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**ZOO OPENS FOR SEASON:** Trainer Robert Crawford and his best girl Limba were all smiles for the opening of The Bowmanville Zoo on April 27. This 7,000 pound gentle giant is a crowd favourite and thousands flocked to the zoo opening day.

RIK DAVIE/CLARINGTON PROMOTER

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## Residents win round one

by Rik Davie,  
 CLARINGTON PROMOTER

rik@claringtonpromoter.ca

Angry Prestonvale Heights residents with protest signs in hand packed Clarington council on April 29 to voice their opposition to high density housing proposed for the housing development as a part of the next phase.

Janice Jones spoke on behalf of a large number of homeowners in the development near the Courtice/Oshawa border and told councillors that if three-story apartment type structures are allowed it would damage home values and go against what she said residents were told by developers when they purchased their homes.

According to Jones resi-

dent, many of whom were on hand to lend support, would sell and move if the plans go ahead.

Residents want the developer to stick to the 2008 development plan that would see some townhouses and row housing along with single family homes and say that promises by the developer to include an enlarged 'greenspace area' is not acceptable if the three story 12 unit structures go ahead.

According to Mayor Adrian Foster the only alternative now open to the municipal government would be to take the matter to an OMB hearing whose outcome may be very iffy.

"And," Mayor Foster said, "if we don't support (the revised plan) the park is off the table."

However Mayor Foster told The Promoter he shares some of the same concerns as the residents.

"I would have concerns that the units may be rentals units and that doesn't go with the original proposal for the area."

Given the fact that the revised plan appears on it's face to meet all criteria however Jones and her supporters wanted council to fight the high density plan. Many feel that high density housing of this type would be more appropriate closer to the Hwy. 2 corridor where it has better access to transit and other services.

One sign called the changes proposed "bait and switch" by the developers.

Councillor Corinna Traill (Ward 3) called the move to

include enhanced greenspace in return for the high density units "putting lipstick on a pig."

Newcastle area council member Wendy Partner reminded residents that the plan they are now facing had it's origins in earlier councils.

"It wasn't our fault," Councillor Partner said.

In the end council voted to deny the amended plan and ask that the original 2008 plan be used.

Councillor Ron Hooper remains hopeful an OMB hearing can be avoided.

"I would like to think that there is still an opportunity for discussion and compromise," Hooper told The Promoter.

It is now up to the developer to respond to councils decision.

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## Forecasting the future to drive your business forward



by Peter Hobb

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A common tool used by larger businesses is to prepare budgets each year. Unfortunately many small to medium sized businesses do not take advantage of this tool. As a result, these businesses may be missing out on an opportunity to drive performance and realize their true potential. A budget is a forecast of future

results based on assumptions about future economic conditions and courses of action a company may take. The financial information may include a forecast of future earnings, cash flow and financial position.

A budget should be prepared using a bottom up approach. You need to start with the people on the front line. If management prepares the budget without proper input from their team their expectations may be unrealistic and implementation of the plan may cause frustration, no buy in and little operational success. The best way to achieve buy in from your team is to engage them in the process from the beginning.

Budgeting normally be-

gins by projecting your company's sales for the upcoming fiscal year. Once you have your estimated sales you are able to project your costs of sales, expenses that would vary in relation to sales such as sales commissions and finally your overhead expenses. You also need to forecast when sales will be collected and when you will be paying your bills so that you can forecast cash flow. There is budgeting software available that makes the budgeting and planning process easier.

As you and your team focus on each area of the budget everyone starts to get a better appreciation of what needs to be done to make the business successful. Everyone starts to understand

how their job contributes to the whole and what is expected of them. A common problem for a number of businesses is that their employees do not have a clear understanding of what is expected of them or why their job is important. This can dramatically undermine employee performance and moral hurting business performance. Budgeting sets goals for key areas in your company. People respond to goals. It gives them something to work towards and a measuring stick to determine how they are doing. By setting targets or goals management is also provided with a tool to evaluate employee performance.

A forecast will also help you to proactively plan your capac-

ity needs. You will determine whether you need additional employees, new equipment, or additional space. A budget will identify your financing requirements so that you can negotiate with your bank in advance of when you will need the money. This has the added benefit of keeping your bank in the loop which will leave them with a favourable impression of your management skills making it easier to obtain the financing you need.

You should compare your budget to your actual results on a monthly basis. This will help you identify more quickly where your business is not meeting plan so that you can take corrective action sooner. When analysing the differences between budgeted and actual results

you may also identify trends that indicate new opportunities that your company can capitalize on.

A budget is not a static tool. If there are changes to your company's circumstances your budget should be revised to reflect the financial effect of those changes. The impact of these revisions may alter some of the decisions you have made or impact future decisions.

A budget is a powerful tool that can be used effectively by both large and small businesses. The budgeting and planning process will give your business direction and bring clarity. It will greatly enhance the decision making process and allow you to be more proactive in managing your business.

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## Opinions and Views

# Real estate market alive in Clarington!



by Jim Abernethy, Publisher  
jim@claringtonpromoter.ca

Toronto and not specific markets like here in Clarington.

Some properties in those major centres could use a minor downward correction in property values to avoid Canada falling into the housing crisis from which some parts of the USA is only now starting show signs of recovery.

However there doesn't appear to be any such correction happening anytime too soon here in Clarington. We have a lot of things going for us..... let me explain.

Coming out of this winter market our urban property prices were very buoyant and many real estate agents found themselves saying "there just isn't anything to sell".

Since the first of the year our local market experienced a shortage of properties listed for sale.

This created a scenario of the demand out weighing the supply which resulted in something we have not seen for quite some time..... multiple offer situations (more than one offer on the same property at the same time).

All of this could change if we have an influx of more prop-

erty becoming available for sale. But unless we have a major across the board nation-wide correction in the real estate market - I do not think this will happen any time too soon.

There are a few key factors which will ensure that Clarington continues to have a robust local real estate market.

First, mortgage interest rates continue to be at the lowest rates that anyone now living can remember.

Secondly, our property tax rate continues to be one of the lowest in the Greater Toronto Region, and certainly much lower than Ajax, Whitby, Pickering and Oshawa.

Thirdly, we have a much lower crime rate than most municipalities located to our west.

In addition, there are two very important projects now underway in our community that will continue to drive our local economy even in the event of a national economic downturn.

They are the refurbishment of the four reactors at Darlington Generating Station and the relocation of waste in Port Granby. These are multi-billion dollar projects expected to continue for the next 3-5 years which will help to provide well-paying local jobs and support our local economy, including our housing market.

Couple these two projects with what is still in the cue for the Province of Ontario and Clarington could be the hottest place to be during the next 5-10 years.

Those projects are building 2 additional reactors at the Darlington Generating Station, the Go-Train extension from Oshawa to Bowmanville, widening of Hwy 401 from Oshawa to Hwy 35/115, and the completion of Phase II of the Hwy 407 extension from Harmony Road.

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by Rik Davie,  
rik@claringtonpromoter.ca

## THE SELF-PROMOTER

I have done a few questionable things in my life... well, a lot of questionable things... well, dumb things, really, really stupid things. So many I have lost count but I'm pretty sure Lisa has them all in alphabetical and chronological order on flash cards someplace.

My propensity to cut off my nose to spite my face is very nearly legendary and as I age I show no signs of slowing down! Case in point;

On May 12 I will take to the stage of Yuk Yuk's in Ajax to do about eight minutes of stand-up!

Yeah, you heard me! A stand-up comic. Some who have read my prose oh these many years would try to say that the only difference on May 12 will be that I'm standing up, but what the heck, a new career may be on the horizon for somebody with a slew of careers behind him... me, that is

I have, over the years, been a bet messenger at the race track, worked on the starting gate of said race track, installed copper roofing, worked as a carry which is not far off being a reporter by the way), and earned my bread by pounding away on a keyboard about what other people do. I've won awards for the writing part and was never arrested for running a crooked game on the carnival... which is a kind of award in that world... so I have a few stories to tell. And I'm not worried about hecklers, hey I've been married to a couple!

And I have the most important thing any new comic needs... family support. At least so far. When I announced that Yuk Yuk's would allow me to grace their stage for a set Red gave me the same smile and reassuring hug she usually reserves for our seven-year-old when she announces the decision to become a fairy like Tinkerbell or a princess with her own castle.

While Red and I trade barbs on a regular an sometimes

rapid-fire basis around the house I do wonder how the rest of the clan may take to me exposing the families foibles in front of a crowd. After all, any of us who live in a house with other human beings has, whether they realize it or not, a treasure trove of comedic one-liners.

Just driving in the same vehicle with your spouse will get you enough comedy to d a week in Vegas. Why? Seriously, who said that? Single I'll bet.

Red has a pet peeve with me that I have a habit of driving what she considers slow. Now there's reasoning behind it. Most police radars tend to be set about eight or nine kilometers over the limit because they are not looking to bag the average guy. They want the speed demons off the road not the 90 klick crowd.

But for a woman whose passengers require a helmet and a fire suit, I drive slow.

But for Red any speed that doesn't begin to reverse the passage of time is slow! The area where we live they actually changed the lettering on the signs to read "Slow down, School Zone. Yeah Lisa We Mean You!!!"

We have burn marks on the nose of our truck from reentry!

And if that's not enough to get me eight minutes worth of jokes, I've covered politicians for 15 years. Eight minutes? I could do eight hours on politicians!

Now to be fair most of em' start out trying to do some good, but like dogs who chase cars they find out pretty fast that it's easier to chase one than drive it.

So I'll dig into the treasure chest of past quotes and I'll get ready for my debut. And on May 12 at Yuk Yuk's 235 Bayly Street West (hint, hint). And my family will be there for support... the ones who can get a day pass at least!

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# Wind turbines

by Rik Davie,

rik@claringtonpromoter.ca

The controversy over the impact of wind turbines came back to Clarington council April 29 as a citizens group asked that Clarington declare its self an "unwilling host" to prosed wind farms in the Newcastle area.

Citing moves by other municipalities like Prince Edward County, who have done

the same Heather Rutherford, in a speech to council, asked Clarington do the same.

Mayor Adrian Foster has already sent a letter to Ontario Premier Kathleen Wynn stating Clarington's objections and concerns however council members stopped short of asking for a total ban.

Councillor Ron Hooper noted that there are green industrial areas proposed that may wish to use wind genera-

tion as an alternative to regular hydro supply and are not located near residential areas.

However the main concern that came from residents was controlling the proximity of the turbines to homes and residents.

Councillor Wendy Partner who represents residents in the Newcastle area where most of the proposed turbines would be, likened the email blitz on the subject she

received to "cyber bullying."

Ms. Rutherford apologized for some of the more forceful tactics used by some of those against the plan but noted that it shows the level of concern.

Councillor Hooper asked, "if there was a larger setback would you support it?"

Ms. Rutherford note that the biggest problem with all wind turbine arms under proposal across the province is that >at

this time we simply don't have the studies to support what is healthy and what is not."

It was also pointed out that a recent court decision fell in favour of residents near current sites that said their property value had dropped.

Among the health concerns surrounding the controversial turbines are migraines, sleep deprivation, links to epileptic seizures and cardiac arrhythmia

however there are still no 'hard' studies that fall on either side of the argument.

Ms. Rutherford noted that health and not "the view" are the prime motivators behind her and her supporters objections at this time.

Council voted to ask for a staff report before declaring its self totally as "unwilling hosts" to any kind of turbine development.

The report is expect in about two weeks.

# Works Department needs help with water theft

The Regional Municipality of Durham, Works Department is asking Durham residents to help stop water theft by reporting suspicious activity around hydrants.

**WHEN:** Year round, especially throughout the spring, summer and fall months.

**WHERE:** All municipal water supply hydrants in Durham Region.

**WHY:** Every year, thousands of litres of water are illegally taken from fire hydrants around Durham Region. Water theft increases water system costs, costing municipal water supply customers, and is a threat to local water quality.

The Region has a Hydrant Permit program and a Water By-law, which detail how companies can obtain a permit to legally take a specified amount of water for a cost. Through

the permit program, only licenced water haulers should be filling up at hydrants. Hydrant permits can be obtained at any of Durham Region's depots; for contact information visit [www.durham.ca/depots](http://www.durham.ca/depots).

**NOTE:** To report suspected water theft, please call 905-576-3352 or 1-800-372-1102 ext. 3495 with details about the location, company name, licence plate, and/or a photograph if possible.

# Pesticides, Fertilizer, herbicides are not BLUE

The Regional Municipality of Durham, Works Department would like to remind residents that pesticides, herbicides, insecticides and fertilizers do not belong in the blue box, garbage or sewerage and storm water systems.

Containers still containing product should be treated as hazardous or special waste. Empty containers that held any of these products are not recyclable and should be disposed of in the garbage.

"Because pesticides,

herbicides, insecticides and fertilizers contain chemicals that are harmful to the environment, they are classified as Municipal Hazardous or Special Wastes (MHSW), and must be disposed of safely," says Craig Bartlett,

Manager of Waste Operations. "We are asking residents to help protect the environment by disposing of these materials properly."

The Region of Durham is devoted to diverting as much hazardous or special waste

from landfills and waterways as possible. Residents are asked not to put MHSW in the regular garbage or blue box, and not to pour them down drains or catch basins.

Residents can dispose of MHSW for free at any of

Durham's Waste Management Facilities during regular hours of operation. To learn more about MHSW and how to properly dispose of it, visit [www.durham.ca/waste](http://www.durham.ca/waste).

## NOTICE OF PESTICIDE USE

Between May and October, 2013, the Regional Municipality of Durham and the Ontario Ministry of Transportation will be conducting larviciding programs, under the authority of Durham Region's Medical Officer of Health, to control larval mosquitoes in order to prevent their development into vectors of West Nile virus.

The pellet and/or briquet formulation of the larvicide Methoprene (Altosid - Registration No. 21809 and No. 27694 under the *Pest Control Products Act, Canada*) or the water soluble pouch formulation of the larvicide *Bacillus sphaericus* (VectoLex WSP - Registration No. 28009 under the *Pest Control Products Act, Canada*) will be placed into catch basins of storm drains in areas across the Regional Municipality of Durham.

The liquid and granular formulation of the larvicide *Bacillus thuringiensis subspecies israelensis* (Vectobac 1200L - Registration No. 21062 and Vectobac 200G - Registration No. 18158, 19466 under the *Pest Control Products Act, Canada*) will be placed in temporary pools of standing water, ditches and storm water retention ponds in areas throughout the Regional Municipality of Durham.

The granular formulation of the larvicide *Bacillus sphaericus* (VectoLex CG - Registration No. 28008 under the *Pest Control Products Act, Canada*) may be placed in sewage lagoons in areas across the Regional Municipality of Durham.

All larvicides will be applied by Ontario Ministry of the Environment licensed applicators or trained technicians.

For more information on the locations and dates of treatment on:

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Contact the Durham Region Health Department at 1-888-777-9613 or visit [durham.ca](http://durham.ca) for additional information about West Nile virus

Ontario Ministry of Transportation property:  
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# Message in a bottle

by Charles Taws

Research assistance by  
Doris Falls and Lois Whitfield

CLARINGTON MUSEUMS  
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www.claringtonmuseums.com

In a previous article we talked about Clarington's three ports and their storied past. Ports Darlington, Newcastle and Granby were busy commercial hubs in days gone by. This story is about a particular schooner that called Clarington's largest port, Port Darlington, home for many years. Its name was the OLIVER MOWAT (after the Premier of Ontario) and it was owned by McClellan and Co. This firm was headed by John McClellan whose father James was harbourmaster at Port Darlington. Four generations of the McClellan family served the Port Darlington Harbour Company. The MOWAT was larger than most schooners with three masts instead of the usual two and this made it easy to spot while out on the lake. She was built in Millhaven, Ontario (near Napanee) 131' long and 26' wide. Her hold was 11 feet deep and could hold 350 tons or 18,000 bushels. Right from the start she was considered a special vessel perhaps because of her large size. At her launching on a hot July day in 1875 someone offered to buy her for \$30,000 cash on the spot before she had even been launched.

Like most ships she had several owners over her lifespan. Her Bowmanville owners had her rebuilt in 1892 and sold her in 1914. Later owners were captains from Port Hope and Picton. Throughout the 1800's and into the first decades of the Twentieth Century steamboats and schooners plied across all the Great Lakes. From Montreal to Duluth and down to Chicago and all places in between these boats carried people and cargo. Schooners, not being as efficient as steamboats, were often relegated to uninspired bulk cargoes. Barley and coal were the main commodities being carried back and forth on this part of the Lakes. The OLIVER MOWAT seems to have delivered many cargos of coal and to have favoured Lake Ontario. Captain Gibson of Newcastle owned the schoo-

ner ARIADNE and made many a trip carrying staves in his hold. Staves are the wooden slats used to make barrels and this would have been an important item in an era when most goods were shipped in barrels.

Many years ago Mr. Forrest Dilling of Bowmanville played for me a reel to reel tape which featured interviews of old-timers in Bowmanville reminiscing about their past. On one Bowmanville merchant Harry Allin recalled as a child seeing the red suited soldiers marching up King Street to the train station on their way west to quell the Riel Rebellion. On another veteran sailor Isaac McAvoy related the harrowing tale of being shipwrecked on the OLIVER MOWAT in 1905. Sadly, to my knowledge these tapes no longer exist. When Mr. Dilling passed away they were not found among his personal effects. What a loss for Clarington! However, a tape cassette of the Isaac McAvoy interview later surfaced.

Isaac Robert McAvoy (1881-1972) told Mr. Dilling his story in 1962 from his house in Port Hope. Here is my transcription with some added explanation: "We left Oswego Harbour with a load of coal one afternoon at the beginning of December. We had travelled four miles out in to the Lake when we ran into a snow storm. From there on things were getting worse all the time. The temperature dropped and the wet snow froze all the sails, ropes and tackle. This was dangerous, as we could not now lower our sails to get into a safe port. It was our hope to make the safety of the Toronto Islands, but we could not steer at all.

Around seven or eight in the morning in a blinding blizzard the ship hit some rocks and the bow was pushed four feet under the water and the stern was sinking. The rear cabin was half full of water and rapidly filling. There was nothing we could do and we thought the ship was breaking up. We went to the lifeboat but a large wave tore the boat from its davits and washed it away. At first we began to make a raft, but as the boat seemed to settle we decided to stay.

The storm continued throughout the day, visibility was



The OLIVER MOWAT in Port Hope Harbour. Behind the boat you can see the houses that still exist on the east side of King Street. At one time every home on that street (south of Peter Street) was owned by lake captains. The date on this picture is 1921 which makes it a very late one as her end came in the fall of that year.

very poor and the waves swept across the deck. We had almost no idea where we were but had to lash ourselves to the rigging to keep from being washed overboard. At six in the evening it was getting dark and I went to affix a lantern to the front of the ship. I saw a light, but thought it was too good to be true. I looked again and it was still there! The light came closer and closer and I could tell it was a rescue boat. 'Come over on the port (left) side where the water is calmer.' I yelled. 'Is that you Ike?' came the reply. It was Captain Clarke with the lifesaving boat from Port Hope. 'Yes' I shouted and they came alongside and secured the boat with ropes to what remained of our ship. I was the last one to leave after I had lowered the Captain's wife and dog over the rails. We cast off for shore, but our adventure was not over.

Continued on Page 12



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- Fountains, statuary and other giftware & decor items

**Friendly service and helpful advice are our specialty!**

**Open Monday to Friday 9 am - 6 pm, Sat. 9 am - 5 pm**  
**Extended seasonal hours start April 29th!**

**On Hwy. 2, just 2 km west of Bowmanville • 905-623-2300**  
**www.rekkers.com • Join us on facebook for news & more!**

**Spring in for Savings** **15% off all perennials**

May not be combined with any other offer. Valid until May 18, 2013.

**Spring in for Savings** **Save \$5.00 off all 2 gal. roses**

Valid only on roses regularly priced at \$18.99. May not be combined with any other offer. Valid until May 11, 2013

*Spring lawn-care tip:*  
**Overseeding can prevent weeds**  
Really! A thicker growth of grass can make it harder for weed seeds to sprout! Each spring, simply top-dress with triple mix, sprinkle with grass seed, rake lightly and tamp down. Keep well watered for a couple of weeks.



# Durham Regional Council meetings now available via online stream

The Regional Municipality of Durham would like to notify residents that Regional Council meetings are now available via a live Internet feed.

All Durham Regional Council meetings will be available online, via a live stream, beginning on Wednesday, April 24.

Residents are invited to access the live feed by visiting via [www.durham.ca](http://www.durham.ca), and clicking the Rogers Communications logo on the home page.

Please note that this logo will only be active on the days that Regional Council is in session. A list of dates for regularly scheduled council

meetings is available on the Region's website under Council > Meetings Calendar.

In an effort to make information more accessible to residents, Rogers TV will be broadcasting Regional Council meetings via the Internet. This feed will coincide with the current Rogers TV broadcast schedule, which offers coverage of Regional Council meetings on cable channel 10.

In addition, a limited history of meetings will be housed on the Rogers TV website.

NOTE: Please note that currently this feed does not include closed captioning.

## Durham Regional Police Brief's



### R.I.D.E. out in full force

Officers in East Division conducted four R.I.D.E. nights from February to April of this year. During the spot checks, officers administered 22 roadside sobriety tests, made an arrest for impaired driving and suspended other drivers for alcohol-related offences.

Four motorists were given

three-day suspensions and two with G2 licenses were given 24-hour suspensions. A total of 16 Provincial Offence Notices were also issued for violations including speeding and lack of insurance. A second arrest was made during these R.I.D.E. checks for possession of a controlled substance.

Durham Regional Police would like to remind the motorists that drinking and driving will not be tolerated on our streets. If you choose to drink alcohol, plan ahead for a designated driver, call a cab or spend the night. Never get behind the wheel of a motor vehicle while under the influence of

alcohol. R.I.D.E. initiatives are conducted at various times throughout the year, sometimes Region-wide, others specific to a division. The purpose is not only to catch those who choose to drink and drive, but also to educate the public about the dangers of the practice.

### Two suicidal males taken to hospital by Police

Durham Regional Police apprehended two reported suicidal men under the Mental Health Act in separate incidents in Clarington last week.

On Tuesday, April 16 at approximately 8:36 p.m., officers responded to the report of a suicidal male. The 62-year-old from Clarington was walking along the side of highway 401. Risking her own safety, the responding officer searched the side of the highway. She located and apprehended the male without incident.

In a separate incident on Thursday, April 18 at approximately 7:11 p.m., officers were called by a Clarington resident who was concerned about a suicidal family member hiding in a backyard shed and threatening to harm himself. Responding officers witnessed the 41-year-old male from Oshawa self-inflict injury. In order to stop the male from causing himself further harm, an officer intervened and apprehend the male.

Both men were apprehended under the Mental Health Act and taken to a local hospital to receive treatment.

### Citizens help Police catch drunk drivers

A suspected drunk driver was taken off the road by Durham police over the weekend, thanks a tip from the public.

On Saturday, April 20 at approximately 9 p.m., a citizen called 911 after witnessing a car travelling dangerously

in the Baseline Road and Regional Rd. 57 area of Bowmanville. Officers attempted to pull the vehicle over.

At first the vehicle complied, but then the driver began to pull his vehicle back onto the road. The driver was again stopped by police. In

addition to drunk driving charges, the Bowmanville man was also found with marijuana in his possession.

Jason MCCONNELL, age 41 of Longworth Avenue in Bowmanville, is charged with: Fail to Stop for Police; Possession of a Controlled

Substance; Impaired Operation of a Motor Vehicle and Exceed; as well as two Highway Traffic Act violations for Failing to Wear Seatbelt and No Validation on Plate. The accused has yet to answer the unproven allegations.

### Theft of credit cards

On Sunday April 14, at approximately 3 p.m. an elderly female customer shopping in a retail grocery store in Bowmanville discovered her wallet missing from her purse when she arrived to the check-out. The victim had been shopping with her grandchild and may have temporarily left her purse unattended. A review of the store surveillance video determined the theft was captured on camera. The images are can be viewed at [www.drps.ca](http://www.drps.ca) under Media Releases. It is believed both suspects fled in a red van. The victim contacted police immediately and cancelled all of her credit and debit cards.

Suspect #1 is described as: female, white, approximately 5' 5" tall, with a medium build, short brown hair and wearing a black vest.

Suspect #2 is described as: female, white. The suspect vehicle is described as: a red 2001-2007 Dodge Caravan.

Anyone with new information to this incident or who may know the identities of the suspects is asked to contact PC Street of East Division a 1-888-579-1520 ext. 1687.

Anonymous tips can be made to Crime Stoppers at 1-800-222-8477 (TIPS) or online at [www.durhamregion-alcrimestoppers.ca](http://www.durhamregion-alcrimestoppers.ca) and tipsters may be eligible for a cash reward of up to \$2,000.

### Give new life to old items at Reuse Days

WHITBY, ON - Durham Region residents are encouraged to take advantage of Reuse Days, where you can drop off reusable items, free of charge, to the Works Department's Waste Management Centre. The items will be donated to Habitat for Humanity ReStores (Ajax, Oshawa and Uxbridge locations), and one of the following organizations: Canadian Diabetes Association, Goodwill or the Salvation Army.

WHEN: The next Reuse Days event takes place on

Saturday, May 11, from 9 a.m. to 1 p.m.

WHERE: Durham Region Waste Management Centre, 4600 Garrard Rd, Whitby.

WHY: Reuse Days is a pilot program to help divert quality, reusable items from landfill. Instead of making drop offs to numerous locations, all unwanted items can be delivered to one site, where the partnering charities are working together with the Region. These charities take all

good-quality, reusable household items and build-

ing materials.

Reuse Days supports the Region of Durham Community Climate Change Local Action Plan's Waste theme, with a goal to promote a sustainable waste management system that reduces greenhouse gas emissions through prevention, reduction, reuse, recycling, recovering and disposal. To date, Reuse Days has collected 21 tonnes of material for the participating charities. Reuse Days will take place monthly until October at this location.

NOTE: Only good quality items, deemed to be suitable for reuse by charities, will be accepted. Garbage, household hazardous waste and unwanted electronics will not be accepted. Materials refused by charities must be removed by residents or disposed of at one of the Region's waste management facilities (fees will apply).

For more information on Reuse Days, including a list of acceptable items, please visit [www.durham.ca/wasteevents](http://www.durham.ca/wasteevents) or call 1-800-667-5671.



## Heating & Air Conditioning

Celebrating 10 years in business

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- Air Conditioning



905.987.4328 | [rtheating@yahoo.ca](mailto:rtheating@yahoo.ca)



Looking forward to meeting your needs from bird seed, racing pigeon mixes to horse feed.

25-5-5- SLOW RELEASE FERTILIZER  
20 KG-\$22.00  
GRASS SEED STARTING AT \$2.29 LB

Hours

Mon - Fri 8 am to 5 pm  
Sat 8 am to 3 pm

905 623-9198 or 1-877-623-9198  
3048 Concession Rd. 3, RR4  
Bowmanville ON, L1C 3K5

info@braggswildbirdseed.com  
[www.braggswildbirdseed.ca](http://www.braggswildbirdseed.ca)

Visit us online at  
[www.ClaringtonPromoter.ca](http://www.ClaringtonPromoter.ca)





# Clarington Older Adult Association

Operated by the Clarington Older Adult Centre Board

# 2013 Spring & Summer Program Information



## Mission Statement

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

## Values and Beliefs

### Accessible

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

### Caring

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

### Community Focused

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

### Fiscally Responsible

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

### Member Focused

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

### Quality Programs

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

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

## Inside The Issue

### PG.2

- General Information
- Drop-In Programs
- Fitness

### PG.3

- Fitness
- Dance
- Art

### PG.4

- Outdoor Programs
- Seminars / Workshops
- Upcoming Events & Fundraisers
- Coaazy Klipz



# 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  
**Summer Hours: July 2 to August 30**  
 Open Monday to Friday 8:30 am to 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

Summer program registration is on NOW.

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.**

## 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



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

## 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 is available to and from the centre for ALL COAA events and programs. Call the front desk to book your ride at 905-697-2856 or wheels-coaa@bellnet.ca

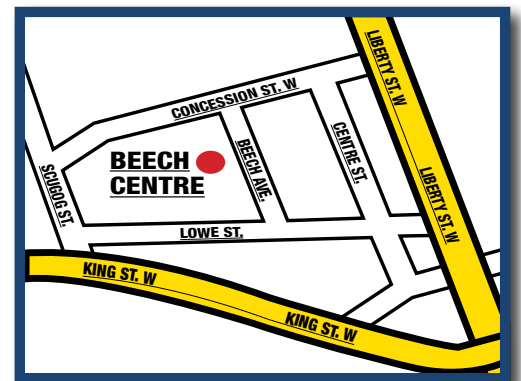
Advance notice is required.

**\$2 round trip within Bowmanville, \$4 round trip out of town within Clarington. Advance notice is required.**

Registration information contact 905-697-2856

## COAAZY CAFE

Open Monday to Friday 9 am to 3 pm.  
 Muffins, soup, biscuits and more.  
 Daily Specials Available Wednesdays & Thursdays.



# 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 (Ends May 16)	10 am	Walking	9 am
Tone & Strengthen with weights (DVD)	9:20 am	Euchre	9:30 am	Choir (Ends June 12)	10 am	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm
Book Club (Last meeting - June 10)	10 am	Scrabble	9:30 am	Badminton (Newcastle, Ends May 29)	9:30 am	Bid Euchre	1 pm	Baking	9 am
Wood Carving (Ends May 16)	10 am	Social Bridge	9:30 am	Open Art	12:15 pm	Pickleball (Newcastle, Ends May 16)	12:30 pm	Tone & Strengthen with weights	9:20 am
Pickleball (Newcastle, Ends May 16)	9:30 am	Table Tennis	10 am	Canasta	1 pm	Social Bridge	7 pm	Pickleball (Newcastle, Ends May 16)	12:30 pm
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm			Texas Hold'em Poker	7 pm	Duplicate Bridge	1 pm
Cribbage	1 pm	Square Dancing	12:45 pm	<b>Weekly Drop-Ins Fee</b> Bingo: 2:15 pm .....2 cards for 10 games - \$2.50 or single dabber sheet - \$0.25 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 2:15 pm..... 2 cards for 10 games \$2.50				Darts	1 pm
Knitting/ Crocheting Group	1 pm	Friendship Club	1 pm					Jam Session	1 pm
Bid Euchre	7 pm	Bingo	1 pm & 2:15 pm					500 Cards	1 pm
		Shuffleboard	7 pm					Drop-In fees will be collected by your volunteer program convener(s) when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.	
		Progressive Euchre	7 pm						

# Fitness

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

## ARTHRITIS FITNESS

with **Nathalie Mackesey**



Held at **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.

Wednesdays 10 am - 11 am 4 weeks June 5 to June 26 \$17.00 members/ \$22.00 non-members

Fridays 10 am - 11 am 3 weeks June 14 to June 28 \$13.00 members/ \$18.00 non-members

## CARDIO WITH PEP

with **Lydia Vooy**

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 - 6 weeks June 17 to July 29 \$26.00

Fridays 9 am - 10 am - 8 weeks June 7 to July 26 \$34.00

\*NO Class July 1\*

## FABULOUS MUSCLES

with **Lydia Vooy**

Includes a 10 minute warm up and then get down to business! Bring weights & tubing to class.

Fridays 9 am - 10 am - 8 weeks June 7 to July 26 \$34.00





**Fitness**

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

**PILATES with Nathalie Mackesey**

Focus on strengthening the core postural muscles which help keep the body balanced and are essential in supporting the spine.

Tuesdays 7 pm – 8 pm 4 weeks June 4 to June 25 \$17.00  
Thursdays 10 am - 11 am 3 weeks June 13 to June 27 \$13.00

**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 June 5 to August 21 \$47.25

Wednesdays 12:00 pm - 1:00 pm 9 weeks June 5 to August 21 \$38.00

\*NO Class June 26, July 24 & 31\*

**STRENGTH TRAINING FOR MEN****with Sharon Wildeboer**

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle.

Wednesdays 11 am – 11:45 am 10 weeks June 5 to August 14 \$34.00

\*Bring resistance tubing with handles to class\*

\*No Class July 24\*

**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.

Thursdays 10 am – 11 am 10 weeks June 6 to August 15 \$42.00

\*Bring resistance tubing with handles to class\*

\*No Class July 25\*

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

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

Tuesdays 10:30 am – 11:30 am 10 weeks June 4 to August 13 \$42.00

\*Bring resistance tubing with handles to class\*

\*No Class July 23\*

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

Participants who have completed a session of Sit and Be Fit Level 1 can participate in this class. This class involves more standing work, longer cardio sections and more challenging resistance training.

Tuesdays 9:30 am – 10:30 am 10 weeks June 4 to August 13 \$42.00

\*Bring resistance tubing with handles to class\*

\*No Class July 23\*

**YOGA with Sharon Wildeboer**

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

Wednesdays 9 am – 10 am 10 weeks June 5 to August 14 \$42.00 \*No Class July 24\*

**Gentle YOGA****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.

Wednesdays 10 am – 11 am 10 weeks June 5 to August 14 \$42.00 \*No Class July 24\*

**NEW Yoga on the Ball****with Laurel Wichman**

This is a fun and challenging workout that combines breathing and movement using a “stability” ball. The ball helps to develop a strong core while providing a soft, cushioned base for long stretches and graceful yoga movements. This workout will create a flow of energy leaving you strong, calm and centered.

Wednesdays 2 pm to 3:30 pm 10 weeks June 5 to August 7 \$47.00

**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 June 17 to August 19 \$50.00

Wednesdays 4 pm – 5:30 pm 10 weeks June 5 to August 7 \$47.00

\*NO Class Monday July 1 and August 5\*

**YOGALATES with Sharon Wildeboer**

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

Thursdays 11 am – 12 pm 10 weeks June 6 to August 15 \$42.00

\*No Class July 25\*

**ZUMBA with Veronica Vargas**

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

Tuesdays 9 am – 10 am 12 weeks June 11 to August 27 \$50.50

Thursdays 9 am – 10 am 12 weeks June 13 to August 29 \$50.50

**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 12 weeks June 12 to August 28 \$50.50

**Dance**

Dance Dance Dance

**TAP DANCING BEGINNERS****with Veronica Vargas**

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

Wednesdays 9 am – 10 am 11 weeks June 19 to August 28 \$46.50

**TAP DANCING BEGINNERS PLUS****with Veronica Vargas**

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

Wednesdays 10 am – 11 am 11 weeks June 19 to August 28 \$46.50

**Art**

Art &amp; Music Art &amp; Music Art &amp; Music

**SUMMER ART with Paul Livingston**

Keep your art skills in practice through the summer. Get involved with an art class featuring Watercolours, Acrylic painting and Drawing. Techniques, instruction and demonstrations of summer scenes. Field trips are planned (weather permitting)

Thursdays 9 am- 12 pm 12 weeks June 6 to August 22 \$107.50



# Outdoor Programs

Outdoor Programs Outdoor Programs Outdoor Programs Outdoor Programs Outdoor Programs Outdoor Programs Outdoor Programs

## BEECH STREET SPINNERS

### CYCLING GROUP

Cycle through quiet streets and along nature trails.  
Time: 9 am  
Registration Fee: \$29.05 Includes post season luncheon and rides every Tuesday and Saturday.  
Post-season lunch: Tuesday November 12 at 12 pm

## 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.  
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  
Registration Fee: \$10.00



## Seminars/Workshops

Please register in advance at the front desk

### HEARING AWARENESS SEMINAR AND HEARING TESTS

#### sponsored by Nu Life Hearing

“Do you hear what I hear” Do you find yourself asking people to repeat themselves? Join Ryan for a 30 minute seminar on the latest state of the art technology of hearing instruments. Also book your hearing test and free hearing aid cleaning. Hearing tests are performed by a Registered Hearing Instrument Specialist.  
Thursday May 9, 10 am- Seminar 11 am - hearing test appointments start and are booked every ½ hour.

#### Probate Seminar

### “Heard About the Changes to Probate?”

Join US for a FREE Session on the changes to Probate in Ontario and learn how Estate Planning can help reduce cost and preserve the value of one’s Estate!  
KEY SPEAKERS: Robert Morton, LL.B. Estate Lawyer, Consultant & Writer Lea Koiv, B. Comm., CMA, CA, CFP, TEP Senior Advisor, Taxation The Standard Life Assurance Company of Canada, Toronto  
Light Refreshments will be served  
Monday May 13, 2 pm to 3:45 pm  
Register at the front desk

### FREE Urban Pole Walking Workshop with Laura Clements

Why use poles when walking?

- burn up to 50% more calories than walking without poles.
- tones arms, core, legs, and behind better.
- improves posture.
- relieves stress on joints.
- easier for those with knee and/or hip issues.
- way more fun!

After trying pole walking people often say, “I will never walk without my poles again!”

Come out and try this fabulous workout.

Poles will be available for purchase after the class.

Wednesday, May 29th at 10 am

Please sign up at the Front Desk

# Upcoming Events & Fundraisers

Upcoming Events & Fundraisers

## 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 May 17 & June 21  
1 pm – 4 pm \$3.50 members / \$4.60 non-members

## COUNTYTOWN SINGERS -

### “Rhythms of One World”

*(Held At Hope Fellowship Church – 1685 Bloor St Courtice Ontario)*

Friday May 10 7:30 pm and Saturday May 11 2 pm  
Under the choral direction of Michael Morgan.  
Tickets \$20 Adults, \$15 Seniors, \$5 for Children under 12  
\$5 from each ticket sold by the COAA will be donated to support the 2013 COAA Fundraising Goal of \$40,000  
Tickets are available at the Front Desk

## EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards & a delicious dinner.  
Win great prizes! No partner required  
Saturday May 25 & July 20 - \$10 in advance

## 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)*

## OPEN MIC

Calling all musicians, singers and songwriters to participate in our Open Mic.  
Sunday July 7 1 pm- 4 pm  
Cash Bar, refreshments, coffee and snacks available for purchase.

## 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

## OPEN HOUSE, REGISTRATION & HEALTH EXPO

Join us for a full day of fun. Renew your membership, register for courses, visit our vendor booths/displays and enter to WIN great prizes! Complimentary refreshments ALL DAY!  
Wednesday September 4

## 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  
Summer Lunches start June 25  
\$7.00 members/ \$10.30 non-members  
Please purchase your weekly lunch ticket before Friday at 4 pm.  
This helps staff and volunteers with planning and preparation

## 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 at  
www.durhamseniorgames.com or the Beech Centre.



### NOW OPEN!

On the 2nd Level of the Clarington Beech Centre  
26 Beech Ave., Bowmanville ON L1C 3A2  
Monday – 9-5 / Wednesday – 9-5 / Every Other Friday 9-2:30

### Hair Care

- Cut - \$12
- Buzz Cut - \$9
- Wash/ Cut/ Style - \$20
- Perm/ Cut/ Style - \$40

### Waxing

- Style Only - \$15
- Full Color - \$35 and up
- Root Color touch up - \$29
- Brow - \$7
- Lip - \$5
- Chin - \$5
- Full Face - \$15

Please call the Front Desk to make an appointment with Amanda, Walk Ins Also Welcome • 905-697-2856 / admin-coaa@bellnet.ca

# CLARINGTON Promoter.ca




What's  
Happening  
In...

# May

It's spring in

# Clarington

Leading the Way

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1</b></p> <ul style="list-style-type: none"> <li>Let's Talk About Money! A Family Approach to Prepare Youth for Their Financial Futures 7:00 to 8:30 p.m. Location: Clarington Public Library, Newcastle Branch (150 King Ave. E.) Contact info: www.clarington-library.on.ca, call 905-623-7322 to register Cost: No charge</li> </ul>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Maple Festival &amp; All That Jazz Downtown Bowmanville 9 AM - 5 PM</li> </ul>
<p><b>5</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Literacy Workshop: Learning the ABC's and 123's May 7th: 1:00 p.m. to 2:00 p.m. Location: Clarington Public Library, Courtice Branch (2950 Courtice Rd.) Contact info: www.clarington-library.on.ca, call 905-623-7322 to register Cost: No charge</li> <li>Protect your Child: the Use of Social Media, the Safe Way May 7th: 7 p.m. to 8:30 p.m. This is a joint event between DRPS and Mother Teresa Catholic Elementary School Parent Council. Det. Randy Norton will be speaking about social media safety. Mother Teresa Catholic Elementary School - 78 Glenabbey Drive, Courtice Please pre-register via email at mtcourticesvp@gmail.com</li> </ul>		<p><b>8</b></p> <ul style="list-style-type: none"> <li>Spring Your Garden into Spring! 6:30 to 7:30 p.m. Location: Clarington Public Library, Newcastle Branch (150 King Ave. E.) Contact info: www.clarington-library.on.ca, 905-623-7322, visit any branch to register Cost: \$5 due at time of registration</li> </ul>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p> 
<p><b>12</b></p> <p><b>HAPPY MOTHER'S DAY</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>ACO Clarington Monthly Meeting Public meeting, all welcome. 7 PM - 8:30 PM Cost: free Location: Clarington Museums and Archives, 62 Temperance St. Bowmanville Info: Tracey Ali, President Email: thealis@rogers.com</li> </ul>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p> 	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>The Jacob Henley Band Come listen to playing a combination of Irish folk and bluegrass music with a bass, banjo, guitar and fiddle 7:30 pm Trinity United Church 116 Church St in Bowmanville 905 623-3138 \$10.00 per person at the door children under 12 free</li> </ul>	<p><b>25</b></p>
<p><b>26</b></p> <ul style="list-style-type: none"> <li>Clarington Concert Band 2 PM Newcastle Community Hall, 20 King Ave. W., Newcastle. The proceeds from the concert will go to the Hall, for ongoing projects. Tickets are \$10.00, call: 905-987-3856 or email: communityhall@newcastle.on.ca mailto:communityhall@newcastle.on.ca. Refreshments are available from 1:00 p.m.</li> </ul>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>(June 1)</b></p> <ul style="list-style-type: none"> <li>Community yard sale at St. Joseph R.C. Church 127 Liberty St.S. in Bowmanville. Participation fee is \$20 and \$5 per rented table. Rain or shine. Refreshments available. Participants must register by Friday, May 24th, 2013. Contacts: - Al Chabossal (905-419-3068) - Alphonse Ainsworth (905-449-6025) - St. Joseph Parish (905-623-3233)</li> </ul>



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# Message in a bottle

Continued from Page 5

We learned we were not too far from Oshawa's harbour. Coming down off a high wave we hit another shoal and I had to use a ten quart pail to bail out the boat. Three waves struck the boat and the first one half filled it. We turned into the waves and rode pretty good for a while, rowing and bailing. About half a mile outside of the Oshawa Pier we met another boat. They asked if we had gotten everybody off the wreck. We answered yes and they escorted us back to the pier and safety. When we got off we were well taken care, fed a good hot supper and put on the late train for Port Hope that very night."

Other details not mentioned in Isaac McAvoy's account came out after the event. A crew member sent a note ashore in a bottle tied to a piece of wood asking for help. It was found by fellow sailor, Tom Norton, who had been walking his dog along the shoreline. Isaac had saved him in the past and now it was his turn to return the favour. The Mayor of Oshawa was contacted and he phoned the lifesaving station in Toronto. A special train was arranged from Port Hope where the crew from their life saving station were ready to go. Another rescue boat came out from Whitby. This is the other boat they met on their way to the Oshawa Pier. A tug had also left Port Hope as well but had to turn back because as one crew member reported, "[the waves] were filling us from rail to rail and lifting the engine house off the deck". The train left Port Hope heading west and stopped just abreast of the wreck. They could see the waves were lifting the ship and crashing it against the rocks. They took the rescue boat and dragged it across Farewell's frozen marsh to the shore and launched it into the stormy seas.

The life saving stations were set up at various communities on both the American and Canadian side of the Great Lakes and on the eastern seaboard. They operated like a volunteer fire brigade except that the men trained once a month to rescue stranded helpers and would come to their assistance when called.

After the storm was over, Captain George Robinson had sustained a broken ankle so his wife looked after the clean-up.

It was she who ordered, by the mildest of suggestions, that 200 tons of coal be jettisoned and had anchors run astern and succeeding in freeing the MOWAT without too much extra damage. C.H.J. Snider who, for many years, wrote a column on Great Lakes history for the Toronto Telegram entitled "Schooner Days" interviewed Mrs. Robinson shortly after the mishap and asked if she had been worried. Her reply was, "Well, no you see I kept on praying, and I knew the Lord would take care of us." The OLIVER MOWAT survived this "scrape" and happily continued on for another 16 years! She lasted until 1921 (being 46 years old) when a steam barge accidentally rammed her just east of Prince Edward County. Some of the crew perished in the accident and the captain and mate of the steam vessel went to jail.

If you follow the stories of these lake vessels, whether sail or steam, and read of mishaps, rebuilds and their ports of call you can't help but compare it to a biography. Many of these ships were known to have personality quirks just like people and some lasted close to a century. The schooners are all gone now and only two or three old style steamboats still ply the lakes. With them has gone their way of life and adventure forever. There are three other shipwrecks closer to Port Darlington but that is another story.



The OLIVER MOWAT gracefully slides into Port Darlington with a load of coal from Oswego. In June 1906 the MOWAT attempted to leave Port Darlington in a dense fog. She became becalmed between the two piers and held up the steamer ERINDALE for half an hour. The "vocal duet between the officers was of the highest order."

### At The Museum

On May 11 we are holding a walking tour of Orono from 1:00pm to 2:30pm. For International Museum Day a new exhibit will be opening at the Bowmanville Museum. It is entitled "Pastimes of the Wealthy Edwardians". Again at the Bowmanville Museum, on May 25th, will be our annual Garden Party and Plant Sale. On June 1st will be the opening of a new exhibit called "Children at Play" at the Sarah Jane Williams Heritage Centre. This new exhibit will feature many dolls from our collection. To keep up to date and find out what is going on at Clarington Museums check our website [www.claringtonmuseums.com](http://www.claringtonmuseums.com) or visit us on facebook.



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Chamber of Commerce**

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# Protecting capital in an environment plagued by black swans



by **Dr. James Breech**  
**PRESIDENT & CEO**  
**COUGAR GLOBAL INVESTMENTS**  
 www.cougarglobal.com


Exchange Traded Funds (ETFs) enable portfolio managers to implement their asset mix decisions rapidly at low cost. A big advantage of ETFs employed by Cougar Global is that they mimic the performance of

the asset classes we model with at least 99% accuracy. This means that investors in managed ETF portfolios are getting the performance that the portfolio manager has positioned for.

ETFs are particularly important in a world of structural change brought on by globalization, in which a "Black Swan" (a low probability, high impact event) in one part of the world rapidly impacts global capital markets. We now live in a world subject to profound structural change where shocks are rapidly transmitted around the world, particularly true during the past six years since the onset of the global financial crisis. Even though most remember the collapse of Lehman Brothers in September 2008 as the first major "Black Swan", the financial crisis actually began a year earlier in


August of 2007 with Credit Suisse's problems redeeming its money market funds, and the implosion of Bear Stearns. Since then, we have had the collapse of the Irish and Icelandic banking system, Greek debt and Eurozone crisis, the Arab Spring, Japanese tsunami, Hurricane Sandy, a Spanish banking crisis, and the US "Fiscal Cliff" to contend with.

Cougar Global's mandate is primarily to preserve capital. In order to fulfill that mandate, we have developed proficiency in global tactical asset allocation. What this means in practice is that we can be virtually entirely invested in equities or we can be entirely in cash and bonds (as we were during the height of the financial crisis in 2008). The characteristics of ETFs are ideally suited to our investment philosophy and practice.



## Fish By-Pass Project Update

*Tim Hortons makes a second \$5,000 donation*



Back Row left to right: Valleys2000 Co-Chairs Harold Hammond & Al Strike; Gail Rickard, Secretary; Bill Huether, Treasurer.  
 Front Row left to right: Jim Abernethy, Honourary Chair; Frank Lockhart, President; Franchisee Co-Owners Lilly T-Hinton and Matthew Hinton.

Valleys2000 Committee Members received a second donation to the Valleys2000 Fish By-Pass Project on behalf of the new Tim Hortons restaurant located in side Walmart at Hwy 2 and Green Rd. in Bowmanville.

ONE OF MORNINGSTAR'S TOP 10 RANKED ETF PORTFOLIO MANAGERS


Source: Morningstar Research, September 2012 "ETF Managed Portfolios Landscape Report", according to assets.



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# HOME COOKING *with Cathy*

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

I think spring has really finally arrived. I haven't included a dessert recipe for a while and I can't help thinking of rhubarb for a lovely spring dessert. Rhubarb will be readily available soon in local markets if you don't already have some growing in your back yard.

Enjoy!!

## Crepes with Rhubarb Filling and Rhubarb Syrup



Crepes- thin French pancakes-are surprisingly easy to make. These are filled with rhubarb and then drizzled with a rhubarb syrup.

### Crepes:

- 2 tsp. butter
- 1/2 cup flour
- 1/8 tsp. salt
- 1 egg
- 3/4 cup milk

### Rhubarb Filling & Syrup:

- 2-3 cups sliced rhubarb
- 1 3/4 cup water
- 3/4 cup sugar

To prepare crepe batter, melt butter and let cool. In medium bowl combine flour and salt, mixing thoroughly. Whisk together egg and milk; pour into flour mixture and combine until there are no more lumps and batter is smooth. Do not over mix. Stir in cooled, melted butter. Cover bowl with plastic wrap and let stand 1 hour.

### Rhubarb Filling:

- Remove leaves from rhubarb and discard. Rinse stalks and cut into 1/2 inch slices.
- Combine water and sugar in a medium saucepan. Heat on medium heat until sugar dissolves. Add rhubarb and cook 3-4 minutes. Do not overcook. Rhubarb should still be in pieces- not stewed.
- Remove from heat and pour rhubarb mixture into sieve to drain, reserving liquid. Return liquid to saucepan and cook over medium heat about 10 minutes and reduced to 3/4 cup syrup.
- Cover measuring cup with plastic wrap and set aside.

### Crepes:

- To cook crepes, heat a 6- inch seasoned crepe pan or non-stick frying pan over medium heat. For each crepe, pour just enough batter into the pan so that when the pan is tilted it covers the bottom in a thin layer. Pour out any excess batter.
- Cook about 1 minute and lightly browned on the bottom. Carefully turn over and cook 30-45 seconds on the other side. When crepe is cooked, place on a platter and keep warm.
- If necessary, rub pan with butter to start or between crepes. This recipe makes 9 crepes so practice your technique with the first one.
- To assemble, place 2 Tbsp. of rhubarb filling down one side of crepe; fold over or roll up. To serve, place 2 crepes on plate, drizzle rhubarb syrup over crepe.
- Serve with ice cream or garnish with whipped cream.
- Makes 4 servings.



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### K-CUP OF THE MONTH

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- Spend \$50.00 - Chance to win 1 of 3 Keurig B40 Elite Brewers Value \$119.00
- Spend \$35.00 - Chance to win 1 of 3 Boxes of Blue Mountain 'Talkin Blues' 100% Blue Mountain 24ct Value \$34.99

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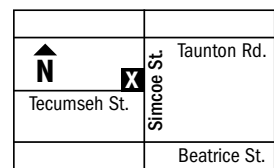
Buy 2 boxes of Martinson Breakfast Blend or Martinson House Blend 48 count for \$39.99

**THAT'S 96 K-CUPS FOR ONLY \$39.99**  
(Mix and match if you like, no limits, while supplies last.)

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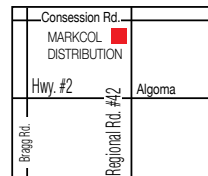
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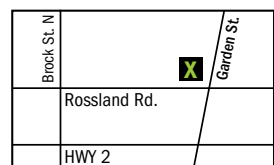
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# Corporate owned life insurance



by Don Hutton, CLU

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Personally owned, or corporately owned, that is the question, especially if you're a business owner considering the purchase of life insurance. Life insurance is an important piece of any busi-

ness and can be a tremendous asset to your business in the following ways:

**Key Person Insurance** - In the event that the loss of a key person would mean a monetary loss for the company. In this situation, the corporation is the owner and beneficiary.

**Buy/Sell Insurance** - Can be used to help settle a buy/sell agreement between two or more partners. In this instance, the corporation owns the policy on the shareholders and on the death of a partner, the corporation can redeem his or her shares. There are at least five ways to set up buy/sell insurance, which I will dis-

cuss in a later article.

**Estate or Succession Planning** - This will help fund the transfer of shares to charity, family, or other business partners. In this situation, you need to be aware of the rules regarding taxable benefits when the insured is a shareholder vs. an employee or when the beneficiary is a spouse, rather than the corporation.

**Taxes Payable** - Life insurance can be used to offset tax liabilities on death, which negates the need to sell your assets at an inopportune moment. The proceeds will then be typically deposited into the Capital Dividend Account (CDA) for further disposition to shareholders tax free.

**Charitable Bequests** - Finally, life insurance can insure that a charity will receive a designated amount of money.

All of these life insurance options can be personally owned or corporately owned and which one is right for you will depend on the following factors:

What is the purpose of the insurance?

Who will receive the proceeds of the insurance?

How quickly will the funds be required?

Contact Don Hutton CLU for more information

# Horse lovers explore North Durham

Come to Scugog and explore the world of equine. The self-guided tour will take you to a variety of facilities within the Township. Visit Windreach stables inspired by paralympic competitor Sandy Mitchell, whose dream was to open a fully accessible farm. Dreamcrest located in the rolling hills of the Oakridge Moraine is operated by Olympic equestrians Kelly Plitz and Ian Roberts. One of Canada's premier stables specializing in the Olympic sport of three day eventing they have earned bragging rights for 2012 as owner of Horse of the Year - Faolan and also Leading Male Rider of the Year, Ian Roberts. Hoskin Stables a 5 generation family farm offers an exciting timetable of events featuring a driving demonstration by 5 time champion Welsh driving pony at the Royal Agricultural Winter fair along with musical ride

& breed demonstrations. Be sure to stop by J.C. Love Ranch and discover what makes this B&B so special. Overlooking 113 acres of the beautiful Great Pine Ridge your experience here will include a cart ride and yoga demonstrations with the horses. Owner Barbara Festeryga is excited to share the "little bit of heaven - on the wild side." Cedar Valley Stables is home base for Olympians Michele Mueller and her horse Amistad. Michele says "the fire has been lit and the desire to finish what one has started is immense". Come and meet with Michele. Learn first hand about the challenges and thrills of representing Canada on the world stage.

For more information visit [HYPERLINK "http://www.scugog.ca"](http://www.scugog.ca) www.scugog.ca or contact Wilma Wotten 905 986 4602.

# M&M bbq for a cure

Join M&M Meat Shop in Newcastle and CCFC to help find the cure for Crohn's disease and ulcerative colitis.

On Saturday, May 11, 2013, between 1 a.m. and 4 p.m., visit any of the more than 430 M&M Meat Shops locations across Canada to support the 25th Anniversary M&M Meat Shops Charity BBQ Day benefiting the Crohn's and Colitis Foundation of Canada (CCFC).

M&M Meat Shops' franchisees, staff and thousands of volunteers from coast-to-coast will be manning their grills to meet the 25th Anniversary Charity BBQ Day fundraising goal of \$1.3 million. Supporters will receive a hamburger or hot dog, a drink and a bag of chips for a minimum donation of \$3. All proceeds raised will go di-

rectly to Crohn's disease and ulcerative colitis research.

Canada has among the highest reported prevalence of Crohn's disease and ulcerative colitis - two similar yet distinct conditions also known as inflammatory bowel disease (IBD) - in the world. There are more than 233,000 Canadians suffering from IBD and the incidences have been rising, particularly since 2001, and significantly so in children under the age of 10.

This year, M&M Meat Shops Charity BBQ Day is pleased to have 13-year-old Landon Lafond as a CCFC representative for the event. Landon understands all too well what it's like to live with IBD: "I was diagnosed with Crohn's disease five years ago," says Landon. "I love

to volunteer and have been proud to help raise money for Crohn's and colitis research by helping out at M&M Meat Shops Charity BBQ Day, as well as participating in CCFC's Gutsy Walk. M&M Meat Shops Charity BBQ Day is an important way to raise money and awareness for Crohn's disease and ulcerative colitis, and hopefully, help kids like me feel better."

Be a Star, Buy a Penguin! From Friday, April 5 until Sunday, May 19 Canadians can also support IBD research by purchasing and signing a Penguin at any M&M Meat Shops location. There are three great ways to be a SUPERstar for the CCFC:

- For \$2, supporters will receive a Penguin and a chance to win a \$500 M&M

Meat Shops gift card;

- For \$3, supporters will receive a Penguin, a M&M Meat Shops Blossom Pastry and double their chance to win a \$500 M&M Meat Shops gift card;

- For \$5, supporters will receive a Penguin a coupon book worth more than \$50 in M&M Meat Shops savings and triple their chance to win a \$500 M&M Meat Shops gift card;

- The \$500 M&M Meat Shops gift card draw will take place on May 19.

On Twitter and/or Facebook? Be sure to spread the word with your family and friends using the following social media hash tags: #CharityBBQDay, #CCFC and #MMMeatShops.Proud.

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With the sun last week came the boys... and girls... of summer. This mixed team of lob-ball players hit the diamonds to practice for the upcoming season. Call or email your leagues schedule and ball scores to rik@claringtonpromoter.ca



Featured Property of the month

**LIFE IS A BEACH!**  
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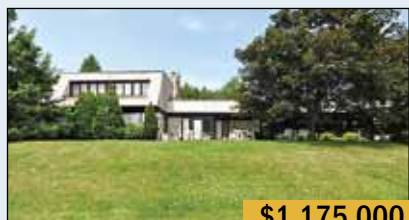
Could it be your beach ? Own this California style Beach House with your own Lake Ontario water frontage. Features: spacious rooms with walk-outs to extensive decking, separate 3 bay garage (man-cave) for boat & toys, and separate in-law/Nanny's quarters. Magnificent 40' x 40' gazebo-by-the lake to entertain - or just relax and listen to the waves lap against the shore while you sip and watch the sun go down..... with asking price \$729,000 opportunity is knocking..... call Jim Abernethy 905-261-7788 (cell)

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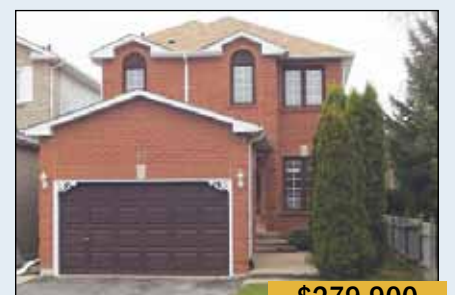
**5 Acre Building Lot**



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