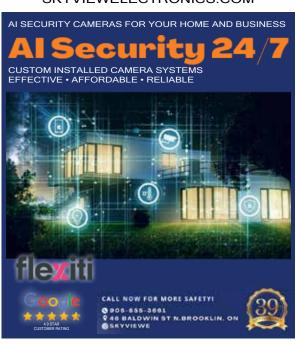
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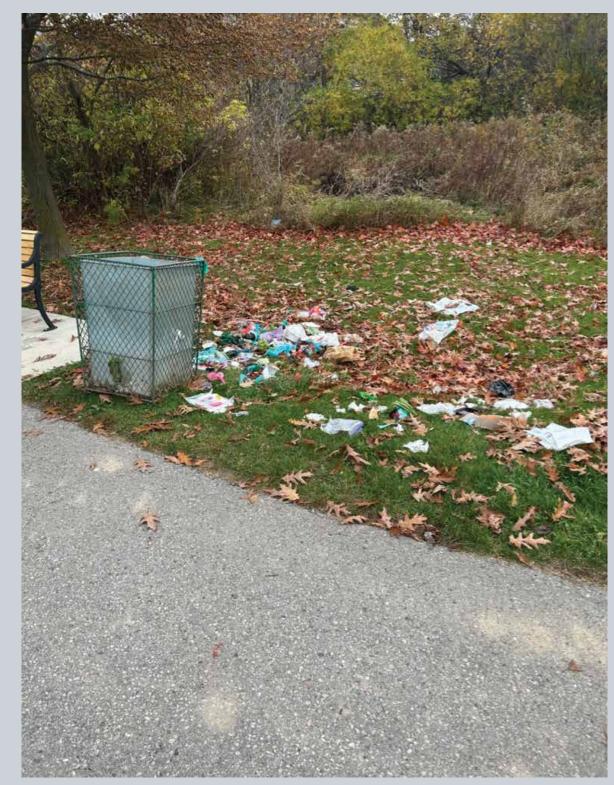




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About That Strike



See Richard Bercuson's editorial on page 2

Durham 2023 Festive R.I.D.E.

2023 Message:

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Impaired driving is a life-or-death emergency
- if you suspect someone is driving impaired,
dial 9-1-1, it may save a life.

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If you're going to be consuming alcohol, cannabis or other drugs, arrange a sober ride.

More info:

maddchapters.ca/durham



Whitby
Rhonda Mulcahy
Regional & Town Councillor
mulcahyr@whitby.ca
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Less than half the picture: **About the strike**

By Richard Bercuson



be messy and sometimes even deadly.

Workers want something and feel put upon when they don't get it, especially after long periods of inactivity. Management, many of whom used to be those very workthemselves, gets its dander up and often consid-

ers demands to be unreasonable.

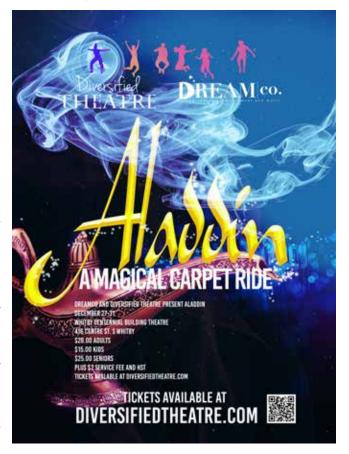
Meanwhile, those directly affected by a strike action are almost never happy, a universal truth.

On two occasions as a teacher, we picketed government buildings and MPPs' offices. Once,

it was a two-week lockout. We were not to interfere with the public and not to block entrances and exits to public buildings or malls. Marching with a placard aloft was unsettling enough. While we were ticked, we also knew the reality, that the public had little sympathy for teachers striking for wages or conditions. They would never consider doing what we did, managing and educating their children, yet many would not overtly support what we felt were manageable demands.

Which brings me to the Whitby strike. I sympathized with the workers. At first, I didn't completely understand the issues until I read more, talked to a worker and realized that maybe they had a point. Of course, we all saw the impact it had on the town

Near me, an open trash bin in continued on page 3



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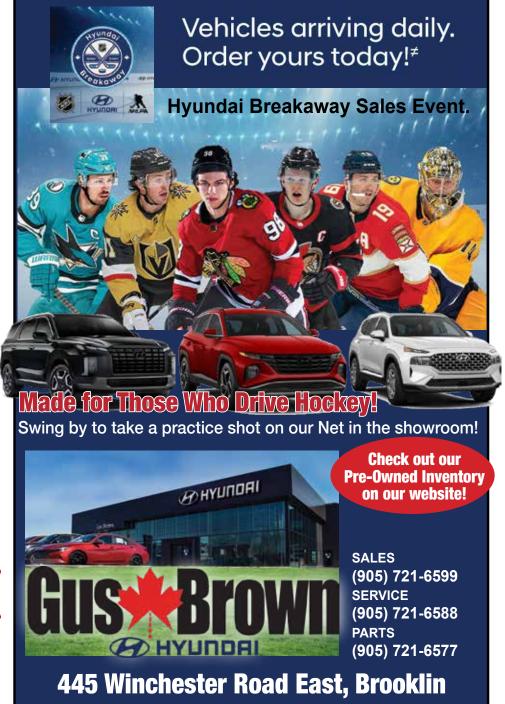
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Next Issue: Friday, December 8, 2023

Deadline: Friday, December 1, 2023





continued from page 2

a park overflowed with garbage bags, take-out containers, cans, dog poo bags and the other detritus of life. The grounds were covered with the disgusting mess till some local residents raked it up.

I made three trips to the waste drop-off centres at IPSC and McKinney. Staff were pleasant, helpful and organized. It was mostly fast moving. No one I met sneered at the strikers. In fact, the people who checked my address were giving away candy. Not enough chocolate though.

Then came the day at McKinney when strikers blocked the parking lot entrance, allowing only one car every 7 to 8 minutes. I happened to be fourth in line so my wait wasn't long. But it was certainly annoying. By the time I left, vehicles were backed onto Robert Attersley Drive.

It was the moment when the workers lost my support. There was no need to further disrupt the public to make a point. Everyone saw them picketing and we all knew, roughly anyway, what was going on. It was a completely unnecessary and extraneous tactic that served no positive purpose.

I won't hold the irritating blockade against the strikers because they were following someone's misguided directive, whoever it was. A pack mentality can set in before anyone realizes its potential destructiveness. Suffice to say it was a terrible look.

With the strike over, we can return to the mundanity of traffic and other local issues. But let that last stunt be a cautionary tale for those who thought it clever to make peoples' lives more difficult. Three years isn't long enough to fog memories.

Community



by Rhonda Mulcahy, Regional Councillor

There are days when I wonder what has become of the world.

I was at a friend's for dinner last week and we pondered this together. It appears that, in a few short years, society has changed. It seems like the simplest of things can set some people off while more complex issues can cause a near riot.

Consider the recent meetings

about the homeless shelter. It hasn't been pleasant. It is now cold out and people are scrambling for shelter. We cannot afford to wait to house people. In the last week three people have been found dead on the streets in Eastern Ontario. Whitby's shelter is slated to open December 15th and I hope and pray it is soon enough. We can all do our part by understanding the complexities of homelessness and supporting people doing good work.

When hope for humanity appears lost, there is always someone waiting to share the light. We see it now across small communities in which restaurants have bulletin boards of meal receipts for the hungry paid for by anon-

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ymous benefactors. The hungry can choose a meal and it's covered. Such a meaningful and simple act.

Please share with me a Whitby or Brooklin restaurant which steps up with a bulletin board of its own. I want to thank them - and buy a meal or two.

We also can't forget that there are members of the community who have always been there to assist those in need. The Brooklin United Church and St. Thomas Anglican Church are both celebrating 30 years preparing Christmas Hampers. 30 YEARS!

Gifts of non-perishable food, gift cards, socks and cash are accepted. Drop-offs are at 10:30 a.m. Sunday. Or Monday to Friday 9:15 a.m. -1:00 p.m. at Brooklin United Church. You can also drop your food at Home Hardware. I was sent this reminder with a photo of my late father-in-law from a previous fundraiser. It served as a great reminder for me to focus on what the good people of the community can do when working together, something he always believed in.

Finally, I want to highlight another group of people who pulled together to share the light. Literally,

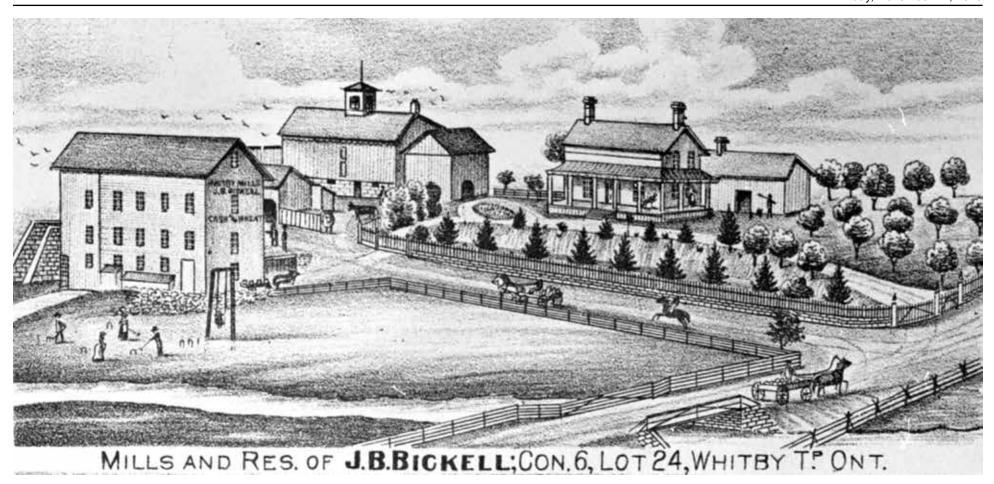
in this case.

When it became clear that Grass Park would be out of commission due to needed renovations and that Christmas in the Village wouldn't happen this year, a group of people decided they would find a solution.

Neighbours from across Brooklin have pulled together a different tree lighting ceremony in downtown that will be smaller in scale but big in spirit. This group of residents reminds me of the first Christmas in the Village years ago. It was put on by a similar group who were mostly the downtown business owners. When it comes to community spirit, some things don't change.

The tree lighting team is still working out details, so please be patient with them. Follow the Facebook page in the above ad for more info. It will be December 9, starting at 5:30 pm in a downtown location. Santa will of course attend. Carollers will share their voices to join in. Tim's will provide hot chocolate and you can donate an extra buck or two to Cohen Lane to fancy them up with proceeds to Sick Kids.

Hope restored. Thanks to the community. Bless you.





TOWN OF WHITBY

Resuming Programs & Services

The Town of Whitby and CUPE Local 53 Full-time have reached a new three-year agreement. Here's what you need to know about how we are resuming our programs and services to serve you.

Waste Collection

Regular curbside pickup of garbage, green bin organics, and yard waste has resumed, following the standard waste collection schedule. Garbage bag limits have increased from four to six bags for the remainder of 2023. Special (bulky item) Collections program are on hold during the yard-waste season; bookings may open later this year. Stay updated with the Whitby Waste Buddy app or visit whitby.ca/Waste

CRC Pool Special Offer

Enjoy free drop-in swimming at the Whitby Civic Recreation Complex pool from **November 16 to December 31**. Swimming instructors are available for assessments during recreational swim times. Note that the "Learn to Swim" program won't restart now, but affected participants will receive a full-session account credit or can request a refund. Health Club memberships will be extended.

55+ Recreation Centre

All programming at the 55+ Recreation Centre has resumed, including evening programs. Explore the offerings at whitby.ca/55Plus

Facility Rentals

Hall and room rental permits have resumed. Book your next event at any Town facility. For details, visit whitby.ca/FacilityRentals or email facilityrentals@whitby.ca

Whitby Lights The Night

Join us on Friday, November 24, from 4 p.m. to 9 p.m. at Whitby Civic Park (555 Rossland Road East) for the Whitby Lights the Night Christmas Festival. Be part of the festivities, live performances, Farmers' Market at Night, and witness the lighting of over 100,000 lights, the holiday tree, and ground displays. Opening ceremonies begin at 6:30 p.m. Don't miss out on the fun—visit whitby.ca/LightsTheNight





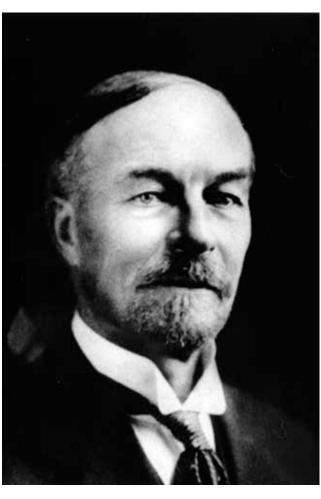
The Way Street Mill



By Jennifer Hudgins

In 1951, Merrill and Rilda Ross purchased a house which was on a hill

overlooking what is now Carnwith Street where it crosses Way Street. It had been abandoned for three years and garbage and litter filled the basement and surrounded the grounds. The salt-box-style plank house was falling



apart and the property overgrown. Still, the young couple could see beyond the rundown structure and overgrown property. They had bought a piece of Brooklin's history and had plans to bring it back to life.

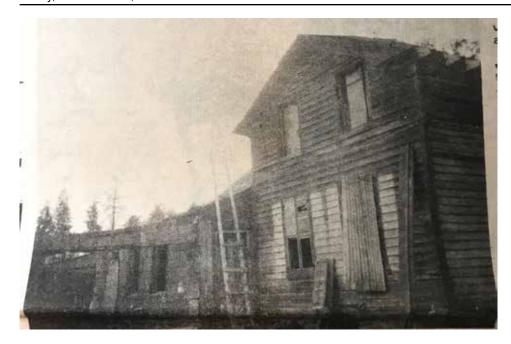
The property was originally developed by James B. Bickell in the mid 1800s and operated as Way Mill until it burned down in 1881. When the Rosses acquired it, remnants of the once thriving mill were mostly gone, except for a few traces like a weathered raceway behind the main barn and several outbuildings.

A discovery

Merrill, a Myrtle native and superintendent of the Regional Municipality of Durham Works Department, came upon clues of the mill's history during excavation when he discovered charred wheat. Before they purchased the property, it was owned by

farmer Elmer Dehart for over 40 years. It had been willed to him after the death of his father Nicholas Dehart. It is not known if Dehart bought the property from Bickell.

James Bickell, who was born in Devonshire. England, arrived in Canada at age 17. After his family settled near Peterborough later farmed Mariposa Township, he ventured into the milling business in Bowmanville. Around 1861, he acquired 44 acres of land spanning Way Street and continued on page 5



continued from page 4

established a grist mill, Way Mill, along Lynde Creek. Records indicate that a sign on his mill stated "Cash for Wheat." Over time, the creek earned the name Bickell's Creek. His influence extended beyond the mill as he owned multiple local farms and was prominent in the Brooklin area.

Active roles

Bickell's impact extended into governance and societies. He served as Whitby Township Councillor for several years, holding the position of Reeve multiple times and being elected Warden of Ontario County in 1868. During these years, he played an active role by engaging in various societies from Masonry to the Grand Lodge of Canada. The fire that razed the Bickell Mill in 1881 led him to partner in Toronto's tannery business, a venture cut short by his death in 1891.

By purchasing the dilapidated Way Street estate, Merrill and Rilda Ross breathed life into a piece of Brooklin's history. After Merrill passed away in 1994 and in the years that followed, the property was divided into lots and gradually sold to developers. The once historical landmark reached the end of its era and all traces of the Way Street Mill removed from the landscape.

DRPS Launches 2023 Festive R.I.D.E.

vice (DRPS) officially kicked off their 2023 Festive R.I.D.E (Reduce Impaired Driving Everywhere) campaign.

Over the next six weeks the R.I.D.E team will be out ensuring roadways are safe. Last year's campaign saw a total of 9,907 vehicles stopped, with 77 drivers charged with drinking and driving offences - an increase in the number of impaired drivers from 2021 where 6,761 vehicles were stopped and 65 charged.

Increased incidents

Chief Peter Moreira helped kick-off this year's campaign and had a message for motorists. "Impaired driving will not be tolerated on our roadways. The consequences of impaired driving are devastating, leading to tragedies that affect countless lives," he said. "In 2022, Durham Regional Police Service had 826 impaired driving incidents, up from 745 in 2021. So far this year we have had 745 impaired driving incidents, a five per cent increase from the 709 we had last year. We are especially concerned that impaired motor vehicle colli-

Durham Regional Police Ser- sions involving death or injury more than doubled in 2022 over 2021. This is unacceptable."

> Partnered with OPP, MTO, Durham EMS, and various fire and emergency services to make a unified plea to the community - if you see something, say something. We are in this together and rely on the public to not only drive sober, but also help ensure others make the right choice. Impaired driving is a life-or-death emergency - if you suspect someone is driving impaired, dial 9-1-1, it may save a life.

Sober driving

MADD also launched its annual "Project Red Ribbon" campaign to promote sober driving during the holiday season and remind Canadians about the importance of planning ahead for a sober ride home.

MADD Durham Region is urging people to take a few minutes to plan ahead. If you're going to be consuming alcohol, cannabis or other drugs, arrange a sober ride. Visit, MADD Chapters.ca/Durham or follow them on social media @ MADDDurham.



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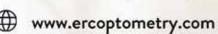


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Brooklin Family Matters: by Leanne Brown

Embracing Individuality



hockey team doesn't quite fit in. Jane (not her real name) played on the the team the last few years. Other girls try to get her involved

in off ice activities but she never does. They like her, but her behaviour seems odd and what she occasionally says is strange.

Adolescence is marked by self-discovery and the quest for identity, which can come from conformity in dress, trends, and beliefs. However, not every teen fits in with the norms or cliques often associated with adolescence. These individuals can sometimes feel isolated, even misunderstood.

They often struggle with a sense

A girl on my daughter's of belonging and identity. They may try different looks or take on personalities to find one that resonates with their peers. Their interests, talents, or passions may not align with popular trends or activities. Perhaps they possess a strong sense of individuality. Some might refuse to compromise their values or beliefs to fit in while others may have medical or mental health conditions that influence their behavior and perception of social cues. Pressure to conform can leave them feeling alienated, leading to self-esteem and confidence issues. As a result, they may experience loneliness, anxiety, and depression.

> On this team, there is a focus on creating an environment that embraces diversity and encourages

acceptance. The girls continue to ensure Jane is always invited to their activities. Yet despite the peer encouragement, Jane often chooses to skip out. She just doesn't seem interested. Instead she seeks fulfillment through self-expression in the form of creative online videos and photography. Her teammates have accepted this and have designated her team videographer and photographer.

Encouraging teens to express themselves creatively can provide an outlet for their emotions and help build self-confidence. While those who don't fit in may feel like outcasts, having a safe space can really help kids belong. The hockey team is that safe space where Jane can connect with kids who have the same passion. When the group is at practices and games, Jane is in her element, a valued member of the team.

The team has a philosophy of building individuals, not just hockey players. The girls know that it's okay to be themselves as they all have other interests besides playing competitive hockey. They play instruments, do art, sing, design fashion, act, and most play multiple sports.

Emphasizing the value of authenticity and individuality helps them recognize that their uniqueness is a strength, not a weakness.

So, while Jane often appears to struggle with the team's togetherness, the coaches recognize it's an opportunity to embrace her individuality. Her self-esteem is strong and it shows. She has her own mind and does her own thing. Sometimes her unconventionality leaves teammates scratching their heads. But when you get scrape past the surface, you can see an individual who might just to do something amazing one day.

Durham Health Matters

By Elizabeth Roy Mayor, Town of Whitby



might You have noticed the new #DurhamHealthMatters hashtag popping up on social media recently.

the province mandates growth, the need for additional healthcare infrastructure, family doctors, and mental health support in Durham is becoming more pressing and the Town of Whitby wants to get the word out.

Here's why #DurhamHealth-**Matters:**

- Did you know Durham is currently the fastest-growing region in Canada?
- Durham's population is just under 700,000 and is expected to increase by about 577,000 by 2051. We expect more than 101,000 additional residents in Whitby by that time.
- · The provincial government has committed to building 1.5 million new homes by 2031 and more than 84,000 of those homes will be built in Durham. We need action now to ensure there will be enough hospital capacity, family doctors and mental health supports to serve our growing population. Otherwise, we'll find ourselves in a worsening healthcare crisis.

As of today, an estimated 230,000 Durham residents don't have a family doctor who practices in the region. Lakeridge Health is operating at capacity and needs 1,793 beds by 2041, more than double the current count. Critical care and trauma services are also needed locally.

At the Town of Whitby, we're doing what we can to address these widening gaps.

The Town is part of a new pilot partnership to bring 10 new family doctors to the future West Whitby Health Centre, which will open in 2024.

Through the program, up to 10 doctors will be provided with an incentive of \$50,000 each over a five-year term, funding for which will be equally shared between the Town and the Oshawa Clinic Group. Each doctor will have an anticipated 1,000 patients by the third year, to be maintained over the remainder of the five years.

Whitby has also partnered with the Region of Durham and neighbouring municipalities to develop a Regional Family Physician Recruitment Program. This includes a welcome and settlement program for the students in the Queen's-Lakeridge Health MD Family Physician training program and plans to establish a Family Physician Recruitment & Retention Program.

New hospital

The Town also continues to advocate for a new hospital in Durham. It's now been almost two years since Lakeridge Health announced that an independent, expert panel selected a site in Whitby as the preferred site for a proposed hospital. This site will close the current service gap, provide unparalleled connectivity and bring care closer to home for all Durham residents

Town staff and Council members are continuously pushing for this project to move forward and for the province to approve a \$3 million planning grant for Lakeridge Health and facilitate the transfer of the hospital site from the Ministry of Transportation to the Town.

Designing and building a hospital takes approximately 10 years. We can no longer wait for this important and needed project to receive approval to proceed.

Mental Health

We also know that the number of Durham residents struggling with mental health challenges is strikingly high compared to previous years. Currently, when someone is experiencing a mental health crisis they have only one possible destination- a busy emergency waiting room. Last year in Durham there were over 14,000 emergency department visits

for mental health and addictions emergencies alone, across the Lakeridge Health locations.

Ontario Shores Centre for Mental Health Sciences does an amazing job of providing specialized assessment and treatment for people suffering from mental illnesses but does not have an emergency department.

Ontario Shores is seeking support from the province to build an emergency department that uses the Emergency Psychiatric Assessment Treatment and Healing (EmPATH) model. This would ensure the right care in the right place while relieving pressure on our hospital.

Need support

At the annual Association of Municipalities of Ontario conference in August, I joined colleagues from the Region of Durham in making a delegation to Health Minister Sylvia Jones and Associate Minister Michael Tibollo, where we stressed the need for the Province to support us on critical healthcare needs.

I encourage all Whitby residents to be part of this conversation. Use the hashtag, talk to your friends and neighbours, tell us about the healthcare gaps you're experiencing and how we can partner to help fix them.

Together, we can make sure #DurhamHealthMatters.

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Plant-Based Eating by Sheree Nicholson



The Challenges Are Real

sister recently shared how hard it was to give up meat. After being vegan for sever-

al months, she returned to eating meat.

I understood. When you first change your lifestyle and diet, you can no longer rely on old favourite meals or easy recipes. Everything's new. What do you eat? What can you cook for dinner that's fast? It's even more challenging if you don't eat ultra-processed meat replacements. After being vegan for 13 years, I don't face those issues. But for many they are real and need to be considered. People give up based on the stress of the change.

Another issue vegans face is the lack of support from others. I still face it. Very few supported my desire to become vegan. Generally, I only tell people if we're making plans for dinner or a meal. That's when I offer to bring something if it's a house party. I was once un-invited to dinner when the person who invited me said it would be too hard to prepare a meal I could eat. These days, when

friends make dinner plans, they ask me where I can eat, a considerate request.

Suggesting meat

A small group of people in my life seem to be waiting to pounce. If I get sick, they say maybe you should eat meat. They suggest I might not be getting protein. If I'm tired, they suggest red meat as the cure. Being vegan does not mean you will never feel tired or get sick. Last year, when I was critically ill with sepsis, a concerned uncle called to say I needed to start eating meat. If I were to

guess, I'd say that people need to be right or wrong. If I'm right, are they wrong, and vice versa?

You may be thinking I'm one of those "pushy vegans." Not so. I never try to force my lifestyle on others. My journey is what I believe is right for me. If you face what vou feel are negative comments about your choice to be plant based, my advice would be to not engage in an argument that creates more separation. Arm yourself with the facts so you feel secure choosing the vegan path. For example, I have a certificate in Plant-Based Nutrition from eCornell. I am comfortable knowing I am making good food choices for myself.

Here are some tips to staying on the vegan path:

- Find "your people", ie. make vegan friends.
- Follow great vegan blogs.
- Watch documenta-

Sheree's Hack: In the beginning, immerse yourself in your new life-

tips..

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https://www.worldofvegan.com/

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