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Volume 9 | Issue 2

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

June 2019

Bowmanville Older Adult Association **BOAA**
2019 Summer Program Guide



Wanted – Farm Land & Rural Properties

WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.
PRICE: To be negotiated
DETAILS:
 Wanted 10-100+ Acre Parcels • With or Without House & Barns
 Flexible Closing Date • Leaseback Opportunities
 Hay, Pasture & Crop Lands • Scenic & Wooded Lands
 Flat or Rolling Lands
FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION -
 please send an email to: **JIM ABERNETHY, BROKER**
Royal Service Real Estate Inc Brokerage • 905-261-7788
jimabernethy@royalservice.ca *All inquiries are confidential and private.
 Not intended to solicit clients currently under contract with a Brokerage.



The 2019 Rotary Club of Bowmanville invites you, your family & friends to attend the 12th annual Ribs & Brews Festival - a three day event beginning at noon on Friday June 7th through to the evening of Sunday June 9.

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BOWMANVILLE ROTARY ROCKIN' RIBS AND BREWS IS SO MUCH MORE THAN RIBS!

- Bowmanville Rotary Rockin' Ribs and Brews isn't your regular Ribfest. It is so much more than just ribs!
- Experience a wide variety of craft brewers at our incredible Craft Beer Village.
- We have many local food vendors serving delicious food.
- Music! Music! Music! We have 3 stages running a variety of local acts all weekend long.
- Family Stage: Featuring music and talent for all ages.
- The Craft Beer Stage: A more intimate pub-type musical experience.
- The Main Stage: Featuring the entertainment big acts.
- This year we are introducing refillable souvenir beer mugs for only \$5.... these are "keepers" and will reduce the use of throw away plastic beer cups.
- The 2018 Bowmanville Rockin' Rotary Ribs and Brews was our most successful event in our history, raising nearly \$120,000 and drawing 75,000 people.
- 90% of the money raised goes to support causes right here in Clarington.
- We can't do it without you, our Sponsors, our Community Partners, our Vendors, our Volunteers, and most importantly the people of Clarington!
- Admission is FREE - Donations at gate are welcome.

24 LAWN SIGN SPECIAL

- SINGLE SIDED
- 16" x 24"
- METAL STEP STAKES INCLUDED

\$165 +HST **FREE!** 

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WEALTH ACCUMULATION



by Peter Hobb

BAKERTILLY DURHAM
www.bakertilly.com

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

towards your goal, this will provide motivation for you to keep going and keep saving.

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

We have all heard about the magic of compounding. It is not magic, but it does have a significant impact on the growth of your investments. If your investments are compounding annually the amount you make in year one is reinvested for year two, so in year two you are making money on the money you made in year one. In year three you will make money on the compounded return you made in year two plus the money you made in year

one and so on. It is a much easier way to make money than working! The effects of compounding can be dramatic. This is why investment advisors tell you to put money into your Registered Retirement Savings Plan at the beginning of the year rather than at the deadline. You miss out on fourteen months of compounding if you wait until the deadline.

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

One area of money leakage for many people is their use of credit cards. It is too easy to pull out your credit card to make an unplanned purchase. When we make such a purchase it is the emotional part of our brain that dominates. After we make the purchase we use rational thought to justify what we did. We are all wired this way. With credit cards you only have to pay the mini-

mum payment each month. Unfortunately, if you do this, any balance remaining accumulates interest. The rate of interest charged on many credit cards is very high (e.g. 19%). Obviously you are best to pay off any balance outstanding each month. However, if the emotional decision caused you to purchase something you couldn't afford in the first place, this may not be possible. This is another area where budgeting can help. Build into your budget an amount for discretionary expenditures and limit yourself to this amount.

Another idea that you might use to control your spending is to carry a set amount of cash with you each week. Like a credit card, if you are carrying a large amount of cash, it is too easy to spend. This normally will lead to unwanted spending and spending that you cannot account for. Estimate the amount of cash that you will need each week. At the beginning of each week this is the amount you put in your wallet. You may be surprised at the impact that this will have on your spending habits.

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

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

DOORS OPEN 2019 COMES TO THE BOWMANVILLE AREA



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Co-Chairs Marilyn Morawetz and Bernice Norton are excited about this year's Doors Open Clarington which will be held on Saturday, June 8th from 10 a.m. to 4:00 pm. Not only are they celebrating its 10th year, they have chosen an agricultural heritage and agribusiness themed tour for 2019.

There are 14 locations open to the public, most are located east of Bowmanville. See locations on map (page 5).

Bernice Norton says; "we have sort of had this type of tour in mind for years and as we were returning to Bowmanville in 2019, it worked out".

The Municipality of Clarington has about 400 working family owned farms making agriculture one of our most important economic drivers.

According to Marilyn Morawetz; "I think that this tour offers such variety that it will appeal to many people from all backgrounds and provides good opportunities for education and understanding. The farms that are participating are key to our local economy and at such a busy time of year, it's great for them to help us out".

Here is a quick overview of some the great locations



Bernice Norton (L) and Marilyn Morawetz (R) invite you to visit the many agricultural sites that are open to the public on Saturday June 8. See more details at www.doorsopenclarington.com (photo by Nigel Klemencic-Pugli)

on this year's tour.

Link Greenhouses at 3990 Bragg Road is "the little greenhouse that grew". This family run operation was established in 1992 by Henk and Lisa Mulders. They grow over 20,000 tomato and 5000 cucumber plants a year.

One Life Farm at 2899 Taunton Road is a Certified Organic Farm growing a wide assortment of vegetables and fruit without chemicals, pesticides or fungicides. They also have organic pastured chickens, eggs and other organic products.

Mostert Greenhouses located at 1489 Lambs Road is also a family greenhouse business that began by growing cut roses in 1979. Their growing season runs from April to December so you will get to see their beautiful roses.



Algoma Apple Processing Plant

Algoma Orchards located at 201 Regional Road 42 has two exciting venues to share. They have an orchard tour which shows the many different kinds of apples

Continued on Page 4

THE ROTARY MOTTO... SERVICE ABOVE SELF



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

This weekend marks the 12th annual Rotary Ribs & Brews Festival which now enjoys the reputation as Clarington's premiere outdoor community event.

Rain or shine, more than 70,000 people are expected to pass thru the gates of the 3 day event which open at noon on Friday June 7. (clip & save the \$2.00 off coupon on this page)

The country fair atmosphere makes for a great venue to renew old friendships and spend quality time with your kids. If you are a newcomer to our community, here is your chance to experience the flavour of your new community, and see the results of months of planning by volunteer organizations within our community.

The Rotary Club of Bowmanville organizes this annual event to raise funds to support a long list of community projects. Credit must be given to other volunteer organizations and individuals who donate their time and services to make this event the success it has become.

A service club or service organization is a voluntary non-profit organization where members meet regularly to perform charitable works either through direct hands-on efforts or by raising money for other organizations.

Rotary International is one such service club. Rotary was founded, more than a century ago, by a young, lonely lawyer by the name of named Paul Harris who had arrived in Chicago to start a law practice.

Today the organization is made up of more than 33,000 Rotary clubs in over 200 countries and geographical areas. The members of these autonomous clubs are called Rotarians, and they form a global network of 1.2 million business and professional leaders, all volunteering their time and talents to serve their communities and the world.

The Rotary Club of Bowmanville was formed in 1924 and has a deep rooted history within our Clarington.

You are never too old, or too young to join a service club. I became a Rotarian at the age of 26 years and learned a great deal from the senior members of the 3 Rotary Clubs in which I have been privileged to hold membership.

The mission of Rotary is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through fellowship of business, professional, and community leaders.

For example the Clarington East Food Bank is located on King Avenue West in Newcastle and supports those in need in Newcastle, Orono, Newtonville, Kendal and Kirby. The New Member Committee of the Bowmanville Rotary Club was pleased to be able to support this program with a donation of \$500.

Interested in joining Rotary? Contact Amy Barney – 905-442-6549 amy_bogden@hotmail.com

I recommend to men and women of all ages - membership in this or any

one of a number of other service clubs, some of which have a deep-rooted history in our community. We all benefit from the efforts of these community services organizations:

- Bowmanville Kinsmen Club (and Kinettes) since 1950.
- Lions Clubs (4) of Bowmanville, Newcastle, Kendal and Courtice since 1935. lionsclubofbowmanville@gmail.com
- Masonic Jerusalem Lodge No. 31 Founded 1849. www.bowmanvillemasons.ca
- Durham Lodge No.66, Instituted 1846
- Orono Lodge No. 325, Instituted 1874
- Knights Of Columbus St. Joesph-Bowmanville Council 6361. 905-263-2611
- Courtice Rotary Club since 2002. 905-240-4015
- 100 Men Clarington www.100menclarington.ca
- 100 Women Who Care Clarington 100womenwhocareclarington@gmail.com

See you at the Rock`n Rotary Ribs & Brews Festival!



Rotarian Rachel Boyd (L) presents to Marni Lewis from the Clarington East Food Bank.

\$2 OFF COUPON
Compliments of Jim Abernethy - See Details Below

Jim Abernethy | BROKER



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O: 905.697.1900
E: jimabernethy@royalservice.ca
W: visit: www.jimabernethy.ca

181 Church Street
Bowmanville ON L1C 1T8



Rockin' Rotary RIBS & BREWS Bowmanville

Clarington Fields, Bowmanville, ON

\$2 OFF RIBS

Valid only on Friday June 7th from 12 pm - 4 pm
This Coupon entitles you to \$2.00 off a half rack of ribs.

Tim Hortons
1595 GREEN ROAD, BOWMANVILLE

ANTICIPATED OPENING, JULY 15TH, 2019

EMPLOYMENT OPPORTUNITIES:

Looking for friendly, enthusiastic, mature staff for the positions of customer service, bakery and maintenance.
Full and part time positions are available.

Store operating hours will be from 5 a.m. to 11 p.m.

Please drop off your resume at the Tim Hortons on Waverley Rd.
Interviews will be scheduled with individuals that qualify.

Interviews will be scheduled for those that qualify beginning on June 18th.



Wanted – Farm Land & Rural Properties

WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.

PRICE: To be negotiated

DETAILS:

Wanted 10-100+Acre Parcels • With or Without House & Barns
Flexible Closing Date • Leaseback Opportunities
Hay, Pasture & Crop Lands • Scenic & Wooded Lands
Flat or Rolling Lands

FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION -

please send an email to: **JIM ABERNETHY, BROKER**

Royal Service Real Estate Inc Brokerage • 905-261-7788

jimabernethy@royalservice.ca *All inquiries are confidential and private.

Not intended to solicit clients currently under contract with a Brokerage.



Stone Hollow – Century Home (circa 1840) and Gardens.

Visser's Sod Farm- at 2517 Durham Road 42 is another family owned and operated business that has been producing quality sod since 1988. Located on over 700 acres, you will learn about their irrigation systems and equipment required to produce quality sod.



The tour also includes a wonderful old home called **Stone Hollow**, which is located at 4667 Bethesda Road. You will love this 1840's century home and gardens. The stone walls are 25 inches thick and you will see the original timbers and impressive restoration work.

Ceresmore Farms at 3059 Highway 2 has been in the Rickard family since 1866. Many will remember this as the farm of our former Mayor Garnet Rickard. The 1200 acre cash crop farm is

now owned operated by his sons Donald and Jim Rickard. You will see the historic home and barn as well as their seed cleaning operation.

Gibson Century Home is located at 3238 Concession Road 3 in Newcastle (east of Reg. 42). The house was built around 1834 and some of the original furniture brought over from Ireland is still in house today. The Gibson family has been growing apples continuously since the late 1890's.

The Lane Family Farm at 3103 Concession Road East Bowmanville has a house built in 1906 by George and Gertrude (nee Crago) Lane. The house has been recently renovated and retains the original wood trim and pocket doors. The gardens are "lovely".

The Selby Farm is located at 3130 Pollard Road in Newcastle. The Selby family have two farm operations, Newcastle Grain Elevator and Selby Farms. They operate a drying elevator and storage facility as well as growing and producing corn, soybeans and wheat.

Clarington Doors Open is possible, free of charge, because of the incredible partners, participants and volunteers. By the way, they are looking for more volunteers to assist at the various locations. For more information visit www.doorsopenclarington.com or email DOClarington@gmail.com.

So, mark your calendar for June 8th, come and "Unlock Your History" and enjoy this wonderful event in Clarington. See next page for the location of all of these Doors Open sites. See location map on page 5 www.DoorsOpenClarington.com.

DOORS OPEN 2019 COMES TO THE BOWMANVILLE AREA

Continued from Page 2



Benrise Farms - Dairy Operation

and their state of the art planting systems. Their orchards produce over 750,000 bushels of apples annually.

Algoma Processing Plant and Country Market - see how they package apples for 12 month of the year for distribution to stores all across Canada. The facility also produces up to 9

million litres of fresh cider a year.

Benrise Farms at 4666 Mearns Avenue has been owned by the Benschop Family for over 70 years. This 3rd generation dairy farm has 250 registered Holstein cows and you will get to see how 100 cows can be milked and housed.

Providence Cemetery at the corner of Bragg Road and Concession 3 is a quiet rural cemetery with an amazing history. The earliest grave is Elizabeth Ann Bragg who died in 1846 and the last person to be buried there is Rebecca (Werry) Peardon in 1919.

Rekkers Greenhouses, are located at 3104 Concession Road 4. Rekkers have been in business in Clarington for over 50 years. At this new location north of Bowmanville you can get a guided tour of their new modern greenhouse development that serves their wholesale customers.



Mostert Greenhouses - Lambs Road North of Hwy 2.

FREE ONE-DAY EVENT



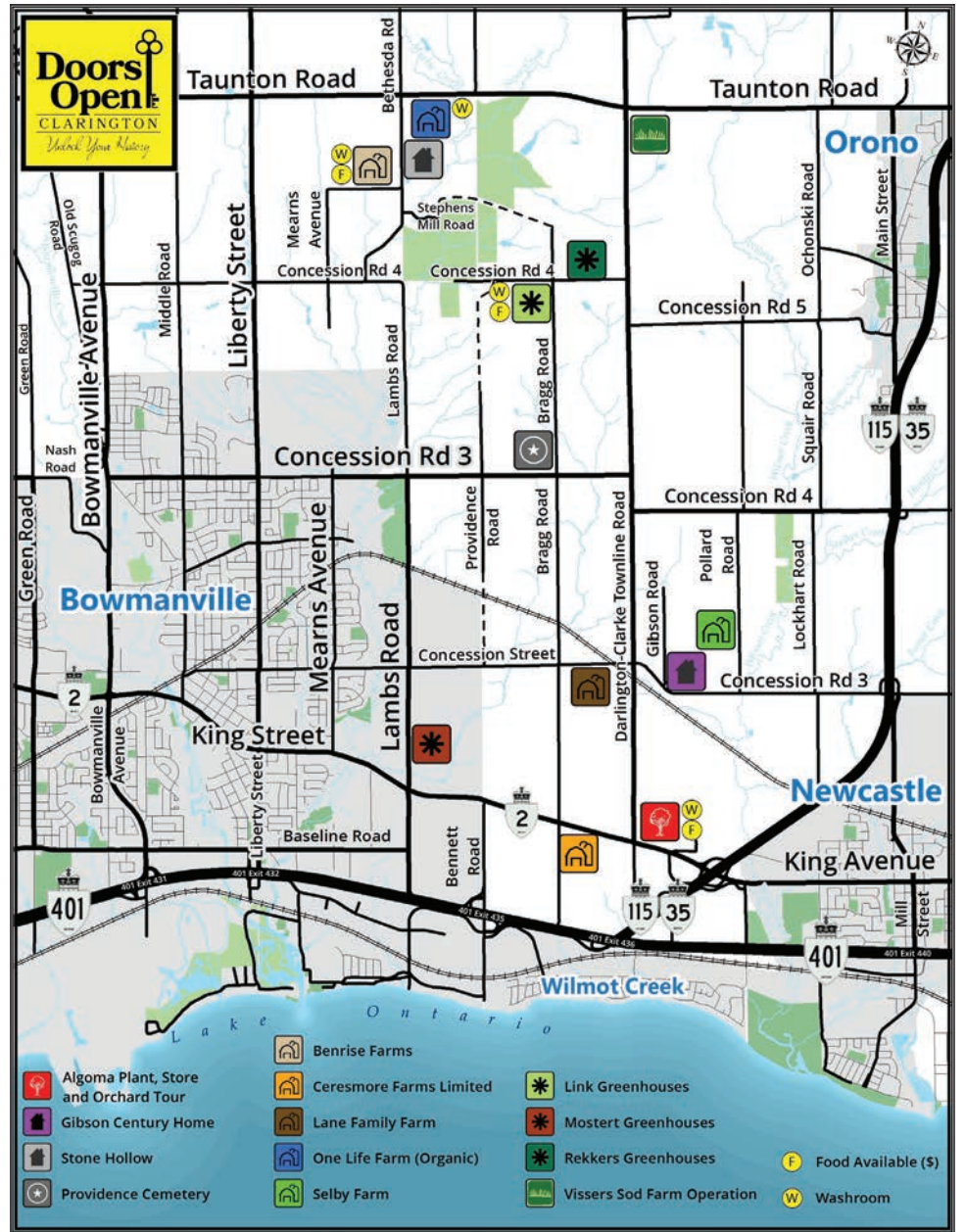
10TH ANNIVERSARY TOUR

Featuring our Agricultural Heritage
East of Bowmanville • 14 Interesting Sites
Saturday, June 8, 2019 • 10 AM - 4 PM



doorsopenclarington.com

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Nu-Life Hearing Centre Services

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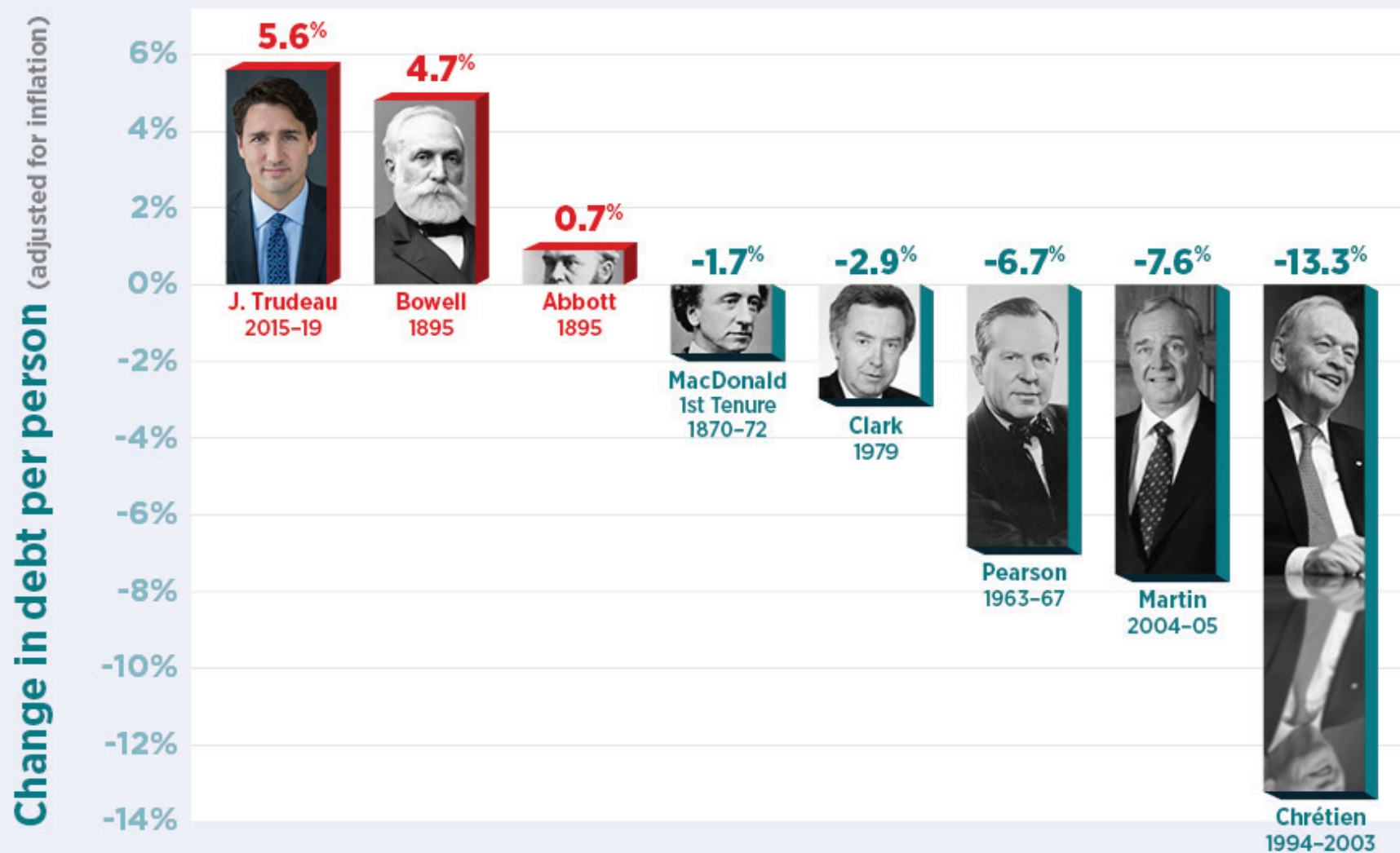
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43 Ontario Street, Bowmanville 905-697-3838

50 Mill Street N, Newcastle 905-987-5393

Prime Minister Trudeau set to **increase federal debt** more than any other PM not facing a world war or economic downturn



NEWS RELEASE

Trudeau breaks record for debt growth among prime ministers in Canadian history

April 18, 2019

For Immediate Release

TORONTO—Prime Minister Justin Trudeau has increased per-person federal government debt more than any other prime minister who didn't face a world war or recession, finds a new study released today by the Fraser Institute, an independent, non-partisan Canadian public policy think-tank.

"This federal government's legacy will now include record high levels of debt accumulation, due to spending increases that continue to outpace revenue," said Finn Poschmann, resident scholar at the Fraser Institute.

The study, *Examining Federal Debt in Canada by Prime Minister Since Confederation*, tracks the debt records of every prime minister since Confederation—how much they increased or decreased the federal debt, after accounting for inflation and population changes.

Between his first year in office (2015) and the end of his first term later this year, Prime Minister Trudeau is

expected to increase federal debt (per person) by 5.6 per cent—the largest increase of any prime minister in Canadian history who didn't govern during a world war or recession.

Compare that record to other recent Liberal prime ministers such as Jean Chrétien, Paul Martin and Lester Pearson who also never governed during a world war or recession. They all cut per-person debt—Chrétien by 13 per cent, Martin by 8 per cent and Pearson by 6 per cent.

"More government debt ultimately means more tax dollars going to pay interest on the debt rather than on services or tax relief," Poschmann said.

"Prime Minister Trudeau's government has markedly increased the federal per-person debt burden, but without a world war or recession to justify it."

MEDIA CONTACT:

Finn Poschmann, Resident Scholar, Fraser Institute
To arrange media interviews or for more information, please contact:

Mark Hasiuk, 604-688-0221 ext. 517, mark.hasiuk@fraserinstitute.org

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The Fraser Institute is an independent Canadian public policy research and educational organization with offices in Vancouver, Calgary, Toronto, and Montreal and ties to a global network of think-tanks in 87 countries. Its mission is to improve the quality of life for Canadians, their families and future generations by studying, measuring and broadly communicating the effects of government policies, entrepreneurship and choice on their well-being. To protect the Institute's independence, it does not accept grants from governments or contracts for research. Visit www.fraserinstitute.org

Clarington's "Hidden Treasure 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

Bowmanville Older Adult Association **BOAA**

NURSING FOOT CARE

WITH NATALIE DOUCET, RPN & AMBER MARLOW, RPN

Sole Renewal
Footcare

Foot
Rejuvenation

Foot Care services provided include:

- Foot Care Assessments
- Management of Ingrown Nails
- trimming & Filling of Nails
- Moisturizing Foot Rub
- Corn & Callous Treatment
- & more!

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Mondays & Wednesdays
9 am - 4 pm

Diabetic Foot Care - \$40
Advanced Foot Care - \$40
Basic Foot Care - \$25

26 Beech Ave Bowmanville ON • 905-697-2856
programs@bowmanvilleolderadults.com • www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

Reflexology & Indian Head Massage

with Sharon Benner, Registered Reflexologist

Reflexology is a non-invasive therapy and is generally safe for everyone. That being said, your reflexology therapist will conduct a thorough health consult to determine the best protocol for you. Reflexology aids the body by working pressure points on the feet and hands that correspond to all parts of the body. It helps aid the body to balance itself naturally.

Indian Head Massage is a traditional Ayurvedic technique that has been practiced in India for thousands of years. Indian Head Massage is a holistic massage applied to the upper back, shoulders, upper arms, neck, scalp and face while in a seated position. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state of relaxation

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Fridays
9:30 am - 3 pm

<p>Reflexology:</p> <p>30 minute relaxation treatment \$25 members / \$30 non-members 1 hour relaxation treatment \$45 members / \$50 non-members</p>	<p>Indian Head Massage:</p> <p>30 minute treatment \$30 members / \$40 non-members</p>
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programs@bowmanvilleolderadults.com
www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

Manicures & Pedicures by Dana

Sit back and relax while you treat yourself to a manicure OR pedicure!
Includes: nail soak/shaping, buffing, lotion and polish application.
Polish and shellac that are used will be OPI and China Glaze.
Please have your nails clean and free of shellac or acrylic polish.

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Every Tuesday:
9:30 am - 3 pm

MANICURE.....	\$20
PEDICURE.....	\$30
SHELLAC MANICURE.....	\$25
SHELLAC PEDICURE.....	\$35

Book a mani/pedi combo & save \$5!

26 Beech Ave Bowmanville ON • 905-697-2856
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www.bowmanvilleolderadults.com

Laughs and Locks

Teresa Bush
Hairstylist

905-213-0798
laughsandlocksbyt@gmail.com

Bowmanville Older Adult Association **BOAA**
26 Beech Ave
Bowmanville ON L1C 3A2



PLEASE NOTE POSSIBLE SUMMER FACILITY SERVICE DISRUPTIONS

The Bowmanville Older Adult Association has been notified by the Municipality of Clarington that the Clarington Beech Centre facility will be having a portion of its roof replaced. At this time we have not received final confirmation of the dates or how this work will effect our ongoing programs, events and registrations.

We appreciate your ongoing support and assure you we will keep everyone updated with any service interruption updates as they are made available to us.

General Information

MEMBERSHIP INFORMATION \$30 (INCLUDES HST)

(Valid for one year from the day you join)

- Memberships are for those 55 years and older
- Spouses under the age of 55 are welcome to become members if their spouse is 55 and a member in good standing
- If you have a disability (regardless of age) and would like to participate in events, programs and courses at the centre please contact Angie at 905-697-2856 EXT 25
- Non-members are welcome to participate in all programs, courses and events by paying the non-member fee

Benefits of Membership:

- Lower fees for drop-in & registered programs and courses
- First priority and member rates for special events
- Member pricing for Tuesday Lunches
- 10% Discount on facility rentals at the Bowmanville Older Adult Association
- Keep updated with the latest information via our BOAA Member Newsletter, Emails, Voicemails
- Vote at Annual General Meeting
- Hold Office on the Governing Board of Directors
- Meet lots of friends and new people in your community
- Discover a new hobby, skill or talent

WHY SHOULD I BUY A MEMBERSHIP?

Membership fees help offset the costs involved in running our facility. Items such as heat, hydro, snow removal, repairs, equipment, program supplies, general maintenance and staffing are all very expensive. By being a member you are assisting to ensure the BOAA will be a long-lasting organization within our community.

REGISTRATION INFORMATION

All program fees include HST. Cash, cheque, debit, Visa or Mastercard are accepted. Please make all cheques payable to the Bowmanville Older Adult Association. Refunds will be granted **only** for medical reasons with a doctor's note. A \$10 administrative fee will be applied to refunds. Programs will be cancelled one week prior to the start date when the minimum registration numbers are not met. Being a past participant in a class does not guarantee you a spot in a future session, so please always register in advance to avoid disappointment.

To avoid program cancellation, please sign up well in advance of the program start date. All programs are non-transferable. If you miss a week of your regular class, you are not permitted to drop in to another of the same program on a different day, due to space limitations and room designations.

Please note there are no refunds for membership fees. Special event refunds will only be issued if your ticket can be sold to someone on a waiting list. There are no immediate refunds, please allow time for a cheque to be processed.

WAITING LIST

If a class is full, your name can be put on a waiting list by completing a registration form at the front desk.

ALWAYS SCAN YOUR CARD & CHECK IN

The BOAA receives some of its program funding based on: member fees, program participation and volunteer hour tracking, so always do your part by swiping in each time you visit.

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed on June 29th, June 30th, July 1st, August 3rd, August 4th, August 5th, August 31st, September 1st and September 2nd 2019

WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact 905-697-2856 x 45 to book your ride or by email at wheels@bowmanvilleolderadults.com. \$3 round trip within Bowmanville, \$5 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required. Non-Members and guests are \$6 flat rate round trip.

WI-FI

If you wish to stay connected while at the BOAA, we have Wi-Fi. Please visit the front desk for the password.

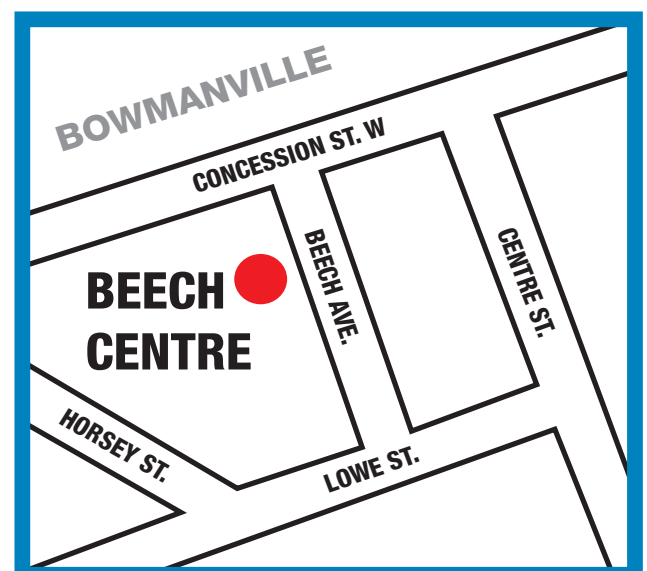
EMAIL & VOICE DIALING

As a member of the BOAA, you are registered to receive emails and voicemails regarding program cancellations, upcoming events or special information. Please note the calls will come from 905-697-2856. If you are not receiving emails and calls, please update your contact details at the front desk.



MEMBER ONLY CONVENIENCE PASSES FOR SALE

	Single Pass	10 Pass + ONE FREE
Coffee (BOAA mug)	\$0.80	\$8
Coffee (Personal mug)	\$1	\$10
Tea (Mug or tea pot)	\$0.80	\$8
Member Drop-In	\$2	\$20
IN TOWN Van Rides	\$3	\$30
OUT OF TOWN Van Rides	\$5	\$50
Tuesday Lunch	\$9	\$90
Soup	\$2.50	\$25



NON-MEMBER & GUEST INFORMATION

If you find a registered program within our guide that is of interest and you would like to participate as a non-member, all registered courses and programs at BOAA now have a non-member rate if space permits. Members have first priority for all BOAA programs, events and courses.

COMPLIMENTARY TRIAL FOR PROGRAMS

If you are interested in gaining more knowledge in regards to one of our registered programs or courses, please feel free to join us as a guest prior to committing with a registration. Limit one trial per person per session. Space is limited so please speak to staff prior to participating.

OPEN

CAFÉ

Monday to Friday 9 am to 3 pm
Saturday and Sunday 10 am to 2 pm

Serving homemade soups, biscuits,
sandwiches, muffins, coffee/tea,
and a variety of snacks with
Daily Hot Lunch Specials

COME FIND US ON SOCIAL MEDIA at #BOAA • #BowmanvilleOlderAdults #BOAAalltheway

Connect with us and – most importantly – each other. Stay up to date and spread the word about the BOAA through our social media accounts.



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: bowmanvilleolderadults



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Upcoming Events & Fundraisers

Tickets for all events on sale now at BOAA
For more information please contact Chelsea at
events@bowmanvilleolderadults.com

SOCIAL BINGO

Tuesday at 1 pm
\$1.25 per card for 10 games
25¢ per Dabber Sheet
WIN CASH PRIZES

PROGRESSIVE FUNDRAISING EUCHRE

Seven games of friendly non-competitive Progressive Euchre. Includes: Share the wealth draws and great company with friends.

Tuesday 7 pm to 9 pm

Drop-in fee of \$3 members / \$5 non-members

Bridge Social with CASH PRIZES

Join us for a fun afternoon of social bridge with modified progressive format. Light refreshments, coffee and tea included. No advanced registration is required.

Sunday June 2nd

1:30 pm to 4:30 pm

\$5 members / \$7 non-members



Bowmanville Rockin' Rotary Ribs & Brews Ribfest in Partnership with the Rotary Club of Bowmanville

Join the BOAA and our Community Partners from the Rotary Club as they host this amazing community event. Lots of food, drinks, entertainment, vendors and a midway!

June 7th, June 8th and June 9th

LOCATION: Clarington Fields – Baseline Road, Bowmanville
Donations will be collected at the gates in support of the Rotary Club & BOAA!

“FREE” Bowmanville Concerts in the Park – RAIN OR SHINE

Join us for these “FREE” entertaining concerts where the BOAA will be hosting a concession stand and the 50/50 draw at each concert with all proceeds going to the BOAA's 2019 Fundraising Goal.

Thursday 7 pm to 9 pm

June 13th to August 29th

LOCATION: Rotary Park – Queen Street, Bowmanville

Bid Euchre Bonanza

Includes: 6 games of Progressive Bid Euchre (changing partners), light dinner, tea & coffee, concession stand, prizes & draws (purchase tickets or place your name on the “hold” list at the Front Desk).

Friday June 14th and October 4th

4:30 pm

\$8 members / \$10 non-members

SOCIAL SHOWTIMES... Join us for a movie on the BIG SCREEN

Includes movie, drink and popcorn.

Monday 6 pm

June 17th, July 15th, August 19th, September 16th, October 21st

\$3 members / \$6 non-members

“FREE” BOAA Membership Picnic

Please join us as we celebrate another fantastic year at the BOAA with hamburgers, drinks, dessert and entertainment!

Tuesday June 18th

12 pm

LOCATION: Visual Arts Centre of Clarington – 143 Simpson Avenue, Bowmanville (Rain Location: BOAA)
Sponsored by Seasons Clarington



Social Dances with The Beech Nuts

Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.

Friday June 21st

1 pm to 4 pm

\$3.50 members / \$5.50 non-members

Bistro Night with Chef Simon Bush

Come, dine with us for a regional tour and taste some of Europe's finest culinary destinations with a 3 course meal.

Wednesday 5 pm

June 26th – Spain

July 31st – Turkey

August 28th – Switzerland

\$20 members per event / \$25 non-members per event

Limited tickets available and pre-registration is required.

Door prize sponsor:



Monthly Baking Fundraiser with Josie

Friday June 28th – Small Chicken Pies \$6 each

Friday July 19th – Rhubarb & Apple Crisp \$9 each

Limited orders available with pre-orders required.

Please visit the Front Desk for more details.

Karaoke Night in Partnership with Then & Now Sounds

Sing it out loud! Or just come out to cheer on the ones that are willing to take the mic. Cash bar available - snacks provided.

Friday June 28th, July 26th, August 23rd, September 27th and October 25th

7 pm to 10 pm

\$5 members / \$8 non-members

Steep & Sweets Summer Teas

Join us for steeped tea and sweet treats at the BOAA garden themed Tea Parties this summer! Enjoy your choice of hot and cold beverages, finger sandwiches, fresh fruit salad, assorted sweets, scones, butter, jams and clotted cream. Entertainment and optional tea reading appointments also available.

Thursday July 4th and 18th

Thursday August 1st and 15th

12 pm

\$16 members / \$18 non-members / \$5 youth 12 to 16 years / Under 12 FREE (per event)

Advanced tickets required with reserved seating option available prior to 4 pm on each Monday before the selected event.

Sponsored by: Durham Medical



Euchre Extravaganza

Includes: 12 games of progressive euchre, buffet dinner, door prizes and draws.

Advanced tickets are required (purchase tickets or place your name on the “hold” list at the Front Desk).

Saturday July 13th, September 14th and November 9th

3 pm

\$10 members / \$12 non-members

Tuesday BBQ Luncheon

Enjoy Tuesday lunch outdoors in the garden at the BOAA! Limited tickets available - purchase tickets or place your name on the “hold” list at the Front Desk.

Tuesday 12 pm

July 16th & 30th

August 13th

RAIN LOCATION: BOAA Auditorium



Music by Request with DJ Then & Now Sounds

Drop in and join us the fourth Friday of the month! Sing along, dance or be part of the audience with the themed music. All requests accepted! Includes: dancing, music, concession stand and cash bar.

Friday July 26th - Fun in the Sun: Get ready for the Beach Boys, California Dreamin' and more!

Friday August 23rd - Swing, Jive & Rock n Roll: Enjoy The Twist, At the Hop and more!

2 pm to 4 pm

\$4 members / \$6 non-members

Progressive Euchre Party - Last Saturday of Every Month

Prizes for 1st to 5th Place, Lone Hands & Random Draw 50% of Door Ticket Sales will be given in prizes – Guaranteed! Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws (purchase tickets or place your name on the “hold” list at the Front Desk)

Saturday July 27th, September 28th and October 26th

6:30 pm

\$8 members / \$10 non-members

Smile Theatre presents “Lucy Maud & Anne”

Join us for a live theatre production: a joyful and life-affirming new musical. Refreshments will be provided after the show.

Thursday September 12th

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation



Open Mic

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

By donation & open to ALL with cash bar and refreshments for purchase!

Sunday September 22nd and November 17th

1 pm to 4 pm

Fall BOAA Showcase, Health Fair, Open House & Registration

You will not want to miss this fantastic day filled with vendor booths, live demos, draws, complimentary refreshments, and program registration for new and returning programs!

Wednesday September 4th

9 am to 2 pm “Seniors Information & Active Living Fair”

9 am to 2 pm “Program Instructor Displays and Demonstrations”

9 am to 6 pm “Fall Program Registration”

In partnership with OACAO and sponsored by the Ministry for Seniors & Accessibility



BOAA Fundraising Golf Tournament

Join the BOAA members and guests as they hit the course at **The Bowmanville Golf and Country Club** for 18 holes of best ball golf. Includes: lunch on course, carts, 18 holes of golf, followed by dinner at the BOAA, draws, prizes and a charitable tax receipt for \$20.

Pre-registration required (purchase tickets at the Front Desk)

Wednesday September 18th

Shot Gun Start 9 am

\$80 members / \$85 non-members

Dinner Only Tickets available for \$18 per person

Harvest Dinner & Dance

As the fall season approaches, don't miss this opportunity for a special dinner with a live band, dancing, and more! Everyone is welcome - no partner required.


Wednesday September 25th

Social 6 pm Dinner 6:30 pm Dance with Electric City Swing LIVE!

\$20 members / \$25 non-members

Drop-In Programs

All drop-in programs are \$2 members/\$3.25 non-members unless posted otherwise

Monday		Tuesday		Wednesday		Thursday		Friday	
Snooker	8 am - 6 pm	Social Bridge	9:30 am	Snooker	8 am to 6 pm	Hiking	9 am	Snooker	8 am to 12 pm
Walking	9 am	Table Tennis	10 am	Nature Walks	9 am ends June 26th	Table Tennis	10 am	Urban Poling	9 am ends June 28th
Book Club	10 am June 17th only	Snooker	12 pm to 8 pm	Walking	9 am	Mexican Train Dominoes	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Square Dancing	12.45 pm ends June 11th	Choir	10 am ends June 19th	Snooker	12 pm to 8 pm	Duplicate Bridge	1 pm
Duplicate Bridge	1 pm	Brain Waves Café	1 pm 1st Tuesday of every month	Nature Walks	12:30 pm ends June 26th	Bid Euchre	1 pm	500 Cards	1 pm
Cribbage	1 pm	Friendship Group	1 pm ends June 25th	Bridge Fun Group	1 pm	Ukulele	1:15 pm	Jam Session	1 pm
Bid Euchre	7 pm	Mahjong	1 pm	Canasta	1 pm	Tap Practice	3 pm	Saturday	
		Acoustic Jam Session	6:30 pm			Ballroom Dance	3:30 pm ends June 27th		
						Social Bridge	7 pm	Snooker	10 am to 4 pm
								Weekend Card Party	1 pm
								Sunday	
								Snooker	10 pm to 4 pm
								Weekend Card Party	1 pm

Weekly Drop-In Fee Schedule

Duplicate Bridge:
\$3.50 members
\$5 non-members

All other drop-in
programs:
\$2 members
\$3.50 non-members

Square Dance
\$.75 members
\$1.25 non-members

500 CARDS

Friendly atmosphere, easy to learn if you know Euchre and Bid Euchre.

Friday 1 pm to 4 pm

BID EUCHRE

Two decks of cards Jacks to Aces, bid high, low or in a suit. A lot of fun.

Monday 7 pm to 9 pm
Thursday 1 pm to 4 pm

“FREE” BLOOD PRESSURE CLINIC with Coby Booth

Stop by to have your blood pressure assessed by our Volunteer RN in the Lobby.

Tuesday 11:15 am to 12 pm and 12:45 pm to 2:30 pm
June 11th, June 25th, July 9th, July 23rd, August 13th,
August 27th, Wednesday September 4th at Open House

BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book. Please pick up a list of books and meeting dates at the front desk.

Monday 10 am to 11 am

June 17

Please pick up September book at the BOAA anytime after August 15th.

BRIDGE FUN GROUP

Beginner/ Intermediate just for “fun” social bridge. Basic bridge knowledge is an asset.

Wednesday 1 pm to 3 pm

DUPLICATE BRIDGE

The most competitive form of contract bridge where pairs compete against one another.

Monday and Friday 1 pm to 4 pm
Drop-in fees of \$3.50 members / \$5 non-members

SOCIAL BRIDGE

Social progressive bridge. No partner necessary. Some knowledge of the game is required.

Tuesday 9:30 am to 12 pm
Thursday 7 pm to 9 pm

CANASTA

Play with two decks dealing out 11 cards, try to make books to earn points. Game is over when winner reaches 5000 points.

Wednesday 1 pm to 4 pm

CRIBBAGE

Played with two or more participants. Find pairs, runs of 3 or more and cards adding up to 15.

Monday 1 pm to 3 pm

CROCHETING AND KNITTING GROUP

Gather with a group to work on your crocheting or knitting projects in a friendly social setting.

Monday 10 am to 12 pm

“FREE” HEARING SCREENING with Hear Clear Canada

Do you ask others to repeat themselves? Do you have to turn up the volume on the television to understand? Do you have problems understanding in groups?

If you answered yes to any of these questions, you might have hearing loss or it might just be earwax? Come by to find out with a free hearing screening and evaluation.

No appointment required. Located in the Lobby

Monday 2 pm to 4 pm

June 3rd, July 8th, August 12th

HIKING

Join us weekly as we carpool from the BOAA to enjoy some of the best trails in Durham Region.

Thursdays 9 am

May 2nd to August 29th

JAM SESSION & ACOUSTIC JAM

Come out for an evening of acoustic playing.

Tuesday 6:30 pm to 9 pm

Join BOAA musicians in a fun jam session with any instrument you may play and plug in.

Friday 1 pm to 3 pm

MAHJONG

Friendly game of American Mahjong. Played with 2019 National Mahjong league card.

Tuesday 1 pm to 3 pm

No Drop-in June 18th (membership picnic)

MEXICAN TRAIN DOMINOES

Dominoes with a twist. Set up your train and watch it grow. Lots of fun.

Thursday 10 am to 12 pm



TUESDAY LUNCH

Includes: Juice, Salad, Main Course,
Bread, Dessert, Tea or Coffee

Please purchase your weekly lunch
ticket before Friday at 4 pm.

This helps staff and volunteers with
planning and preparation.

No lunch July 2nd, August 6th, September 3rd
and October 15th

\$9 members / \$12.50 non-members

2019 SUMMER
PROGRAM GUIDE
CONTINUES ON
PAGE 19

12th ANNUAL

JUNE 7, 8 & 9



FRIDAY NOON to 11 P.M.
SATURDAY 11 A.M. to 11 P.M.
SUNDAY 11 A.M. to 8 P.M.
AT CLARINGTON FIELDS!
BASELINE RD. & GREEN RD.

Please note: This schedule is subject to change without notice. Ribs & Brews is brought to you by the Rotary Club of Bowmanville.

facebook.com/BowmanvillesRockinRibsandBrews
 @theribfest
 @ribsandbrewsbowmanville
 www.ribsandbrews.com • #mmmribs

SEE PAGE 8 FOR FREE SHUTTLE BUS SERVICE FAMILY FRIENDLY. ALL AREAS. ALL TIMES.

FRI
JUNE 7TH

HELLS BELLS
 CANADA'S #1 TRIBUTE TO AC/DC



SAT
JUNE 8TH

EPIC EAGLES
 CANADA'S DEFINITIVE EAGLES TRIBUTE ACT



SUN
JUNE 9TH

BLUEGRASS SUNDAY

AWARD WINNING FIDDLE PLAYER AND BAND



ENTERTAINMENT SCHEDULE

MAIN STAGE

BREWS STAGE

FAMILY STAGE

FRIDAY, JUNE 7	
6:30PM - 8:30PM	MARTY AND THE MOJOS
9:00PM - 11:00PM	HELLS BELLS
SATURDAY, JUNE 8	
12:00PM - 2:00PM	MAH DORAN
2:30PM - 3:30PM	ALEXA GOLDIE BAND
4:00PM - 6:00PM	UGLY HORSE BAND
6:30PM - 8:30PM	TAMING THUNDER
9:00PM - 11:00PM	EPIC EAGLES
SUNDAY, JUNE 9	
12:00PM - 2:00PM	THE GROOVE
2:30PM - 4:30PM	ERIC LAMBIER
5:00PM - 7:00PM	CHERYL IRELAND AND THE AUTUMN SMOKE *PLUS THE EMERSON IRELAND BAND

FRIDAY, JUNE 7		
4:00 - HYPE DANZ STUDIO	5:45 - SPOTLIGHT DANCE WORKS	7:15 - SWAGGA RIGHT HIP HOP DANCERS
4:20 - K9 CENTRAL DOG AGILITY TEAM	6:05 - FEATURED DANCER REBECCA EDWARDS	7:25 - K9 CENTRAL DOG AGILITY TEAM
4:55 - METIS DANCER AURIELE DIOTE	6:10 - THEATRE DANCE ACADEMY	7:45 - HUMMING-BIRD CARIBBEAN DANCERS
5:00 - PRECISIONS DANCE COMPANY	6:30 - SINGER KALISTA WILSON	
5:20 - SINGER TYLER LORETTE	6:55 - TJ'S DANCE TROOP	
SATURDAY, JUNE 8		
12:00 - ASPIRE ACROBATICS	2:35 - SINGER JULIA MIDDLETON	5:20 - SWAGGA RIGHT HIP HOP DANCERS
12:50 - PRECISIONS DANCE COMPANY	3:00 - TJ'S DANCE TROOP	5:30 - DUKE OF CAMBRIDGE PUBLIC SCHOOL DRUM LINE
1:10 - DURHAM IMPROV - COMEDY W/STEPHANIE HERRERA & ADAM WILKINSON	3:20 - ASPIRE ACROBATICS	5:35 - ASPIRE ACROBATICS
1:30 - ILLUSIONIST BELLA MAGIC	4:10 - SINGER TYLER LORETTE	6:00 - HYPE DANZ STUDIO
2:05 - DUKE OF CAMBRIDGE PUBLIC SCHOOL DRUM LINE	4:35 - SPOTLIGHT DANCE WORKS	6:20 - JULIA MIDDLETON
2:15 - RIDDIM FITNESS CARIBBEAN DANCERS	4:55 - FEATURED DANCER REBECCA EDWARDS	6:45 - ILLUSIONIST BELLA MAGIC
	5:00 - DURHAM IMPROV - COMEDY W/STEPHANIE HERRERA & ADAM WILKINSON	7:15 - SINGER AZALYNE
		7:35 - THEATRE DANCE ACADEMY

SUNDAY, JUNE 9				
12:00 - SPOTLIGHT DANCE WORKS	1:00 - WALLACE SYMINGTON HIGHLAND DANCERS	2:00 - THEATRE DANCE ACADEMY	2:55 - TJ'S DANCE TROOP	4:00 - TWISTED ONES BALLOON SHOW BY DEBBIE STEVENS
12:20 - FEATURED DANCER REBECCA EDWARDS	1:25 - TWISTED ONES BALLOON SHOW BY DEBBIE STEVENS	2:20 - SINGER RILEY WHEATER	3:15 - SINGING GROUP GIRL POW-R	4:15 - HYPE DANZ STUDIO
12:30 - SINGING GROUP GIRL POW-R	1:55 - METIS DANCER AURIELE DIOTTE	2:40 - SWAGGA RIGHT HIP HOP DANCERS	3:40 - WALLACE SYMINGTON HIGHLAND DANCERS	4:35 - PRECISIONS DANCE COMPANY

ALL TIMES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE

JOIN US AT "KIDS ZONE" ALL WEEKEND LONG!

In order to ensure a safe and fun family event we do have a few rules. Please remember:

- Proof of Age - Ontario Licence, Passport or BYID Card
- No out of Province I.D.
- No Backpacks. Diaper Bags Exempt.
- No Shirt, No Shoes, No Service!
- Pets are not allowed at Ribfest, however service animals clearly identified are allowed.
- No weapons.
- No Gang colours.
- No outside food is permitted.
- No open beverage containers can be brought onto the grounds.
- For safety, we are searching bags and purses.
- Empty clear or translucent refillable water containers.



Smoke, Vape & Cannabis Free Event



ROTARY GIFTS STAYING IN OUR COMMUNITY



Volunteers assemble meals on food grade packaging line for KAHC.

KIDS AGAINST HUNGER CANADA

A program to engage Canadians especially youth, in helping to feed starving children in Canada and around the world. To date this organization with the help of Rotary across Canada has packed over 1,807,584 meals for the most vulnerable, needy children.

ROTARY SUMMER RESPITE PROGRAM

Our biggest and longest running support is for our Summer Respite Care Program that recognizes Clarington families who have children with special needs. With major funding provided by both the Government of Canada's Student Summer Jobs Program of approximately \$17,000 and the Bowmanville Rotary Club and their support with \$20,000 this program employs University/College Students who in turn care for approximately forty special needs children. The two major advantages of the program are the respite time provided to the parents and the career related summer employment experienced by the students. A jewel in the crown of all the assistance provided to our Community.

ROTARY SUPPORTS LOCAL INITIATIVES

Durham Region Hospice – Clarington	\$50,000	The Gathering Place	\$2,000
Respite Care Program	\$20,000	Autism Home Base Durham (support local programming)	\$2,000
Feed The Need Durham	\$13,250	Terry Fox Run Banners	\$1,720
Trinity United Church	\$10,000	YWCA Durham	\$1,500
Bowmanville Valley Co-operative Homes (playground improvements)	\$5,000	Para Sport Durham	\$1,000
Orono Town Hall (elevator installation)	\$5,000	Plush Toys for Bowmanville Hospital Emergency Dept.	\$1,000
Telecab for Family with Special Needs Children	\$4,550	Salvation Army Bowmanville (wrap for van)	\$1,000
Charles H. Best Diabetes Centre	\$3,000	Many other contributions to local individuals	
Nova's Ark (support for an autistic child)	\$2,600		
Alzheimer Society Durham (support local programming)	\$2,600		



Bowmanville Rotary worked with the #Rainbowmanville Committee to raise funds for Clarington's first rainbow crosswalk in support of the LGBTQ community.

Rotary



ROTARY THANKS OUR MANY VOLUNTEERS

The Rotary Club of Bowmanville would like to thank all the individuals and community groups that have stepped forward to volunteer during this year's **Ribs and Brews**.

The event would not be possible without the dedication of our selfless volunteers. These generous individuals and groups embody the spirit of Rotary by putting **'Service Above Self'**.

If you, or your group or company would like to volunteer and become a part of **Rockin' Rotary Ribs and Brews**, please visit www.ribsandbrews.com and fill out a volunteer application form.

You will be joining the following organizations that have already committed to help this year:

- Newcastle Lions
- Clarington Swim Club
- Boys and Girls Club of Durham
- Bowmanville High School

If you want to volunteer this year text 905-431-2727

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Congratulations Rotary Ribs & Brews 2019!

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Bowmanville Rotary Club

THINKING ABOUT JOINING ROTARY?

LET'S TALK OVER BREAKFAST

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GREAT WORK COMMUNITY

For more information plus many other ways to get involved or to make an online donation, please visit www.rotaryclubofbowmanville.com

JOIN Bowmanville Older Adult Association **BOAA AT**

June 7th, 8th & 9th
Held at the Clarington Fields

Admission is **FREE!**
Donations will be collected by BOAA volunteers as you pass through the gates.
Funds raised will benefit BOAA & Rotary Club of Bowmanville community programs.

RIBS & BREWS

Over the years, members of the club have given many hours of 'sweat equity' to the BOAA's projects; Annual Volunteer Appreciation event, Pancake Breakfast and Wheels-In-Action Transportation, to only name a few.

Over the past number of years the BOAA has been welcomed by the Rotary Club to provide volunteer support manning the gates of Ribs & Brews and the

BOWMANVILLE OLDER ADULT ASSOCIATION

The Rotary Club of Bowmanville has been a proud supporter of the Bowmanville Older Adult Association since the late 1980's.

BOAA is incredibly excited to once again be given this opportunity. All funds raised are split evenly between the two organizations and we can't say thank you enough!

Feed the need in Durham

The Bowmanville Rotary Club had the opportunity to assist with bringing attention to Feed The Need in Durham last December by organizing a fund raising concert for this organization. It was so successful that it will be an annual event so watch for an announcement later this year.

Feed the Need in Durham believes that food insecurity should not prevent anyone from fulfilling their potential or participating fully in the life of our community.

We specialize in accessing and recovering large quantities of food. We collect surplus and donated, perishable and non-perishable foods, and distribute this to 62 emergency food providers across Durham. These include food banks, shelters, meal programs and in-school nutritional programs.

Each year we distribute the equivalent of 980,000 meals to those facing food insecurity. For each dollar donated Feed the Need in Durham can distribute \$7 worth of food.

Feed the Need in Durham. Responding to hunger in your community.

For more information please visit: www.feedtheneedindurham.ca

Jim Abernethy | BROKER

C: 905.261.7788
O: 905.697.1900
E: jimabernethy@royalservice.ca
W: visit: www.jimabernethy.ca

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CONGRATULATIONS ROTARY RIBS & BREWS 2019!

WORKS IN OUR AND BEYOND

Other Bowmanville Rotary Initiatives, visit www.FUNDITCLARINGTON.com

SERVICE ABOVE SELF: HERE IS WHAT MAKES OUR MEMBERS PROUD:

I'm proud that Rotary has never lost sight of the fact that Peace, starvation, water and service above self still, are the key elements that drive Rotary to succeed. I'm proud that Rotary has basically eradicated Polio. I'm proud of our club. We are recognized as true community activists who make our world a better place.

Fred aka Big Dawg Mandryk

Respite Program, Respite kids Xmas party, The people we were able to help with funds.

Eli Brooks

The Respite program which continues to grow with the growth of the community.

Denis Beaulieu

Helping to replace a power wheel chair locally for a fellow who wore out his existing one due to lots of use and didn't have the funds to replace it which would leave him depending on other services that he really didn't need if he had a power chair.

Don Hutton

The support we are able to give to the Firehouse Youth Centre. Helping kids who are the most vulnerable.

Kevin Anyan

Giving money away to lend a helping hand is so heartwarming and fulfilling.

Gail Nyberg

Helping to make the Rainbow Crosswalk in Bowmanville a reality is fantastic and great to see. A lovely sign of inclusiveness.

Steve Kay

INTERNATIONAL SERVICE - BOWMANVILLE ROTARY CLUB WORKING BEYOND OUR BORDERS

Each year the International Committee of our club searches out exemplary projects which the Club feels epitomizes the Service Above Self goals of Rotary.

This past year we have donated over \$25,000 to projects both big and small. From a generous gift of \$10,000 to support education projects through the construction of schools as well as funds directed toward water projects - The Adopt- A-Village Charity makes a huge impact on outlying villages in Laos and is a wonderful recipient of our funding.



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RIBS AND BREW - 2019

Brave Bowmanville Rotary!



Debbie & Fred Mandryk
Pontypool, Ontario



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CONGRATULATIONS
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LLOYD RANG COMMUNICATIONS



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RIBS & BREWS QUESTIONS AND ANSWERS



**KID FRIENDLY
ALL
WEEKEND
LONG**

What is the Cost of Admission?

Free! There is no entry fee to Bowmanville Rockin' Rotary Ribs and Brews. At the gates members of the Bowmanville Older Adult Association, working in conjunction with Rotary, will be asking for donations. Donations are strictly at your discretion.

What are the hours of operation?

Friday, June 7th Noon – 11 pm
Saturday, June 8th 11 am – 11 pm
Sunday, June 9th 11 am – 8 pm

ALCOHOL RESPONSIBILITY

Bowmanville Rockin' Rotary Ribs and Brews is one of the most anticipated events of the summer in Clarington. Every year, people from throughout southern Ontario and beyond flock to Bowmanville for three days of fun and great tasting ribs. Ribs and Brews is a licensed event and alcohol can be purchased during the event. Ribs and Brews is also a family event, and we encourage everyone to enjoy themselves, be responsible with your alcohol consumption, and don't drink and drive.

Are kids welcome?

Absolutely YES! Ribs and Brews is a Family Friendly event. We have entertainment for every age group. All children must be accompanied by a parent or guardian. Note that the music in the evening will be targeted to adults.

Can I bring my dog or other pets?

No pets may enter the event. Service animals, on the other hand, are not only permitted, they are welcomed.

Where are we?

Clarington Fields, 2375 Baseline Rd. Bowmanville (Baseline Rd. and Green Rd.)

Is parking available?

Yes! FREE parking spaces are available on site. There will also be a shuttle bus running every 20 minutes stopping at convenient locations through town. A map will be posted on our site closer to the event. A limited number of Accessible parking spaces are available on site. Permits must be displayed.

Do ribbers or vendors accept Visa/MasterCard or Debit?

No. Bowmanville Rockin' Rotary Ribs and Brews is a "cash only" event. There are ATM's on-site for your convenience.

What is the Craft Beer Village?

This feature was added to our event in 2015 with great success. The Craft Beer Village features more than 30 craft beers, ciders, and coolers from across Ontario. The Village also has a smaller stage featuring a more intimate, acoustic, musical atmosphere.

What other kinds of foods are available?

Some rib teams have beef ribs as well as pork ribs. Ribbers and other food vendors offer chicken, salads, coleslaw, baked beans, pizza, french fries, doughnuts, ice cream, roast corn, sweets & treats, funnel cakes, smoothies and more. There is will also be a FREE refillable drinking water station.

Are there vegetarian and gluten free foods available?

Yes. Some vendors offer salads, bloomin' onions and corn-on-the-cob.

Can I smoke or vape at Bowmanville Ribs and Brews?

No. The Smoke-Free Ontario Act prohibits smoking on publicly owned sports fields, playgrounds as well as outdoor patios of eating establishments (amongst other places). Our event is held on the grounds of a sporting field /playground.

Are there volunteering opportunities?

The success of the event is dependent on the efforts of the volunteers. There are hundreds of positions to be filled. Community Service credit for secondary students is available. Please visit the Volunteer section www.ribsandbrews.com.

Where does the money go?

Ribs and Brews is organized by the Bowmanville Rotary Club. 100% of all money raised goes to support important local and international causes while holding a fun and safe event for all ages. Most of the money raised goes directly to local causes such as respite care for families with special needs. The remaining goes toward causes such as the eradication of Polio and providing clean drinking water to villages in the third world. To learn more about Bowmanville Rotary and Rotary International, go to <http://www.bowmanvillerotaryclub.org/>

What bands are playing and when?

View the up-to-date entertainment listings and schedule on page 2 of the insert and under the Entertainment Page on our website.

Is there anything else to do while I'm at Ribfest?

Yes! We have vendors selling many different items, face painting, axe throwing, henna tattoos, a midway and much more!

I'm interested in having a booth to sell my products or handicrafts. How can I become a vendor?

Please go to www.ribsandbrews.com and register giving details of your product.

Can I bring a waterbottle?

Empty clear or translucent waterbottles only and are encouraged for our FREE drinking water station. All others will be emptied on-site.

Who do we contact if we have any additional questions about Bowmanville Ribs and Brews?

Please email us at info@ribsandbrews.com

THANK YOU TO OUR GENEROUS SPONSORS

LEADER \$5000










CHAMPION \$2500














SUPPORTER \$1000



















ADVOCATE \$750








FRIENDS \$300






















AUTOMOTIVE SPONSORS







Catch the FREE Shuttle Bus to and from Ribs & Brews!

- **Clarington Fields, Baseline Road and Green Road**
- **Family Friendly ALL Weekend - No Restricted Areas**
- **650 FREE On-Site Parking Spaces**
- **Family Stage is back again this year!**
- **We've continued the FREE Continuous Shuttle Bus Service (see route above)**
- **Free Water Fill Station - Bring your clear or translucent refillable water containers**
- **Featuring 15 Top Ontario Craft Brewers, Featuring over 30 Craft Beers, Serving Stations**
- **Entertainment ALL Weekend**

SMOKE, VAPE & CANNABIS FREE EVENT **NO PETS**



Drop-In Programs

All drop-in programs are **\$2 members/\$3.25 non-members** unless posted otherwise

NATURE WALKS

Take time to unwind and connect with nature to improve your health.

Trees, birds and wildflowers are waiting for you to enjoy. Different conservation area every week. Schedule and location listing available at the front desk.

Wednesday 9 am to 11 am or 12:30 pm to 3 pm.

Final meeting before Summer break on June 26th

Meet at BOAA to carpool 9 am or 12:30 pm

Or meet at the conservation Area on the list 9:30 am or 1 pm

OPEN ART

Open to all artists. Join us to work on art projects in a social environment.

Friday 9 am to 12 pm

SNOOKER

Regulation snooker table and over 20 active players provide an excellent opportunity to enjoy friendly matches.

Monday 8 am to 6 pm

Tuesday and Thursday 12 pm to 8 pm

Wednesday 8 am to 6 pm

Friday 8 am to 12 pm

Saturday 10 am to 4 pm

Sunday 10 am to 4 pm

Please call or visit the front desk to pre-book your table time.

TABLE TENNIS

Have fun and exercise playing a non-competitive game of table tennis.

Tuesday and Thursday 10 am to 12 pm

TAP PRACTICE

Need extra practice? Drop in to review your steps, combinations and routines.

Thursday 3 pm to 4 pm

"FREE" TUESDAY BRAIN WAVES CAFÉ with the Alzheimer Society

A social and informal place for individuals with cognitive (memory) change to meet together socially in the community for stimulating conversation, support and other engaging activities. Friends and family welcome. Light refreshments available.

Tuesday 1 pm to 2:30 pm

June 4th, July 2nd, August 6th

UKULELE DROP-IN

If you play Ukulele and know basic chords, you will enjoy being part of this group.

Thursday 1:15 pm to 3:15 pm

URBAN POLING

Get all the added benefits of walking with poles. Burn more calories, upper body toning, reduce stress on the knees and hips, improve posture and balance while exploring a variety of local trails. Suitable for everyone. Poles available to borrow through the BOAA. Meet at BOAA for 9 am to carpool. Schedule and location listing available at the front desk.

Friday 9 am to 11 am

Final meeting before Summer break on June 28

WALKING

Join us for a walk around the neighbourhood.

Monday and Wednesday 9 am

WEEKEND CARD PARTY

Enjoy playing bid euchre or canasta with great company.

Saturday and Sunday 1 pm to 4 pm

Art Programs

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

Learn how to add water colour to an already completed pen and ink project from Spring session. Please ask for a supply list at the front desk upon registering.

Saturday June 22

10 am to 2 pm

\$20 members / \$26 non-members

BEGINNERS WATERCOLOUR with Julieta Cortes

Learning basic watercolour techniques and colour mixing while painting a step by step project per class. No drawing skills required. Please ask for a supply list at the front desk upon registering.

Saturday 10 am to 12 pm 6 weeks

July 6th to August 17th

No class August 3rd

\$56 members / \$72.80 non-members

PAINTING WITH ACRYLICS with Shirley Bankey

Looking for a fun and easy paced class to learn to paint? This step by step class is perfect for both the beginner and intermediate artist. Please pick up a full list of supplies needed from the front desk upon registration.

Old Barn Side with Cracked Paint and a Cat

Monday 1 pm to 3:30 pm 3 weeks

June 3rd to June 17th

\$35 members / \$45.50 non-members

REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

Have an idea you have always wanted to paint? Great! Beginner or experienced, this is the class for you. You will explore the versatile and exciting world of acrylics. Choose your own subject and reference, then learn the techniques and principles needed to create a beautifully rendered realistic painting. Due to time constraints, portraits are not realistic expectations for this course.

Wednesday 9:30 am to 11:30 am 6 weeks

July 3rd to August 7th

\$56 members / \$72.80 non-members

SUMMER ART CAMP with Paul Livingston

Keep your art skills in practice through the summer. Get involved with an art class featuring watercolours, acrylic painting and drawing. Techniques, instructions and demonstrations of summer scenes. Local field trips are planned (weather permitting).

Wednesday 9:30 am to 12:30 pm 8 weeks

July 3th to August 21st

\$112 members / \$145.60 non-members



Computer & Technology Programs

ANDROID TABLET INTERMEDIATE with Tanya Cochrane

A continuation of the Android Tablet Beginner class. Get more of your questions answered, learn about fun apps for your tablet and how to adjust a variety of settings. Bring your tablet and your questions.

Thursday 12:30 pm to 2:30 pm 3 Weeks

June 6th to June 20th

\$30 members / \$39 non-members

GEEK SQUAD with Tanya Cochrane

One on one help with laptops, tablets, smart phones, Windows 10 and Facebook.

Wednesday June 26th

Thursday July 11th,

Tuesday August 13th

10:30 am to 2:30 pm

\$5 per 1/2 hour BOAA members only

FACEBOOK FOR SMALL BUSINESS with Tanya Cochrane

Learn how to create a special Facebook page for your small business. We will cover how to set up the page, post updates and answer inquiries. A business Facebook page is ideal for anyone who sells their own art, does home parties, has a catalog business, provides a service, etc. MUST have a personal Facebook account created and set up. Previous experience with Facebook is required...completion of the Facebook for Beginners class is highly recommended as a minimum pre-requisite.

Thursday 9:30 am to 11:30 am 2 weeks

June 13th to June 20th

\$20 members / \$26 non-members

"FREE" Computer, Internet & Photography Support at Brian's Café

Tuesday 9:30 am to 11:30 am

By appointment, Brian Greenway will be volunteering on Tuesday at the BOAA to assist you with any of your computer, iPad, phone, Windows or digital photography questions. For BOAA members only. Contact front desk to book an appointment at 905-697-2856.

Dance Programs

For all dance programs please remember to wear indoor shoes only!

“NEW” DANCE PARTY MIX with Veronica Vargas

We will learn basic dancing steps through different rhythms, we will put them in a dance routine and then move around forming choreography. No sweating guarantee.

Friday 12:15 pm to 1:15 pm 7 weeks
July 5th to August 16th
\$42 members / \$54.60 non-members

STEP DANCING Beginner with Gwen Cadman

Learn the basics of Canadian Step Dancing. Fun, energetic, low impact steps. Wear tap shoes or a hard sole shoes to join in the fun and fitness to Celtic music.

Thursday 1 pm to 1:55 pm 9 weeks
June 20th to August 15th
\$54 members / \$70.20 non-members



STEP DANCING Experienced with Gwen Cadman

Open to students with tap and step dance experience. You will be exposed to Ottawa Valley and Cape Breton styles with low impact options for all.

Thursday 2:00 pm to 2:55 pm 9 weeks
June 20th to August 15th
\$54 members / \$70.20 non-members

TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

Continuation from spring session
No experience or shoes required
Monday 11:05 am to 12:05 pm 3 weeks
July 22nd to August 12th
No class August 5th
\$18 members / \$23.40 non-members

Tap Dancing Level 1

Basic tap experience recommended.
Tuesday 10 am to 11 am 6 weeks
July 9th to August 13th
\$36 members / \$46.80 non-members

Tap Dancing Level 2

Level 1 Tap or similar experience recommended

Monday 10 am to 10:55 am 3 weeks
July 22nd to August 12th
No class August 5th
\$18 members / \$23.40 non-members
Or
Wednesday 9 am to 9:55 am 6 weeks
July 10th to August 14th
\$36 members / \$46.80 non-members

Tap Dancing Level 3

Spring session attendance required.

Monday 9 am to 9:55 am 3 weeks
July 22nd to August 12th
No class August 5th
\$18 members / \$23.40 non-members
Or
Wednesday 10 am to 10:55 am 6 weeks
July 10th to August 14th
\$36 members / \$46.80 non-members

General Interest Programs

BEGINNER FAUX “SILK” FLOWER ARRANGING with Cathy Pearson

Let's draw out your creative side! You will discover just how talented you are. This program covers colour schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a mirror arrangement, a vase arrangement, a swag and a topiary as well as a round and a contemporary arrangement. This is set up for beginners in flower arranging. Materials needed will be discussed at the first class.

Monday 1 pm to 2 pm 6 weeks
June 17th to July 29th
No class July 1st
\$30 members / \$39 non-members

CPR – Level C with Ruth Forrest from the Lifesaving Society

Learn lifesaving CPR, how to recognize the signs and symptoms of a heart attack and stroke and how to clear an obstructed airway; Adult, Child and Infant instruction will be included in this course.

Thursday 11:30 am to 2:30 pm
July 25th
\$30 members / \$39 non-members

EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS with Matt Hawkins

History of cannabis - how cannabis has been used medicinally across the globe for centuries. Why was it put into an 80 year prohibition?

Endocannabinoid system - How it regulates our health.
THC vs CBD - What are these cannabinoids and how do they work with our endocannabinoid system.
Cooking with Cannabis and safe dosing. Risks of over consumption of edibles and how to avoid any potential anxiety or paranoia - micro dosing.
How to infuse into food - decarboxylation and infusing into cooking oils and butters.

Thursday 1 pm to 2:30 pm 6 weeks
June 13th to July 18th
\$75 members / \$97.50 non-members

LEARN TO PLAY BID EUCHRE with Kay Moore

For those who already play 500 or Euchre, learning Bid Euchre will be easy. Learn how partnership bid in order to win the contract. By the end you will feel comfortable to join the "drop-in programs" and Bid Euchre Bonanzas.

Monday 1 pm to 3 pm 3 weeks
May 27th to June 10th
\$21 members / \$27.30 non-members

NUTRITION EDUCATION CLASS with Rhonda Armour

Take part in a very informal nutrition education class where all questions are welcome! Nutrition can be a complicated topic, but this class will simplify things so you can feel in control over what you put in your body. Every session will include a nutrition lesson, a live demonstration, a Q&A segment and individual nutrition guidance. It's time to clean up your nutrition and experience the benefits!

Tuesday 11 am to 12 pm 6 weeks
July 16th to August 20th
\$30 members / \$39 non-members

TAROT 101 BEGINNERS/INTERMEDIATE with Cathy Pearson

Tarot is an excellent tool to broaden your intuitive capabilities. The program will focus on possible outcomes of situations as well as examining influences related to issues at hand. There is a great amount of participation at both levels in this course.

Friday 10:45 am to 12:15 pm 8 weeks
June 21st to August 9th
\$60 members / \$78 non-members

TAROT 101 EXPERT with Cathy Pearson

Pre-requisite is 101 Beginner and Intermediate. Tarot describes your joys, your problems, conflicts and issues. It identifies life patterns and pinpoints areas where change would manifest a better direction for you to achieve successful results. Tarot can be used for self-development, helping family/friends or assisting clients. This is the course if you want to become a professional reader.

Friday 9:15 am to 10:45 am 8 weeks
June 21st to August 9th
\$60 members / \$78 non-members

Music Programs

DRUM CIRCLE with Julie Ditta

Participating in a drum circle allows for self-expression, relaxation, healing and fun. No previous drumming or musical experience is required. We embrace the flow of free form drumming and let it take us on a creative, energizing, music-making journey that is never the same twice. Drum circles are an inclusive experience where participants express their intuitive and natural rhythms while contributing to the synchronicity of the group. We drum from the heart, releasing all judgment, allowing trust, compassion, sharing and spontaneity thrive.

Drumming lifts the spirits and lets us bring balance back into our lives. Rhythm instruments, shakers and rattle sticks are also incorporated into the music making.

Friday 10:30 to 12 pm 7 weeks
July 5th to August 16th
\$52.50 members / \$68.30 non-members

DRUM-TAP-BEAT with Julie Ditta and Veronica Vargas

Drummers and tappers unite to work together to create different beats

Wednesday 2 pm to 4 pm
August 28th
\$10 members / \$13 non-members

"FREE" LOBBY FIX-IT SESSIONS with Durham Medical™



The best way to ensure that your Personal Mobile Equipment is functioning properly is to have them inspected by a trained professional. Durham Medical will have a technician on site to adjust, inspect and perform minor repairs to your mobility equipment. Bring in your Rollator Walkers, Wheelchairs and/or Scooters, and have the peace of mind that they are working properly. Quotes can be provided for major repairs or if parts are required. Durham Medical's Service Technicians will also be available to answer any equipment questions you may have.

Thursday 10 am to 12 pm
June 13th, September 12th and October 10th

Wellness Programs

Fitness Cards for members available only for fitness programs \$60 please verify with BOAA if the class is running to avoid disappointments.

20/20/20 with Rhonda Armour

20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and balance for a full body workout.

Wednesday 12:05 pm to 1:05 pm 5 weeks

July 17th to August 14th

\$25 Members / \$32.50 Non-Members

ABC (Abs, Booty, Cardio) Bootcamp with Rhonda Armour

Develop core strength, tighten your back end and enhance your endurance, using your own body weight and fitness equipment. Unique workouts each and every class that are empowering, challenging and super charged with fun! Suitable for all fitness levels.

Wednesday 1:10 pm to 2:05 pm 5 weeks

July 17th to August 14th

\$25 Members / \$32.50 Non-Members

BUILDING BETTER BALANCE with Sharon Wildeboer

Balance is integral to our everyday life. We are constantly using balance when standing and walking. Using a combination of exercises, equipment and games this program will challenge and improve balance skills. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

Wednesday 1 pm to 2 pm 3 weeks

July 10th to July 24th

\$15 members / \$19.50 non-members

CARDIO WITH PEP ADAPTIVE ACTIVE FUN LIVING with Lydia Vooy-MacLeod

As we all are getting older, we continue to want to work, travel and play as long as possible.

This class will involve a warm up, stretching, balance and techniques to adapt to everyday living. Not too slow or too fast. Join this cardio class and enjoy core conditioning, relaxation and major muscle group stretching.

Monday 9 am to 9:55 am 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Friday 9 am to 9:55 am 6 weeks

July 5th to August 16th

No class August 9th

\$30 members / \$39 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

This is a gentle form of yoga that is practised sitting on a chair. Sometimes we stand with a chair for support which is optional. Suitable for all levels of fitness. This class is a great way to relax from head to toe without the stress of getting out of your chair. Stretch out and reap the benefits of health and relaxation.

Monday 10 am to 11 am 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Thursday 9 am to 10 am 6 weeks

July 4th to August 15th

No class August 8th

Or

Friday 11 am to 12 pm 6 weeks

July 5th to August 16th

No class August 9th

\$30 members / \$39 non-members

“NEW” CHAIR ZUMBA COMBO with Veronica Vargas

A low impact cardiovascular and strength 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.

Friday 9:30 am to 10:25 am 7 weeks

July 5th to August 16th

\$35 members / \$45.50 non-members

CO-ED GOLF LEAGUE at Bowmanville Golf and Country Club

Shot gun start at 8 am for 9 holes of golf.

Wednesday 8 am

May 29th to September 25th

\$35 members / \$45.50 non-members

Includes: Admission to Year End Sports Banquet & Fun with Friends. Weekly Fees to be paid at the course: \$16 Green Fee Walking or \$26 Green Fee with Cart per person
*No league play on September 18th due to BOAA Golf Tournament

CO-ED HORSESHOES

Meet to play a weekly round robin.

Wednesday 6 pm

June 12th to September 25th

\$15 members / \$20 non-members

Includes: Admission to Year End Sports Banquet & FUN with Friends

CO-ED SOFTBALL PICK-UP GAME

Grab your glove ... and get together for a FUN game of softball. No experience necessary. Just join us each week for a game of pick-up softball like you enjoyed in your youth.

Friday 9:15 am to 10:30 am at Memorial Park North

July 5th to August 23th

\$15 members / \$20 non-members

Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & FUN with Friends

“NEW” CORE, STRENGTH AND STRETCH with Karen Ross

Strengthen your entire body and end the class with a good long stretch to ensure your muscles recover and you maintain optimum range of motion through the joints.

Thursday 12 pm to 12:55 pm 7 weeks

July 4th to August 15th

\$35 members / \$45.50 non-members

FABULOUS MUSCLES

with Lydia Vooy-MacLeod

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

Friday 10 am to 11 am 6 weeks

July 5th to August 16th

No class August 9th

\$30 members / \$39 non-members

GENTLE YOGA with Gwen Cadman

For participants new to yoga or wanting a softer, nurturing slow paced, well supported and relaxing practice. The class will be structured to include controlled pressure, gentle stretches and range of motion exercises. Postures will be approached in gradual steps.

Thursday 11 am to 12 pm 7 weeks

July 11th to August 22nd

\$35 members / \$45.50 non-members

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am to 11 am 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Wednesday 10 am to 11 am 7 weeks

July 3rd to August 14th

\$35 members / \$45.50 non-members

GUIDED MEDITATION with Julie Ditta

Do you ever worry, feel up-tight or panicky, get confused, can't sleep or get down in the dumps? Then meditation might be the answer for you. Simply put, meditation equals stress reduction, which equals health promotion. In this class, focus is on deep breathing, body relaxation and guided mental imagery. Guided meditation helps to improve memory, energy, and sleep. It creates a positive perspective and enhances an overall sense of well-being and vitality. The class finishes with time to share experiences. Guided meditation is gentle with no expectations and no pressure to perform.

Wednesday 1 pm to 2 pm 9 weeks

July 3rd to August 28th

\$45 members / \$58.50 non-members

PILATES with Karen Ross

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

Monday 11 am to 12 pm 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

RESTORATIVE YOGA with Samantha Harris

Relax both you body and mind. Restorative Yoga is perfect for anyone, from beginner yogis to long-time practitioners. It is a very serene form of yoga in which relaxed poses are held between 5 and 10 minutes with the aid of various props for maximum support and comfort. We also incorporate guided meditation to focus your mind and increase awareness - it's a great way to reduce stress. Please bring a yoga mat and blanket, and get ready to relax.

Tuesday 9 am to 10:15 am 4 weeks

June 4th to June 25th

\$25 members / \$32.50 non-members

Tuesday 9 am to 10:15 am 6 weeks

July 9th to August 13th

\$38 members / \$49 non-members

SHAPE UP with Lisa Balsdon from Live in Motion

Burn body fat, increase muscle tone and build core strength using modern techniques and equipment. A fun and intense hour with lots of variety. Suitable for all levels of fitness.

Monday 8 am to 9 am 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Wednesday 8 am to 9 am 10 weeks

June 12th to August 14th

\$50 members / \$65 non-members

SHAPE UP with Jason Fenton

Burn body fat, increase muscle tone and build core strength using modern techniques and equipment. A fun and intense hour with lots of variety. Suitable for all levels of fitness.

Friday 8 am to 9 am 7 weeks

July 5th to August 16th

\$35 members / \$45.50 non-members

Symbol Explanation

In an effort to provide more information in regards to our activities, we have included the following quick reference symbols. to indicate what component is included in each activity:

 = balance  = cardio  = strength

Wellness Programs

Fitness Cards for members available only for fitness programs \$60 please verify with BOAA if the class is running to avoid disappointments.

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer ++

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

Tuesday 10:30 am to 11:30 am 6 weeks

July 9th to August 13th

\$30 members / \$39 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer ♥ ++

Participants who have completed a session of Sit and Be Fit Level 1 are welcome to participate in this class. Come prepared for more standing work, longer cardio sections and challenging resistance training. Bring resistance tubing with handles to class.

Tuesday 9:30 am to 10:30 am 6 weeks

July 9th to August 13th

Or

Friday 10 am to 11 am 6 weeks

July 5th to August 9th

\$30 members / \$39 non-members

STRENGTH TRAINING FOR MEN with Sharon Wildeboer ++

This class includes resistance exercises to build strength and muscle. Bring resistance bands with handles to class.

Wednesday 11 am to 11:45 am 7 weeks

July 3rd to August 14th

\$35 members / \$45.50 non-members

Or

Friday 9 am to 9:45 am 6 weeks

July 5th to August 9th

\$30 members / \$39 non-members



YIN YOGA with Michelle Taylor ♪

Yin yoga is a slower paced style of yoga, with postures held for longer periods of time, releasing the connective tissues of the body, increasing circulation and producing collagen in the joints, improving body flexibility.

A more meditative approach to yoga creating awareness and inner silence.

Monday 5 pm to 6 pm 5 weeks

July 22nd to August 26th

No class August 5th

\$25 members / \$32.50 non-members

Or

Thursday 5 pm to 6 pm 6 weeks

July 25th to August 29th

\$30 members / \$39 non-members

YOGA with Sharon Wildeboer ♪

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

Monday 9 am to 10 am 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Wednesday 9 am to 10 am 7 weeks

July 3rd to August 14th

\$35 members / \$45.50 non-members

YOGALATES with Sharon Wildeboer ++ ♪

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

Monday 11 am to 12 pm 5 weeks

July 8th to August 12th

No class August 5th

\$25 members / \$32.50 non-members

Or

Friday 11:15 am to 12:15 pm 6 weeks

July 5th to August 9th

\$30 members / \$39 non-members

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 to 10 am 6 weeks

July 9th to August 13th

Or

Thursday 10:30 am to 11:30 am 6 weeks

July 11th to August 15th

\$30 members / \$39 non-members

ZUMBA® GOLD with Veronica Vargas ♥

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

Wednesday 11 am to 11:55 am 6 weeks

July 10th to August 14th

\$30 members / \$39 non-members

ZUMBA® COMBO with Veronica Vargas

♥ ++ ♪

This class includes cardio and respiratory endurance, balance training, muscle strengthening and power training for upper and lower body including abdominal and back extensor muscles and static stretching.

Friday 11:05 am to 12:05 pm 6 weeks

July 12th to August 16th

\$30 members / \$39 non-members



Free Workshops

Please complete a Registration Form at the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL Workshops to allow for preplanning and room allocations.

“FREE” DIABETES SUPPORT GROUP with Lakeridge Health

What's New in Diabetes: Technology, Apps. and New Items

Learn about the newest advancements in technology that can help facilitate the management of diabetes. We will discuss phone applications, blood glucose monitoring devices and other useful tools that have recently emerged on the market.

Thursday 1:30 pm to 3:30 pm

June 13th

For more information please contact Lynda Dus
905-576-8711 ext. 3158

SENIOR GEM® with Senior Helpers Part 2 Emerald & Amber Gems

In Part 2 of our Senior Gems® program we will teach you how to identify the characteristics of seniors who suffer from early-mid and mid-late stage dementia. Gems help us focus on what strategies we can use when interacting with the various emotions, actions, and conversations of seniors with dementia.

Wednesday 1 pm to 2:30 pm

June 12th

Part 3 Ruby & Pearl Gems

In Part 3 of our Senior Gems® program we will continue to learn about the difficulties of living with dementia and how you can help enrich the lives of seniors who suffer from the late stages of dementia. Learn about the behaviors to watch, and both strategies to avoid and strategies that work when engaging with seniors who may seem entirely different, but are still precious if treated with respect and are given the right care.

Wednesday 1 pm to 2:30 pm

July 10th

Trips & Travel

Partnership trips with Lakeshore Tours & Travel

Quebec Getaway June 17th to June 21st

Rails to Ridges in Halton County Tuesday June 25th

Private Lives in Stratford Tuesday October 1st

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For more information on prices and booking please contact Marilyn at 905-623-1511.



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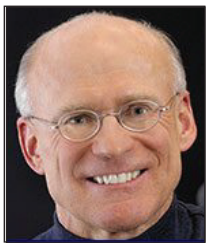
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Opinions and Views

Troy MEDIA CLIMATE-CHANGE STRATEGY OFFERS SHEER A WAY TO WIN ELECTION

How does a Liberal government that can't campaign on its abysmal record go about gaining re-election?



By Gwyn Morgan

CONTRIBUTOR
TROY MEDIA

As the federal election approaches, the Liberal government's record has become increasingly more difficult to defend.

Prime Minister Justin Trudeau's promise in the last election that he would run only 'modest' deficits has burgeoned into a national debt increase that is bigger per person than

that racked up by any government in Canadian history, outside of a major war or a recession.

Trudeau promised to reduce taxes for 'middle-class' families, but a Fraser Institute analysis calculated that 80 per cent of middle-class families are paying taxes at least \$840 higher per year.

Then there's Indigenous reconciliation. After a bungled inquiry into missing and murdered women left Indigenous families angry and disappointed, what was left of the government's reconciliation agenda was then demolished by their sanctimonious attacks on and the firing of Jody Wilson-Raybould, a widely respected and Indigenous former attorney general.

Trudeau's attempts to build greater trade with China have tanked, damaged by naïve attempts to rope Beijing's autocratic leadership into joining his "progressive" trade agenda. And that was before China unleashed trade (and other) retaliations in revenge for Canada's arrest of Huawei CFO Meng Wanzhou. Meanwhile, the new North American trade deal still isn't signed, and high U.S. tariffs on steel, aluminum and forest products continue to hurt Canadian industry.

So how does a government that can't campaign on its record go about gaining re-election?

By building its campaign around an issue where voters can see them as heroes fighting to save the planet against uncaring opponents. That issue is climate change and their weapon to fight it is carbon taxation.

Winning re-election with this strategy requires convincing voters there's a 'climate emergency.' And so on April 1, the day the federal carbon tax kicked in on provinces unwilling to impose a tax that met the Liberals' requirements, the federal Department of Environment and Climate Change released a supposedly independent report claiming "Canada is warming twice as fast as the rest of the world."

From now until the election, Canadians will hear Trudeau and his cabinet members blame every weather event – wet, dry, cold or warm – on climate change. And the urgent need for a carbon tax to stop it.

When the prime minister recently visited flood-rav-

aged areas in Quebec, he called the floods "the new reality of climate change." But experts attribute the recent flooding to one of the longest, coldest, highest-snowfall winters on record. Isn't climate change supposed to be about global warming?

Convincing Canadians of the need for carbon taxation is just the first element of the Liberals' re-election strategy. Their most powerful – and cynical – tactic is their promise to give most taxpayers a bigger carbon-tax refund than what they will supposedly pay in carbon taxes. How is that possible?

The answer is that individuals will get the refunds, while businesses bear the full cost. In other words, tax the job creators and use that money to bribe the voters.

The principal gladiators leading the Liberal carbon-tax forces are Trudeau and his eco-passionate environment minister, Catherine McKenna. The defenders opposing them in the carbon-tax coliseum are the premiers of Alberta, Saskatchewan, Manitoba, Ontario and New Brunswick, along with federal Conservative leader Andrew Scheer.

Scheer will have most of the spears trained on him. McKenna recently accused him of "having no climate plan." But unlike the Liberals, Scheer's climate plan needs to be based on the fundamental fact that Canadians could all move to Mars tomorrow and it would have virtually zero impact on global climate change. Here's why.

Many Canadians have been led to believe (with the help of Liberal misinformation) that oil is a sunset industry. But the consensus of authoritative forecasts sees growth in developing countries pushing world oil demand from the current 100 million barrels a day to at least 110 million by 2030.

If world oil demand is going up anyway, why should Canada cede the market for our most important export to Russia, Iran, Nigeria and Saudi Arabia – countries that don't care about the environment and have horrendous human rights records?

At the same time, hundreds of coal-fired power plants are under construction in China, India and Southeast Asia. (Vietnam, one of the smallest countries in that region, has new coal plants under construction that could end up producing more carbon dioxide emissions than all of Canada.)

As good little scout Canada struggles mightily to meet its commitments under the Paris climate accord, the vast majority of nations on the planet have already given up on the pact. Last year, global greenhouse gas emissions grew by an estimated 2.7 per cent. So if Canada's economy had simply ceased to exist, our 1.6 per cent of global emissions would have been replaced in just seven months.

These are irrefutable facts. So the decision by the Liberals to base their election campaign on the assertion that reduc-

ing our country's relatively tiny emissions will help fight climate change can only be explained in one of two ways.

First, Trudeau and his team are breathtakingly unaware of facts anyone can learn through an afternoon of googling.

Second, they choose to mislead Canadians in a desperate bid for re-election. That would mean they choose to base their election campaign on a known lie.

So what should Canada actually do about climate change?

The clearest answer was recently offered by a man in hip waders, who was filling sandbags to help with the flooding in Central Canada. When he was asked by a reporter what should be done to prevent the floods, he said this: "Well, there's all this talk about climate change, but I don't see what Canada can do about that when China and other countries keep burning more. If that's going to cause more floods, we'd better figure out how we can be ready for them."

That's the most common-sense analysis I've heard. Instead of throwing away billions of dollars subsidizing costly and impractical 'green power' and handing taxpayer money to buyers of electric cars, let's redirect those billions to risk mitigation and homeowner compensation.

In the case of floods, dikes and dams need to be improved where practical. Homeowners in unprotected flood plains should also be offered the full replacement cost to move, as Alberta did after the floods of 2013. After all, it's flawed government zoning that put people in the flood plain and created the problem; it's only fair to homeowners that government make things right.

Forest-fire risk can be mitigated by underbrush removal, regulatory setback distances and fire-resistant building materials.

A Conservative climate-change mitigation strategy based on the common-sense words of that flood worker would make Canadians much better prepared for climate change.

And it has the added benefit of actually telling Canadians the truth about the climate-change challenge. That would be Scheer's most important difference from Justin Trudeau.

Gwyn Morgan is a retired Canadian business leader who has been a director of five global corporations, including founding CEO of Encana Corp.

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Durham Landowners Upset 50% of Clarington Rural Lands to Become Environmental Protection (EP)



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

Former Clarington Councillor Gord Robinson, now Chairman of the Durham Landowners Association issued a statement expressing his group's displeasure following a meeting between Clarington property owners and Clarington Planning Staff. The meeting was held on Thursday May 16, 2019.

"Clarington property owners should be concerned that tens of thousands of acres in our community are about to be rezoned to EP (Environmental Protected). This move by the municipality is unwarranted and in the long run will reduce property values, add financial pressures onto many property owners looking to mortgage, refinance or sell their property. The proposed revisions to the Zoning By-law will affect thousands of properties in Clarington, not just farmers. It will restrict the land use of both rural and urban property owners alike."

The Municipality of Clarington is undertaking a comprehensive review of its zoning by-laws. Clarington's zoning by-laws specify how property owners can use their lands through permissions, permits and regulations defined within the zoning by-law.

The Municipality of Clarington has held several public sessions asking residents and stakeholders to provide input on the first draft of its new Zoning By-law. The meeting between Clarington Planning Staff and the Durham Landowners Group helps to achieve the guiding principles for Municipal service delivery found within Section 270 of the Ontario Municipal Act.

In 2010, the then Clarington Council approved Transparency and Accountability Corporate Policy No. F-11. This policy states: **Accountability** includes the principle that the Municipality of Clarington is responsible to its stakeholders for decisions made and policies implemented, as well as its actions or inactions. **Transparency** includes the principle that the Municipality of Clarington actively encourages and fosters stakeholder participation, clarity and openness in the decision making processes.

Notwithstanding the open and transparent process that has taken place to date on this issue, the Durham Landowners Group is not satisfied. They are determined to fight the proposed expansion of EP lands in Clarington.

Chairman Robinson further stated: "In my opinion, the previous Council dropped the ball on this one. How can the municipality claim they have been transparent when they did not inform thousands of property owners they may experience negative consequences to these proposed revisions of the zoning by-law. Fortunately it may not be too late for the current Council to correct a bad situation."

Currently, the Municipality has two zoning by-laws: Zoning By-law 84-63 and Zoning By-law 2005-109 Oak Ridges Moraine. Zone Clarington (the name assigned to the undertaking to revise the zoning by-law) will consolidate the two existing zoning by-laws while addressing current trends and planning best practices.

The Municipality website offers property owners the ability to review an interactive mapping tool that enables anyone to quickly and easily compare the current zoning of their property with proposed draft zoning, right down to specific land parcels within the municipality (see how to access this interactive tool at end of article).

If you compare the current zoning map to the proposed draft zoning map, it is easy to understand why the Durham Landowners Group is upset.

The Municipality of Clarington encompasses a total of 151,000 acres. Lands designated EP in the Current Zoning By-law represent less than 20% of the total number of acres in the municipality. The Proposed Draft Zoning By-law Map shows designated EP lands will increase to approximately 50% of all rural lands, to more than 60,000 acres.

The Durham Landowners Group expressed a long list of concerns which will be triggered if the proposed revisions are approved. Once lands are designated to the EP classification, property owners may encounter a number of challenges in the years ahead. These challenges include:

- The assessed value of these newly designated properties will be reduced based on EP lands being valued at approximately \$2,500 per acre.
- Agricultural land values vary from \$8,000-20,000 per acre depending on the productivity of the land.
- Lower assessed values on these lands will result in reduced municipal property tax revenues, which in turn must be absorbed by all other property owners in Clarington.
- The fair market value of property designated EP is generally lower than property with any other designation. This is a result of the restrictive na-



Gord Robinson



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Continued on Page 28

THE GOLDEN GIRLS OF PORT PERRY

THEIR STORY

In 2016, four senior, single women moved in to a recently renovated home in downtown Port Perry. However, this was no ordinary renovated house, and these were not typical seniors. The Golden Girls Effect, so labeled by the Toronto Star, resulted in a renovated heritage house that meets the anticipated



Golden Girls give Lindsay Park MPP A tour of their home.

needs of these seniors as they age, and they are not even related.

They did this because as they were planning for their golden years, the housing options available were not attractive to them. Watching loved ones try to navigate the world of seniors' housing, they realized

QUICK FACTS

Seniors are the fastest growing population in Durham Region and province-wide. The number of seniors in Ontario aged 65 and over is projected to almost double from about 2.4 million, or 16.7% of the population in 2017, to almost 4.6 million, or 24.8%, by 2041.

that living in a retirement home, condo or apartment would not be for them. Instead, they took a proactive approach, seeing that there were major economic and social benefits if they were to pool their resources, and design a home that would meet their needs as they aged. This included building two caregiver suites in their basement, adding an elevator to service the three-story home, and even consulting experts on everything from door handles to roll-in showers, to make the house accessible for aging seniors. All this was designed to help serve them as they age.

They also knew they would have to lay some ground rules down if they were to peacefully live under one roof. With the help of a lawyer, they drafted a home sharing agreement, determining protocol and peaceful resolution mechanisms when disagreements inevitably occurred. The agreement also helps to give answers to some legal questions, including the logistics in the case of one member's death or moving out.

The benefits were felt immediately. Living alone, they needed four of everything. Now, they make-do with sharing one item between the four of them, finding efficiencies in all parts of their lives. They eat dinner together, they check in on each other, and they enjoy living together. They believed they had found the perfect arrangement to address all of the concerns they had when they initially started planning for senior living.

THEIR OBSTACLES

The Golden Girls had been involved with an earlier plan for such a home in their town, but they faced serious obstacles. Yet, these women fought against those obstacles, paving their own way to a positive resolution. The Township of Scugog attempted to use their By-Law making powers to prevent this type of home sharing by seniors. After a lengthy struggle, including many community meetings and appearances before their local municipal council, it was the Human Rights Commissioner of Ontario weighing in that eventually made the Council back off. The Commissioner informed the Council that trying to prevent this type of living arrangement would be discriminating against seniors and a violation of the Ontario Human Rights Code. The way was then clear for the Golden Girls to build their home, and in the process free up four single dwellings in their town.

THE ISSUE

The Golden Girls of Port Perry are a success story, with a beautiful home and a great living arrangement. However, it is concerning that a municipal government lacked the necessary understanding about the legalities of a home like this and attempted to stop the earlier project. The Golden Girls are also aware of the same situation occurring in another small municipality, where the municipality's action stopped the project altogether. Reading the law on its face, these municipalities did not realize they could not legally zone against such homes. With an aging population and a housing supply shortage, innovative approaches to housing and accommodation for seniors, such as the approach taken by the Golden Girls of Port Perry, ought to be encouraged by all levels of government.

THE GOLDEN GIRLS ACT, 2019

Upon meeting the Golden Girls, Durham Member of Provincial Parliament, Lindsay Park, was inspired to do what she could to promote this project and ensure other seniors did not face similar hurdles at the

municipal level. In February 2019, MPP Park introduced a Private Member's Bill in the Legislative Assembly of Ontario, titled "The Golden Girls Act, 2019". The Bill was debated in the Legislature and passed Second Reading with resounding all-party support.

The goal of this legislation is to provide clarity to local municipalities that they cannot use their local By-Law making powers to try to stop this kind of housing project for seniors. Further, the aim is that future Golden women and men do not face the same obstacles when pursuing this kind of innovative housing solution.

The Golden Girls Act, 2019 is also the start of a movement in the Province of Ontario. With the supply shortage of affordable housing for seniors, long wait lists for long-term care, and an aging population, there needs to be innovative approaches to housing for seniors. Repurposing existing housing infrastructure and promoting the sharing-economy will create more options for more seniors.

In May 2019, the Government introduced its More Homes, More Choice: Ontario's Housing Supply Action Plan. This plan will also help tackle the issue of home-sharing among seniors raised in The Golden Girls Act, 2019 and commits to releasing information guides on innovative arrangements like life leases, tiny homes and co-ownership.

MPP Park is hopeful the conversation will continue on this important issue to help remove obstacles for seniors who want to pursue home-sharing.

Currently the Golden Girls Bill has passed Second Reading in the Ontario Legislature. Since then, the Minister of Municipal Affairs and Housing has committed to clarifying the issue by preparing information guides on the important bill.



Lindsay Park, MPP



Lindsay and two Golden Girls chat about the Golden Girl bill.



HOME COOKING *with Cathy*

Hello there. This recipe was given to me by my neighbour and friend. I tried it today and it is delicious!

It is from a cook book called "BUTTER CELEBRATES" by Rose Daykin. I hope you enjoy!

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR



Rhubarb Bars

- 4 cups of rhubarb, fresh or frozen, cut into ½ inch pieces
- 1 cup granulated sugar
- 1 Tbsp. cornstarch
- 1 teaspoon pure vanilla
- 1 cup butter, room temperature
- 1 cup dark brown sugar
- 2 cups all-purpose flour
- 1 cup large-flake rolled oats
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt

1. Preheat oven to 350 F.
2. Line a 9x9 inch baking pan, buttered and lined with parchment paper.
3. In a medium pot over medium heat, combine the rhubarb and granulated sugar. Cook, stirring occasionally, until the rhubarb has broken down into a chunky jam. This should take about 15- 20 minutes. Turn down the heat to low. Place a couple of tablespoons of the hot rhubarb mixture in a small bowl with the cornstarch and stir to combine, making sure there are no lumps of cornstarch.

- Add the cornstarch mixture back in with the rest of the rhubarb, stirring to combine. Boil gently until thickened. Remove from heat and set aside.
4. When the rhubarb has cooled slightly, add the vanilla and stir to combine. Set aside.
 5. In a stand mixer fitted with a paddle attachment, cream the butter and brown sugar until light and fluffy. Scrape down the sides of the bowl.
 6. Add the flour, oats, baking powder, baking soda and salt and combine on medium speed until well combined.
 7. Divide the dough into two and press half into the prepared pan firmly and evenly. Spread the rhubarb mixture evenly across the bottom. Crumble the remaining half of the dough across the top of the rhubarb.
 8. Bake for 30-35 minutes or until the top layer is a lovely golden brown.
 9. Remove the pan from the oven and allow the rhubarb to cool completely in the pan before cutting into 16 bars.
 10. Enjoy!

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Check in with me for information about my upcoming Town Hall meeting in the fall.



CONTACT ERIN O'TOOLE, MP

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BRAIN INJURY AWARENESS

by Ron Strike
WillDavidson LLP

38 KING STREET
WEST, BOWMANVILLE
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Each June, Canadian brain injury advocacy groups, healthcare professionals, and lawyers specializing in assisting brain injury victims recognize Brain Injury Awareness Month, which aims to raise awareness of the prevalence and severity of this common affliction.

I am frequently shocked at the number of clients I see that have been in serious accidents and the medical system has failed to diagnose and treat brain injuries such as those associated with a

concussion. Family members become aware that the behaviour of a loved one has changed but do not have the knowledge to associate it with a brain injury. Our goal is to increase public awareness of this problem so more people do not have to suffer through this "hidden injury" on an unrecognized and untreated basis.

These injuries can impair cognitive, emotional, behavioural and physical abilities, and can result in significant social, emotional, and economic damages to the victim and their family, friends, and caregivers.

Brain injuries can happen to anyone and occur at almost any time. Common causes include car accidents, (which account for more than half of all brain injuries), sports injuries, violence or domestic violence, falls or cycling accidents, and medical events such as strokes, tumors or aneurysms.

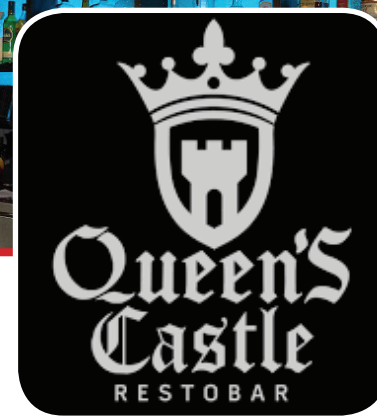
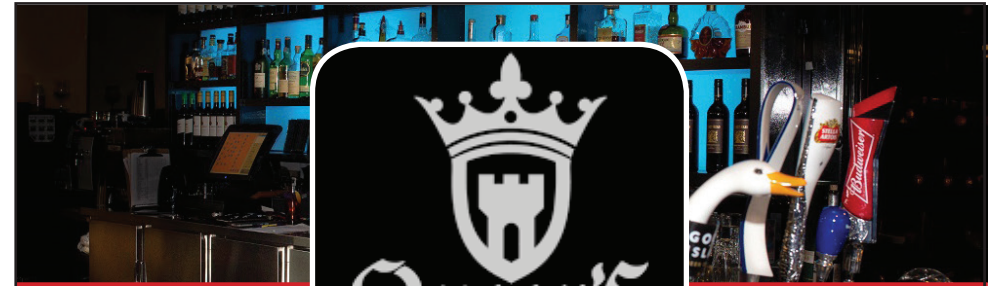
Today, there is no "cure" for brain injuries. Medications and therapies can improve the lives of injury victims, but cannot reverse the effects. Brain injury lawyers often play an important role in helping victims access the services and compensation they need to expedite their recovery.

Each year, approximately 50,000 Canadians sustain brain injuries. The incidence of traumatic brain injury is greater than many other well recognized health issues.

Brain injuries among young people are particularly common. Approximately 30 per cent of traumatic brain injuries are incurred by children and youth, often through participation in sports and recreational activities. Additionally, around 50 per cent of all injury deaths in children and youth are a result of blows to the head.

The effects of brain injuries vary greatly depending on who has suffered it, how severe it was, and what level of treatment they have been able to secure. While a severe brain injury can immediately render a person severely disabled, the impacts of milder injuries may not surface for several years. Many professional athletes have reported memory loss, depression, and violent mood swings as a result of sustaining and playing through multiple mild brain injuries.

Brain injuries are a serious, common health issue in Canadian society. This June, if you suspect someone you know may be suffering from the lingering effects of a concussion make the effort to get them to be assessed by their family doctor or if they do not have a family doctor, at a walk in clinic. Let's work together to increase awareness and improve the resources available to brain injury victims in Ontario.



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Durham Landowners Upset 50% of Clarington Rural Lands to Become Environmental Protection (EP)

Continued from Page 24

- ture of land use within EP designated areas.
- EP designated lands have the lowest assessed value of any other designation (of lands) within the municipality. This means reduced future resale values for these newly designated EP lands, and loss of equity for the property owner.
- Banks and lending institutions often reduce the amount of mortgage funding available on EP designated property. Mortgage funding is based on appraised value. Lands designated EP generally appraise at lower values than non-EP designated lands.
- Small businesses and farmers may experience reduced borrowing limits on lines of credit and mortgage financing when purchasing new equipment or keeping their business afloat.
- Current land uses may no longer be permitted. Restricted land uses reduce resale values.
- The EP designation is the most restrictive with respect to permitted land uses.
- Expanding existing structures or building new structures on EP designated property will require Conservation Authority approvals, and costly consultant reports including Environmental Assessments which can take up to 12 months (4 seasons) to complete properly.
- Some farming practices may not be permitted on EP designated lands.

Chairman Robinson stated: "The Municipal Act gives the Municipality the right to pass by-laws. However, whether the by-law being passed is lawful and / or Constitutional is another question. The draft of the proposed Zoning By-law is now complete on rural Clarington lands. We do not accept it. The review of the zoning by-law as it pertains to Urban (in-

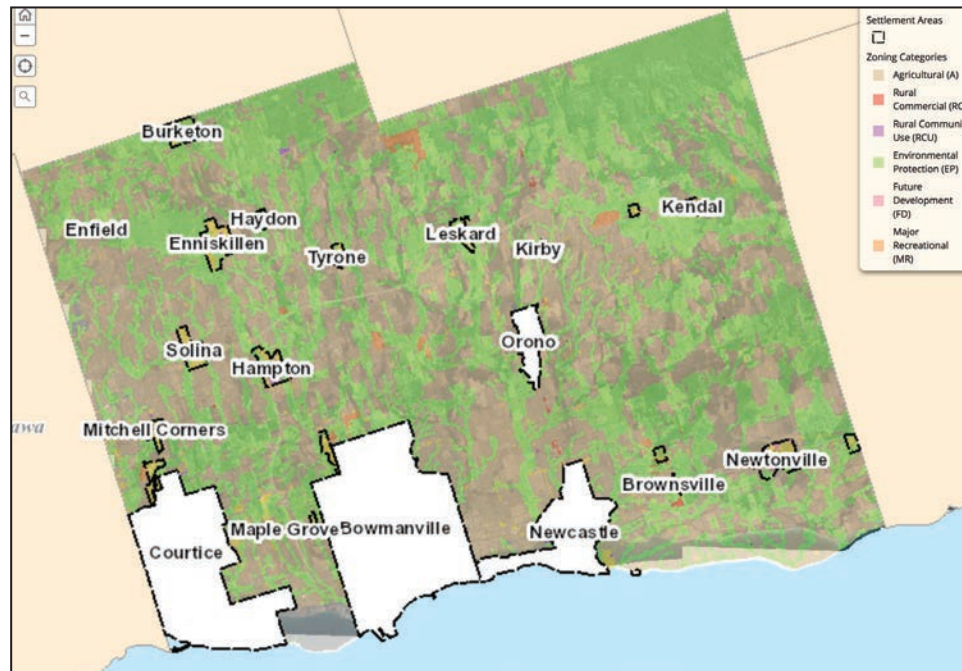
town) properties is up next for review. The municipality has left it up to each individual property owner to understand how these land use changes will affect them. I encourage everyone to participate in this process. Better you know now if you are one of the hundreds of property owners affected by this proposed Zoning By-law."

HERE IS THE LINK TO INTERACTIVE MAPPING TOOL:

<https://clarington.maps.arcgis.com/apps/MapSeries/index.html?appid=f7b3e5298e544c2f89893e40bede7aef>
Trouble connecting to the Link?

Visit: www.Clarington.net

1. Once in the website, click on: Do Business – Official Plan and Zoning
2. Click on Zone Clarington (the listed on the left side of your screen)
3. Then scroll close to the bottom of the page and click on "First Draft Zoning By-law"
4. Then scroll down and click on "View Interactive eMap"
5. Follow the tutorial and find your property.



Proposed draft rezoning map.

Contact for the Durham Landowners Group:
Gord Robinson gs-robinson@hotmail.com
1-905-243-2870
Contact for Municipality of Clarington:
ZoneClarington
Clarington.net
905-623-3379