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# CLARINGTON Promoter.ca

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Volume 5 | Issue 3

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September 2015



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

**2015 Fall Program Guide**  
 (Pullout Inside)

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Read back issues of the Clarington Promoter online  
 Visit: [www.claringtonpromoter.ca](http://www.claringtonpromoter.ca)



**Bowman Family, Montreal c. 1845**  
 In the centre of the painting is Charles Bowman and his wife Elizabeth Savage. On Elizabeth's lap is her youngest daughter Victoria-Sophia. In the forefront is her next youngest daughter Anne (named for a sister of Charles). To the right of Charles are his two sons: Charles and James. At the far left is their eldest daughter Elizabeth. She is the only one who lived to adulthood and married. She had 12 children of which 8 survived.

## I Have Gazed Upon the Face of Agamemnon: A Lost Treasure Found

**Charles Taws with assistance from Rose McIntyre**

CLARINGTON MUSEUMS AND ARCHIVES  
[www.claringtonmuseums.com](http://www.claringtonmuseums.com)

*This story dedicated to Garth Gilpin*

In 1876 Heinrich Schliemann, famed archaeologist and the discoverer of fabled Troy, while working in Greece unearthed a series of ancient Mycenae burials with golden face masks. One was more richly carved and detailed than the others. "I have gazed upon the face of Agamemnon" he telegraphed the King of Greece.

Schliemann thought he had uncovered the body of the legendary King from Homer's Odyssey. I now know exactly how Schliemann felt for on April 26th of this year I gazed upon the face of Charles Bowman, the man for whom Bowmanville is named.

To understand my excitement you must know that this painting of Charles

Bowman has been "lost" for over 80 years and is the only known likeness of Bowmanville's founder. It has been searched for by many people. Bowmanville Museum founder Elsie Lunney was the most diligent in her quest, but others too, such as Forrest Dilling, Marion

Continued on Page 4

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## What Is a Business Plan?



by Peter Hobb

**COLLINS BARROW DURHAM LLP**  
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In a previous article I wrote about the importance of preparing a budget or forecast to help you manage your business. Some may think that the budget or forecast is also their business plan, however, such is not the case. A business plan is a much more comprehensive document which provides a lot more in depth information about your company. A budget or forecast is one of the key elements of a business plan but not the only one.

A business plan is extremely important when you are starting a business. It will help reduce the anxiety normally associated with a start up. You will feel more in control and you will likely be more prepared for all the twists and turns that will arise as you move your business forward. These latter advantages would apply no matter what the plan is prepared for. Business plans are also useful when planning a significant expansion, experiencing significant growth or a slowdown, arranging financing and when you are selling your business.

In addition to a budget or forecast, a business plan, other than in the case of a start up, will include a history of the company. When did the company start, who are the founders, how have its products or services evolved over time, what has

been the growth pattern of the company, etc. Who are the current officers and directors of the company and number of employees? The plan should also provide a description of your key products or services, your market, how your products or services meet the needs of your market, and the strategies you are using to penetrate your market. What are the company's short and long term goals and what strategies will the company implement to reach these goals. Goals should be specific, measurable and include target dates for completion. The plan should set out how progress towards the goals is going to be measured. The plan should also identify your competitors, their strengths and weaknesses, and how you differentiate yourself from your competitors in

the market place. What are your company's strengths and weaknesses? How will you leverage your strengths and mitigate the weaknesses. What are the opportunities and threats? What are your plans to take advantage of your opportunities? How are you dealing with potential threats? There may be other information you may wish to include in your plan. What else is included will depend on what you are going to use the plan for.

It is not uncommon for the information described above to be stored only in the owner's head. This may be of help to the owner but is not much help to the people that work for him or her or the people that may be thinking of investing in the business such as a lender or a prospective purchaser of the company. A well documented business plan can

give the reader confidence that you know what you are doing and how you will continue to grow your business successfully. This could be especially important if you are trying to borrow money from your bank or selling your company. If a prospective purchaser has to scrounge around to find this information they may lose interest. On the other hand a documented business plan may enhance the value of your company. The prospective purchaser will have a deeper understanding of the business and a better idea of what the risks and potential rewards could be. The biggest benefactor of developing a business plan may be you, the business owner. There is nothing like putting your ideas and thoughts in written form to help you clarify your thinking. By going through the

process of documenting the plan it is likely that you will gain more insight into your company and what needs to happen to enhance the company's success. For example it will likely give you a better idea of what you should expect from your employees. More importantly, your employees will have a better understanding of what is expected of them making them more effective. To properly prepare a business plan you will have to spend time analyzing all aspects of your business. Your plan should become a working document shared with, for example, your team, advisors and your bank. Once you have developed your plan you should review it on a regular basis and update it as appropriate.

## Hooper's Jewellers Ltd. - 70 Years of History

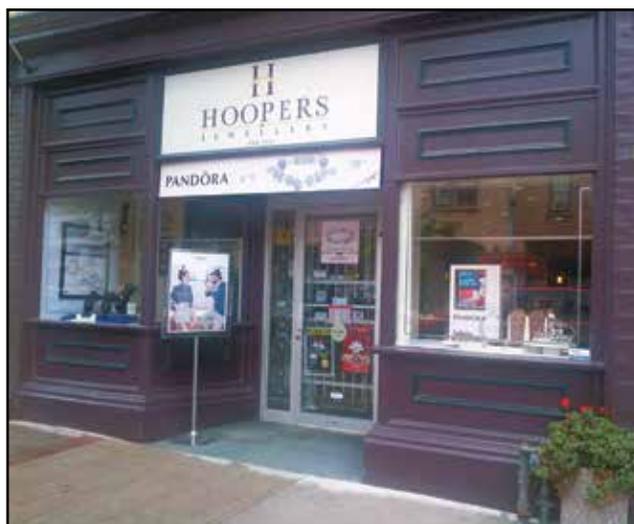
Hooper's Jewellers Ltd. is one of the longest running businesses operating on Bowmanville's main street. Art Hooper with his wife Lil opened their first store in 1945 and has had a few locations in its history. Mr. Hooper began working for jeweller James Marr when he was just 13 years old. Later, after serving in the air force as an instrument maker, he felt it was time to open his own shop. His first one was a small 9 X 10 store at 28 King Street West. He didn't stay there long and made one subsequent move before settling in at their current location in 1983.

Hooper's, before moving to their current location, were located at the present location of Norm's Deli.

The building that houses the jewellery shop now, was built by Aaron Buckler in 1881 and has been the location of many businesses over the years. The earliest was W.H. Ives Tailor Shop.

From 1901 to 1937 a drug store was located here. First owned by J.W. McDermid, later owners were Frank Kerslake and Percy Cowling. A couple of shoe shops followed before James Marr moved his jewellery business into this location. Marr was in business until 1977. At that time Cy Churchley opened his Jewellery store on the premises. He had had similar stores in Port Hope and Collingwood. When Churchley retired in 1983 Art Hooper had the opportunity through Mr. Marr, the then present owner of the building, to purchase the building which now houses the current Hooper's Jewellers, at 39 King St. West.

In 1989 Art and Lil retired and sold the business to their two sons Ron and Dan. They have faithfully followed their parents' tradition of not only quality customer service but



Hoopers Jewellers Storefront

involvement in community affairs. The business has always been for the most part, a true family business with most members of the first generation involved. Ron and Dan's, Mother, father and two sisters at one point. The next generation, Ron's two daughters, Carrie and Janet, are hoping to transition the business to the next gen-

eration, and credits their success to the excellent staff that have been a part of Hooper's growth over the years.

The Hooper family as well as Hooper's Jewellery Ltd. has played an on-going active role in the growth and development of Bowmanville and Clarington. 2015 marks their 70th year in business.



Ron, Art, Lil & Dan Hooper at Hoopers Jewellers. Circa 1990

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## Opinions and Views



by **Jim Abernethy**, Publisher  
jim@claringtonpromoter.ca

# Harper Government Supports Community Infrastructure in Clarington:

MP Erin O'Toole, Member of Parliament for Durham, recently announced the Municipality of Clarington will receive an important investment through the Canada 150 Community Infrastructure Program.

The Harper Government has approved up to \$455,000 for a total project cost of up to \$910,000 for the renovation of the Garnet B. Rickard Recreation Complex.

Clarington Council directed municipal staff to submit an application for the project earlier this year when the Infrastructure Program was first announced.

Many critics of the Harper Government said there was not enough time for municipalities to successfully process an application and receive the funds. It appears Clarington Council and Staff has proven those critics wrong.

Recreational infrastructure spending by municipalities is always justifiable when upper-tier levels of government offer to subsidize 50% of the cost.

The scope of the Clarington project proposes an expansion of approximately 1,500 square feet onto the existing community hall area, renovations to existing hall space and the construction of a fully accessible washroom. The project completion date should be March 2017.

The Garnet B. Rickard Recreation Complex, originally constructed in 1988, is a key community activity hub for residents of Clarington. The community hall is a key component of the spirit of Clarington residents.

Hon. Erin O'Toole, Member of Parliament for Durham commented "This Canada 150 grant will help improve the Garnet B Rickard Centre which is a central community hub for sport and social events in Clarington. I am proud that Canada will work with Clarington to renew this facility in time for our 150 Celebrations as a country."

Thanks Mr. O'Toole - for your government's continued commitment to help build infrastructure projects in the Municipality of Clarington.

Perhaps Mr. O'Toole you could convince Premiere Wynne to allocate funding in her next Provincial budget to construct the Go Rail/Train extension to Bowmanville.

Otherwise, the good people of Clarington will not see Go Train service extended to Courtice & Bowmanville.

Step 1 - was to complete/approve the E/A Environmental Assessment (approved in 2010) for GO Rail.

Step 2 - allocate the funds in Provincial Budget (not yet allocated).



MP Erin O'Toole with Regional Chair Roger Anderson, Regional Councillor Wille Woo and Clarington Municipal Staff outside Garnet B. Rickard Centre announcing Clarington recreation infrastructure funding.

Step 3 - begin tender process to select contractor to build.  
Step 4 - construct the new Go Rail line.

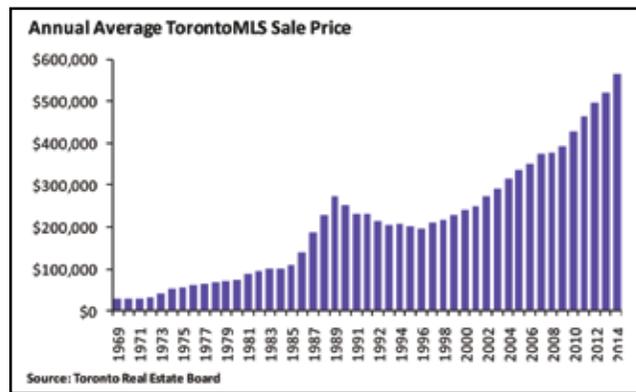
I have always promoted Clarington as the Eastern Gateway to the GTA. The Province needs to see Clarington in that light. Premier Wynne needs to start making financial commitments to build the transportation infrastructure required to support our ever growing community.

### New Record for July Home Sales

Toronto Real Estate Board President Mark McLean recently announced record home sales for the month of July. Greater Toronto Area REALTORS® reported 9,880 sales through TREB's MLS® System, representing an eight per cent increase compared to July 2014. These numbers of transactions were up for all major home types, including a double digit year-over-year increase in condominium apartment sales.

"As we move towards a new record for home sales this year, it is important to point out that home ownership demand has been driven not only by low borrowing costs, but also by the fact that the GTA economy has been performing quite well, with the unemployment rate lower compared to last year. Home buyers remain confident in the long-term benefits of owning a home," said Mr. McLean.

"National sales activity remains solid, fuelled by strength in British Columbia and the Greater Toronto Area, where listings are in short supply or trending that way," said CREA President Pauline Auinger. "That said, markets elsewhere across Canada are largely well balanced and in some cases have an ample supply of listings. As always, all real estate is local and REALTORS® remain your best source for information about sales and listings where you live or might like to in the future."



The national average home price continues to be upwardly distorted by sales activity in Greater Toronto and Greater Vancouver, which are among Canada's most active and expensive housing markets. If these two markets are excluded from calculations, the average is a more modest \$341,438 and the year-over-year gain is reduced to 4.1 per cent.

**I am often asked the question:** Why are Clarington real estate prices so much lower than Pickering/Ajax and Toronto?

**My answer is simply:** Clarington does not have the transportation infrastructure necessary to connect our community to the rest of the GTA. Mississauga has five 400 series highways, Pickering has two plus Go Train service... we have one 400 series highway, and sadly no Go Train service. Therefore our property values will continue to lag behind those prices in other parts of the GTA until Premier Wynne and her Liberal Government allocate into their budget process the funds necessary to build the Go Train & Hwy 407 extensions to service the transportation needs of the good people of Clarington.

**In a press release in Ottawa on August 12, 2015** - The Canadian Real Estate Association (CREA), on behalf of its 110,000 REALTOR® members across the country, welcomes today's announcement by Prime Minister Stephen Harper to increase the Home Buyers' Plan (HBP) withdrawal limit from \$25,000 to \$35,000.

"The Home Buyers' Plan has helped so many Canadian families realize their dream of home ownership," said CREA President Pauline Auinger. "Today's commitment to increase the withdrawal limit of the HBP will ensure that the dream stays within reach for today's young people."

Home purchases involving the HBP generate spin-off spending and create jobs. In 2015, home purchases involving the use of the HBP are projected to result in over \$2.8 billion in spin-off spending and more than 19,900 jobs.

## Jim Abernethy, Broker



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

905-261-7788 Cell  
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email: jimabernethy@royalservice.ca  
visit my website: www.jimabernethy.ca



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# I Have Gazed Upon the Face of Agamemnon: A Lost Treasure Found

☞ Continued from Page 1

Wiseman (the first curator of the Bowmanville Museum), Bill Bagnell, Garth Gilpin, Garfield Shaw and I have all speculated as to what could have become of it. Our last tangible evidence was from 1927. In that year Professor John Squair tried to have a copy made for his local history book "The Townships of Darlington and Clarke". It was then in the possession of Bowman's grand-daughters still living in the Bowman House in Westmount, Montreal, but they refused to loan it. By 1949 the house was torn down and the surviving grand-daughters had moved away. Where was this painting all this time? Well, it's always best to start a good story from the beginning so here we go...

In about the year 1824 a very successful Scottish merchant by the name of Charles Bowman came to this area looking to buy land. He found a little settlement in the valley south of the present day Vanstone Mill called Darlington Mills. He tried to purchase the land to the west of the valley, but it was unavailable so he purchased the land to the east. He laid out the town and gave a lot to the Anglican and Presbyterian Churches. He even had a meeting house built to be used as a school, town hall and place of worship open to all denominations. It was on the south side of King Street just east from where Silver Street is today. Apparently the Methodists used it so much that the others felt left out. An unverified local legend says that he gave a lot of land to the eldest unmarried daughter in every local family. The idea being that as they married and built homes on their lots the others around them would become more valuable. Besides his holdings in Montreal and Trois-Rivieres he also owned land in Colborne, Port Hope and near Goderich, but only here did his name become attached to the settlement.



This picture shows Charles Bowman's house in Westmount, Montreal. He acquired the property in 1828 and shortly after 1830 constructed this magnificent Italian Villa style house for his wife, Elizabeth Savage, and their growing family. The estate was called Forden and it later became the home of Charles Bowman's only surviving child Elizabeth Raynes and her husband Captain Robert Raynes. When the last Grand-child died the estate was sold and torn down in 1949. Today you can see Forden Crescent which used to be the estate driveway. The carriage shed still exist. It was converted to a home and owned for many years by the Birks Family of the Birks Jewellery Store chain. When the house came on the market a few years ago its price tag was in the millions!

Mr. Bowman also bought the store and mill. The store is today's Tim's Rent-All and the mill was a smaller forerunner of the current Vanstone Mill. His store dealt fairly with local settlers and helped them to get established. For his generosity the village of Darlington Mills became Bowmanville. The name seems to have been in general usage by the early 1830s, but was not officially changed until 1853. It is an odd fact that our founder never lived here. He stayed at his palatial house in Westmount, Montreal and spent most of his time going back and forth to Scotland buying manufactured goods which he could sell at great profit in the primitive colony of Canada. He died in 1848 and is said to be buried in Italy. His last will and testament were written on the Isle of Jersey so perhaps he had a respiratory ailment and was seeking a warmer climate when he died. Such illnesses were common-

place in the 1800s. For more information on Charles Bowman check previous articles at [www.claringtonpromoter.ca](http://www.claringtonpromoter.ca), click on past issues and go to October 2011 Edition.

Charles married Elizabeth Savage of York (Toronto) in 1830. Charles travelled extensively and he tried to recreate for his bride the lovely Italian villas he saw on his tours. He built her a fine house on Cote St. Antoine, Westmount. The estate was called Forden and the house featured a large centre block with two pergolas or pavilions on either side. Corridors were eventually constructed to connect them to the main house as the Bowmans became tired of travelling back and forth through the drafty cellar to reach them during the winter. Charles and Elizabeth had several children: Charles, Elizabeth, James, Anne and Victoria Sophia. Only Elizabeth lived to adulthood and she married Captain Robert Taylor Raynes. The Raynes made their home in the Bowman house, having eight children (5 girls and 3 boys) and as none of them married the Bowman line died out. The house was sold, torn down and a new one built in its place, the surviving grand-daughters moved and eventually passed away. So what happened to the painting? In the early 1990s I began corresponding with many museums and art galleries throughout the Province of Quebec looking for this painting. No luck. One clue led me to the church that had absorbed Charles Bowman's church, St. Gabriel Street Presbyterian, and I tried there but again no luck. I ran out of leads and stopped looking, but never forgot. My fortunes changed in November of last year when I got a message to call a lady back about a Bowman painting.

It was Rose McIntyre from Whitby calling. She said her older sister Mona (Lesley) MacFarlane in Ottawa had an old painting of the Bowman Family and Lesley thought for some reason it had to do with a family in the Whitby area. Rose was calling to see if it might be connected to Bowmanville. Meanwhile Lesley's friend, Wikke Walop, had googled the Bowman family history and had made the connection. Lesley and Wikke had thought the painting fine enough to be given to an art gallery but after some discussion the Bowmanville Museum was chosen. Unfortunately Lesley died just at this time but her friend, Wikke, has acted upon the decision. When I visited Wikke I noticed on a table a binder with Clarington Promoter articles taken from the internet. I like to think my earlier articles helped to persuade them that the painting belonged in Clarington.

Lesley acquired the painting from her mother, Margaret Macfarlane. Margaret and her husband Donald were good friends of the Misses Raynes in Westmount. Rose can remember as a young girl playing in the Raynes' house and she knew three of the Bowman grand-daughters, Ethel, Polly and Norah. Ethel, the last of the sisters, died in 1957. The two families were close and one of Rose's middle names is "Raynes". Rose believes the connection started with her grandmother, Mabel (Ward) Aylmer, whose father James Kewley Ward was Mayor of Westmount and owned a great deal of property. Mabel Aylmer was born in 1873 and was only a year older than Miss Norah Raynes.

At some time after the Raynes sisters moved into an apartment Margaret Macfarlane was given the painting. Both Wikke and Rose shared with me a story about Lesley visiting home from University. Margaret came down the stairs carrying the painting in one hand and the frame in the other saying to Lesley, "I have a use for this frame, but what will I do with this painting?" To which Lesley replied, "I'll take it with me and hang it in my room at school." This she did and the painting followed her wherever she went after that.

It is one thing to find a long lost treasure, but when that treasure exceeds your wildest expectations then you know you've got something really and truly special. It is not just a portrait of Mr. Bowman but of his whole family including the dog! It comes with a handwritten note by his son-in-law, Captain Raynes, listing the children's names and their death dates and locations. So beyond a shadow of a doubt we have the right Bowman Family. It is a well-executed oil painting, 26" by 34", and some interesting clues can be gleaned from it. For instance there is a Montreal newspaper and what appears to be a ledger book at Charles Bowman's feet to indicate, perhaps, his business success. Also his son James holds an artist portfolio in his arm so he may well have been a gifted artist. Wouldn't it be wonderful if some of his artwork turned up!

So at long last the mystery is solved. In our darkest moods



John Simpson was a protégé of Charles Bowman. He began working in his Bowmanville store in 1825 at the age of 12. He opened the first bag of mail to arrive in town (1827), soon took over management of the store and eventually became a partner in the business. He was active in banking, politics and civic affairs. In 1857 he established the Ontario Bank in Bowmanville and in 1867 he became one of Canada's first Senators. His house can still be seen on the Southwest corner of Highway # 2 and Bennett Road."

we thought the painting was sitting in a collection unidentified or even worse destroyed. A happy ending is always the best ending. You may have noticed that this article is dedicated to Garth Gilpin. Garth is a member of the Historic Downtown Bowmanville organization. They run many successful annual events such as Applefest. Many years ago it was proposed to hold a 'Charles Bowman Days' event. A picture of Charles Bowman was needed, but none could be found. They even offered a \$500 reward for such an image. Someone suggested using just any old picture of a man from pioneer times. Garth said "Oh no, you can't do that". So the event had to be changed, but historical accuracy was maintained.

One final note of interest: Wikke forwarded to me an article on the house built over the site of the old Bowman/Raynes house in Montreal. The new house was built in 1950 by members of the powerful Bronfman family. In 1993 it became the home of former Prime Minister Brian Mulroney and his family. Two years ago the Mulroneys decided to downsize and sell their home in favour of a new downtown condo. The house was listed for many millions of dollars. Mr. Bowman's horse barn and carriage shed have also been converted to houses. The carriage shed was rebuilt into an English cottage in the 1920's and was, at one time, owned by the Birks Family of the Birks Jewellery store chain.



# 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 Fall Program Guide

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



## Mission Statement

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

## Values and Beliefs

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

## 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
- Enrollment in any course/program
- Participation in drop-in programs at the Beech Centre
- Use of amenities during business hours

### REGISTRATION & REFUND INFORMATION

All programs include HST. Cash, Cheque, Debit, Visa or Mastercard are accepted. Please make all cheques payable to the Clarington Older Adult Centre Board. Refunds will only be granted for medical reasons with a doctor's note. A \$10 administrative fee will be applied. Programs will be cancelled when the minimum registration numbers are not met. **To avoid program cancellation, please sign up well in advanced of the program start date. 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.**

### ALWAYS SCAN YOUR CARD AND CHECK IN

The Centre receives some of its program funding based on participation and volunteer hour tracking, so always do your part by swiping in!

### 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 to COAA Events & Programs & 24 hour advanced notice is required.

### WI-FI

Members if you wish to stay connected while at the Beech Centre, we have Wi-Fi. Please visit the front desk for the password.

### EMAIL & VOICE DIALING

As a member of the COAA, you are registered to receive emails and voicemails regarding program cancellations, upcoming events or special information. Please note the calls will come from 289-274-7121. If you are not receiving emails and calls, please update your contact details at the front desk.

## 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 or email Sharon at smansfield@bellnet.ca

Positions are available for all commitment levels and no experience is 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 ...

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# Future Plans

Future Plans Future Plans Future Plans Future Plans Future Plans Future Plans Future Plans Future Plans Future Plans

Over the past year, the Municipality of Clarington has been working through the process of an Older Adult Strategy to plan for the future of Recreational Services for the ever growing older adult population. As you may be aware, some of the recommendations that were brought forward effected the COAA in many ways and although our organization did come forward with a "Vision" Business Plan, the decision of Council was to move to a more combined effort for service delivery known to most as:

**Option 3 – A Hybrid where COAA continues to run the Clarington Beech Centre and the Community Services Department looks after the rest of the Municipality.**

So effective January 1st 2016, the COAA will be an item of the past and our organization will have a NEW NAME and be an independent, not-for-profit corporation. Although our name will have changed, and our membership age will be raised to 55, our mission to promote the health and happiness of older adults by providing opportunities to enhance their quality of life, will remain the same. At this time, the board of directors and staff are working tirelessly on your behalf to negotiate all levels of this process and we will keep you all informed as we move forward. Until then please keep in contact, share your feedback and reach out to us if you have questions or concerns as we progress.

## COAA Member Testimonials

*I have been a member of the centre for 17 or 18 years. Quilting and Quilling were the first classes I joined followed by flower arranging. Then I became active by participating in Line and Square Dancing. I have always been interested in art classes and spend many happy hours drawing and painting. I enjoy lunches, attend most of the entertainment events and even have my hair done. I am very thankful for the wonderful staff and volunteers who make this place such a haven for seniors. I often wonder how I would cope without the COAA.*



*I have been a member for 15 years. I joined the COAA so I could meet people. I was a newcomer to the country and wanted to be a part of the community. I continue to come back because of the warmth, friendliness, and the variety of programs.*



– Irene Gourlay

*I have been a member of the COAA for 5 years. I joined the COAA when my wife died. I was looking for things to do. I was interested in the programs COAA had to offer. I keep coming back because of the friendly atmosphere and all of the people involved. I hate missing any events that the COAA has. I volunteer because I have a lot of free time and I want to do something.*



*I have been a member of the COAA, a drawing and painting instructor, and volunteer in a number of capacities, including the art, the jam sessions and open mics for about 10 years. One thing that stands out for me any of the time I spend here, is the presence of frequent laughter in the building. People are comfortable in this community of friends we call the COAA. Everyone is engaged in some activity or entertainment that is offered here, with other people of like interests. I have made numerous, treasured friends through my classes and the jam. I also enjoy the co-operative, casual working relationships with our staff. They are so wonderfully congenial, accommodating and creative in all aspects of the operation of our COAA at the "Beech". It's generally a good chemistry of people, both in classes and in the office, and it makes it fun to be here and do things.*



– Mary Tough

– Paul Livingston

# 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	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Open Art	9 am
Pickleball (Newcastle)	9:30 am	Cribbage	9:30 am	Pickleball (Newcastle)	9:30 am	Hiking	9 am	Billiards	9 am-4:30 pm
Book Club	10 am	Euchre	9:30 am	Choir	10 am	Table Tennis	10 am	Pickleball (Newcastle)	12 pm
Crocheting / Knitting Group	10 am	Scrabble	9:30 am	Open Art	12 pm	Wood Carving	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Social Bridge	9:30 am	Canasta	1 pm	Mexican Train Dominoes	10 am	Darts	1 pm
Duplicate Bridge	1 pm	Table Tennis	10 am	Shuffleboard	1 pm	Pickleball (Newcastle)	12 pm	500 Cards	1 pm
Cribbage	1 pm	Pickleball (Newcastle)	12 pm	<p>© Paul Livingston</p>	Craft Group	1 pm	Jam Session	1 pm	
Bid Euchre	7 pm	Billiards	12 pm-6 pm		Bid Euchre	1 pm	<p><b>Drop-In fees will be collected by your volunteer program convenor when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.</b></p>		
<p><b>INTERESTED IN BRIDGE LESSONS?</b></p> <p>Please call Olivia 905-697-2856</p>	Square Dancing	12:45 pm	Mah-jongg (NEW)		1 pm				
	Social BINGO	1 pm & 2:15 pm	Social Bridge		7 pm				
	Friendship Group	1 pm	Texas Hold'em Poker		7 pm				
	Theatre Group	1:15 pm	Pickleball		7 pm				
<p><b>WANTED</b></p> <p>Scrabble Players</p> <p>Tuesdays 9:30 am \$1.35</p>	Learn to Play Euchre	1:30 pm	<p><b>Weekly Drop-Ins Fee Schedule</b></p> <p>Duplicate Bridge.....\$3.50                      Square Dancing.....\$0.55                      All other drop-in programs.....\$1.35                      Progressive Euchre.....\$3.00</p>		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			
	Pickleball	2:30 pm	Hiking.....\$2 members/ \$3 non-members	Non-member Pickleball.....\$1.70					
	Progressive Euchre	7 pm							

## 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: September 1st & 8th, October 13th & December 29th

## Josie's Monthly Baking Fundraiser

Friday September 25th, October 9th,  
 October 23rd & November 20th  
 Christmas Sweets – Friday December 18th  
 Pick up and return order forms at the front desk

# Bowmanville Programs

## NEW Programs

### ARTASTIC FOR ADULTS with Janet Lange at 42 King St. E Janet Lange Art & Design

This is definitely a fun class to learn everything art in six lessons! Students will learn about each of the following: painting, sculpture, and facepainting. Sculpting and painting will include a mini project to take home and display. You will learn the basics through elements of art and design using canvas, clay or plaster cloth. Facepainting will include learning about line work, sponging and the basics of creating a face design for costumes, dramatic eye designs and more!

**Tuesday 10 am – 12 pm 6 weeks**

**September 15th – October 20th \$120.00**

### BUILD A BETTER BRAIN with Laura Clements

According to recent scientific research there are certain exercises, foods, games, daily habits, and lifestyles that not only slow down mental aging, but can actually 'build' your brain, at any age! You will leave these highly interactive workshops with practical and innovative ways to enhance your brain power in all aspects of your life.

**Thursday 1 pm – 4 pm 3 weeks**

**October 8th – 22nd \$37.80**

### BUILDING BETTER BALANCE with Sharon Wildeboer

Don't leave home without it. Balance is integral to our everyday life. We are constantly using balance when sitting, standing and walking. Using a combination of exercises, equipment and games you will challenge and improve your balance in this class. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

**Friday 3 pm – 4 pm 12 weeks**

**September 18th – December 11th \$50.50**

**\*No Class October 9th**

### DIY FUN with Michelle Kimmerly at 42 King St. E Janet Lange Art & Design

Working with inexpensive supplies that you wouldn't ever think to use, we will work together to create unique pieces to keep, gift or sell. Supplies provided. You bring your creative flair, and have a wonderful time working on (at least) one project per week.

**Thursday 10 am – 12 pm 6 weeks**

**September 17th – October 22nd \$120.00**

### FALLS PREVENTION with Melaine Munro brought to you by Restore Therapy

Classes provide exercise and stretches focused on strengthening muscles and improving balance. The core is exercise, as well as a psychological component to finding success in preventing falls. Building confidence is as important as building strength and stability. This program can be tailored to individual needs and modified for any type of impairment level. Statistically proven to be successful. Falls Prevention allows individuals more freedom in their daily lives. Weights and therabands are used throughout the program, in order to promote strength. With strength comes better balance. This program is great for people with Parkinsons, diabetes, fibromyalgia and people who have suffered a stroke.

**Wednesday 3:30 pm – 4:30 pm 12 weeks**

**September 16th – December 2nd \$50.50**

### FRENCH LEVEL 4 with Maurice Laganier

Le cours Français niveau 4 s'adresse aux étudiant(e)s qui ont déjà complété le niveau 3 ou qui ont une bonne connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

**Friday 10 am – 11:30 am 8 weeks**

**September 18th – November 6th \$42.00**

### GENTLE YOGA with Krista Luxton

This is a gentle, yet energetic flow based on a vinyasa (breath-synchronized movement) style of yoga. It is held at a slower pace and focuses on stretching and strengthening all areas of the body, while releasing stress and tension from joints and muscles. We will also learn about key muscles involved in the postures and how we can engage them to create a deeper and more stable practice. Through this practice we will maintain strength and flexibility, along with dignity and grace. This is a level one class, but all levels are welcome.

**Monday 1 pm – 2 pm 8 weeks**

**October 19th – December 7th \$33.60**

### LET'S MAKE A QUILLOW! with Joyce O'connell

Do you need something for those chilly nights? Learn how to make a unique "quillow". This is a quilt that folds into a pillow, and just sits waiting for those chilly nights when you need a little "something" to put over your knees, and keep your feet warm. There is a secret place for your feet! Great for the home, car, trailer, cottage or those cold hockey rinks – and the grandchildren will absolutely LOVE them. Sewing machine required. Complete kits, containing all that you need, will be available at a cost of \$30.00

**Monday 10 am – 2 pm 3 weeks**

**September 21st – October 5th \$60.00**

### MAXIMIZE GOOGLE FOR YOUR GENEALOGY with Nancy Trimble

Google is an excellent search engine, but it can be so much more! There are many aspects to Google that will help you with your family history search. In this workshop, we will explore Google Search, Google Cache, Google Alerts, Google Books, Google Images, Google Drive, Google Mail, Google Plus, Google Translate, Google Newspapers, and Google Maps. Come and see what Google can add to your genealogy search toolbox. Nancy Trimble is a retired pharmacist who is now following her passion for family history. She earned her Professional Learning Certificate in Genealogical Studies at the University of Toronto in 2004. Nancy is the owner of Trimble Family History Services and offers lecturing, research and DNA analysis services. Currently she volunteers as the Chair of the Durham Region Branch of the Ontario Genealogical Society.

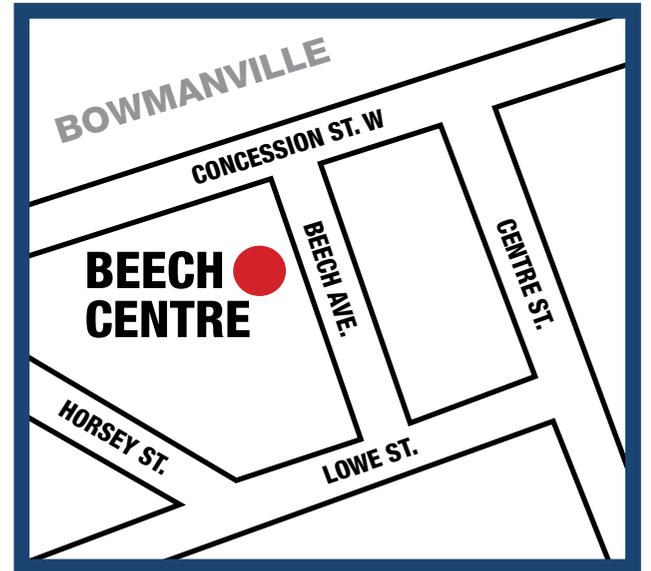
**Monday October 5th 7 pm – 9 pm \$15.00**

### MODERATE YOGA with Krista Luxton

This is a slightly more moderate vinyasa (breath synchronized movement) flow bridging into an intermediate set of postures. Modifications are always available, and students work at their own pace always honouring their body. We will focus on stretching and strengthening all areas of the body, while releasing stress and tension from the joints and muscles. We will go into more depth about alignment and the key muscles used in the postures so students can gain a better understanding and awareness of their bodies. This is a level one class, but with more movement and a greater range of yoga postures.

**Monday 2 pm – 3 pm 8 weeks**

**October 19th – December 7th \$33.60**



### NIA with Carol Drew

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 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.

**Thursday 9 am – 10 am 13 weeks**

**September 17th – December 10th \$54.70**

**Friday 8:30 am – 9:30 am 13 weeks**

**September 18th – December 11th \$54.70**

### PEN & INK TECHNIQUES 101 with Dianne Darch

By request, this class is a techniques only class with no finished project. We will be starting at the basics with watercolour and ink, experimenting, having FUN and letting your creative juices flow. Keep your samples for future reference. Supply fee of \$4.00 payable to instructor.

**Monday October 19th 3:30 pm – 5:30 pm \$10.00**

### LIVE IN MOTION

**Live In Motion ([www.liveinmotion.ca](http://www.liveinmotion.ca)) is offering off-site Personal Training in Bowmanville for COAA members.**

**Personal Training is one-on-one exercise instruction including customized fitness programming to meet the needs of the individual client.**

**Specified exercise can help to strengthen muscles and joints, improve circulation, increase bone density and control bodyweight. Proper program advancement will help to slow down the aging process and improve overall health.**

**6 sessions \$461.04 taxes included**

AND

**8 sessions \$587.60 tax included**

**Contact Lisa and Jason directly for inquiries at 905-439-8401 or [info@liveinmotion.ca](mailto:info@liveinmotion.ca)**

*COAA discounts already applied to prices  
Monthly payment plans available*

## TRIPS & TRAVEL

### HALIBURTON FALL COLOURS TOUR

**Wednesday September 30, 2015**

It's country road driving time in search of fall colours. For those who enjoy view points, our first stop will be the scenic Minden lookout. Beautiful views can be seen over the town of Minden and far beyond. We will stop for lunch with a beautiful background against the breathtaking Haliburton Highlands. Our last stop is the only remaining one in the Province of Ontario, Hawk Lake Log Chute originally built in 1861.

**\$80 per Person**

(Includes: bus, lunch at the Bonnie View Inn and a donation to the COAA)

Bus leaves the Beech Centre at 8:30 am

To purchase tickets for this day trip

please visit Lakeshore Tours at

258 King St East Bowmanville

(leaves across from the Bowmanville Mall)

or call at 905-623-1511

Any questions please feel free to contact Amanda at 905-697-2856

### COAA ALLURE OF THE SEAS CRUISE



**Sailing November 8th to 15th, 2015**

Traveling from Fort Lauderdale Florida to

Nassau, St. Maarten and St. Thomas

For more information, please feel free

to contact Louise 905-623-9533

19 King St W, Bowmanville, Ontario L1C 1R2

louise@kemptravel.ca

### ALL WRAPPED UP IN CHRISTMAS

**Wednesday November 18, 2015**

Join the talented cast in a Niagara Falls log cabin theatre as they take you back to the 1970s, when the platform shoes were higher, bellbottoms were wider and TV Christmas specials were all the rage!

It's a snowy, December night and our sound stage is set as our hosts, Candy and Dandy, prepare to film their last Christmas Variety Show, in front of you...

our live studio audience! It's time for  
LIGHTS, CAMERA...LAUGHTER!

This show has something for everyone; from your favorite Christmas carols to hilarious original songs; from dancing fruitcakes to hip hop rapping elves; this is a variety show like no other. Enjoy a 5 course family style Christmas dinner served to you by the cast.

**\$110 per person**

(Includes: bus, lunch and a donation to the COAA)

Bus leaves the Beech Centre at 8:30 am

To purchase tickets for this day trip, please visit

Lakeshore Tours at 258 King St East Bowmanville

(across from the Bowmanville Mall)

or call at 905-623-1511

Any questions please feel free to contact

Amanda at 905-697-2856

## NEW Programs

New Programs New Programs New Programs New Programs New Programs

### SEASONAL DECOR DESIGN with Janet Lange at 42 King St. E Janet Lange Art & Design

These classes will be so much fun! You will choose what you want to design and Janet will help you create it! Tap into your creative side and learn new decorating ideas and see trends for Halloween & fall! From pumpkin painting and sculpting to front door decor. You will discover quick & easy ways to make decorations that won't cost a fortune.

**Wednesday 10 am - 12 pm 6 weeks**  
**September 16th - October 21st \$120.00**

### START TO FINISH: PEN AND INK with Dianne Darch

This class is suitable for a beginner or intermediate who wants to use their own photos to complete a project. In this class you will learn how to create your own pen and ink artwork from a photo. Learn how to compose and create an outline sketch. Then you will be guided through the steps to ink your finished project. Supply list available at registration.

**Monday 1 pm - 3 pm 3 weeks**  
**September 21st - October 5th \$30.00**

### TAP DANCING LEVEL 1 with Veronica Vargas

Learn the basic steps at a slower pace. All combinations learned will be put together to music.

**Friday 10:45 am - 12 pm 4 weeks**  
**September 18th - October 9th \$17.00**

## Fitness Programs

Fitness Fitness Fitness Fitness Fitness

### 20/20/20 with Nathalie Mackesey

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 want to have fun. Twenty 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 with cool down and stretching. Please bring your weights and tubing with you to class.

**Wednesday 6 pm - 7 pm 13 weeks**  
**September 16th - December 9th \$54.70**

### ARTHRITIS FITNESS with Nathalie Mackesey

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

**NEW Wednesday 10 am - 11 am 13 weeks**  
**September 16th - December 9th \$54.70**  
**Thursday 11:30 am - 12:30 pm 13 weeks**  
**September 17th - December 10th \$54.70**  
**NEW Friday 9:30 am - 10:30 am 13 weeks**  
**September 18th - December 11th \$54.70**

### 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!

**NEW Monday 8 am - 9 am 10 weeks**  
**September 14th - December 7th \$100.00**  
**Friday 8 am - 9 am 10 weeks**  
**September 18th - December 4th \$100.00**  
**\*No Class September 28th, October 2nd 5th, 9th & 12th**

### WEIGHT TRAINING with Lisa Balsdon from Live in Motion

Not sure how to get started? Afraid of lifting weights incorrectly and hurting yourself? Then this class is for you! Spend an hour in a small group setting learning how to warm up properly, implementing a weight lifting program to help you build or maintain strength and increase muscle for vitality and longevity purposes. Work together on proper range of motion and exercise movement correction creating an injury free environment. It will be like having your own one on one personal trainer! You will also learn core exercises and cooling down stretches.

**Note: Equipment needed**

• Dumbbells - if you are unsure of weight we will assess that on the first day of the program. Bring what you have already. Some of you may be surprised as you may be lifting too little! • Dyno band • Pen and something hard to write on. Handouts will be provided for your weight training program and for making notes.

**Thursday 11:30 am - 12:30 pm 12 weeks**  
**September 17th - December 17th \$80.00**

**\*No Class October 1st & 8th**

### ZUMBA GOLD CHAIR with Paulene Hinds

A low impact muscle conditioning and cardiovascular training class for all ages but especially those who may have mobility issues. You have the option to use your upper body only or kick it up a notch and use your lower body too, but all from a seated position. Come join us as we rock through the decades to music from the 1940's through to 2015. Zumba gold chair "just grab a seat and get down and boogie."

**Monday 1 pm - 2 pm 13 weeks**  
**September 14th - December 14th \$54.70**

**\*No Class October 12th**

### 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 13 weeks**  
**September 14th - December 14th \$54.70**  
**Friday 9 am - 10 am 13 weeks**  
**September 18th - December 11th \$54.70**  
**\*No Class October 12th**

### CHAIR PILATES with Nathalie Mackesey

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

**Monday 11:15 am - 12:15 pm 13 weeks**  
**September 14th - December 14th \$54.70**  
**\*No Class October 12th**

### COMBO CLASS with Lydia Vooyo

It begins with a 10 minute mild cardio warm up with dynamic stretching to get the class ready for a five minute interval segments of cardio and weight training. We will be working each muscle group from upper to lower body exercises that will involve using tubing, weights and your own body weight bearing drills, such as lunges to wall push-ups.

**Wednesday 8 am - 9 am 13 weeks**  
**September 16th - December 9th \$54.70**  
**Thursday 9 am - 10 am 13 weeks**  
**September 17th - December 10th \$54.70**

### FABULOUS MUSCLES with Lydia Vooyo

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

**Friday 10 am - 11 am 13 weeks**  
**September 18th - December 11th \$54.70**

## Fitness Programs

Fitness Fitness

### GENTLE YOGA with Sharon Wildeboer

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

**Monday 10 am – 11 am 12 weeks**  
**September 14th - December 14th \$50.50**  
**Wednesday 10 am – 11 am 12 weeks**  
**September 16th – December 9th \$50.50**  
**NEW Friday 2 pm – 3 pm 12 weeks**  
**September 18th – December 11th \$50.50**  
**\*No Class October 5th, 7th, 9th & 12th**

### GUIDED MEDITATION with Julie Ditta

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

**Friday 12:30 pm - 1:30 pm 13 weeks**  
**September 18th - December 11th \$54.70**

### LEARN TO RUN with Lydia Vooy

Learn the ABC's of running in a safe and fun way. You will also be informed on proper clothing, running shoes, stretching tips and nutrition. Our base will be a 5k distance that will begin and end at the COAA. Begin with a 5 minute walk progressing to an endurance of cardio running of one minute and one minute walking to eventually nine minutes of running. Everybody will succeed! Our goal is to walk/run the Terry Fox event on September 20, 2015 at Memorial Park on the 35th anniversary of Terry's initial run. Plan to be a part of this great and inspiring event.

**Wednesday 9 am – 10:30 am 12 weeks**  
**September 16th – December 2nd \$73.00**

### PICKLEBALL (Drop-In)

The fastest growing sport! Join the group for a fun & social game, at the Beech Centre.

**Tuesday 2:30 pm – 4:30 pm**  
**September 8th – December 8th**  
**Thursday 7 pm – 9 pm**  
**September 10th – December 3rd \$1.35**  
 Please call Olivia at 905-697-2856 to book extra court times.

### PILATES with Nathalie Mackesey

Focus on strengthening the core postural muscles to help keep the body balanced and supporting the spine.

**Monday 10 am – 11 am 13 weeks**  
**September 14th – December 14th \$54.70**  
**Tuesday 7 pm – 8 pm 13 weeks**  
**September 15th – December 8th \$54.70**  
**Thursday 6:45 pm – 7:45 pm 13 weeks**  
**September 17th – December 10th \$54.70**  
**\*No Class October 12th**

### PILATES 2 with Nathalie Mackesey

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

**Thursday 10:15 am – 11:15 am 13 weeks**  
**September 17th – December 10th \$54.70**

### 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 13 weeks**  
**September 16th - December 9th \$68.25**  
**Wednesday 11:30 am - 12:30 pm 13 weeks**  
**September 16th - December 9th \$54.70**

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

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

**Tuesday 10:30 am – 11:30 am 12 weeks**  
**September 15th – December 8th \$50.50**  
**\*No Class October 6th**

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

This class involves more standing work, longer cardio sections, and more challenging resistance training. Bring resistance tubing with handles to class.

**Tuesday 9:30 am – 10:30 am 12 weeks**  
**September 15th – December 8th \$50.50**  
**Friday 10 am – 11 am 12 weeks**  
**September 18th – December 11th \$50.50**  
**\*No Class October 6th & 9th**

### STRENGTH TRAINING FOR MEN with Sharon Wildeboer

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

**Wednesday 11 am – 11:45 am 12 weeks**  
**September 16th – December 9th \$41.00**  
**Friday 9 am – 9:45 am 12 weeks**  
**September 18th – December 11th \$41.00**  
**\*No Class October 7th & 9th**

### 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 and recommended by health practitioners in treating diseases (such as, arthritis, high blood pressure, osteoporosis).

**Monday 10 weeks**  
**September 14th - November 23rd \$42.00**  
**Beginner: 10 am – 11 am, Intermediate: 11 am – 12 pm**  
**\*No Class October 12th**

### URBAN POLING FALL FOLIAGE with Laura Clements

Get all the added benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, improve posture and balance). Explore a wide variety of local foliage trails, while you feast your senses on the wonderful fall colours. Trail list will be available at front desk and on our website. Suitable for everyone. Urban Poles will be available to buy through Laura or rent at the Beech Centre.

**Monday 9:30 am – 11 am 10 weeks**  
**September 21st – November 30th \$50.00**  
**\*No Class October 12th**



### 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 12 weeks**  
**September 14th - December 14th \$50.50**  
**Wednesday 9 am – 10 am 12 weeks**  
**September 16th – December 9th \$50.50**  
**\*No Class October 5th, 7th & 12th**

### YOGA with Lisa Balsdon from Live in Motion

Includes mindful meditation/visualization and breathing techniques, postures (asanas) corrections, strengthening and flexibility work. Beginner and advance modification 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 12 weeks**  
**September 18th – December 18th \$80.00**  
**\*No Class October 2nd & 9th**

### YOGA with Lisa Balsdon provided by Live in Motion

Beginner and advance modification given in class. Class includes mindful meditation/visualization and breathing techniques, posture corrections (asanas), strengthening and flexibility work. Drop-ins need to contact lisa@liveinmotion.ca, call or text Lisa at 905-706-7862 to register and check for class availability.

**Tuesday 7 pm – 8:15 pm 10 weeks**  
**October 13th – December 15th \$203.40**  
**Thursday 7 pm – 8:15 pm 10 weeks**  
**October 15th – December 17th \$203.40**  
**\*COAA members receive 10% off any package price listed.**  
**Mix & Match classes 18 sessions \$344.65**

### YOGALATES with Sharon Wildeboer

A fusion of yoga and pilates that works on balance while building strength and providing toning.

**Monday 11 am – 12 pm 12 weeks**  
**September 14th - December 14th \$50.50**  
**\*No Class October 5th & 12th**

### YOGA ON THE BALL with Laurel Wichman

Yoga on the Ball is a fun and challenging workout that combines breath 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 enabling you to feel strong, calm and centered.

**Wednesday 1 pm – 2:30 pm 13 weeks**  
**September 16th - December 9th \$71.50**

### RESTORATIVE YOGA with Laurel Wichman

This class offers a nice balance of restorative yoga and an opportunity to work on stability and balance. Postures will be held for longer periods allowing for the muscles and connective tissues to relax, lengthen and strengthen. We will also explore balancing postures allowing us to strengthen our core stability.

**Wednesday 2:30 pm – 4 pm 13 weeks**  
**September 16th - December 9th \$71.50**

### ZUMBA with Veronica Vargas

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

**Tuesday 9 am – 10 am 12 weeks**  
**September 15th - December 1st \$50.50**  
**Thursday 10:30 am – 11:30 am 12 weeks**  
**September 17th – December 3rd \$50.50**

### ZUMBA GOLD (LITE) with Veronica Vargas

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

**Wednesdays 11 am – 12 pm 12 weeks**  
**September 16th - December 2nd \$50.50**

## Dance Programs

Dance Dance

### BALLROOM & LATIN DANCE with Bob Kerby

Have hours of fun learning how to dance. Ballroom dancing is for all ages and is an excellent exercise for both the body and mind.

**Thursday 12 weeks September 17th – December 3rd \$77.40**  
**Beginner – Rumba & Jive with some Merengue**

**1:15 pm – 2:15 pm**

**NEW Bronze 1 - Tango, Jive with some Samba and Slowfox**

**2:15 pm – 3:15 pm**

**NEW Bronze 2 - Tango, Jive with some Samba and Slowfox.**

**3:15 pm – 4:15 pm**

**NEW Silver - Learn Tango, Rumba and some Merengue**

**4:15 pm – 5:15 pm**

### LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

Various steps will be taught in this fun and social program. Some experience necessary for Beginner Plus.

**Monday 13 weeks September 14th – December 14th \$32.50**

**Beginner: 12:15 pm – 1:15 pm**

**Beginner Plus: 1:15 pm – 2:15 pm**

**\*No Class October 12th**



© Paul Livingston

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

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

**Tuesday 12:45 pm - 2 pm**

**September 15th – December 15th \$0.55**

**\*No dance November 10th**

### TAP DANCING with Veronica Vargas

If you know the basic steps and you want to dance, this is your class. Standard combinations at a medium/fast pace. All combinations learned will be put together to music.

**Wednesday 12 weeks September 16th - December 9th**  
**\$50.50**

**Level 2: 9 am – 9:55 am**

**Level 3: 10 am – 10:55 am**

## General Interest Programs

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

### BEECH CENTRE BOOK CLUB (Drop-In)

Meet one Monday a month for an engaging discussion about the monthly book. **\$1.35**

**September 14th – Discussing – The Sisters Brothers**

**Picking up – Sweetness at the Bottom of the Pie**

**October 19th Discussing – Sweetness at the Bottom of the Pie**

**Picking up – Nineteen Minutes**

**November 16th Discussing – Nineteen Minutes**

**Picking up – Best Exotic Marigold Hotel**

**December 14th Discussing – Best Exotic Marigold Hotel**

**Picking up – Bossypants**

### CRAFT GROUP with Judi White (Drop-In)

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

**Thursday September 17th 1 pm – 3 pm \$1.35**

### CULINARY LESSON with Chef Georg

Come join us for a fun social afternoon of cooking and taste testing.

**Wednesday 1 pm – 3 pm \$12.00 per lesson**

**October 14th Fall Harvest Vegetables & Fruit Desserts**

**November 18th Organic Chicken Specialties**

### LEARN TO PLAY EUCHRE with Don Welsh & Josie Roberts (Drop-In)

Join Don and Josie for a fun social afternoon to learn or improve your euchre skills.

**Tuesday 1:30 pm – 3 pm 7 weeks**

**September 15th – October 27th \$1.35**



### FRENCH LESSONS with Cecile Paxton

**Tuesday October 6th – December 1st 9 weeks \$47.25**

**Level 1: 10 am – 11:30 am**

This class is geared towards beginners or those who wish to refresh their knowledge. It is mostly an oral/aural class and we will be covering the following topics: The alphabet; various sounds: eg, on, oi, en, an, em, am, in, aim, eu, and au, eau. These sounds are essential to learning proper pronunciation of French words. You will learn the days of the week, months of the year, numbers 1 to 31 and will work on BASIC conversation: name, where you live, your age and learn a few little French songs.

**Level 2: 1:30 pm – 3 pm**

Review of the alphabet. Introduction of new sounds: ou, e, ay, ai, et, er and ez. In this class we will use the sounds learned in Level 1 to form words and perhaps simple sentences. Also, les, l', un, des and vocabulary and the verb AVOIR and ETRE. Expressions with the verb avoir, the negative and prepositions.

### FRENCH LEVEL 3 with Maurice Laganière

Designed for students who have completed Level 2 or who have a basic knowledge of French. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to the following topics: My family, food and drinks, menus, hotel rooms, directions, clothing and numbers.

**Français niveau 3 avec Maurice Laganière**

Le cours Français niveau 3 s'adresse aux étudiant(e)s qui ont déjà complété le niveau 2 ou qui ont une connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux thèmes suivants: Ma famille, les aliments et boissons, les menus, les chambres d'hôtel, les directions, les vêtements et les nombres.

**Tuesday 3 pm – 4 pm 8 weeks**

**September 15th – November 3rd \$28.00**

### SPANISH 1 with Alan Bayliss

¡Hola! Let's go south to learn the basics of Latin-American Spanish with a new Canadian text.

No previous knowledge is required. You will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and many 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 10 weeks**

**September 16th – November 18th \$59.50**

### COAA Member Testimonial

*Beginner French was a wonderful foundation on which to build vocabulary and conversation in French. Because time was taken to practise, and review, alphabet and letter combinations to make sounds, we were able to correctly pronounce words as we began to form simple sentences. We are looking forward to using these valuable skills as we start to increase our vocabulary and conversation skills in the next level. An added bonus was that this class was a lot of fun as Cécile used her "tricks of the trade" to help us to improve our skills. This class should be a "must" for anyone planning to learn to speak French.*

– Helen and Isabel

### SPANISH 2 with Alan Bayliss

¡Más español! Spanish 1 or some basic prior knowledge is required. The program will follow a new Canadian text 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 10 weeks**

**September 14th – November 23rd \$59.50**

**\*No Class October 12th**

### SPANISH 3 with Alan Bayliss

¡Más aun español! Spanish 2 or a good basic knowledge is required. Learn some past and future verb tenses and more 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. To get the most from this program more than one hour per week of homework will be required.

**Wednesday 1 pm - 3 pm 10 weeks**

**September 16th - November 18th \$59.50**

### SPANISH 4 with Alan Bayliss

El programa nivel 4 es para los que ya han terminado español nivel 3 o el equivalente. Este programa será basado en los deseos de los participantes. Nosotros podemos continuar con las lecciones en el texto en el supermercado, el restaurante y el hospital. Y también podemos trabajar en las áreas específicas de interés del estudiante. Un aspecto planeado está leyendo comprensión de textos largos y cortos., Estudiaremos pronombres directos, indirectos y reflexivos, verbos en el pasado y mucho más. Para obtener los beneficios del programa más de una hora de tarea por semana se requerirá.

**Monday 10 am – 12 pm 10 weeks**

**September 14th – November 23rd \$59.50**

**\*No Class October 12th**

## Art & Music Programs

Art &amp; Music

### ACRYLIC PAINTING / WATER COLOUR with Paul Livingston

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

\*A list of supplies you will need can be picked up at the front desk or on our website.

**Thursday 1 pm - 3 pm 12 weeks**  
**September 17th - December 3rd \$84.00**

### 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 sometimes performs for external community events.

**Wednesday 10 am - 11:30 am September 9th \$1.35**

### DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals. \*A list of supplies you will need can be picked up at the front desk or on our website.

**Wednesday 10 am - 12 pm 12 weeks**  
**September 23rd - December 9th \$84.00**

### RECREATIONAL AFRICAN DRUMMING 1 with Julie Ditta

This course is an introduction to drumming with the African djembe for beginners. Learn some basic rhythms and how to jam with others. Enjoy the many health benefits associated with drumming. Drums are provided or bring you own.

**Friday 10 am - 11 am 13 weeks**  
**September 18th - December 11th \$54.70**

### RECREATIONAL AFRICAN DRUMMING 2 with Julie Ditta

This course is for students who wish to add to the basic drumming offered in Drumming 1. Students will gain proficiency with their drumming by learning more complex and challenging rhythms and polyrhythms. Drums are provided or bring your own.

**Friday 11 am - 12 pm 13 weeks**  
**September 18th - December 11th \$54.70**

### THEATRE GROUP (Drop-In)

There are many opportunities to get involved in a variety of different ways including: acting, set design, lighting, sound operation, and stage management. Getting involved with our theatre group provides tremendous opportunities for employment, meeting new people and to share in the wonder of one of the oldest creative crafts that has ever existed.

**Tuesday 1:15 pm September 8th \$1.35**

### UKULELE with Allanah Coles

It's easy, portable and fun! Learn the basic chords. No experience needed.

**Thursday 1 pm - 2 pm 8 weeks**  
**October 1st - November 26th \$16.00**  
**\*No Class November 5th**

### 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 colour with an experienced teacher who will accommodate all levels of expertise.

**Thursday 9 am - 12 pm 12 weeks**  
**September 17th - December 3rd \$107.00**



## Computer & Digital Photography Programs

Computer &amp; Digital Photography

### ANDROID TABLET - BEGINNER with Tanya Cochrane

Bring your Android tablet to class and learn about this fun device. We'll help you take photos, surf the net and play games. Bring your questions.

**Friday 10 am - 12 pm 2 weeks**  
**November 13th - November 20th \$16.00**

### APPLE COMPUTING with Brian Greenway

Macbook laptops, Mac Mini's and iMacs use a very graphic operating system that can be confusing to master. A basic introduction will be offered to those who are able to bring their device to class. The essential features of the operating system will be covered including the Finder, App Store, Mail, and Safari internet browser.

**Wednesday 6 pm - 8 pm 3 weeks**  
**November 11th - 25th \$40.00**



### BRIAN'S DIGITAL CAFÉ FREE COMPUTER & PHOTOGRAPHY SUPPORT

**Wednesday afternoon by appointment only.**

Brian Greenway will be volunteering to assist you with any of your computer or digital photography questions.

For COAA members only, appointments required.

**Starting October 7th**

**Contact the front desk to book 905-697-2856**

### A BEGINNER'S LOOK AT FACEBOOK with Tanya Cochrane

Explore and learn about updating your status, likes and comments, sending messages and more! \*Please register for an account in advance and bring your username/ password to class\*.

**Friday 10 am - 12 pm 2 weeks**  
**October 23rd - October 30th \$16.00**

### iPAD BEGINNER with Brian Greenway

All the key "built-in" apps will be covered and the best new features of Apple's amazing iPad device. It's a basic introduction with lots of tips and tricks. Using the app store, Siri voice commands, email, and managing your photos will be covered. As much as possible, topics will be covered that meet the needs and interests of class members. Bring an iPad, any model.

**Thursday 12:30 pm - 2:30 pm 7 weeks**  
**October 8th - November 19th \$56.00**

### iPAD BEGINNER PLUS with Brian Greenway

More tips and tricks with settings such as privacy and notifications. Making Apple's iPad more useful with apps that create and manage documents. Syncing with iTunes and social media apps will also be covered in this more detailed look at Apple's IOS system.

**Tuesday 6 pm - 8 pm 7 weeks**  
**October 13th - November 24th \$56.00**

### LEARN THE INTERNET with Brian Greenway

Topics will mostly come from the needs and interests of the members of the class. Security is always a big concern and will be covered with lots of other tips on searching information, web-based email, shopping, and social network sites using your favourite internet browser.

**Monday 6 pm - 8 pm 2 weeks**  
**November 23rd - 30th \$30.00**

### POINT & SHOOT WITH YOUR SMARTPHONE with Brian Greenway

Capturing the moment has certainly changed with the new smartphone cameras. Spend a couple of hours and discover ways to have a full thousand words worth in your images with tips on shooting to processing. All phones welcome.

**Monday 10 am - 12 pm November 2nd \$10.00**

### SPREADSHEETS with Brian Greenway

Discover how to really make that computer or tablet useful. Excel, Numbers, OpenOffice Calc, and MS Works are programs that provide ways to store tables of data to do sorting and calculations that are extremely powerful in the way they can predict. For example, If inflation increases at 2.8% per year what happens to my personal budget in 4 years? Can I afford that trip next year? Or, how do I sort names and addresses by postal code? Or, how can I keep track of family expenses? "Spreadsheets" will be a hands-on, Basic Introduction, with practical examples.

**Monday 9:30 am - 11:30 am 2 weeks**  
**October 19th - 26th \$30.00**

### WINDOWS 8.1 with Tanya Cochrane

Bring your Windows 8/8.1 laptop to class and learn this new operating system in a fun and supportive environment. There will be lots of time to ask questions and get to know your computer and its new layout.

**Friday 10 am - 12 pm 3 weeks**  
**September 18th - October 2nd \$24.00**

# Workshops and Seminars

Please register at the front desk

Workshops and Seminars Workshops and Seminars Workshops and Seminars Workshops and Seminars

## BLOOD PRESSURE CLINIC with Coby Booth RN (FREE)

Stop by to have your blood pressure checked by our volunteer RN.  
**Tuesday 9:30 am – 11:30 am September 22nd, October 6th, November 3rd, December 1st**



## CHRONIC CONDITIONS (FREE)

How to live well with Chronic Health Conditions like COPD arthritis, diabetes, stroke, kidney, lung, heart disease, depression and others. Managing our health often means changing day to day living habits that include diet changes and increasing physical activity. This workshop provides people with the tools, skills, knowledge and confidence to customize a plan that will work for them. Creating weekly action plans, means taking small steps towards accomplishing the larger health goals they have set.  
**Wednesday 5:30 pm – 8 pm 6 weeks September 16th – October 21st**

## DR. CARLA KING (FREE)

Doctor King is returning to discuss naturopathic medicine and how to deal with your health concerns at the root of the problem. As always, the topics are based on common health concerns and naturopathic treatments, including the merit of those discussed in the media. Please bring questions about the topics that interest you!  
**Monday 10:30 am - 12 pm 5 weeks October 19th – November 16th**

## FINANCIAL PLAN AND WHY IS IT SO IMPORTANT Brought to you by RBC Bowmanville (FREE)

Planning your financial future is one of the most important things you can do. Do you have a plan? Do you have a goal? Do you have a budget? Do you have a budget that will meet your goals?  
**Wednesday November 25th 1 pm – 3 pm**

## FINDING WAYS AROUND FORGETTING with Loretta Tanner from The Alzheimer Society of Durham Region (FREE)

An interactive seminar about brain health, memory enhancement strategies and approaches for reducing the frustration of forgetfulness!  
**Wednesday October 21st 2:30 pm – 3:30 pm**

## LEVEL C CPR with Tim Mash

Learn the basics of Cardio Pulmonary Resuscitation and gain comfort in managing an emergency.  
**Monday September 14th 11:30 am – 3 pm \$25.00**

## INVESTING 101 Brought to you by RBC Bowmanville (FREE)

RRSP, TFSA, RESP, CPP, OAS, GIS, KYC. The world of investing can be confusing and intimidating to most. Investing 101 takes you through the basics of investing, what the common terms stand for, what are your options, understanding market volatility and how it can benefit you, how much do you need to get started and what savings “vehicle” is best for you. Are you using your TFSA in the best way possible? Is a RRSP the best place to put your money right now? When is the best time to start saving for retirement? At the end of this seminar, you will have the confidence to jump into the world of investing with ease.  
**Wednesday September 23rd 1 pm – 3 pm**

## POINT & SHOOT WITH YOUR SMARTPHONE with Brian Greenway

Capturing the moment has certainly changed with the new smartphone cameras. Spend a couple of hours and discover ways to have a full thousand words worth in your images with tips on shooting to processing. All phones welcome.  
**Monday November 2nd 10 am – 12 pm \$10.00**

## WOMEN IN INVESTING Brought to you by RBC Bowmanville (FREE)

“This is not your mother’s investment strategy.” The role of women in society has changed drastically over the past few decades. Women play a much bigger role in the Wealth Management process and have different concerns than their male counterparts. What do women need to prepare for?  
**Wednesday November 4th 1 pm – 3 pm**

# ON SALE NOW

## MOVIE MEMORIES 2016



Enter our **Name-The-Movie** Contest for a chance to Win **\$100 cash**

COAA'S 2016 FUNDRAISING CALENDAR



**14 months for only \$10**

## FLIGHT SIMULATOR TRAINING PROGRAM

Ever wondered what it's like to fly a World War II fighter or bomber airplane? Would you like to learn using one of the highest rated battle flight simulators?

If you are interested or would like more information please call Alan Tibbles at 905-623-4348

# NEW Fundraising Projects

## FUNDRAISING PARTNERSHIP IT'S EASY... YUMMY... & IT SUPPORTS THE COAA

Purchase a meal from Bowmanville Boston Pizza and save your receipt. Bring your receipt to the COAA front desk, and Boston Pizza will donate 10% of every dollar spent on the receipt!



## CASH IN FOR FASHION

Looking for gently used clean clothing/accessories to be used in our Fashion Sale.



Shop from Sept. 2nd to Sept. 16th at the Beech Centre

## CHINA TEA CUPS, SIDE PLATES & DINNER PLATES

Dig through your treasure chests, for every item we collect our friends at KCC will donate \$1. Amazing way to clear out your cupboard while supporting COAA.



## HOLIDAY PENNY SALE

Have you received a gift that may be just wasn't your style? It's time to regift it! Drop all "NEW" items to the front desk to be a part of our Holiday Penny Sale running November 2nd to December 4th. Tickets \$2 per package.



## "EXPERIENCED" GOLF BALLS FOR SALE

\$4 per dozen ... pick up at the COAA



### BEQUESTS & DONATIONS

The COAA is a registered charity with the ability to provide Charitable Tax Receipts. So keep us in mind if you are making a donation to a charity of choice. We always appreciate the support & ensure your gift will continue to give.

All "NEW" Fundraising projects are being matched \$1 per \$1 so please assist where you can.

## CANADIAN TIRE COLLECTION

The COAA uses Canadian Tire money to purchase prizes for different events. Please donate your unwanted Canadian Tire cash to our drop box at front desk.



## CASH FOR CANS & LCBO OR BEER BOTTLES

Please bring in your used cans, bottles, clean food trays, tin foil or any other type of aluminum and place them in the box at the entrance.



For bigger item pick up please contact Tom at 905-697-2856 or email maintenance@bellnet.ca

# Facility Rentals

## THE CLARINGTON BEECH CENTRE IS AVAILABLE FOR LARGE AND SMALL ROOM RENTALS

Bar Facility Provided & Licensed by  
the Bowmanville Lions Club



For rental details or to book an event  
please contact  
**Stella Riccio**

at 905-697-2856 or email admin-coaa@bellnet.ca

We have the perfect venue for weddings, birthdays,  
anniversary parties, funerals or celebrations of life,  
meetings, bridal showers and more!



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



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

## Services

### Hair Care

- Cut - \$14
- Buzz Cut - \$10
- Wash/ Cut/ Style - \$23
- Perm/ Cut/ Style - \$46
- Style Only - \$17
- Full Color - \$40 and up
- Root Color Touch Up - \$33

### Waxing

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

# Newcastle Satellite Programs



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

## PICKLEBALL (Drop-In)

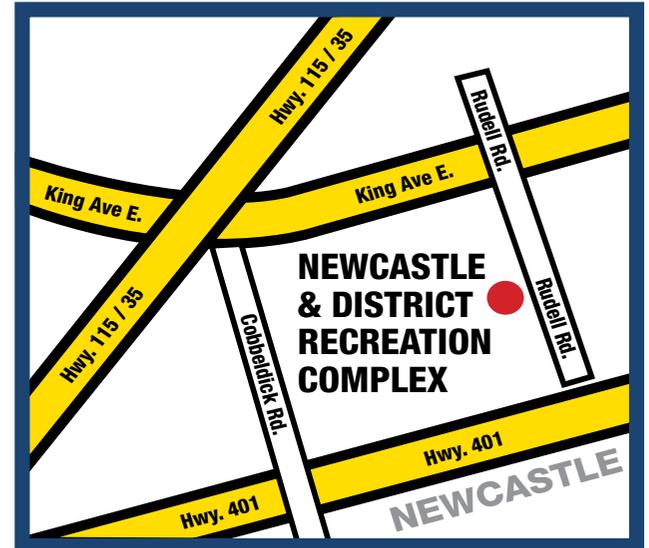
(Held at Newcastle and District Recreation Centre)

Monday & Wednesday  
 9:30 am – 12:30 pm starting September 14th, 16th  
 Tuesday, Thursday & Friday 12 pm – 3 pm starting  
 September 15th, 17th, 18th  
 \$1.35 members/ \$1.70 non-members per play ends  
 December 19th  
 (Pay at reception desk upon arrival)  
 \*No Drop in October 12th & November 27th

## BOWLING LEAGUE

(Held at Newcastle Town Hall)

Join us for a fun social mixed league.  
 Thursday September 17th – December 17th  
 1 pm or 2:15 pm 2 games will be played each week  
 Cost of games \$5.00  
 Includes prizes and banquet  
 \$29.05 members / \$34.05 non-members



## Upcoming Events & Fundraisers

Tickets for all events on sale now at COAA

Upcoming Events & Fundraisers

### HEALTH MATTERS WELLNESS EXPO OPEN HOUSE & REGISTRATION

Tour our facility, visit our many tradeshow booths and enjoy the fitness, dance and music demos while enjoying complimentary refreshments all day. Sponsored by OACAO and the Ontario's Seniors' Secretariat.  
**Wednesday September 2nd 9 am – 6 pm**  
**Trade Show 9 am – 4 pm**

### TUESDAY LUNCH

Includes: Juice, Salad, Main Course, Bread, Dessert, Tea or Coffee.  
**Every Tuesday at 12 pm**  
**\$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 Sept 1st, Sept 8th, Oct 13th, Dec 29th**

### 'FUN'DRAISING GOLF TOURNAMENT

**\$80 per person** includes 18 holes of golf at Bowmanville Golf and Country Club, lunch on the course and dinner at the Beech Centre.  
**Wednesday September 16th 9 am**  
**Dinner Only Tickets Available for \$20 per person**

### SOCIAL DANCE(S) with Pat Prout & The Clarington Beech Nuts

Enjoy an afternoon of Waltz, Round & Line Dancing with a Live Band. Refreshments will be served. No partner necessary  
**Friday 1 pm – 4 pm September 18th, October 16th, November 20th, December 18th**  
**\$3.50 members / \$4.60 non-members**

### EUCHRE EXTRAVAGANZA(S)

**Saturday September 19th & November 14th 3 pm**  
**\$10 members / \$12 non-members**  
 Includes 12 games of cards, dinner and prizes  
 \*Advance tickets are required

### OPEN MIC

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.  
**Sunday September 20th & November 22nd 1 pm – 4 pm**  
**FREE – Open to ALL!**

### THE COAA THEATRE GROUP PRESENTS "CALL ME DAVID"

"Call Me David" is a hilarious comedy about mistaken identity written by our very own Tom Kelly. Two friends both named Dave find themselves in awkward circumstances due to a lack of proper communication. "Call Me David" will have the audience rolling in the aisles!  
**Saturday October 17th 7 pm**  
**\$5 members / \$7 non-members**  
 Refreshments will be served / cash bar

### BRIDGE EXTRAVAGANZA

**Saturday October 24th 10 am – 3 pm**  
**\$10 members / \$12 non-members**  
 Includes lunch and prizes  
 \*Advance tickets are required

### HALLOWEEN COSTUME PARTY LUNCHEON

**Tuesday October 27th 12 pm**  
 Prizes for all who dress up  
**\$8.05 members / \$11.40 non-members**

### SMILE LUNCHEON THEATRE "NEWFOUNDLAND MARY"

Join us as we celebrate our friends and family from Newfoundland with a downhome meal and theatre performance.  
**Saturday November 7th 12:30 pm**  
 St. Paul's United Church Bowmanville  
**\$12 members / \$15 non-members**  
 Sponsored by Ontario Power Generation

### REMEMBRANCE DAY LUNCH

Join the Branch #178 Colour Party for our Annual Service and luncheon.  
**Tuesday November 10th 11 am**  
**\$8.05 members / \$11.40 non-members**

### COAA CHRISTMAS DINNER & DANCE

**Saturday December 5th**  
 Doors open at 5 pm, Dinner at 6 pm  
 Garnet B Rickard Recreation Complex  
 Includes: Dinner, Entertainment, DJ Dancing, Door Prizes and Cash Bar \$30 members / \$35 non-members  
**Member ONLY tickets on sale November 2nd at 9 am**  
**Non-member tickets on sale November 16th at 9 am**  
 \*Each member is able to purchase ONE non-member ticket for this event as of November 2nd as well

### CLARINGTON CONCERT BAND

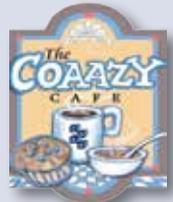
Enjoy an evening of your favourite Christmas songs to get you into the spirit of the holidays.  
**Thursday December 10th 7 pm**  
**\$6 per person includes light refreshments & cash bar**

### SMILE THEATRE "HOME FOR THE HOLIDAYS"

**Monday December 14th 1:30 pm**  
**\$5 members / \$7 non-members**  
 Includes performance and refreshments  
 Sponsored by Ontario Power Generation

### CHRISTMAS PROGRAM PAGEANT & LUNCH

Enjoy performances by a variety of COAA programs.  
**Tuesday December 15th**  
**Lunch 12 pm Pageant at 12:45 pm**  
**\$8.05 members / \$11.40 non-members**



## COAAZY CAFE

Open Monday to Friday 9 am – 3 pm  
**Muffins, soup & biscuits are yummy and affordable!**

# 163<sup>rd</sup> ORONO FAIR

## September 10 - 13 2015

[www.oronofair.com](http://www.oronofair.com)



**GEORGE CANYON CONCERT**  
**FRIDAY SEPTEMBER 11th**

PRESENTED by  
**KX96**  
 New Country FM

2015 Boots and Hearts  
 Emerging Artist

JAMES BARKER



**\$20**  
 includes  
 fair  
 admission

CONCERT  
 RAIN OR  
 SHINE



**Tickets Available Locally : CASH ONLY**  
 Watson Farms • Bowmanville; Dee's Harvest Table • Newcastle;  
 Orono General Store; Durham Farmers Coop • Orono

**ONLINE @ oronofair.com**

**2 For 1 ADMISSION FAMILY NIGHT**  
**THURSDAY SEPTEMBER 10th**

Toonie Rides In The Midway  
 Demo Cross  
 Tebworth Brothers  
 Fair Ambassador Competition

**SATURDAY SEPTEMBER 12th**

Tribute to "Elvis"  
 Jungle Cat World  
 Strongman Competition  
 Kris Barclay  
 Truck & Tractor Pulls

**SUNDAY SEPTEMBER 13th**

Children's Pet Show  
 Kids Pedal Pull  
 Kids Power Wheels Demo Derby  
 Friendly Fire  
**IMPACT MOTORS SPORTS DEMO DERBY**

Throughout The Weekend Enjoy  
 Livestock Lane • Country General Store • Livestock Shows • Fiddle Competition  
 Blacksmith Demonstration • Horse Pull • Chain Saw Demonstration & more!

**Visit our website for a complete schedule of events**  
**Or pick up one at any of our local locations listed below**

**CLIP ME AND SAVE**  
**\$5**  
**Ride All Day Bracelet**  
**In The Midway**  
**\$30**

Price without coupon \$35  
 Bring this coupon to midway and save!

**COUPON VALID**  
 12 NOON FRIDAY  
 ALL DAY  
 SATURDAY & SUNDAY  
 ★ NOT VALID WITH ANY OTHER OFFERS

**ORONO FAIR CELEBRATING 163 YEARS**  
[www.oronofair.com](http://www.oronofair.com)



**ADMISSION:**  
 Thursday 2 for 1 FAMILY NIGHT @5pm  
 Friday Fair Admission \$10  
 Friday Concert Admission \$20 (fair admission included)  
 Saturday 9am & Sunday 8:30am \$10  
 Under 13 FREE into the fair with an adult admission  
 Under 13 Concert Admission Extra

**4 Day Fair Pass \$35**  
**INCLUDES FRIDAY CONCERT**  
 Available @oronofair.com  
**Local Purchase CASH ONLY**  
 Durham Farmers Co-op • Orono, Orono General Store  
 Dee's Harvest Table • Newcastle  
 Watson's Farm Market • Bowmanville

**FREE Parking Courtesy of**  
**Tim Hortons.**  
 Off site Parking  
**FREE Shuttle Bus Service**  
 Main St & Taunton Rd



# The Power of Community



**Bowmanville Hospital Foundation Board of Directors (left to right)**  
 Denis Beaulieu, Chair; Rose Kuipers; Chris Kooy, Vice Chair; Fiona Hodgkinson; Kirk Kemp; Brenda Miller;  
 Dr. Barry Guppy; Melissa Hannon, Treasurer; Jim Storey; Dr. Wil Lottering (absent from photo)

## Message from YOUR Foundation

Reflecting on what a wonderful year 2014 was for the Bowmanville Hospital Foundation, we are mindful that you, our generous and caring community, have been at the heart of everything we do. We are humbled by what our Foundation, our Hospital and our community have been able to accomplish.

Since the Foundation first began in 1976, we have seen many changes in our community and at our Hospital. The power of this community has been outstanding for almost forty years. You continue to be the power behind us. Thank You!

We are proud to be a part of the community. We are the link between you and your Hospital and, we are grateful that you have entrusted the Bowmanville Hospital Foundation with your hard earned monies. It is our responsibility to report to you on the impact of your giving.

Your unwavering support is evidence that the Bowmanville Hospital Foundation is "Your Foundation for Your Hospital".

A significant portion of our annual revenue comes from our Foundation's signature events as well as third-party events which are hosted by members of our community. Your support of these events is very much appreciated and has made a difference.

Our focus this year has been to bring a new state-of-the art CT Scanner to Lakeridge Health Bowmanville. It has been a busy year filled with phenomenal gifts, events and new partnerships. Thanks to your support, we are almost at the half-way point in our \$2 million dollar "Back the CAT" campaign and anticipate another 18 months to reach our goal.

Great news, the CT Scanner is on its way. We still however, need your help to complete this campaign.

Thanks to you, our future looks healthier than ever. There are exciting plans on the horizon for your Hospital and, when the time comes, we know that you will be there to help make it possible.

We are so very grateful for the power of our community that supports our Foundation, that supports our Hospital, that supports our community. It all comes back to our vision, "a circle of giving, caring, and sharing".

Denis Beaulieu  
Board Chair

Darlene Bastianelli  
Executive Director



### We Are Accountable to You – Our Community

Your generosity is at the heart of providing Lakeridge Health Bowmanville with the tools to deliver excellence in health care, every moment, every day. We are governed by a volunteer Board of Directors. We practice ethically and fiscally responsible fundraising. We protect your privacy as a donor. When you give to Bowmanville Hospital Foundation it stays in Bowmanville!

*"Thanks to your support we are almost at the half-way point in our \$2 million dollar 'Back the CAT' campaign."*



### Thanks To You

\$4.2 million dollars was given to the Hospital for essential medical equipment and redevelopment for Lakeridge Health Bowmanville over the last 5 years.

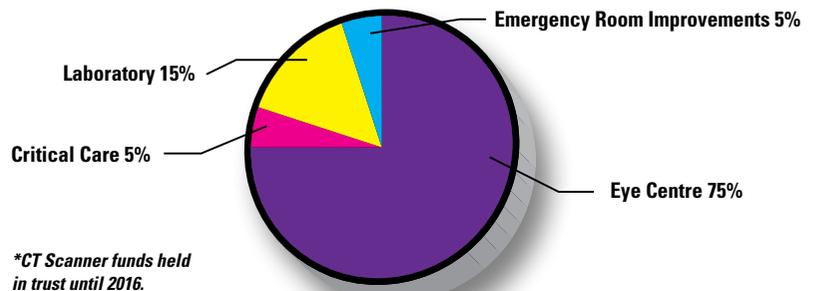


**Mission:** To inspire the human potential to give, one giver, one gift at a time.  
**Vision:** A circle of giving, caring and sharing. A healthy community.

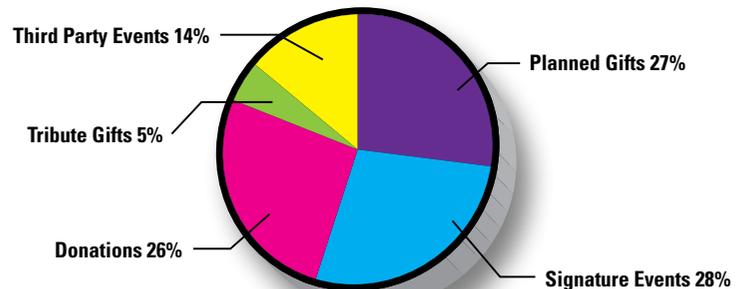
## Power of Giving

- 360 Staff
- 35,806 Emergency visits
- 41,897 Diagnostic visits
- 10,320 Surgical cases
- 50,141 Ambulatory visits
- 28 Acute Care beds
- 19 Medical/Surgical beds
- 6 Critical Care beds
- 25 Chronic Continuing Care beds
- Population Served 85,000 +

### Your Gifts at Work



### How You Support Us



## Thanks to your Generosity

Your gifts make great things happen at Lakeridge Health Bowmanville. Here's just some of the equipment your generosity has helped to make possible.

Surgery	Microscope	\$120,927
Eye Centre	SLT Laser	\$86,352
Lab	Urinalysis System	\$20,472
Critical Care Unit	ECG Machine	\$13,527
Lab	Chemistry Osmometer	\$10,906
Eye Centre	Phaco Handpiece	\$3,900
Eye Centre	Cataract Tray	\$3,713
Medical / Surgical	Air Purifiers	\$2,345
Medical / Surgical	Wheelchair Scale	\$2,332
Medical / Surgical	Lift	\$1,951
Eye Centre	Patient Recliner	\$1,248
Eye Centre	Capsulorexis Forceps	\$632
Eye Centre	Irrigation/Aspiration Handpiece	\$450

**Thank you for supporting Bowmanville Hospital Foundation. You are at the heart of everything we do!**

# The Farmer and the Statesman



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Fred Wellington Bowen, born May 23, 1877, was a farmer who lived on the north side of the Third Concession of Clarke, just west of the Wilmot Creek. The Bowens had 150 acres and raised Shorthorn cattle. Fred's great-grandfather, Bradford Bowen purchased the land in 1835 making him one of the early settlers of Clarke Township.

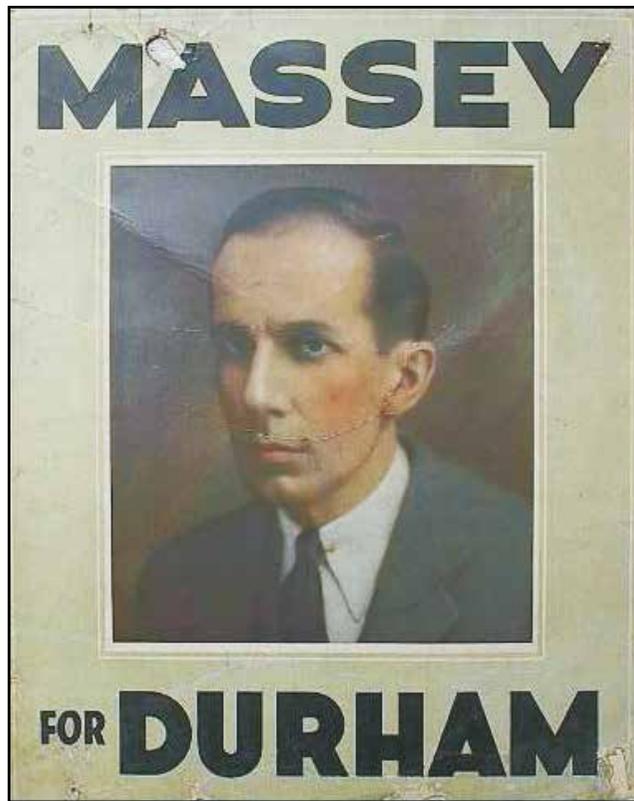
Fred went into local politics in 1914 and became a Councillor for the Township of Clarke. He kept that position until 1918 when he became Reeve. Bowen then made a big political jump in 1921 when he ran (and won) federally in the riding of Durham. Initially, Durham County had two electoral districts (East and West) and this was changed to one electoral district in 1903. Durham County went from the Oshawa/Darlington Townline east to Port Hope and north to View Lake/Janetville. In 1925, Bowen ran for re-election, however this time, he faced a formidable opponent from Port Hope, Vincent Massey.

Vincent Massey had roots in Newcastle as it was his great-grandfather who began the Massey Manufacturing Company, the predecessor of the Massey Harris and Massey Ferguson agricultural implement manufacturers. Although there were likely some hard feelings about Massey pulling out of Newcastle in 1879 and moving the entire operation to Toronto, the generosity of the Massey family continued.

In 1923, Vincent's father, Chester Massey, provided the funds to build what was then called "The Finest Community Hall in Canada" at the corner of King and Mill Streets. Included in this incredible building was a main floor library, a dance and banquet hall room, meeting rooms for local clubs and organizations, a post office, Council chambers and even a facility to show movies. The opening ceremony celebrations took six days and of course Vincent was there with his father.

Vincent was well educated, attending the University of Toronto, then off to Oxford University in England. He became the Dean in Residence of Modern History at Victoria University. He also served his country in the First World War as the Director of the Repatriation Committee and the Assistant Secretary of the Dominion War Cabinet Committee. After the war, he became involved in the Massey-Harris Company, first as Director, then as Secretary and in 1921 he became President. In 1925, Massey was asked by Prime Minister McKenzie King to run as a Liberal in the Durham Riding. This made sense, since the Masseys were well known and respected in Newcastle and Vincent and his family lived nearby at the village of Canton, north of Port Hope. This riding had been solidly Conservative since 1904 and King felt that a strong candidate like Vincent Massey would turn the tide.

Massey campaigned in the area with his entourage and soon there were a considerable number of attractive colour posters with Vincent's picture on them in places like Newcastle. Bowen, however, ran a much more "conservative" campaign. Some locals felt that Massey was spending too much money and that perhaps this would be indicative of how he would be if he was their elected representative. On what was believed to be his only visit to Newcastle, he was



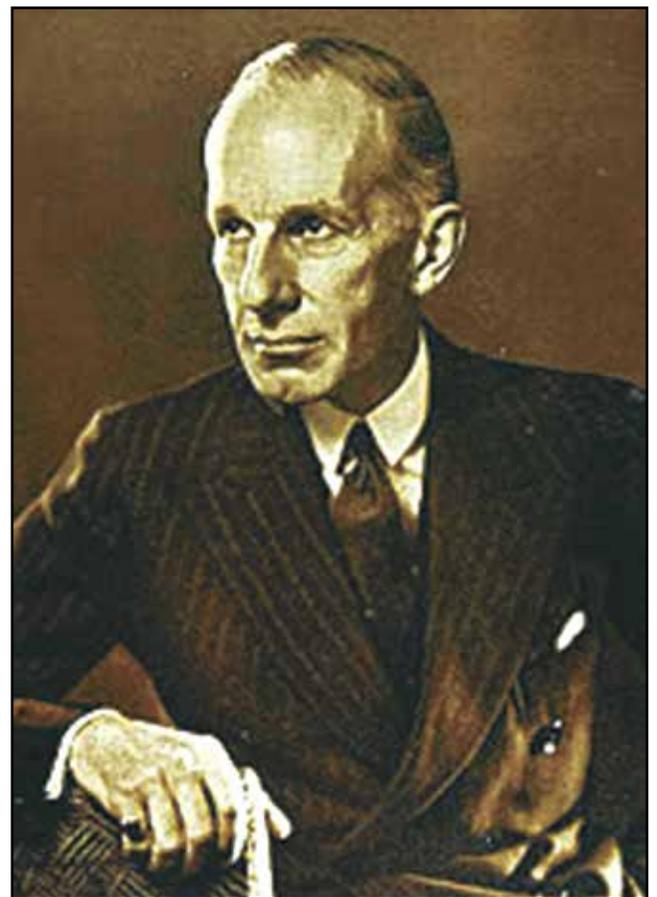
apparently wearing a very attractive fox fur coat and driving a Packard car. When the ballots were counted however, Bowen continued the long Conservative tradition in the riding and won with a majority of 946 votes.

Prime Minister King was not deterred by Vincent Massey's loss. He immediately "appointed" Massey as a Minister Without Portfolio. Massey apparently felt uncomfortable about this and resigned shortly after his appointment. In 1926, he became Canada's first Minister to Washington and remained there until 1930. In 1935, he was appointed High Commissioner to the United Kingdom. After World War Two, Massey held a number of esteemed positions including Chair of the National Art Gallery and Chancellor of the University of Toronto. In 1952, Vincent Massey was the first Canadian appointed to the post of Governor General of Canada. Since then, the Governor General has always been a Canadian. Massey was a tireless promoter of Canada, travelling to every corner of the country

and praising its diversity. As well, Massey promoted the arts through the Massey Foundation and by helping create the National Library Council and the National Arts Centre. He was re-appointed as Governor General twice by Prime Minister Louis St. Laurent and Prime Minister Diefenbaker.

In 1959, Massey moved back to his estate "Batterwood" north of Port Hope. He continued to chair the Massey Foundation. In 1960, Queen Elizabeth II made him the first Canadian to receive the Royal Victorian Chain. Massey died while visiting England in 1967. This great statesman and philanthropist was given a state funeral and buried in Port Hope.

After parliament was dissolved in 1926, there was another federal election and Fred Bowen was re-elected for a third term to the House of Commons. After politics, Fred and his wife Alma continued farming on the Third Concession of Clarke. They had one daughter, Mary, who never married. Fred died in July 7, 1949 and Alma sold the farm to Irvin and Olive Allin. Their son, Bob Allin and his wife Esther lived on the property for many years and built a new bungalow on the east side of the property. The original Bowen farmhouse is still there and today is owned Rob and Susan Pascoe.



Credit photos to Newcastle Village and District Historical Society



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# HOME COOKING *with Cathy*

Hello there. I chose a peach dessert this edition as I always try to come up with recipes where we can use fruits and vegetables in season. You can also substitute the same amount of fruit in this recipe using apples, plums or apricots.

by **Cathy Abernethy**  
CLARINGTON PROMOTER  
CONTRIBUTOR

This is a recipe from Lucy Waverman who writes a food column in the Globe and Mail. She had come across a similar version in the New York Times. I hope you enjoy it!



## Peach and Ginger Torte

### Ingredients:

- 4 large peaches (about 2 cups), peeled, pitted and chopped into 1-inch pieces
- 1 Tbsp. fresh lemon juice
- 1 tsp. grated lemon zest
- ½ cup butter
- 1 Tbsp. freshly grated ginger

- 1 cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 large eggs
- ¾ cup sugar
- 1 tsp. vanilla extract

### Topping:

- 2 small peaches, skin-on, sliced
- 2 Tbsp. peach jam

*\*make sure ingredients are at room temperature)*

### Preparation:

- Marinate chopped peaches with lemon juice and lemon zest. Melt butter with ginger in a small pot over medium heat. Set aside and let cool to room temperature.
- Preheat oven to 350 F. Butter an 8 inch spring-form pan and line the bottom with parchment paper.
- Stir flour with baking powder and salt in a small bowl. Beat eggs in a medium bowl with electric beaters until frothy. Gradually add sugar to eggs and beat for 5 minutes or until the batter is thick and pale. Beat in vanilla. Fold 1/3 of the flour mixture into the eggs. Mix in half of the melted butter. Add another 1/3 flour and remaining butter, finishing with remaining flour. The batter should be smooth and not very thick.
- Fold in drained, chopped peaches. Spoon mixture into prepared pan. Arrange peach slices on top of the cake about ½ inches apart.
- Bake for 55-60 minutes or until a cake tester comes out clean. If cake begins to brown too quickly, cover loosely with foil and continue cooking.
- Remove from oven and cool in pan for 10 minutes. Run a knife around the sides of the pan and release. Place a plate on top of the cake and flip over. Remove metal pan bottom and peel off parchment. Flip back over onto wire rack and cool completely.
- Heat jam in a small pot over medium heat until liquid. Brush cake with jam. Serve with vanilla ice cream and sliced fresh peaches if desired.
- Serves 6-8.

Read more recipes at [claringtonpromoter.ca](http://claringtonpromoter.ca)

Re-elect

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Conservative



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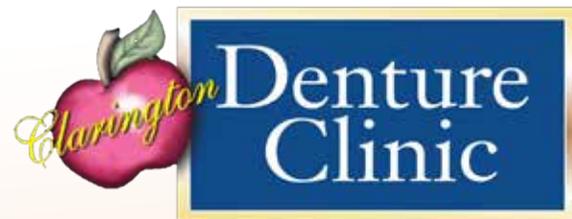
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  - 18 years of age or older

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### PEOPLE WHO ARE CURRENTLY WEARING

- Complete dentures
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### PEOPLE WHO WEAR COMPLETE DENTURES AND IN NEED OF

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Candidates will be experiencing the latest in implant procedures.

*The applicants will be purchasing at reduced costs for hearing aids and dentures for their participation in this clinical study. \*Results of clinical research will be published for data research and development and shared with health care professionals.*

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# Local Constituents Honoured with Community Service Medallions



#### Recipients (Not in order)

Grant Oliver (Uxbridge), Margaret Ayres (Nestleton), Bob Brozina (Port Perry), Robert Felix (Seagrave), Kevin Anyan (Bowmanville), Iman Deal (Courtice), Bill Humber (Bowmanville), Jean-Claude Legault (Bowmanville), Ray McGill (Courtice), Marilyn Morawetz (Hampton), Carol Rowland (Bowmanville), Harvey Stretton (Wilmot Creek)

July 29, 2015 – Bowmanville, ON – Yesterday, Member of Parliament for Durham, Erin O'Toole recognized twelve residents who have exemplified extraordinary achievement or consistent volunteerism that enhance the Durham community. The presentations took place at Trinity United Church in Bowmanville in front of family and friends. Recipients were nominated by members of their community in an open call for nominations that took place from July 1st to July 9th in celebration of Canada Day. Nominations were voted

upon by a committee with representation from Scugog and Clarington.

"It is very special for me as Member of Parliament for Durham to honour these exceptional members of our community who have played an extraordinary role in making our community a wonderful place to live," said MP O'Toole. "Our volunteers are vital in the success of our communities. Much of what makes Clarington, Scugog and Uxbridge such attractive places to live and to visit, are the result of the hard work done behind the scenes by these humble citi-

zens. I can thank them on behalf of us all."

MP O'Toole created the special Community Service Medallion in 2013 to salute exceptional volunteers and leaders from Durham who make significant contributions to our area, to Canada or the world.

*For More Information  
Office of Hon. Erin O'Toole  
Member of Parliament  
for Durham  
905-697-1699 or  
1-866-436-1141  
erin.otoole@parl.gc.ca*

# The Salvation Army in Clarington - Giving Hope Today

"I lost my job and The Salvation Army in Clarington put food on my table, clothes on my back and provided my children with Backpacks full of supplies for Back to School. They helped me at the time when I needed it most and got me through a crisis in my life" anonymous. As our Clarington population grows and the cost of living increases, so does the demand on our local Food Bank services. In recent years, The Salvation Army Food Bank has seen a steady increase in Clarington households served. This places an incredible demand on

the financial resources of The Salvation Army, resulting in the need to purchase \$10,000 in food goods this past May to restock their shelves.

The people of Clarington have a history of giving generously knowing that all donations are redistributed back into our community. Donations of food, toiletries and money all help! The pocket change dropped in the Kettles at Christmas adds up. Even the items that are dropped off at The Salvation Army thrift store generate funds.

Giving Hope Today is inscribed in The Salvation

Army logo, and it's our community that helps make this happen. You can help The Salvation Army bring hope to others.

Donations of food, monetary and toiletries may be dropped off at 75 Liberty Street South. All other items (except furniture) may be dropped off at 35 Division Street, Bowmanville Monday - Friday 8:30 am - 4:15pm.

If you would like more information about the work of The Salvation Army in Clarington and the other services provided please contact the office at 905-623-3761 or email [sabowmanville@yahoo.com](mailto:sabowmanville@yahoo.com)



# THANK YOU!

THE LIONS CLUB OF BOWMANVILLE  
19<sup>TH</sup> RUBBER DUCK DERBY COMMITTEE

## 2015 CORPORATE SPONSORS

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|--------------------------------------|--|
| Bowmanville Wood Products            | Wilmot Orchards                              |
| Clarington Social Committee          | Algoma Orchards                              |
| Trevor Small - Home Building Centre  | John Albi                                    |
| Justin Barry Optical                 | Stone Haven Transportation                   |
| Preston Moving & Storage             | Erin O'Toole MP                              |
| Preston Transportation               | DBP Systems                                  |
| DYTECH Inc.                          | RA Campbell Dentistry                        |
| Bowmanville Foundry                  | Bowmanville Zoo                              |
| Graham Rubber                        | Cactus Clothing                              |
| Northcutt Elliott Funeral Home       | Jim Hamilton - Welcome Feeds                 |
| PI Tool                              | Paul Watson                                  |
| Dr. Bernie Conway                    | Evergreen Farm & Garden                      |
| Liberty Dental                       | Cowan Pontiac                                |
| Canada Material Handling             | Steve Wood Transport                         |
| Strike, Furlong, Ford                | Steve's Diesel                               |
| Sullivan & Company                   | Greeley Containment & Rework                 |
| DETOX Environmental                  | Shoppers Drug Mart - Longworth               |
| Bragg Wild Bird Seed                 | Adrian Foster                                |
| Wendys                               | Walsh's Snug                                 |
| McGregors IDA                        | Norm's Deli                                  |
| Holloway Holdings                    | Ed Watt                                      |
| Mosport                              | Clarington Toyota                            |
| Allin Cable                          | Ed Hooper                                    |
| Skylight Donuts                      | Hoopers Jewellers                            |
| Shoppers Drug Mart, Bowmanville Mall | Jim Abernethy                                |
| Collins Barrow                       | Royal Canadian Legion Branch # 178           |
| James Insurance                      | James Printing & Signs                       |
| Kevin Anyan                          | Michelle Dunbar                              |
| Quarry Lakes Golf Club               | Shoppers Drug Mart - Clarington Blvd & Hwy 2 |
| Dawn Atkins                          | Manford Goodmurphy                           |
| Bowmanville Crematorium              | Pineridge Automotive                         |
| Courtice Funeral Chapel              | Doug Bickle                                  |
| Sandra Dunbar                        | Water Works Irrigation & Illuminations       |
| Randy Reid                           | Mandy Brown - King St. Barber                |
| Morris Funeral Chapel                |  |



## WINNERS



### Corporate Prize Winners

1<sup>st</sup> prize McGregor IDA Drugs  
2<sup>nd</sup> prize Sandra Dunbar  
3<sup>rd</sup> prize Clarington Social Committee  
Lottery Number M765302

### Public Duck Winners

1<sup>st</sup> prize Richard Lloyd  
2<sup>nd</sup> prize Matt Schroor  
3<sup>rd</sup> prize Jacqui Hurd  
Lottery Number M765303

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



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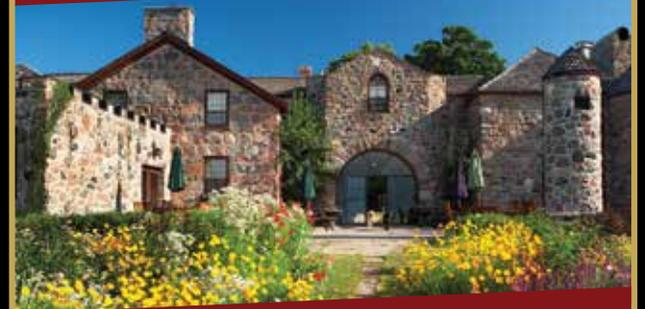


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