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Forgotten Settlements of Clarington

by Charles Taws

CLARINGTON MUSEUMS AND ARCHIVES
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Instead of describing the history of a well known Clarington community this month I will describe some of the smaller and long forgotten communities that once thrived within the old Townships of Darlington and Clarke.

In the 1800's Canada was largely a rural country. In those days many more people lived in the countryside and we didn't have large cities. Also, we didn't have cars and modern roads so small communities developed around intersections, schools, churches and halls. Some remained small and others became villages and a few developed into the towns that we know today. Over 70 such communities once existed within the borders of present day Clarington. I can't describe them all in one article, but I want to mention a few that would have straddled today's Highway #115/35.

How many of us wonder about the country side we are passing as we zoom either north or south along the #115/35 highway? Today, as we head north from Highway # 2 towards Peterborough we pass to the east of Orono and go through Kirby and Enterprise before we leave Clarington. In days gone by there was no highway so you would take the road north of Newcastle, which was originally a toll road and follow it through Trickey's Corners and Renwick's Corners; pass near Bellwood's, Antioch and



"Schoolhouse S.S. No. 14 Clarke is located on lands donated in the mid 1880's by Daniel Powers to then Clarke Township. The original school was built of logs. In 1878 it was replaced with Schoolhouse S.S. No. 14 Clarke, a one room schoolhouse which operated until the 1950's. Owned by the municipality and operated by the Clarington Museum Board - on certain days it is open to the public. For more information visit www.claringtonmuseums.com or call 905-623-2734."

Lawrence and finally go through Orono, Kirby and Enterprise before leaving the old Clarke Township boundary line.

Many of you have been to Trickey's Corners but didn't know it. If you've

ever stopped at the Country Style Donuts or McDonalds Restaurant on the east side of the highway north of Newcastle then you've been to where Trickey's Corners once stood. This little community was originally called

"Butterfield Settlement" after Abraham Butterfield who settled in 1822. He was one of a few English Methodists who had taken up residence in the area. Other families of this group included the Bellwoods, Middletons, Black-

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You Cannot Manage What You Don't Measure



by Peter Hobb

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In my last article I wrote about using ratios to monitor your business. Ratios or key performance indicators are used to measure key business activities so you can tell whether the business is heading in the direction you had planned.

When you start a business you may be able to manage

the business effectively by taking control of everything the business does. As the business grows however, this becomes a very ineffective way of managing. There are not enough hours in the day to do everything that needs to be done to continue successfully growing the business. The growth of the business is restricted to what you, as the owner, are capable of doing. This is not healthy for the business or for the owner. You need to delegate responsibility and control and think more strategically. However, you need to know that the responsibilities you have delegated are being done in a manner that will successfully grow the business. You also need good information to make the correct strategic decisions. The use of key perfor-

mance indicators will help you do this.

Key performance indicators can track your company's daily inputs, outputs and activities, such as the average sale value for each customer, sales leads, conversion ratio of sales leads to sales, and inventory turnover. What you measure depends on what the key drivers are for your business. What does your business have to do absolutely correctly to ensure its success? On the other hand if you are trying to measure too much there is a danger that you will spend time focusing on areas which are not as important to your business' success, therefore, you will not achieve your objectives. It is likely best that you use eight or less key performance indicators.

Understanding your busi-

ness model is important when developing your key performance indicators. What products or services do you sell, who buys them, why do they buy them, and how do you make a profit on the transaction. The two most important aspects of your business model is why do people buy from you and how do you make a profit from the transaction. If excellent customer service is key to your success, you may want to measure customer satisfaction (this can be done by periodic customer surveys); the number of customer complaints compared to the number of items sold or predetermined goals or history, or the number and percentage of customer complaints that are resolved satisfactorily. If product quality is important you

may want to measure product defect rate, percentage of no-damage shipments to all shipments, warranty costs or order processing time. Cash flow is important for all businesses. Measuring the average number of days to collect accounts receivable, the number of days you take to pay your accounts payable, and the number of times your inventory turns in a year can all help you determine whether changes are necessary to improve cash flow management.

If you are not measuring you are not managing. You are steering your business based on gut feel and hope. This is not a recipe for long term success. The primary purpose of key performance indicators is to give you information about your business that will help you

make the best decisions about how to run it. Additional benefits include helping your team understand what is important to the business' success which will help ensure your employees are working together to make your business successful. For example, setting up a system for recording customer complaints and the reasons for them immediately focuses your team's attention on improving customer service. The use of key performance indicators also helps to break business objectives or goals down into smaller more manageable parts. You can set milestones or short-term targets that will be less overwhelming than the objective itself. As the team successfully completes each

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Durham Building Energy From Waste



by **Jim Abernethy**, Editor
www.jimabernethy.ca

Last week the Province of Ontario gave the final blessing for the Region of Durham to begin construction of an Energy-from-Waste facility in the Clarington Energy Park.

The idea of finding an alternative to landfill began in the 1990's when a very large and vocal group of environmentalists demanded the Region of Durham investigate more sustainable methods of processing our municipal garbage. They recommended we look at the Swedish model.... so we did.

I am sure you would agree that Sweden has the reputation of being one of, if not the most environmentally conscientious country in the world.

Sweden may be the only



Councillors and Members of Staff from Clarington and Durham Region inspect the control room of an Energy-from-Waste facility during the July 2007 European Tour. Computer Control Room Manager explains to Councillor Nester Pidwerbecki how the stack emissions are controlled, monitored and recorded on a 24/7 basis to ensure the facility operates within the European Union Guidelines (above). Control Room Flow Chart explaining to visitors the various stages required to remove energy from garbage (below).

generate greenhouse gases. Sweden has a winter climate similar to Canada, so how can this be?

Well, the Swedes discovered a long time ago that District Heating Systems can pump hot water through underground pipes to homes for distances of up to 26 kilometres.

The source of the energy to heat the water is a series of Energy-from-Waste facilities, generally located in the

eliminates the greenhouse gas emissions from the hundreds of trucks required to transport the garbage great distances to landfill sites; dangerous methane gases are no longer released from landfill sites; and the heat that is generated from incinerating the garbage is used to generate electricity and hot water – two products that would otherwise require burning fossil fuels.

It is working in Sweden, and it will work here.

During the last term of Council, we ensured that if the proposed Energy-from-Waste Facility was to be built, then it would be built to the highest standards in the world, even surpassing the Swedish standards.

This project will benefit Clarington in many ways. Our negotiated Host Community Agreement with the Region will give Clarington the much needed water and sewer services to develop the Clarington Energy Park. This park will create new property tax revenues. The cheap and reliable source of hot water will also be a major factor in attracting new businesses to our community.

Think of how the energy from this new facility could be harnessed to further expand Clarington's agricultural industry. We could grow food all year round in greenhouses located on agricultural lands within a

26 kilometres radius of the Clarington Energy Park. This would eliminate the need to import and transport fruit and vegetables thousands of kilometers, further reducing greenhouse gases.

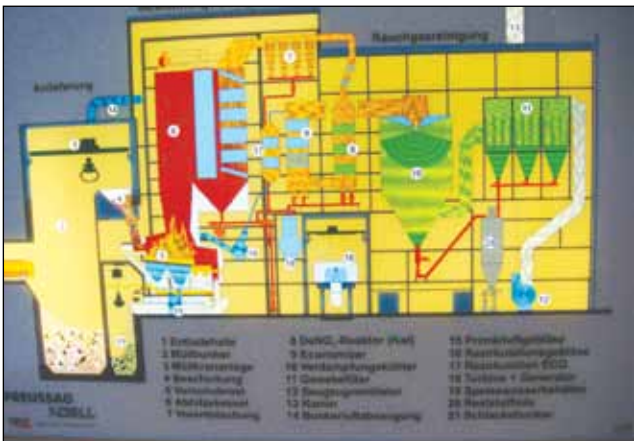
I understand that the Provincial decision to approve the Clarington EFW facility may be disappointing for some. The Canadian Auto Workers union (CAW) led a vigorous anti-incineration campaign to prevent the building of what inevitably will be the first of many new EFW facilities in Canada.

In addition to the auto sector, the CAW has many members in the Canadian Transportation Industry. For example, CAW Local 4268 in Brampton represents the long haulers who drive the big rigs that transport municipal garbage internationally, inter-provincially and within the Province of Ontario.

Those jobs will be at risk as municipalities move toward the Swedish model of processing garbage.

As Mayor of Clarington, I supported the more than 5 year approval process required by the Province of Ontario to determine if an Energy-from-Waste facility can be built and operated safely within our community.

The Ontario Minister of Environment believes that it can..... last week the Minister gave the final approval necessary to build the facility.



country in the world to achieve and surpass their Kyoto Accord commitments to reduce their nation's greenhouse gas emissions.

In 2007 and 2008, I inspected a number of garbage processing plants in Sweden, Denmark, Germany and Italy.

I was surprised to learn that 50% of the buildings in Sweden do not have furnaces and therefore do not

heart of populated areas.

In addition to generating hot water, these facilities also generate electricity which feeds into the local electrical grid, further reducing their reliance on fossil fuels and their nation's greenhouse gas emissions.

The Swedish model generates less greenhouse gases than our traditional landfill model because their Energy-from-Waste model

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Gone But Not Forgotten

Continued from Page 1

woods and Hills.

However it was later re-named after Joseph Miller Trickey who had a blacksmith shop on the corner. Mr. Trickey was an unusually talented blacksmith and gunsmith who could work in brass, iron, steel and even wood. People who knew him regarded him as a "wizard in iron and steel." He once welded a sewing machine needle for a local lady. Elders as well as children would come from far and near to watch Trickey "perform his magic" in his blacksmith shop. One writer summed up Trickey's talents by these words, "... that famous scion of Vulcan is fabled with hammer and lathe to have made everything under the sun."

The community once boasted an early log school and a Primitive Methodist Church. It was 24 by 30 feet, probably of frame construction and was known as the "Bethel Church". It was built in 1848 and was torn down in the 1880's. Mr. Trickey died in 1883 and the little community dwindled. In December 1921 a fierce wind storm blew down Mr. Trickey's old shop and house. If you look behind the donut store you'll see the church's cemetery and that is all that is left of Trickey's Corners today.

At the next concession we would pass through Renwick's Corners. We don't have too much information on this area except that it was named after the Renwick family who came to Clarke in 1833. Herbert Ren-



wick and his family eventually owned most of the land around this intersection. Their original farm was just west of the intersection and was known as "Hoptown". They had come from Dumfries-shire, Scotland. The 1861 Tremaine Map of Durham County shows Renwick's Corners as having a "fork factory". This is in reference to Mr. Trickey who practiced blacksmithing there for a while. He repeatedly won prizes for his hay

and manure forks at provincial and local fairs. The map also shows a little pond just north of Trickey's shop. It was here that the Scottish settlers played their earliest curling matches.

Further west along the fourth concession was Bellwood's. This community revolved around a schoolhouse. It had been built around 1840 and was in use until 1859. After this time

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Important Issues about Home Insurance



by Allison Fellowes Strike

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As an insurance broker, I am often asked to prepare a "quick quote" for homeowners insurance, and while I don't want to complicate the process, to do the right job requires some fact finding.

More people are upgrading their kitchens with granite counter tops or customizing their basements with home theatres. These situations are creating larger and more complicated claims, so it's more important than ever to talk to your insurance broker. Considering that your home is your biggest asset, it makes good sense to take the time to insure it properly. You should keep a record of when you updated your heating, plumbing, and wiring. If you build a new deck, renovate or update, you should make sure your insurance broker or company knows.

If you plan to renovate

your home, you should ask if there are any restrictions on your policy. For example, if there are exposed wiring or walls, you may need to have a special clause added for your policy to be valid. The cost for a building under construction coverage is usually \$30-\$50 for a 30 day period.

You should also check to make sure that your building contractor carries commercial liability insurance. If, in the course of construction, a worker ruptures a pipe, causing water damage to the floor or ceiling, the contractor's policy will pay the damages.

Another issue is renting your basement apartment.

This should be a separate, self-contained area. You should confirm that your tenant has his own tenant insurance policy, and it should be written into the lease that he renew the policy annually. While the tenant's insurance policy will cover their own personal property, as a landlord you will have coverage if your tenant causes damage to the building, such as a fire.

There are other exclusions under your insurance policy. The best way to know if they will affect you is to call your broker to discuss the situation.



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If only our homes could actually be the quiet, peaceful sanctuaries that we wish them to be. In reality, there is often unwanted noise from outside traffic and interior activities. To create a quieter environment, you simply need to add more fabric to your home.

Fabric window coverings absorb outside noise and cut down on its intensity. The more layers you use, the

better. Line and interline drapery panels, and add soft top treatments. Chose fabric shades over hard blinds.

Fabrics at the window also muffle interior noise from appliances, televisions, and loud phone conversations. Layers of fabric can absorb echoes and reverberations,

like the clomping of heels on a tile floor.

Use textiles around the room, also, to further augment the sound dampening effect.

Add an area rug – even on top of wall-to-wall carpeting.

Hang fabric on walls. You can use beautiful tapestries, area rugs, or quilts as

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Add pillows to your upholstered furniture. The more layers of fabric you add to your room, the quieter it will be.

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Interlock Driveways



by Dirk Woudstra

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products but the details are in the fine print. The fine print will usually read if installed according to specifications.

A few things to remember when installing an interlock driveway:

The depth of your excavation can vary depending on the nature of your sub grade. For example, a clay sub grade soil could require up to a 20" sub base plus a 6" base as a silty-sand which would require less. Technical guides are usually available from your landscape professional or your stone supplier. We normally use A-Gravel for our base but remember to compact to 100% standard proctor density. We usually compact in 3-4" lay-



ers. Be careful to protect the sub grade from surface water while in the process of installing your new driveway.

Using laser levels to determine final grades will also help you to find your 2% slope needed for surface water runoff.

Use concrete sand or equivalent for your bedding layers. Do not use limestone as your bedding layer. Use edge restrainers for all of your interlock projects including patios and walk ways.

Compact your interlock into the bedding sand and compact again when sweeping sand into the joints.

We use a polymeric sand because it helps to resist weeds, insects, and erosion. It hardens after moistening.

There are a lot of factors to consider when installing an interlock driveway but when installed properly it will add to the value of your home and give you years of enjoyment.

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Gone But Not Forgotten

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it was replaced by a new school in a different location. It was a crudely constructed frame building. Nearby was Francis Squair's grist mill. Francis' son John wrote an authoritative history book of this area in 1927 - entitled "The Townships of Darlington and Clarke". In its 609 pages is a comprehensive history of this schoolhouse which became known as S.S. No. 9 Clarke.

As we proceed further north to the fifth concession we are very near Orono. But even here are some forgotten settlements. To the east are two: Antioch (lot 25, Con. 5) and Lawrence (Lot 21, Con. 5). Antioch was settled by the Gamsby family. They originally came in from the United States, but had lived in Quebec for a time before coming to Clarke in 1833, so this area was known as "The Lower Canada Settlement" in the early years. A school house was built in the area and was known as "The Gamsby School", but the religious name of Antioch was soon chosen for this small community. A nearby side road was called "Religion Lane". A brick school was built in 1862 but was demolished a century later. A house is now on the site.

Lawrence was a community based around a Presbyterian Church built in 1839. Herbert Renwick was one of the witnesses to the church deed. This church was built on the Waddell Family Farm known as "Maryfield" and was named after Rev. George Lawrence. In 1852 another Presbyterian Church was built near Leskard and was called the "Back Lawrence Church". Both began to de-



Bethel Cemetery is all that remains as a reminder of Trickey's Corners (above). Photos of some of the headstones of the Trickey, Bellwoods and Hill family members who lived during the mid 1800's can be seen here (right) in the Bethel Cemetery located on the north side of the Concession Road 3 Clarke, just east of Hwy 35/115.

cline when Orono opened its Presbyterian Church in 1868 (this structure still stands on Centreview Street as a house today, but was the Masonic Hall for many years). The Lawrence Church struggled on until the 1880's but was torn down in 1891. Like Trickey's Corners all that remains today is a cemetery.

As we continue north past Orono and through Kirby we come to the small hamlet known as Enterprise. It is often confused with a larger village of the same name in Eastern Ontario. A few

buildings on either side of the highway mark the spot, but the only one of historical note is the school house. It can be seen on the right or east side just before you head up the hill. It was S.S. No. 19 Clarke and operated from the 1880's to 1967. An earlier school, perhaps a log one existed nearby since the 1850's and was known as the Billings's School after a local family. The current building has been modified into a house.

These are just a few of the forgotten settlements in

Clarington. Wherever you travel in Ontario, if you keep your eyes open, you may spot an old structure, or fence, or even just rows of lilac bushes that might indicate a pioneer settlement. Although forgotten today they were an important part of our pioneer past.



Key Performance Indicators

Continued from Page 2

short-term target the project picks up momentum and the chances for success increase.

Using key performance indicators helps you be proactive in identifying problems or potential problems before they become bigger problems and threaten the success of your business. While it is important to measure activities it is just as important to take action based on the information you are receiving if it is required. You need a system

to ensure that you take action based on what your key performance indicators are telling you. You also need to continually assess the usefulness of the key performance indicators you are using. If the information is no longer useful stop gathering it. As we all know no business remains static. The environment is always changing and you need to change with it. The use of key performance indicators helps you stay in front.



Portraits of Mr. and Mrs. Charles Bellwood donated to the Clarke Museum in 1980. The original S.S. # 9 Clarke schoolhouse was built near their property and so the schoolhouse was often referred to as "Bellwood's". The school is long gone but a small rural residential community still exists in the area.

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MOE Issues Certificate Of Approval For Energy-From-Waste Facility



WHITBY, ON June 29, 2011 – The Regional Municipalities of Durham and York are pleased to announce the Ontario Ministry of the Environment (MOE) has issued a certificate of approval (C of A) for the Durham/York energy-from-waste (EFW) facility on June 28. There is one C of A covering operational requirements related to air, noise, waste and stormwater and this C of A reflects the technical specifications of the Project Agreement, Environmental Assessment conditions of approval and the Regions' integrated waste management system, as well as complies with all relevant regulations.

"This decision is historic for the Region of Durham. It allows us to be a provincial leader in the area of waste management, allowing Durham residents increased responsibility for the handling of our own waste," said Roger Anderson, Durham Regional Chair and Chief Executive Officer. "It is important to thank the province for helping us to reach this milestone. Plus, it couldn't have been done without the

more than five years of public consultation and research into this issue. Our residents confirmed that they expect this facility to be clean and safe-and that's how we intend to build it."

"Ministry of the Environment approval of this final step of the Durham/York Residual Waste Study signals the start of an exciting future. Municipalities across the country will be closely following this project as it provides both a sustainable and innovative municipal waste management solution," said York Region Chairman and CEO Bill Fisch. "The partnership between York and Durham was instrumental in bringing this project to fruition. Staff from both Regions worked through a detailed process to get to this point and with the MOE's approval of the C of A, we are now able to start construction of the EFW facility. Our EFW facility will set the standard for the future of waste management."

The Durham/York facility will process waste to create energy in the form of steam, electricity and heat

with an approved capacity of 140,000 tonnes per year. The facility will only process municipally collected household waste (garbage) left over after the Regions' aggressive diversion efforts, such as recycling and composting. The EFW facility will also be capable of recovering materials such as metal.

"Today's announcement is an important step in ensuring that residents of Durham and York Regions will have a long-term solution for managing our garbage," said Cliff Curtis, Durham Region's Commissioner of Works. "With this facility, we will be able to transform our garbage into energy and reduce our carbon footprint. This facility is just one part of the solution; the rest of it lies in our diversion efforts. We have a goal of 70 per cent diversion and with the help of our residents, we will reach our goal."

Preliminary design and engineering of the facility is well underway. It is anticipated that construction of this facility will begin in the fall of 2011 with a target op-



eration date of 2014. The EFW facility will be located in Clarington's Energy Business Park, on a 12-hectare parcel, north of the Courthouse Water Pollution Control Plant in Durham Region.

Covanta Energy Corporation is the full service contractor to design, permit, build, start up, commission and operate the

140,000-tonne-per-year EFW facility for Durham and York Regions. Covanta is the largest provider of EFW services in North America, with 41 operating facilities in the United States, including 24 that were designed and built directly by Covanta.

For more information on the Durham/York Residual Waste Study, visit [\[myorkwaste.ca\]\(http://myorkwaste.ca\), call toll-free at 1-800-667-5671, or email \[info@durhamyorkwaste.ca\]\(mailto:info@durhamyorkwaste.ca\).](http://www.durham-</p>
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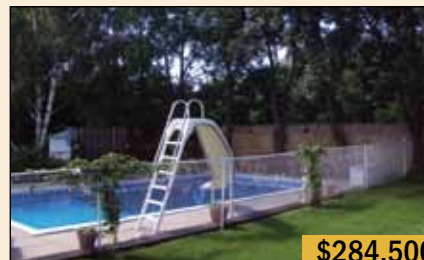
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HOME COOKING

with Cathy



by Cathy Abernethy

HOME PROMOTER
CONTRIBUTOR

www.jimabernethy.ca



A basket of fresh lavender - just picked!

Summer time is such a wonderful time of year to be excited about cooking. I hope you enjoy the following recipes. I tried to keep them fairly easy and also using ingredients that will be readily available this time of year. If you don't have access to fresh lavender for the biscotti recipe, I have also substituted slivered almonds or chocolate. The grilled Greek salad is delicious and I never get tired of the black bean dip. Enjoy!!!

Black Bean Spread with Lime and Cilantro

This is a really quick tasty dip to serve any time of year but especially in the summer time.

Ingredients:

1 can (19 oz.) black beans	2 tbsp. chopped fresh cilantro
3-4 green onions	½ tsp. salt
1 tsp. balsamic vinegar	Pinch black pepper
1 tbsp. fresh lime juice	¼ cup cherry or grape tomatoes

Preparation

Drain beans and rinse well under cold water. Place in food processor. Coarsely chop green onion, and add to food processor. Add balsamic vinegar, lime juice, chopped cilantro, salt and pepper. Process until smooth. Adjust seasoning. Transfer to a bowl and stir in chopped tomatoes. Cover until ready to serve. Serve with baked tortilla or pita chips. Makes 1 ½ cups spread.

Grilled Greek Salad

This is a fun recipe to try for barbecue season.

Dressing Ingredients:

2 tbsp. olive oil
1 tbsp. fresh lemon juice
1 tbsp. chopped fresh oregano
1 tbsp. chopped fresh mint
¼ tsp. black pepper

Salad Ingredients:

1/2 English Cucumber
1 sweet yellow or red pepper
4 green onions
2 medium tomatoes
½ cup feta cheese
¼ cup slivered black olives

Preparation

For dressing, combine dressing ingredients in small bowl. Set aside. For salad, cut cucumber in quarters, lengthwise. Seed, core and halve the pepper. Trim root ends of green onions. Put vegetables on a plate. Spread about ½ the dressing over the vegetables. Over medium heat, grill cucumber and pepper for 5 minutes on each side. Grill green onions for 3 minutes each side. Place grilled vegetables back on plate and let cool for about 10 minutes. Cut into bite-size chunks. Put vegetables into a bowl with the dressing, along with any juices. Cut tomatoes into chunks. Add tomatoes, feta cheese and sliced olives to grilled vegetables. Serve salad at room temperature. Makes 4-6 servings.

Lavender Lemon Biscotti

I had to include this recipe in this issue as I have spent the last few days picking fresh lavender from my daughter-in-law's garden.

Ingredients:

1 ¾ cups all-purpose flour	¾ cups sugar
2 tsps. Baking powder	1/3 cup butter, melted
1 Tbsp. lavender blossoms	2 tsps. Vanilla
2 tsps. grated lemon zest	1 egg white, lightly beaten.
2 eggs	

Preparation

Preheat oven to 350F. In large bowl, combine flour, baking powder, lavender blossoms and lemon zest. In a separate bowl, whisk together eggs, sugar, melted butter and vanilla. Stir into flour mixture until soft, sticky dough forms. Transfer to lightly floured surface and form into a ball. Divide dough into half and roll each half into a log about 12 inches long. Transfer to a baking sheet lined with parchment paper. Brush tops with egg white. Bake for 20 min. Remove from oven and let cool on pan about 5 minutes. On cutting board, slice rolls diagonally into ¾ -inch thick slices. Stand cookies upright on baking sheet. Return to oven and bake about 15- 20 minutes longer until golden brown. Place on rack and let cool. Makes 24 biscotti.

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Farmer's Markets In Durham Region



by Tom Coleman

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There are few things tastier than a freshly picked Durham Region strawberry.

Strawberry season has started in Durham Region with many farms and markets offering pre-picked berries or the opportunity to pick your own harvest.

This year's crop is slightly

later than last year's, but still as tasty as ever. Durham Region strawberries are deep red right through and extremely juicy—they just burst with flavour.

Strawberries are delicious as they come, but I also encourage you to stock up now for use in your jams, pies, jellies, and other inspired treats.

Buying local food allows you and your family to experience where it comes from, and you can talk directly to farmers about how your food is produced. Often these farmers have some great recipes to share, too!

Here in Clarington, you can pick your own Durham Region strawberries at Fred's Fruit Market on Hwy 35/115 and Watson Farms in Bow-



Strawberry season is here, and you can buy pre-picked or pick your own. Either way you are in for a yummy treat to start your summer.

manville. Or, you can pick up a basket at any one of the number of local farms and farmers' markets.

Discover the local difference—see you on the farm!

For a full list of producers, farmers' markets, and to find out what else is in season in Durham Region, visit us online at www.durhamfarmfresh.ca or call 905-427-1512.

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The Eyes Have It....

by Judi Stevens

Eating blueberries improves vision, reduces eye fatigue, near-sightedness, night blindness and restrains the development of cataracts according to numerous studies. Anthocyanins, the natural pigment found in all blueberries that gives them their lovely blue colour, have been found to strengthen capillaries and peripheral circulation and, more recently, anthocyanins have been studied with regards to macular degeneration in the elderly. The Japanese have long recognized blueberries as the vision fruit. Not only are blueberries good for your vision; the health benefits seem endless, so, it is easy to see why they are considered the Miracle Fruit.

Blueberries act as an antibiotic by blocking bacteria

in the urinary tract helping to prevent infection. They are also high in salicylate, a natural aspirin like compound that has been shown to reduce inflammation and prevent blood coagulation. Eating a handful of blueberries daily may also help protect arteries from forming those lesions that give stiff, fatty plaques a place to form ensuring a healthy heart.

You wouldn't think that the colour blue could be so powerful. We have all been touched in one way or another by the dreaded word: Cancer. Be it family or friend, cancer seems to be more prevalent today than ever before. Just look to the Princess Margaret Hospital recently raising a record 17.5 million dollars in support of cancer research with their annual 200 km. Ride to Conquer Cancer weekend. In a

new study from the University of Illinois, it showed that the compounds, including anthocyanins, in blueberries possess the power to inhibit cancer in all three phases: initiation, promotion and proliferation.

Nature has a way of teaching us important lessons. Why else would we find flocks of birds diving in to munch on those luscious, ripe blueberries at the peak of the season? Not only are they healthy, but eating a ripe, sweet blueberry is like eating candy without the guilt.

Finally, research by the USDA suggests that eating blueberries may reverse the aging process, enhance memory and failing motor skills. Just think of the possibilities of looking younger, not forgetting where you last put your glasses and being able to ride your bike in the



Judi Stevens, her husband Charles and their daughter Courtney have operated Wilmott Orchards & Blueberry Farms at 3337 Concession Road 3, since 1976.

next Ride to Conquer Cancer.

We have heard it many times before. Wellness begins with remaining active and eating the right foods. In an aging population focusing on that ever elusive fountain of youth, eating blueberries seems to be a good place to start for a healthy and longer life.

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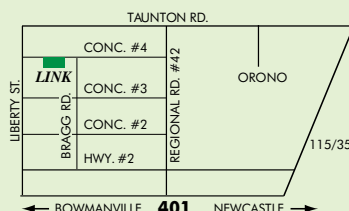


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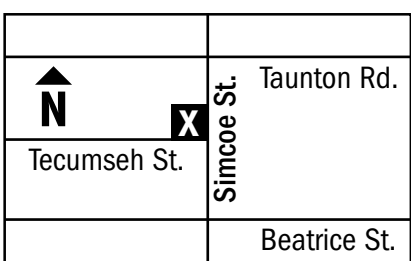


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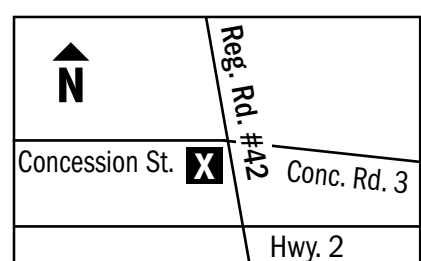
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