegetables like the stalks asparagus, broccoli stems. the peels/skin of many fruits, nuts and other carbohydrate sources like wheat bran or whole grains.

We need a combination of both types of carbohydrates to be healthy and maximize the benefits of a good bowel movement. A great place to start is tracking your fibre intake either by putting pen to paper or using an app. You might be shocked at how little you get from your existing nutrition intake. Making a few simple swaps can get you cleared up.

Brittany Dunbar, MSc, is a Brooklin sport nutritionist and personal trainer. Email: brittfandc@gmail.

*Based on units sold TREB MLS statistics







Support Your Local Business

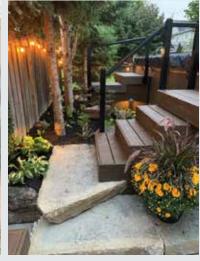
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TIME TO PLAN AND ORGANIZE YOUR LANDSCAPE PROJECTS









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Incoming Weather: Surviving Teen Mood Swings

by Leanne Brown



I dodged a shoe.

It flew out of a closet as my daughter searched for her missing cleat, ranting that it's all my fault until it's found.

Then the storm passed. Phew.

If you've recently acquired a teenager, you may become entangled

in the web of teenage drama. Expect some wild weather systems. One minute, sunny and calm, the next, a full-blown hurricane. The key to survival is understanding the weather patterns.

Sunny and calm: This brief win-

dow occurs right after your teen wakes up and just before they remember there's school. It's the perfect time to ask them to clean their room or help with chores. Just be prepared for an incoming storm front.

Stormy front: This is characterized by eye rolls, groans about homework, and sudden fits of

rage over what to wear. The best approach is to back away and seek strong coffee.

Afternoon clearing: This is the golden They've hour. come home school from and have temporarily forgotten you're the sworn enemy. Engage in light conversation. But don't be

surprised if they suddenly remember that you exist solely to embarrass them. Offering a treat can sometimes extend the calm.

Nighttime winds: Mood swings can result in a range communications. They can swing from philosophical questions about the meaning of life to debates over why you've never seen them clean their room to them lamenting over why a teacher loathes them. Then it can drastically switch to a funny story about a friend or classmate. Best advice? Dress in layers.

Here are some tricks I use with my daughter, with varying degrees of success.

The Jedi mind trick: Speak in calm, soothing tones and use phrases like "I understand." When they accuse you of being completely out of touch, maintain eye contact and respond with a calm nod.

Use nostalgia: Mention how you survived high school without social media. This will either make them roll their eyes so hard they risk injury or appreciate your struggle. Either way, it's a win.

Text them: Teens have the amazing ability to respond to texts with lightning speed, even if they haven't heard you ask them in person

to clean the hockey gear.

Consider a survival kit. Air pods are perfect for blocking out the high decibel levels of "I hate you!"

Chocolate. Keep it hidden. It's your secret stash for when you need a break from the drama. Assuming they aren't hogging the bathroom, seek sanctuary there.

Finally, remember that, sometimes, the best thing is to step back and give your teen some space. Such as when your daughter is immersed in a dramatic monologue about the injustices of a 10 pm hockey practice.

May your days be filled with patience and your teen's mood swings be as manageable as a herd of cats in a swimming pool. Wishing you great weather ahead.

