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Volume 4 | Issue 1

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April 2014


Clarington Older Adult Association
 Operated by the Clarington Older Adult Centre Board
2014 Spring & Summer Program Guide
(Pullout Inside)

LOOKING FOR A BUNGALOW CONDO IN DOWNTOWN BOWMANVILLE? SEE PAGE 18



It might be cold outside now, but here is what you have to look forward to on June 6, 7 & 8 2014. Each year more than 50,000 people attend The Rotary Ribfest - one of many fund raising projects that the Rotary Club of Bowmanville have undertaken over the past 90 years. Turn to page 15 and learn what Rotary means to our community.

Search For The Squire

by Charles Taws & Dave Fletcher
 Doris Falls, research assistant

CLARINGTON MUSEUMS AND ARCHIVES
 www.claringtonmuseums.com

Everyone loves a good mystery. It doesn't matter if it's Sherlock Holmes, Columbo or Jessica Fletcher, mysteries have long fascinated the public. However, when you combine a mystery with local history then we get excited! One question that has popped up many times over the years is where is Squire Alexander Fletcher buried? No relation to Jessica of T.V. fame this Fletcher was one of the

earliest and most influential settlers of the Bowmanville area. In fact, a large part of the town now sits on his former property. Why then, if he was such an important person can we not find his burial place?

Like a true detective, if we want to solve this puzzle we have to do our homework. A quick look through the history books will show that like town founder Charles Bowman, Squire Fletcher was a wealthy early pioneer who helped establish the town of Bowmanville. The Squire came to this area in 1800, well over 20 years before Charles Bowman, and unlike him actually lived in the community. This has

prompted one old-timer to remark, "maybe they should have named it Fletcherville instead of Bowmanville."

We have neither a picture of Charles Bowman nor of Squire Fletcher, but in the case of the latter we, at least, have some written descriptions of him. A great grandson wrote in 1951, "It was said [The Squire] was a Presbyterian, red-headed, hot-tempered, but a just magistrate". Another source says he was "blond". A grandson wrote a more vivid description in 1896, "He was a small man of considerable attainments; was very bright, systematic, shrewd, active, nervous, quick tempered, a very loyal

British subject and a strict Presbyterian." A Scottish clergyman, Rev. Proudfoot, who interviewed him in the 1840's left us this description, "[He was] restless, rude and smelling of whiskey." The fact that the Squire and he were on opposing sides of a serious religious question could have prejudiced the clergyman's view.

Alexander Fletcher was born in 1769 in New Jersey, the same year his parents had immigrated from Glen Orchy, Scotland. His Father was not a supporter of the American Government and that is how his son decided to come to Canada. He was



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Strategy Execution



by Peter Hobb

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In a previous article I wrote about the need to take your company through a strategic planning process every two or three years to reevaluate existing strategies and, if appropriate, identify new ones that should be adopted. Normally this process creates a lot of energy. New ideas are discussed, there is a consensus on the plan that should be adopted to move the company forward, and people become revital-

ized. The problem is that a lot of strategic plans do not get off the shelf and become a living reality. In an article published in Fortune Magazine it was stated that "less than 10% of strategies effectively formulated are effectively executed". Hopefully if we can understand why this happens we can avoid being on the wrong side of this statistic. This article analyses some of the reasons why companies are unable to turn good strategies into results. This article assumes that the strategies you are adopting are realistic and the goals achievable.

Implementation of strategies may fail because there is no accountability. A person may be given the responsibility to implement a strategy but there is no follow up to ensure this is happening. When a

person takes responsibility to implement a strategy they should be required to commit to a time line when certain milestones are going to be met. Their progress needs to be monitored against these milestones to ensure the plan is moving forward.

Communication can also be a major issue. Strategic plans have failed because they do not get communicated to all the people involved. If communication is poor people may not understand what you are trying to achieve or what is expected of them. As a result it is very unlikely they are going to willingly support new initiatives or properly execute existing strategies. People are naturally resistant to change. It is human nature. Frequent communication can break down this barrier. Fre-

quent communication allows people to become part of the process, allows them to provide input and become advocates. The more people understand what you are trying to achieve and how their role fits into the plan, the more likely they will be on board with what you are trying to do.

Day to day operational issues can make it very difficult to focus on executing the strategic plan. We all have likely experienced this. You need to make time to execute the strategic plan. For example, meetings to discuss operational issues should be held separate from meetings on strategy execution. If you don't make time for strategy execution you will likely find that the enthusiasm shown when you first developed the plan will wane and it will become more and

more difficult to execute the plan. Also, if you decide in the future to try this process again you may find that people are skeptical about your ability to carry out the plan, making it even more difficult to change the way you are doing business.

The company's leadership needs to be committed to the strategic plan and they have to show this commitment. Your people are not likely to become committed to the plan unless you show them that you are. It is not enough for you to say that this is a good plan. Your actions will tell people your level of commitment. Be an integral part of the monitoring process. Make your own commitments to executing part of the plan. Your enthusiasm can be contagious. This kind of commitment will also keep you more in tune

with what is happening on the front line in your business.

When executing your strategy it may be necessary to upgrade the skills of your people. You may need to provide specific training to your people to allow them to be more proficient in executing what is expected of them. Your plan may also require that you hire people that bring in skills that you currently do not have or cannot develop internally.

To enhance your chances of success strategy execution should be embedded into your reward system. Reward people who successfully execute and produce the results you are looking for. Rewarding good behaviour leads to more good behaviour. This should also lead to a culture of getting things done and more success for your business.



Mike Patrick

Durham PC Candidate Nominee

Invites you to a
"Meet and Greet" reception at

**The Clarington
Visual Arts Centre
143 Simpson Avenue, Bowmanville
Sunday, April 6th, 1:00 - 3:00 PM**

John O'Toole's recent decision to retire has triggered a nomination process to find a new PC candidate for the Durham riding. This has not happened in our riding in almost 19 years!

As a 30-year resident and 25-year business owner in the riding (I co-own/operate The Bowmanville Foundry), and a long time community volunteer in the business, health, arts, sports, and environmental sectors, I feel I could make a difference for Durham and I am seeking the nomination to be our riding's new PC candidate.

To help ensure that an experienced, long-term resident and community leader wins that nomination, there is probably no better opportunity for your vote to count in the political process. Only a couple of hundred people will participate in this process and it could very easily come down to 1 or 2 votes."

This nomination is a chance for you to have a big say in who represents you at Queen's Park, and I look forward to meeting you!

www.mikepatrick.ca

Gardening In Clarington

by Leslie James, Gardener

Do only garden gurus join a Horticultural Society? A few people are, but in most cases we're aspiring green thumbs who want to learn.

Bowmanville, Newcastle, and Orono are Clarington's Horticultural Societies. Each has special projects to oversee and implement throughout the year, as well as regular meetings featuring speakers specializing in certain aspects of gardening.

This year, speakers at the Bowmanville club will discuss ponds, easy-care perennials, invasive plants, and garden art made from "found" material. The Newcastle club turns 100 this year, and will host the Annual General Meeting for District 17 on May 3rd.

Thanks to a yearly membership usually costing about \$15, members receive a 10% discount at most local garden centres. Good thing, because these society members beautify our communi-



ties with projects supported by fundraising. Last year, Orono's club planted a "living wall" outside the Clarke Museum to create a natural sound barrier to Highway 115 traffic noise.

Bowmanville Horticultural Society's fundraising, such as the annual Plant Sale at Mapfest on May 3rd, subsidizes seasonal plantings around the Town Hall and library, and materials purchased to enhance the Bowmanville Museum gardens. Whether you have a new, bare garden plot or established plantings, this sale has bargain prices and

something for everyone. Those who have been, tend to return every year – so be sure to come early for the best selection!

Please see below for contact information for these Clarington-area horticultural societies:

Bowmanville: dianeh@everydaydesktop.com, Facebook (Bowmanville Horticultural Society), Twitter (@CynthiaEnglert).

Newcastle : <http://www.newcastlegarden.com/>

Orono : http://www.gardenontario.org/soc/soc_detail.php?ID=290



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

Understanding Our Master Fire Plan

Did you know that the largest identifiable ignition source (21%) of fire related deaths in Ontario is cigarettes?

This and other interesting facts can be found on the website of the Province of Ontario Ministry of Community Safety and Correctional Services.

Did you know that the vast majority of firefighters in Ontario are volunteers (63%) followed by full-time (36%) and part-time representing only 1%.

In Ontario, there are a total of 457 Fire Departments.

- Total # Full-time Departments - 31
- Total # Composite Departments - 187 (incl. 1 Northern Fire Protection Department)
- Total # Volunteer Departments - 239 (incl. 49 Northern Fire Protection Departments (above data current as of: December 2, 2013 as provided by Office of the Ontario Fire Marshall))

Composite Fire Departments make up 41 % of all Fire Departments in Ontario. Clarington has enormous geography and a mix of rural and growing urban communities. The "Composite" Fire Department serves us well, meaning we hire both full-time and volunteer firefighters.

The Office of the Ontario Fire Marshall provides oversight for all Fire Departments in Ontario and is responsible for training of ALL firefighters (both full-time and volunteers) and other fire department personnel in Ontario, providing them with guidelines and best practices; and to assist them with providing the best fire prevention and fire protection services they can.

One such guideline is the Master Fire Plan which all municipalities in Ontario are required to develop and update regularly.

The Master Fire Plan defines the community fire problem and provides the future direction of the delivery of fire protection services to achieve the most cost effective and efficient level of fire protection services resulting in the best value for the community.

The implementation of the Master Fire Plan is based on our municipality's ability to pay. For example, subsequent to the worldwide recession in 2008 Clarington Council elected to delay implementing portions of the Master Fire Plan to

reduce the impact (increase) on property taxes.

There are several benefits to developing a Master Fire Plan.

- Supports the risk management program by identifying programs and levels of service.
- Improves public relations and promotes interest and direct involvement within the community.
- Sets standards of service the fire department is capable of providing.
- Potentially decreases costs, for fire protection and/or insurance coverage.
- Contributes to a reduction in the number of fires, fire deaths, fire injuries and property loss.
- Makes best use of available resources.

Both our full-time and volunteer firefighters are important resources which form integral components of the Clarington Master Fire Plan.

The Municipality of Clarington has a competent, capable, professional and well equipped "composite" firefighting force that has a proven track record of protecting our citizens.

As a community, we could not have been more proud of our firefighters than on April 29, 2008 when the efforts of both our volunteer and full-time firefighters worked together to fight a nasty fire, fuelled by westerly wind gusts of more than 50 kilometers per hour, which threatened to destroy the Bowmanville Historical Downtown Core.

However, managing a "composite" Fire Department is not without challenges. Clarington Council recently (2014) hired independent professional consultants to update our Master Fire Plan.

(For details of the Clarington Master Fire Plan, contact your Councillor at 905-623-3379).

This current Newcastle Fire Hall debate is an example of what is at stake for everyone as our community grows and the Master Fire Plan is implemented.

- For the unionized full-time firefighters this is an opportunity to expand their membership.
- For the volunteer firefighters there is a threat of job losses and the end of careers.
- For the Clarington taxpayers implementation means increased municipal spending and property tax increases.

No doubt Members of Council are being lobbied hard by all of these stakeholders. However, the recently updated (2014) Master Fire Plan is the blueprint Members of Council should use to guide them thru this Newcastle Fire Hall debate.

Let us hope that Members of Council base their decision on implementing the recommendations outlined in our recently updated Master Fire Plan, and do not bend under the pressures of union lobbyist and special interest groups in the hopes of winning support in this..... a municipal election year.

Everybody loves our firefighters !

So now for the less serious stuff - the winter that never ends is drawing to a close, we think.

Cathy and her horticultural friends seem to think so. They are primed and ready to go, planting heritage tomato & vegetable seeds indoors now, hoping



The No. 2 Fire Brigade of Bowmanville. They were stationed on Durham Street in the South Ward area. In this picture the brigade is preparing to march in the big parade to celebrate Queen Victoria's diamond jubilee on June 20th 1887.

to get a jump on the growing season - anxiously waiting for the weather to break so they can turn a shovel in the dirt.

These garden lovers have been meeting all winter throughout Clarington, planning for spring sharing ideas about vegetable, flower and water gardens.

Even our 8 year old granddaughter felt an urge to call Cathy the other morning, 10 minutes before she jumped onto her school bus to exclaim "her golden beet seeds have sprouted!"

If you are a new resident in Clarington or new to gardening, consider joining one of these groups.

See the article (in this edition) by Leslie James for contact information for gardening groups located throughout Clarington.

Community Service Clubs play an important role in developing the fabric of a community and where membership is truly rewarding. I encourage everyone to consider investigating membership in one of our local service clubs.

You will enjoy the fellowship and discover it is a wonderful way of giving back to your community.

Here in Clarington we are fortunate to have a number of service clubs operating within our communities. Most notable are the Lions, Kinsmen and Rotarians.

The Lions have four clubs serving Clarington: Kendal (2004), Courtice (1997), Newcastle (1947) and Bowmanville (1935).

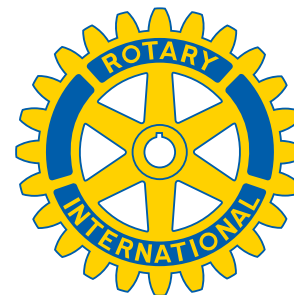
The Kinsman Club of Bowmanville has been serving our community since 1950.

2014 is a very special year for the Rotary Club of Bowmanville which celebrates 90 years of community service in Bowmanville on April 11, 2014.

Read about the achievements of Rotary in our community and around the world inside this edition.

Join with me in congratulating the members of the Rotary Club of Bowmanville for this remarkable milestone in the history of their club..... and call me if you would like to join with Rotarians, their spouses and friends for a special dinner celebration on the evening of April 11, 2014. Brokerlink Insurance is sponsoring Guest Speaker and Comedian Neil Crone. I may have a few extra tickets (905-261-7788).

Saving the best for last..... I am proud to say that my daughter-in-law Tina Abernethy has joined Royal Service Real Estate Inc., Brokerage. I look forward to working with her and ask that you keep her in mind when you are thinking of buying or selling property anywhere in Durham, Northumberland and especially Clarington. Tina's official announcement is on page 4 of this edition.



The last "steamer" of the Bowmanville Fire Department. This photo taken in 1912 at old fire hall which stood where the post office is today. This fire hall began its life as a church (note brick-work). The "steamer" was sold for scrap to the Bowmanville Foundry in 1925. From left to right: unknown, Fred Robinson, Fred Ferguson (driver), Tom Percy, Art Mingeaud, J.J. Moriarty, Mayor Archie Tait and Jack Cox.

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Currently there is a shortage of properties on the market in Clarington. Please do not hesitate to contact me if you are thinking of selling your property in this current market. There has never been a better time to sell your home, farm or commercial/income property.

*Sincerely,
Jim Abernethy*

905-261-7788 (cell)

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We are pleased to announce that Tina Abernethy has joined our Sales Team at Royal Service Real Estate Inc., Brokerage.

Born and raised in the Durham Region, Tina obtained a diploma in Community Development and Coun-

selling in 1998. She worked in south western Ontario before relocating to rural Clarington where she has been a resident for the past 15 years.

Tina now resides on a hobby farm in a timber frame home crafted by her talented husband where they are raising their three lovely daughters.

Becoming a member of the executive team for one of Canada's leading spas proved to be a rewarding experience and fuelled her passion for customer focus. Tina was primarily responsible for guest satisfaction while in the role, first as an Executive Assistant to the owner and later, as Director of Food and Beverages.

Tina is focused on creating the best client care possible and is eager to leverage her many skills and talents to facilitate a satisfying experience for those looking to buy or sell a home.

We believe you will find her expertise and attention to detail invaluable.

Please join us in welcoming Tina Abernethy to our Sales Team !

You may contact Tina at:

tina.abernethy@gmail.com

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A nation of \$100,000 firefighters

By Margaret Wente (August 8, 2013)

We need them, but we can't afford them, due to exorbitant wages and excessive 'down time'

Everyone loves firefighters. They save lives. They are strong and competent. They look good on calendars. People are always happy when they show up.

But municipalities do not love firefighters. Across Canada, towns and cities are getting hosed by the skyrocketing costs of their fire departments. Thanks to arbitration settlements, your firefighters are the best paid (and possibly the most underworked) guys in town. Firefighters have been getting raises that are twice as high what other public sector workers have been getting, at a time when municipalities are strapped for funds and raises are just a memory for most of us.

Here in Toronto, firefighters recently won a 14-per-cent wage increase over five years, which means that by next year, a first-class firefighter will be making \$90,000. But it's the small towns that are hit worst. Tiny Owen Sound, Ont. (population 32,092), has 29 full-time fire professionals. Last year, 25 of them made more than \$100,000. The median full-time income of people who live in Owen Sound is less than half that.

For smaller cities, the fire department is typically the largest item in the budget. It accounts for upward of a quarter of their costs. But municipalities are powerless to control firefighters' salaries, because negotiations with the union almost always wind up in arbitration. And arbitrators aren't obliged to give much weight to a town's ability to pay. Instead, they simply match the settlements that everybody else got, including police. So the costs spiral ever upward, and towns are forced to cut back on libraries and roads. As Toronto city manager Joe Pennachetti told the Toronto Sun: "We feel like we're banging our heads against the wall."

There's no good reason for salaries to go up so much, argues John Saunders, a consultant with Hicks Morley who advises dozens of municipalities. Firefighting is an extremely desirable job, and vacancies are scarce because people rarely quit. Last year, for example, there were more than 500 applicants for 20 firefighting jobs in the Ontario communities of Cambridge, Kitchener and Waterloo. In Cambridge, a first-class firefighter earns up to \$99,397 a year, plus benefits and overtime. Yet despite the high demand for their jobs, firefighters get "retention" payments for not quitting.

Working conditions are pretty sweet too. Thanks to modern safety standards, there are very few fires left to fight. These days, most fire department calls are medical. To prove that they're still needed, fire departments have been adding defibrillators and Jaws of Life, and frantically expanding their repertoires to respond to even minor non-fire emergencies. Still, there's an awful lot of what we shall euphemistically call "down time," which firemen fill by preparing meals, sleeping, watching television, polishing the trucks and rewinding the hoses.

It's long past time to roll back firefighting costs, as cities across the United States have been forced to do. But in Canada, costs continue to escalate as unions demand even better benefits, shorter work weeks and highly desirable 24-hour shifts. Firefighters love 24-hour shifts because it gives them plenty of time off for their other jobs. Theoretically,



cally, they're required to work seven or eight of these shifts in a 28-day period, but workers with plenty of seniority can wind up working just five or six shifts, according to Mr. Saunders. Some critics refer to the 24-hour arrangement as "a well-paid part-time job." (As for how it's possible to work 24 hours in a row, the answer is "down time.")

Not even the smallest effort to control costs goes unchallenged. In Windsor, the union grieved a decision to pull a fire truck out of service in 2008, saying that the administration had promised to leave it in service until the new contract was settled, which still hasn't happened. The arbitrator sided with the union and told the city to cough up \$381,000 in theoretically lost overtime – \$1,328 for each member of the fire department. Meanwhile, in Toronto, the firefighters' union continues its endless war against Emergency Medical Services, claiming that a decision to stop dispatching million-dollar pumpers to lower-level 911 calls puts lives at risk. A consultants' report said that a merger of fire and EMS could save the city significant money – but the tribal warfare is so bitter that it will never happen.

I have nothing against firefighters, personally. But times have changed. We can't go on like this. I could write the same column about the police. You guys are supposed to protect us. But we can't afford you any more.

The Globe and Mail, Inc.

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Clarington Museums and Archives Present

Annual Antiques Appraisal at Clarke Museum

Stop by Clarke Museum for an afternoon of discovery. Our Curator Charles Taws and local antique appraiser Barry Carmichael offers you appraisal advice on your most curious belongings. We are looking forward to the treasures we will see this year!
Address 7086 Old Kirby School Road
Date: Saturday April 5th 11am-2pm
Donations Appreciated

Exhibition at Sarah Jane Williams Heritage Centre

Rediscovering Identity: The Power of Photography
Delve into Clarington's history through film by Dr.L.B. Williams or identify local characters in Ernie Rehder's photographic collection
Tuesday - Saturday 10-4, Sunday 1-4
\$3 per person \$10 per family (up to 5 people)
Museum Members FREE

Search for The Squire

Continued from Page 1

in the capitol Newark (now Niagara-on-the-Lake) by 1796 and here he married Rachel Corwin. Tradition says they had a son, John, before moving to Darlington in the year 1800. Their next child, Archibald, was born that year— one of the first to be born here. Squire Alexander held land in Darlington, Monaghan (much of it where the city of Peterborough now stands) and Ops Township. It is not clear how he acquired so much land, but J.B. Fairbairn, writing in 1906 states, “[The Squire] was well connected in the old country being related to some of the leading families. The historic names of Gordon and Drummond were either among the patronymics of his forebears or belonged to them by marriage.” He was also the nephew of Sir Allen MacNab the Premier of the Province of Canada in the 1850’s. MacNab’s large house, Dundurn Castle, is a museum in Hamilton. No doubt the Squire purchased some of his land, and it was cheap in those days, but he was also given large grants from the government.

Their first home was a log house, but he built a large frame house in 1805 where the Hendry Apartments (252 King Street East) are today. In 1812 he built a brick resi-



The Fletcher House, one of the earliest brick houses to be built in Ontario, shortly before its demolition. Through the years it had become the Loscombe Family Home and finally Kingsway Apartments. Its location is today behind the medical centre at 222 King Street East.

dence behind the present day Medical Centre at 222 King Street East. He sold his land in Monaghan to pay for this house. This was one of the first brick structures built in Ontario and became known as the Loscombe House and finally Kingsway Apartments. The bricks had to be made on site and were smaller in size than bricks of today. Mr. Jury was a later owner of the house when it was apartments. Nora Allin, daughter of famous runner Alfred Shrubbs, remembered living there after her marriage to Lorne Allin. She remarked on its lovely gardens and lawns.

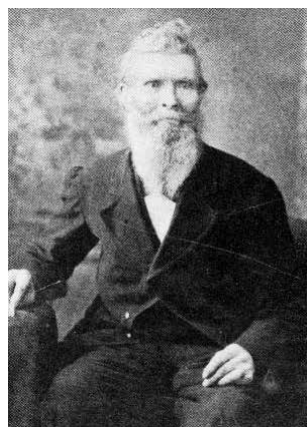
The War of 1812 had begun as Squire Alexander completed his brick house and he constructed several log structures near it that were used to store munitions destined for York (Toronto). It has been said that the munitions had been conveyed here by bateaux, but perhaps the cannons that Roger Conant conveyed to York (Toronto) from here were also stored here for a while (see previous article on Clarington in the War of 1812, go to www.claringtonpromoter.ca). Alexander was also a Captain of a Battalion Company as well as a magistrate. In those early years ministers were hard to come by so most couples had to be married by a magistrate. One listing in an early marriage register mentions that the marriage had to be performed by Fletcher as the nearest Anglican minister was 18 miles away. The earliest marriage record for Squire Alexander dates back to 1805 and one internet source even cited him as being known as the “Marryin’ Squire.” As Bowmanville grew and developed, the Fletchers gradually sold off their land. By 1868 they had 168 deeds for properties in town including the Farmer’s Hotel (which stood in the present parking lot east of the Olympia Diner). Alexander and Rachel had seven children in total and while

some remained in the area, over the years, most of them moved away and their local land holdings diminished.

Probably because the Fletchers’ time of greatest influence was so early their contribution was largely forgotten. That is until the hobby of genealogy caught on. The rise of the internet has enabled everyone to look into their family history. Clarington Museums get requests everyday from people researching their roots. With the Fletcher family the research usually leads to one question: where is Squire Alexander Fletcher buried? You can check the records for the Bowmanville Cemetery or any of the Darlington cemeteries and you won’t find him. He’s not in the internment record either. It was a mystery to me and one researcher even resorted to shouting in frustration! However, Fletcher descendant George Vice came up with a probable solution.

George said the early Fletchers were buried in the Auld Kirk churchyard. To understand this we must look at the history of the Bowmanville Cemetery. This cemetery was established in 1857, but the first settlers came in 1794. So where were people buried until 1857? Early pioneers lived an isolated life and often they buried their recently deceased on their farm. You can still see this type of family plot along some country side-roads. There is one on the north side of highway #2 just west of Welcome (north of Port Hope). The earliest cemetery in Clarington was at Port Darlington, but others were soon established. In those days people wanted to be buried close to their church so most churches had a burial place known as a churchyard around them. St. Andrew’s, Church Street Methodist (now Trinity United), St. Joseph’s Catholic and St. John’s Anglican all had churchyards. All, except St. John’s, were removed to the Bowmanville cemetery for sanitary and development reasons. As anyone who has taken the Museum’s Spirit Walks knows the removal of most of the cemeteries took place in 1867, but St. Andrews was later, 1883, so we have a bit more information about it. The bodies were kept in the fire hall across the street (present day Town Hall) before being transported to the Bowmanville Cemetery. Mr. A. Herbert Fletcher remembered seeing them there as a boy. Sixty-seven bodies and their associated stones were removed from this little churchyard. But why then is there no record of Squire Fletcher? Mr. Vice thought the graves had been so disturbed and the bones so mixed up that they didn’t know who was who anymore. That could be so but what about the stone?

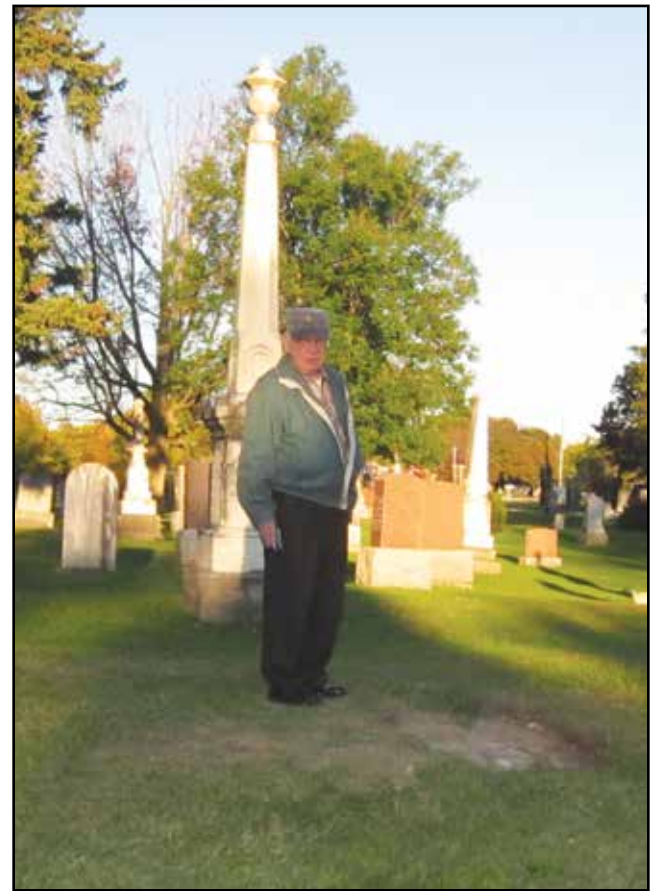
This remained a mystery until Dave Fletcher of Coldwater contacted me. He said that family members had gone to the Bowmanville Cemetery in 1938 looking for the Squire’s stone but could not find it. He also had a family photo from the 1920’s which showed a lady standing near a stone in the cemetery and the caption said she was next to Squire Fletcher’s grave! He also suggested I call Ken Sherwood the operations employee at the cemetery who has books that give detailed listings of who is buried in the cemetery. I had already checked all the genealogical records available so I was sceptical anything new would be gleaned from these books. How wrong I was; Drummond Gordon Fletcher’s stone is listed (and we knew of this stone), but two other plots with no names are also listed.



No picture of Squire Alexander Fletcher is known to exist. This is his second oldest son Archibald (1800-1882) who was born shortly after the family’s arrival to Clarington. Archibald was one of the first children to be born here.

Ken said all three plots had people buried in them. We went to D.G. Fletcher’s stone and its location matched perfectly to the old photo from Dave Fletcher. Near it we found another stone half buried. Ken uncovered it and while badly damaged we could make out a “6”. Later Ken re-covered the stone to protect it, but before he did museum volunteer Mac MacDougall and I went and photographed it.

I contacted Dave Fletcher with my findings and he reminded me that, while the stone is damaged, you can still make out a “6” and Squire Alexander Fletcher died on the 9th Day of June 1846. Dave also offered two further pieces of family information. His records



Museum volunteer Lowell MacDougall stands next to the stone we believe to be Squire Alexander Fletcher’s in the Bowmanville Cemetery.

state that the stones fell off the transport wagon when being moved which would account for the bad shape of this one. Dave also mentioned that A. Herbert Fletcher thought the stones had been relocated to his father’s plot. This is a problem because his father, Gordon Drummond Fletcher, is not buried in this part of the cemetery. However, his great uncle, Drummond Gordon Fletcher, is right next to these two plots. The similarity in names could have created the confusion. With all this corroborating evidence I think we have found the last resting places of Squire Alexander Fletcher and his wife Rachel Corwin. What do you think?

We have put all the pieces together, but can we say 100% that Squire Fletcher is buried here? Maybe not, but I would challenge anyone to find information that would refute it. The last resting places of two of Bowmanville’s most influential early pioneers we’re unknown. We think we’ve found one. Can we find the other? A book on place names mentioned that Charles Bowman was buried in Italy but gave no source, but it is a lead. So perhaps, one day, we’ll find his last resting place too.



This badly damaged stone is believed to be that of Squire Alexander Fletcher. This stone had been half buried and was re-buried to protect it after this photo was taken in August of 2013.



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

2014 Spring & Summer Program Guide

Values and Beliefs

- Accessible
- Caring
- Community Focused
- Fiscally Responsible
- Member Focused
- Quality Programs

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



Mission Statement

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

General Information

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

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. Cash, Cheque, Debit, Visa or Mastercard accepted. Please make all cheques payable to the Clarington Older Adult Centre Board.

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 always available to and from ALL COAA events and programs.

Contact Sharon Spooner 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 only.

Advance notice is required



COAAZY CAFÉ

Open Monday to Friday
9 am to 3 pm

Muffins, soup & biscuits are yummy and affordable!

Daily Specials Available Wednesday & Thursday

Upcoming Events & Fundraisers

OPEN MIC "FREE"

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.

Sunday April 6th, June 8th, Sept 14th, Nov 9th 1 pm to 4 pm

TRIVIA NIGHT

hosted by Alan Tibbles

We know you have all the answers... join us for a great night out among friends to enjoy a laugh over trivia. Lots of categories and fantastic topics.

Wednesday April 23rd, June 25th, September 24th, & November 26th 7 pm

\$3 per person (includes Cash Bar & Snacks)

ALZHEIMER AWARENESS WORKSHOP

Sponsored by Morris Funeral Chapel

FRIDAY MAY 9TH "FREE"

Plan Ahead - Make the Smart Choice
Join us for a complimentary meal and seminar.

May 9th 12 pm or 5 pm

RSVP to Morris Funeral Chapel

905-623-5480

SOCIAL DANCE(S) with Pat Prout

& The Clarington Beech Nuts

Enjoy an afternoon of Waltz, Round & Line Dancing with a Live Band. Refreshments will be served. No partner necessary.

Friday May 16th, June 20th, Sept 19th, Oct 17th, Nov 14th & Dec 19th 1 pm to 4 pm

\$3.50 members \$4.60 non members

SMILE THEATRE "ART MEETS HAVOC"

Friday May 23rd 1:30 pm

\$5 per person

Sponsored by OPG

EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards, full dinner and cash prizes.

Saturday May 24th, July 19th, September 13th & November 22nd 3 pm

\$10 per person (Limited seating so please reserve your tickets in advance)

THEATRE GROUP PERFORMANCE WITH LUNCH

Join us for lunch and stay for a short play performed by our weekly drop-in Theatre Group.

Tuesday May 27th 12 pm

\$8.05 members / \$11.40 non-members

SHOWCASE OF THE ARTS

This evening is dedicated to all of our hard working artists, crafters and local vendors. Visit the centre to tour our tradeshow style booths to see lots of great projects that have been created by our members and guests, followed by a concert from the COAAZY Crooners and a short play by the Theatre Group.

Free Will Offering at the Door in support of the COAA.

Tuesday May 27th 7 pm

ROCKIN' ROTARY RIBFEST

Support the COAA by visiting them during this annual community event. All gate donations will be split 50/50 with the COAA.

Friday June 6th to Sunday June 8th

DOORS OPEN CLARINGTON

In its 5th year Doors Open Clarington celebrates the uniqueness of historical Bowmanville.

Saturday June 14th 10 am to 4 pm

MEMBERSHIP PICNIC "FREE"

Join us on the lawns of the Visual Arts Centre on Simpson Avenue in Bowmanville to celebrate another great year of membership at the COAA.

Tuesday June 17th 12 pm

Registration is required in advance so please RSVP to the Front Desk

SUMMER DINNER & DANCE

Join us for a fantastic dinner prepared by Angel's Catering, live entertainment and DJ Dancing to Then and Now Sounds.

Saturday June 21st

5 pm Social Hour with Dinner Served at 6 pm

\$25 members / \$30 non members

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday			
Walking	9 am	Open Art	9 am - 6 pm	Walking	9 am	Billiards	9 am - 6 pm	Billiards	9 am - 4 pm		
Billiards	9 am - 6 pm	Tennis (Guildwood Park)	9 am	Billiards	9 am - 6 pm	Hiking (Starts May 8)	9 am	Open Art	9 am-12 pm		
Tone & Strengthen with weights (DVD)	9:20 am	Cribbage	9:30 am	Cycling (Starts May 14)	9 am	Tennis (Guildwood Park)	9 am	Tone & Strengthen with weights	9:20 am		
Drop In Time (Courtice)	9 am - 12 pm	Euchre	9:30 am	Drop In Time (Courtice)	9 am - 12 pm	Table Tennis	10 am	Pickleball (Newcastle Until June 27)	12:30 pm		
Pickleball (Newcastle Until June 23)	9:30 am	Scrabble	9:30 am	Choir (Ends June 11)	10 am	Wood Carving (Ends May 29)	10 am	Pickleball (Guildwood Park)	12:30 pm		
Pickleball (Guildwood Park)	9:30 am	Social Bridge	9:30 am	Pickleball (Newcastle Until June 25)	9:30 am	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm		
Wood Carving (Ends May 26)	10 am	Table Tennis	10 am	Pickleball (Guildwood Park)	9:30 pm	Pickleball (Newcastle Until June 26)	12:30 pm	Darts	1 pm		
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm	Open Art	12 pm	Bid Euchre	1 pm	500 Cards	1 pm		
Cribbage	1 pm	Square Dancing (Ends June 24)	12:45 pm	Canasta	1 pm	Craft Group	1 pm	Jam Session	1 pm		
Knitting/Crocheting Group	1 pm	Pickleball/Badminton (Newcastle Until June 24)	12 pm	Soccer (Indoor Soccer until May 14th)	3 pm	Social Bridge (Ends June 5)	7 pm				
Bid Euchre (Ends June 30)	7 pm	Friendship Group	1 pm	Soccer (Outdoor after May 14th)	3 pm	Texas Hold'em Poker (Ends June 5)	7 pm				
		Theatre Group (Ends May 27)	1 pm	Weekly Drop-Ins Fee Schedule Duplicate Bridge.....\$3.50 Early Bird Bingo 1 pm.....\$1.50 Square Dancing.....\$0.55 <i>for as many cards as you wish to play</i> All other Drop In Programs.....\$1.35 Monster Bingo 2:15 pm 2 cards for 10 games....\$2.50 Walking.....Free Cycling & Hiking.....\$2 members / \$3 non members Progressive Euchre.....\$3.00 Non Members Tennis/Pickleball.....\$1.70							
Drop-In fees will be collected by your volunteer program convener(s) when you arrive. If you need small change stop at the desk on your way by and we will be happy to assist.		Drop In Cards (Courtice)	1 pm								
		Bingo	1 pm & 2:15 pm								
		Prog. Euchre (Ends June 24)	7 pm								
		Shuffleboard (Ends May 27)	7 pm								

Outdoor Programs

CYCLE GROUP

This is organized to be a fun social outing that will allow all riders to travel at a nice easy pace. Weather permitting for all rides, so please confirm with the centre on questionable condition days. Helmet, water bottle and snack required for all rides.

Wednesday 9 am Starting May 14th
\$2.00 members / \$3.00 non members

Please pay the staff or volunteer upon arrival.

GOLF AT QUARRY LAKES

Join your fellow members in a weekly mixed social league.
Wednesday May 14th - October 8th 8am

\$29.05

Includes prize and banquet.

Wednesday October 9th 12:30 pm

If you wish you may purchase a card at Quarry Lakes for \$21.00 which allows you to play unlimited times Monday - 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.

HIKING

Come out and enjoy the beauty of local hiking trails.

Thursday 9 am Starting May 8th

\$2.00 members / \$3.00 non members

Please pay the staff or volunteer upon arrival.

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.

Wednesday 6 pm Starting May 7th

\$29.05 Includes tournament and banquet

Wednesday September 24th

Free Workshops and Seminars

Please register at the front desk

NATUROPATHIC MEDICINE

Dr. Carla King, Naturopathic Doctor is returning for a second seminar. Once again, her focus is on understanding the root cause of your health concerns.

Monday 10:30 am - 12 pm 3 weeks May 5th - May 26th

*** No workshop May 19th**

HOW TO AVOID PROBATE

with Mark Hawkins

This presentation will focus on how to achieve one's estate planning goals, tax and cost effectively. We begin by briefly explaining the changes to the Probate process.

Wednesday May 7th 2 pm to 4 pm

LIVING A HEALTHY LIFE WITH CHRONIC PAIN WORKSHOP

Sponsored by the Ministry of Health and Long Term Care and the Central East LHIN

Workshops will help people who are experiencing a wide range of chronic pain conditions such as musculoskeletal pain, fibromyalgia, neuropathic pain, and others. Each participant will receive a free Healthy Living Textbook and Moving Easy CD.

Pre-registration is required due to limited class size. Call 1-866-981-5545 or go to www.healthylifeworkshop.ca. You do not require a referral and caregivers are welcome.

Wednesday 1 pm - 3:30 pm 6 weeks May 7th - June 11th

OUTREACH PROGRAMS - DURHAM REGION DIABETES NETWORK (LAKERIDGE HEALTH)

• LIVING WITH DIABETES

An overview of diabetes, exploring myths and facts about diabetes. Target Audience: At-risk for type 2, prediabetes, support people of type 2

Taught by: Bev Bazak, RN CDE and Kelly Gardner RD & CDE

Monday May 5th 9 am-10:30 am

• HOW DIABETES WORKS

An experience involving more in-depth conversation about the pathophysiology of diabetes. Target Audience: Prediabetes, newly diagnosed type 2, support people for type 2

Taught by: Bev Bazak, RN CDE and Kelly Gardner RD CDE

Monday May 12th 9 am -10:30 am

• BLOOD PRESSURE CLINIC

A hands-on clinic where clients can have their blood pressure taken and learn about what a healthy blood pressure is.

Taught by: Bev Bazak, RN CDE

Monday May 26th 9 am - 10 am

• EATING FOR ONE OR TWO

A Power Point presentation to help people cook quick and easy meals on a budget, with leftovers to freeze or to reinvent into another meal.

Taught by: Kelly Gardner RD CDE

Monday June 2nd 9 am - 10 am

Bowmanville Programs

NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

BOOT CAMP with Jason Fenton & Lisa Balsdon from Live In Motion

Are you interested in weight loss and general conditioning? Join us weekly for a fun filled workout full of circuit training and toning while meeting new people and having fun. Don't forget your water bottle, you're going to need it!

Tuesday 8 am - 9 am 8 weeks May 6th to June 24th \$80.00
Friday 8 am - 9 am 8 weeks May 9th to June 27th \$80.00

CERAMICS with Tanya LeBlanc from Ceramics Canada

Want to paint your own mugs for the COAAZY Café or create a fun gift for a friend or family member? Come out for a fun filled morning and leave with your own creation.

Monday 10:30 am - 12 pm May 26th \$10.00 person

INTERMEDIATE NIGHT YOGA with Lisa Balsdon from Live In Motion

Our yoga classes include mindful meditation/visualization and breathing techniques, postures (asana's) and corrections, strengthening and flexibility work.

Tuesday 7 pm - 8:15 pm

6 weeks April 22nd - May 27th

6 weeks June 3rd - July 15th (no class July 1st)

\$110.20

Thursday 7:00 pm - 8:30 pm

6 weeks May 1st - June 5th

6 weeks June 12th - July 17th

\$125.43

PICKLEBALL OUTDOORS

Meet us at Guildwood Park for a social game of Pickleball (Beginners always welcome). Starts April 16th.

Monday & Wednesday 9:30 am - 12 pm

& Friday 12:30 pm - 3 pm

\$1.35 members & \$1.70 non-members per day

Please pay the staff or volunteer on site upon arrival at the courts

(Guildwood Park

180 Guildwood Drive Bowmanville)

TENNIS

Meet us at Guildwood Park for a social game of Tennis.

Tuesday & Thursday 9 am - 11:00 am April 15th

\$1.35 members \$1.70 non-members per day

Please pay the staff or volunteer on site upon arrival at the courts

THEATRE SPORTS AND PUBLIC SPEAKING with Laura Clements

Challenge yourself in this dynamic, fun-filled course where you will learn lively communication skills whether speaking to groups of 2 or two hundred. Learn the secrets of public speaking professionals on how to speak with ease and poise, dramatically engage your audience, all the while increasing your confidence. Whether you are a nervous Nellie, or a seasoned speaker, you will leave with tips and techniques to dramatically enhance your presentation skills, as you laugh your way through plenty of theatre games.

Wednesday 9:30 am - 11:30 am

7 weeks April 16th - May 28th \$30.00

WRITING FAMILY MEMORIES with Heather Beveridge

Keep your memories alive to pass along to family members and friends. Join us as we bring your memories to life on paper. All you will need is a pen and paper.

Wednesday 6:30 pm - 8:30 pm

7 weeks May 14th to June 25th \$20.00

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 centred.

Monday 3:15 pm - 4:45 pm

9 weeks April 14th - June 23rd \$43.00

6 weeks July 14th - August 25th \$29.00

**No class Monday April 21st, May 19th or August 4th*

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

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.

Monday 9 am - 10 am

12 weeks April 28th - July 28th \$50.50

Fridays 9 am - 10 am

12 weeks April 25th - July 11th \$50.50

7 weeks July 18th - August 29th \$30.00

**No class May 19th & 26th*

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.

Monday 11:15 am - 12:15 pm 10 weeks

April 7th - June 23rd \$42.00

**No class April 21st & May 19th*

COMBO CLASS with Lydia Vooyo

All the benefits of cardio with pep and fabulous muscles in the same class.

Wednesday 8 am - 9 am

April 23rd - July 9th 12 weeks \$50.50

July 16th & August 27th 7 weeks \$30.00

Thursday 9 am - 10 am

April 24th - June 26th 10 weeks \$42.00

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, and no one will go away with two left feet!

Thursday 1:15 pm - 2:15 pm 10 weeks

April 10th - June 12th \$50.50

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.

No lunch Apr 22nd, May 20th, June 24th, July 1st,

Aug 26th & Sept 2nd

General Interest

BEECH CENTRE BOOK CLUB (Drop In)

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

April 28th - Unbearable Likeness

May 26th - The Room

June 16th - Purple Hibiscus

10 am \$1.35

CRAFT GROUP with Judi White (Drop In)

Let your creative side out - learn many different types of crafting from plastic canvas, cross stitch, cut and paste projects to fabric painting as well as seasonal projects. Fall session will concentrate on some easy, fun Christmas projects. Supplies will be provided.

Thursday 1 pm - 3 pm \$1.35 April 10th - May 22nd

FRENCH LESSONS with Cecile Paxton

Beginner French

We will start with the alphabet then work our way through some sounds. Basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes.

Tuesday 1:30 pm - 2:30 pm 8 weeks April 15th - June 3rd \$28.00

Beginner Plus

Review the sounds learned in beginner class. Verbs: the four irregular verbs and several ER verbs, in the present tense. A few adjectives and prepositions. We can build simple sentences. We will talk about the weather/days of the week and holidays.

Tuesday 2:30 pm - 3:30 pm 8 weeks April 15th - June 3rd \$28.00

Fitness

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

FABULOUS MUSCLES

with Lydia Vooyo

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

Friday 10 am – 11 am

12 weeks April 25th - July 11th \$50.50

7 weeks July 18th - August 29th \$30.00

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.

Monday 10 am – 11 am

10 weeks April 14th - July 7th \$42.00

Wednesday 10 am – 11 am

12 weeks April 16th - July 9th \$50.50

4 weeks July 23rd - August 13th \$17.00

**No Class April 21st, May 19th, 21st & 26th*

GUIDED MEDITATION

with Julie Ditta

Relax your body, let go of stress and energize yourself with meditation. Guided meditation combined with special breathing techniques helps you to release tension, clear your mind and boost your sense of wellbeing. Meditation using creative visualization can help improve memory and sleep and even lower blood pressure.

Friday 12:30 pm - 1:30 pm

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

INTRODUCTION TO ENERGY

MEDICINE with Donna Elliott

This class introduces you to various forms of Energy Medicine from Mind-Body Connection, Reflexology, Chakras, Meditation, Crystals, Aromatherapy, Energy Testing, Reiki, Eden Energy Medicine and more.

Wednesday 1:30 pm – 3 pm 11 weeks

April 16th - June 25th \$68.00

PILATES with Nathalie Mackesey

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

Monday 10 am – 11 am

10 weeks April 14th - June 30th \$42.00

Tuesday 7 pm – 8 pm

10 weeks April 15th - June 17th \$42.00

Thursday 10 am – 11 am

10 weeks April 17th - June 19th \$42.00

Thursday 7 pm – 8 pm

10 weeks April 17th - June 19th \$42.00

**No Class Monday April 21st & May 19th*

PILATES 2 with Nathalie Mackesey

This class is geared to members who have previous pilates experience. Moves involved in this class will include longer holds and weights.

Thursday 11:15 am – 12:15 pm

10 weeks April 17th - June 19th \$42.00

QIGONG (CHINESE YOGA)

with Donna Elliott

Gentle exercises that involve acupuncture points, coordinated breathing with muscle movements, mild stretching and relaxation of body and mind.

Wednesday 10 am - 11:30 am

10 weeks April 23rd - June 25th \$42.00

6 weeks July 9th – August 27th \$26.00

Wednesday 12 pm - 1 pm

9 weeks April 30th – June 25th \$30.00

**No class July 30th & August 6th*

RECREATIONAL AFRICAN

DRUMMING 1 with Julie Ditta

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

Friday 10 am – 11 am

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

RECREATIONAL AFRICAN

DRUMMING PROFICIENCY

with Julie Ditta

RECREATIONAL AFRICAN DRUMMING 1 prerequisite
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.

Friday 11 am – 12 pm

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

Participants will be led through a series of seated movements and stretches. *Bring Resistance Bands with handles to class.

Tuesday 10:30 am – 11:30 am

11 weeks April 15th - July 8th \$46.00

4 weeks July 22nd – August 12th \$17.00

**No Class May 20th and July 1st*

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. *Bring Resistance Bands with handles to class.

Tuesday 9:30 am – 10:30 am

11 weeks April 15th - July 8th \$46.00

4 weeks July 22nd - August 12th \$17.00

Friday 11 am – 12 pm

10 weeks April 25th - July 11th \$42.00

**No Class May 20th and 23rd, June 27th & July 1st*

STRENGTH TRAINING

with Lydia Vooyo

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. This class is for both men and woman. *Bring Resistance Bands with handles to class.

Thursday 6 pm – 7 pm

11 weeks April 24th - July 3rd \$46.00

STRENGTH TRAINING FOR MEN

with Sharon Wildeboer

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. *Bring Resistance Bands with handles to class.

Wednesday 11 am – 11:45 am

12 weeks April 16th - July 9th \$41.00

4 weeks July 23rd - August 13th \$14.00

Friday 9 am – 9:45 am

10 weeks April 25th - July 11th \$34.00

**No Class April 18th, May 21st, May 23rd & June 27th*

TAI CHI with Sandra Jin

The gentle movements of this powerful Chinese exercise have been practiced for centuries by people of all ages and fitness levels to improve health, boost energy and reduce stress. Also recommended by health practitioners in treating many diseases (e.g., arthritis, high blood pressure, and osteoporosis)

Beginner: Monday 10 am – 11 am

10 weeks April 7th - June 23rd \$42.00

Intermediate: Monday 11 am – 12 pm

10 weeks April 7th - June 23rd \$42.00

**No class April 21st, May 19th*

URBAN POLING SPRING TRAILS

with Laura Clements

Join us to explore a variety of trails using Urban Poles, the fastest growing sport for Older Adults. Weekly walks will start at different Clarington locations and a schedule will be provided upon registration.

Monday 9:30 am - 11 am

10 weeks April 14th - June 30th \$42.00

Wednesday 12:30 pm - 2 pm

10 weeks April 16th - June 18th \$42.00

No class April 21st, May 19th

YOGA with Laurel Wichman

This class will allow you to deepen your experience of yoga and to spend more time improving your range of motion through your shoulders, low back and hips. We will explore YIN Yoga postures (long passive holds that target tendons, ligaments and joints) as well as the more challenging YANG postures that help to build strength and stamina. Breath work is integrated throughout the class.

Monday 1 pm – 3 pm

9 weeks April 14th - June 23rd \$43.00

6 weeks July 14th - August 25th \$29.00

**No class April 21st, May 19th & August 4th*

YOGA with Laurel Wichman

We will explore classical Yoga postures with emphasis on proper technique and breath work. Time will be spent at the beginning of each class in opening relaxation and in preparing your body for the more challenging postures.

Wednesday 4 pm – 5:30 pm

11 weeks April 16th - June 25th \$52.50

7 weeks July 16th - August 27th \$32.00

YOGA with Sharon Wildeboer

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

Monday 9 am – 10 am

10 weeks April 14th - July 7th \$42.00

Wednesday 9 am – 10 am

12 weeks April 16th - July 2nd \$50.50

4 weeks July 23rd - August 13th \$17.00

**No Class April 21st, May 19th & May 26th*

Fitness

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

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.

NEW Monday 3:15 pm – 4:45 pm

9 weeks April 14th – June 23rd \$43.00

6 weeks July 14th – August 25th \$29.00

**No class April 21st, & May 19th, August 4th*

Wednesday 2 pm to 3:30 pm

11 weeks April 16th - June 25th \$52.50

7 weeks July 16th - August 27th \$32.00

YOGALATES with Sharon Wildeboer

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

Monday 11 am – 12 pm

10 weeks April 14th - July 7th \$42.00

**No Class April 21st, May 19th, 26th*

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.

Tuesday 9 am – 10 am

12 weeks April 15th - July 8th \$50.50

6 weeks July 15th - August 26th \$29.00

Thursday 10:30 am - 11:30 am

11 weeks April 17th - June 26th \$46.00

***NEW TIME Thursday 9 am – 10 am**

July 3rd - August 28th 7 weeks \$38.00

**No class July 1st or August 5th & 7th*

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.

Wednesday 11 am - 12 pm

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*



Dance

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

BEGINNER BALLROOM & LATIN DANCE with Instructor Barbie Cameron, Assisted by John Pyatt

Learn the Foxtrot & Jive

Thursday 11:30 am – 12:30 pm

10 weeks April 10th - June 12th \$64.50

LINE DANCING BEGINNERS with Phyll Marshall

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

Monday 12:15 pm – 1:15 pm

5 weeks April 14th - May 26th \$15.00

**No Class Monday April 21st & May 19th*

LINE DANCING BEGINNERS PLUS with Phyll Marshall

For those who enjoyed the Beginners, but want a new challenge.

Monday 1:15 pm – 2:15 pm

5 weeks April 14th - May 26th \$15.00

**No Class Monday April 21st & May 19th*

SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst & Ruth Cowle (Drop In)

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

Tuesday 12:45 pm - 2 pm

April 15th - June 24th \$0.55

TAP DANCING BEGINNERS with Veronica Vargas

Get to know the basic steps so you can dance with enough time to enjoy your step before switching to another.

Wednesday 9 am – 10 am

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*

TAP DANCING BEGINNERS PLUS with Veronica Vargas

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

Wednesday 10 am – 11 am

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*

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.

Thursday 1 pm - 3 pm 12 weeks April 17th - July 3rd \$72.00

DRAWING with Paul Livingston

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

Wednesday 10 am - 12 pm 12 weeks April 16th - July 2nd \$72.00



CHOIR (Drop In)

If you enjoy singing, you will like being a part of the COAAZY Crooners. This friendly enthusiastic group meets weekly to share their love of music with each other and sometimes perform for external community events.

Wednesday 10 am – 11:30 am Ending June 11th

\$1.35

SUMMER ART with Paul Livingston

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

Thursday 9 am - 12 pm

8 weeks June 10th - August 28th \$72.00

THEATRE GROUP (Drop In)

If you are interested in acting this is the group for you. Meet new friends and possibly perform.

Ends May 27th. Tuesdays 1 pm \$1.35

UKULELE

Come out and learn the basic chords while having fun singing & playing songs.

Thursday 1 pm - 2 pm 8 weeks April 10th – May 29th \$16.00

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.

Thursday 9 am – 12 pm

12 weeks April 10th – June 26th \$107.00

Computer & Digital Photography Programs & Courses

With Brian Greenway

BRIAN'S DIGITAL CAFÉ:

Free Computer, Internet & Photography Support

Wednesday PM by Appointment

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, appointments required.

Starting Wednesday April 16th, Book at front desk.

PRACTICAL PHOTOGRAPHY- HANDS-ON INSTRUCTION

Do you want to learn about making images with better impact and more about your camera at the same time? By visiting local Clarington locations we can explore different genres of photography such as Travel, Landscape, Architecture, Nature, Macro, Panorama and Portraits. The group will be small to maximize one-to-one help and encouragement from the instructor. All types of cameras and skill levels are welcome because making images is really about you.

Monday 8:30 am - 11 am

4 weeks May 26th - June 16th \$85.00

LIGHTROOM FOR BEGINNERS

Adobe Lightroom is both quicker to master, and easier to use than Adobe's famous "Photoshop", yet gives stunning results to improve your images. Lightroom was specifically designed for photographers of all skills levels. Topics covered will include using the workspace, importing and viewing, organizing and filtering, editing essentials, presets, exporting and publishing. You should be comfortable using the Windows or Mac operating systems and you can learn on our laptops or bring your own.

Tuesday 7 pm - 9 pm 3 weeks June 3rd - 17th \$51.00

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.

Thursday 7 pm - 9 pm

June 5th \$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.

Thursday 7 pm - 9 pm June 12th \$18.00

MAKING YOUR OWN PRINTED PHOTO ALBUM

Don't leave your precious images in cyber space - bring them into the real world. Learn to have fun using your digital images to create photo albums on a computer with your own layout design. The software is free and enables you to make commercially printed hard-cover albums that last a lifetime.

Wednesday 7 pm - 9 pm July 2nd \$18.00

Courtice Satellite Programs & Events

For information please contact our Satellite Program Assistant Marie Visser at courticecoaa@rogers.com

Regular Drop-Ins

BOOK CLUB

(Held at Courtice Community Complex)

Meet the third Wednesday of each month for an engaging discussion about the monthly book.

April 23rd: Lone Wolf

May 21st: The Island Walker

June 18th: Memory Keeper's Daughter

11 am - 12 pm

\$1.35 members/\$1.70 non-members

DROP IN CARDS

(Held at the South Courtice Arena)

Join your friends, family or the friends you haven't met yet for an afternoon of cards. Free Snacks and Coffee/Tea as an added treat!

Tuesday 1 pm - 3 pm April 8th - June 24th

\$ 1.35 members/\$1.70 non-members

OPEN ART STUDIO, CRAFTING, GAMES AND CARDS

(Held at Courtice Community Complex)

Join us for a morning to meet as a group to work on current projects while you socialize with your peers Or join in on a board game or card match with new friends. Coffee/Tea available.

Monday 9 am - 12 pm April 7th - June 23rd

Wednesday 9 am - 12 pm April 9th - June 25th

\$ 1.35 members/\$1.70 non-members

*No Drop in April 21st, May 19th

ARTS AND GENERAL INTEREST PROGRAMS

"CARD GAMES FOR ALL" CARD GAME INSTRUCTION with Bill Peel

(Held at the South Courtice Arena)

Interested in how to play new card games to get more interaction with your grandchildren and friends? Join the author of "The Coles Notes" to share rules, strategy and playing tips for cards for four, two or even alone in simple to understand language. Includes: Euchre; Solitaire; Cribbage; Rummy; Old Maid; Hearts; Whist; Blackjack. Come out and enjoy learning and playing with free coffee & tea!

Thursday 9:30 am - 11:30 am 5 weeks May 1st - May 29th

\$ 45.00 members / \$50.65 non-member



NEW Programs

BRAIN FITNESS FOR LIFE with Laura Clements

(Held at Courtice Community Complex)

Want to keep your mind sharp and your body fit? Join this entertaining and highly interactive course where you will learn fun and easy movements and techniques to keep your mind sharp, boost your memory, and keep fit. Find out the latest research on longevity. Suitable for everyone.

Monday 1 pm - 2:30 pm 10 weeks April 14th - June 30th

\$42.25 members / \$47.25 non-members

*No Class April 21st, May 19th

ARTS AND GENERAL INTEREST PROGRAMS

Arts and
General Interest
ProgramsArts and
General Interest
Programs

BECOME A MASTER IN THE GARDEN

(Held at Courtice Community Complex)

This 3 week course will provide you with the knowledge and expertise to create stunning indoor and outdoor gardens. Learn the skills to determine what healthy soil is; how to plant and maintain seedlings, plants and cuttings; watering and mulching; weed, insect and disease management; pesticide alternatives and attracting pollinators; seed collecting and plant types. This course is hands on complete with a workbook to keep and refer to always. Some seed and potting supplies will be needed by course participants. This course will be delivered by Master Gardner Elaine Davidson.

Tuesday 9:30 am - 11:30 am 3 weeks April 22nd - May 6th
\$22.00 members/\$27.00 non-members

BRIDGE - A SOCIAL AND EDUCATIONAL OPPORTUNITY with Bill Peel

(Held at the South Courtice Arena)

Interested in learning a little more about this great game AND enjoying an evening out to play and socialize? Then this is the class for you. Come out and enjoy a relaxed learning opportunity with free coffee and tea while you pick up tips and tricks to improve your game.

Monday 7 pm - 9 pm 10 Weeks April 7th - June 23rd

\$ 45.00 members/\$ 50.65 non-members

**No Class April 21st & May 19th*

DRAWING with Paul Livingston

(Held at Courtice Community Complex)

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

Wednesday 1 pm - 3 pm

12 weeks April 16th - July 2nd

\$72.00 members /

\$75.00 non-members



Fitness

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

Wednesday 10 am - 11 am

10 weeks April 16th - June 18th

\$42.00 members / \$47.00 non-members

Friday 10 am - 11 am

10 weeks April 25th - June 27th

\$42.00 members / \$47.00 non-members



HEALTHY HEARTS with Cecilia Barnes

(Held at the South Courtice Arena)

The Clarington Older Adult Association can help get you back in motion - whether you are dealing with a chronic condition or recovering from an injury or surgery. We are here to help enhance your strength, stamina, circulation, flexibility and cardiovascular fitness. The one hour fitness class will include a cardio, resistance, flexibility and a relaxation component. Please wear comfortable clothing and clean indoor shoes. Don't forget your towel and water bottle.

Monday 1 pm - 2 pm 12 weeks April 7th - July 7th

Wednesday 1 pm - 2 pm 12 weeks April 9th - June 25th

\$50.50 members / \$55.50 non-members

**No Class April 21st or May 19th*

STRENGTH TRAINING with Sharon Wildeboer

(Held at Courtice Community Complex)

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. Please bring resistance bands with handles to class.

Monday 2:30 pm - 3:30 pm 10 weeks April 14th - July 7th

\$42.00 members / \$47.00 non-members

**No Class April 21st and May 19th & 26th*

URBAN POLE WALKING

with Laura Clements

(Held at Courtice Community Complex)

Boost your walk by using Urban Poles. Burn more calories, tone core and upper body, reduce stress on knees and hips, and improve posture all the while enjoying the spring air. Each participant will get one on one instruction to ensure they are getting the most benefit from the poles. Suitable for all fitness levels.

Monday 3 pm - 4:30 pm 10 weeks April 14th - June 30th

\$42.00 members / \$47.00 non-members

**No class April 21st May 19th*

YOGA with Sharon Wildeboer

(Held at Courtice Community Complex)

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

Friday 1:30 pm - 2:30 pm 9 weeks April 11th - June 20th

\$31.00 members / \$36.00 non-members

**No class April 18th and May 23rd*

Computer & Digital Photography Programs

Computer & Digital
Camera ProgramsComputer & Digital
Camera Programs

BRIAN'S DIGITAL CAFÉ: Free Computer, Internet & Photography Support

(Held at Courtice Community Complex)

Monday AM By Appointment

Brian Greenway will be volunteering on Monday mornings at the Courtice Community Complex to assist you with any of your computer or digital photography questions.

April 7th - July 28th

**No café April 21st May 12th or May 19th.*

For COAA members only. Appointments required. Book at reception

UNDERSTANDING HOW TO USE YOUR DIGITAL CAMERA with Bill Peel

(Held at the South Courtice Arena)

Classes will help you through the process of loading your images onto a computer, plus basic tools, etc.

Thursday 7 pm - 9 pm 2 weeks May 1st & May 8th

\$ 36.00 members / \$ 41.00 non-members



SKYPE with Bill Peel

(Held at the South Courtice Arena)

Do you want to see your loved ones and the people you wish to communicate with, like grandchildren, friends, family overseas or actually anyone anywhere in the world? Come and learn how to install Skype on your computer, set up an account and start using this free application on your PC and/or tablet. Skype can even be used on certain cell phones that have a camera.

Wednesday 9:30 am - 11:30 am May 7th

\$12.00 members / \$17.00 non-members

DIGITAL PHOTO EDITING with Bill Peel

(Held at the South Courtice Arena)

These classes will demonstrate the use of Photoshop Elements, Photoshop and Lightroom techniques used by serious photographers to enhance pictures. The explanation of different file type - RAW and jpeg will be discussed as well as third party tools that can be purchased to enhance your pictures and provide some spectacular results. Bring your laptop or use those provided.

Thursday 7 pm - 9 pm 2 weeks May 15th & 22nd

\$24.00 members / \$29.00 non-members



Computer & Digital Photography Programs

Computer & Digital Camera Programs

THE MAC COMPUTER with Bill Peel

(Held at Courtice Community Complex)

These classes are designed to help understand how the Apple Macintosh computer works. How does iPhoto make picture management and editing so easy? What is iTunes and why is it so important to your music enjoyment? Why is the Apple Macintosh operating system simple and easy to use?

Friday 9:30 am – 11 am 3 weeks May 30th - June 13th
\$51.00 members / \$56.00 non-members

WHAT CAN I DO WITH MY DIGITAL IMAGES with Bill Peel

(Held at the South Courtice Arena)

These classes will take you through the process of loading your images onto a computer managing them and helping you learn how to edit them with some of the basic tools that the computer provides. You will be taught how to email, make a photo book, cards and calendar. Bring your laptop or use those provided.

Wednesday 9:30 am – 11:30 am 3 weeks June 4th - June 18th
\$51.00 members/\$ 56.00 non-members



Newcastle Satellite Programs & Events

For information please contact our Program Coordinator Olivia Lean at coaa@bellnet.ca

Regular Drop-Ins

BADMINTON (Drop In)

(Held at Newcastle and District Recreation Centre)

Tuesday 12 pm to 3 pm April 8th - June 24th
\$1.35 members / \$1.70 non-members
Pay at reception desk upon arrival

PICKLEBALL (Drop In)

(Held at Newcastle and District Recreation Centre)

Monday 9:30 am – 12:30 pm April 7th - June 23rd
Tuesday 12 pm to 3 pm April 8th - June 24th
Wednesday 9:30 am to 12 pm April 9th - June 25th
Thursday 12:30 pm – 3 pm April 10th - June 26th
Friday 12:30 pm – 3 pm April 11th – June 27th
\$1.35 members & \$1.70 non-members
(Pay at reception desk upon arrival)
**No Drops Ins April 18th, April 21st, May 19th*
**April 15th – October 15th Pickleball available at Guildwood Park Monday & Wednesday 9:30 am -12 pm Friday 12:30 pm - 3 pm*

Computer & Digital Photography Programs

DISCOVERING WINDOWS 8

(Held at Newcastle Library)

A computer using Windows 8 is a very new experience. Using Touch, keyboard or mouse you can manage and use “apps” with surprising ease. A very different Desktop and programs, however, can be confusing, especially for beginners and not-so-beginners. This course will help you learn the basics and get the most out of Microsoft’s new operating system.

Wednesday 3 pm – 5 pm 3 weeks May 21st, 28th & June 11th
\$51 members / \$56 non-members
**No class June 4th*

Dance

BALLROOM & LATIN DANCE with Instructor Barbie Cameron. Assistant Instructor John Pyatt

(Held at Newcastle and District Recreation Centre)

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory
No partner necessary. Please no rubber soled shoes.
Wednesday 10 weeks April 16th - June 18th
\$64.50 members / \$69.50 non-members per level
Bronze/Silver: Advanced is a prerequisite for all participants in this level.

Learn the Cha Cha, Quickstep & Slowfox
1 pm – 2 pm 10 weeks
Advanced: Learn the Foxtrot, Jive, & Quickstep
2 pm – 3 pm 10 weeks
Intermediate: Learn the Foxtrot & Jive & Quickstep
3 pm - 4 pm 10 weeks



12 Silver St., Bowmanville ON
905.623.4000

Monday to Friday
11 am to 11:30 am

Clarington Older Adult
Member Discount \$3 (per class)
April 1st - Sept 1st

NEW Programs

CARDS (Drop In)

(Held at Newcastle Library)

Join your friends, family or the friends you haven't met yet for an afternoon of cards. Free Coffee/Tea as an added treat!
Tuesday 2 pm – 4 pm April 15th – June 24th
Thursday 2 pm – 4 pm April 17th – June 26th
\$1.35 members / \$1.70 non members
Please pay staff or volunteers upon arrival.



On the 2nd Level of the Clarington Beech Centre
26 Beech Avenue, Bowmanville ON L1C 3A2
Monday – Friday 9 am - 5 pm

To book an appointment call
Amanda
at 905-697-2856
walk ins welcome



Hair Care

- Cut - \$12
- Buzz Cut - \$9
- Wash/ Cut/ Style - \$20
- Perm/ Cut/ Style - \$40
- Style Only - \$15
- Full Color - \$35 and up
- Root Color touch up - \$29

Waxing

- Brow - \$7
- Lip - \$5
- Chin - \$5
- Full Face - \$15

CELEBRATING 90 YEARS OF ROTARY IN BOWMANVILLE

90th Anniversary

"Whatever Rotary may mean to us, to the world it will be known by the results it achieves." —Paul P. Harris

Our 1.2 million-member organization started with the vision of one man—Paul P. Harris. The Chicago attorney formed one of the world's first service organizations, the Rotary Club of Chicago, on 23 February 1905 as a place where professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Rotary's name came from the group's early practice of rotating meetings among the offices of each member.

On April 11, 1924 – a small group of Bowmanville businessmen formed the Rotary Club of Bowmanville. Thus began our 90 year legacy of building communities and helping individuals both locally and around the world.



*Founder of Rotary International
Paul P. Harris*



**Cheers to 90
amazing years
serving the
community!**

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Bowmanville, Ontario
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Rotary Milestones - DID YOU KNOW?

1. On April 11, 1924 the Rotary Club of Oshawa sponsored the formation and charter of the Rotary Club of Bowmanville. Thomas Holgate was the Charter President.
2. In 1930 the Rotary Club of Bowmanville purchased and developed Rotary Park located on Queen Street in Bowmanville. In 1931 this property was turned over to the Municipality.
3. In 1964 a group of Rotarians purchased the old Cream of Barley Mill located at the bottom of Simpson Avenue. They repaired the building and developed the ball diamond adjacent to the parkland. Then, for the price of \$1.00 they donated it to our Municipality for the purpose of establishing what is now the present day Visual Arts Centre.
4. In 1979, Rotary International set a goal to eradicate Polio in every country around the world. Today, Polio cases have been reduced by 99 percent worldwide. Rotarians have helped to immunize more than 2 billion children against Polio in 122 countries. Learn more about the Polio Plus Project at www.rotaryclubofbowmanville.org
5. In 2002, the Rotary Club of Bowmanville sponsored the formation and charter of the Rotary Club of Courtice.
6. In 2007, the Rotary Club of Bowmanville organized the Bowmanville's 1st Rock'n Rotary Ribfest. Since that date more than 250,000 people have attended this annual event. Rotary Ribfest has become the most successful fund raising event in the history of the Rotary Club of Bowmanville. If you would like to learn more or participate in this event go to www.rotaryclubofbowmanville.org

Making the world a better place is an intricate puzzle. Piece by piece, the women and men of Rotary have worked hard to fight hunger, promote literacy, and move the world towards peace. Please take a few moments to visit our website and be sure to read the section "This is The Rotary Club of Bowmanville".

You are invited to join with Rotarians, spouses and friends at a special dinner celebration at the Newcastle Town Hall on April 11, 2014. This night promises to be a fun evening with guest speaker and notable comedian Neil Crone – for tickets contact: Pauline Calvert 905-432-0836 or trevlac@rogers.com

To learn how Rotary works in our community and around the world contact: President Don Hutton 905-623-7688 or don@huttoninsurance.net

*To learn more about how to become a Member of the Rotary Club of Bowmanville contact: Randy Henry 905-432-4217 or rhenry@durhammortgage.com
To learn more about how Rotary works in your community and around the world contact a Rotarian or visit the Rotary Club of Bowmanville website: www.bowmanvillerotaryclub.org*

*Congratulations
for 90 Years
of Community
Service*



Jim Abernethy
Broker

Mobile: 905.261.7788
Office: 905.697.1900
jimabernethy@royalservice.ca
visit: www.jimabernethy.ca



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Bowmanville ON L1C 1T8



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Durhammortgage.com Ltd Reg #10231

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each office is independently owned and operated

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to 90 Amazing Years!**

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Fax: 905-987-5705
Cell: 905-439-8667

BOWMANVILLE ROTARY CLUB FUNDING INITIATIVE ACCOMPLISHMENTS

Local Community Initiatives:

- Donation of Visual Arts Property and Building
- Visual Arts Centre Garden
- Special Needs Children's Programs
- Respite Program for Parents of Special Needs Children
- Partners in Service-Durham Region Disability Program
- Grandview Children's Center - Campbell School for Disabilities
- Torticollis Clinic
- Lakeridge Hospital Emergency Room Renovation
- Durham Region Disabled Riding Program
- Easter Seals Society
- Easter Seals Disabled Camp Program
- Doug Flutie Autistic Children's Program
- Ontario March of Dimes
- Big Brothers & Sisters of Clarington
- Charles H. Best Diabetes Centre
- Outfitting of the original Bowmanville Library
- Tables for the Newcastle Town Hall
- Secondary School Bursaries
- Community Events – Ribfest, Rodeo, Charity Auction, Christmas Trees, 2010 Relay Torch Run
- Secondary School Seasonal Symphony Tickets for Students
- Rotary Youth Leadership Awards
- Paul Harris Community Recognitions
- Students Above Self Leadership Training
- Numerous Paul Harris Fellowship Recognitions in the Community
- Picnic Tables for the Community Clarington
- Anonymous gifts for residents in Clarington
- Good Samaritan Shoebox Christmas Project
- Donations to Community Members in Need
- Rotary Adventure in Citizenship
- Public School Dictionary Program
- Bowmanville Memorial Hospital Foundation
- Bowmanville's Centennial and Sesquicentennial Celebrations
- Sponsorship of Clarington Orioles Baseball Organization
- Scugog Community Living Home
- Donation of Silver Creek Parkland
- Library Renovations and Furnishings
- Clarington becomes a Community of Character
- Supporting Courtice Rotary: Clarington Interact & Clarington Early Act Clubs



- Rotary Park
- Rotary Park Clock Tower
- Clarington Older Adult Center
- Newcastle Town Hall
- First Nations Bursaries
- Durham East Baseball
- Special Requests
- Community Care - Clarington
- Orono Rodeo and Bleachers
- Race Against Drugs
- Peterborough Flood Relief
- Junior Achievement
- Newcastle's Celebrations
- Wilmot Creek Project
- Nova's Ark Pavilion
- Earth Day/Spring Clean Up
- John Howard Society
- Teen Education & Mothering
- Clarington Resource Center
- Newcastle Town Hall Gardens
- Newcastle gazebo
- Breakfast club funding
- Autistic Tee Shirts
- Dewey's Café
- Fire Training Trailer
- Restorative Justice
- Adopt a Road
- Disabled Persons
- Seniors Programs
- Clarington Project
- Firehouse Youth Center
- 4H-Club
- Who is Nobody Program
- Beach Change Rooms
- Butterfly Garden
- Valley's 2000

International Community Initiatives:

- 2012 Foundation Walk Host
- Rotary International Exchange Program
- Global Polio Plus Eradication
- Sunami Program – India
- Source of clean drinking water – speaker recognition
- Dominican School Refurbishing Project – funds and a representative
- Satellite Food Packaging Partnership with Kids Against Hunger Canada
- World Day of Hunger Awareness Quest for Clean Drinking Water
- School Refurbishment Project in Dominican Republic
- Lwak Girls School in Kenya
- "World Vision" Sponsorship
- Haiti Earthquake Disaster Relief
- United Nations Input
- Landmine eradication
- Medical Supplies to Haiti
- Heifers to Haiti
- Limb Project
- Afghan School Project
- East Africa Famine
- Canrad
- Shelter Boxes
- Operation Christmas Child
- Jake Ryan (Haiti)
- Jinga Connections
- Aids (Guest Speakers)
- Hero Rats
- WASRAG
- Bore Holes in India
- Disaster Fund
- Girls in Bangladesh
- Golf Exchange Program

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 Operated by the Clarington Older Adult Centre Board
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- Accessible
- Caring
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- Fiscally Responsible
- Member Focused
- Quality Programs

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

We wish to Congratulate Rotary for 90 Great Years! Thank you from the COAA for all the support!

90 GREAT YEARS WITH ANOTHER 90 MORE TO COME!

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 Local Ward 3 Candidate
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Tracey Maxwell
 SALES & LEASING CONSULTANT

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 tmaxwell@claringtonhyundai.ca

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BOWMANVILLE ROTARY CLUB - A LOOK BACK THROUGH THE PAST



THOMAS HOLGATE
CHARTER PRESIDENT
January 11, 1924

Facts Worth Knowing About Bowmanville

BOWMANVILLE has a Rotary Club.
 BOWMANVILLE is a good town in which to live, work and enjoy life.
 BOWMANVILLE is the second wealthiest town, per Capita, in Ontario.
 BOWMANVILLE citizens are home-makers—53 per cent own their own homes.
 BOWMANVILLE Hospital is an institution every citizen points to with pride.
 BOWMANVILLE offers free factory sites along railways to reputable manufacturers.
 BOWMANVILLE is one of best towns in Canada to bring up a family—generally acknowledged.
 BOWMANVILLE has the finest natural harbor and summer resort on north shore Lake Ontario.
 BOWMANVILLE gets its water by gravity system from unlimited supply of purest spring water.
 BOWMANVILLE tax rate (37 mills) is lower than most towns—so is its real estate values by comparison.
 BOWMANVILLE is a very healthy town—thanks to high elevation, natural drainage and pure drinking water.
 BOWMANVILLE has Public Schools and Collegiate second to none, up-to-date churches and attractive and well-kept homes.
 BOWMANVILLE is well supplied with public play grounds—3 large school areas, Agricultural Park, Park Hoskin and the 'old swimmin' hole'.
 BOWMANVILLE is served with 24 passenger trains every 24 hours—and will soon have a radial line.
 BOWMANVILLE has all these and many more advantages and opportunities to offer.
 BOWMANVILLE invites YOU to join its citizenship. We're strong for BOWMANVILLE.

KNOW MORE ABOUT BOWMANVILLE

THE PARTY THAT WHO DRIVE BEST!

ROTARY CLUB OF BOWMANVILLE

Charter Night

BOWMAN HOUSE LIMITED

WEDNESDAY, MARCH 6th, 1924

WEEKLY LUNCHEON: 12:30 P.M. - 1:30 P.M.

Menu items: APPLES, POTATOES, APPLE PIE, CARAMEL SAUCE, CHEESE, ORANGES, COFFEE, SWEET SHERBINS, VEGETABLES, CONSERVE OF SPICED FRUIT.

Rotary Club of Bowmanville 1924

OFFICERS:

President—T. B. Holgate
 Vice President—Dr. H. J. Hurlwood
 Secretary—R. F. Atchison
 Treasurer—W. Claude Ives
 Agent-at-Arms—Gen. E. Clark

CHARTER MEMBERS

Atchison, R. F.	'Bob'	Banker
Carroll, W. E.	'Toby'	Baker
Chase, G. E.	'George'	Engineer
Dickson, C.	'Charlie'	Hotel
Dwyll, J. C.	'Jim'	Dentist
Edmondson, G. A.	'Alce'	Butcher
Holgate, T. B.	'Tom'	Coal Merchant
Hurlwood, B. J.	'Bert'	Physician
Ives, W. C.	'Claude'	Books & Store
James, Geo. W.	'George'	Publisher
Knight, T. H.	'Tommy'	Green
Morris, F. P.	'Frank'	Parasite
Morrison, B. H.	'Bert'	Charcoal
Mason, G. E.	'George'	Ivy Goods
Nichols, A. L.	'Nip'	Pantry Goods
Hess, C. T.	'Tom'	Machine Fitters
Stinson, H. B.	'H. B.'	Lawyer
Vandusen, F. C.	'Fred'	Miller

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Congratulations to Bowmanville Rotary Club on 90 years of service!



Covanta is proud and excited to be part of this great community and we look forward to providing residents of Durham and York Regions with a safe and sustainable waste management solution while producing clean, renewable energy at the Durham York Energy Centre for many years to come!



HOME COOKING *with Cathy*

by **Cathy Abernethy**
CLARINGTON PROMOTER CONTRIBUTOR

Spring time always makes me want to cook a lovely salmon dish. These fresh herbs make this dish a light and tasty dinner served with asparagus. All you need is a salad and some rolls and dinner is ready!



Slow Roasted Salmon with Fresh Herbs and Asparagus

Ingredients:

- 4 skinless salmon filets
- 1 ¼ tsp coarse salt
- Freshly ground pepper
- 1 small shallot
- 2 Tbsp. capers, drained
- Grated zest and juice of 1 lemon
- 1 Tbsp olive oil
- 1 cup loosely packed fresh flat- leaf parsley, roughly chopped
- 2/3 cup chopped mixed herbs- such as tarragon, chervil, dill and mint.
- 1 bunch thin asparagus - trimmed and tough ends cut off.

Preparation:

1. Preheat oven to 250F with rack in upper third of oven.
2. Place salmon on parchment - lined baking sheet. Sprinkle each filet with salt and pepper.
3. Bake until opaque but still bright pink in the middle, 25-30 minutes. Remove from oven.
4. To make relish: In a small bowl, stir together shallots, capers, lemon zest and juice and 1/4 tsp salt with pepper. Add oil, parsley, and mixed herbs; toss to combine. (This can be made ahead)
5. Place asparagus in a steamer basket set over a pot of simmering water ; steam until spears are crisp-tender and bright green, 3-4 min.
6. Divide asparagus among serving plates. Place a salmon filet on each plate next to asparagus and spoon relish on top of fish.

Serves 4

LOOKING FOR A BUNGALOW CONDO IN DOWNTOWN BOWMANVILLE?



Artist Rendering

I have been requested by one of my clients to complete a feasibility study to determine the level of interest potential buyers may have in owning one of the Bungalow Condominium units to be built in the Bowmanville Downtown Core, in 2015-16.

My client is considering purchasing a 2.7 acre site located in an area of the Downtown Core west of Clarington Town Hall, for the purpose of building a new 4 storey residential condominium complex.

This site is currently zoned for up to 150 residential units per hectare plus 10,000 s.f. commercial space.

If this new project interests you - please take part in a brief questionnaire which will assist my client to determine the apartment size, price point and amenities that potential buyers would like to see in this new project. All inquiries will be kept in the strictest of confidence.

Interested parties should contact:

Jim Abernethy, Broker

905-261-7788 Cell
email: jimabernethy@royalservice.ca



Jim Abernethy, Broker



181 Church Street., Bowmanville
website: www.jimabernethy.ca

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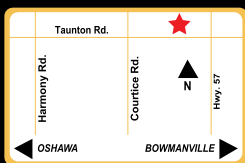
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Summer Respite Care Program "Spaces Available"

The Rotary Club of Bowmanville recognizes that families with special needs children deserve some respite, especially during the summer months when children are out of school. To meet this need, we are offering a summer respite program which involves home care for special needs children.

The program involves one of our student respite employees spending 4 to 8 hours per week with your child and providing educational and recreational activities.

The cost to the family is \$2/hour for each hour of care provided. 10 weeks from June 25th to August 31st.

For more information, contact the Rotary Community Service Committee Representative, David Penney at 905-623-6751 or david.penney@sympatico.ca

ROTARY CLUB OF BOWMANVILLE
P.O. Box 217, Bowmanville, ON L1C 3K9



What Being a Rotarian Means To Me



Fred Mandryk, Past President 2010-11
Bowmanville Rotary Club; District 7070

Being a Rotarian is more than wearing a lapel pin and attending a weekly dinner or breakfast meeting. You become a member of a group of like-minded individuals that exchange opinions and ideas about everything and anything. The modern day mantra "Service Above Self" grew from the original "He Profits Most Who Serves Best" Charter declaration. Since 1924 this notion has governed The Bowmanville Rotary Club in principle, while permitting us to catch the limitless possibilities that have helped to make our community a better place to live.

Perhaps what brings us together is best embodied in this statement... "for a few short days/hours we see the world as Paul Harris (our founder) imagined it: a world of men and women from every corner of the globe coming together, to build peace, to serve others, and simply to enjoy one another's company. Differences of background, politics, culture and religion are woven together, all part of one bright tapestry." Ron Burton RI President, Rotarian February 2014

Over the last ninety years Bowmanville Rotary Club has been involved in projects that pursued that goal and improved something for someone somewhere. Consider the following: March of Dimes, Bowmanville Hospital, Splash, Visual Arts Centre, Rotary Park, End Polio Now, Santa Claus Parade, The Town Fair, Little Theatre, Scholarships, Student Exchange, Disaster Relief, Downtown Business Association and Board of Trade, United Way and a host of others too numerous to mention.

During this our 90th Anniversary Year the Bowmanville Rotary Club salutes those Rotarians who have come before us. They laid the foundation for those that followed and those yet to come. In addition our heartfelt gratitude goes out to all of the community for the support they enlisted during the past nine decades.

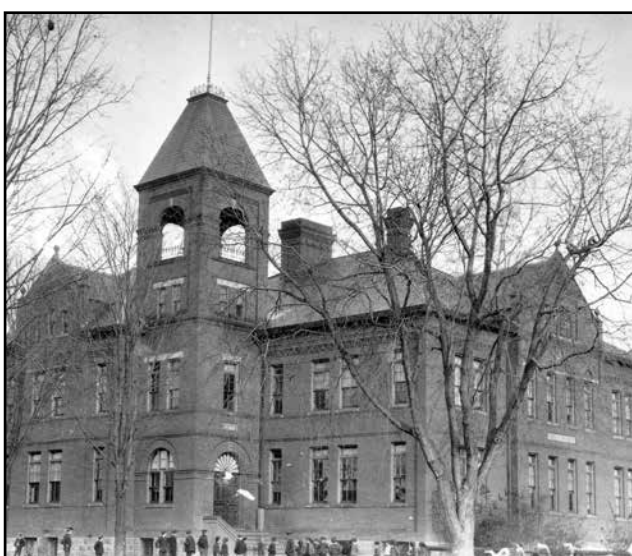
David Forward, noted Rotary Historian writes: "As the torch bearers of service in the twenty first century, Rotarians will continue to shape history and provide hope through their humanitarian efforts." We truly are fortunate to belong to a non-profit organization of 1.2 million members in more than 165 countries dedicated to improving the human condition.

Bowmanville's Central Public School celebrates 125 years of Learning Together

Bowmanville's Central Public School was built on Wellington Street in 1889, and has continued to educate local children for the last 125 years. Though much has changed in the Bowmanville community with new development stretching us further in all directions, this historic school house, built in Romanesque style, remains fully operational in the heart of Old Bowmanville.

The building sits on the site of the former Bowmanville United Common and Grammar School, which resided in the former town hall and town jail. The old Union School burned to the ground in 1887. The current Central Public School replaced it. The Toronto Saturday Globe declared Central Public School as being "unequaled at that time, in any other town its size, having the latest heating, lighting and equipment."

Many thousands of students have come and gone through Central's doors. Some notable Central alumni include Nina Neads, one of the first successful Business women in Bowmanville. She started her career in the insurance



business in 1911 and was still active upon her death in 1963. George James, long time editor (1922 to 1958) of the award winning Canadian Statesman newspaper was another who began his education at Central. Dr. Ross Tilley attended Central as a child. His pioneering work with burned airmen during World War II laid the foundation for the current advanced level of plastic surgery today. Famous sculptor E.B. Cox graduated from Central in 1925. His work can be found in Museums and Universities across the country. This community school has provided stability and continuity to generations of children, families, and community groups.

We look forward to celebrating this landmark year by welcoming visitors to discover the school as part of this year's Clarington Doors Open event (Saturday, June 14, 2014) and with an Anniversary Open House at the school (Friday Oct

3, 2014). Central School Council is working to create a gathering that will bridge the past generations of Central students to present and future students, as well as unveil a legacy project that is underway to mark this special year. Unique plans for a new playable landscape and outdoor classroom have been created for our school yard, which also serves as downtown green space. The design plans aim to tell the history of this school and its community. School Council has retained the work of a sustainable playable landscape artist. Grants and community resources are being sought to assist in the cost and installation of this significant anniversary project.

Details regarding the Anniversary Open House on October 3 can be obtained closer to the event by contacting the school or watch for the next issue of The Clarington Promoter. Any local businesses, individuals or community groups interested in partnering in a piece of our community legacy, playscape/greenspace project, may also contact Kathryn Davidson, School Principal, at (905) 623-5614 or by emailing kathryn_davidson@kprdsb.ca.



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