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Volume 2 | Issue 1

Delivered by



TO OVER 30,000 HOMES AND BUSINESSES IN CLARINGTON

February 2012

ROYAL SERVICE
 REAL ESTATE INC.
 Brokerage
 Featured Property
of the month



4123 Concession Road 5 - \$320,000
 Located high on a ridge, this 52 acre vacant property has one of the most spectacular views of the Lake Ontario shoreline.
 See more details on page 9 or visit jimabernethy.ca.

See page 9 for more details.

What do we really know about St. Valentine's Day?



Valentine Post Card - This card was used in 1909. It was printed by the pre-eminent postcard manufacturer in Great Britain, Raphael Tuck & Sons. It is listed as no. 139 in their series of Valentine Post Cards.

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Visit: www.claringtonpromoter.ca

Website Link of the Month



Visit www.ClaringtonPromoter.ca Look for and click on the Link of the Month tab. Your visit will help secure CoorsMolson funding by simply CHEERING on the Valleys2000 - A River Runs Through Us!

by **Charles Taws**
CLARINGTON MUSEUMS AND ARCHIVES
www.claringtonmuseums.com

Valentine's Day will soon be upon us. That most romantic of special days. How did it start? When does it date back to? And, who is St. Valentine? Not surprisingly, many sources give a highly romanticized origin to this day. The conventional story goes that St. Valentine's (or just Valentine's) Day was established by Pope Gelasius I in 496 AD to honour the memory of Valentine, a priest of Rome when it was still a pagan state. Emperor Claudius II (the Cruel) need-

He found that single men made better soldiers than married men so he forbade all engagements and marriages. Valentine, seeing the unfairness of the Emperor, secretly married young couples in Rome's growing Christian community, but was soon found out and was martyred on February 14th 269 AD (or 270 AD). While in prison awaiting his sentence he helped other Christians to escape and is even said to have fallen in love with his jailer's daughter. Before his death, he wrote her a farewell letter and signed it "From your Valentine". When Rome became a Christian Empire he was made a Saint. What a nice story? It has

ter, but is it true? Does it hold up to cold historical analysis? The short answer is, sorry to all you lovers and romantics out there, no. But, the historical reality of this holiday is very interesting if only because so little is known about it. First of all, there are many St. Valentine's out there (at least fourteen) and it is not clear who Gelasius was honouring when he declared the holiday. Three are at the top of the list as candidates because they are reputed to have died on February the 14th. By far, the best candidate is Valentine of Rome. He is known to have existed and is buried on the Via Flaminia in Rome. His relics can be found in the Church

Church in Dublin, Ireland and in the village church of Balzan, Malta. The next one is Valentine of Terni. Terni is a city in Central Italy and this Valentine lived around 197 AD. He was martyred by the Emperor Aurelian and also lies buried on the Via Flaminia. His relics are kept in the Basilica of Saint Valentine in Terni. Almost nothing is known about the third claimant who was martyred, along with his companions, in Africa (some say Ethiopia) on February the 14th. It is not clear whether St. Valentine's Day is to honour one, or some, or all of these saints. For this reason the holiday was deleted from the Gener-

Continued on Page 4

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Come & See Our
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It Is Time To Put Money Into An RRSP!



by Peter Hobb

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The ads have been running for a while. It is RRSP season! So act now! Or should you? The answer depends on your personal financial situation. If you do make a contribution, it should be made as part of a comprehensive financial plan that is going to help you reach your retirement goals. It is not only about the income tax deferral, which will either provide you with a refund or

reduce the income taxes you would otherwise have to pay. An RRSP account should be one element of a comprehensive retirement plan. An RRSP strategy alone may not provide you with the resources you will need in retirement. A financial plan will help you set realistic goals. Also, the more you understand what you need to do to secure the retirement you want, the better you will be able to balance current financial needs with future financial needs. It probably doesn't need to be said but the earlier you develop and implement your plan the more likely you will achieve your financial retirement goals. It is never too early OR too late to put a plan in place. Your financial advisor should be able to help you develop such a plan.

The decision of where to invest your RRSP contribution

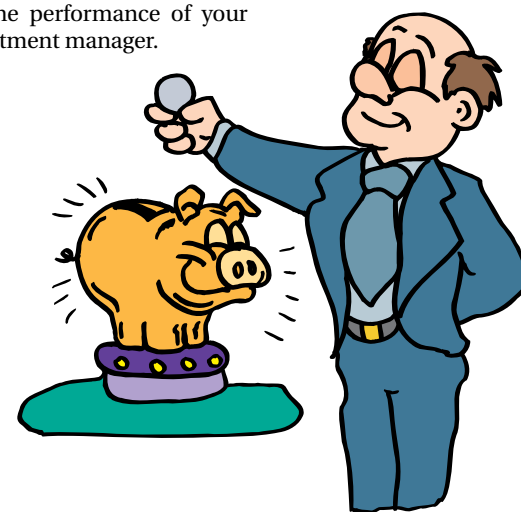
is as important as the decision on whether to make the contribution. In my experience people do not give enough thought to who they invest with and how the money is invested. The reason for this is they may not have the time, the interest or the financial understanding. This is why it is important to have a financial advisor you feel comfortable with and who will take the time to explain things to you in a language you understand. You must remember that it is your money and if the portfolio does not do well you will be the one to suffer. Some people feel it is a good idea to have more than one person managing their investments. They feel this will reduce risk because they are diversifying investment managers. However, this may actually increase risk if the various individuals managing

your investments are not collaborating to ensure that your portfolio is properly diversified. Normally having one investment manager is a better way to go. Diversifying your portfolio, not the number of investment managers, is the best way to mitigate risk. Your investments, for example, may be diversified between stocks, bonds, treasury bills, guaranteed investment certificates and cash. The weighting of how much is invested in each category will depend on your age and risk profile. A more aggressive investor may have a greater percentage of their portfolio in stocks. A younger investor can also afford to take more risk because they will be investing for a longer time horizon. The closer you are to retirement the less risk you should be willing to take because you will not have enough time to make up any

shortfall caused by a sudden reduction in the value of your investments. You also must remember that as you age your risk tolerance will change and your portfolio should adjust accordingly. Your investments need to be continually monitored.

As well, you need to monitor the performance of your investment manager.

As you can see there is more to just making an RRSP contribution and waiting for a refund cheque at tax time. The real gain is the growth in your wealth that will occur in your RRSP investment account and the amount that will be available to you when you retire.




Can The U.S. Economy Keep Expanding Despite Turmoil Abroad?

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Canadian investors are invited to a luncheon presentation of Cougar Global's Capital Market Outlook, by Dr. James Breech and Deborah Frame, VP Investments. Dr. Breech is a long-time Clarington resident, Founder and President of Cougar Global Investments.



Speaker
Dr. James Breech

Date – Thursday, March 1st, 2012

Time – 12:00pm – 2:00pm

Location – Cougar Global Investments LP

357 Bay Street, Suite 1001

Toronto, ON M5H 2T7


Guests are welcome.

To RSVP

call **1.800.387.3779**

or call Nat Maneechai at **1.416.368.5255**

or email: nmaneechai@cougarglobal.com



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THE NEW MASSEY HOUSE RESTAURANT





COME IN AND SEE OUR EXPANDED LICENSED DINING ROOM



Catering Available

Your hosts Gus & Karen Bastas

New Massey House Restaurant in Newcastle has added a second dining room that is now open to serve you. "Karen and I are grateful for the many years of support the community has shown to our family. The addition of another 55 seat dining room will allow us to reduce customer wait times during peak dining hours and provide a first class venue for private functions." explained Gus Bastas, Proprietor. "We are a family restaurant and our goal is to provide our customers with quality food and quality service" added Karen, his wife.

- Now open for Private Functions (LLBO Licensed)
- Seating capacity increased from 55 to 110 seats.
- Same Great Menu
- Quality Food
- Quality Service

905-987-3747

27 King Ave. E., Newcastle

Thermometer Rising at Townhall !



by **Jim Abernethy**, Editor
jim@ClaringtonPromoter.ca

You will be pleased to know that the volunteer fund raising efforts for the Valleys2000 Fish By-Pass Channel continues to snowball.

Many hands do make light work.

On behalf of the entire volunteer committee, I would like to thank those of you who have made the effort to make a donation or become involved in this very important project.

Please know your donations made in person at the Valleys2000 office, by mail, and paid online via the PayPal system posted at www.valleys2000.csa are all greatly appreciated.

But there is more work to do, and collectively we will do it.

For example local residents Erin O'Toole and Steve Kay recently proposed and received approval from the Valleys2000 Committee to coordinate a Gala Fund Raising Event to help raise those thermometer readings.

Erin and Steve quickly organized "A River Runs Through Us" Gala Committee, and thanks to the sponsorship by TD-Canada Trust, General (Ret'd) Rick Hillier will headline the Gala Fund Raising Event scheduled to take place on Saturday, March 2, 2012 @ 6 PM at the Garnet Rickard Centre.

You can purchase tickets online with your credit/debit card, or call 905-697-1900 Royal Service Real Estate Inc., for ticket enquiries and pick up.

Seating is limited to the first 200 tickets sold, so I suggest you buy your tickets soon.

A River Runs Through Us Gala Dinner promises will be a wonderful night of entertainment with lucky draws, silent & live auctions and of course General (Ret'd) Rick Hillier who is a very powerful speaker and has a passion for fishing. See event details in the Valleys200 advertisement on **page 10**.

Here is another innovative way for you to help raise funds for Valleys2000 from the comfort of your home, and it will not cost you any money.

Molson Coors is donating up to \$1,000,000 to support

more than 20 worthy community projects across Canada.

You can go online to www.ourcommunitycheer.com and "cheer" for our local community project. On that website the Clarington local community project called "A River Runs Through Us."

The level of community support is measured by the number of "cheers" each community project receives.

The communities showing the most support for their local community project will receive a share of the \$1,000,000.

So far, Clarington is doing very well in this competition and is in a good position to receive a share of the \$1,000,000.

You can read more about this program in the Valleys2000 advertisement located on page 10 of this issue.

The Gala and Molson Cheer Program are two more examples of our community spirit helping "A Miracle in the Making" happen right here in Clarington.

A milestone event is about to happen in our community.

This year, Clarington will receive \$10 Million from the Federal Government for hosting, in perpetuity, a long-term low-level waste management facility in Port Granby.

This money is a wonderful opportunity to create a legacy project, one that will benefit all of the people of our community for generations to come.

The Clarington Promoter would like to stimulate public discussion about this \$10 Million Dollar windfall.

In your opinion, what should Clarington do with this \$10 Million legacy money?

Send me your thoughts and ideas as individuals, groups or organizations.

We will post them in the next issue of the ClaringtonPromoter and on our website located at: www.ClaringtonPromoter.ca website.

Think bold! Your ideas should add quality of life for everyone living in our community for generations to come.

Send your emails to: Jim@ClaringtonPromoter.ca

Mail your letters to: Jim Abernethy, Editor ClaringtonPromoter.ca 23 Lowe Street Bowmanville, Ont L1C 1X4

Or just pick up the telephone and call me @ 905-261-7788 Remember this is your community, so get involved and voice your opinion!

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Public Service Announcement

"BEAT THE FEBRUARY BLUES" Event is taking place on Saturday morning February 11, 2012 at St. John's Anglican Church, 11 Temperance Street in Bowmanville.

This community event is sponsored by The WHO Group (Women Helping Others). Admission and refreshments are Free.

Enjoy a relaxing morning. Meet other women in

our community and view new and unusual products. Socialize or Buy some wonderful items for yourself or as gifts, while supporting the WHO Group (Women Helping Others). Your purchases will be helping St. John's help others in need.

Beat those February Blues!! The proceeds from the purchases of this event go back into helping others in our community.

What is an "ETF"?



by **Vicki Breech**,
CFP, FCSI, Vice President

COUGAR GLOBAL INVESTMENTS LP
www.cougarglobal.com

ETFs (Exchange Traded Funds) are an investment product that was introduced to the market twenty years ago. They grew gradually over the first ten years, and have since exploded in popularity and number. As the benefits become more evident, the ETF market continues to grow exponentially. Currently there are more than 900 ETF strategies available.

An investor can buy an ETF that replicates an index like the S&P/TSX Index, or the S&P 500, for example. The

ETF will hold exactly the same stocks as the index, so proportionate to the size of the ETF, and the size of an individual investment, an investor will hold an exact duplicate of the index. Equity based ETFs are most common, but ETFs that replicate bond indexes; for example the Scotia Universe Bond index, are also becoming recognized for their value.

The benefits of this kind of product are substantial. They offer an opportunity for diversification, they are cost effective, and have much lower fees than mutual funds. Tax efficiencies are achieved, as ETFs have a lower turnover rate, and through their particular structure, an ETF may even reduce capital

gains. Additionally, an ETF trades like a stock, allowing an investor to verify their holdings immediately, unlike a mutual fund, which only sets the value at the end of each trading day.

Asset Allocation is the process of dividing your total assets and assigning a certain amount to a range of ETFs. This gives the investor or the investor's advisor the ability to design a portfolio that meets an investor's diverse and precise needs, whether those needs are to provide for a retirement income, or to save for a first home.

ETFs are here to stay, and provide an investment opportunity for the smaller investor that still offers the benefit of a fully diversified investment portfolio.

Next time we'll discuss "How can I use ETFs in my portfolio?"

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St. Valentine's Day

Continued from Page 1

al Roman Calendar of Saints in 1969 by Pope Paul VI.

So how did this holiday, set aside to honour a martyred saint(s), become attached to love and romance? Again, the short answer is- we don't really know. Historical scholars can see the examples throughout history but not the reasons behind them. Let's look at the most prominent incidents in history that show Valentine's Day progression toward romance. For the first one we have to jump to the year 1260 when "Legende Aurea" was very popular. This book recounted the lives of the saints and it adds some details to the St. Valentine's story. It states that Claudius himself interrogated Valentine and had a discussion with him. He tried to convert Valentine to paganism, but when Valentine refused and tried to convert him to Christianity the

that the "Legende Aurea" was written at the time when the idea of medieval courtly love was popular. This may have had an influence on the holiday.

The first reference to Valentine's Day in literature comes in 1382 and it has no precedent. In Geoffrey Chaucer's "Parlement of Foules" he writes (converted in modern English):

For this was Saint Valentine's Day,

When every bird cometh there to choose his mate."

This is the first reference to link Valentine's Day with the idea of love and romance. The poem was

written to commemorate the first anniversary of the engagement of King Richard II of England and Anne of Bohemia. It was a common belief that birds began mating on February 14th, but any naturalist today will tell you that is too early.

Now we jump to 1415 and Charles, Duke of Orleans, having lost at the Battle of Agincourt begins his lengthy stay in the Tower of London. He spends his time writing poetry in French. Among his works is a rondeau in which the following lines are found:

"Je suis desja d'amour tanne
Ma tres douce Valentinee."

This poem is regarded as the earliest surviving valentine and is preserved in the British Museum. Next we jump to Shakespeare's play "Hamlet". It was written in 1600-01 and St. Valentine's Day is mentioned in a romantic way by the character Ophelia. It seems by this time that St. Valentine's Day is widely regarded as a day of romance and love.

We see the romantic references through out history, but not the "why". Some scholars believe we have to look to earlier pagan festivals celebrated in pre-Christian Rome to find the an-



Valentine Post Card - circa 1915, Again, printed in Germany as were most of the postcards of the early 20th Century, as the Germans had the printing equipment to produce brightly coloured cards cheaply.

swer. Mid-February was the Festival of Lupercalia. It was dedicated to the goddess Juno who represented women and marriage. In pagan Rome boys and girls were raised separately. At Lupercalia the young women wrote their names on slips of paper and placed them in a jar. The young men would reach in and pick a name from the jar. Each resulting couple would spend Lupercalia together (about 3 days). If things worked out they could stay together for a year until the next Lupercalia Festival. If, in that time they fell in love they could become a couple. This festival was abolished when Rome became Christian as it was deemed improper to choose a mate by luck. The early Christians often Christianized older pagan festivals to make conversion of the masses easier. Perhaps the romance of Lupercalia mingled with the imposed story of St. Valentine to give us the holiday we have today.

One aspect of the holiday must be touched on and that is the Valentine's Day card. Originally two lovers might send each other a Valentine note on February the 14th. These involved into elaborate homemade

cards by the early 1800's. Later they became colourful mass-produced cards such as we are familiar with today. Also, it has become the custom, especially with school children, to send Valentine's Day cards out to practically everybody. So, it has become a day to send a special Valentine wish to all we know and love. A billion Valentine cards are given each year and in 2010 15 million e-Valentines were sent over the internet.

Factory made Valentines were popular in England from the 1840's onwards. As the middle class acquired wealth and leisure time throughout the 19th Century many old ideas were reborn- among them St. Valentine's Day. Fancy Valentines made with real lace and ribbons were cheap to

buy and popular to send. In America, Esther Howland (1828-1904) of Worcester, Massachusetts created the Valentine Card Industry there. Inspired by a British Valentine she received from a business associate of her father she imported ribbon, lace and colourful printed scraps and began producing her own Valentine Cards. Before she sold her successful business in 1881 it was grossing over \$100,000 per year (a considerable sum for those times). She is known as the "Mother of the American Valentine" and since 2001 the American Greeting Card Association has been giving an annual "Esther Howland Award for a Greeting Card Visionary".

Today, candy, chocolate, flowers and even gifts are often added to our Valen-



This Valentine Card was made in Canada and dates to the early 1960's

tine wishes. It is the one day reserved for lovers and for people to send friendly greetings to those they know and love. While its history is not well documented, that doesn't make it any less important to us.



This Valentine Card is the more elaborate die-cut style that folds out to make a 3-D effect, printed in Germany and very popular from about 1910 to the early 1930's.

enraged emperor ordered his execution. While in jail he performed a miracle by healing the blind daughter of his jailer. The part where he falls in love with her and leaves a note signed "From your Valentine" is believed to be a very recent addition to the story created by an American greeting card company. One does have to wonder if priests were allowed to marry at that time. It is interesting to remember

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Clarington Older Adult Association

Operated by the Clarington Older Adult Centre Board
Hours: Monday - Thursday 8:00 am - 6:00 pm
Friday 8:30 am - 4:30 pm

2012 Program Information



Mission Statement

To promote the health and happiness of older adults by providing opportunities to enhance their quality of life.

Values and Beliefs

Accessible

To create an organization that is inclusive and affordable; we will identify and address potential barriers, and create opportunities for members, potential members and guests.

Caring

Known as a friendly and welcoming organization where members, guests and visitors can feel safe, respected and welcome.

Community Focused

To be part of and contribute to the broader community; we aspire to be a cooperative, collaborative and respectful partner.

Fiscally Responsible

To efficiently operate and achieve our goals in a manner that is both financially prudent and accountable to our members and partners.

Member Focused

Ensure that the needs of our members are reflected in what we do today and in our future priorities.

Quality Programs

Known for excellent programs that meet the diverse needs of our members; our programs will promote social, educational and physical well-being.

Inside The Issue

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- General Information
- Drop-In Programs
- General Interest

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- Programs

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- Workshops & Seminars
- Upcoming Events & Fundraisers

Clarington's "Best Kept Secret for 50+ Adults" Join Today!

General Information

HOURS OF OPERATION

Open: Monday to Thursday 8 am to 6 pm
Friday 8:30 am - 4:30 pm

MEMBERSHIP FEE \$25 + HST

(Valid for one year from the day you join)

Benefits of membership:

- Reduced cost & advanced tickets for special events
- Enrolment in any course/program
- Participation in drop-in programs
- Use of amenities during business hours

REGISTRATION INFORMATION

Membership registrations can be completed at the front desk during regular business hours. Completed registration form and payment in full is required.

In order to ensure there are enough participants to run a program please register at least 7 days before the start date.

All Registered Programs include HST.

METHODS OF PAYMENT

Cash or cheque only.

Please make all cheques payable to the **Clarington Older Adult Centre Board**.

INCLEMENT WEATHER

In the event of inclement weather, we ask that you call the centre to ensure that the facility is open and classes are being provided.

WAITING LIST

If the course you select is full, you will be placed on a waiting list and notified of any vacancies.

SATELLITE PROGRAMS

NOW Available to NON-MEMBERS!

CC Courtice Community Complex
2950 Courtice Rd., Courtice

KC Kendal Community Centre
6742 Newtonville Rd., Kendal

NTH Newcastle Town Hall
20 King Ave. W, Newcastle

NCH Newtonville Community Hall
21 Church St., Newtonville

NC Newcastle & District Recreation
1780 Rudell Rd., Newcastle

TC Tyrone Community Centre
2716 Concession Rd. 7, Bowmanville

OTH Orono Town hall
5315 Main Street Orono



REFUND POLICY

Refunds will only be granted for medical reasons with a doctor's note.

A \$10 administrative fee will be applied.

WHEELS IN ACTION

Van transportation now available to and from the centre for ALL COAA events and programs. Call the front desk to book your ride at 905-697-2856.

Advance notice is required.

TUESDAY LUNCH

Join us for Lunch at the Beech Centre every Tuesday at 12:00 pm
Includes: Juice, Salad, Main Course, Bread, Dessert, Tea or Coffee
\$8.05 Members / \$11.40 Non-Members
Please purchase your weekly lunch ticket before Friday at 4pm.

This helps staff and volunteers with planning and preparation

Registration information contact 905-697-2856

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-4 pm
Walking*	9 am	Open Art	9 am-6 pm	Walking*	9 am	Wood Carving	10 am	Walking*	9 am
Tone & Strengthen with weights (DVD)	9:20 am	Cribbage	9:30 am	Choir	10 am	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm
Book Club	10 am	Euchre	9:30 am	Badminton (Newcastle)	10 am	Bid Euchre	1 pm	Baking	9 am
Wood Carving	10 am	Scrabble	9:30 am	Open Art	12:15 pm	Pickleball (Newcastle)	1 pm	Tone & Strengthen with weights	9:20 am
Pickleball (Newcastle)	10 am	Social Bridge	9:30 am	Canasta	1 pm	Social Bridge	7 pm	Duplicate Bridge	1 pm
Duplicate Bridge	1 pm	Table Tennis	10 am			Texas Hold'em Poker	7 pm	Darts	1 pm
Cribbage	1 pm	Square Dancing	12:45 pm	Weekly Drop-Ins Fee Schedule Duplicate Bridge.....\$3.50 Fitness Bootcamp - Members.....\$2.50 Non-Members.....\$3.00 Texas Hold'em Poker.....\$2.45 Square Dancing.....\$0.55 All Other Drop In Programs.....\$1.35 *Walking..... FREE (Clarington Fields Oct 31st to Apr. 20th)				Jam Session	1 pm
Craft/ Knitting Group	1 pm	Friendship Club	1 pm					500 Cards	1 pm
Bid Euchre	7 pm	Fitness Bootcamp 1	5 pm-5:40 pm	Drop-In fees will be collected by your volunteer program convener(s) when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.					
Walking indoors (Until April 20th)		Fitness Bootcamp 2	5:40 pm-6:20 pm						
		Fitness Bootcamp 3	6:20 pm-7 pm						
		Shuffleboard	7:15 pm						

General Interest



Book Club (Drop In) - \$1.35 - 10 am

Meet one Monday a month for an engaging discussion about the monthly book.

February book: The Heart Specialist by Claire Rothman

Meeting date to discuss February book: Monday March 19th

March book: Little Bee by Chris Cleave

Meeting date to discuss March book: Monday April 16th



Programs

Pre-registrations are required for the following programs
Please contact the centre for start dates and fees



SPANISH LESSONS Level 2

with Alan Bayliss

Wednesdays 1 pm - 3 pm

ARTHRITIS FITNESS with Doris Lee

(Held at Courtice Community Complex) 

Wednesdays 10 am - 11 am

BADMINTON

(Drop in Held at Newcastle and District Recreation Centre) 

Wednesday January 11th to March 7th 10 am - 12 pm

\$1.36 Members/ \$1.70 Non-Members per play

(Pay day of)

BOWLING LEAGUE

(Held at Liberty Bowl)

Enjoy a weekly mixed league.

Thursdays 12:30 pm

Ends April 5th \$16.00

2 games will be played each week- \$6.00 for 2 games

(Pay at Liberty Bowl)

Includes prize and end of season banquet

Banquet scheduled for Thursday April 5th at 4 pm



CARDIO WITH PEP with Lydia Vooyo

Mondays 9 am - 10 am

Fridays 9 am - 10 am

FABULOUS MUSCLES

with Lydia Vooyo

Fridays 10 am - 11 am

FITNESS BOOTCAMP

with Steve Oldfield (Drop In)

Beginner: Tuesdays 5 pm - 5:40 pm

Intermediate: Tuesdays 5:40 pm - 6:20 pm

Advanced: Tuesdays 6:20 pm - 7 pm

\$2.50 per class Members/ \$3.00 per class Non-Members

PICKLEBALL

(Held at Newcastle and District Recreation Centre) 

Mondays 10 am - 12 pm

Thursdays 1 pm - 3 pm

\$1.36 Members & \$1.70 Non-Members per play

(Pay day of)

(NEW) LATIN PARTY MIX

with Veronica Vargas

Wednesdays 12 pm - 12:55 pm

CHAIR PILATES

with Nathalie Mackesey

Mondays 11:15 am - 12:15 pm



PILATES with Nathalie Mackesey

Mondays 10 am - 11 am

Thursdays 10 am - 11 am

STRENGTH TRAINING FOR MEN

with Sharon Wildeboer

Wednesdays 11 am - 11:45 am

Fridays 9 am - 9:45 am

STRENGTH TRAINING

with Sharon Wildeboer

Thursdays 6 pm - 7 pm

QIGONG (Chinese Yoga)

with Donna Elliott

Wednesdays 10 am - 11:30 am

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

Tuesdays 10:30 am - 11:30 am

Fridays 10 am - 11 am

SIT AND BE FIT LEVEL 2

with Sharon Wildeboer

Tuesdays 9:30 am - 10:30 am

TAI CHI with Sandra Jin

Beginner: Mondays 10 am - 11 am

Intermediate: Mondays 11 am - 12 pm

YOGA with Sharon Wildeboer

Mondays 9 am - 10 am

Wednesdays 9 am - 10 am

YOGA Gentle with Sharon Wildeboer

Mondays 10 am - 11 am

Wednesdays 10 am - 11 am

YOGA INTERMEDIATE

with Karen Budel

Mondays 1 pm - 3 pm

Wednesdays 4 pm - 5:30 pm

YOGALATES with Sharon Wildeboer

Mondays 11 am - 12 pm

ZUMBA with Veronica Vargas

Tuesdays 9 am - 10 am

Thursdays 10:30 am - 11:30 am

ZUMBA GOLD with Veronica Vargas

Wednesdays 11 am - 12 pm



BALLROOM & LATIN DANCE

with Instructor Barbie Cameron

Assistants John Pyatt and Peter Gill

Beginner: Wednesdays 3 pm - 4 pm

Intermediate: Wednesdays 2 pm - 3 pm

Bronze: Wednesdays 1 pm - 2 pm

LINE DANCING BEGINNERS

with Phyll Marshall

Mondays 12 pm - 1 pm

LINE DANCING BEGINNERS PLUS

with Phyll Marshall

Mondays 1 pm - 2 pm

LINE DANCING INTERMEDIATE

with Phyll Marshall

Fridays 11 am - 12 pm

TAP DANCING BEGINNERS PLUS

with Veronica Vargas

Wednesdays 8:45 am - 9:45 pm

TAP DANCING INTERMEDIATE

with Veronica Vargas

Wednesdays 9:45 am - 10:45 pm

ACRYLIC PAINTING /WATER COLOUR

BASICS with Paul Livingston

Thursdays 1 pm - 3 pm

AFRICAN DRUMMING LEVEL 1

with Julie Ditta

Fridays 10 am - 11 am

Fridays 11 am - 12 pm

DRAWING with Paul Livingston

Wednesdays 10 am - 12 pm

WATER COLOUR INTERMEDIATE

with Hi-Sook Barker

Thursdays 9 am - 12 pm



Computer Workshops



WORLD OF GOOGLE

Tuesday, February 28th 7 pm - 9 pm

SPREADSHEETS 101

Tuesday, March 20th and 27th 7 pm - 9 pm

TABLET COMPUTING : IS IT IN YOUR FUTURE?

Tuesday, March 6th 7 pm - 8:30 pm

BRIAN'S DIGITAL CAFÉ

Free Computer, Internet & Photography Support

Wednesday's 2 pm – 4 pm **by appointment only**

Photography Programs

MAKING YOUR OWN DIGITAL PHOTO ALBUM

Thursday, March 1st 7 pm - 9 pm

PHOTOSHOP INTERMEDIATE

3 weeks - Thursday, March 22nd, 29th and April 5th
7 pm - 9 pm

Workshops & Seminars

Please register in advance at desk

Health Workshops-Sponsored by Dr. Amir from Healthworks

Free Monthly workshops: 12:30 pm- 1:30 pm
Thursday, February 23rd & Thursday, March 22nd

SUDOKU WORKSHOPS

with Anita DeVries

1 pm- 2: 30 pm \$4.00 per session
Wednesday, February 22nd – Intermediate
Wednesday, March 28th – Advanced

Sensational Seams “Outdoor Living Spaces - Bringing the Indoors Out!”

Friday, March 2nd at 11 am

Hearing Seminar - Sponsored by Nu-Life Hearing

Thursday, February 9th 10 am
Hearing test appointments will start at 11:15 am

Denture Seminar- Sponsored by Clarington Denture Clinic

Thursday, February 9th 10 am
Denturist appointments will start at 11:15 am.

HEAL- Healthy Eating, Active Living

Thursday, February 16th 10 am

Virtual Grocery Tour

Thursday, March 8th 10 am

Upcoming Events & Fundraisers

Lunch and Play

Tuesday, February 7th
Lunch 12 pm Play 1 pm
Lunch Only: \$8.05 Members and \$11.40 Non-Members

Showcase of the Arts “FREE”

Thursday, February 9th at 7 pm

Social Dance(s)

with Clarington Beech Nuts

February, 17th and March 16th 1 pm – 4 pm
\$3.50 Members / \$4.60 Non Members

Smile Theatre “Lavender Blue”

Wednesday, February 29th at 1:30 pm **\$5.00**
(Sponsored by Ontario Power Generation)



Outing to Herongate Theatre- “When the Cat’s Away”

Date: Sunday, March 4th
Time: Leave Beech Centre at 11 am, arrive at theatre 12 pm, 2 pm show time
Cost: Depending on the number of people registered \$58.00 to \$62.00 price includes lunch, show, ride, gratuity and taxes

St. Patrick’s Day Lunch

Tuesday, March 13th at 12 pm
\$8.05 Members and \$11.40 Non-Members

Euchre Extravaganza(s)

March 24th at 3 pm
\$10 in advance




Murder Mystery Dinner Theatre- “Candidate for Death”

(Organized in Partnership with the Orono Town Hall Board)
(Held at Orono Town Hall)

Wednesday, April 11th
Doors Open at 5 pm, Dinner & Show at 6 pm
Tickets \$30 per person
Limited Seating – Reserve Tickets Now at the Beech Centre

Murder Mystery Dinner Theatre- “The Deadly Reunion”

(Organized in Partnership with the Orono Town Hall Board)
(Held at Orono Town Hall) 
Thursday, April 12th
Doors Open at 5 pm, Dinner & Show at 6 pm
Tickets \$30 per person
Limited Seating – Reserve Tickets Now at the Beech Centre

Scott Woods tribute to “Fiddle Legends”

Wednesday, April 18th at 7 pm
Garnet B. Rickard Complex
\$20 per adult & \$10 per child
Limited Seating – Reserve Tickets Now at the Beech Centre

COAA Tax Clinic

Tax Clinic Requirements

Single Income less than \$25,000 Couple Income less than \$30,000 This volunteer tax clinic program is intended to help members with simple straight forward tax returns. Our volunteers are not trained to prepare tax returns for deceased or bankrupt individuals or individuals who have capital gains or losses.

Please wait until Thursday March 1st to drop off your income tax papers.

For more information please contact Angela Adams 905-697-2856





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Featured Property
of the month

4123 Concession Road 5, \$320,000



Planning to build your dream home? This property has a prime building site where you will watch to moonlight dance on the lake! These 52 acres of rolling vacant land are located high on a ridge offering one of the most spectacular views of the Lake Ontario shoreline. Located on a good road, fully fenced open pasture with about 25% hardwood & cedar bush flanking the headwaters of an ever-flowing stream. Visit www.jimabernethy.ca.

GANARASKA FOREST ESTATE

8622 Mercer Road, Ganaraska Forest \$1,245,000



This property is the complete package!

Features:

- Contemporary Fieldstone Home nestled amongst the trees on the southern slope of the 11,000 Acre Ganaraska Forest.
- Spectacular views for miles to the south and easy.
- Private forest trails, open pastures, mature woodlands, spring fed streams.
- Your own 2 Acre pond stocked w/trout.
- 95 acres of some of the prettiest countryside within 50 minute drive of Toronto.
- Home is designed for casual lifestyle & formal entertaining with generously sized rooms.
- Features Include: indoor pool, sauna, change rooms, wet bar and more.
- Ideal for the horse enthusiast.

To view additional photos of this property, email JimAbernethy@RoyalService.ca or telephone 905-261-7788

5821 Ochonski Road, Orono



\$299,900

Looking for a bungalow on a country setting? This well cared for brick bungalow fits the bill. No neighbours in front or behind. Features: private & treed 75' x 200' lot, natural gas fired fireplace, W/O from dining room to private deck, finished basement and detached single car garage. The ever-flowing stream running through the backyard is a bonus.

Call Jim Abernethy, Broker 905-261-7788
jimabernethy@royalservice.ca

FOR SALE

\$175,000
Commercial Property
Downtown Bowmanville
Gross Income - \$18,600
May consider leasing main floor @
\$1000/month
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Prepare now for the upcoming
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Call Jim Abernethy for a complete
in home evaluation of your home,
farm or income property.
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905-697-1900 office

FOR LEASE / FOR SALE / WANTED

- **WANTED** - Bungalows in Bowmanville and Newcastle are in high demand.
- **WANTED** - Productive Farmland (100-200 acres) Buyer will Lease Back.
- **FOR LEASE** - Small store front on Main Street Historical Bowmanville.
- **FOR SALE** - 127 Acres on outskirts of Newtonville only \$3,850 per acre.
- **FOR SALE** - 174 Acres in Ganaraska Valley - \$4,540/acre with \$24k annual income
- **FOR SALE** - Residential Building Lot in Oak Ridges Morain - \$99,900.

Call Jim Abernethy, Broker 905-261-7788 · jimabernethy@royalservice.ca



HOME COOKING with Cathy

by Cathy Abernethy

HOME PROMOTER
CONTRIBUTOR



When Jim asked me which recipe I would choose for the February edition of the ClaringtonPromoter, I immediately thought of chocolate.

As usual, I started to go through my pile of recipes from the past and present.

I had used this recipe in my catering days and remember always having good luck with this cheesecake.

Enjoy and Happy Valentine's Day!

Chocolate Orange Cheesecake

Ingredients:

Chocolate Crust

- 1 1/3 cups chocolate wafers, crushed
- 1/3 cup melted butter

Filling

- 500 grams cream cheese, softened
- 2/3 cup sour cream
- 1/2 cup sugar
- 1 tbsp. orange juice concentrate
- 1 tbsp. orange liqueur
- 6 ounces (170) grams semi-sweet chocolate
- 1 ounce (30 grams) bitter chocolate
- 2 large eggs

Topping

- 1 cup heavy cream (whipping cream)
- 2 tbsp. icing sugar
- 1 tsp. vanilla extract

Preparation:

Preheat oven to 350 F.

To prepare crust, combine crushed wafers and melted butter and press into a 9-inch springform pan. Bake for 5 minutes.

To make filling, combine cream cheese, sour cream, sugar, orange concentrate and orange liqueur and beat until smooth. Melt the semisweet and bitter chocolate in a saucepan over hot water, add to the cheese mixture, beating until smooth. Add eggs, beat for 5 minutes.

Pour mixture into crust and bake for 35-40 minutes. Allow the cake to cool to room temperature, then chill for 2 hours.

To make topping, beat cream, icing sugar and vanilla until soft peaks form

Spread or pipe over chilled cake.

Chill for 1 hour before serving. Serves 10-12.

Public Service Announcement

Hear is your opportunity to give back to our community. The Clarington East Food Bank is in need of volunteers for a few hours

each month to help sort and organize in their New-castle location. If you or a friend can spare a few hours each month (Tuesday 1-4

and Thursday 10-1) please contact Karen Briden: EMAIL: claringtoneastfoodbank@gmail.com TELEPHONE: 905-987-1418



A River Runs Through Us Gala Dinner



Featuring

General (Ret'd) Rick Hillier, OC, CMM, MSC, CD
Renowned Leader, Speaker & Angler
Senior Advisor, TD Bank Group



"Leadership in your Community"

Friday March 2, 2012

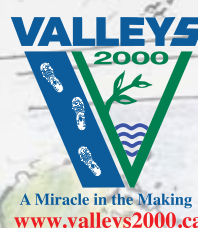
Reception 6:00 PM Dinner 7:30 PM
Garnet B. Rickard Recreation Complex
2440 Highway 2, Bowmanville

\$150 per person, tables of 8 \$1100

A tax receipt of approx. \$60/ticket will be provided
Proceeds will support the Valleys 2000 Fish Passage & Trail Extension

Tickets can be purchased at: ariverrunsthroughus.eventbrite.com
or call 905-697-1900 for inquiries or ticket pick up

Show your Community Cheer at: www.ourcommunitycheer.com
www.valleys2000.ca



Show your Community support for the Valleys2000 A River Runs Through Us Fish By-Pass Channel Project

Molson Coors believes that communities like ours grow stronger when they come together for a common goal. That is why they created the Molson Coors Community Cheer program.

Molson Coors is donating up to \$1,000,000 to support more than 20 worthy community projects across Canada.

Communities showing the most support for their local community project will receive a share of the \$1,000,000.

The 2012 Funding submissions are closed but fortunately for us, before it closed, we had support from enough Molson Insiders to qualify for the 2012 Molson Coors Community Cheers program.

What is a Molson Insider ?

You are a Molson Insider, once you register and "CHEER" for the A River Runs Through Us project.

A River Runs Through Us project is actually the Valleys2000 Fish By-Pass Channel Project.

A River Runs Through Us project has received enough "CHEERS" from registered Molson Insiders to be leading most of the other worthy communities in this competition for a share of \$1,000,000.

There is no cost to "CHEER" for our community project, and every "Cheer" will bring us closer to reaching our goal of raising the funds necessary to build the Valleys2000 Fish By-Pass Channel.

So let's go to our computers, blackberries and iPods.

Get out there, go online and register yourself as a Molson Insider so you can "CHEER" for our hometown project.

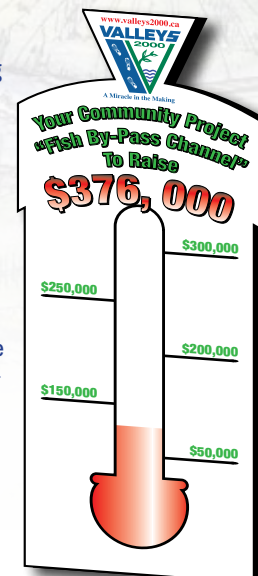
Let's show Canada what real community support is all about.

Please note when you go online to www.ourcommunitycheer.com you must register as a Molson Insider and then "CHEER" for the A River Runs Through Us project.

Our community project is bringing us together in an active and positive way, and with your continued support Molson Coors will be one more partner that can help make it happen.

Let's get our share of the Molson Coors \$1,000,000 to support community projects across Canada.

P.S. Tell your friends !





Winter, Wine & Wild Bird Seed



by Tom Coleman

DURHAM FARM FRESH
www.durhamfarmfresh.ca

We're in the heart of winter and although our typically cold, snowy weather seems to be somewhat absent, we still have quite a wait before our local farmers' markets and fresh produce stands are once again open. So what can you buy local? While most of our Durham Farm Fresh members are busy planning this year's crops, some members are ready to serve you throughout the winter months.

Are you planning to do any entertaining this winter?

Or maybe celebrating Valentine's Day with a special dinner? Try a local flavour as your beverage choice. Archibald's Estate Winery in Bowmanville has an extensive collection of fruit wines to compliment any dinner. They are open and ready to assist you with the right wine or sparkling cider selection. Visit the Winery for a complimentary wine tasting or check their website at: www.archibaldswinery.com, for some favourite Recipes & Food Matches.

Sparkling, non-sparkling, and sweet cider can also be found at Geissberger Farmhouse Cider in Mitchell's Corners. A family-run business since 1970, Geissberger's use locally grown Durham Region apples and offer a variety of flavours, sizes, and custom made gift baskets to meet all your needs. This winter, treat yourself to a Geissberger family favourite – Farmhouse Cider heated



with a cinnamon stick. Visit www.farmhousecider.ca.

Another family-run, year round Durham Farm Fresh business is Bragg's Wild Bird Seed. At their on-farm retail store, the Bragg family is ready to serve you with a large selection of bird seed, racing pigeon mixes and

horse feed. Start a new family winter pastime, talk to the Bragg family about backyard bird feeding. Visit www.braggswildbirdseed.com.

Discover the local difference – see you on the farm! For more information, find us online at www.durhamfarm-fresh.ca or call 905-427-1512.

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The Village Card and Gift Shoppe

to be continued

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The Food-Growing Evolution



by Olaf Bollmann

HOME PROMOTER
CONTRIBUTOR

Clarington is on the move, with many other communities, to revolutionize our enjoyment of locally grown food. We know this from the "Buy Local, Buy Ontario" initiative advocated by the Ontario Fruit and Vegetable Growers' Association. But what is behind this slogan

that makes things happen? Firstly, some areas of Clarington are in the Green Belt zone, a designation that limits urban development in environmentally sensitive land and farm land. This ensures that the community can defend its food growing sovereignty for generations to come in a democratic manner. After all, food is a basic human right. Secondly, what I find fascinating is the availability of Community Shared Agriculture Farms (CSAs). Under this arrangement, farmers and consumers share the risk and cost of farming and the resulting harvest. Said arrangement exists in Clarington. This is something that

could have potential for our community members and farmers not only to produce fresh vegetables but also to foster friendships between the participating partners. Thirdly, some farmers in our community take part in the program called World Wide Opportunities on Organic Farms (WWOOF). Here, a world-wide effort links volunteers with organic growers (the hosts), promote an educational and cultural exchange, and builds a global community passionate about sustaining stewardship of food, animals and land while respecting nature and protecting natural resources. Fourthly, the close-by Durham College

has started to offer a new Artisan Agriculture course with the objective to support the trend of developing local food industry. Graduates will be able to move into the artisan entrepreneurship and agritourism, and start greenhouse production of vegetables, flowers and box plants, etc.

All this is suggesting that we start taking control of our food supply with less reliance on imported goods. Imported food does not only lack taste but is not "green" due to its long transportation and also undermines the local economy.

Public Service Announcement

Do you live in an apartment or have a small yard with no place for a garden? The Bowmanville Garden Allotments are now a reality. For a nominal fee you can

have space to grow whatever you like - veggies, fruit, flowers, herbs - you name it! Never grew anything before? Don't worry, there will be many experienced gar-

deners willing to help you get started, and coach you along the way. Why not go to our new website and check us out! www.bowmanville-gardenallotments.webs.com

For information contact Bill Heathcote
TELEPHONE (905) 623-3248 EMAIL: heathcote.william@gmail.com

BOOK NOW FOR VALENTINES DAY

2 for 1 Lunch Coupon
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Mon-Fri
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valid Feb 1st - Feb 29th, 2012

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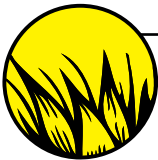
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ROOIBOS



ROOIBOS EARL GREY, ROOIBOS INDIAN SUMMER, ROOIBOS LEMON, PLAIN ROOIBOS – ORGANIC, ROOIBOS PRICKLY PEAR, ROOIBOS CHAI – ORGANIC BASE, ROOIBOS SWEET EMBRACE, ROOIBOS AFTER EIGHT, TROPICANA, ROOIBOS PROVENCE – ORGANIC

BLACK TEA



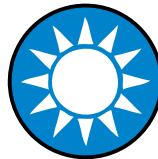
TOMAGONG, DECAFF TOMAGONG, MARGARET'S HOPE, GLENDALE, MILIMA, ENGLISH BREAKFAST- ORGANIC, BLEND 103, RUSSIAN CARAVAN, ROSE CONGOU EMPEROR, KEEMUN PANDA- ORGANIC, YUNNAN IMPERIAI, LAPSANG SOUCHONG- ORGANIC, LYCHEE COUNGO, BAKED APPLE, BLOOD ORANGE, ROYAL EARL GREY, DECAFF EARL GREY, VANILLA, BLACK CURRANT, CREAM OF AVALON, FIELDS OF PEACHES- ORGANIC, POMMEBERRY

WHITE TEA



WHITE PEONY, WHITE NEEDLE

OOLONG TEA



FORMOSA OOLONG "DUNG TI", TI KWAN YIN – IRON GODDESS OF MERCY GUANGZHOU MILK OOLONG

WELLNESS LINE

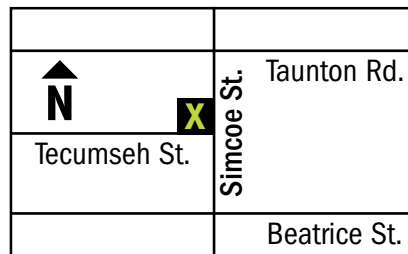


ROOIBOS GINGER MELON, HERBAL RELAXER, PICK ME UP, GINGER SENCHA

GREEN TEA

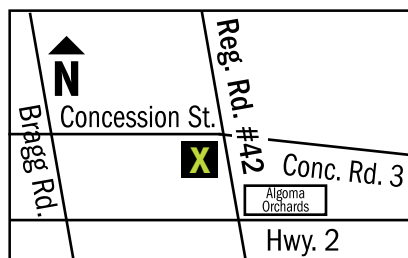


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