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**2012 FALL PROGRAM**  
pull out section inside!

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Volume 2 | Issue 6

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## The Mysterious Colonel Black

by Charles Taws

CLARINGTON MUSEUMS  
AND ARCHIVES

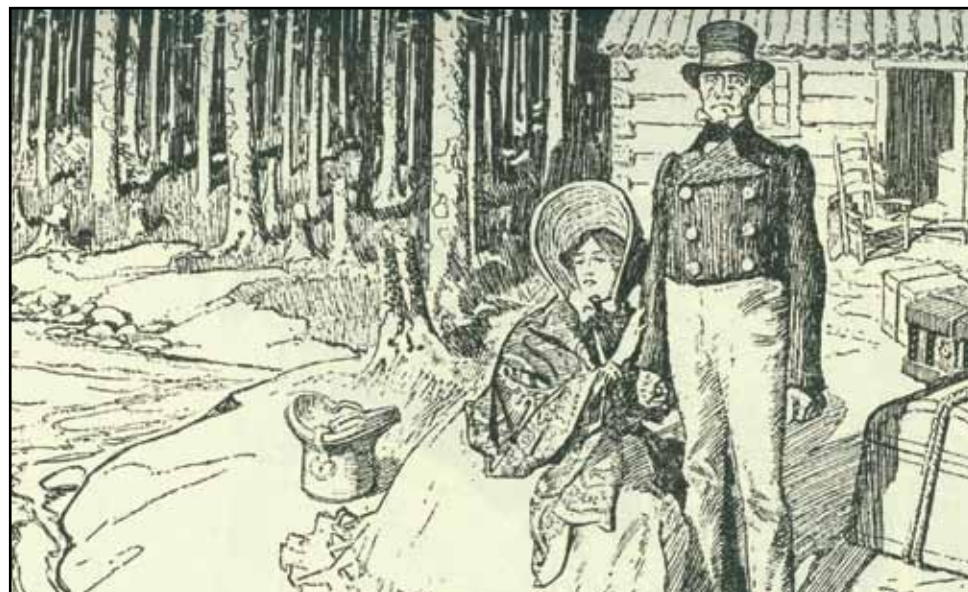
www.claringtonmuseums.com

*This story is dedicated to the memory of George Vice, Bowmanville Postmaster 1954-1974 and noted local historian*

We dispelled the myth that Courtice has no history with the article entitled "The Ancient History of Courtice" in volume 1 issue 5 of the Clarington Promoter (If you missed this story, go online to [claringtonpromoter.ca](http://claringtonpromoter.ca) and click on the PAST EDITIONS tab). Recently another historical Courtice story came to light and it came from an unlikely source—a well known and easily available Ontario history book.

In pioneer times many communities were first settled by wealthy pioneers who had come to the new world to make their mark or escape an indiscretion in the old. Many were the younger sons of well-to-do families who had little prospects of advancement in Europe. They would often come to a community stay a while and being unused to the hard labour or unprepared for the rigors of Canadian life fled to the cities or back home.

Where I grew up in Harvey



Early Settlers, approx. 1830

Township north of Peterborough a group of wealthy sportsmen settlers came to Sandy Lake in the 1830's. They built log cabins for their families and planned to survive by sports hunting. Needless to say they didn't last long. In Bowmanville the Barber Family were prominent at an early date. Bowmanville Creek's original name was Barber's Creek, but they soon left and almost nothing is known about this family. In a previous article I mentioned a Captain Ussher who ran a mill in Bowmanville. He was related to

Captain Edgeworth Ussher who was killed by Ben Lett in Niagara. His mill in Bowmanville failed, as J.B. Fairbairn wrote in 1906, "[He] was a gentleman without any business training and as a matter of course the venture ended in failure". He too left the area without a trace.

Many communities have followed this pattern and in most cases these early settlers fade into the mist of times never to be heard from again. Such was the case of Colonel James Black who ran the first post office in the area from 1825 to 1827. Until recently we knew more about the mule that brought the first mail to Darlington than Colonel Black himself (the mule lived a long life and died in Markham around 1863). Colonel Black ran the post office from his house and his property was on the north side of Highway # 2 at Prestonvale Road in Courtice. In fact, if you're heading west out of Oshawa, the hill you go up just before Prestonvale Road, is called Black's Hill. George Vice in his book "The Post Office and Early Development in Bowmanville" explains that the Black property was Lot 32, Concession 1. In 1827 the

post office moved eastward to the fast growing community of Bowmanville and Colonel Black fades from the scene.

About a month ago Gordon Young of Lakefield Heritage Research contacted me with a question about Samuel Strickland. He is the brother of the famous Canadian pioneers Catherine Parr Trail and Susanna Moodie. All of them were authors and Col Strickland's book "Twenty Seven Years in Canada West" does mention a few tidbits of his early life in Darlington Township before moving on to other parts of the province. Gordon's inquiry caused me to take a closer look at Strickland's book (a book that has been sitting on my shelf at home for over 25 years). In this book we find a "Colonel B", an old family friend, whom he stayed with and eventually married one of his daughters. Colonel Strickland never calls Colonel Black by name but by the details he gives it is undoubtedly the same man.

The book tells us that Samuel Strickland (1804-1867) was the son of Thomas and Elizabeth

Continued on Page 13



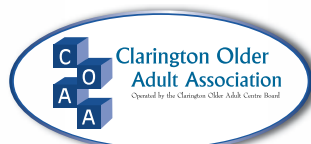
Mill, approx. 1830

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Visit: [www.claringtonpromoter.ca](http://www.claringtonpromoter.ca)

### Website Link of the Month



Visit [www.ClaringtonPromoter.ca](http://www.ClaringtonPromoter.ca) Look for and click on the Link of the Month Tab. To find out more about the how the COAA promotes health and happiness of older adults.



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# Increase Effectiveness of Processes Within The Business



by Peter Hobb

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This is the final article in a series on the "Four Ways To Grow Your Business". This final article, hopefully, will tie it all together (missed the first three, go online to [claringtonpromoter.ca](http://claringtonpromoter.ca) and click on the PAST EDITIONS tab). To ensure the strategies we learned about previously are working

you must make sure that your processes operate efficiently within your organization. If you don't it is unlikely that the strategies you are trying to implement will generate the desired results.

To build better processes you must understand the real purpose of your business. What is the overall mission for your business? Why are you in business? Write it down. Everything you do, everything your team does must support the mission. For example, BMW is not just about building vehicles, it is about providing its customers with "The Ultimate Driving Experience". When BMW designs a vehicle, it is designed to provide its customers with "The Ultimate Driving Experience". Their mission drives everything they do. Your mission statement will guide you in

developing a business plan, and setting goals. It will also build understanding and trust in your customers' minds and give your team members clearer direction.

To properly develop your processes you need to understand your business' strengths, weaknesses, opportunities and threats (S.W.O.T.). When you do a S.W.O.T. analysis you obtain information on your industry, your customers, your competition, your business operations, and your business environment. It will help you to understand your business better. This analysis will identify not only problem areas, which you can address and rectify, but also identify strengths and opportunities that you can take advantage of to win more customers, keep them coming back and spending more each

time they do. This analysis will focus the business on what is important so that processes can be refined to leverage the business' strengths, remove weaknesses, make the most of opportunities and avoid threats when moving the business forward.

Setting up proper processes will allow you, the business' owner, to focus on those things that bring the most value to your business. With a lot of small to medium sized businesses the business owner ends up fighting fires in addition to taking care of regular operations. They don't have time to implement new strategies in their business or even the time to think strategically about their business. Better processes will allow you to step back from the day to day operations because your team mem-

bers will know what is expected of them and how to deal with problems as they arise. They shouldn't have to come to you every time there is a problem. If you can free more time to work ON your business rather than IN your business you will drive more profit.

Another benefit of delegating more to your team members is that they will feel more valued improving the work environment of your business. Also by focusing on a job function and the skills required to do that job it will help ensure that you have the right person in the position. It is also important to remember that you must provide ongoing training so that you can continue to improve processes and keep good team members.

To make a business run more

smoothly you need to systemize every process that needs to be completed to serve your customers and generate a profit. A study completed by Edward W. Demming (redesigner of the Japanese car industry) showed that only 4% of business mistakes were due to direct human error. The other 96% were due to lack of consistent systemization. Documenting systems and processes can help to train team members, delegate responsibility and create consistency. As mentioned in previous articles this will make the business more valuable because it doesn't have to rely on you to operate successfully. In our experience we have found improving systems and processes to be one of the easiest ways to generate more profit and grow your business.



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A special Thank You to all those organizations and merchants who sold tickets on behalf of the Lions Club of Bowmanville.



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# Election Rumours Dispelled



by Jim Abernethy, Editor  
jim@ClaringtonPromoter.ca

It would appear that the new Editor of a local paper in Orono has started a rumour that I am pondering the possibility of running for the Liberal nomination for the upcoming Federal By-election.

For the record - his comments are a complete fabrication. A simple phone call, or email, to me could have established that I have never pondered running for the Federal Liberal Party.

My travelling days are over!

Cathy and I are very content with our recent "downsizing" into our home in Bowmanville..... just around the corner from Clarington Municipal Town Hall.

We love life in the country, but are embracing the benefits of returning to life in town.

Downsizing into a smaller home with less property can present major challenges for those who are used to a large home in town or a rural setting. But there is an upside.

Cathy and I just experienced "the downsize." This is something many of us have or will experience in the coming years.

Moving from a large house that has been a home for 10, 20 or maybe 40 years presents many challenges..... but there are rewards once you have made the decision to move forward.

Not surprising, some of my real estate clients are experiencing the same frustrations and dilemmas that come with divesting oneself of all the stuff that we have spent a lifetime accumulating?

Moving from a larger home/property into something smaller can be a daunting task, especially if you have outbuildings with who knows what stored in them.

Sorry, there are no easy answers or magic formula. The process can be very stressful.

A good first step is to sit down and make a list of your house "wants" verses "needs" and then list the pros verses cons to downsizing. Be prepared to give up some things and focus on the end game.

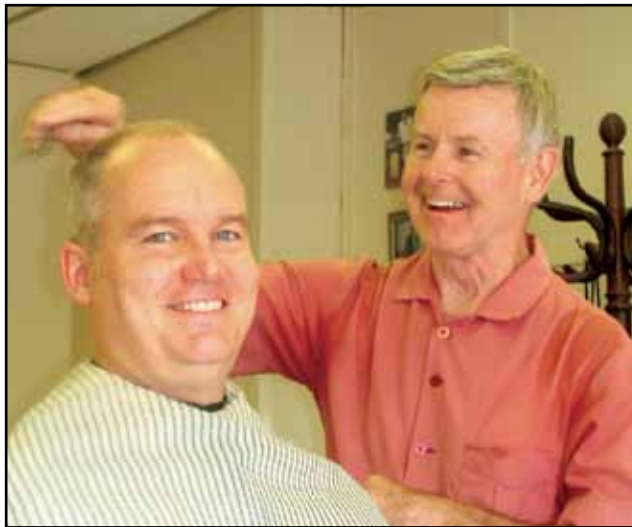
Give me a call if I can help walk you thru it. Take advantage of my knowledge of the community and my experience as a Real Estate Broker/Salesperson for more than 35 years.

As our community continues to grow I will continue to promote Clarington to people outside our community and educate those of us who choose to live here about our history, diversity and the many benefits Clarington has to offer.

In this edition we have profiled another individual who has contributed to our community in the past. (go online to www.clarington-promoter.ca to access all of our past editions, read about our history)

Myno Van Dyke's has written a wonderful article about Judge Dick Lovekin. The Judge was a descendent of one of the first families who settled in Clarington. He was a colourful character and a person who left his mark on our community.

Another person who has quietly left his mark and continues to contribute to our community is Dennis Sullivan, better known as Sully the Barber.



Sully the Barber chats up one of his customers - Conservative Candidate Erin O'Toole.

This coming September, Sully will celebrate the milestone of 50 years of service in this business.

Wow, that is a lot of haircuts and shaves! Recently I asked him just how many?

Sully replied "Lots.... maybe a few shy of 400,000."

I asked - anybody famous? "Sure." he replied. "Some of the old time NHL hockey players like Gerry Cheevers, Arnie Brown, Dick Gamble, Larry Hillman would drop by for a cut and a shave.... some of our current home town NHL pros when they were kids..... and of course when he was just a boy Paul Quantrill of Blue Jay and New York Yankee fame. Bob Rae came in once, but not for a haircut..... he was campaigning for the NDP, I think."

Looking back, Sully reflects on his career as a Barber. "The community has been good to me and my family. My business has weathered the ups and downs in the economy and changes to this industry. There was a time when my customers would come in once a week for a trim, just to look sharp..... and a lady would never cut a man's hair. Times have changed but I have no regrets. I always managed to pay my bills, and put our kids through university. Emily and I are comfortable..... life is good, I walk to work every day and we are very proud of our son and daughter."

And so they should be. Elke Sullivan is a step dancer who can out step most fiddle players. That could be because she had lots of practice stepping to the tunes played by her brother Mark, a 3-time Canadian Grand Masters Fiddle Champion and 3-time Canadian Open Fiddle Champion.

So next time you need a haircut - drop into Sully's located at 35 King Street East in Bowmanville just east of Norm's Deli.

Sully's shop has been a traditional barber shop since the early 1930's and if you like the fiddle..... Sully could probably tell you a thing or two..... you never know who you will see there and by the way..... make a point of thanking him for his 50 years of service.

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# Judge Dick Lovekin



by Myno Van Dyke

**NEWCASTLE HISTORICAL SOCIETY**

Eric Richard Lovekin was born at Bowmanville Hospital on May 12, 1924. He was always called "Dick" and he grew up on the Lovekin farm named "Kilcolman", which was first settled by the Lovekins in 1796. This farm fronted on the north shore of Lake Ontario near the mouth of the Wilmot Creek just west of the village of

Newcastle. The Lovekins and the Bates were the first families to settle in Clarke Township.

He went to public school in nearby Newcastle and then to high school in Toronto. He earned a BA at the University of Toronto in 1949 and graduated from Law School there a few years later. Dick practiced law in Edmonton, then in Yellowknife and finally returned to Newcastle. He soon became the "Federal Crown Attorney" for this area and in 1977 he was appointed to the Bench as a Judge in Brampton. Later he transferred to Whitby and retired as a Judge in 1992.

The atmosphere in a courtroom is usually tense and serious.



Dick Lovekin

Continued on Page 13

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**Ganaraska Valley, \$749,000**



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Free standing heated Cabana with ceramic floor compliments the solar panel heated 16'x32' swimming pool.

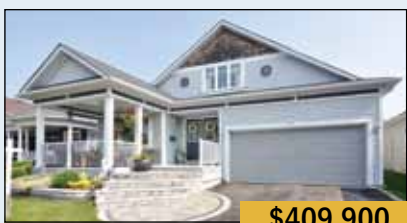
Features: ground source heat pump & air exchanger, combined average heat & hydro costs only \$306.53/month, ensuites with heated floors in every bedroom, 6 bay JennAir, super kitchen.

Find out why this home has free high speed internet service!

Contact Jim Abernethy for more details to arrange for a personal viewing.

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**208 Shipway Ave. Newcastle**

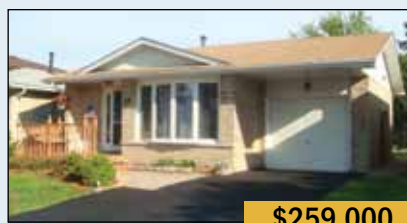


**\$409,900**

This bungalow boasts perhaps the largest lot in The Port Of Newcastle. Features open concept main floor, double sided fireplace & cathedral ceilings, southern exposure, skylights, master bedroom on main floor with ensuite, 3rd bedroom in loft. Marina & Lake Ontario walking trails nearby.

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**28 Ashdale Cres. Bowmanville**

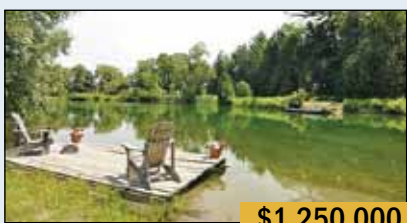


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# Clarington Older Adult Association

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 Fall 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.

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

## Inside The Issue

### PG.2

- General Information
- Drop-In Programs

### PG.3

- General Interest, Fitness

### PG.4

- Fitness

### PG.5

- Fitness, Dance

### PG.6

- Art & Music
- Computer Workshops

### PG.7

- Photography Programs
- Workshops & Seminars

### PG.8

- Upcoming Events & Fundraisers



# General Information

General Information General Information General Information General Information General Information General Information 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

Fall program registration starts Wednesday August 29 at Open House. Pre-registrations will be accepted prior to August 29.

Please drop off your completed registration form with payment to the front desk.

Please note that pre-registrations will be processed on August 29 at 4 pm.

## 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

Available to NON-MEMBERS!



**Courtice Community Complex**  
2950 Courtice Rd., Courtice



**Kendal Community Centre**  
6742 Newtonville Rd., Kendal



**Newcastle Town Hall**  
20 King Ave. W, Newcastle



**Newtonville Community Hall**  
21 Church Lane, Newtonville



**Newcastle & District Recreation Complex**  
1780 Rudell Rd., Newcastle



**Tyrone Community Centre**  
2716 Concession Rd. 7, Bowmanville



**Orono Town hall**  
5315 Main Street Orono



**Liberty Bowl**  
30 Baseline Road E, Bowmanville



**Garnet B Rickard Recreation Complex**  
2440 Highway 2, Bowmanville



**Visual Arts Centre**  
143 Simpson Ave, Bowmanville



**Clarington Fields**  
2375 Baseline Road W, Bowmanville

Registration information contact 905-697-2856

## REFUND POLICY

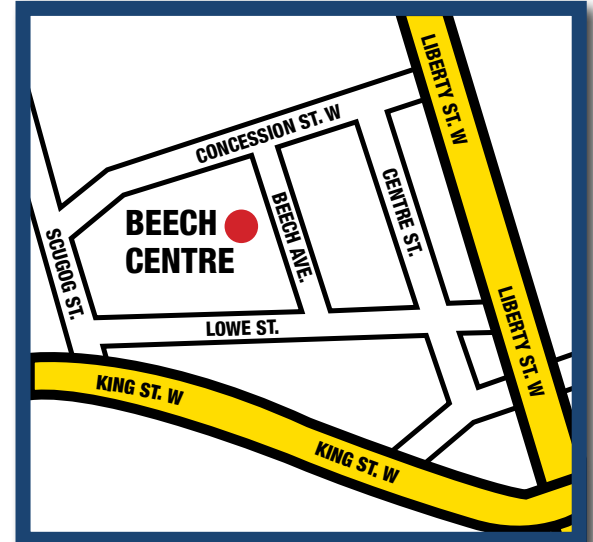
Refunds will only be granted for medical reasons with a doctor's note.

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.

24hrs advance notice is required



## TUESDAY LUNCH

Join us for Lunch at the Beech Centre every Tuesday at 12 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.**

# Drop-In Programs

Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Billiards	9 am-6 pm	Open Art	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-4 pm
Walking*	9 am	Cribbage	9:30 am	Walking*	9 am	Wood Carving	10 am	Walking*	9 am
Tone & Strengthen with weights (DVD)	9:20 am	Euchre	9:30 am	Choir	10 am	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm
Book Club	10 am	Scrabble	9:30 am	Badminton (Newcastle)	10 am	Bid Euchre	1 pm	Baking	9 am
Wood Carving	10 am	Social Bridge	9:30 am	Open Art	12:15 pm	Pickleball (Newcastle)	12:30 pm	Tone & Strengthen with weights	9:20 am
Pickleball (Newcastle)	9:30 am	Table Tennis	10 am	Canasta	1 pm	Social Bridge	7 pm	Pickleball (Newcastle)	12:30 pm
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm			Texas Hold'em Poker	7 pm	Duplicate Bridge	1 pm
Cribbage	1 pm	Square Dancing	12:45 pm	<b>Weekly Drop-Ins Fee Schedule</b> 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 Progressive Euchre.....\$3.00 Early Bird Bingo /1pm.....\$1.50 (for as many cards as you want to play) Monster Bingo - 2:15pm..... \$0.25 (for 2 cards) \$0.25 (for one dabber sheet) *Walking indoors starts November 5th at Clarington Fields				Darts	1 pm
Knitting/Crocheting Group	1 pm	Friendship Club	1 pm					Darts	1 pm
Bid Euchre	7 pm	Bingo	1 pm					500 Cards	1 pm
		Fitness Bootcamp 1	5 pm-5:40 pm					Jam Session	1 pm
		Fitness Bootcamp 2	5:40 pm-6:20 pm						
		Fitness Bootcamp 3	6:20 pm-7 pm						
		Progressive Euchre	7 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.



# General Interest

General Interest General Interest General Interest General Interest General Interest General Interest General Interest

## CULINARY LESSONS with Chef Georg

Chef Georg will instruct a cooking demo of a meal from the starter to dessert and you will receive samples of the meal.

- **New Orleans Style Cooking \$5.00**  
Wednesday October 17 1 pm - 3 pm
- **Puff Pastry \$5.00**  
Wednesday October 31 1 pm - 3 pm
- **Louisiana Cooking (Spicy Seafood) \$5.00**  
Wednesday November 14 1 pm - 3 pm
- **Choux Paste (Cream Puffs, Éclairs, French Donuts) \$5.00**  
Wednesday November 21 1 pm - 3 pm
- **Hawaiian Cooking \$5.00**  
Wednesday  
December 5  
1 pm - 3 pm
- **Sponge Cake \$5.00**  
Wednesday  
December 19  
1 pm - 3 pm



## BEGINNER FRENCH LESSONS with Cecile Paxton

Learn the basic vocabulary of the French language.  
**Tuesdays 1:30 pm – 3:30 pm 10 weeks**  
**September 11 to November 13 \$59.50**

## BEGINNER BRIDGE LESSONS with Bill Peel

This exciting card game is not only intellectually stimulating but is a social game - fun to learn and play. Each 90 minute class features all the key elements of the game in a sequence of easy lessons.  
**Wednesdays 1 pm – 2:30 pm 10 weeks**  
**September 12 to November 14 \$45.00**

## BOOK CLUB (Drop In) - 10 am

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

- September book: Finding Home by Eric Wright**  
*Meeting date to discuss September book: Monday October 15*
- October book: Memory Keeper's Daughter by Kim Edwards**  
*Meeting date to discuss October book: Monday November 12*
- November book: Crazy Ladies of Pearl by Trevanian**  
*Meeting date to discuss November book: Monday December 10*

## INTRODUCTION TO ENERGY MEDICINE with Donna Elliott

Experiential class that explores different Energy Medicine Techniques. Test your compatibility to medications, foods and supplements. Experience simple energy techniques that boost your energy and immune system. Introduction to acupuncture, reflexology, chakra's, meditation, and more.  
**Wednesdays 1:30 pm - 2:30 pm 10 weeks**  
**September 12 to November 14 \$42.00**

## LEARN TO CROCHET with Dorothy Bond

Learn the basic stitches and beyond.  
**Mondays 1 pm to 3 pm 4 weeks**  
**September 10 to October 15 \$5.00**  
*\*NO Class September 24 & Monday October 8\**

## SPANISH LESSONS LEVEL 1 with Alan Bayliss

Have fun learning Spanish. This class is intended to go slow with lots of student participation and practice.  
**Mondays 1 pm – 3 pm 10 weeks**  
**September 10 to November 19 \$59.50**  
*\*NO Class Monday October 8\**

## SPANISH LESSONS LEVEL 2 with Alan Bayliss

This course continues on from the lessons learned in the previous courses. A few more advanced topics are introduced.  
**Wednesdays 10 am - 12 pm 10 weeks**  
**September 12 to November 14 \$59.50**

## SPANISH LESSONS LEVEL 3 with Alan Bayliss

For graduates of Spanish II or people with a basic knowledge of common verbs and vocabulary. This course continues on from the lessons learned in previous courses. A few more advanced topics are introduced.  
**Wednesdays 1 pm - 3 pm**  
**10 weeks September 12 to November 14 \$59.50**



## WRITING YOUR LEGACY with Anita DeVries

This writing workshop will assist you in making your own legacy book. Each session will begin with a motivational presentation on the topic that you will be writing about that day and a discussion time to share stories.  
**Thursdays 12:30 pm - 2:00 pm 10 weeks**  
**September 13 to November 15 \$45.00**

## VIDEO EDITING with Bill Fitkowski

Learn basic editing skills using Adobe Premiere Elements 10. Topics covered are importing media clips, building a movie, editing and transferring to a DVD. If you are interested in taking this course please sign up at the front desk.  
**Start date and cost will be set based on interest & participation.**  
**Program will be for 4 weeks 2 hours each week.**

# Fitness

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

## ARTHRITIS FITNESS with Doris Lee

**(Held at Courtice Community Complex) CC**  
This class is suited for those with Osteo or Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength to improve your quality of life by decreasing pain, swelling and stiffness.  
**Mondays 8:30 am - 9:30 am 10 weeks September 10 to November 19 \$42.00 members / \$47.00 non-members**  
**3 weeks November 26 to December 10 \$13.00 members / \$14.50 non-members**  
**Wednesdays 10 am - 11 am 10 weeks September 12 to November 14 \$42.00 members / \$47.00 non-members**  
**4 weeks November 21 to December 12 \$17.00 members / 19.00 non-members**  
**Fridays 8:30 am - 9:30 am 10 weeks September 14 to November 16 \$42.00 members / \$47.00 non-members**  
**4 weeks November 23 to December 14 \$17.00 members / \$19.00 non-members**  
*\*NO Class Monday October 8\**

## BADMINTON (Drop in)

**(Held at Newcastle and District Recreation Centre) NC**  
**Wednesdays 10 am - 12 pm September 12 to December 19**  
**\$1.36 members / \$1.70 non-members per play (Pay day of)**

## BOOT CAMP FITNESS (Drop In)

The PURE Fitness Bootcamp is simply group exercise that utilizes body weight and minimal exercise equipment to achieve a full body focused high efficiency workout suitable for all ages and fitness levels.  
**Beginner: Tuesdays September 11 to December 11 5 pm - 5:40 pm**  
**Intermediate: Tuesdays September 11 to December 11 5:40 pm - 6:20 pm**  
**Advanced: Tuesdays September 11 to December 11 6:20 pm - 7 pm**  
**\$2.50 per class members / \$3.00 per class non-members**

## BOWLING LEAGUE

**(Held at Liberty bowl) LB**  
Join us for a fun social mixed league **Thursdays 12:30 pm**  
**September 6 to April 4 \$29.05**  
*2 games will be played each week - cost of games are \$6.25 Includes prizes & end of season banquet*



## CARDIO WITH PEP with Lydia Vooy's

Not too slow or too fast. Join this cardio class and enjoy core conditioning, relaxation and major muscle group stretching.  
**Mondays 9 am - 10 am - 10 weeks September 10 to November 26 \$42.00**  
**Fridays 9 am - 10 am - 10 weeks September 14 to November 16 \$42.00 & 4 weeks November 23 to December 14 \$17.00**  
*\*NO Class Monday October 8 & October 22\**



**Fitness**

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

**NEW DANCE FIT with Barbie Cameron**

Dance your way to being fit with Ballroom and Latin Line Dances for all! Groove to the rhythms of Jive, Waltz, Rumba, Samba and more! Warm up with stretching and balance exercises. Loaded with fun and easy movements. No one will go away with two left feet!  
**Thursdays 1 pm - 2 pm 11 weeks**  
**September 20 - November 29 \$46.50**



**DRUMS ALIVE FITNESS with Carol Drew**

Using fitness balls and drumsticks, improve physical/mental fitness and have fun! Drums Alive is full of powerful and motivating music and drumming rhythms that will get your body moving.  
**Mondays 7 pm - 8 pm 10 weeks**  
**September 17 to November 26 \$42.00**  
**Fridays 9:30 am - 10:30 am 10 weeks**  
**September 14 to November 16 \$42.00**  
*\*NO Class October 8\**

**FABULOUS MUSCLES with Lydia Vooyo**

Includes a 10 minute warm up and then get down to business! Bring weights & tubing to class.  
**Fridays 10 am - 11 am - 10 weeks**  
**September 14 to November 16 \$42.00**  
**4 weeks November 23 to December 14 \$17.00**

**LATIN PARTY MIX with Veronica Vargas**

You are invited to a party where you will be dancing from Tango (Argentina) to Quebradita (North of Mexico), Spain and the Caribbean. Learn step by step basic choreographies and moves. Feel free to add your own flavour and enjoy the party. Partners not required  
**Wednesdays 12 pm - 12:55 pm 10 weeks**  
**September 12 to November 21 \$42.00**  
*\*NO Class October 3\**

**PICKLEBALL**

**(Held at Newcastle and District Recreation Centre) NC**

**Mondays 9:30 am - 12:30 pm September 10 to December 17**  
**Thursdays 12:30 pm - 3:00 pm September 13 to December 20**  
**(NEW) Fridays 12:30 pm - 3:30 pm September 14 to December 21**  
**\$1.36 members & \$1.70 non-members per play (Pay day of)**  
*\*NDRC closed Monday October 8\**

**CHAIR PILATES with Nathalie Mackesey**

A low impact class includes the use of bands, standing and sitting exercises while using your breath to control your core stretch and stomach muscles.  
**Mondays 11:15 am - 12:15 pm 10 weeks September 10 to November 19 \$42.00**  
**& 3 weeks November 26 to December 10 \$13.00**  
**Thursdays 11:15 am - 12:15 pm 10 weeks**  
**September 13 to November 15 \$42.00**  
**& 4 weeks November 22 to December 13 \$17.00**  
*\*NO Class Monday October 8\**

**PILATES with Nathalie Mackesey**

Focus on strengthening the core postural muscles which help keep the body balanced and are essential in supporting the spine.  
**Mondays 10 am - 11 am 10 weeks**  
**September 10 to November 19 \$42.00**  
**& 3 weeks November 26 to December 10 \$13.00**  
**Tuesdays 7 pm - 8 pm 10 weeks**  
**September 12 to November 13 \$42.00**  
**& 4 weeks November 20 to December 11 \$17.00**  
**Thursdays 10 am - 11 am 10 weeks**  
**September 13 to November 15 \$42.00**  
**& 4 weeks November 22 to December 13 \$17.00**  
*\*NO Class Monday October 8\**



**STRENGTH TRAINING FOR MEN with Sharon Wildeboer**

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle.  
**Wednesdays 11 am - 11:45 am 10 weeks**  
**September 12 to November 14 \$34.00**  
**& 4 weeks November 21 to December 12 \$14.00**  
**Fridays 9 am - 9:45 am 10 weeks**  
**September 14 to November 16 \$34.00**  
**& 4 weeks November 23 to December 14 \$14.00**  
*\*Bring resistance bands to class\**

**STRENGTH TRAINING with Sharon Wildeboer**

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. This class is co-ed.  
**Thursdays 6 pm - 7 pm 10 weeks September 13 to November 15 \$42.00**  
*\*Bring resistance bands to class\**

**QIGONG (Chinese Yoga) with Donna Elliott**

Gentle exercises that involve acupressure points, coordinated breathing with muscle movements, mild stretching and relaxation of body and mind.  
**Wednesdays 10 am - 11:30 am 10 weeks**  
**September 12 to November 14 \$52.50**  
**& 4 weeks November 28 to December 19 \$21.00**  
**Wednesdays 12 pm - 1 pm 10 weeks**  
**September 12 to November 14 \$42.00**  
**& 4 weeks November 28 to December 19 \$17.00**

**SIT AND BE FIT LEVEL 1 with Sharon Wildeboer**

Participants will be led through a series of seated movements and stretches.  
**Tuesdays 10:30 am - 11:30 am 10 weeks**  
**September 11 to November 13 \$42.00**  
**& 4 weeks to November 20 to December 11 \$17.00**  
**Fridays 10 am - 11 am September 14 to November 16 \$42.00**  
**& 4 weeks November 23 to December 14 \$17.00**  
*\*Bring resistance bands to class\**

**SIT AND BE FIT LEVEL 2 with Sharon Wildeboer**

Participants who have completed a session of Sit and Be Fit Level 1 can participate in this class. This class involves more standing work, longer cardio sections and more challenging resistance training.  
**Tuesdays 9:30 am - 10:30 am 10 weeks**  
**September 11 to November 13 \$42.00**  
**& 4 weeks to November 20 to December 11 \$17.00**  
*\*Bring resistance bands to class\**

**TAI CHI with Sandra Jin**

Step by step instruction of Yang Style Tai Chi. The 24 gestures assist in promoting balance, good physical, mental health, circulation, healthy organs and all around healthy well being.  
*Beginner: Mondays 10 am - 11 am*  
**10 weeks September 10 to November 19 \$42.00**  
*Intermediate: Mondays 11 am - 12 pm*  
**10 weeks September 10 to November 19 \$42.00**  
*\*NO Class Monday October 8\**



**Fitness**

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

**YOGA with Sharon Wildeboer**

Learn to combine physical yoga postures with breathing techniques to improve your flexibility, strength and balance.

**Mondays 9 am - 10 am 10 weeks**  
**September 10 to November 19 \$42.00**  
**3 weeks November 26 to December 10 \$13.00**  
**Wednesdays 9 am - 10 am 10 weeks**  
**September 12 to November 14 \$42.00**  
**& 4 weeks November 21 to December 12 \$17.00**  
*\*NO Class Monday October 8\**

**YOGA Gentle with Sharon Wildeboer**

This is great for those looking for a more gentle approach. More emphasis is made on the poses and on proper breathing techniques. Transitions from standing to the mat are kept to a minimum.

**Mondays 10 am - 11 am September 10 to November 19 \$42.00**  
**& 3 weeks November 26 to December 10 \$13.00**  
**Wednesdays 10 am - 11 am 10 weeks**  
**September 12 to November 14 \$42.00**  
**& 4 weeks November 21 to December 12 \$17.00**  
*\*NO Class Monday October 8\**

**YOGA INTERMEDIATE with Laurel Wichman**

Yoga is unique in its blend of movement, stillness, concentration, relaxation and awareness. Benefits of yoga include improved flexibility, strength, balance and co-ordination.

**Mondays 1 pm - 3 pm 10 weeks**  
**September 10 to November 19 \$62.50**  
**& 3 weeks November 26 to December 10 \$19.00**  
**Wednesdays 4 pm - 5:30 pm 10 weeks**  
**September 12 to November 14 \$47.00**  
**& 4 weeks November 21 to December 12 \$19.00**  
*\*NO Class Monday October 8\**

**YOGALATES with Sharon Wildeboer**

A fusion of yoga and pilates that restores mind/body balance while building strength and providing toning.

**Mondays 11 am - 12 pm September 10 to November 19 \$42.00**  
**& 3 weeks November 26 to December 10 \$13.00**  
*\*NO Class Monday October 8\**

**ZUMBA with Veronica Vargas**

Interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Tuesdays 9 am - 10 am**  
**12 weeks September 11 to November 27 \$50.50**  
**Thursdays 10:30 am - 11:30 am**  
**12 weeks September 13 to November 29 \$50.50**

**ZUMBA GOLD with Veronica Vargas**

A combination of dance and fitness created from the original Zumba. For the active older adult or beginner level participants who may need modifications for success.

**Wednesdays 11 am - 12 pm 12 weeks**  
**September 12 to November 28 \$50.50**



**Dance**

Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance

**BALLROOM & LATIN DANCE with Instructor Barbie Cameron**  
**Assistants John Pyatt and Peter Gill**

**(Held at Newcastle and District Recreation Centre) **

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory.

*\*Please no rubber soled shoes\**  
**Beginner:** Learn the Rumba, Jive & some Merengue  
**Wednesdays - 3:10 pm - 4:10 pm 12 weeks**  
**September 12 to November 28**  
**\$64.50 members / \$69.50 non-members**  
**Intermediate:** Learn the Foxtrot, Quickstep & Jive  
**Wednesdays 2 pm - 3 pm 12 weeks**  
**September 12 to November 28**  
**\$64.50 members / \$69.50 non-members**  
**International Bronze:** Learn the Quickstep, Cha-Cha & Merengue  
**Wednesdays 1 pm - 2 pm 12 weeks**  
**September 12 to November 28**  
**\$64.50 members / \$69.50 non-members**  
*(Must have participated in Intermediate)*



**LINE DANCING BEGINNERS with Phyll Marshall**

Various steps will be taught in this fun and social program.

**Mondays 12 pm - 1 pm 10 weeks**  
**September 10 to November 19 \$25.00**  
*\*NO Class Monday October 8\**

**LINE DANCING BEGINNERS PLUS with Phyll Marshall**

For those who enjoyed the Beginners, but are not ready to move on to Intermediate.

**Mondays 1 pm - 2 pm 10 weeks**  
**September 10 to November 19 \$25.00**  
*\*NO Class Monday October 8\**

**LINE DANCING INTERMEDIATE with Phyll Marshall**

Participants must have experience in line dancing. Various steps will be taught in this fun and social program.

**Fridays 11 am - 12 pm 10 weeks**  
**September 14 to November 16 \$25.00**

**NEW Scottish Country Dancing with Maureen Remington**

The program is designed for new people wanting to learn how to Scottish Country Dance as well as seasoned dancers. Please bring leather soled slippers or soft soled running shoes.

**Wednesdays 1 pm - 2:30 pm 10 weeks**  
**September 12 to November 14 \$34.00**

**SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst & Ruth Cowle**

Join us for an hour of Square and Round Dancing. This is a fun social group and no experience or partner is necessary.

**Tuesdays 12:45 pm - 2 pm**  
**September 11 to December 11 \$0.55 pay day of**



**TAP DANCING BEGINNERS PLUS with Veronica Vargas**

If you know the basic steps and you want to dance with enough time to enjoy your step before switching to another; this is your class.

**Wednesdays 8:55 am - 9:55 pm 12 weeks**  
**September 12 to November 28 \$50.50**

**TAP DANCING INTERMEDIATE with Veronica Vargas**

Standard combinations such as Buffalos & Waltz-clogs. All combinations learned will be put together to music and possibly performed.

**Wednesdays 9:55 am - 10:55 am 12 weeks**  
**September 12 to November 28 \$50.50**



# Art & Music

Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music



## ACRYLIC PAINTING / WATER COLOUR BASICS

**with Paul Livingston**

A variety of painting techniques for creating landscapes, portraits, florals and other common subjects.

**Thursdays 1 pm – 3 pm 10 weeks September 13 to November 15 \$59.50 & 4 weeks November 22 to December 13 \$24.00**

## DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals.

**Wednesdays 10 am – 12 pm 10 weeks September 12 to November 14 \$59.50 & 4 weeks November 21 to December 12 \$24.00**

## GUITAR TECHNIQUE ALL LEVELS

**with Larry Chown**

Take your playing to the next level as you learn the fundamentals of guitar techniques. Both pick and finger style playing will be covered along with elements of music theory necessary to develop your playing skills. Reading music will also be covered.

**Thursdays 12:30 pm – 2:30 pm 5 weeks September 13 to October 11 \$59.50 & 5 weeks October 25 to November 22 \$59.50**

## PIANO LESSONS

**with Tracey Ali, BA BFA**

Weekly 30 minute customized one-on-one piano/keyboard lessons with instructor.

Beginners to advanced, popular or classical music.

**Lesson times available on Thursdays and Friday mornings.**

**Piano lesson book \$12 available at first lesson.**

**\$68.00 for 4 lessons**

## RECREATIONAL AFRICAN DRUMMING 1

**with Julie Ditta**

Come out and drum your way to better health. Learn some basic rhythms. Reduce stress, energize, relax and have fun. Drums will be provided or bring your own.

**Fridays 10 am – 11 am 12 weeks**

**September 14 to**

**November 30**

**\$50.50**



## RECREATIONAL AFRICAN DRUMMING 2

**with Julie Ditta**

Continue to gain proficiency with your drumming and learn more complex and challenging rhythms and poly rhythms. Enjoy the fun of group freestyle drumming and rhythm based activities. Part 1 is a prerequisite for Part 2. Drums will be provided or bring your own.

**Fridays 11 am – 12 pm 12 weeks September 14 to November 30 \$50.50**

## Theatre Group (Drop In)

Calling all Thespians! This is a group for aspiring actors, interested writers and performers, and people who are just passionate about theatre. People of all skill levels are welcome to join the weekly group to work towards a culminating, collaborative show. No experience required.

**Tuesdays Starting September 18 \$1.35**

**(Performance of play Thursday December 6)**

## UKULELE LESSONS

**with Allanah Coles**

Have fun learning the basic chords.

**Thursdays 1 pm – 2 pm 8 weeks**

**October 11 to November 29 \$12.00**

*Ukulele's can be purchased at a discount from Hands On Music, 39 Ontario St. 905-623-7474 Mention COAA to get the discount.*

## WATER COLOUR INTERMEDIATE

**with Hi-Sook Barker**

Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent, beautiful water colours with an experienced teacher who will accommodate all levels of expertise.

**Thursdays 9 am – 12 pm 10 weeks**

**September 13 to November 15 \$88.00**



# Computer Workshops

With Bill Peel  
(New Instructor)

Computer Workshops Computer Workshops Computer Workshops Computer Workshops Computer Workshops

## BASIC COMPUTER SKILLS FOR PC

This course will focus on the use of the mouse, keyboard, and on-screen commands. Basic editing skills and simple file management will be covered. Bring your own laptop if you would like to learn on your own computer.

**(Held at Beech Centre)**

**Monday September 17 to October 1 9:30 am - 11:30 am \$51.00**

**(Held at Newcastle and District Recreation Centre)**

**Monday October 15 to October 29 10 am to 12 pm \$51.00 members/ \$56.00 non-members**

## DIGITAL PICTURE ORGANIZATION & SHARING TIPS

You will learn how to organize, sort, edit and share your digital pictures

**Tuesday October 23 & 30 7 pm - 9 pm \$36.00**

## LEARN THE INTERNET

Learn how to effectively use the internet. Topics covered are banking, email, shopping, downloading movies and music. Learn about social networks such as Facebook, Google Plus and Twitter.

**Monday November 5 & November 12 9:30 am – 11:30 am \$36.00**

## **NEW** MACBOOK

Learn How to use the Macintosh computer. If you are thinking about buying a Mac come to this demo before buying. (Lecture)

**Tuesday October 16 7 pm - 9 pm \$18.00**

## IPAD TABLET

Join us for a demonstration on how to use the Ipad and all the functions that is has to offer. (Lecture)

**Thursday November 8 7 pm - 9 pm \$18.00**





## Photography Programs

With Bill Peel  
(New Instructor)

### CREATIVE PHOTOGRAPHY

Do you want to learn more about how to take a great picture? We will visit a different Clarington location to capture images with suggestions to enhance your photographs.

**Friday October 5 to October 19 9 am – 11 am \$51.00**

### DIGITAL CAMERA TIPS

This session will cover the different settings, features, how to download the pictures and more. Bring your camera and the manual.

**Friday September 21 & September 28  
9:30 am to 11:30 am \$36.00**



### DIGITAL PHOTO ALBUM AND MORE

Learn how to design your own digital photo album, digital book, cards and calendars.

**(Held at Beech Centre)**

**Tuesday September 11 & September 18 7 pm to 9 pm  
\$36.00**

**(Held at Courtyce Community Complex) CC**

**Wednesday November 21 & November 28 10 am to 12 pm  
\$36.00 members/ \$41.00 non-members**

### LIGHTROOM

This is a new program that has been designed with photographers in mind. Lightroom is organized into modules making Lightroom both quicker to learn, and faster in performance than Photoshop. Topics covered will include using the workspace, importing and viewing, editing and publishing. Learn on our laptops or bring your own.

**Tuesday September 25 to October 9 7 pm - 9 pm \$51.00**

### PHOTOSHOP SKILLS

Learn how to alter and enhance your pictures to make them better. Should have basic computer skills.

**Tuesday November 6 to November 20 7 pm - 9 pm \$51.00**

## Workshops & Seminars

Please register in advance  
at the front desk

### ART SEMINAR with James Campbell ED of Visual Arts Centre

**Tom Thomson and the Group of Seven: Painting Canada.** Celebrate these great Canadian painters, who drew their inspiration and subject matter from the rugged and beautiful Canadian land. Their paintings helped define the Canadian landscape, and adorn the walls of every major Canadian art collection to this day.

**Friday September 28 1 pm FREE**

### BONES BE STRONG WELLNESS SERIES

This is an in-depth and informative program about Osteoporosis and fall's prevention. This five part series has been designed to motivate participants using a variety of interactive teaching techniques. Each session is delivered by professionals.

*The five topics covered are Introducing the Bones Be Strong Journey, Do you know how Bones Be Strong you are?, What is your Bones Be Strong nutrition IQ?, The Impact of medications on your Bones Be Strong health and Bones Be Strong forever: A Physician's perspective.*

**Tuesdays October 16 – November 13 7 pm – 9 pm  
\$35.00 (includes information binder)**

### BRIAN'S DIGITAL CAFÉ: FREE COMPUTER, INTERNET & PHOTOGRAPHY SUPPORT

Brian Greenway will be volunteering on Wednesday afternoons at the Clarington Beech Centre to assist you with any of your computer or digital photography questions.

**Wednesday September 12 & 19, October 24 & 31,  
November 7 & 14 2 pm – 4 pm**

*For COAA members only. By appointment only.*

### HEALTH WORKSHOPS sponsored by: Dr Amir from Heath Medica

**FREE Monthly Workshops: 12:30 pm - 1:30 pm**

**Thursday September 27 - LIVING WITH ARTHRITIS**

Come learn all the facts about Arthritis. What are the different types of Arthritis? What causes Arthritis? How can you avoid it?

**Thursday October 25 - PEAK PERFORMANCE**

Peak Performance is an all encompassing workshop talk covers ergonomics; low back pain, neck pain, headaches, nutrition and decreasing stress and improving productivity.

**Thursday November 29 - BOOST YOUR IMMUNE SYSTEM NATURALLY!** This seminar clarifies the amazing function of the immune system

### TRIP PLANNING with Bill Peel

Learn how to plan a trip and escape the traditional and often expensive trips from travel companies. Each night you will learn what to see and how to do it safely.

**China: Thursday September 13 7 pm – 8:30 pm \$15.00**

**France: Thursday September 27 7 pm – 8:30 pm \$15.00**

**African Safari: Thursday October 11 7 pm – 8:30 pm \$15.00**

**Egypt/Jordan and Dubai: Thursday October 25**

**7 pm – 8:30 pm \$15.00**



## FREE SEMINARS SPONSORED BY DURHAM REGION DIABETES NETWORK

### HEAL - HEALTHY EATING, ACTIVE LIVING

This is small group program that focuses on living healthy with diabetes and prediabetes. This session will help you to understand the importance of a healthy lifestyle, healthy eating and exercise.

**Thursday September 20 at 10 am**

### BLOOD PRESSURE SEMINAR

Hypertension is a dangerous condition because it makes your heart work too hard. You can have hypertension for years with no symptoms. Come and learn about a simple pattern of healthy eating, and self-management tools that can help you identify hypertension, and manage and prevent complications related to hypertension.

**Thursday October 4 at 10 am**

### CRAVING CHANGE WORKSHOP

Did you know that you will make more than 200 food related decisions today? 90% of which you won't even be aware of. Craving Change™ is a five week "how-to" workshop that shifts you from what, when and how much we eat to why we eat.

**Thursday October 18 to November 15 at 10 am**

### VIRTUAL GROCERY TOUR

Join us for a "virtual" supermarket tour. Learn how to read food labels, understand the fine print and learn how to make sense of the label nonsense. Bring product labels to evaluate in class.

**Thursday November 22 at 10 am**

### KEEP SMILING DENTAL HYGIENE

#### SEMINAR: Sponsored by Faye Reid Dental Hygienist

Learn the relation between your oral health and your overall health. Other topics covered are challenges for older adults in oral health, the impact of dry mouth from medications, oral hygiene aids and new alternative options for more affordable dental hygiene care.

**Thursday October 11 at 10 am FREE**

#### GENEALOGY WORKSHOP sponsored by: Ontario Genealogical Society

##### Durham Region Branch

Who's your grandpa? An introduction to Family History. Do you ever wonder who is in your family tree? This 2-hour session will give you the information and strategies you need to start your search. Learn how to use pedigree charts and family group sheets, the 5-step research cycle, library and archive sources and more.

**Wednesday September 26 at 1 pm FREE**



## Upcoming Events & Fundraisers

### OPEN HOUSE, REGISTRATION & HEALTH EXPO

Join us for a full day of fun. Renew your membership, register for courses, visit our vendor booths/displays and enter to WIN great prizes! Complimentary refreshments ALL DAY! For anyone who came last year, you don't want to miss this year!

**Wednesday August 29**

### COAA 3RD ANNUAL FUNDRAISING GOLF TOURNAMENT AT QUARRY LAKES

**Wednesday September 12**

**Shot Gun Start 11am**

**Social Time & Prizes at the Beech Centre – 1:30 pm**

**Early Buffet Dinner at 3 pm**

**\$40 per person (Includes: Participant Bags, 9 Holes of Golf, Buffet Dinner, Prize for each golfer, Door Prizes, Raffles & Charitable Tax Receipt for \$20 per person)**

*Dinner Only Tickets Available for \$15 per person*

### SOCIAL DANCE(S) WITH CLARINGTON BEECH NUTS

Enjoy an afternoon of Waltz, Round, & Line Dancing with a Live Band.

*Refreshments served. No partner necessary.*

**Friday September 21, October 19, November 16 & December 21 1 pm – 4 pm**

**\$3.50 members / \$4.60 non-members**

### EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards & a delicious dinner.

Win great prizes! No partner required

**Saturday September 22 & November 10 at 3 pm**

**\$10 in advance**

### OPEN MIC “FREE”

Calling all musicians, singers and songwriters to participate in our Open Mic.

**Sunday September 30 1 pm – 4 pm**

*Cash Bar, refreshments, coffee and snacks available for purchase.*

### SMILE THEATRE “ROMEO & JULIET (JONI)”

Shakespeare meets Joni Mitchell. Our audiences will hear some of the world's most famous poetic dialogue blended with some of the most beautiful and haunting songs ever written.

**Wednesday October 3 at 1:30 pm \$5.00**

*(Sponsored by Ontario Power Generation)*

### SGT. WILSON'S ARMY DINNER THEATRE

We are proud to present the Sgt Wilson's Army Show ® a Spectacular Theatre / Music Production from the years 1940 – 1950. Evergreens Forever is a complete army spectacle show performed by actors portraying women from the Ladies Army under the command of Sgt. Wilson, with music by Glenn Miller, The Andrews Sisters, Frankie Lane, Rosemary Clooney, Doris Day and more.

**Saturday October 20 Social Time 5 pm Buffet Dinner 5:30 pm**

**\$25.00 members/ \$30.00 non-members**

*(Reserved Seating)*

### HALLOWEEN LUNCH

Join us for lunch and our annual costume contest.

**Tuesday October 30 at 12 pm**

**\$8.05 members/ \$11.40 non-members**

### REMEMBRANCE DAY LUNCHEON

Join the Branch #178 Colour Party for our Annual Service and luncheon.

**Tuesday November 6 at 11 am**

**\$8.05 members/\$11.40 non-members**

### SMILE THEATRE “FIRESIDE SONGS”

Featuring favourite songs sung by favourite Smile performers.

**Wednesday November 28 at 1:30 pm**

**\$5.00**

*(Sponsored by Ontario Power Generation)*

### COAA PROGRAM PAGEANT & LUNCH

Enjoy performances by a variety of COAA programs.

**Tuesday December 4**

**Lunch at 12 pm, Pageant at 12:45 pm**

**\$8.05 members/ \$11.40 non-members**

### SHOWCASE OF THE ARTS

An evening to showcase the arts of the COAA. Performances by the COAAZY Crooners, COAA Jammers and ending the evening with a performance by the COAA theatre group. Work by the COAA artists and woodcarvers will be on display. Refreshments will be served.

**Thursday December 6 at 7 pm- free will offering only**

### CHRISTMAS DINNER AND DANCE

An elegant evening to socialize with friends and family. Includes dinner, entertainment and dancing.

**Saturday December 8**

**Social at 5 pm Dinner at 6 pm**

**\$25.00 members/ \$30.00 non-members**

*(Reserved Seating)*

### CLARINGTON CONCERT BAND

#### CHRISTMAS CONCERT

Enjoy an evening of your favourite Christmas songs to get you into the spirit of the holidays.

**Thursday December 13 at 7 pm**

**\$6.00 per person**

#### NEW YEAR'S EVE DANCE

Ring in the New Year at the Beech Centre with Ed Morton & The Gig Brothers.

**Monday December 31 8 pm- 12:30 am \$27 per person**

*Includes: Buffet snacks, cash bar, door prizes and raffle draw! (Reserved Seating)*

## OUTINGS

### JURIED ART SHOW AT THE VISUAL ART CENTRE

The juried show is a yearly exhibition and this year will be the shows 32nd year. Any artist, from Clarington or beyond, may submit up to three works of art to be accepted. Come and see what wonderful talent Clarington has.

**Friday November 16 10 am**

*If you need transportation to the VAC please book a van ride with the COAA front desk volunteer.*

### CLASS ACT DINNER THEATRE- “UNNECESSARY FARCE”

**by Paul Slade Smith**

Two cops, three crooks, eight doors...Go! In a cheap motel room, an embezzling mayor is supposed to meet with his female accountant, while in the room next door two undercover cops wait to catch the meeting on videotape. But there's some confusion as to who's in which room, who's being videotaped, who's taken the money, who's hired the hit man, why the accountant keeps taking her clothes off, and why we should be afraid of Todd.

**Friday November 9**

**Leave Beech Centre at 5:30 pm**

**Dinner at 6 pm show at 8 pm**

**Cost: \$64.00 includes dinner, show, transportation, gratuity and taxes.**

### DURHAM REGION 55+ SENIOR GAMES



The Durham Region 55+ Senior Winter Games will be held in October and November 2012 at various locations in the region. Get your partners and teams ready.

*Full schedule and registration forms available soon at [www.durhamseniorgames.com](http://www.durhamseniorgames.com)*

### CLASS ACT DINNER THEATRE GIFT CARD FUNDRAISER

COAA is selling Class Act Dinner Theatre Gift Cards.

The gift cards are \$60.00 per card and can be applied to any Class Act dinner and play. For every gift card we sell, Class Act contributes \$15.00 back to the COAA



## Blood Pressure Clinics

Sponsored by Bayshore

Tuesday September 11, October 2,  
November 6 & December 4  
9:30 am to 11:30 am



# The Mysterious Colonel Black (Continued)

Continued from Page 1

Homer. In 1818 Thomas suffered a severe financial setback and died shortly afterwards. Young Strickland eagerly accepted an offer from family friend, Colonel Black, to join him on his newly acquired property in Darlington Township. On June 5th 1825 Strickland stepped off the boat at Whitby (then called Windsor) and reached Colonel Black's house after a two hour brisk walk. Here is what he wrote about his host:

"Colonel B- was an old and valued friend of my family, who had held a lucrative situation under the Government for many years. His retirement from public life, on some disgust, had eventually led to his settlement in Canada.

Now, his literally tastes and sedentary habits had ill-fitted him to the rough customs of the colony. Besides having scarcely seen a grain of corn...he knew nothing of agricultural operations. Of stock he was equally ignorant, and of the comparative goodness or badness of soil he was, of course, no judge. Such a man, in the choice of a farm, was sure to be shaved by a shrewd Yankee proprietor, and my poor friend was shaved accordingly." Strickland also mentions that Colonel Black had spent most of his life in London, England before coming to Canada. There had been some speculation that the Colonel may have been a War of 1812 veteran but this now seems unlikely.

Colonel Black was delighted to have Strickland stay with him.

Although he knew little about Canada's climate and soil he had considerable farming experience that he had picked up on his family's estate while a boy. He brought this knowledge and his boundless energy to the Black farm. He described the property thusly:

"Our farm consisted upwards of 200 acres of cleared land, the largest proportion of which consisted of meadows and pastures, but the soil was light and sandy and altogether very indifferent... the situation of my friend's house was close to the Toronto Road [Highway # 2], partly built of logs and framework. It had been designed by the former Yankee proprietor, and could certainly boast of no architectural beauties."

For the local historian Strickland's book does provide some

details of what Clarington was like in 1825. He mentions that only the first three concessions of Darlington Township were settled. He mentions Bowmanville by its name or its original name of "Darlington Mills" and it would be around this time that the name changed. Of Bowmanville, he says it is the principal town and boasts a grist-mill, a saw-mill, a store and about half a dozen houses. The total population for the area was only 1200.

Strickland married Black's daughter Emma and he went to Otonabee Township near Peterborough to clear a new farm for his young family when word reached him that his wife had had a son but was gravely ill. He walked back to his father-in-law's and while passing through Bowmanville overheard the news of his wife's death in a casual tavern conversation. His son, Richard, died a few years later. Strickland's connection with the Black family was broken along with his heart. He did remarry and successfully worked for the Canada Company in Goderich before moving to Lakefield to live out his days.

Samuel Strickland, like his famous sisters, has left us a valuable account of pioneer days in Ontario. In so doing he has also resurrected a long forgotten person from Clarington's past. Isn't it funny how a request can make you look at something in a different way. If it weren't for Gordon Young's request Colonel Black would still be just a name in the history books.



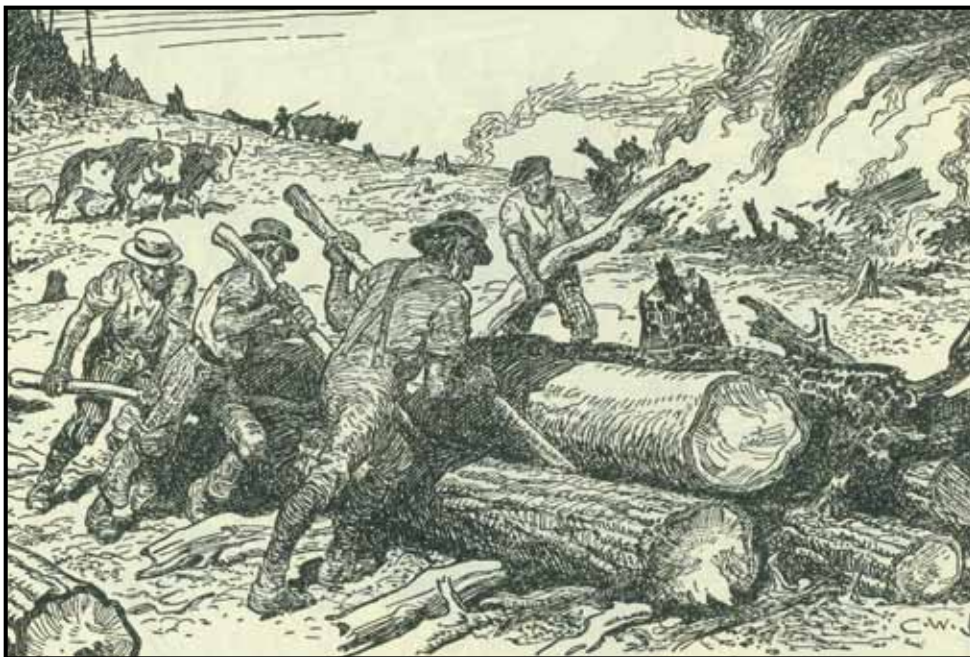
Immigrants, approx. 1830

So, what happened to Colonel James Black? A quick search on the internet provided a few clues. By 1836 Colonel Black, now James Black Esq., was treasurer for the Welland Canal in Port Colborne on Lake Erie. He seems to have been as successful at this job as he was a farmer. There were complaints that he was not keeping proper records. Suzanna Moodie's husband, J.W. Dunbar Moodie, visited him at Port Colborne in 1838. Here is what he wrote:

"He is living in a comfortable cottage on the top of a sand hill with a fine view of the Lake. He is still employed by the Company and is Postmaster. Mrs. Black is still brisk and lively though she grumbles a little at the country. They had a daughter with them who was in bad health."

James Black Esq. resigned from his post on the Welland Canal in 1845.

If you find these articles interesting check out the local history blog on the Clarington Museums webpage at [www.claringtonmuseums.com](http://www.claringtonmuseums.com). Just click on the blog icon.



Clearing the Land, approx. 1830

# Judge Dick Lovekin (Continued)

Continued from Page 3

Not so with Dick Lovekin's court. He was probably the only Judge that provided a constant level of humour and an interesting element of surprise during a trial.

In my former life as a police officer, I had the pleasure of testifying before Dick several times. He had an unusual courtroom demeanor for a Judge. He would unexpectedly break out into a roaring gale of laughter, often startling the unaccustomed witness beside him. He was the exact opposite of a "stuffy" Judge. He loved to get into long-winded personal conversations with a

witness, lawyer, crown attorney, court officer or police officer during a trial. He loved to find a way to talk about his war time efforts and flying planes.

Once, while I was testifying about polygraph and how it works, Dick asked me if the gauges on a polygraph were similar to those on a B52 Bomber. I explained that I wouldn't know, since I have never been in a B52 Bomber. This opened the flood gates and Dick went into a long dissertation (in front of the jury) on how to fly an airplane and how the gauges would jump back and forth when you made a certain type of maneuver. Later in

the trial, Dick gave his address to the jury. When he spoke of my polygraph evidence he told the jury the following: "Then you heard from Detective Van Dyke- he loves that polygraph machine so much that if I was his wife, I'd be very concerned!" The jury came back in just a few minutes with a guilty verdict..

Dick loved people and he loved to tell stories and joke around. He always made a point of eating in the courthouse cafeteria and he would never sit alone. He would sit with witnesses and accused person, it didn't matter to him. He never lost his small town lawyer attitude and this contributed to his success in making not only good decisions but also in helping those involved in a trial feel more comfortable with the process. Although he was considered somewhat unorthodox, he was known for making excellent decisions.

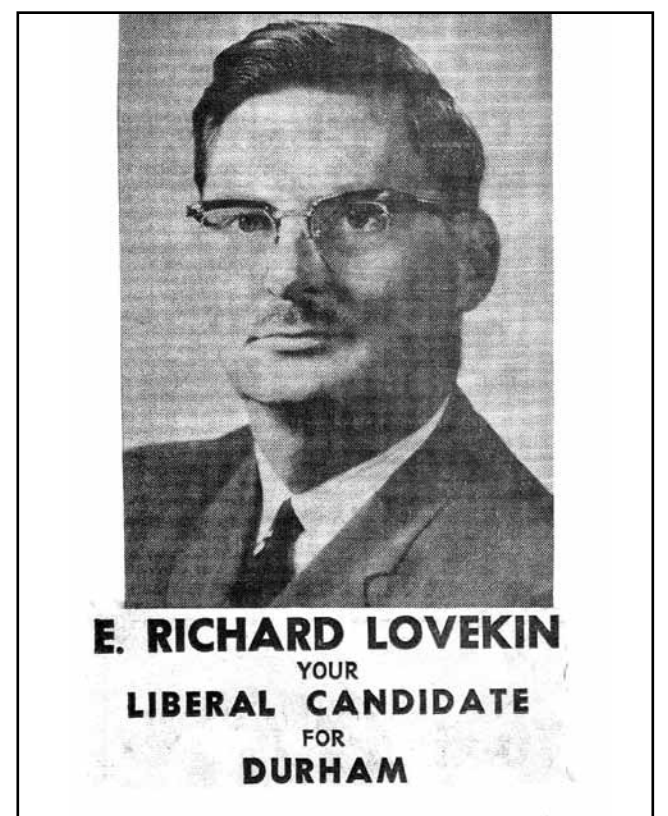
Dick retired from the Bench in 1992. In an interview with the Oshawa Times, he described penitentiaries as "stink holes". He

added, "No matter what anybody thinks, penitentiaries today are no more than a hole, where there are homosexual assaults and people are murdered in the yards".

Dick had a great personality and connected easily with everyone he met. He didn't drive a fancy car, you would usually see him in an old GMC flat bed truck. Although he was busy with his legal work, he always made time for his community. He was an active member of St. George's Anglican Church, a Director of the Newcastle Village & District Historical Society, Past President of the Durham Central Fair Board and a Past President of the Newcastle Lion's Club and active in the Liberal Party. He was an officer in the RCAF during World War Two. Dick Lovekin died of colon cancer on May 15, 2002. He was married to Lynn and his children were Kathy, Carol, Rick and Janet. He was Our Judge, our friend and neighbor, our Statesman.



Dick and Lynn Lovekin



Dick Lovekin





## HOME COOKING *with Cathy*

by Cathy Abernethy

HOME PROMOTER  
CONTRIBUTOR

Hello everyone. This is probably my favourite time to contribute a recipe or two to the Clarington Promoter. It is not only a great season to barbeque, but it is also a wonderful season to include all the ingredients from our gardens and local markets into our meals. I have included one of my favourite summertime salads as well as a wonderful dessert. The Blueberry Dessert recipe was kindly shared by Judi Stevens of Wilmot Orchards. Judi said blueberries are ready now for picking but they expect the local season will be short. So hurry out to their U-pick farm or you can purchase them in their store. The farm is located on Concession 3 just a little bit west of Hwy 115. Take the kids. It is an adventure.

The following is a light and fresh summer dessert. It's very versatile too. Use it in chocolate cups or add some fresh blueberries and blueberry sauce in a cup with the mousse to make a blueberry parfait.

### Blueberry Mousse

#### Ingredients:

- 3 cups blueberries
- 2/3 cup granulated sugar
- 2 Tablespoons unflavoured gelatine
- 1/2 cup boiling water
- 2 cups whipping cream

#### Preparation:

- Wash and dry blueberries. In a blender or food processor, puree blueberries until smooth. In a heavy saucepan, place blueberry puree and sugar. Dissolve gelatin in boiling water. Add to berry mixture. Bring blueberry mixture to a boil. Remove from heat and allow to cool. Refrigerate mixture until slightly thickened. Whip cream and fold into blueberry mixture. Turn into a serving bowl and refrigerate or at least 2 hours. Serves 12.



### Lemon Potato Salad

#### Ingredients:

- 2 lbs. small red -skinned potatoes or larger red skinned potatoes cut into 3/4 inch pieces.
- 1/3 cup fresh lemon juice
- 1/3 cup good quality olive oil
- 2 1/2 tsps. Salt
- 1 tsp. ground black pepper
- 1 tsp. dried mint
- 1/3 cup finely chopped green onions
- 1/3 cup finely chopped red onion
- 3 Tbsp. finely chopped fresh mint

#### Preparation:

- Fill a large pot with enough water to come 2 inches up of the sides of the pot. Place a steamer basket in the pot and cover the pot. Bring the water to a boil. Place the potatoes in the basket and steam until they are just tender, stirring after the first 4 minutes. Cook for about 8 minutes until the potatoes are just fork tender. Do not overcook.
- Meanwhile, whisk the lemon juice, oil, salt, pepper and dried mint in a large bowl. Add the drained hot potatoes and toss to coat. Add the onions and fresh mint. Toss gently to combine. Set the salad aside until it is room temperature, tossing occasionally. Season the salad with more salt and pepper if necessary. Don't worry if the salad looks too moist as the warm potatoes will absorb the lemon juice and oil. Serves 4-6 .

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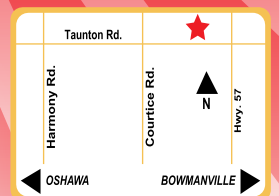
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# It's Blueberry Season!



by Tom Coleman

**DURHAM FARM FRESH**  
www.durhamfarmfresh.ca

Buying farm fresh could not be any easier than it is right now here in Durham Region! Fruits and vegetables are coming into season every week and right now it's blueberry season!

Not only are blueberries healthy and tasty, but they are one of the easiest fruits to pick, store, and prepare. Highbush blueberries grow to a height of 5-7 feet so most of the berries are at arms reach - which makes filling a basket quick and easy. Blueberries keep well in the refrigerator or can be frozen for your enjoyment throughout the year!

As easy as blueberries are to pick and prepare, they are extremely difficult to grow. But, here in Clarington, Wilmot Or-



chards has mastered the process! Located in Newcastle, Wilmot Orchards has pre-picked or pick-your-own blueberries now through the end of August. Make it a family outing and head out to Newcastle. Fill your baskets, have fun showing your children where their food comes

from, and treat yourself to some homemade organic ice cream at the on-farm Appleberries Café.

To find out more about the benefits of this 'super food', storage, and recipes, visit www.wilmotblueberries.com.

Blueberries can also be purchased from farmers' markets

and on-farm markets throughout Durham Region. To find out more about these local options, visit www.durhamfarmfresh.ca or call 905-427-1512. Discover the local difference - see you at the farm!



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# ORONO FAIR

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6:30 Demo Cross Motor Car Race

Friday September 7

FREE Parking

11:00 4-H Dairy Show  
5:30 Cupcake Decorating Contest  
5:30 Orono Fair Idol Competition  
6:00 Prize Cake & Pie Auction  
7:00 4-H Lamb Show  
7:30 Fiddle Contest

Saturday September 8

FREE Parking

Cooking demonstrations  
9:30 Light, Heavy & Morgan Horse Show  
12:00 Beef Cattle Show  
11:00 160th Fair Parade  
12:00 Farmer's Strongman Competition  
3:00 Jungle Cat World  
6:00 Music with Brian Kids Entertainer  
7:00 Charles Street Band

Sunday September 9

FREE Parking

Cooking demonstrations  
8:30 Hunter Show  
9:00 Rabbit Show  
10:00 Poultry Show  
11:00 Children's Pet Show  
12:00 Kids Tractor Pedal Pull  
1:00 Sheep Show and Shearing Demo

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