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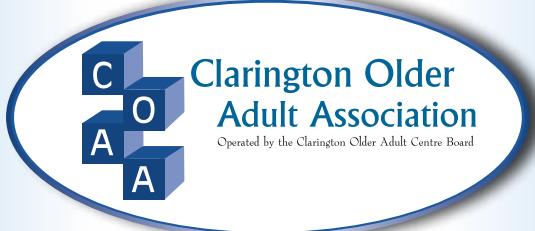
Volume 4 | Issue 4

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

December 2014



Clarington Older Adult Association
 Operated by the Clarington Older Adult Centre Board

2015 Winter Program Guide

(Pullout Inside)



Horse drawn wagon ride (2011) at Knox Pumpkin Farms located north of Mitchells Corners. Photo by Kristin McCrea. View her photo gallery at www.ClaringtonPromoter.ca

Clarington's Home Front

Charles Taws

CLARINGTON MUSEUMS AND ARCHIVES

www.claringtonmuseums.com

This year's Remembrance Day was a special one as it marked the 100th anniversary of the beginning of World War One and the 75th anniversary of World War Two. Clarington made significant contributions on the battlefields of both wars, but this article will provide a summary of what was going on at home during those turbulent times.

Life in Clarington continued on once war was declared in 1914, but with some noticeable changes. Many young men signed up immediately with the 46th Battalion. Later the 136th and the 235th Battalions canvassed the area for recruits. They based themselves in Bowmanville and Port Hope, but did marches throughout the countryside visiting many smaller villages and towns along the way. The 235th actually had a camp in the valley by Bowmanville Creek.

It was called Camp Hoskin and the initial training of recruits happened there. Many local citizens billeted some of the soldiers.

Civilians would have noticed some rationing although many people, even in town, still produced much of their own food. The formation of local chapters of the Women's Patriotic League kept the ladies busy with lunch counters, bazaars, picnics, concerts, street fairs and the like to raise money for the war effort. They sent money for hospital supplies, clothing and bedding for soldiers and even financial assistance to allow the British Navy to purchase a hospital ship. Recruitment meetings were held regularly and even church sermons had a war theme.

As the young men left to fight farmer's worried about finding enough help at harvest time. The newspapers were filled with stories and news about the War. Soldiers such as Dan "Breezy" Douglass and nurses like Mabel Bruce wrote back regularly on their experi-

ences. In March 1915 the first local casualties were reported. People mourned and carried on as best they could.

Industries such as Goodyear and the Bowmanville Foundry actually grew and prospered during the War. Goodyear made products for the war effort and had to greatly expand. The Foundry now found a market for home products that before the war were imported from overseas. Both were now guarded against sabotage. The hardest hit was Bowmanville's oldest industry, the Dominion Organ and Piano Company. They lost their entire European market, but fared better than similar industries in other towns because they were not forced to close. All three of these industries had celebrated employee bands. Either singly or together, these bands made a significant musical contribution to virtually every fund-raising effort, recruitment march and special event during the War. Merchants on the main street said business carried on as usual except for ration-

ing and some higher prices.

By the end of the Great War Clarington had lost many promising young men, others were physically and emotionally scarred. Life slowly returned to normal for most and early in 1919 talk began of erecting a memorial for those who had made the supreme sacrifice (the cenotaph was unveiled in 1925).

Unlike World War One there was no great initial movement for young men to enlist at the beginning of World War Two although a recruiting centre for the Hastings & Prince Edward Regiment was set up at the Town Hall by mid September 1939. With the declaration of war veterans and women registered so that they too could help. Rumours of pro-Nazi activity in Darlington Township were found to be false, but all the same, the CPR bridge in Bowmanville was kept under 24 hour guard as were the Hydro and water plants.

The Bowmanville War

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Wealth Accumulation



by Peter Hobb

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In my profession I get a lot of questions about strategies for accumulating wealth. The best advice I can provide is that you should start early and have a goal in mind. As your situation changes you can adjust your goal but you need to start with a goal. A goal is a benchmark that you can measure your prog-

ress against. As you progress towards your goal, this will in itself provide motivation for you to keep going and keep saving.

When you start out in your career it is very easy to put off saving for the future. You can barely meet your current needs. How could anyone at your age and your financial commitments start putting money away for the future? Guess what! For most of us, as we get older, those financial commitments don't go away. In fact they normally grow. Where the money is going could be different (e.g. university education for your kids, a cottage and so on) but the financial commitments remain. You can always find a

reason to put off saving.

One of the benefits that you have working for you when you start investing is compounding. If your investments are compounding annually the amount you make in year one is reinvested for year two so in year two you are making money on the money you made in year one. You will continue to make money on the money you made in year one in every year following year one until you collapse the investment. This works for the money you make in year two, year three and so on. The effects of compounding can be dramatic. This is why investment advisors tell you to put money into your Registered Retirement Sav-

ings Plan at the beginning of the year rather than at the deadline. You miss out on fourteen months of compounding if you wait until the deadline.

The size of the amount you invest is not what is important. What is important is that you are putting money away. If you are not setting money aside for the future I would recommend you start by making monthly contributions to your investment account. The best way to determine the amount you can afford is to prepare a budget. What is the amount of the monthly income you will have coming in and what are your monthly expenditures. There are software programs available to help you do this. Build into your expenditures the amount you will be investing. This should be at the top of the list. If you make it a priority it will likely happen. You should track monthly what you are spending your money on and compare this information to your budget. My guess is you will be surprised at the amount of money you are spending that you likely don't have to spend. If you can eliminate some of these expenditures you will make more money available for the expenditures that are really important. Budgeting

will help you become more disciplined in how you manage your money.

One area of money leakage for many people is their use of credit cards. It is too easy to pull out your credit card to make an unplanned purchase. When we make such a purchase it is the emotional part of our brain that dominates. After we make the purchase we use rational thought to justify what we did. We are all wired this way. With credit cards you only have to pay the minimum payment each month. Unfortunately, if you do this, any balance remaining accumulates interest. The rate of interest charged on many credit cards is very high (e.g. 19%). Obviously you are best to pay off any balance outstanding each month. However, if the emotional decision caused you to purchase something you couldn't afford in the first place, this may not be possible. This is another area where budgeting can help. Build into your budget an amount for discretionary expenditures and limit yourself to this amount.

Another idea that you might use to control your spending is to carry a set amount of cash with you each week. Like a credit card, if you are carrying a

large amount of cash, it is too easy to spend. This normally will lead to unwanted spending and spending that you cannot account for. Estimate the amount of cash that you will need each week. At the beginning of each week this is the amount you put in your wallet. You may be surprised at the impact that this will have on your spending habits. Especially, when you open your wallet and you only have \$20 left and there is three days to go in the week.

You should also speak to your investment advisor about preparing a financial plan. The starting point for a financial plan is your personal financial goals. The plan would summarize your current situation (e.g. income, expenditures and net worth) and what needs to happen for you to reach your financial goals. The plan should not be static. It should be updated each year so you can see whether you are on track.

I only touched on a few strategies that you might use to grow your net worth. There are many others. Any book on the subject will give you some good ideas. The objective, if you have not already done so, is to start saving. The earlier the better but it is never too late!



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NANCY

ANNOUNCEMENT

On behalf of the Board of Director's for Clarington East Food Bank, we are pleased to announce that Darlene Wood will be taking on the position of Coordinator for the food bank. Darlene starts this Tuesday, November 11th, and will now be your point of contact in regards to donations, support, and volunteering.

We would like to officially welcome Darlene to the Clarington East Food Bank team, and look forward to working alongside her, in an effort to support the needs of those who suffer from food insecurity in our community.

Clarington East Food Bank
905-987-1418

 <p>HOOPERS JEWELLERS Your Family Jewellers Since 1945</p> <p>39 King St. W., Bowmanville, ON L1C 1R2</p> <p>PANDORA UNFORGETTABLE MOMENTS</p>	<p>Holiday Hours Starting Dec. 5th, 2014 Mon-Fri 9-8 • Sat. 9-5 • NOW OPEN Sundays 11-4 Complimentary gift wrapping</p> <p>Giftsets & Charms Available</p> <p>905.623.5747 hoopersjewellers.com</p>	<p>DIAMOND DAYS</p> <p>We have a huge selection of Diamond Jewellery</p> <p>Come in and see us!</p> 	<p>Merry Christmas & A Happy New Year</p> <p>from our Management & Staff</p> <p>Thank you again for your support of our Christmas Angels - in support of Association of Hospital Volunteers - Bowmanville</p> 
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Opinions & Views



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

I would like to congratulate Joe Neal, my opponent, who was successful in his bid to become the Clarington Regional Councillor representing Wards 1 and 2. Good luck to you Joe, and the other six Members of Council who on December 1, 2014 will be sworn-in to form our new Clarington Council for the next 4 years.

Also, thank you to all those individuals who registered as candidates and participated in the 2014 Municipal Election. The democratic process is now complete and it is time for our new Council to get down to the business of the day – which is primarily managing our property tax dollars and providing acceptable levels of municipal services to the residents of Clarington.

Food Bank Contact Information:

- Salvation Army** 75 Liberty Street South Bowmanville Phone: 905-623-2185 E-Mail: sacfsbowmanville@yahoo.com Site Location is south of Lakeridge Health Bowmanville
- Clarington East Food Bank** 123 King Avenue West Newcasatle 905-987-1418 E-Mail claringtoneastfoodbank@gmail.com Website www.claringtoneastfoodbank.ca
- Seventh Day Adventist Church** 1170 King St E Oshawa, ON located on Hwy 2 just west of Townline Rd phone 905-433-8800 or if Crisis: 905-725-1121 Email: oshawaacs@gmail.com Website: www.collegeparkchurch.ca
- St. Vincent de Paul Society - St Joseph's Church** 127 Liberty Street Bowmanville 905-623-6371 Email: svdp.bowmanville@rogers.com website: ssvp.on.ca

Valleys2000 Update:

Watch this very interesting YouTube interview. It lasts 32 minutes but is extremely informative giving you all of the history and challenges leading up to the recent construction of the Fish By-Pass Channel Valleys2000 Bowmanville Creek Project. Here is the link: <https://www.youtube.com/watch?v=XTiMQRQJU3c&list=UU-XEYEmOaCEDam9Yymkyg>

Rotary Christmas Trees

The 2014 Rotary Christmas Tree Fund Raising Project is challenged with the road construction on Highway 2 in front of Watson Farms where the trees are offered for sale. Please do not be deterred by the traffic. Drop by to shop early. Choose from their selection of Fraser or Balsam Fir - Scotch Pine - White, Siberian or Colorado Spruce. Remember, you support our community when you purchase a Christmas Tree from the Rotary Club of Bowmanville which continues their tradition of selling real Christmas Trees at Watson Farms on Hwy #2, just west of Green Road in Bowmanville - Open Weekdays 10 AM - 8PM, and Weekends Noon - 8 PM.

Rotary International is one of many local service clubs which conduct fund raising events such to help support many local projects and individuals with needs within our community.

Larry's Christmas Message

Larry Wood is a friend of mine. He is a retired Toronto Police Officer who grew up in Oshawa and perhaps spends far too much time blogging. I decided that what he wrote last week would be an appropriate Christmas message to share with you. If you wish to communicate with Larry, his email address is: ledwood@hotmail.com "Well, the Santa Claus Parade went through Bowmanville today and yours truly had a great time there, as always, with my adult (by a considerable margin) son, Chris and Grandson, Kellen. It was at times an emotional event for me, recalling the ones of years gone by including when both of my now-big boys went with me, and even those in Toronto when I was a kid, with my parents. I was actually in a couple of them years ago, driving a classic police car with my kids waving at me and telling their friends. One of the main differences now, at this stage of life, as with everyone else of my vintage, the lapses of time from one of those events to the next doesn't seem like five or ten years, as it did in our youth, more like five or six weeks currently. Yeah, certainly some of the floats, bands and various displays were likely better than others but who cared. It was a 100% volunteer event, everyone in the parade did his or her best, the attendees loved it all and that's all that counted. Kellen, 4 years, marched on the spot with all of the bagpipe bands proudly striding by, called out to his friends in the parade itself and kibitzed with others on the sidelines. He even got a chance to wave to his Mom, a dance school owner and teacher, who was on one of the floats. Finally, still being at the Santa age, he waved furiously when the Big Man finally appeared, gleefully shouted, "Ho, Ho, Ho! Merry Christmas, to everyone!!" Kellen believed in it and I was green with envy.

The message for younger people, perhaps even new parents who haven't quite caught on to the 'time flies' concept: enjoy it all now, stop whatever else you may deem to be extremely important in your life (which will someday likely be meaningless anyway), take it all in right now, wring every second of pleasure possible from it, spread around the happiness to all around and cherish it dearly: it doesn't last forever. When it's gone..well....just do right now whatever you can to make the memories, later, tear-worthy and cause others to share them with you then. They will, without question remember it all, correctly; it's presently up to you what they recall.

Larry Wood, Bowmanville, Ont., ledwood@hotmail.com
Read Clarington Promoter On-line:



Wishing you the joy of family, the gift of friends and the best of everything for the New Year.
- The Abernethy Family

If you have access to a computer we invite you to go online to read all 30 of our past editions/issues, starting with April 2011. Simply visit claringtonpromoter.ca where you will find all of our past historical & business articles, as well as Cathy's favourite recipes.

I also invite you to connect with me on LinkedIn – go to linkedin.com and search Jim Abernethy to "connect" or "invite" use this email address: jimabernethy@hotmail.com

Wishing you and your family a wonderful holiday season and a healthy and peaceful New Year..... Jim & Cathy Abernethy



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Clarington's Home Front

Continued from Page 1

Services Club was formed and its many members ran a soldiers' recreation room and organized many fundraising events and donations to the war effort. The Royal Canadian Legion in Bowmanville, Veteran's Guard, Lions Club, Rotary Club, "D" Company Auxiliary, Soldier's Wives Club, Girl's War Service Club, various Women's Institutes, Girl Guide Rangers, Women's Work Committee (chapters in four Clarington communities), the Navy League and the Goodyear Recreation Club are just a few of the organizations that ran events to help soldiers here and generate funds for the war in Europe. Young or old all helped to win the war. In 1943 Mrs. Pattinson of Lowe Street, on her 90th



New recruits from all over Clarington line up in front of the Bowmanville Town Hall on August 17th 1914 (only three weeks after the War had started). They were given a grand escort to the Grand Trunk Railway Station where they boarded a train for Port Hope for more training. Some of the volunteers were Charles Romans, Ira Scott, William Hughes, Alex Wrenn, Clarence Hall, Frank King, Jack French, Mac McDonald and Dan Douglass. The water tower was one of four in the downtown used to store water for fire fighting.



This ship was laid down on August 17 1943 as the HMS Nunny Castle, a castle class corvette of 1060 tons. However she was transferred to the Royal Canadian Navy and commissioned September 28th 1944 as the HMCS Bowmanville. Earl Chadwick of Courtice and Herb Duvall of Orono served on her.

birthday, could look back and count over 400 pair of mine-sweeper mitts she had crocheted to do her part.

The first German war trophies went on display in Anderson's Clothing Store window in Bowmanville. They were a German helmet, time caps from German shells, shrapnel and wooden shoes worn by French peasants. The first fighting casualties were reported in July of 1940 and the first death, that of William F. Colville, came in May of 1942. Colville died in a plane crash in Newfoundland. Later, two of his brothers would also die during the war. Many Clarington families sent multiple sons to war: among them the Bird's, Cameron's and Connor's. As young men enlisted others made up the labour shortage. School children were urged to help with the fall harvest, boy scouts took over the registration of all adults over the age of 16 for a national human resources assessment and, of course, women began working in factories. As many as 300 Clarington citizens went to Ajax every day to work in their munitions plant.

Local citizens billeted soldiers, watched them march at the school grounds and saw them off for training. Evacuee children from the British Isles and Europe came to stay in local homes and attend school. Teachers, pastors and neighbours left to fight. Sugar, tea, coffee and gasoline were rationed and all were told to conserve electricity and rubber. Fat and bones were also to be saved. The glycerine could be used for explosives. "Out of the frying pan and into the firing line" the ad said. In 1941 citizens were shocked to hear that a German Prisoner of War Camp was to be established near

them. The Boys' Training School was taken over to house 800 prisoners. Much of the Camp's activities were kept secret but citizens read in the newspaper, with some regularity, the various escape attempts. In 1942 it was announced that a naval ship would be named the HMCS Bowmanville. The town was delighted and a new round of fund-raising began to help cover costs of the ship and to supply its sailors with necessities and a few luxuries. Most Victory Loan drives in Clarington exceeded their goals. With the end of War in 1945 all the communities in Clarington could definitely say with pride that they had done their part.

What Clarington did during both Wars was repeated in many other communities throughout Ontario and Canada. All worked together towards the single goal of Victory. Today the Royal Canadian Legion with its many branches as well as numerous community museums keeps the traditions and history of these times alive.



This 1915/16 photo shows new recruits waiting at the Grand Trunk Station. On the far left can be seen members of the Dominion Organ and Piano Company Band who escorted the men from Town Hall. The Liberty Street exit for Highway 401 is near where the station was once located.

Edwardian Christmas Open House

On December 5th from 7:00 to 9:00pm Clarington Museums will hold this annual favourite event. Come to the Sarah Jane Williams Heritage Centre (SJWHC) at 62 Temperance Street in Bowmanville for seasonal music by the Clarington Concert Band, crafts for sale by the Friends of the Museum and refreshments. Tours of the traditionally decorated, and lamp lit, Bowmanville Museum will start at the SJWHC. Small groups will be taken over to the house and given a guided tour. It's not only a great chance to warm up after the downtown Tree Lighting Event but its fun for all ages too. For more information please check the museum's website at www.claringtonmuseums.com. This free event is brought to you by Fandor Homes and Kaitlin Group.

Clarington Museums presents:

EDWARDIAN CHRISTMAS

Open House

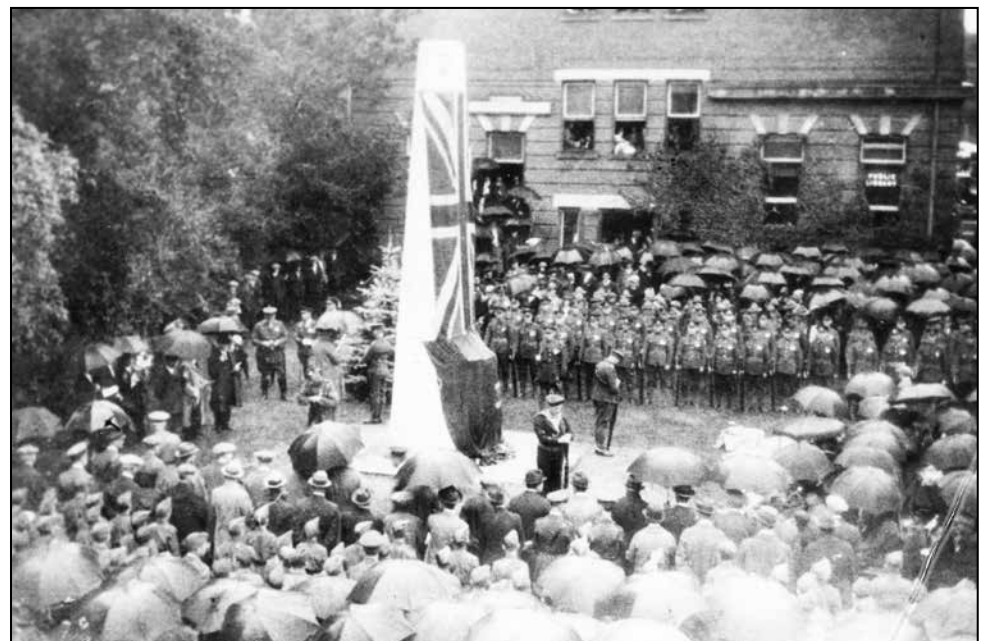
December 5, 2014
7-9pm

Enjoy the tree lighting in downtown Bowmanville and then stop by the Bowmanville Museum for...

- Guided Historic Christmas Tours
- Refreshments
- Live Christmas Music
- Christmas Crafts
- Historic Christmas Decorations

Admission is free!

37 Silver St, Bowmanville

It was a rainy day on Sept. 27, 1925 when the Cenotaph next to the Town Hall was unveiled. Veterans, boy scouts, high school cadets and others paraded through the Town prior to the ceremony. Many people witnessed the impressive event including an eight year old Bill Bagnell.



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

2015 Winter Program Guide



Mission Statement

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

Values and Beliefs

Accessible

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

Caring

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

Community Focused

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

Fiscally Responsible

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

Member Focused

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

Quality Programs

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

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

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- Upcoming Events & Fundraisers
- **Newcastle Satellite Programs & Events**

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- Dance & General Interest
- Fitness
- Regular Drop-Ins
- Computer/Digital Camera

PG.5 (Courtice Programs)

- New Programs
- Regular Drop-Ins

PG.6 (Courtice Programs)

- Fitness
- Computer/Digital Camera
- General Interest

PG.7 (Bowmanville Programs)

- New Programs
- General Interest

PG.8 (Bowmanville Programs)

- Fitness

PG.9 (Bowmanville Programs)

- Fitness
- Dance

PG.10 (Bowmanville Programs)

- Art & Music
- Computer & Digital Photography
- Workshops & Seminars

General Information

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

MEMBERSHIP FEE \$28.25

(Valid for one year from the day you join)

A membership is required by ALL participants in programs and courses at The Clarington Beech Centre. Non-member rates are only available for Special Events and Satellite Locations.

Benefits of membership:

- Reduced cost & advanced tickets for special events
- Enrolment in any courses/programs
- Participation in drop-in programs
- Use of amenities during business hours

REGISTRATION INFORMATION

All programs include HST. In order to ensure there are enough participants to run a program, please register at least 7 days prior to the advertised start date. Cash, Cheque, Debit, Visa or Mastercard accepted. Please make all cheques payable to the Clarington Older Adult Centre Board.

All courses are non-transferable. If you miss a week of your regular class you are not permitted to drop in to another of the same program on a different day due to space limitations and room designations. Please also remember to SCAN your card and CHECK IN. The Centre receives its Program Funding based on participation and volunteer hour tracking, so always do your part by swiping in!

REFUND POLICY

Refunds will only be granted for medical reasons with a doctor's note. A \$10 administrative fee will be applied.

WHEELS IN ACTION

Transportation is always available to and from COAA Events and Programs. Contact Sharon Spooner to book your ride by email at wheels-coaa@bellnet.ca or by phone at 905-697-2856: \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington & 24 Hours Advanced Notice is Required.

WEATHER POLICY

All program cancellations will be announced via the Clarington Older Adult Association website at www.claringtonolderadults.ca and our Facebook Page. A voice automated call from (289) 274-7121 will also be dispatched via our COAA computer system immediately upon cancellations to all registered participants, so please ensure we have your updated telephone information on file.

HOLIDAY FACILITY CLOSURE & COAA SATELLITE LOCATIONS

Please note that the Clarington Beech Centre will be closed from December 24th at noon until January 5th at 8 am

Josie's
MONTHLY Pie Fundraiser
Friday
January 23rd, February 13th, March 6th
Pick up and return order forms at the Front Desk

TUESDAY LUNCH

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: Feb 17th, April 7th, May 19th

VOLUNTEERS

"ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community by volunteering at the COAA please contact us at 905-697-2856 smansfield@bellnet.ca Positions are available for all commitment levels and no experience is ever required.

Training and support is always available. Kitchen Helpers, Assistants for Events and Fundraisers, Poster Distribution, Reception and Café Attendants, Van Drivers, Maintenance and Facility Helpers. The list goes on and on ...

Drop-In Programs

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

Monday		Tuesday		Wednesday		Thursday		Friday			
Billiards	9 am-6 pm	Open Art	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-4 pm		
Walking*	9 am	Drop In Time (Courtice)	9 am	Walking*	9 am	Wood Carving	10 am	Walking*	9 am		
Tone & Strengthen with weights (DVD)	9:20 am	Cribbage	9:30 am	Drop In Time (Courtice)	9 am	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm		
Drop In Time (Courtice)	9 am	Euchre	9:30 am	Choir	10 am	Table Tennis	10 am	Baking last Friday/Month*	9 am		
Pickleball (Newcastle)	9:30 am	Scrabble	9:30 am	Pickleball (Newcastle)	9:30 am	Pickleball (Newcastle)	12 pm	Tone & Strengthen with weights	9:20 am		
Book Club	10 am	Social Bridge	9:30 am	Book Club (Courtice)	11 am	Bid Euchre	1 pm	Pickleball (Newcastle)	12 pm		
Wood Carving	10 am	Table Tennis	10 am	Open Art	12 pm	Craft Group	1 pm	Duplicate Bridge	1 pm		
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm	Canasta	1 pm	Shuffleboard	2:30 pm	Darts	1 pm		
Cribbage	1 pm	Square Dancing	12:45 pm	Soccer	3 pm	Social Bridge	7 pm	500 Cards	1 pm		
Knitting/Crocheting Group	1 pm	Pickleball/Badminton (Newcastle)	12 pm	Lawn Bowling	3 pm	Texas Hold'em Poker	7 pm	Jam Session	1 pm		
Bid Euchre	7 pm	Friendship Club	1 pm	Pickleball (Courtice)	6:30 pm	Pickleball	7 pm				
		Theatre Group	1 pm			Drop In Time (Newcastle Library)	7 pm				
		Bingo	1 pm & 2:15 pm	Weekly Drop-In Fee Schedule Duplicate Bridge.....\$3.50 Square Dancing.....\$0.55 All other drop in programs.....\$1.35 Walking.....Free Progressive Euchre.....\$3.00 Early Bird Bingo 1 pm.....\$1.50 for as many cards as you wish to play Monster Bingo 2:15 pm.....2 cards for 10 games \$2.50							
		Drop In Time (Newcastle Library)	2 pm								
		Pickleball Lessons	2:30 pm								
		Progressive Euchre	7 pm								

Drop-in fees will be collected by your volunteer program convener(s) when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.

Upcoming Events & Fundraisers

Upcoming Events & Fundraisers

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CHRISTMAS LUNCHEON

Tuesday December 2nd 11:30 am
 \$8.05 members / \$11.40 non-members
 Includes: COAA Showcase & Theatre Group

SHOWCASE OF THE ARTS & ENTERTAINMENT

Tuesday December 4th 7 pm
 FREE w/0th offering

CLARINGTON CONCERT BAND

Thursday December 11th at 7 pm
 \$6 per person
 Includes: light refreshments

COURTICE CHRISTMAS LUNCHEON

(Held at Courtice Community Complex)

Friday December 19th at 12:30 pm
 \$8.05 members / \$11.40 non-members
 Includes: full meal with entertainment

SOCIAL DANCES with Pat Prout and the Clarington Beech Nuts

Enjoy an afternoon of waltz, round and line dancing with a live band. Refreshments served and no partner is necessary.
 Friday December 19th, January 16th, February 20th, March 20th, April 17th 1 pm to 4 pm
 \$3.50 members / \$4.60 non-members

MARK SULLIVAN'S ANNUAL OLD TIME COUNTRY DANCE

Saturday December 20th
 Doors Open at 1 pm with Dance at 1:30 pm
 \$20 per person Advanced Tickets Only – No Sales at door
 (Reserve with Emily 905-623-7945 or Evelyn 905-579-3191 - sullivanandance@gmail.com)

EUCHRE EXTRAVAGANZAS

Saturday January 10th, March 14th & May 23rd
 3 pm \$10 per person
 Includes: 12 games of cards, dinner and prizes
 Advanced tickets are required

ROBBIE BURNS LUNCHEON

Tuesday January 27th
 11:30 am
 \$8.05 members / \$11.40 non-members
 Includes: Traditional Scottish fare & entertainment

BARN DANCE with Larry Adams & the Good Tymes Band

Saturday February 21st
 8 pm to 12 am
 \$10 members \$12 non-members
 Includes: Dancing, refreshments and cash bar

ST. PATRICKS DAY LUNCHEON

Tuesday March 17th
 11:30 am
 \$8.05 members / \$11.40 non-members
 Includes: Lunch with entertainment

ANNUAL GENERAL MEETING AND MEMBER POTLUCK

Please join us for the election of new board members, review of financials and an overview of plans for the future.
 Friday March 27th
 12 pm "FREE"

OPEN MIC

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.
 FREE, open to all members & non-members
 Sunday March 29th, June 7th (Ribfest Stage), Sept 20th, Nov 22nd

SCOTT WOODS "FIDDLING IN THE KEY OF...EH?"

Tuesday April 21st 7 pm
 \$25 per person
 Children 6-12 \$10, Children 5 and under FREE
 *Location TBD

YOUTH AND COMMUNITY LEADERS DINNER IN PARTNERSHIP with the Rotary Club of Courtice

(Held at Courtice Community Complex)

Saturday May 2nd
 Doors Open at 5 pm with Dinner at 6 pm
 Silent and Live Auction
 \$60 per person (Includes: Dinner, Door Prizes, Draws and more)



Newcastle Satellite Programs & Events

For information please contact our Program Coordinator Olivia Lean at coaa@bellnet.ca or 905-697-2856

DROP-IN CARDS, BOARD GAMES

(Held at the Newcastle Library)

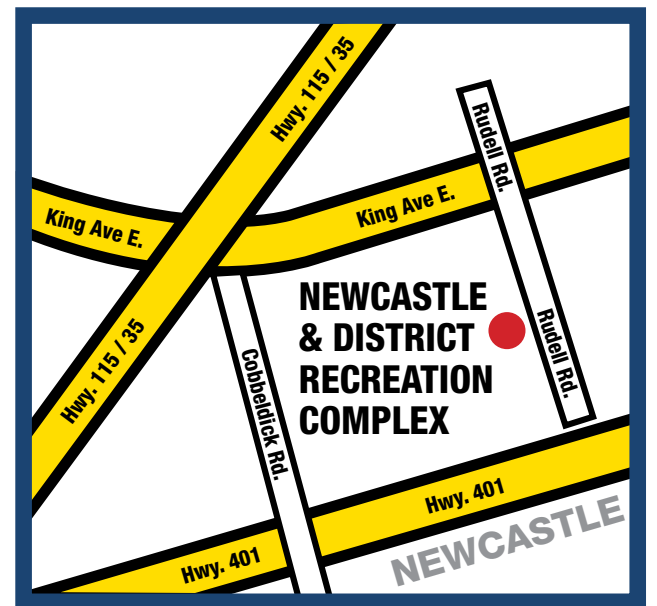
Join your friends, family or the friends you haven't met yet, for fun and social time. Coffee/Tea is available for 55¢.
 Tuesday 2 pm – 4 pm January 6th – April 7th
 Thursday 7 pm – 9 pm January 8th – April 9th
 \$1.35 members / \$1.70 non-members
 *No Drop-In February 26th



NEW NIA with Carol Drew

(Held at the Newcastle Recreation Complex)

A sensory-based movement class that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body, including base, core and the upper extremities. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia and positively shape the way you feel, look, think and live.
 Friday 9 am – 10 am 9 weeks January 30th – April 10th
 \$37.80 members / \$42.80 non-members
 *No class March 20th & April 3rd



Dance Programs

BALLROOM & LATIN DANCE with Instructor Barbie Cameron Assistant John Pyatt

(Held at the Newcastle Recreation Complex)

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory. No partner necessary. Please no rubber soled shoes

Bronze/Silver - Learn the Quickstep and Cha Cha with some Slowfox & Merengue.

Wednesday 1 pm - 2 pm 10 weeks January 21st - April 1st
\$64.50 members / \$69.50 non-members
*No class March 18th

Advanced - Learn the Quickstep and Cha Cha with some Slowfox & Merengue.

Wednesday 2 pm - 3 pm 10 weeks January 21st - April 1st
\$64.50 members / \$69.50 non-members
*No class March 18th

Intermediate - Learn the Quickstep, Foxtrot and Jive.

Wednesday 3 pm - 4 pm 10 weeks January 21st - April 1st
\$64.50 members / \$69.50 non-members
*No class March 18th

General Interest Programs

BOWLING LEAGUE

(Held at Newcastle Town Hall)

Join us for a fun social mixed league.

Thursday January 15th - April 9th \$29.05

1 pm or 2:30 pm 2 games will be played each week
Cost of games \$5.00

Includes prize and end of season banquet on
Thursday April 16th 12 pm - 2 pm

Fitness

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

20/20/20 with Nathalie Mackesey

(Held at the Newcastle Recreation Complex)

An all-round low-impact workout that lets you choose just how hard you work. It's ideal for those new to group fitness. You don't need to be fit, just physically active and willing to have fun. 20 minutes of low impact aerobics followed by 20 minutes of muscular strength and endurance using weights and bands and ending with gentle yoga and pilates cool down and stretching. Please bring your weights and tubing with you to class.

Wednesday 4 pm - 5 pm

9 weeks January 21st - March 25th

\$37.80 members / \$42.80 non-members

***No class March 18th**

ARTHRITIS FITNESS with Nathalie Mackesey

(Held at the Newcastle Recreation Complex)

Suited to those with Osteo or Rheumatoid Arthritis and Fibromyalgia. This class helps to increase range of motion, balance and strength, while improving your quality of life by decreasing pain, swelling and stiffness.

Tuesday 11:15 am - 12:15 pm

10 weeks January 20th - March 31st

\$42.00 members / \$47.00 non-members

***No class March 17th**

Regular Drop-Ins

Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins

PICKLEBALL (Drop-In)

(Held at the Newcastle Recreation Complex)

Mondays & Wednesdays 9:30 am - 12:30 pm
starting January 5th & 7th

Tuesdays, Thursdays & Fridays 12 pm - 3 pm
starting January 6th, 8th & 9th

\$1.35 members / \$1.70 non-members per play

(Pay at reception desk upon arrival)

***No Drop-in February 16th, March 16th, 17th, 18th, 19th & 20th, April 3rd & 6th**

BADMINTON (Drop-In)

(Held at the Newcastle Recreation Complex)

Tuesdays 12 pm - 3 pm starting January 6th

\$1.35 members / \$1.70 non-members per play

(Pay at reception desk upon arrival)

***No Drop-in March 17th**



Computer / Digital Camera Programs

With Brian Greenway

Computer / Digital Camera Programs

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

NEW Location

(Held at the Newcastle Recreation Complex)

Brian Greenway will be volunteering on Monday afternoons at the Newcastle Recreation Centre to assist you with any of your computer or digital photography questions. For COAA members only, appointments required 905-697-2856
Monday afternoon appointments starting January 5th
***No café February 23rd, March 2nd, 9th & 16th**

NEW LEARN YOUR LAPTOP PART 1

(Held at the Newcastle Recreation Complex)

So your new laptop didn't come with a manual and what are all those icons, buttons, and ports for anyway? If you have a laptop, this will be an opportunity to learn more about operating your laptop and the basics of the Windows operating system. (You should have at least Windows 8.1 installed)

Tuesday 9 am - 11 am

3 weeks January 20th - February 3rd

\$24.00 members / \$29.00 non-members

NEW LEARN YOUR LAPTOP PART 2

(Held at the Newcastle Recreation Complex)

A follow up to Pt 1. In addition to more help on the built-in apps there will also be a focus on using the internet, email and photo programs and computer security.

Tuesday 9 am - 11 am 3 weeks March 24th - April 7th

\$24.00 members / \$29.00 non-members

iPAD FUNDAMENTALS

(Held at the Newcastle Recreation Complex)

All the key "Built-in" apps will be covered and the best new features of Apple's amazing iPad device, from email to Skype. It's a basic introduction and more, such as a special session on using Clarington Library's new app to read (or listen) to books and magazines. How to create and use an Apple ID, use Siri voice commands, or email and manage your photos. As much as possible, topics will be covered that meet the needs and interests of class members. For all models of iPad using IOS 8.1.

Thursday 9 am - 11:30 am

5 weeks January 22nd - February 19th

\$50.00 members / \$55.00 non-members

NEW ADOBE PHOTOSHOP FOR BEGINNERS

(Held at the Newcastle Recreation Complex)

The standard image editing software for photographers of all levels of skills. Learn the basics in this introductory course to enhance your images. Topics will include: selection tools, layers, filters and basic adjustment tools.

Wednesday 5 pm - 7 pm 3 weeks March 25th - April 8th

\$24.00 members / \$29.00 non-members

NEW WEB SKILLS FOR EVERYONE

(Held at the Newcastle Recreation Complex)

Learn all about the web. A strong emphasis will be on computer security. What are the best ways to do this safely and take advantage of special internet services such as Skype, password managers and photo sharing? Topics will also come from the interests of the members in the class. Bring your own windows or Mac laptop, or use one provided by the COAA.

Thursday 9 am - 11 am

2 weeks March 26th & April 2nd

\$16.00 members / \$21.00 non-members

Courtice Satellite Programs & Events

For information please contact our Satellite Program Assistant Marie Visser at courticecoa@rogers.com or Olivia Lean at 905-697-2856

NEW Programs

New Programs New Programs New Programs New Programs New Programs New Programs New Programs New Programs

BRAIN N' BODY BOOTCAMP with Laura Clements

(Held at Courtice Community Complex)

Active mind and body challenges designed to improve memory, cognitive function, fitness, and longevity! Laugh your way to a better brain. Leave with a wealth of easy and innovative ideas you will want to continue! Suitable for all fitness levels.

Thursday 10 am – 12 pm
3 weeks February 19th, 26th & March 5th
\$13.00 members / \$18.00 non-members

FUN WITH PEN & INK with Dianne Darch

(Held at Courtice Community Complex)

Let's have some fun creating with pen and ink. Learn new techniques and create a small project to take home. Supply list will be provided.

Friday 11 am – 1:30 pm January 23rd
\$10.00 members / \$15.00 non-members
Monday 1 pm – 3:30 pm March 23rd
\$10.00 members / \$15.00 non-members

PICKLEBALL (Drop-In)

(Held at Dr. G.J. Macgillivray Public School)

Join us for a fun social evening of Pickleball Held at 75 Meadowlode Rd. Courtice L1E 3G7
Wednesdays 6:30 pm – 8 pm January 7th – March 25th
\$2.50 members / \$3.50 non-members per play
*No Drop-in March 18th

GINGERBREAD with Mary Espeut

(Held at Courtice Community Complex)

This gold-medalist Gingerbread winner will take you through the process of assembling and decorating a delightful gingerbread Easter basket suitable for a celebration meal or as a special gift.

Tuesday 11 am – 1 pm March 31st
\$12.50 members / \$17.50 non-members

QIGONG (CHINESE YOGA)

with Donna Elliott

(Held at Courtice Community Complex)

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

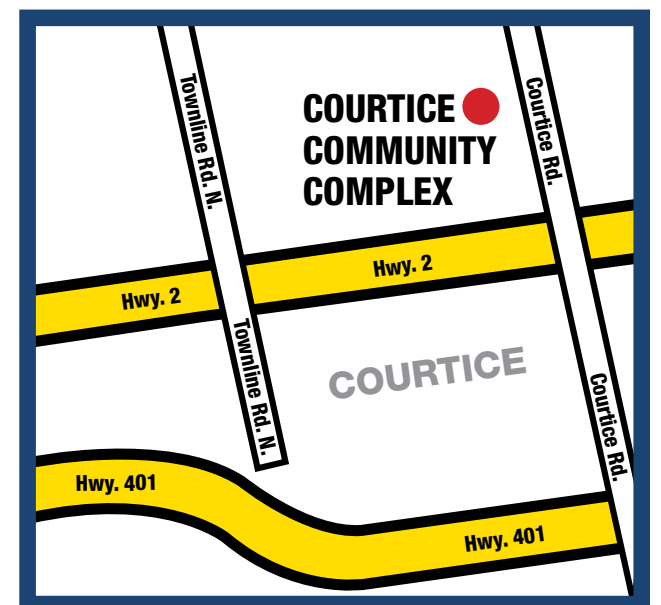
Tuesday 11:30 am – 1 pm
10 weeks January 20th – March 31st
\$52.50 members / \$57.50 non-members
*No class March 17th

ROLLED FONDANT FLOWERS with Mary Espeut

(Held at Courtice Community Complex)

An award-winning Sugar Artist will instruct students on how to make gorgeous, life-like roses, various leaves, calla lilies, moth orchids, stephanotis, sweet peas and daisies, all suitable for special occasion cakes.

Tuesday 10 am – 1 pm February 24th
\$18.75 members / \$23.75 non-members



Regular Drop-Ins

Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins

BOOK CLUB (Drop-In)

(Held at Courtice Community Complex)

Meets one Wednesday each month for an engaging discussion about the monthly book. *Above All Things* will be available for pick up at the front desk on December 8th.

Wednesday 11 am – 12 pm
January 21st – Discussing *Above All Things*, Picking up *The Curiosity*
February 18th – Discussing *The Curiosity*, Picking up *Escape from Camp 14*
March 25th – Discussing *Escape From Camp 14*, Picking up *Always Looking Up*
\$1.35 members / \$1.70 non-members

DROP-IN OPEN ART STUDIO, CRAFTING, GAMES AND CARDS

(Held at Courtice Community Complex)

Join us to meet as a group to work on current projects while you socialize with your peers, or join in on a board game, card match or puzzle with new friends.
Monday, Tuesday & Wednesday January 5th, 6th & 7th
9:00 am – 12:00 pm
\$1.35 members / \$1.70 non-members
*No Drop in February 16th & April 6th



Fitness

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

ARTHRITIS FITNESS with Nathalie Mackesey

(Held at Courtice Community Complex)

Suited to those with Osteo or Rheumatoid Arthritis and Fibromyalgia. This class helps to increase range of motion, balance and strength while improving your quality of life by decreasing pain, swelling and stiffness.

Wednesday 10 am - 11 am 10 weeks January 21st – March 25th
\$42.00 members/ \$47.00 non-members
Friday 10 am – 11 am 10 weeks January 23rd – March 27th
\$42.00 members/ \$47.00 non-members

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. For both men and women.

Friday 12:30 pm – 1:30 pm
10 weeks January 23rd – April 10th
\$42.00 members/ \$47.00 non-members
***No class March 20th & April 3rd**

GENTLE YOGA with Sharon Wildeboer

(Held at Courtice Community Complex)

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

Friday 1:30 pm – 2:30 pm
10 weeks January 23rd – April 10th
\$42.00 members/ \$47.00 non-members
***No class March 20th & April 3rd**

ZUMBA GOLD (LITE) with Veronica Vargas

(Held at Courtice Community Complex)

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.

Friday 11:30 am – 12:15 pm
10 weeks January 23rd – March 27th
\$36.66 members/ \$41.00 non-members



Computer / Digital Camera Programs

with Bill Peel

Computer / Digital Camera Programs



iPAD ESSENTIALS

(Held at Courtice Community Complex)

The iPad is an incredible revolutionary electronic device that is light and easy to use. With hundreds of thousands of “apps” this device is rapidly replacing the personal computer. It is portable and affordable! Come out and learn how to take advantage of the many learning opportunities. Learn how to email, use the Internet, take and share video and photos, play games, and so much more. Learn tricks and tips in making this device work for you. This course is not geared to any other tablets. iPads ONLY please.

Friday 9:30 am – 11:30 am
7 weeks February 20th – April 10th
\$56.00 members / \$61.00 non-members
***No class April 3rd**

MAC ESSENTIALS –iWORKS

(Held at Courtice Community Complex)

These three classes will focus on a software application called iWorks and is Apple’s response to Microsoft Office. The first class will be a hands on exercise in word processing using **Pages**. A second class will share the power of a spreadsheet called **Numbers** and the final class will be a hands on slideshow creation using **Keynote**. Unleash your creativity using this software incorporating your photos, your movies and the Internet.

Monday 9:30 am – 11:30 am
3 weeks February 23rd – March 9th
\$51.00 members / \$56.00 non-members

General Interest Programs

General Interest Programs General Interest Programs General Interest Programs General Interest Programs

DRAWING with Paul Livingston

(Held at Courtice Community Complex)

Learn the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals. List of what to bring will be available at the front desk and online in advance.

Wednesday 1 pm – 3 pm
12 weeks January 21st - April 8th
\$72.00 members/\$75.00 non-members

GOLF INSTRUCTION with Local Master Golf Teacher Bill Bath

(Held at Courtice Community Complex)

Everyone can learn how to golf. Whether you are a beginner or an experienced golfer, we have created a program for you. This course will cover all necessary theoretical aspects of this game. Each session will also have an open floor for questions.

Thursday January 22nd – February 5th
3 weeks: Beginners 7 pm - 8 pm, Advanced 8 pm - 9 pm
\$15.00 members / \$20.00 non-members

BRIDGE - A SOCIAL AND EDUCATIONAL OPPORTUNITY with Bill Peel

(Held at Courtice Community Complex)

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

Thursday 7 pm – 9 pm
8 weeks February 19th – April 9th
\$36.00 members/\$41.00 non-members



WAKING YOUR GARDEN UP with Elaine Davidson

(Held at Courtice Community Complex)

This course will provide you with the knowledge and expertise to create stunning indoor and outdoor gardens. Learn the skills to determine: seedlings, plants and cuttings, watering, mulching, weeding, 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 when needed. Some seed and potting supplies will be needed by course participants.

Thursday 7 pm – 9 pm
3 weeks April 2nd – April 16th
\$22.00 members/\$27.00 non-members

Bowmanville Programs



NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

HEARTS OR CHESS?

Are you interested in playing hearts or chess?
Please put your name down on the interest sheet at the front desk.

INTERESTED IN ARCHERY?

Please call Olivia at 905-697-2856



CHAIR YOGA with Laurel Wichman

Is a gentle style of yoga that helps to improve strength, flexibility, range of motion and quality of breath. The chair allows for your body to be supported so that you can feel safe while performing yoga postures. Postures are performed seated on the chair, or the chair is used for support during standing poses, forward and back bends, side extensions, balancing, and leg and arm stretches. Yoga does not have to be difficult or strenuous to be effective.

Monday 12 pm – 1 pm

9 weeks January 19th – March 30th \$38.00

*No class February 16th, 23rd

PICKLEBALL (Drop-In)

Tuesday with Chris Weller. Lessons by appointment call 905-697-2856

2:30 pm - 3:30 pm January 6th \$1.35

Thursday Fun & Social

7 pm – 9 pm January 8th \$1.35

*No Drop-in January 22nd

LAWN BOWLING (Drop-In)

(Held at the indoor soccer field)

Join us for a fun social afternoon. All levels welcome.

Wednesday 3 pm – 4:30 pm

January 21st – April 8th

\$1.35 members / \$1.70 non-members

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. Beginner and advance modifications given in class. Men welcome!! Good standing mobility/stability recommended for this class. Props used and provided: straps, blocks, and blankets.

Friday 9 am - 10 am

9 weeks January 23rd – April 10th \$60.00

*No class February 6th, 13th & April 3rd

QUILTING WORKSHOPS with Joyce O'Connell

Quilted Fabric Boxes Wednesday February 4th – A small quilting project for you to enjoy. Boxes can be made in your choice of 3 different sizes and can be used for jewelry, sewing supplies, candy or anything your little heart desires.

(Kits will be available for this project at a cost of \$10.00)

A Soup Koozie Wednesday March 4th – How many times have you burned your hands taking a bowl out of the microwave? You need a "soup koozie" for soup, cereals or anything that goes into the microwave. (Kits will be available from Joyce at a cost of \$10.00)

Hot Dog in a Bun Wednesday April 1st – A unique method of making a pillowcase. This is no "ordinary" pillowcase. It is a special "theme". You will have lots of fun making it.

10 am – 1 pm

\$20.00 per class

The material list will be given upon registration.

A sewing machine is required.

General Interest

General Interest

General Interest

General Interest

General Interest

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General Interest

BOWMANVILLE BOOK CLUB (Drop-In)

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

Monday 10 am – 11 am

December 15th – Discussing *The Book Of Negroes*,

Picking up *Reliable Wife*

January 19th – Discussing *Reliable Wife*, Picking up *The Language of Flowers*

February 23rd – Discussing *The Language of Flowers*, Picking up *Bury Your Dead*

March 23rd – Discussing *Bury Your Dead*, Picking up *Rules of Engagement*

CRAFT GROUP

with Judi White (Drop-In)

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

Thursday starting January 29th 1 pm- 3 pm \$1.35



FRENCH LESSONS with Cecile Paxton

Beginner French

Start with the alphabet then work your way through some sounds, basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes.

Tuesday 10 am - 11:30 am

8 weeks January 20th – March 10th \$42.00

Beginner Plus

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

Tuesday 1:30 pm - 3 pm

8 weeks January 20th – March 10th \$42.00

SPANISH LESSONS LEVEL 1

with Alan Bayliss

¡Hola! Let's go south to learn the basics of Latin-American Spanish. No previous knowledge is required. You will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons along with other things including cultural aspects. All course material will be supplied but bring paper and pen to take notes. There is some optional homework involved.

Wednesday 10 am – 12 pm

5 weeks March 4th – April 1st \$29.75

SPANISH LESSONS LEVEL 2

with Alan Bayliss

¡Más español! Spanish 1 or some prior knowledge is required. The program will continue with the lessons learning more verbs, nouns and adjectives in general conversation. Topics include weekend activities, the family, possession and more complex numbers. About one hour per week of homework will be required.

Monday 1 pm – 3 pm 5 weeks March 2nd – March 30th \$29.75

SPANISH LESSONS LEVEL 3

with Alan Bayliss

¡Aún más español! Spanish 2 or a good basic knowledge is required. Learn more verbs tenses, nouns and adjectives in conversation at the bank, post office and shopping. Topics include: talking about the family, having a party, clothing, comparisons and common expressions. About one hour per week of homework will be required.

Wednesday 1 pm - 3 pm 5 weeks March 4th – April 1st \$29.75

SPANISH LESSONS LEVEL 4

with Alan Bayliss

Este programa es para los que ya completaron español nivel 3 o el equivalente. Continuará con las lecciones como antes, en el supermercado, el restaurante y el hospital. Estudiaremos pronombres directos, indirectos y reflexivos usados juntos, verbos en el tiempo pasado y mucho más. Para obtener los beneficios del programa se requiere un mínimo de una hora de tarea por semana se requerirá.

Monday 10 am – 12 pm

5 weeks March 2nd – March 30th \$29.75

Fitness

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ARTHRITIS FITNESS with Nathalie Mackesey

Suited to those with Osteo or Rheumatoid Arthritis and Fibromyalgia. This class helps to increase range of motion, balance and strength while improving your quality of life by decreasing pain, swelling and stiffness.

Thursday 11:30 am – 12:30 pm

10 weeks January 22nd – March 26th \$42.00

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!

Friday 8 am - 9 am

9 weeks January 23rd – April 10th \$90.00

***No class February 6th, 13th & April 3rd**

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

10 weeks January 19th – March 30th \$42.00

Friday 9 am - 10 am

11 weeks January 23rd – April 10th \$46.00

***No class February 16th & April 3rd**

COMBO CLASS with Lydia Vooyo

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

Wednesday 8 am - 9 am

12 weeks January 21st - April 8th \$50.50

Thursday 9 am - 10 am

12 weeks January 22nd – April 9th \$50.50

CHAIR PILATES with Nathalie Mackesey

This low impact class includes the use of bands, standing and sitting exercises while using your breath to control your core strength and stomach muscles.

Monday 11:15 am - 12:15 pm

10 weeks January 19th - March 30th \$42.00

***No class February 16th**

INDOOR SOCCER (Drop-In)

(Held at the indoor soccer field)

Get fit with an afternoon of soccer. All levels are welcome.

Wednesday 3 pm – 4:30 pm

January 21st – April 8th

\$1.35 members/ \$1.70 non-members

DANCE FIT with Barbie Cameron

Dance your way to being fit with Ballroom and Latin Line Dances for all! Groove to the rhythms of Jive, Waltz, Rumba, Samba and more! Warm up with stretching and balance exercises. Loaded with fun and easy movements, no-one will go away with two left feet!

Thursday 11:30 am – 12:30 pm

10 weeks January 22nd – April 2nd \$42.00

***No class March 19th**

FABULOUS MUSCLES with Lydia Vooyo

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

Friday 10 am - 11 am

11 weeks January 23rd – April 10th \$46.00

***No class April 3rd**

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am – 11 am

9 weeks January 19th - March 30th \$38.00

Wednesday 10 am – 11 am

11 weeks January 21st – April 8th \$46.00

***No class February 16th, March 16th & 18th**

GUIDED MEDITATION with Julie Ditta

Relax your body and let go of stress, while energizing 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, sleep and even lower blood pressure.

Friday 12:30 pm - 1:30 pm

11 weeks January 23rd – April 10th \$46.00

***No class April 3rd**

INDOOR URBAN POLING with Laura Clements

(Held at the indoor soccer field)

There's always good weather inside the Bowmanville Indoor Soccer Facility! Enjoy cushioned astroturf while we walk and chat using Urban Poles. Enhanced benefits over regular walking are: greater caloric burn, relieves stress off knees and hips, enhances posture and balance and upper body toning. Instruction provided is for those new to poling, however experienced polers are welcome to keep up their progress over the winter. Additional strength and balance exercises will be offered to those who wish to challenge themselves. Poles are available for rent or purchase.

Monday 10:30 am – 12 pm

10 weeks January 19th – March 30th \$50.00

Wednesday 2 pm – 3 pm

10 weeks January 21st – March 25th \$42.00

***No class February 16th**

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 January 19th - March 30th \$42.00

Tuesday 7 pm – 8 pm

11 weeks January 20th – March 31st \$46.00

Thursday 6:45 pm – 7:45 pm

10 weeks January 22nd – March 26th \$42.00

***No class Monday February 16th**

PILATES 2 with Nathalie Mackesey

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

Thursday 10:15 am – 11:15 am

10 weeks January 22nd – March 26th \$42.00

QIGONG (CHINESE YOGA) with Donna Elliott

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

Wednesday 9:45 am- 11:15 am

11 weeks January 21st – April 8th \$57.75

Wednesday 11:30 am – 12:30 pm

11 weeks January 21st - April 8th \$46.20

***No class March 18th**

RECREATIONAL AFRICAN DRUMMING 1 with Julie Ditta

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 January 23rd – April 10th \$46.00

***No class April 3rd**

RECREATIONAL AFRICAN DRUMMING PROFICIENCY with Julie Ditta

Continue to gain proficiency with your drum 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 January 23rd – April 10th \$46.00

***No class April 3rd**

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

Participants will be led through a series of seated and standing movements and stretches. *Bring resistance tubing with handles to class.

Tuesday 10:30 am – 11:30 am

11 weeks January 20th – April 7th \$46.00

***No class March 17th**

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. Come prepared for more standing work, longer cardio sections and challenging resistance training. *Bring resistance tubing with handles to class.

Tuesday 9:30 am – 10:30 am

11 weeks January 20th – April 7th \$46.00

Friday 10 am - 11 am

10 weeks January 23rd – April 10th \$42.00

***No class March 17th, 20th & April 3rd**

STRENGTH TRAINING with Lydia Vooyo

Class includes resistant exercises to build strength and muscle. *Bring resistance tubing with handles to class.

Wednesday 6 pm - 7 pm

12 weeks January 21st – April 8th \$50.50

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

This class includes: resistance exercises to build strength and muscle. *Bring resistance tubing with handles to class*.

Wednesday 11 am – 11:45 am

11 weeks January 21st – April 8th \$38.00

Friday 9 am – 9:45 am

10 weeks January 23rd – April 10th \$35.00

***No class March 18th, 20th & April 3rd**

Fitness

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

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. Tai chi is also recommended by health practitioners in treating many diseases (e.g., arthritis, high blood pressure, and osteoporosis).

Mondays 10 weeks January 19th - March 30th \$42.00
Beginner: 10 am - 11 am, Intermediate: 11 am - 12 pm
 *No class February 16th

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
9 weeks January 19th - March 30th \$38.00
Wednesday 9 am - 10 am
11 weeks January 21st - April 8th \$46.00
 *No class February 16th, March 16th & 18th

YOGA ON THE BALL with Laurel Wichman

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. If you have a ball please bring it to class.

Wednesday 1:55 pm - 3:25 pm
11 weeks January 21st - April 8th \$52.50
 *No class February 18th

YOGA with Laurel Wichman

Deepen your experience of yoga and spend more time improving your range of motion through your shoulders, lower back and hips. 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 January 19th - March 30th \$56.25
 *No class February 16th, 23rd

Restorative Yoga - A nice balance of restorative yoga and an opportunity to work on stability and balance. Postures will be held for longer periods allowing for muscles and connective tissues to relax, lengthen and strengthen. We will also explore balancing postures allowing you to strengthen your core stability.

Wednesday 3:30 pm - 5 pm
11 weeks January 21st - April 8th \$52.50
 *No class February 18th

YOGALATES with Sharon Wildeboer

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

Monday 11 am - 12 pm
9 weeks January 19th - March 30th \$42.00
 *No class February 16th & March 16th

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
11 weeks January 20th - March 31st \$46.30
Thursday 10:30 am - 11:30 am
11 weeks January 22nd - April 2nd \$46.30

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
11 weeks January 21st - April 1st \$46.30

YOGA with Lisa Balsdon provided by Live In Motion

*COAA members receive 10% off any package price listed Men, and pre and post natal mom's welcome, beginner and advance modifications given in class. Our Yoga classes include mindful meditation/visualization and breathing techniques, postures (asana's) and corrections, strengthening and flexibility work. Drop-in request should contact lisa@liveinmotion.ca, call or text Lisa at 905-706-7862 to register and check for class availability.

Tuesday January 6th - February 10th 7 pm - 8:15 pm \$110.20
Thursday January 8th - February 12th 7 pm - 8:30 pm \$104.53
Tuesday February 17th - March 24th 7 pm - 8:15 pm \$110.20
Thursday February 19th - March 26th 7 pm - 8:30 pm \$125.43
Tuesday March 31st - May 5th 7 pm - 8:15 pm \$110.20
Thursday April 2nd - May 7th 7 pm - 8:30 pm \$125.43

Dance

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

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

Beginner - Learn the Foxtrot and Jive.
Thursday 1:15 pm - 2:15 pm
10 weeks January 22nd - April 2nd \$64.50
 *No class March 19th

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

Various steps will be taught in this fun and social program.
Monday 10 weeks January 19th - March 30th \$25.00
Beginner: 12:15 pm - 1:15 pm, Beginner Plus 1:15 - 2:15 pm
 *No class February 16th

SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst, Ken McMinn & 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 January 6th \$0.55

TAP DANCING BEGINNERS & BEGINNERS PLUS with Veronica Vargas

If you know the basic steps and you want to dance, this is your class. Learn Standard combinations such as Buffalos & Waltz-clogs. All combinations learned will be put together to music and possibly performed.

Wednesday 11 weeks January 21st - April 1st \$46.30
Beginners: 9 am - 10 am, Beginners Plus: 10 am - 11 am

Art & Music

Art & Music Programs Art & Music Programs Art & Music Programs Art & Music Programs Art & Music Programs Art & Music Programs Art & Music Programs Art & Music Programs

ACRYLIC PAINTING / WATER COLOUR BASICS with Paul Livingston

A variety of painting techniques for creating landscapes, portraits, florals and other common subjects. List of what to bring will be available at the front desk or online.

Thursday 1 pm - 3 pm
12 weeks January 22nd - April 9th \$72.00

DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals. List of what to bring will be available at the front desk and online.

Wednesday 10 am - 12 pm
12 weeks January 21st - April 8th \$72.00

CHOIR (Drop-In)

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

Wednesday 10 am - 11:30 am January 7th

THEATRE GROUP (Drop-In)

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

Tuesday 1 pm January 18th \$1.35

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 January 22nd - April 9th \$107.00



Computer & Digital Photography

With
Brian Greenway

Computer & Digital Photography
Computer & Digital Photography

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

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

Wednesdays by Appointment

*No café February 25th, March 4th, 13th & 18th

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 taking. Bring your camera and manual.

Wednesday 5 pm – 7 pm January 21st \$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.

Wednesday 5 pm – 7 pm January 28th \$18.00

Workshops and Seminars

Please register at the front desk in advance

Workshops and Seminars

Workshops and Seminars

Workshops and Seminars

DIABETES DISCOVERY GROUP (FREE)

Do you want to learn how to live healthy with diabetes? Join the FREE Diabetes Discovery Group to speak with a Lakeridge Health Registered Nurse and/or a Registered Dietitian, both Certified Diabetes Educators about your diabetes needs. Listen to presentations on a diabetes related topic (nutrition, medications, blood pressure, foot care, etc), participate in demonstrations, gather information about living well with diabetes, and learn, motivate and support other community members living with diabetes! Remember, the group is FREE for members. For more information contact 905-576-8711 ext. 3160 or diabetesclinic@lakeridgehealth.on.ca

**Monday February 2nd, 23rd, March 9th & 23rd
1:30 pm – 3:30 pm**

ENERGY MEDICINE WORKSHOPS with Donna Elliot

Wednesday 1 pm – 2:30 pm \$20.00

3 weeks February 4th, 18th & March 4th

Workshop #1: The Mind-Body Connection & Emotional Healing – Our mind/thoughts are connected to our physical body... we think a thought and have an immediate emotional reaction that triggers a physical response. Let's take a look at energy techniques for healing emotionally so that you can heal physically.

Workshop #2: Managing Stress – Stress comes in many forms and some you are not even aware of. Did you know that when stressed your immune system is compromised? Learn some very simple energy techniques that take stress out of your body allowing wellness. Also learn how to take the charge out of a regular stressor.

Workshop #3: Memory – Brain Energy Medicine – For your memory to stay intact over the years, it is necessary for energies to flow freely through the suture lines in your skull. These junctures tend to become less flexible with age. Learn a simple technique that will keep oxygen, cerebrospinal fluid, and energies moving through them.

DEMENTIA AWARENESS WORKSHOP with Loretta Tanner (FREE)

This session, featuring staff from Alzheimer Society Durham, will increase awareness about:

- Warning signs for dementia, what's normal what's not, what else could it be?
- Getting a diagnosis: where do I start?
- How to live well with dementia
- Helping a family member or friend who has dementia

• Caring for the caregiver!

Monday March 9th 2:30 pm – 3:30 pm

EATING WELL ON A BUDGET with Jessica Corner (FREE)

Join Bowmanville Loblaws' In-Store Dietitian for an informative discussion on how to cut your food costs in a nutritious way. Eating well on a budget is possible with the tips you will learn in this 1 hour session. Be sure to bring your nutrition related questions as Jessica will finish the session with a question and answer period.

Thursday March 19th 1:30 pm – 2:30 pm

LEVEL C CPR with Tim Marsh

Learn the basics of Cardio Pulmonary Resuscitation and gain comfort in managing an emergency.

Monday March 23rd 1:30 pm – 4 pm \$25.00



RETIREE HEALTH AND TRAVEL BENEFITS with Rachelle Conlin (FREE)

The ENCON plans are specifically designed to address the needs of today's seniors, offering comprehensive health and dental benefits, as well as travel and life insurance plans. Best of all, premium rates are not age banded, meaning they do not increase with age and once enrolled, coverage can continue for life.

A representative from ENCON will be onsite to conduct short informal information seminars about individual retiree health care needs, OHIP and the ODB (Ontario Drug Benefit). Stay tuned for more details!

If you have any questions or would like more information before March, please contact Rachelle Conlin at ENCON by calling 1-877-732-2879 Ext 2068 or by email at rachelle.m.conlin@encon.ca

Wednesday March 25th

11 am – 12 pm or 1 pm – 2 pm or 6 pm – 7 pm

GROCERY SHOP WITH A DIETITIAN HELD AT LOBLAWS BOWMANVILLE (FREE)

Come on a grocery store tour with dietitian, Jessica Corner RD, as she will show you how to look at the grocery store aisles in a nutrition focused way. Learn about healthy food choices, reading food labels, and how to fill your plate in a way that will help you to meet your nutrition recommendations.

Thursday March 26th 1:30 pm

*Meet in store

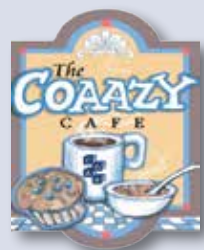
COAA TAX CLINIC

Requirements:

Single income less than - \$30,000

Couple income less than - \$40,000

If you wish to have your tax return prepared by one of our volunteers, please bring all information to the Beech Centre. For more information please contact Olivia Lean 905-697-2856



**COAAZY
CAFÉ**

Open Monday to Friday 9 am to 3 pm

**Muffins, soup & biscuits
are yummy and affordable!**

Specials Available Wednesday & Thursday



On the 2nd Level of
the Clarington
Beech Centre

26 Beech Avenue,
Bowmanville
ON L1C 3A2

Monday – Friday
9 am to 5 pm
or by special appointment

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



Services

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

Rotarians hard at work in our Communities!

The Rotary Club of Bowmanville working daily in our local community and internationally with donations to programs, services and individuals with unique situations with money raised in our own communities through fundraising efforts like:

The Annual Rotary Ribfest, is a 4 day event that includes fun filled activities for the whole family with entertainment, rides, amazing Ribbers and other food Vendors cooking up their best. This event made so popular through the support of our wonderful communities is our biggest fundraiser, with every dollar raised going back into the local community and international Rotary Initiatives. Visit: www.bowmanvilleribfest.com.

Bowmanville Rotary Supports Adopt-a-Village-in-Laos

With the end in sight of Rotary's campaign to end polio, the popular question is, 'What's next?' Steve Rutledge, founder of Adopt A Village in Laos and a fellow Rotarian from the Whitby Sunrise Club, hopes that the next campaign is Clean Water. "There is so much sickness and death in the world caused by contaminated water, yet it is completely preventable," he explains. The International Committee along with Support from the Courtice and Oshawa Rotary Clubs provide funds for this project.

Bowmanville Rotarian and Colleagues Offering Free Dental Clinic

Rotarian Dr. Mark Bishara and his colleagues offered a free dental clinic from 8 a.m. until 4 p.m. on Sunday November 16, 2014 at the West Bowmanville Dental Centre, The clinic, intended to assist persons who do not have dental insurance and do not qualify for government assisted dental coverage. A free cleaning, filling, or extraction was offered on a first come first served basis. The Rotary Club's Rookie Committee provided funds to assist with the clinic.

Breakfast Programs In Local Schools

Rotary regularly supports local students learn to their best ability by providing funding through our Youth Committee for local Breakfast Programs, giving young people a nutritious start to their day.

Just a few of the many projects undertaken or funded through your local Rotary Club.

The Christmas Spirit swept through Bowmanville last Saturday as Santa Claus came to town with the local parade. Rotarians along with Watson Farms handed out 60 bushels of apples to many smiling faces and little hands along the route.

"Christmas Starts with the Tree" and what better way to get into the spirit of the season with a fresh tree from your local Rotary Club and Watson Farms, Bowmanville. Starting November 28th until December 23rd, Rotarians and Volunteers will be selling a variety of freshly cut trees. Come out and see us at Watson Farms, 2287 Hwy 2, Bowmanville. Hours are Mon to Fri 12 noon to 8 pm, Sat and Sun 10 am to 6 pm. We thank you for your support in this community fundraising event. All proceeds from this fundraiser go toward local and international Rotary projects, community groups, organizations, student bursaries, and our Summer Respite Program for Children with Special Needs.

Thought about becoming a Rotarian or wanting more info on this wonderful group of giving people? It is a wonderful way to get involved in your community. Being a Rotarian connects you with a diverse group of community minded people who share your drive to give back. Over a meal, coffee or online, you can:

- Discuss your community's needs and discover creative ways to meet them
- Expand your leadership and professional skills
- Catch up with good friends and meet new ones

At regular Rotary meetings, Guest Speakers are invited in to educate, provide information and from time to time entertain us as well!

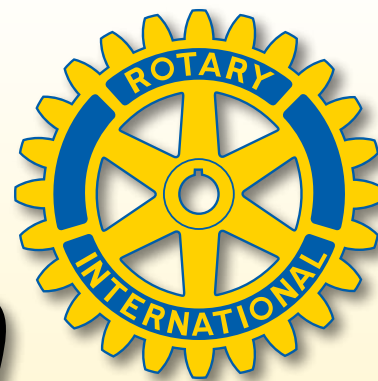
For more information on becoming a Rotarian, please contact either:

Randy Henry at 905 436 8010 or randy@randyhenry.ca or

Tracey Maxwell at 905 697 3737 or tmaxwell@claringtonhyundai.ca

Check out Rotary Club of Bowmanville on Facebook or visit our website www.bowmanvillerotaryclub.org

End Polio Now!



Ending Polio Timeline

- **1979** – Rotary clubs take on a project to buy and help deliver polio vaccine to more than six million children in the Philippines.
- **1985** – Rotary International launches PolioPlus, the first and largest internationally coordinated private-sector support of a public health initiative, with an initial pledge of US\$120 million.
- **1988** – Rotarians raise US\$247 million for PolioPlus, more than double their fundraising goal of \$120 million. The World Health Assembly passes a resolution to eradicate polio, setting up the launch of the Global Polio Eradication Initiative. More than 125 countries are polio-endemic.
- **1991** – Last case of wild poliovirus in the Americas.
- **2014** – Polio has been reduced by 99% worldwide. There are only three countries where the wild poliovirus has never been stopped: Afghanistan, Pakistan and Nigeria.

Find Out

- Why does ending polio matter?
- Why do outbreaks happen?
- What is Rotary doing?

See and hear Ziggy Marley's message – go online - visit: <http://www.endpolio.org/stories>

Through his voice and music, **Ziggy Marley** has supported Rotary and the fight to end polio. Watch Ziggy's personal World Polio Day message a special performance of his uplifting song "Lighthouse" from his new album, "Fly Rasta."

Also, listen to a message from **Dr. Tom Frieden**, 16th Director of Centers for Disease Control and Prevention, providing an update on the progress being made to end polio in the three remaining endemic countries: Afghanistan, Pakistan and Nigeria.



Ziggy Marley,
World Ambassador for End Polio Now project



Dr. Tom Frieden,
Director U.S. CDC Centre

We are closer than ever to ending this crippling disease forever.



Jim Abernethy, Broker

Royal Service Real Estate Inc., Brokerage
181 Church Street, Bowmanville

905-261-7788 Cell • 905-697-1900 Office

email: jimabernethy@royalservice.ca • visit my website: www.jimabernethy.ca



NOT INTENDED TO SOLICIT Buyers or Sellers currently under contract with a brokerage.

Professional Building – Bowmanville

\$3,290 / month



Free standing professional Building in the heart of Historic Downtown Bowmanville. Well built & maintained. Great curb appeal in high traffic area with private and on-street parking. May consider dividing \$3,290 per month.
For more details/viewing: text or call Jim Abernethy 905-261-7788.

1570 Stephenson Road – Newcastle

\$409,900



Large open concept Ranch Bungalow On 3/4 Acre country lot with scenic views. Quiet desirable rural setting close to Village Of Newcastle.
For more details/viewing: text or call Jim Abernethy 905-261-7788.

Hwy. 35 – Lindsay

\$299,000



91 Acres - has frontage & access to Kings Highway 35, located 5 minutes south of Lindsay. This property has significant wet lands restrictions however is zoned H L & A S-3 which permits peat harvesting & processing on the westerly portion of the 91 Acres. Approx. 5,000 s.f Block Building With 16' clear ceiling with poured concrete floor & 100 Amp Service. Ideal for private fishing, ducks, hunting.
For more details/viewing: text or call Jim Abernethy 905-261-7788.

2670 Concession Rd – Tyrone

\$429,000



Gorgeous & Well Appointed - 4 Bedroom Stone Century Home with character and tradition. Mature & private 3/4 acre lot in the quaint Village Of Tyrone. Features rustic contemporary eat in kitchen with exposed stone wall, large master with dream en-suite (claw foot tub, glass shower with hand painted tiles & sky lit ceilings).
For more details/viewing: text or call Jim Abernethy 905-261-7788.

38 Harry Gay Drive – Courtice

\$499,900



Large Family Home - in desirable Courtice neighbourhood with professionally finished walkout basement, backs onto treed ravine green space. Bright kitchen opens to Great Room, main floor laundry, lots of bedrooms and bathrooms.

For more details/viewing: text or call Jim Abernethy 905-261-7788.

82 Irwin Road – Orono

\$429,900



Brick Ranch Bungalow - situated on a mature 1/2 Acre Lot in a quiet enclave of bungalows at the south end of the Village of Orono. Spacious open concept living areas, with gleaming hardwood & porcelain floors. Heated 2 Car Garage with separate entry.
For more details/viewing: text or call Jim Abernethy 905-261-7788.

Snail Mail or Email



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Recently, we received some very official looking emails from several banks, our own included, telling us that there is suspicious activity on our accounts and we should provide them with personal information. The same week, an email came from our telephone/internet/satellite company advising that we have not paid our bill and our services will be shut

off. Just reply and give us your credit card number, it said. Revenue Canada just emailed us and advised that we have a substantial refund coming. We just have to click on their "Revenue Canada" link and submit some personal information. Of course, these are all "phishing scams" where people are fraudulently posing as companies or organizations that they hope you deal with on a regular basis. And, of course they want you to give them your credit card and other personal information so they can defraud you or steal your identity. I guess the "Nigerian Prince" fifty million dollar scam isn't working that well anymore. Just imagine, if someone was posing as you to fraudulently steal money from your friends, relatives or clients, wouldn't you go to great lengths to find out how to stop it? Sure, all of these organizations proudly state (on their websites) that yes, these are frauds and that they would never contact you in this way to tell you that there is a problem with your account or a refund waiting. This seems to be the extent of their pro-activeness. So, I ask, how exactly would they contact you? By phone? Each week we receive calls from various organizations and specifically our bank. After politely listening to them lie about how they have important information for us, they go into a telemarketing pitch about how they are going to provide another unbelievable customer service. You soon realize that it's not really the bank, only a company they have contracted out to sell you something. So we hang up. Even if the bank did call now with a legitimate concern, they would be hung up on quickly or call display would convince

me to not answer another marketing call from the bank. Consequently, these companies, by farming out their sales and marketing to other companies, often in other countries, have completely lost their credibility with their clients. We should phone them? Well, lots of luck calling them and actually speaking to a human. Press this, punch that, wait here, wait there, repeating your information over and over again to computer generated voices. It's frustrating and we often end up getting disconnected with no solutions. This is customer service? No one ever writes us a "snail mail" letter asking for my credit card number. I guess it's just too much trouble for criminals to write out a letter, put a stamp on it, find your proper name and address and stick it in the mail. And now adding insult to injury, banks, phone/internet/satellite and cable companies are telling us that we need to pay extra if we want our bills mailed to us instead of the "preferred method". This of course is the much more reliable and efficient e-mail. How do I know they sent it? Canada Post is losing money because people aren't using the "snail mail" like they used to. The alternatives aren't amounting to much.

Museum Book Presentation

Erin O'Toole, Member of Parliament for Durham, presents a special book of remembrance, "They Shall Grow Not Old" to Clarington Museums and Archives.

Earlier this year, author Archie Londry, a 92 year old, World War II veteran of Brandon, Manitoba, and member of the Commonwealth Air Training Plan Museum presented MP Erin O'Toole with a copy of his book "They Shall Grow Not Old" a historical document which records the names and gives remembrance of the over 18,000 members of the RCAF who lost their lives in the Second World War.

The book holds the biographies of the Colville brothers of Bowmanville, Ontario. Alexander, John and William Colville were all airmen who were killed in action in World War II.

On hand for the presentation were (left to right) Brian Colville, Bill Colville, MP Erin O'Toole, Charles Tawes (Clarington Museum & Archives).



Brian Colville, Bill Colville, MP Erin O'Toole, Charles Tawes (Clarington Museum & Archives)



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\$399,900

Desirable Location

Large 4 Bedroom Home in High Demand Area of Newcastle. Spacious Open Concept Custom Kitchen with Centre Island, Quartz Countertops. Thousands Spent in Upgrades.



\$234,000

Mature Family Neighbourhood

4 Bedroom Semi-Detached Home With Large Corner Lot. Fenced-in Front Side & Backyard. Ideal For Families. Walking Distance to Downtown Bowmanville, Schools & Parks.



\$222,500

Cozy Starter Home

Cozy Starter Home in North Bowmanville. Spacious Eat In Kitchen with W/O To Deck and Fully Fenced Private Backyard. Landscaped in Front and Backyard.



\$349,000

High Demand Area

3+1 Bedroom Home Situated in the Village Of Newcastle Steps To Recreation Complex & Schools. Eat In Kitchen has W/O To Patio. Finished Basement with Bdrm, LM & Bathroom.

Please contact me to book an appointment for a no-obligation consultation.



HOME COOKING *with Cathy*

by Cathy Abernethy
CLARINGTON PROMOTER
CONTRIBUTOR

Hello there. I thought it would be appropriate to have a soup recipe this month as the weather is making me feel like making lots of nourishing soups. I was fortunate to be able to borrow this recipe from Chef Georg Krone, one of Durham's finest chefs and teacher.

I hope you enjoy this wonderful tasting soup.



Irish Parsnip and Apple Soup

Ingredients:

- 1 Tbsp. butter
- 1 pound peeled parsnips thinly sliced
- 1 pound thinly chopped yellow onion
- 1 pound thinly sliced apples peeled
- 2 tsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. crushed coriander seeds
- 1/2 tsp. cardamom seeds, crushed
- 2 cloves garlic crushed
- 5 cups beef or chicken stock
- 150-200 ml 35% cream
- Salt and pepper to taste
- 1/4-1/2 cup chopped fresh chives

Preperation:

- Medium to large stock pot
- Heat the butter, add the onions and garlic, and saute for a few minutes. Don't brown
- Add the parsnips and apples, saute for a few minutes and then add all the spices
- Heat up the stock and add to the soup. Simmer for about 30 minutes or until vegetables are tender. Keep the lid on.
- Puree with hand blender, season with salt and pepper and add the cream.
- Serve in hot soup bowls and garnish with fresh chives and a few drops of cream.
- Serves 6 people

Legion Medal Ceremony



Deputy Defense Attache Lt. Col. Roger Vandomme presenting Fred Brown a WW11 Veteran with the French Legion of Honour Medal from the President of France.



Erin O'Toole M.P. presenting John Greenfield with the Community Medallion along with The Palm Leaf medal which is the highest award possible from the Royal Canadian Legion in addition to the Meritorious Service medal.. (left to right are: Gary Switzer - Honour & Awards Chairman Branch 178, Steve Oke - 1st Vice Pres. Branch 178, John Greenfield - Sgt. at Arms & Veterans Service Officer, Erin O'Toole MP and Bill Thrasher - President Branch 178



ROTARY CLUB OF BOWMANVILLE Christmas Tree Fundraiser

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The Veltri Group & Abe's Auto Supports Local Hospital in Bowmanville

With so many families moving East to the Clarington area and beyond, the number of visits to Lakeridge Health Bowmanville is steadily increasing and the need for new equipment is vital. Marianna Developments – Division of Veltri & Son Limited has been a part of the landscape in Clarington and the surrounding communities for decades. You can almost say that they have helped to build the town and create some good changes along the way. So, it was no surprise when Mario Veltri, Owner/Operator, Marianna Developments – A Division of Veltri & Son Ltd., contacted the Bowmanville Hospital Foundation and wanted to make a donation to their “Back The Cat” Campaign which is raising funds to purchase a new CT Scanner for the Diagnostic Imaging Department at Lakeridge Health Bowmanville.

“This community has been very good to me and my family for more than 50 years,” said Mr. Veltri. “That’s why it’s so important to us to support the community by investing in something that will ultimately benefit so many families at an important and sometimes critical time in their lives. I am extremely proud of what I have accomplished but, nothing is more important than being able to help others. My family knows what is needed in order to build great communities, well, the Hospital physicians and staff know what they need in order to provide lifesaving treatment and care to their patients and together, we can all work to keep our community healthy and vibrant. I am glad that I can play a small part in that.”

“The Bowmanville Hospital Foundation is extremely grateful for the continue support we receive from Mr. Veltri and his family,” says Mrs. Bastianelli. “Our donors are dedicated to making Lakeridge Health Bowmanville one of the best Hospitals around and, we are so thankful to Marianna Developments for this wonderful gift. Their commitment to the Hospital, our Foundation and the community is essential -- and this gift will most certainly make a difference in the lives of so many patients and families, both now and in the future.”
Bowmanville Hospital Foundation (905) 623-3331



Mr. Veltri presented Darlene Bastianelli (left image), Executive Director, the Bowmanville Hospital Foundation with a cheque in the amount of \$2,500 for the new CT Scanner. Junior Afana from Abe's Auto Recycling Inc., another local Bowmanville business, presenting Darlene Bastianelli (right image) with a \$5,000 donation to the Foundation's "Back The Cat" Campaign. The funds will be used to help purchase a new CT Scanner for the Diagnostic Imaging Department at Lakeridge Health Bowmanville

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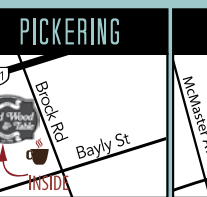
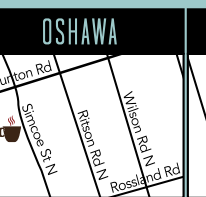
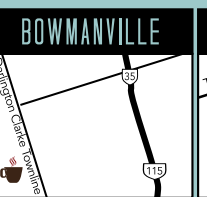
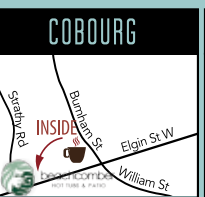
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