

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. Ribbs & Brews is brought to you by the Rotary Club of Bowmanville.

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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?

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For more information plus many other ways to get involved or to make an online donation, please visit our website.

JOIN Bowmanville Older Adult Association **BOAA** **AT** **RIBS & BREWS**

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.

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

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!

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.

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
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CONGRATULATIONS ROTARY RIBS & BREWS 2019!

WORKS IN OUR AND BEYOND

Other Bowmanville Rotary Initiatives, please 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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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**



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

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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

Petrolia Christmas November 30th to December 1st

Watertown Shopping November 30th

Niagara Fallsview Casino Saturday December 7th

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



“FREE” CASINO RAMA in partnership with Barb Porter

Monday May 27th and June 24th

Depart the BOAA at 12:30 pm return around 10:30 pm.

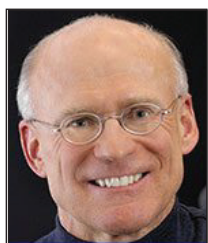
Includes: Coach transportation and buffet.

Pre-registration required at BOAA front desk.

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 acres.
- 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

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

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.



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!

Meet your MP

Erin O'Toole

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



CONTACT ERIN O'TOOLE, MP

54 King Street East, Unit 103
Bowmanville, Ontario L1C 1N3
Telephone: 905-697-1699
Toll free: 1-866-436-1141
Email: Erin.OToole@parl.gc.ca

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BRAIN INJURY AWARENESS

by Ron Strike
WillDavidson LLP

38 KING STREET
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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.

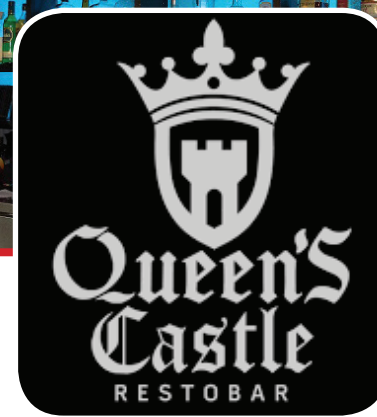
Today, there is no "cure" for brain injuries. Medications and therapies can improve the lives of injury victims, but cannot reverse the effects. Brain injury lawyers often play an important role in helping victims access the services and compensation they need to expedite their recovery.

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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