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Clarington Older Adult Association
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When Barley was King!



The two men most responsible for the creation and popularity of the Cream of Barley Cereal and Park: On the left, Alfred Shrubbs (1879-1964) and on the right "Colonel" James Lake Morden (1860-1945).

by **Charles Taws**
 With assistance from Helen Lewis Schmid
CLARINGTON MUSEUMS AND ARCHIVES
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When you look at the Clarington Visual Arts Centre building on Simpson Avenue you know right away that it was originally something else. It wasn't always an Arts Centre and some will be able to tell you that it was once a mill. A few may even recall that it was known as the "Cream of Barley Mill" and it is somehow linked to the famed Bowmanville Zoo; however, few may realize its grand episodic history and what it did to make Bowmanville the town as we know it today.

It all started with the Soper Family. This early Clarington family is worthy of their own article, but they are only at the beginning of this story. They didn't have a hand in the later developments but it was they who built the first mills on the site of the Visual Arts Centre. The Sopers had emigrated from England to the United States by the 1760's. Leonard and Mary Soper of Vermont were looking west for more oppor-

tunity. Leonard had a chance to buy land at the bottom of Lake Michigan for a mere 4 1/2 cents an acre, but assessing the land as too marshy and worthless came to Canada in 1788. The land he had refused to buy eventually became the site of the city of Chicago, Illinois.

The Sopers first settled in Sidney Township near Belleville. In 1789 their son Timothy was born (the first pioneer child born in that area). In 1795 they came to Hope Township where their daughter Pamela was born (also the first pioneer child in that area). In 1805 they came to Bowmanville. Leonard built a saw mill first and then a grist mill in 1806. The land, by the way, was purchased from Augustus Barber. He was an early land owner in the area and the original name for Bowmanville Creek was Barber's Creek. Little is known about Augustus Barber except that he was obviously a man of some worth, appears in the Militia Roll Call for the year 1812 and then seems to disappear from the scene.

Under Leonard Soper and then his son Timothy the mills flourished. Other names became attached to the mill over the years. We find a Mr. Tait

working with Timothy in 1868 and the grist mill was now known as the "Ontario Mill". In 1874 it is called the "Soper Mill" but is being run by Messrs. Thompson and Burns. Timothy died in 1878 at the ripe old age of 90, but Mr. Burns may have been a Soper relation. Finally in 1882, under H. and J. Towns it is called the "Caledonia Mill". It is with this name that the mill now entered its busiest and most famous chapter.

John MacKay was a Scottish immigrant to Canada and his "rags to riches" life story would make Horatio Alger proud. He was born in the late 1830's and came to Canada after serving 7 years as an apprentice miller. He was inventive and industrious, some called him a tinkerer and he flourished in Canada: the land of opportunity. He started in Dundas, Ontario and seems to have been there for 20 years (1854-1874), then a decade in Chatham (1874-1884) and then finally coming to Bowmanville in 1884 and buying the Caledonia Mill.

He equipped the old mill with new machinery of his own design and patents which allowed him to mill barley products in a more cost effective way

than the competition. Under him the machinery worked day and night to fill orders. In fact, in 1894 it was reported that the mill had run continuously, Sundays excepted, for the last five years! Orders came not only from across Canada, but from England and the East and West Indies. Local farmers couldn't supply enough barley so he shipped it in from the west. The barley came in on the train and left as a packaged product by train. He won a gold medal for a pearl barley machine in the 1873 Industrial Exhibition at Buffalo, N.Y. For his barley products he won a silver medal in Jamaica in 1879 and later in 1902 he was awarded a diploma at the Wolverhampton Industrial Exhibition. Mr. MacKay died in 1902 and two years later the old wooden mill burnt down.

Despite the difficult times The John MacKay Milling Company Limited soon rebounded and a beautiful, modern new brick mill (the current VAC building) was constructed in 1905 (within 5 months of the old mill burning). The new mill was originally also called the "Caledonia Mill" but that was to change for in 1910 John Mack-

Continued on Page 5



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Planning for the Future



by Peter Hobb

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In a previous article I touched on the subject of transferring business wealth to your personal account while you are operating the business rather than waiting for a big pay day when the business is sold. A successful business needs financial capital. Accordingly, we have found, in helping business owners with business succession, that the bulk of their wealth is locked up in the fam-

ily business. This isn't the situation in every case but we have found enough examples that it should be a concern. Having the bulk of your wealth tied up in one asset, your business, is very risky. If the eventual transfer of the business doesn't achieve the desired financial result, you may not have many other options for meeting your financial retirement needs.

In this article I will discuss some of the strategies that can be implemented to accumulate wealth while you are operating the business. I have just provided an overview of these strategies. There are pros and cons to each and they don't apply in every situation. Proper professional advice is recommended if you think you may wish to explore one or more of these strategies.

One of the more familiar strategies is to contribute to a

registered retirement savings plan (RRSP). Most of us do this for the tax deduction each year but the biggest benefit is the tax free growth of the amount invested in an RRSP. With a disciplined approach to contributing annually to an RRSP and starting early in your career you can accumulate a sizeable nest egg by the time you are ready to sell the business.

A second similar strategy is to have your company establish an Individual Pension Plan (IPP) to provide pension benefits to specified individuals. The plan could provide pension benefits to the business owner, other members of the business owner's family who work in the business, and key employees. Advantages of these plans include a higher contribution limit than the contribution limit for an RRSP and using pre-tax income of your corporation

to enhance your retirement pension. There may also be opportunities to make lump sum contributions to the plan to further enhance the pension benefits. Also, the contributions made by your company are tax deductible. The amounts contributed by the company on your behalf to the IPP would reduce or eliminate the amount you can contribute to an RRSP.

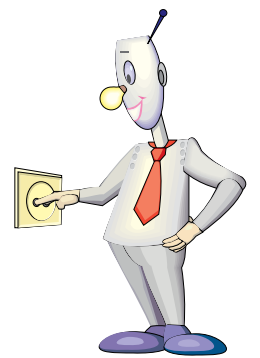
For businesses fortunate enough to be accumulating cash not needed to fund operations, a second company could be established that would acquire the shares of your operating company. Cash not needed by the operating company could then be transferred to the new company. The new company would then invest the money. The cash would move tax free from the operating company to the new company. Once retired you could start to draw money

from the company to supplement your retirement income.

Life insurance is a very flexible product that can be used for many purposes. One of these purposes is to accumulate wealth. An individual, say at forty years of age, can purchase a whole life or participating policy. This policy would be funded by monthly premium payments. Over time this policy will build tax deferred equity and cash value. On retirement the individual can take out a loan secured by the cash value of the policy. The individual would not be required to make any payments against the loan over their remaining lifetime. The loan plus accrued interest would be repaid by the insurance benefit on death. This is a very tax effective strategy since the individual can access the tax deferred growth through the loan with out paying in-

come tax. On death the life insurance benefit would also not attract income tax.

The point of this article is to highlight the importance of diversifying your pools of wealth to reduce the risk that you may not have adequate financial resources when you retire from your business. I have provided some strategies on how you may do this. There are others. What is suitable for you will depend on your personal situation.



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Christmas Is A Time For Giving



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

We have an interesting edition for you to read this month and I hope you find it enjoyable.

Please note the 8 page pull-out section for the Clarington Older Adult Association (COAA) highlighting all of the upcoming winter programs. COAA is a wonderful asset that we are so very fortunate to have in our community.

Angie Darlison, Executive Director of the COAA and her staff and a multitude of volunteers do a great job of engaging the older adults of our community in various social functions and worthwhile programs. I encourage you to tell your friends and family members about this gem of service that is offered by our municipality.

Clarington is now out of the national political spotlight with the completion of the Federal By-election, so our community can get back to normal life in a small town. If you like reading about politics it appears that the spotlights will be on Toronto and Quebec for some time to come.

We should acknowledge any person who has the desire to enter public life and aspires to serve their community by putting their name on the election ballot.

Political life can be a thankless, disappointing and a rewarding experience..... all at the same time.

Organizing and running an election campaign requires a lot of effort from a lot of people and it is no easy task for the candidate to be under the spotlight 24/7 especially after they are elected.

The Press are not always kind and they are not always right. However this is our political system and it is healthy to see the Candidates and their supporters engaging in important issues.

Congratulations to Erin O'Toole, his family and members of his election team. Erin is our new Federal Member of Parliament and whom I believe he will serve us well in Ottawa.

Erin has pledged to stay connected with the people of Durham Riding which includes Uxbridge, Scugog and Clarington. The geo-

graphical size of our Durham Riding presents its own challenges.

However it is one pledge that he should be able to fulfill, provided of course the Prime Minister does not offer to him a Ministerial portfolio such as the one that he gave to our former MP, Bev Oda.

The additional duties of being a Member of Caucus and holding a Minister's position adds to the pressures of serving the riding and fulfilling ministerial duties.

Recently, I had the opportunity to interview Bev Oda, our former MP for Durham Riding. My objective was to learn more about the role she played as the longest serving Minister for International Cooperation. Read the complete interview starting on page 16 of this edition.

I encourage you to read it - it is quite interesting. You may wish to visit claringtonpromoter.ca to make a copy & forward to friends and family.

Another acknowledgement is in order to all of the staff at Royal Service Real Estate in both the Newcastle and Bowmanville offices. The Royal Service Team, with support from local businesses and individuals, organized another successful fund raising event with all proceeds going to the Clarington Food Bank.

Sorry, I was away on a scheduled holiday. However I understand there was a sell-out crowd at the Newcastle Townhall. Thanks to everyone who attended to enjoy some music and see old friends but more important to support the cause which was helping the Clarington Food Bank stock their shelves with food inventory for the coming season.

The combined efforts generated a whopping 662 pounds of food and more than \$11,000 in cash which will be used by the Clarington Food Bank to purchase additional food supplies in the coming months.

Please consider making a donation of food or cash to one of our local Food Banks or volunteer your time stocking shelves and preparing Christmas orders.

To contact St. Vincent de Paul Food Bank, Bowmanville call 905-623-6371

To contact the Clarington East Food Bank, Newcastle call 905-987-1418

Christmas is a time for reflection and giving!
From all of us - Best Wishes to you and yours!

Big Brothers Big Sisters Clarington!

Have you ever thought about how a fundraising event affects a non-profit agency? Each and every dollar raised through fundraising at Big Brothers Big Sisters of Clarington (BBBSC) is vital to run the many mentoring programs offered to the children in our community. With only approximately 10% of our revenue coming from the United Way, our agency relies heavily on the success of five major fundraisers throughout the year to keep our doors open.

- These fundraising events include:
- Bowl for Kids' Sake (third week of Feb)
 - BIG 3-on-3 Road Hockey Tournament (second Sat in May)
 - Spring Food & Wine Festival (first Saturday in June)
 - Golf for Kids' Sake (June 19th for 2013)
 - Annual Gala (first Saturday in November)

The revenue from the events listed above provides our agency with the resources to continue matching children with positive role models. Staff members and teams of dedicated volunteers spend the months prior to these fundraisers promoting the event, selling tickets, recruiting teams, contacting sponsors, soliciting donations, speaking to the community and generating excitement! Teams of volunteers also attend the event to lend a hand with the day-of duties and to have some FUN. We appreciate the efforts of every volunteer who donates their time to make sure that our events run smoothly. We could not run our fundraising events without our volunteers. Thank you to everyone who has contributed the gift of time and helped us to mentor over 400 children this past year. Your efforts are the start of something BIG for the children of Clarington.

So, how can you help with a BBBS Clarington fundraiser? There are many ways!

- Put together a team for our Bowl for Kids' Sake, BIG 3-on-



- 3 Road Hockey Tournament, or our Golf for Kids' Sake events
 - Volunteer for the day of the event
 - Become a sponsor
 - Donate an item for our silent auctions (Golf and Gala)
 - Donate prizes
 - Buy a ticket for an upcoming event
 - Help spread the word about our upcoming events
 - Become a committee member
 - Host an event and donate the proceeds to BBBS Clarington
- Want to learn more? Contact us at (905) 623-6646 or kids.clarington@bigbrothersbigisters.ca. Please visit our website at: www.bigbrothersbigisters.ca/clarington
Start Something BIG Today!

Become a Volunteer Information Night

Making a positive contribution through volunteer work, helps build stronger communities. With the festive Christmas season upon us and the start of a new year just around the corner, many people are considering what they can do to support their community for 2013.



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Big Brothers Big Sisters Clarington has a need for Mentors with 18 young boys and girls on the waiting list. There are volunteer jobs that connect us to the community that are more short term. These volunteers would help with the various community events and fundraising venues planned throughout the year. The benefits of volunteering are numerous, but especially a fun, rewarding atmosphere exists in all our Big Brothers Big Sisters Clarington activities. New residents of the Clarington who desire to get involved in their new community may find this information of great interest.

If anyone is interested in learning about the many volunteer opportunities, you can join us on Wednesday November 28 or Wednesday January 9, 2013 at the office location 223 Scugog Street. The session starts at 7 pm and concludes by 8:00 pm. Refreshments are available. You are invited to come learn about the services and event and then make your own decision.

You are asked to pre-register for either session by contacting the Volunteer Coordinator at 905 623-6646 or email mary-jane.nettle@bigbrothersbigisters.ca. Giving us 60 minutes of your time may open a door of opportunity for you to start something big.



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Arthur A. Drummond



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Arthur Drummond was born on May 28, 1891. He was the first son of Alexander A. Drummond and his wife Mary

(Reesor). His grandfather was Rev. A.A. Drummond, a former Presbyterian Minister in Newcastle. Rev. Drummond's home is still there at 236 King Ave. West in Newcastle and is now Sturrocks Antiques.

When Arthur was 11 years old he started as a student at Upper Canada College and graduated from there when he was 19 years old. Upon graduation he joined the Standard Bank of Canada which is now the CIBC.

Arthur followed in his father's footsteps. His father was the Chief Inspector for the Stan-

dard Bank and young Arthur often travelled with him across Canada. At a young age, Arthur began drawing and painting and went to evening classes at the Ontario College of Art. He continued going there for about 10 years. He was tutored privately by William Cutts ARCA. He lived with his parents, brother Ken and sister Ethel in Toronto at 63 Inglewood Drive.

At the Ontario College of Art, he became quite proficient in watercolours and oils. He studied under some famous Canadian artists, such as; C.M. Manly, Emanuel Hahn, George Reid and J.W. Beatty. He also shared studio space with many Toronto artists, such as; A.J. Casson, J.E.H. MacDonald, Arthur Lismer and A.Y. Jackson, who all became known as "The Group of Seven". Arthur won a number of awards for pictorial composition and a "Brigden Scholarship" for figure painting. From 1918 to 1937, he exhibited with the Royal Canadian Academy, The Canadian National Exhibition, The Ontario Society of Artists, The Art Association of Montreal, the Montreal Museum of Fine Art and the American Watercolour Society (A.W.S.). In 1930, Arthur Drummond became the first Canadian to be asked to join the A.W.S. Although widely acclaimed as an artist, he continued to pursue his career with the Standard Bank.

Arthur was also an accomplished musician. He became "First Violinist" with the Symphony Orchestra of the Toronto Conservatory of Music. It was

here that he met Luella Buchanan who was a vocalist with the Toronto Conservatory of Music. Luella was also the Principal of Orono High School from 1919 to 1929. In 1925, Arthur became the bank manager at the Standard Bank in Orono. In 1931, Arthur and Luella married and later had a son Alexander.

The Drummonds often performed recitals together with Arthur on the violin and Luella singing and playing the piano. Later, Arthur joined the General Motors Symphony in Oshawa and also played violin in Andrew Knox's Orono Band.

The Drummonds also had a very strong connection to Orono United Church. Arthur was the Clerk of Session there for 22 years. He was on numerous committees and was involved in the fund raising for the new church building after the disastrous fire in 1950. Luella sang in the Orono Church Choir, was President of the Women's Missionary Society and was the Sunday School Superintendent in the 1930's and 1940's.

During the 1930's Arthur began selling his paintings from his home studio at the south west corner of Sommerville and Main Street in Orono. Arthur and Luella travelled often to Muskoka, Parry Sound and Haliburton during the summer months. He would make sketches of his favourite scenery and then during the winter develop them into the finished canvases, both in oil and watercolour. In 1947, Arthur retired from the bank and was able to fulfill his dream of being a full-time artist.



Painting done by Drummond of St. George's Anglican Church, Mill St. S. Newcastle.

Many young couples in Orono were invited to come to the Drummond home just before they were married. Here, Luella and Arthur would let them pick out a painting on display and take it home as a wedding present. Consequently, there were many homes in the village and surrounding area that had a "Drummond" in their home.

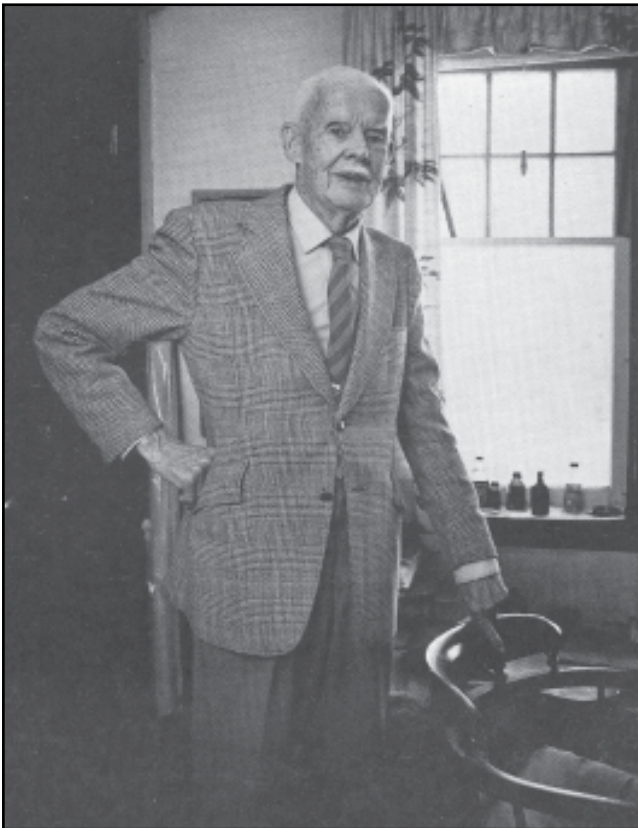
In 1975, Arthur had a "One-Man Travelling Exhibition" of fifty five of his paintings. This was on display at the Robert McLaughlin Gallery in Oshawa. That year, his art was also on display at the Clarke Public Library in Orono and the community had a big party for him. Unfortunately, Luella, stricken with Alzheimer's was unable to be there. Two years later, Arthur died at age 85 and Luella died in 1981.

In 2002, Orono United Church had a "Drummond Day" where local people brought their Drummond

paintings and they were displayed at the church. There were about 50 Drummond paintings there. That fall, Mary Lofthouse and Charles Tawes put together another wonderful display of Drummond paintings at the Clarke Museum (Old Kirby Schoolhouse).

I have always found Arthur Drummond to be a fascinating local artist. His early ward winning "figure" paintings were incredible. You can often see how he was influenced by the Group of Seven Artists. Most of the Drummond paintings in our area are "Muskoka" scenes. Arthur framed his own work and most of the frames are also very similar in style. Over the years, we have owned three Drummond paintings and loved them all.

His use of vivid colours makes his paintings stand out. He was known as "one of the best tree painters in Canada". My favourite in our little collection, is one of St. George's Anglican Church in Newcastle. Interestingly, our member Jack Gordon has a very similar Drummond painting of the same church. Today, Drummond paintings are often considered more valuable than they were when we purchased ours. Presently, there are some of his original paintings available at the Robert's Gallery, 641 Yonge St. Toronto. According to Susan Tietavainen, Gallery Attendant, the smaller Drummond's paintings that they have in their gallery sell from \$1400-\$1600 each. Check out www.robertsgallery.net and look for Drummond's Portfolio.



Arthur A. Drummond - 1891-1977

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When Barley was King

Continued from Page 1

ay's daughter Marjory married James Lake Morden and he took control of the company. A true showman and entrepreneur Mr. Morden made the mill famous throughout Canada. From 1918 on he aggressively promoted one product: Cream of Barley cereal. This hot cereal, similar to Cream of Wheat in colour and texture, was very nutritious and because it was made from barley very easy to digest. The mill became known as the "Cream of Barley Mill" and it now entered its second prosperous chapter.

To promote the cereal Mr. Morden sent two flatbed trucks across the country. One to Halifax and one to Vancouver. This was quite a feat in 1921 when the roads were not so good. On the backs they had gingerbread trimmed frame cottages and signs extolling the virtues of Cream of Barley cereal. They were known as MacKay's Travelling Barley Palaces and this is just one example of Morden's business acumen. While John MacKay may have been called the "Barley King of Canada", the local press gave his son-in-law the grand title of "Champion Breakfast Food Cereal King of America". Morden was shrewd

enough to secure the "Cream of Barley" trademark and had the exclusive rights of manufacture within the British Empire.

In 1919 Mr. Morden, who by the way looked just like Colonel Saunders of Kentucky Fried Chicken fame, began another project that brought more renown to the mill and Bowmanville. This was the Cream of Barley Park which was established east of town on Highway #2. It boasted a camping area, cabins you could rent, a swimming pool, a race track, a gas station, a restaurant, a few rides and a small petting zoo with a bird sanctuary. Eventually the zoo eclipsed all the other attractions and today it is the award winning Bowmanville Zoo - the oldest privately owned zoo in Canada. The park became a very popular place for locals and visitors alike. In fact as the park grew in popularity the mill began to slow down.

In 1937 a flood swept away the mill's dam and caused over \$10,000 damage. Mr. Morden, never one to despair, did admit "It's a bit hard for a 77 years old man to bear." In his later years he took on the title "Colonel" and became known as quite a character with a unique philosophy to life. He had a sign on the main park building that

read "You Live Let Others Live". When he noticed cars with United States license plates he'd go up to them and if the plate was from Ohio he say, "Why you're from Ohio my old home state" and begin a friendly conversation. If they came from Michigan he'd say, "Why you're from Michigan my old home state." This led to the belief that he was an American but in fact he originally hailed from Flamboro, Ontario. He died in 1945 and the company passed into the hands of his long time secretary and financial advisor Miss Beryl Percy and manager Mr. Alfred Shrubbs.

The mill had now entered its final phase as a business. Alfred Shrubbs was an English world famous long distance runner. In the first years of the 20th century he broke 14 world records for running at various distances from 2,000 yards to 11 miles. In one amazing day on November 5th 1904 in Glasgow he broke the one hour record as well as all amateur records from six to eleven miles and all professional records from eight to eleven miles! He covered 11 miles, 1, 137 yards in one hour. This last record was not broken until 1951. It was on a tour of Canada during the First World War that Shrubbs first

visited Bowmanville. He may even have worked at the mill for a short time. In 1928 he left his native England and moved to Bowmanville and began his long tenure with the Cream of Barley Mill and Park.

The park continued to prosper but the mill became quieter and quieter. The move to ready prepared cereals hurt the business as did competition from bigger companies. Former postmaster George Vice recalled that in the early 1950's Mr. Shrubbs would come in almost every day with both arms full of 1 pound packages of Cream of Barley cereal to be mailed to customers across the country. Obviously, the stores were not carrying it like they used to do; however some dedicated customers still wanted their cereal. Eventually, in 1949, Mr. Shrubbs and Miss Percy sold to a Mr. Bermann and Mr. Hervey who had recently come to Canada from Czechoslovakia. They bought the mill for an undisclosed sum said to be in the five figure bracket. While based in Toronto both had been involved with milling in Europe. They took the company and moved it to St. Boniface Manitoba. I have seen Cream of Barley boxes that have Bowmanville printed on

them and I've seen them with Toronto and St. Boniface printed on them. However, it is here we lose the story. I doubt that the business ever got going in St. Boniface. At least, the local archive has never heard of it. In 1950 the Cream of Barley Park was sold to the Connell family.

The old mill fell silent. The only excitement was that it narrowly escaped a nearby fire in 1958. It wasn't until 1964 that the Rotary Club of Bowmanville took over the site to establish a park. The mill was found to be in good shape but needed to be cleaned out. Old machinery had to be taken away and a raccoon on the top floor was destroyed after several attempts to move it peaceably failed. Al Strike remembers what a mess it was after over a decade of inactivity. They were dumping all kinds of garbage out the windows to be piled up and hauled away on trucks. Also present was Merle Slute who found an old empty Cream of Barley box on the floor which he took home and wrote on it these words, "The Last Cream of Barley box from the Mill, Bowmanville". Many years later his wife Emily donated it to Clarington Museums. It is one of only two original boxes known to the author. The other, an older one, is

in a frame hanging in the Visual Arts Centre.

By 1971 thanks to the Rotarians the place had become an attractive park and the old mill a popular drop-in centre for teenagers. In 1973, local photographer Neil Newton started a local photography club which met in the building. By the fall of 1974 the newspapers reported that this group was promoting the idea of a Fine Arts Centre for the then Town of Newcastle (today's Clarington). From these humble beginnings, the Clarington Visual Arts Centre was born and a new lease on life was given to an old building. The mill is second only to the Dominion Organ and Piano Company in making "Bowmanville" a household name across the country and beyond. It stands today as a testament to the pioneers and its previous owners and as an excellent example of an old building repurposed to suit the present day. As of 2012, the mill has been home to the Visual Arts Centre for forty years. One wonders what the next hundred years will add to the story of the Cream of Barley Mill.

If you found this story interesting check out my blog at www.claringtonmuseums.com.



One fare anywhere gift!

One fare anywhere in Durham Region, including GO Bus with a DRT ticket, pass or transfer!

Free and extended service on New Year's Eve compliments of DRT and sponsored by Ontario Power Generation and Durham Police Services Board

For holiday transit schedule details visit www.durhamregiontransit.com or call 1-866-247-0055

FARES

Adult Monthly Pass	\$100.00
Adult Tickets (10)	\$27.00
<small>Adult monthly passes are transferable to any individual, provided it is not used at the same time by more than one person</small>	
Student Pass Restricted*	\$70.50
Student Pass Unrestricted	\$84.00
Student Tickets (10)	\$25.00
Senior** Monthly Pass	\$40.25
Senior** Multi-Ride (10)	\$18.50
Child under 5 years	FREE
Child Monthly Pass***	\$59.50
Child Tickets (10)	\$18.50

* Monday to Friday 6:00am to 7:00pm
** 65 years and older
*** Attending elementary school

TICKET SALES LOCATIONS

OSHAWA

Oshawa Bus Terminal, 47 Bond Street, West
City of Oshawa, 50 Centre Street
C & D Financial, 250 Taunton Road, East
Durham College Student Centre
United Way Star Assist Kiosk, Oshawa Centre
Stop & Shop, 309 Wentworth Street, West
Legend's Centre, 1661 Harmony Road, North

CLARINGTON

Courtice Community Complex, 2950 Courtice Road
Municipality of Clarington, 40 Temperance Street
Clarington Fitness Centre, 49 Liberty Street, North
Newcastle Recreation, 170 Rudell Road, Newcastle
Clarington Public Library, 163 Church Street



www.durhamregiontransit.com

[1-866-247-0055](tel:1-866-247-0055)

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905-623-3963

CLARINGTON
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>2</p>  <ul style="list-style-type: none"> • Annual Tree Lighting Ceremony Location: Kingsway Arms, 65 Clarington Blvd Time 10am-4pm • Salvation Army Toy Drive Location: Kingsway Arms, 65 Clarington Blvd Time 10am-1pm • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm 	<p>3</p> <ul style="list-style-type: none"> • COAA PROGRAM PAGEANT & LUNCH Location: Clarington Beech Centre, 26 Beech Ave Time 12-2pm • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • Reindeer Games Location: Clarington Public Library, Bowmanville Branch, 163 Church St. Time 10:15-11am • Nu-Life Hearing Centre Location: GuardianBowmanville Pharmacy, 133 King Street East Time 11am-2pm 	<p>4</p> <ul style="list-style-type: none"> • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • CBOT Holiday Simply Social Location: A Gift of Art, 187 King St. Time 5:30-7:30pm • Farmer's Christmas Parade Location: Enniskillen, Haydon, Ty. • Ladies Night at Van Belles Location: Van Belles Greenhouse Time 6:30-9pm 	<ul style="list-style-type: none"> • Food for Fines Location: Clarington Public Library, 163 Church St. Time 12-5pm • CBOT Presents SEO 101 Location: Holiday Inn Express & Time 9am-12pm • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • Celebrate the Holidays Location: Clarington Public Library, Bowmanville Branch, 163 Church St. Time 10:15-11am
<p>9</p> <ul style="list-style-type: none"> • Food for Fines Location: Clarington Public Library, 163 Church St. Time 12-5pm • Courtice Lions Free Skate & Craft Show! Location: South Courtice Arena, 1595 Prestonvale Road Time 12:30-4pm 	<p>10</p> <ul style="list-style-type: none"> • Free Resume Help Location: Bowmanville Employment Services, 219 King Street East Time 8:30am-4pm • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • Kingsway Arms Christmas Bazaar Location: Kingsway Arms, 65 Clarington Blvd Time 10am-2pm 	<p>11</p> <ul style="list-style-type: none"> • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • Celebrate the Holidays Location: Clarington Public Library, Bowmanville Branch, 163 Church St. Time 10:15-11am 	<ul style="list-style-type: none"> • Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm • Celebrate the Holidays Location: Clarington Public Library, 163 Church St. Time 10:15-11am
<p>16</p> <ul style="list-style-type: none"> • RBC Free Skate Location: Garnet B. Rickard Recreation Complex, Hwy 2 and 57 Time 1:30-3:30pm • Christmas Concert Location: Faith United Church, 1778 Nash Rd Time 7:30-9:30pm 	<p>17</p> 	<p>18</p> <ul style="list-style-type: none"> • New Guardian Pharmacy Opens at Wilmot Creek! Location: Wilmot Creek Time 3-4pm 	<ul style="list-style-type: none"> • You & Me Storytime Event Location: Know Christian School Time 11-11:30am
<p>23</p> <ul style="list-style-type: none"> • Tim Horton's Free Skate Location: Newcastle Memorial Arena, 103 Caroline St W. Time 1-2pm 	<p>24</p> <p>Christmas Eve</p>	<p>25</p> <p>Christmas Day</p> <p><i>Merry Christmas</i></p>	<p>Boxing Day</p>
<p>30</p> 	<p>31</p> <p>New Years Eve</p> <ul style="list-style-type: none"> • COAA NEW YEAR'S EVE DANCE Location: Clarington Beech Centre, 26 Beech Ave Time 8-12:30pm • NEWCASTLE LIONS NEW YEAR'S EVE DANCE! Location: Newcastle Town Hall For info and tickets call 905-987-3938 	<p>(January) 1</p> <p>New Years Day</p> <ul style="list-style-type: none"> • Poinsetta Exchange Location: Van Belles Greenhouse & Garden Centre, 1979 Hwy 2 Time 9am-6pm • Clarington Polar Bear Swim Location: Newcastle Waterfront - Mill Street South, Mill Street South, then east to the park at the lake front Time 12:30-3pm 	<ul style="list-style-type: none"> • PTim Horton's Free Holiday Location: Newcastle Memorial Arena Time 12:30-1:30pm • Tim Horton's Free Holiday Location: South Courtice Arena, Time 1-3pm



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

2013 Winter 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!

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- Computer & Photography Programs

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- Photography & Outdoor Programs
- Workshops & Seminars

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- 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

Winter program registration starts Wednesday January 2 at 9 am. Pre-registrations will be accepted prior to January 2. Please drop off your completed registration form with payment to the front desk. Please note that pre-registrations will be processed on January 2 at 4 pm. All Registered Programs include HST.

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

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



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



Beech Centre
26 Beech Ave., Bowmanville



Clarington Fields / Indoor Soccer
2375 Baseline Rd., Bowmanville

Registration information contact 905-697-2856

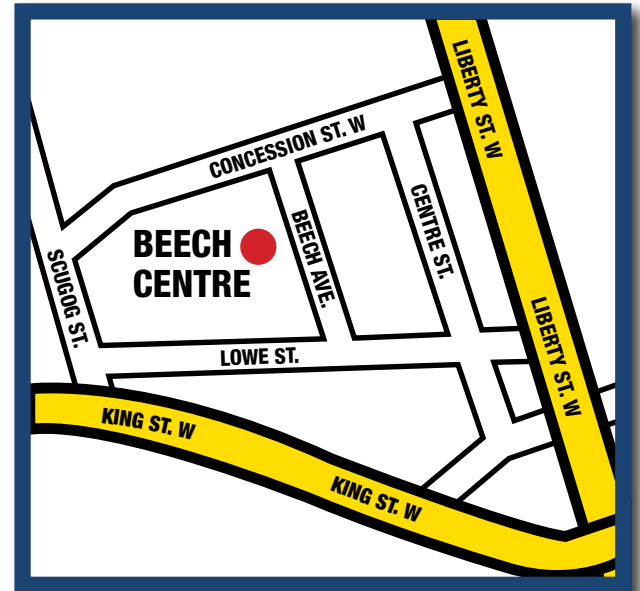
REFUND POLICY

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

A \$10 administrative fee will be applied.

WHEELS IN ACTION

Transportation now available to and from the centre for ALL COAA events and programs. Contact Tracey to book your ride at 905-697-2856 or by email wheels-coaa@bellnet.ca
\$2 round trip in Bowmanville, \$4 round trip out of town, within Clarington. Advance notice is required.



FARE: \$1.95 NEW SERVICE – 505 Mitchell Corners, Tuesday Service <i>*Effective Tuesday, November 20, 2012*</i>					
Clarington Beech Centre	Courtice Community Centre	Trull's Rd & Taunton	Solina Community Centre	Hampton	Clarington Beech Centre
13:00	10:40 13:12	10:45 13:18	10:15 13:24	10:56 13:29	11:14

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	NEW Cards (Courtice)	9 am-12pm	Texas Hold'em Poker	7 pm	Duplicate Bridge	1 pm
Cribbage	1 pm	Square Dancing	12:45 pm	Weekly Drop-Ins Fee Schedule Duplicate Bridge.....\$3.50 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 at Clarington Fields				Darts	1 pm
Knitting/Crocheting Group	1 pm	Friendship Club	1 pm					500 Cards	1 pm
Bid Euchre	7 pm	Shuffleboard	7 pm					Jam Session	1 pm
NEW Open Art (Courtice)	9 am-12pm								
NO Choir February 13, 20 & 27									

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.

- **Scottish Fare \$5.00**

Wednesday January 16
1 pm – 3 pm

- **Valentine Cakes \$5.00**

Wednesday February 13
1 pm – 3 pm

- **Irish Feast \$5.00**

Wednesday March 20 1 pm – 3 pm

- **Food from Holland \$5.00**

Wednesday April 17 1 pm- 3 pm



ADVANCED BRIDGE LESSONS with Bill Peel

This series of classes are designed for those players who are playing bridge and want to improve their game. The lessons will include a summary of the popular conventions and artificial calls that have a defined meaning to each partner. An emphasis will be placed on slam bidding and what is required by each partner for these bids to be successful. As well each class will focus on successful strategies to playing a hand as well as defensive tactics that work.

**Wednesdays 1 pm – 2:30 pm 10 weeks
March 20 to May 22 \$45.00**

BOOK CLUB (Drop In) - 10 am - \$1.35

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

January book: Secret Daughter by Shilpi Somaya Gowda

Meeting date to discuss January book: Monday February 11

February book: Audition: A Memoir by Barbara Walters

Meeting date to discuss February book: Monday March 18

March book: In the Skin of a Lion by Michael Ondaatje

Meeting date to discuss March book: Monday April 15

April book: The Gathering by Anne Enright

Meeting date to discuss April book: Monday May 13

May book: The Next Best Thing on My List by Jill Smolinski

Meeting date to discuss May book: Monday June 10

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 8 weeks January 7 to March 4 \$48.00
& 10 weeks March 18 to June 3 \$59.50**

NO Class February 18, April 1 & May 20

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

9 weeks January 9 to March 6 \$53.55

& 10 weeks March 20 to May 22 \$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 9 weeks January 9 to March 6 \$53.55

& 10 weeks March 20 to May 22 \$59.50

FRENCH LESSONS with Cecile Paxton

Learn the basic vocabulary of the French language.

Tuesdays 1:30 pm – 3:30 pm 10 weeks

March 19 to May 21 \$59.50

INTERMEDIATE BRIDGE LESSONS with Bill Peel

You will start to understand the need for a “plan”; developing tricks; the finesse; eliminating losers (trumping and discarding); entries; understanding the opponents (especially leads); managing the trump suit; and putting it all together as a partnership.

Wednesdays 1 pm – 2:30 pm 9 weeks

January 9 to March 6 \$40.50

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

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Fitness

Fitness

Fitness

ARTHRITIS FITNESS with Doris Lee

Courtice Community Complex 

This class is suited for those with Osteo or Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength which improves your quality of life by decreasing pain, swelling and stiffness.

Mondays 8:30 am – 9:30 am 7 weeks January 14 to March 4

\$29.50 members/\$34.50 non-members

& 10 weeks March 18 to June 3

\$42.00 members/ \$47.00 non-members

Wednesdays 10 am - 11 am 8 weeks January 16 to March 6

\$34.00 members / \$39.00 non-members

& 10 weeks March 20 to May 22

\$42.00 members/ \$47.00 non-members

Fridays 8:30 am – 9:30 am 8 weeks January 18 to March 8

\$34.00 members / \$39.00 non-members

& 10 weeks March 22 to May 31

\$42.00 members/ \$47.00 non-members

**No Class on Monday February 18, April 1, May 20 &*

*Friday March 29**

BADMINTON (Drop in)

Newcastle and District Recreation Centre 

Wednesday January 2 to May 29 10 am- 12 pm

\$1.36 member / \$1.70 non-member

(Please pay at reception desk upon arrival)

No Badminton March 13

BOWLING LEAGUE

Liberty Bowl 

Join us for a fun social mixed league

Thursdays 12:30 pm January 3 to April 4 \$17.00

2 games will be played each week–cost of games \$6.00

Includes end of season banquet.

Banquet Thursday April 4

CARDIO WITH PEP with Lydia Vooyo

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 - 7 weeks January 7 to February 25 \$30.00 & 10 weeks March 18 to June 10 \$42.00

Fridays 9 am - 10 am - 9 weeks January 11 to March 8

\$38.00 & 10 weeks March 22 to May 31 \$42.00

**NO Class Monday February 18, April 1, May 20 & May 27*

*& Friday March 29**

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 to 2 pm 9 weeks January 10 to March 7

\$38.00 & 10 weeks March 21 to May 23 \$42.00

DRUMS ALIVE FITNESS

with Carol Drew

Using fitness balls and drumsticks, improve physical/ mental fitness and above all, have fun! Drums Alive is full of powerful and motivating music and drumming rhythms that will get your body moving.

Tuesdays 10 am to 11 am 10 weeks March 19 to May 21 \$42.00

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 9 weeks January 11 to March 8 \$38.00

& 10 weeks March 22 to May 31 \$42.00

NO Class March 29

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 6 weeks January 9 to

March 6 \$25.50 & 10 weeks March 20 to May 22 \$42.00

NO Class February 20 & 27

Fitness

Fitness Fitness

PICKLEBALL (Drop in)

Newcastle and District Recreation Centre 

Monday January 7 to June 24 9:30 am – 12:30 pm

Thursday January 3 to June 27 12:30 pm – 3 pm

Fridays January 4 to June 28 12:30 am – 3:30 pm

\$1.36 member & \$1.70 non-member

(Please pay at reception desk upon arrival)

*NO Pickleball February 18, March 11, 14, 15, 21, 22 & 29,

April 1 & May 20*

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 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

NO Class Monday February 18, April 1, May 20

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 to 11 am 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Tuesdays 7 pm – 8 pm 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

Thursdays 10 am - 11 am 9 weeks

January 10 to March 7 \$38.00

& 10 weeks March 21 to May 23 \$42.00

NO Class Monday February 18, April 1, May 20

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 9 weeks

January 9 to March 6 \$47.25

& 10 weeks March 20 to May 22 \$52.50

Wednesdays 12:00 pm - 1:00 pm 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

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 9 weeks

January 9 to March 6 \$31.00

& 10 weeks March 20 to May 22 \$34.00

Fridays 9 am – 9:45 am 8 weeks

January 11 to March 1 \$27.50

& 10 weeks March 22 to May 31 \$34.00

Bring Resistance Bands to class please

NO Class Friday March 29

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 for both men and women.

NEW Mondays 2:30 pm - 3:30 pm 7 weeks January 14 to

March 4 \$30.00 members & \$35.00 non-members

Monday class held at Courtrice Community Complex 

Thursdays 6 pm - 7 pm 9 weeks January 10 to February 28

\$34.00 & 10 weeks March 21 to May 23 \$42.00

Bring Resistance Bands to class please

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

Participants will be led through a series of seated and standing movements and stretches.

NEW Mondays 1:30 pm - 2:30 pm 7 weeks January 14 to

March 4 \$30.00 members & \$35.00 non-members

Monday class held at Courtrice Community Complex 

Tuesdays 10:30 am – 11:30 am 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

Fridays 10 am - 11 am 8 weeks January 11 to March 1 \$34.00

& 10 weeks March 22 to May 31 \$42.00

Bring resistance tubing to class

NO Class Friday March 29

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 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

Bring resistance tubing to class

SNOWSHOEING

Want to stay active over the winter? Join us for some snowshoeing fun at local trails in and near Clarington. Walk will last approximately 1 hour. Meet at the centre at 9 am and we will car pool to our destination.

Mondays 9 am 8 weeks January 7 to March 4 \$5.00

Must have snowshoes. No snowshoeing February 18

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 wellbeing.

Beginner: Mondays 10 am - 11 am 10 weeks January 7 to

March 18 \$42.00 & 10 weeks March 25 to June 10 \$42.00

Intermediate: Mondays 11 am - 12 pm 10 weeks January 7

to March 18 \$42.00 & 10 weeks March 25 to June 10 \$42.00

NO Class Monday February 18, April 1, May 20

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 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Wednesdays 9 am – 10 am 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

YOGA with Sharon Wildeboer (cont'd)

Courtrice Community Complex 

NEW Fridays 1:30 pm - 3:30 pm 7 weeks January 18 to

March 1 \$30.00 members & \$35.00 non-members

NO Class Monday February 18, April 1, May 20

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 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Wednesdays 10 am – 11 am 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

NO Class Monday February 18, April 1, May 20

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 8 weeks

January 7 to March 4 \$50.00

& 10 weeks March 18 to June 3 \$62.50

Wednesdays 4 pm – 5:30 pm 9 weeks

January 9 to March 6 \$42.50

& 10 weeks March 20 to May 22 \$47.00

NO Class Monday February 18, April 1, May 20

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 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

NEW Fridays 2:30 pm - 3:30 pm 7 weeks

\$30.00 members & \$35.00 non-members

Friday class held at Courtrice Community Complex 

NO Class Monday February 18, April 1, May 20

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 8 weeks

January 8 to March 5 \$34.00

& 10 weeks March 19 to May 21 \$42.00

Thursdays 10:30 am – 11:30 am 7 weeks

January 10 to March 7 \$30.00

& March 21 to May 23 \$42.00

NO Class February 21, 26 & 28

ZUMBA GOLD (lite)

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 8 weeks January 9 to March 6

\$34.00 & 10 weeks March 20 to May 22 \$42.00

No Class February 27

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

Newcastle and District Recreation Centre 

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

Please no rubber soled shoes

Beginner: Learn the Waltz, Cha Cha and some Polka (winter) Rumba & Jive (spring)

Wednesdays 3:10 pm – 4:10 pm 10 weeks January 9 to March 20 \$53.50 members / \$58.50 non-members

& 12 weeks March 27 to June 12

\$64.50 members / \$69.50 non-members

Intermediate: Learn the Waltz, Cha-Cha & Samba (winter) Tango, Rumba & Merengue (spring)

Wednesdays 2 pm - 3 pm 10 weeks January 9 to March 20 \$53.50 members / \$58.50 non-members

& 12 weeks March 27 to June 12

\$64.50 members / \$69.50 non-members

International Bronze: Learn the Waltz, V.W, Rumba and Mambo/Salsa (winter) Tango, Jive, Slowfox & Samba (spring)

Wednesdays 1 pm - 2 pm 10 weeks January 9 to March 20 \$53.50 members / \$58.50 non-members

& 12 weeks March 27 to June 12

\$64.50 members / \$69.50 non-members

(Must have participated in Intermediate)

NO Class March 13

NEW Ballroom Intermediate 2: Learn the Waltz & Cha Cha (winter) Tango, Rumba & Merengue (spring)

Beech Centre 

Thursdays 11:30 am – 12:30 pm 10 weeks January 10 to March 21 \$53.50 & 12 weeks March 28 to June 13 \$64.50

NO Class March 13

LINE DANCING BEGINNERS

with Phyll Marshall

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

Mondays 12:15 pm – 1:15 pm 8 weeks January 7 to March 4 \$20.00 & 10 weeks March 18 to June 3 \$25.00

NO Class February 18, April 1 & May 20

LINE DANCING BEGINNERS PLUS

with Phyll Marshall

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

Mondays 1:15 pm – 2:15 pm 8 weeks January 7 to March 4 \$20.00 & 10 weeks March 18 to June 3 \$25.00

NO Class February 18, April 1 & May 20

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 9 weeks January 11 to March 8 \$22.50 & 10 weeks March 22 to May 31 \$25.00

NO Class March 29

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 January 8 to March 5 & March 19 to June 11 \$0.55 pay day of

NO Square Dancing January 22 & March 12



TAP DANCING BEGINNERS

with Veronica Vargas

Learn or review the basic tap steps, loosening your feet through slow beat steps and repetitions.

Wednesdays 8:55 am - 9:25 am 8 weeks January 9 to March 6 \$17.50 & 12 weeks March 20 to June 5 \$26.00

NO class February 27

TAP DANCING BEGINNERS PLUS

with Veronica Vargas

With some basic experience we will put together tap dancing routines to fun music.

Wednesdays 9:25 am – 10:25 am 8 weeks January 9 to March 6 \$34.00 & 12 weeks March 20 to June 5 \$50.50

NO class February 27

TAP DANCING INTERMEDIATE

with Veronica Vargas

Learn Tap dancing drills, challenging coordination, speed and beats.

Wednesdays 10:25 am – 10:55 am 8 weeks January 9 to March 6 \$17.50 & 12 weeks March 20 to June 5 \$26.00

NO class February 27

Art & Music

Art & Music Art & Music 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 9 weeks January 10 to March 7 \$53.55 & 10 weeks March 21 to May 23 \$59.50

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 9 weeks January 9 to March 6 \$53.55 & 10 weeks March 20 to May 22 \$59.50

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 January 10 to February 7 \$59.50 & 5 weeks March 21 to April 18 \$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 Thursday and Friday mornings.

Piano lesson book \$12 available at first lesson.

\$68.00 for 4 lessons

RECREATIONAL AFRICAN DRUMMING 2

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 9 weeks January 11 to March 8 \$38.00 & 10 weeks March 22 to May 24 \$42.00



RECREATIONAL AFRICAN DRUMMING

PROFICIENCY 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. Drums will be provided or bring your own.

Fridays 11 am – 12 pm 9 weeks January 11 to March 8 \$38.00 & 10 weeks March 22 to May 24 \$42.00

UKULELE LESSONS

with Allannah Coles

Have fun learning the basic chords.

Thursdays 1 pm – 2 pm 8 weeks April 4 to May 23 \$12.00

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 9 weeks January 10 to March 7 \$80.00 & 10 weeks March 21 to May 23 \$88.00

Computer Programs

With Bill Peel

Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs

BASIC COMPUTER SKILLS FOR PC

This course will focus on the use of the mouse, keyboard, and on-screen commands. Basic editing skills simple file management, USB storage device, control panel and creating a simple word file. Bring your own laptop or use one of ours.

Fridays January 11 to January 25 9:30 am to 10:30 am \$51.00

INTERMEDIATE COMPUTER SKILLS FOR PC

This course is designed to help you understand and use some of the basic applications that are on a computer. Learn how to word process, create a spreadsheet, word process, create a spreadsheet, desktop publish, Skype and simple picture editing.

Fridays February 8 to February 22 9:30 am to 11:30 am \$51.00

ADVANCED COMPUTER SKILLS FOR PC

This course is designed as basically a troubleshooting course. The instructor will listen to your concerns via email and then design and seek solutions to your PC problem. Virus protection, emailing problems, application teaching and system management will be covered. Bring your laptop or use one of ours.

Fridays April 5 to April 19 9:30 am to 11:30 am \$51.00

Program Level

BASIC

Basic entry level of skill
Level 1 (Beginner)

MEDIUM

Medium level of skill
Level 2

Should have an understanding of the Level 1 course

ADVANCED

Advanced level of skill
Level 3

These course are designed for specific application learning and assumes that the participant has computer or photgraphic skills

GENERAL INTEREST

NO skill needed

Courses are often designed to encourage people to enroll in yellow, green and red course offerings.

INTRODUCTION TO APPLE (FREE)

This 2 hour demonstration will share the Apple collection of products designed to excite you about the ease of use and inter connected nature of the devices.

Tuesday January 15 7 pm - 9 pm (Held at the Beech Centre) BC

Monday February 11 10 am - 12 pm (Held in Courtice) CC

Monday March 18 9:30 am - 11:30 am

(Held at the Beech Centre) BC

INTRODUCTION TO IPAD

Join us for a demonstration of how to use the ipad and all the functions that it has to offer.

Tuesday January 22 7 pm - 9 pm \$18.00

Monday March 25 9:30 am - 11:30 am \$18.00

THE MACINTOSH COMPUTER

These classes are designed to help understand how the Apple Macintosh computer works. Learn about iPhoto, iTunes and how the operating system works. Must have own laptop.

Tuesdays January 29 to February 12 7 pm - 9 pm \$51.00

Mondays April 8 to April 22 9:30 am - 11:30 am \$51.00

INTERNET MADE EASY

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.

Tuesdays February 19 & 26 7 pm - 9 pm \$36.00

Photography Programs

With Bill Peel

Photography Programs Photography Programs

HOW TO TAKE A BETTER PHOTO

These classes will help you with tips on how to take better pictures. You will visit different locations and learn how to take portrait to landscape. Your photos will be shared to enhance your understanding of light and composition.

Mondays January 28 & February 4 9 am - 11 am \$36.00

DIGITAL CAMERA TIPS

This session will take you through the process of loading your images onto a computer, managing and editing. Learn how to email, make a photo book, cards and calendars. Bring your own laptop or use those provided.

Thursdays February 14 & 21 7 pm - 9 pm \$36.00

DIGITAL PHOTOGRAPHIC EDITING

These classes will demonstrate the use of Photoshop Elements, Photoshop and Lightroom techniques. The explanation of different file types- RAW and jpeg as well as tools that can be purchased to enhance your pictures. Bring your laptop or use those provided

Thursdays February 28 & March 7 from 7 pm - 9 pm \$36.00

VIDEO EDITING PART 1

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.own.

Thursdays January 10 - January 31 7 pm - 9 pm \$45.00



VIDEO EDITING PART 2

with Bill Fitkowski

The focus will be the actual editing process such as use of transitions and effects, adding titles and adding additional soundtracks and voice-overs to the original video.

Thursdays February 14 - March 7 7 pm - 9 pm \$45.00

Pre-Requisites: Completion of the COAA Video Editing Course Part 1 OR previous experience with other Video Editing software such as iMovie or PowerDirector.

Computer Programs

With Brian Greenway

Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs

COMPUTERS AND SECURITY

Viruses, Spyware, Phishing and other scams are rampant for those who connect their computer to the internet. Learn some basic ways to protect yourself. A demo of password management software will also be included within this 2 hour Workshop

Thursday April 11 7 pm - 9 pm \$18.00

"GETTING SORTED": ORGANIZING YOUR DIGITAL PICTURESS

Tips and tricks to organizing, managing and simple editing of your images. Review ways to store your images. Some computer experience would be useful.

Tuesday March 19 & 26 7 pm - 9 pm \$36.00

LEARNING PICASA AND SCANNING

Picasa is a free program from Google for Windows and Mac computers to help you organize edit and share your photos. The session will cover all the features of the program from importing images to basic editing. Some tips for good scanning techniques will also be covered for your old photographs and documents.

Tuesday April 23 & 30 7 pm - 9 pm \$36.00



LEARN THE INTERNET

Most of our computing time is now spent with the internet from downloading programs, searching information, email, banking and shopping to sharing family events on social networks such as Facebook, Google+, or Twitter. What are the best ways to do this safely and take advantage of special internet services such as Dropbox or Lastpass? Topics will come from the interests of members in the class.

Thursday May 6 & 13 7 pm - 9 pm \$36.00

WORLD OF GOOGLE

Google is not just a popular way of searching the Internet, it's a growing world of computer services and applications. This session will combine some hands-on search tips with demonstrations of the growing world of free applications and services provided by Google.

Friday May 10 9:30 am - 11:30 am \$18.00

Photography Programs With Brian Greenway

CREATIVE PHOTOGRAPHY - CREATING IMAGES THAT HAVE IMPACT!

Do you want to learn more about making dynamic images and your camera at the same time? Learn your camera settings to capture the moment and create images that are unique to you. You will visit a different Clarington location.
Thursdays May 2 - May 23 8:30 am - 11:00 am \$63.50

DIGITAL CAMERA CONTROLS PART 1

This session will deal solely with the operation controls of your camera in order to take advantage of everything it can do to meet different situations in your picture making. Bring your camera and the manual.

Monday April 15 9:30 am - 11:30 am \$18.00

DIGITAL CAMERA CONTROLS PART 2

This is a follow up to the introductory session on Camera Settings. Tips on settings for close-ups, action shots, low light and panorama shots will be included. Bring your camera and manual.

Monday April 22 9:30 am - 11:30 am \$18.00

MAKING YOUR OWN DIGITAL PHOTO ALBUM

Learn how to combine your digital images to create Photo Albums that are professionally printed to your own layout design.

Tuesday April 9 7 pm - 9 pm \$18.00

PHOTOSHOP SKILLS

This course will help beginners gain some basic skills in Photoshop and extend those for intermediate users, either as a refresher or picking up some new skills.

Tuesdays May 7 to May 21 7 pm - 9 pm \$51.00

TRAVEL PHOTOGRAPHY

This session will give you lots of simple clear tips on how to improve your picture-making skills and ideas for traveling with a camera.

Thursday March 28 7 pm - 8:30 pm \$15.00

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. For COAA members only.

Wednesdays February 6 to 27, March 6, 20 & 27, May 1 to 22 2 pm - 4 pm

Outdoor Programs

BEECH STREET SPINNERS CYCLING GROUP

Cycle through quiet streets and along nature trails.

Cycling Orientation: For new participants only. Prepare for the riding season. Bring your bike, helmet and water bottle.
Tuesday April 23 at 9 am. Program starts: Tuesday April 30 Ends: Tuesday October 29. Time: 9 am. Registration Fee: \$29.05 Includes post season luncheon and rides every Tuesday and Saturday.

Post-season lunch: Tuesday November 12 12 pm

SLO PITCH BASEBALL

Practice weekly & exhibition games before the Annual tournament.

Starts: Friday May 3 Ends: Wednesday August 14 (Tournament)
Registration Fee: \$29.05 includes end of season tournament. \$15.00 security deposit is required for team jersey.

GOLF AT QUARRY LAKES

Join your fellow members in a weekly mixed social league.

Starts: Wednesday May 8 Ends: Wednesday October 16

Time: 8 am. Registration Fee: \$29.05 Includes prize and end of season banquet. Banquet: Wednesday October 16 12:00 pm

If you wish you may purchase a card at Quarry Lakes for \$21.00 which allows you to play unlimited times Monday to Thursday for 50% off tee fees, plus 50% off of the driving range and mini-putt fees as well as 15% off accessories. Dress code requires shirt with collar and no jeans.

HORSESHOES

Join our mixed horseshoe league in the back yard of the Beech Centre. A fun tournament will be held at the end of the season.

Starts: Wednesday May 1 Ends: Wednesday August 21

Time: 6 pm. Registration Fee: \$29.05 Includes tournament and banquet at the end of the season. Tournament and Banquet: TBD

HIKING

Come out and enjoy the beauty of local hiking trails. Each hike will last between 1 to 2 hours (3 km to 6 km) on easy to moderate trails. We will meet at the Beech Centre and car pool to the trails.

Starts: Thursday May 9
Ends: Thursday Nov 7

Time: Meet at the centre at 9 am. \$10.00



FREE SEMINARS SPONSORED BY DURHAM REGION DIABETES NETWORK

Diabetes Conversation Maps is an interactive, new approach to patient education that has people with diabetes talking. The sessions foster an interactive group experience that can make learning about diabetes fun and engaging.

Thursday January 24 at 10 am

- How Diabetes Works (what is diabetes?)

Thursday February 14 at 2pm

- Living Healthy with Diabetes

Thursday March 21 at 10 am

- Healthy Eating and Active Living

Thursday April 4 at 10 am - Starting Insulin

Thursday April 18 at 10 am

- Living in a Family with type 1 diabetes

Thursday May 2 at 10 am - Foot care

KEEP SMILING DENTAL HYGIENE SEMINAR: Sponsored by Faye Reid

Dental Hygienist

Oral Health and the influence on Overall Health, Medications and Dry Mouth Nutrition.

Thursday January 17 at 10 am

Oral Health Concerns for Older Adults, Oral Cancer Self Exams and New Oral Hygiene Aids.

Thursday April 11 at 10 am

Workshops & Seminars Please register in advance at the front desk

NEW 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.

Thursdays January 24 - February 21 7 pm - 9 pm \$25.00 (includes information binder)

NEW GUIDED MEDITATION with Julie Ditta

Guided meditation combined with special breathing techniques helps you to release tension, clear your mind and boost your sense of wellbeing.

Monday January 14 at 1 pm \$15.00

(If there is interest after the workshop we will look at having this as a regular weekly program)

NEW LOL- LAUGH OUT LOUD FOR HEALTH with Julie Ditta

Laughing is a natural medicine and good for health. Laughter elevates mood, reduces stress, lowers blood pressure, boosts the immune system and connects us with others.

Monday January 14 at 2 pm \$15.00

(If there is interest after the workshop we will look at having this as a regular weekly program)

HEARING AWARENESS SEMINAR AND HEARING TESTS

sponsored by Nu Life Hearing

Join Ryan for a 30 minute seminar on the latest state of the art technology of hearing instruments. Also book your free hearing test and hearing aid cleaning.

Thursday May 9 at 11 am hearing test appointments start and are booked every ½ hour.

Upcoming Events & Fundraisers

WINTER REGISTRATION

Time to sign up for your favourite program or try something new.

See Registration Information on PG.2*

Registration starts Wednesday January 2 at 9 am

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 January 18, February 15, March 15, April 19, May 17 & June 21

1 pm – 4 pm \$3.50 members / \$4.60 non-members

ROBBIE BURNS LUNCH

Join us for a traditional Burns service, lunch and entertainment provided.

Tuesday January 22 at 11:30 am

\$8.05 members/ \$11.40 non-members

EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards & a delicious dinner.

Win great prizes! No partner required

Saturday January 26, March 23, & May 25

\$10 in advance

LADIES NIGHT

Join us for a fun night of pampering with extra special fun.

Wednesday February 13 at 6 pm \$5.00 per person

SMILE THEATRE “LEGEND OF DAN MCGREW”

“A bunch of the boys were whooping it up in the Malamute saloon; The kid that handles the music-box was hitting a rag-time tune; Back of the bar, in a solo game, sat Dangerous Dan McGrew, And watching his luck was his light-o’-love, the lady that’s known as Lou...” A straight-shooting musical based on the classic narrative poem by Robert Service.

Wednesday February 20 at 1:30 pm \$5.00

(Sponsored by Ontario Power Generation)

ST. PATRICK’S DAY LUNCH

Join us for Irish fare and entertainment.

Tuesday March 12 at 12 pm

\$8.05 members/ \$11.40 non-members

COAA ANNUAL GENERAL MEETING & POTLUCK LUNCH

Review the 2011 financials, COAA operation review and elect members to the Board of Directors.

Friday March 22 at 12 pm

OPEN MIC (FREE)

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

Sunday April 7 1 pm – 4 pm

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

SMILE THEATRE

“THE EXTRAORDINARY LIFE OF AN ORDINARY WOMEN”

Back from three seasons ago, this uplifting, inspirational musical celebrates the extraordinary life of an ordinary woman. This heart-warming musical was written by Smile’s artistic director for his mother, on the occasion of her 90th birthday.

Wednesday May 8 at 1:30 pm \$5.00

(Sponsored by Ontario Power Generation)

COAA MEMBERSHIP PICNIC

Join us for a fun afternoon of great food, games and wonderful entertainment.

FREE to all members. Tuesday June 18 at 12 pm

Please register at the front desk

DURHAM REGION 55+ SENIOR GAMES

The Durham Region 55+ Senior Summer Games will be held from April to June 2013 at various locations in the region. Get your partners and teams ready. Full schedule and registration forms available soon at www.durhamseniorgames.com.



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 4 pm. This helps staff and volunteers with planning and preparation.

NEW ONTARIO HEALTH SYSTEM REFORM DISCUSSION GROUP

Courtice Community Complex

An opportunity to share experiences, ideas and concerns about our Health System. We will analyze our present Health System and its various components.

Wednesdays January 16, 23, 30 & February 6 from 2 pm to 4 pm

BLOOD PRESSURE CLINICS

Sponsored by Bayshore

Tuesday January 8, February 5, March 5, April 9 & May 7- 9:30 am to 11:30 am

COAA TAX CLINIC

Tax Clinic Requirements

Single Income less than \$25,000 Couple Income less than \$30,000. This volunteer tax clinic program is intended to help members with simple straight forward tax returns. Our volunteers are not trained to prepare tax returns for deceased or bankrupt individuals or individuals who have capital gains or losses. Clinic starts March 1 and ends April 30. For more information please contact Angela Adams at 905-697-2856.

CLARINGTON HERITAGE WEEK FEB 18TH - 24TH

Heritage Information Treasure Hunt

Take this opportunity to travel around our Municipality to discover our hidden gems. Guide maps and information sheets available at the COAA.

ACO on the GO Heritage Walking Tour Bowmanville FREE Sunday February 17th at 2 pm

Maximum 30 participants.

RSVP to Clarington Museums

Heritage Photo Day @ COAA (FREE)

Tuesday February 19th 11 am to 1pm

Smile Theatre Wednesday 20 at 1:30 pm

Research Your Roots Seminar

February 21 at COAA at 1 pm

“Old Time Pricing Event” COAAZY Café

February 22 9 am to 3 pm

Heritage Closing Reception - Visual Arts Centre

February 24 at 2 pm

Newcastle Village & District Historical Society Open House

Monday February 18

For more info go to www.heritage.clarington.net

The Municipality of Clarington is proud to present this NEW program for those struggling to manage chronic conditions, such as heart disease, diabetes, arthritis, cancer, osteoporosis and mental illness. Our Physical Activity Lessen's Symptoms program can provide the tools you need to succeed. This program includes guidelines for active living and healthy eating tips which are safe, effective, and designed with you in mind. You'll have the opportunity to experience some new activities and learn more about how nutrition can help make a positive difference in your life. Please register for the following programs with the Municipality of Clarington

Location	Day	Time & Cost	Barcode
Courtice Community Complex	Mondays & Thursdays 6 weeks	1:00PM for 1.5 hrs Basic: Adult \$71.75 +tax Seniors/Youth 36.00+tax	171326
	January 14 to February 21	Includes 10 visit pass: Adult \$109.50 +tax Seniors/Youth \$54.75 tax	171327
Courtice Community Complex	Mondays & Wednesdays 6 weeks	5:00PM for 1.5 hrs Basic: Adult \$71.75 +tax Seniors/Youth 36.00+tax	171376
	January 14 to February 20	Includes 10 visit pass: Adult \$109.50 +tax Seniors/Youth \$54.75 tax	171426

WHEELS IN ACTION

Transportation available to and from the centre for ALL COAA events and programs. Call Tracey to book your ride at 905-697-2856 or email wheels-coaa@bellnet.ca. Advance notice is required.

Events Happening in December...

Have an upcoming event you would like displayed in this calendar?
Send your event information to:
events@claringtonpromoter.ca

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>Location: Clarington Public Library, 163 Church St.</p> <p>Location: Clarington Public Library, Newcastle Branch, 150 King Ave. E.</p> <p>Location: Clarington Beech Centre, 26 Beech Ave</p> <p>Location: Prestonvale & Garden Centre, 1979 Hwy 2</p>	<p>6</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm Reindeer Games Location: Clarington Public Library, Newcastle Branch, 150 King Ave. E. Time 10:15-11am COAA SHOWCASE OF THE ARTS Location: Clarington Beech Centre, 26 Beech Ave Time 7-9pm 	<p>7</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm Big Brothers Big Sisters of Clarington Christmas Open House Location: Big Brothers Big Sisters of Clarington, 23 Scugog Street Time 5-7pm Christmas Moonlight Magic Location: Downtown Bowmanville, featuring the Christmas Tree-lighting Ceremony. Time 6-11pm 	<p>8</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-5pm Sparkle and Shine It's Christmas Time Location: Garnet B. Rickard Complex, 2440 Highway 2 Time 10am-4pm
<p>12</p> <p>Location: Clarington Public Library, 163 Church St.</p> <p>Location: Clarington Beech Centre, 26 Beech Ave.</p>	<p>13</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm Celebrate the Holidays Location: Clarington Public Library, Newcastle Branch, 150 King Ave. E. Time 10:15-11am CLARINGTON CONCERT BAND CHRISTMAS CONCERT Location: Clarington Beech Centre, 26 Beech Ave. Time 7-9pm 	<p>14</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm Angel Tree Toy Drive Location: Auto Workers Community Credit Union, 221 King Street E Time 10:30-11am 	<p>15</p> <ul style="list-style-type: none"> Food for Fines Location: Clarington Public Library, 163 Church St. Time 10am-9pm Edwardian Family Christmas Location: Bowmanville Museum, 37 Silver St. Time 10am-2pm Guardian Pharmacy TV Draw! Location: 133 King St. E, Unit 4 Time 11-11:15am
<p>19</p> <p>Location: 410 North Scugog St.</p>	<p>20</p>	<p>21</p> <ul style="list-style-type: none"> Horse & Buggy Rides Location: Port Perry, Queen Street Time 5-8pm Eucre at Newcastle United Church Location: Newcastle United Church, Mill Street Time 7-9pm 	<p>22</p> 
<p>26</p> <p>g Day</p>	<p>27</p> <ul style="list-style-type: none"> Tim Horton's Free Skate Location: Garnet B. Rickard Recreation Complex, Hwy 2 and 57 Time 1-3pm Tim Horton's Free Skate Location: Blackstock Arena, 3440 Church St Time 3-4:45pm 	<p>28</p> 	<p>29</p> <ul style="list-style-type: none"> Tim Horton's Free Skate Location: Newcastle Memorial Arena, 103 Caroline St W Time 12:30-1:30pm Tim Horton's Free Skate Location: South Courtice Arena, Prestonvale Ave. Time 1-3pm
<p>(January) 2</p> <p>Location: 103 Caroline St W</p> <p>Location: Prestonvale Ave.</p>	<p>(January) 3</p> <ul style="list-style-type: none"> Tim Horton's Free Holiday Skate Location: Garnet B. Rickard Recreation Complex, Hwy 2 and 57 Time 1-3pm 	<p>(January) 4</p> <ul style="list-style-type: none"> Tim Horton's Free Holiday Skate Location: Blackstock Arena, 3440 Church St Time 3-4:45pm 	<p>(January) 5</p>

It Pays To Advertise in The Clarington Promoter!

Here is what one of our advertisers has to say:

Community Care Durham's Home Support Program in Clarington ran an ad in the Promoter with the goal of recruiting much needed volunteer drivers for our Transportation and Meals on Wheels services. There was also an editorial highlight that simply said "there was need". To date, we have had 12 community members make contact and start the process to become volunteers because they saw the notice in the Promoter. This is the best response we have ever had through newspaper advertising. We're thrilled with the response and outcome.

SALLY BARRIE
Administrator
Clarington Home Support
Community Care Durham

a tribute to Bev Oda

First elected to Parliament in 2004 and re-elected in 2006, 2008 and 2011. In February of 2006 she was appointed Minister of Canadian Heritage and Status of Women, previous to this she served as Opposition Critic for Canadian Heritage. In 2007 she was appointed Minister of international Cooperation, responsible for Canada's overseas humanitarian aid and development assistance through the Canadian International Development Agency (CIDA), making her the longest serving minister in this portfolio in Canadian history. During her tenure as Minister she traveled to 32 countries, some multiple times.



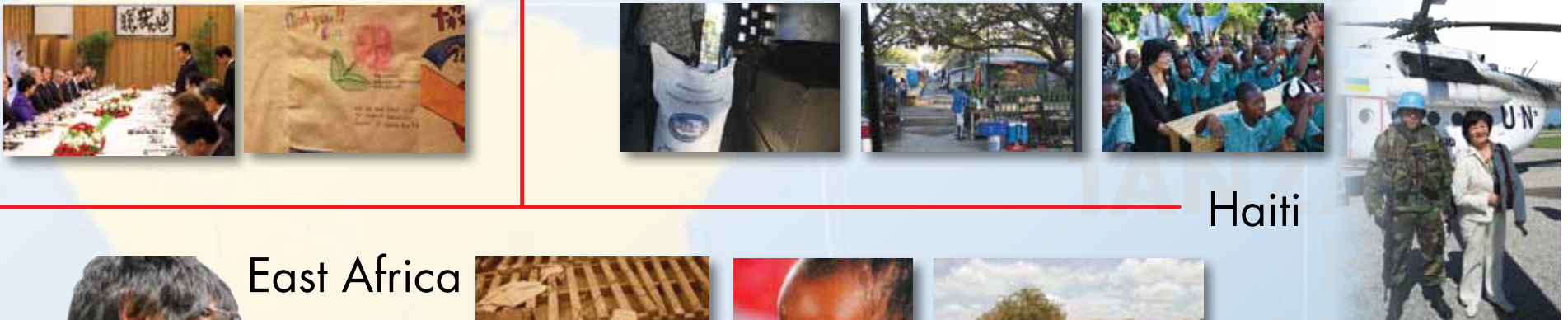
In Her Riding



Afghanistan



Japan



Haiti

East Africa



The Clarington Promoter is pleased to take the opportunity to say thank you to the Hon. Bev Oda, P.C. for serving her constituency both within its borders and representing Canada around the World.

Q & A With The Honourable Bev Oda, PC

Q: During your time as the MP for Durham, you were an official opposition critic and a Minister of the Crown. What were your responsibilities in these roles, particularly as the Minister for International Cooperation?

A: I am grateful for the opportunity to serve Durham and to serve Canada. In addition to my role as the MP for Durham, as a Minister and a member of Cabinet, I was a member of the Queen's Privy Council and a member of the Prime Minister's national security committee. I was responsible for Canada's international aid policies, development programs and a \$3 billion annual budget. The Canadian International Development Agency (CIDA), which was my department, does not implement programs itself but makes recommendations and gives advice to the Minister on which organizations and projects should be funded. This meant working with other countries, numerous international and Canadian non-governmental organizations (NGOs).

In some of your travels, you saw first hand the horrors of earthquakes, floods, famine and conflict. What did you learn and how has that affected you?

Over the past 5 years, natural disasters and conflict have increased in frequency and severity, some striking developed countries such as the USA or Japan and others hitting developing countries such as Haiti, Burma and in East Africa. I learnt that each crisis is unique. In developing countries, where the most basic necessities of life - food, water and shelter - are limited, the impacts of the disasters can be devastating. I learnt that reaching the victims, assessing the damage, transporting supplies, and providing food and appropriate medicines was challenging and called for tremendous cooperation among countries and organizations as well as strong local leadership.

In my visits to the affected areas, I met victims and witnessed realities for which life in Canada had not prepared me. There were moments when I was overcome and felt helpless. The strength and resiliency of those who were facing starvation and death and had lost everything as well as their determination to survive humbled me. I believe I have seen humanity in some of its most desperate moments, and also in its most courageous. This has deepened my belief that we are truly fortunate to be Canadian.



Q: Your job called upon you to travel hundreds of thousands of miles. For most of us, air travel has ceased to be a pleasure and is now more of a challenge. How does a Minister deal with this and do the airlines also lose your luggage?

A: Going to 32 countries in 5 years, was demanding, particularly since the majority of the trips had to be over weekends or holidays, and included a full busy schedule of meetings and site visits once in the country. Many of the countries were remote, such as Afghanistan, Peru and Mongolia, and difficult to reach. In some cases, I spent more time in transit than in the country itself.

My 3-day trip to Sri Lanka to visit refugee camps included 23 hours in transit, 6 stops on 3 different airlines and 4 different airports each way. The hours in Sri Lanka included 2 hours of rest, a 2-hour drive to the camps, the camp tour and 4 meetings when back in the capital city. This meant virtually going around the world in 72 hours and being in the House of Commons the next morning.

As for lost luggage, I remember my trip to the East Africa famine. We flew from Ottawa to Toronto to Amsterdam where our flight to Kenya was cancelled. We then flew to London and changed airlines resulting in lost luggage. Finally in Kenya after 19 hours in transit, we had a store open up at 10:30 p.m. so we could buy some clothes for our 5:30 am flight and a full day at the refugee camp.



Q: As a Cabinet Minister, you have had the opportunity to meet a great number of people, ranging from the very well known to individuals living in extreme poverty as well as disaster victims. Is there any one person who has left a lasting and profound impression?

A: It's difficult to pick any one person. I've been fortunate enough to work with Presidents, Prime Ministers, Ministers from numerous countries, heads of the United Nations and its agencies, leaders of international and Canadian organizations, academics and researchers as well as dedicated foreign and local people working in the developing countries. Their dedication and commitment, their intellect and their own personal sacrifice was inspiring. However, I must say that I was most inspired by the women living in the countries and communities that I visited.

I admire the women and girls in Afghanistan who continue to strive and hope for a better future despite having been oppressed for decades, and who, even today, are faced with death threats, acid attacks and continued abuse. I admire the mothers in Africa and Asia, many of whom are still girls, who struggle under the harshest of conditions, work so hard and make the most difficult decisions so their children can survive. I learnt that by supporting women, all children, not only boys will be educated, children and families will be healthier and communities will be more stable. I believe that investing Canada's aid dollars in women reaps real value for our aid dollars.



Q: Your long-term career was in the private sector; you have also given many years to the volunteer sector and the past 8 years to public service. What's next for Bev Oda?

A: I expect there will be a period of adjustment as a retiree, and I look forward to spending lost time with my family and friends while renewing my interests in gardening, crafts and the arts. But, I have a feeling that there may be a way - sometime in the future - that I might continue some public service, particularly in sharing what I have learnt during my time as Canada's Minister for International Cooperation. I'm grateful for each opportunity I've been given throughout my life and I'm stronger from each experience. I continue to be blessed with the support of my family and friends, so am I finished? I don't think so.

Continued on PG.19



HOME COOKING *with Cathy*

Well it's that magical time of year again! It's hard to believe that Christmas is only a few weeks away. I have included a recipe for a dessert this month as promised. This Pecan Cranberry Tart just seemed right for Christmas time. Enjoy!

by Cathy Abernethy

HOME PROMOTER CONTRIBUTOR



Pecan Cranberry Tart (Serves 8 People)

Ingredients:

Crust:

- 1 ¼ cups all-purpose flour
- 2 Tbsp. sugar
- ¼ tsp. salt
- ½ cup cold butter, cut into 1 inch cubes
- 1 large egg yolk
- 2 Tbsp. cold water

Filling:

- 3 large eggs
- 2/3 cup packed brown sugar
- 2/3 cup corn syrup
- ¼ cup butter, melted and cooled
- 1 tsp. vanilla
- ½ tsp. salt
- 1 cup fresh cranberries, roughly chopped
- 1 cup whole pecans, lightly toasted

Preparation:

Crust:

- Add flour, sugar and salt in a food processor and pulse until just combined. Add the chilled butter and pulse again until the mixture resembles a coarse meal.
- Combine the egg yolk and cold water in a small bowl. Add the mixture to the food processor and pulse just until the dough comes together to form a ball. Do not overwork the dough or it will become tough.
- Remove the dough from the food processor. Roll into a ball and flatten into a disc. Wrap in plastic wrap and refrigerate for 1 hour or up to 1 day.
- On a lightly floured surface, roll out the dough into a 13 inch circle. Fit the dough into a 10-11 inch fluted tart pan with removable bottom. Trim overhang about ¼ inch above rim. Chill for 1 hour.
- Preheat oven to 400 F.
- Line the shell with foil paper. Bake shell in the middle of the oven for 10 minutes. Remove the foil and continue to bake pie shell until it begins to brown on the bottom, 8-10 minutes longer. Remove the shell from the oven and cool on a rack.

Crust:

- Preheat oven to 350F.
- Using an electric mixer, combine eggs, brown sugar, corn syrup, melted butter, salt and vanilla until smooth. Using a wooden spoon, stir in cranberries and pecans. Pour the filling into the prepared pie shell and bake in the middle of the oven for 40 -45 minutes, or until the tart is golden brown on top.
- Cool completely before serving.
- Note: If the outside crust of the tart is browning too quickly, cover the rim with aluminum foil, leaving the centre exposed.
- Serve with whipped cream or vanilla ice cream.

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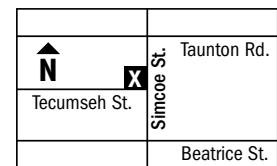
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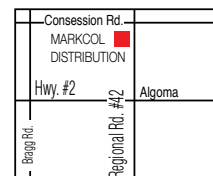
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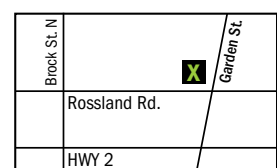
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Continued from PG.17

Q & A With The Honourable Bev Oda, PC

Q: During your time as the Minister for International Cooperation, you made some difficult decisions and made changes at CIDA. What were your objectives and what did you do?

A: The Prime Minister gave me a mandate to make our international assistance more effective. I set out to make it more focused, to maximize the value of our aid dollars and to target our support in areas where Canada could make a real difference in the lives of those we intended to help. This caused changing some of our funding directions and change is always difficult. For example, I eliminated funding the promotion, fund-raising and lobbying activities of organizations here in Canada, and focused on program delivery and getting results in developing countries. Some organizations - those that were largely dependent on government support - were able to adjust, others were not.

With Cabinet support, I was able to increase CIDA's budget to the highest level in its 40-year history. I brought in measures to increase the buying power of our aid dollars by 30 - 35%, resulting in more food for the hungry, more healthcare, and more kids in schools. I also knew that Canada had expertise and experience that we could share with developing countries. I called upon organizations such as the Association of Canadian Community Colleges to focus on building vocational and training schools, the Federation of Canadian Municipalities to help strengthen local governments and the Toronto Sick Kids Hospital to train pediatric nurses and doctors. Ultimately, I wanted to ensure that our international assistance was going to the purposes Canadians expected, efficiently and effectively.

In my visits to the affected areas, I met victims and witnessed realities for which life in Canada had not prepared me. There were moments when I was overcome and felt helpless. The strength and resiliency of those who were facing starvation and death and had lost everything as well as their determination to survive humbled me. I believe I have seen humanity in some of its most desperate moments, and also in its most courageous. This has deepened my belief that we are truly fortunate to be Canadian.



To read the complete interview go to: claringtonpromoter.ca. Make a copy and email to your family, friends and associates

Super Savers Page



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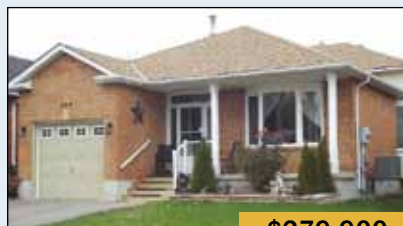


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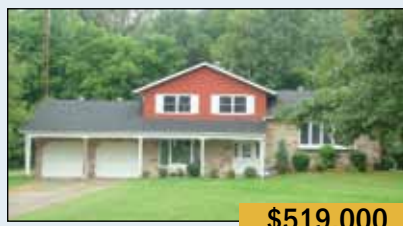


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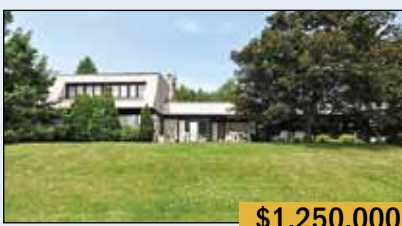


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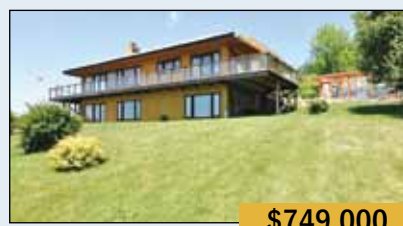


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