





Volume 2 | Issue 2

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March 2012

Clarington in the War of 1812

by Charles Taws

CLARINGTON MUSEUMS AND ARCHIVES www.claringtonmuseums.com

CANADA

2012 marks the Bi-Centennial of the War of 1812. The federal and provincial Governments have pledged millions to celebrate it. This important conflict was among the first episodes towards Canada's journey to nationhood. The conflict was part of the Napoleonic Wars of Europe, but it also embroiled most of the settled parts of North America. One of the main theatres of war was Upper Canada (present day Ontario) with major action occurring in the east near Cornwall and in the west by Niagara and Windsor. Clarington was removed from these events and perusal of the history books will produce few Darlington and Clarke Township references.

this area at this time.

came to Clarington. They were the Burk, Trull and all come from the United States, fleeing the American Revolution, and all played a major part in the development of modern day Clarington. It is from the Conant's, who settled on the western boundary of Clarington and became an important Os-

hawa family, that we have ship (the eastern half of the most information on the Clarington) would be much War of 1812. In 1898 and 1903 Thomas Conant, grandson of the original settler Roger Conant, penned two local history books: "Upper

the same. Not a lot of people for such a huge area and this was recorded 12 years after the War ended. The Militia Roll Call from 1812 only shows 123. Among them: the Burks, Trulls and Conants as well as Barber, Powers, Odell, Bates, Soper, Borland and other familiar pioneer names.

Another factor to remember is that many of our early settlers came from the United States and others had family connections with Americans. It is true that many Loyalists, like our three founding families, left because they wished to remain under the crown. Others came because of free land. Many American men had been attracted by the offer of 200 free acres of land for each male settler. For these reasons the Government was concerned over the loyalty of its population. However, it was felt only right that if these people were to keep their land they should be willing to defend

their adopted country. Men who had been given land grants were required to take an Oath of Allegiance. Failure to do so would result in the forfeiture of their land and to face harassment from their neighbours. In Clarington, some sources say that all came willingly and dutifully to the defence of their country. However, it is known that some Canadians felt Canada shouldn't become involved in a conflict between Great Britain and the United States and others would just not have wanted to leave their struggling farms and families. I. T. Coleman recorded in 1875 that some men tried to shirk their responsibility by hiding in swamps under the pretext that they were there to make shingles and baskets. However, these men were brought back, heartily laughed at, joined their friends in the defence of their country and afterwards remained honoured and re-

Continued on Page 4 🖙



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This image of hauling cannons during the War of 1812 is from an 1898 history book by Thomas Conant. This is likely the military cargo Roger Conant had to take to York.

Canada Sketches" and "Life in Canada". Although the

It is true that Clarington was not at the forefront of the war, but being on the periphery it would have been exposed to these events. Also, local settlers would have been greatly affected by the War. So while scholars may claim the War had little impact on Clarington this would be in direct contrast to the view of the few settlers who were living in

In 1794 the first settlers Conant families. They had

would be only a handful of settlers and they would be concentrated along the lakeshore. A few roads had been built but Highway # 2, the first main east-west link, wasn't constructed until after the war. Settlement to

author has perhaps roman-

ticized his family stories and

traditions I have no doubt

they are based on real events.

One has to remember

that Clarington would have

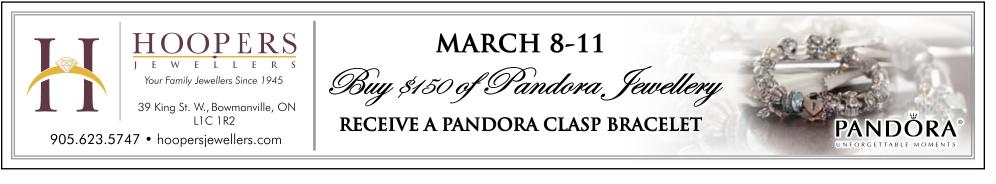
been largely an unbroken

wilderness in 1812. There

the area had been slow and it stopped altogether during the war. Population statistics are few and far between at this early time but J.B. Fairbairn records in 1827 the total population for Darlington Township (western half of Clarington) at 666 and I

would think Clarke Town-

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Building Business Value



by Peter Hobb HOBB & COMPANY CHARTERED ACCOUNTANTS www.hobb.ca

In my last article I wrote that more than 80% of business owners believe that the money they receive from the sale of their businesses is very or somewhat important in meeting their financial retirement goals. The sad reality is that when most small to medium sized businesses are sold, money is left on the table. The main reason for this is that these businesses were

not ready to be sold. Selling a business is no different than selling a home. Like a home, most businesses need a touch up, some more than others, before actively looking for a buyer. This is one important reason why it is never too early to start planning for the exit from your business. Creating the true value of your business can take many years. We advise our clients it could take as

many as ten years. How do you get started? The best starting point is determining what the value of your business is today. This will give you a base against which you can measure how successful you are in improving the value of your business. It also brings a dose of reality. We find that many business owners are unrealistic about what their businesses are really worth. This is not to say that they couldn't do things to make their business worth more. If you are unrealistic about the value of your business, you are going to have a very difficult time attracting potential buyers.

When selling a business it is important to know what a prospective purchaser is looking for when they want to purchase a business. One thing they look for is whether the business relies on the business owner for its success. If it does the prospective purchaser will likely not be very interested. Ask yourself, can this business function successfully if I was not here? If you cannot answer this question positively you need to take steps to work yourself out of the day-to-day operations of your business. You need to put a strong management team in place. If you are successful in doing this you will have reduced the risk to a potential purchaser driving up the value of your business.

It is also important to be able to articulate your business strategy. Where do your products or services fit in the market place? Do you understand your customer and their needs? How do you stay ahead of your competition? How do you differentiate yourself from your completion? How do you make money? Are you focused on higher margin products? Do you have a growth plan? A clear strategy will reduce risk to a prospective purchaser driving up business value.

There are other areas of your business that could be addressed that would likely improve business value and make it more saleable. These include creating or improving your company's systems and processes, adding new product lines, diversifying your suppliers, increasing your customer base, reducing business debt, paying for personal items personally and not through your business, etc. This list is not exhaustive. I could write a much longer article on this subject.

Improving business value and making your business more saleable is not a complex science. It normally just takes a commitment to doing things differently and moving ahead. The first step is the most difficult. Future steps become easier. If you do not start taking these steps you may never maximize the value of your business when you sell and, accordingly, not achieve your financial retirement goals.





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Dr. James Breech, Founder & President



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Gala Dinner Was A Raging Success!



by Jim Abernethy. Editor

jim@ClaringtonPromoter.ca

Last Friday evening more than 290 people were on hand to hear General (Ret'd) Rick Hillier speak at the "A River Runs Through Us" Gala Dinner supporting the Valleys2000 Fish By-Pass Channel project.

The General's speaking topic "Leadership in your Community" was appropriate for the event and his high profile helped to increase the

awareness of the importance of this long overdue project. Support from all corners of our community has been

overwhelming and with the success of more than \$50,000 raised at last Friday's Gala Dinner we are on track to blow the top off the fund raising thermometer.....

Many thanks to TD Bank Financial Group for sponsoring guest speaker General Hillier, St. Marys Cement for sponsorship of the dinner, and Canadian Tire Corp which sponsored the Fish Pond, where many attendees won a prize every time. Additional major sponsors were Metropia, OPG, Veridian, Gay Company Ltd. And IA Clarington Investments.

Our hats are off to the Gala Dinner Organizing Committee consisting of: Erin O'Toole, Tori & Steven Kay, Kevin Anyan, Jenny Knox, Amy Logan-Holmes and Tyler Smith.

The Campaign got an even bigger boost when it was announced at the dinner that our Fund Raising Committee was successful with our Trillium Fund Grant Application.

Penny Smith, the Trillium Grant Review Team Member presented \$150,000 to Valleys2000 President - Frank Lockhart, along with the Fund Raising Co-Chairmen Al Strike and Harold Hammond.

So the future does look bright and the project could get underway this summer. However we still have a ways to go to reach our goal. Remember it is not too late to make a donation. You can make online donations at www.valleys2000.ca otherwise call 905-261-7448 or drop by the Vallys2000 Office located in the Veltri Complex at 68 King Street East, Bowmanville.

Thank you to those who followed up on my request last month to submit ideas about how to spend the \$10,000,000 our Municipality of Clarington will receive sometime this year.

We have had suggestions varying from investing into the World Class Lake Ontario Waterfront Trail which bi-sects our community, expansion of garden allotments, improving our Older Adults Centre facilities, planting numerous indigenous trees and making a major investment into the Save Camp 30 movement.

Next month, we will expand on these and other ideas as they continue to be received. Please send your thoughts. Send emails to: Jim@ClaringtonPromoter.ca

Send letters to: Jim Abernethy, Editor Clarington Promoter 23 Lowe Street Bowmanville, Ont L1C 1X4 Or just pick up the phone and call me at 905-261-7788 Remember this is your community, so get involved and voice your opinion.



How Can I Use ETFs in My Investment Portfolio?



by Vicki Breech, CFP. FCSI. Vice President

COUGAR GLOBAL INVESTMENTS LP www.cougarglobal.com As discussed in the January issue, an ETF is an investment product. With the range of ETFs available in Canada, approximately 200, out of a North American total of 900, investors have many options for ETF strategies.

When purchasing ETFs, the challenge is to select the appropriate blend of ETFs in your investment portfolio so that you create a strategy that takes into consideration your particular investment personality and needs.

Two major and oppos-

ing approaches to investing include Strategic and Tactical. A strategic approach involves making a decision on a desired level of exposure to certain asset classes, and then sticking to that decision, rebalancing the portfolio back to that weighting irrespective of market activity. Passive styles such as this would appeal to investors who want low maintenance, and who believe that beating the market in the long term is virtually impossible. Trading costs will likely be lower and tax efficiencies can be achieved with less trading. The down side of this approach is that the portfolio will perform exactly as the market performs, with no opportunity for outperformance.

Tactical asset allocation, on the other hand, makes the assumption that by overweighting asset classes that are expected to outperform, whilst underweighting those that have a poor outlook, outperformance can be achieved and that an investor may gain greater than average returns in the marketplace. For example, if an investor thinks the price of gold is going to continue to increase, that investor may be motivated to overweight the GLD ETF, potentially improving their return. Tactical investors who got out of the way in 2008 were spared the double digit losses suffered by many passive investors.

While other investing strategies are available, I have chosen to speak of the two most well known and widely employed styles of investing.

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Next time: "How are ETFs actually traded?"



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Clarington's role in the War of 1812

Continued from Page 1

spected citizens. Thomas Conant writes, "Our peaceably disposed and struggling Canadians, trying to subdue the forest and to procure a livelihood, were horrified to have a war on their hands. They could ill afford to leave their small clearings in the forest, where they garnered their crops, to go and fight."

The Chief Magistrate for this area was Richard Lovekin (1770-1840) who had been one of the earliest settlers in Clarke Township in 1796. He had come from Ireland. He was a personal friend of Col. William W. Baldwin. Col. Baldwin had also been a Clarke pioneer but his family did not remain long in the backwoods and moved to the growing Town of York (Toronto). Col. Baldwin along with his father Robert Baldwin Sr. and son Robert Baldwin Jr. all played an important role in the development of Canada particularly with the formation of responsible government. Col. Baldwin urged Richard Lovekin to administer the oath and he complied. Here is what each man had to say: "I do sincerely promise

and swear, that I will be

faithful and bear true allegiance to His Majesty King George, and him will defend to the utmost of my power, against all traitorous conspiracies and attempts whatever which shall be made against his person, crown, or dignity, and I will do my utmost endeavour to disclose and make known to His Majesty, his heirs and successors, all treasons and traitorous conspiracies and attempts, which I shall know to be against him or them-So help me God."

It was recorded when each man said the oath. Among other details collected were: age, height, colour of eyes and hair. This has proved to be a unique resource for historians and genealogists. With this formality done the men would be expected to leave home to defend their country. As mentioned earlier

Thomas Conant has preserved some colourful incidents from this time involving his grandfather Roger Conant. Roger was 62 years old when the War started, but he was still expected to do his part. He was requisitioned by British officers to take an ox-cart load of material to York. He travelled by the lakeshore as there were no roads. Upon

discharging his cargo he stopped at a hotel for refreshments and became involved in a discussion about the War. He stated to all there that in his opinion Britain should not involve Canada in its War with the United States. He was duly arrested and fined 80 pounds. Such high handed treatment by the Government was not unusual and would eventually lead to the Rebellion of 1837. Roger continued to serve loyally in the local militia throughout the War. Roger could remember

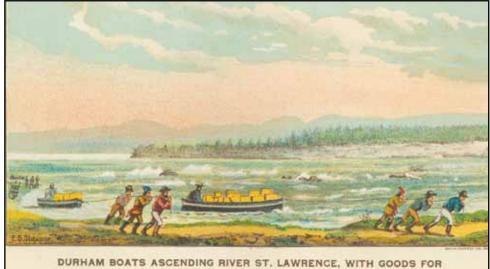
other militia groups passing through the area. None had uniforms and he described their appearance as a "motley throng". One group passed through and a farmer noticed a pig missing. He complained to the officer and a search was conducted. No pig was found. Later another farmer came complaining of a stolen goose. A search yielded no goose. At a safe distance away the animals appeared and were cooked over an open fire for a feast. The pig had been killed and cut and placed spread-eagled along the keel of the boat underwater. The goose had been hidden inside a drum. Roger even recorded a few verses of a song

they had sung:

"Oh, now the time has at Detroit. They were transcome, my boys, to cross the ported to Quebec to be im-

Americans were captured

The meal was served with buttermilk and the guards (who were outnumbered by



INDIAN FUR TRADING

This image, also from 1898, shows the durham boats which were the main mode of transportation at the time. With no roads the lake was the best way to travel. Some of the captured American soldiers that Roger Conant saw on their way to Quebec would have travelled in boats just like these.

Yankee line,

We remember they were rebels once, and conquered old Burgoyne;

We'll subdue those mighty democrats, and pull their

dwellings down, And we'll have the States inhabited with subjects of the Crown."

In the fall of 1812 many

prisoned. Some travelled by foot; others by durham boat or canoe. Along the way they stopped at homes to be fed. They arrived at Roger Conant's home unannounced and a large pot of potatoes was quickly put on to boil. Luckily butter had been churned and a ham smoked a few days before.

the prisoners 10 to 1) fared the same as the prisoners. In fact he saw no ill-feeling or rancour among them and noticed only that good nature and good humour prevailed.

Other things Roger Conant talked about were his money. There were few

Continued on Page 9 🖙



St. Patrick's Day is Coming!



St. Patrick's Day is probably the most celebrated saint's day in the world. On March 17th, for one day, everyone is considered Irish and expected to wear at least one green item of clothing. The day commemorates St. Patrick, the patron Saint of Ireland who may have lived from 387-461. Like St. Valentine little actual evidence of St. Patrick has survived although legend and traditions abound.

St. Patrick's Day was first only celebrated in Ireland where it is more of a religious holiday. Today it has become a celebration of all things Irish and is observed in many of the countries where the Irish have settled. These include: Canada, Great Britain, the United States, Argentina, Australia and New Zealand. In the Republic of Ireland, Northern Ireland, Newfoundland and Labrador, and the Isle of Montserrat it is a public holiday.

In Clarington the Irish, along with the British, Scottish and Americans, came as pioneers to tame the wild land, start a new life, and create the Municipality we know today. It is true that many came to seek a better life when the potato famine struck Ireland in the 1840's. Many of these poor immigrants were treated harshly, relegated to menial jobs, and forced to farm unproductive land for a living. However, some of our earliest settlers also came from Ireland and had considerable means behind them. In 1796 Richard Lovekin came to Clarke Township directly from County Cork, Ireland. The Lovekins have never sold their land and now have the distinction of having the longest tenure on a family farm in Canada outside of the Province of Quebec. They have lived in Clarke Township for 216 years! An influential Bow-



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manville settler was Dr. George Humphrey Low. He came from County Kildare, Ireland and arrived in Bowmanville around 1840. In 1843 he built a large house and created a beautiful estate called Rathskamory. It is now the Clarington Older Adult Centre on Beech Avenue. If you take a close look at the building you can still get an idea of the large size and elegance of Dr. Low's original house. The next owner of the property was Dr. James Wellington McLaughlin originally from County Cavan, Ireland. Perhaps you have not heard of Dr. McLaughlin, but I bet you'll know of his brother Robert. Robert began the McLaughlin Carriage Company in Tyrone and Enniskillen. It soon moved to

Sam McLaughlin, became General Motors of Canada. St. Patrick's Day traditions are strong in Canada. Montreal's annual St. Patrick's Day Parade has happened every year since 1824. It is the oldest St. Patrick's Day Parade in North America.

Oshawa and under his son,

Quebec City held a similar parade from 1837 until 1926. Last year it was revived with a part of the New York City Police Department Pipes and Drums Band as special guests. Closer to home in Toronto, the Maple Leafs hockey team was known as the Toronto St. Patricks from 1919 to 1927 and wore green jerseys. In 1999 when the Maple Leafs played a game on March 17th they wore green retro uniforms. Toronto's St. Patrick's Day Parade attracts over 100,000 spectators every year.

So, on March 17th raise your glass of Guinness in a toast to the Irish. They

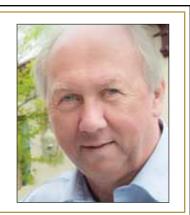


helped make the Municipality of Clarington, the Province of Ontario and the Dominion of Canada what it is today.



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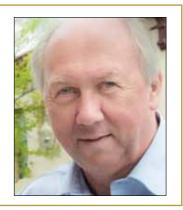
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Buyer's Tips

By: Jim Abernethy, Broker Royal Service Real Estate Inc., Brokerage

Short Term Rates vs. Long Term Rates

Interest rates are at an all-time historical record low and there is chatter that rates may be on a slow and gradual increase. Inevitably they will rise. The options for mortgages available can be very confusing for most mortgage

In the Heart of The Village of Newcastle



Incredible Fully Renovated Century Home - Features A Huge Open Concept Custom Kitchen With Hardwood Floor & Tumbled Stone Backsplash Overlooking Large Breakfast Area & Gorgeous Great Room With Catherdral Ceiling, Pot Lighting & Walkout To Entertainers Dream Yard Featuring Inground Pool, Change Room With 2Pc Bath, Extensive Decking, B/I Bbq, Custom Arbour & Unique Wood & Wrought Iron Fencing, very Private Master. Call Jim Abernethy, Broker 905-261-7788 jimabernethy@royalservice.ca

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shoppers. Terms for mortgages vary between variable and fixed rate, 6-month terms to 10 year terms. Taking a variable or floating rate mortgage can have savings. Typically the shorter the term or guarantee of the rate, the lower the rate will be. This does not always happen, depending on the market place and the economy, but history has shown that short-term rates tend to be lower than long-term rates. The up side of variable rate is the strong potential for interest rate savings. The down side is the fact that you are accepting the interest rate risk without a guarantee. If you are considering a variable rate mort-

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gage you need to look at your own risk tolerance, and your cash flow available to deal with potential increased payment. Considering projections of rates and where we see interest rates heading can also be important in this decision. Make sure you monitor the rate increase/decrease trends and talk to an expert when you are making this decision. When rates do start to move upwards, consideration should be given to locking the lender of your choice into as low a rate as possible for as long a term as possible, without over extend your debt load. We may never see interest rates this low again, in our lifetime.

How Your Property Taxes Are Calculated



During my term as Mayor I always did my best to ensure that Members of Council understood that we should not spend more than what we received.

by Jim Abernethy, Editor jim@ClaringtonPromoter.ca Your annual Municipality of Clarington property tax

bill is actually three tax bills in one. The Municipality of Clarington collects property taxes for the Clarington, the Region of Durham and the Province of Ontario.

The amount of property tax payable on land and/or buildings is the result of a calculation based on five factors:

- 1. The market value assessment of your property or CVA (Current Value Assessment) is provided by MPAC (Municipal Property Assessment Corporation).
- 2. The tax class into which your property falls.
- 3. The tax rate for the applicable tax class (set annually by Clarington Council).
- 4. The tax rate for the applicable tax class (set annually by Durham Region Council).
- 5. The tax rate for Education portion of that class (set annually by the Province on Ontario).

Property taxes are calculated using the Current Value Assessment of a property and multiplying it by the combined municipal, regional and education tax rates for the applicable class of property.

Each year when our Regional and Municipal Councils approve our annual budgets, they also approve the respective final tax rates for the Region and Clarington.

The Municipality of Clarington has a variety of property tax classes including: Residential, Multi-Residential, Commercial Occupied, Commercial Vacant, Industrial Taxable, Industrial Vacant, Pipeline, Farmlands, Managed Forest, and Farmland Awaiting Development. (see reverse side of your property tax invoice for your property classification & definitions).

Here is an example of how the property taxes are calculated for a home valued @ \$260,000.

	Education	Region	Region	Total
Assessed value (MPAC)	\$260,000	\$260,000	\$260,000	
2011 tax rate (residential)	.00423213	.00743585	.00231000	
Total property taxes	\$1,100 +	\$1,933 +	\$600 =	\$3,633

How Your Property Tax Dollars Are Spent

The Ontario Municipal Act (OMA) grants authority to Municipalities to be governed by Municipal Councils. The Ontario Municipal Act defines the role played by these Municipal Councils to represent the public and to consider the well-being and interests of the municipality as a whole. The primary job of Municipal Councils is to make decisions about municipal financing and services. Municipal Councils determine which services the municipality will provide and most importantly to

maintain the financial integrity of the municipality.

The chart below lists the various services provided by the Region of Durham and Municipality of Clarington. According to the Ontario Municipal Act, this is how your tax dollars should be spent. <u>Option #2</u> – Understand where our Council spends our tax dollars. This means keeping informed about Local and Regional issues. Generally, these issues will impact current or future budgets. and will determine future increases or reductions to public services and property tax rates.

Who is Responsible for Services?

REGION OF DURHAM

General Government Administration Planning issues across the Region Engineering – Regional Roads Operations – Regional Roads

EXCLUSIVE TO REGION

Transit Police Protection Health & Social Services Emergency Medial Services (Land Ambulance) Economic Development Municipal Water Storm and Sanitary Sewers Waste Disposal – Blue Box, Compost, Processing and Disposal of Residual Waste (Landfill/Recycling/Composting/ EFW)

How To Reduce The Property Tax Dollars You Pay

Perhaps you have heard the old adage that the only certain things in life are death and taxes. Not necessarily so when it comes to property taxes in Clarington. You do have some options available to reduce your property taxes.

<u>Option #1</u> – Review your most recent property tax bill. Locate the "Current Value Assessment" which is the estimate by MPAC (Municipal Property Assessment Corporation) of the "fair market value" of your

> property as of the date specified on the tax bill. If you disagree with the assessed value assigned to your property, then you may submit a request to MPAC to have your property re-assessed.

Re-assessment forms can be obtained at the office of your local MPP (Member of Provincial Parliament) Mr. John O'Toole. Telephone..... 905-697-1501.

A word of caution: Have the backup data on file to justify your opinion that the fair market value of your property should be lower than what is currently stated on your property tax bill. If the MPAC Assessment Officer determines that the new assessed value should be is higher than what is currently stated on your tax bill, you may find your property taxes go up, not down.

MUNICIPALITY OF CLARINGTON

- General Government Administration
- Planning issues across Clarington
- Engineering Local Roads
- Operations Local Roads

EXCLUSIVE TO CLARINGTON

- Fire Protection
- Parks and Recreation
- Animal Services
- Library Services

Become engaged in those issues. How? Talk about the issues with your friends and neighbours. Write letters to your Councillors and/or appear in person as a delegate at Council meetings. Ask questions, become informed and express your opinion. Remember, you may have more success influencing how Council spends our tax dollars if you express opinions before decisions are made, not after.

Perhaps you have heard another old adage...... fight a decision before it is made.

Recommended Links for additional information:

MPAC

- www.mpac.on.ca
- Ontario Municipal Act 2001 www.e-laws.gov.on.ca/html/statutes/english/ elaws_statutes_01m25_e.htm
- Municipal Councillor's Guide www.mah.gov.on.ca/Page8390.aspx
- Your Local MPP John O'Toole john.otooleco@pc.ola.org
- Municipality of Clarington www.Clarington.net
- Clarington Promoter www.claringtonpromoter.ca





by Cathy Abernethy

HOME PROMOTER

CONTRIBUTOR

I always enjoy trying a new recipe for Pork Tenderloin. This is a great recipe to serve when having company because it serves 8 people. I thought with spring time right around the corner, I should include a recipe which uses maple syrup. You can always prepare the sauce ahead of time. Enjoy!



Pork Tenderloin with Maple Mustard Sauce

Maple Mustard Sauce

• 1 Tbsp. all-purpose flour

· 1 small onion, finely chopped

• 1 cup chicken or vegetable stock

- · 1 Tbsp. butter
- · 2 Tbsp. Dijon mustard
- · 2 Tbsp. pure maple syrup
- · 1 Tbsp. soy sauce
- · Salt and freshly ground pepper

Pork Tenderloin

- 1 cup coarse dry bread crumbs
- 1 Tbsp. freshly chopped ginger I use a 3 Tbsp. Dijon mustard rasp or fine grater) or use 1 Tbsp. ground · 1 Tbsp. pure maple syrup
- dried ginger • ½ tsp. salt

- ¹/₂ tsp. freshly ground pepper
- 4 pork tenderloins (each about 12 oz.)

Preperation:

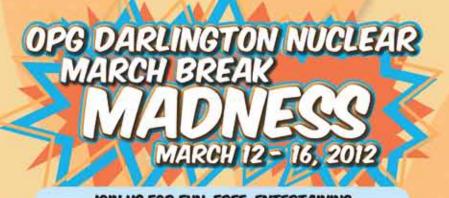
To make sauce; melt butter over medium heat in a small saucepan. Cook onion, stirring, for about 5 minutes or until soft and starting to brown. Sprinkle with flour and cook, stirring, for 1 minute. Whisk in stock, then mustard, syrup and soy sauce and increase heat to med.-high. Bring to a boil. Boil gently, whisking, for about 5 minutes or until slightly thickened. Check seasoning.

To cook pork, preheat oven to 375 F. Combine bread crumbs, ginger, salt and pepper in a shallow dish. Separately, combine mustard and syrup and brush all over pork tenderloins. Tuck thin end of pork under to make even thickness and roll each tenderloin in crumb mixture, pressing to make crumbs stick. Space tenderloins apart on foil-lined rimmed baking sheet or shallow roasting pan, placing tucked end underneath.

Roast tenderloins in oven for about 20-25 minutes or until internal temperature is 160 F. on an instant-read thermometer .

Meanwhile, reheat sauce gently if necessary. Season sauce to taste with salt and pepper. Transfer pork to a cutting board and cover with foil paper loosely and let rest for 5 minutes. Slice port diagonally into ½ inch thick slices. Place on a warmed serving platter and serve with sauce on the side.

Serves 8 - Complimented well with your favourite roasted potato and vegetables.



JOIN US FOR FUN, FREE, ENTERTAINING AND EDUCATIONAL ACTIVITIES! CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

> SIGNS OF SPRING FREE Monday, Mar. 12 10 a.m. - 2 p.m. Darlington Waterfront Trail (see map) No registration required.

COMMUNITY SKATE

Tuesday, Mar. 13 9:30 a.m. - 1:30 p.m. South Courtice Arena 1595 Prestonvale Road, Courtice No registration required.

STAR LIGHT, STAR BRIGHT

Wednesday, Mar. 14 10 a.m. - 3 p.m. Sarah Jane Williams Heritage Centre, 62 Temperance St., Bowmanville **Registration required at** opg.com/community.

FREE

TERRIFIC TREE TALES

FREE

Thursday, Mar. 15 9:30 - 11:30 a.m. OR 12:30 - 2:30 p.m. Darlington Information Centre (see map) **Registration required at** opg.com/community.

FREE

BREAKFAST WITH THE BIRDS

Friday, Mar. 16, 10 a.m. - 2 p.m. **Purple Woods Conservation Area** Maple Syrup Festival No registration required. Note: \$8 per family admission fee to Purple Woods. OPG-sponsored activities are FREE.







Consider Your Local Options



by Tom Coleman DURHAM FARM FRESH www.durhamfarmfresh.ca The Durham Farm Fresh Marketing Association is now entering its' 19th season. Growing and producing products right here in Durham Region and making them available to you, the consumer, is their passion.

Here in Clarington there are more than 20 Durham Farm Fresh members. Fruits and vegetables, seedlings and sod, wine and baking, meat and eggs - these farmers offer it all! If you're looking for some local products right now, try meat and eggs. Clark Meats in Newcastle, Found Family Farm in Courtice, Gallery On The Farm in Enniskillen and Snowden Farms in Enniskillen are great sources for your meat orders. Svetec Farms in Enniskillen and The Egg Shack in Orono offer both meat and farm fresh eggs. As the growing season approaches, and more products become available, consider your local options. Make fresh, top-quality products, grown right here in Clarington your #1 choice!

Watch for the 2012- 2013 Durham Farm Fresh guide – see you on the farm! For more information, find us online at www.durhamfarmfresh.ca or call 905-427-1512.

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Food for Thought

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POST

by Leslie James

HOME PROMOTER CONTRIBUTOR

If you have been wondering how to cope with rising food prices, growing some of your own produce might be just the ticket. Even if you live in a gardenless apartment or have a tiny yard or don't want to grow a traditional vegetable garden, other possibilities exist.

Edible landscaping, growing food in containers and using garden allotments are three possible ways to replace the vegetable patch hidden in the back yard. Consider combining fruit and nut trees, berry bushes, vegetables, herbs, edible flowers and other ornamental plants into pleasing designs in your existing ornamental gardens. When space is limited, tuck some herbs into a sunny windowsill, patio or balcony. Alternatively, rent space from one of two groups who run allotment gardens in Bowmanville. For further information, contact Sher Leetooze at 905 623 9147 or sherleetooze@ interlinks.net or visit their web site at http://bowmanvillegardenallotments.webs. com/ For the second group, call Vincent Powers at 905 263 2944 or visit their web site at http://durhamorgan-

icgardeners.com or Faceook

:DurhamOrganicGardeners. The yearly rental fee may cost \$30 to \$50 depending on whether you opt for a roughly two hundred or four hundred square foot plot. If this sounds expensive, consider the fact that one Iowa gardener grew over \$900 worth of organic vegetables such as tomatoes, peppers, basil, zucchini and lettuce in one year in a one hundred square foot garden.

For more information, Google 'growing vegetable seedlings' or consult a book on the topic. In From Seed to Table, A Practical Guide to Eating and Growing Green, Janette Haase, shares knowledge gleaned from supplying forward- contracted weekly boxes of vegetables to Kingston area customers. This excellent book provides monthly to-do lists, recipes for seasonal eating and thoughtful essays on food related topics. If you are keen to get started, Haase suggests that we start peppers and tomatoes in March inside.

There's no reason to feel left-behind by the growyour-own-food revolution. In this monthly article, we'll help you find the resources and develop the skills to help you grow your own healthy food and add fresh, local, organic, and affordable produce to your family's diet.







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Seven Sisters Tea 100+ Loose Teas



HERBALS (CAFFEINE FREE)

CHAMOMILE, PEPPERMINT, SPEARMINT (ORGANIC), CRIMSON SUNSET, YOGITEA, SLEEPYHEAD- VATA- ORGANIC, CLARITEA- PITTA- ORGANIC, ENERGIZER- KAPHA- ORGANIC, PINA COLADA, AFRICAN QUEEN, SUNBURST RASPBERRY, CITRUS SUNBURST

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



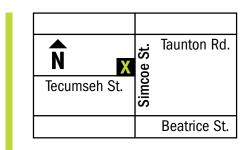
WELLNESS LINE

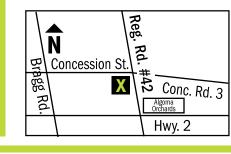
ROOIBOS GINGER MELON, HERBAL RELAXER, PICK ME UP, GINGER SENCHA



GREEN TEA

GENMAICHA, SENCHA, GYOKURO, HOJI CHA, LUNG CHING SUPERIOR DRAGONWELL, CHINA CHUN MEE, FORMOSA GUNPOWDER – ORGANIC, MAO JIAN – ORGANIC, MADAME BUTTERFLY IMPERIAL JASMINE – ORGANIC, JASMINE DRAGON TEARS, MORROCCON MINT – ORGANIC, SWEET LEMON, GARDEN OF EDEN, SENCHA KIWI GARDEN, GREEN APPLE SENCHA, GOJI – ACAI SENCHA, EMPEROR'S BLOOM, FOUR FLOWER DRAGON, MOUNTAIN MIST JASMINE, MING DYNASTY ROSE, MATCHA





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