The Creemore ECHO

Friday, January 6, 2012 Vol. 12 No. 01 thecreemoreecho.com

News and views in and around Creemore

INSIDE THE ECHO





Ready for Anything
This snowman has enjoyed 2012 so far.
PAGE 3

Curling Winners
First draws are done at the Curling Club.
PAGE 10

Publications Mail Agreement # 40024973



Mad & Noisy curator **Jill Price** situates a beautiful 3D entry to this year's Creemorecentric, created by **Gray Bruer**, as the 112 other entries that had arrived by early this week adorn the wall behind her.

THE ESSENCE OF CREEMORE, ON A 10x10 CANVAS

Creemorecentric, the show that celebrates all that we are in this village, will open its doors to the public on Saturday, January 7, at the Mad & Noisy Gallery.

Now in its fourth year, the event encourages anyone and everyone to pick up a 10 inch by 10 inch canvas from the gallery in December and spend the holidays creating something architectural, scenic, political, satirical, painterly, collaged, photographed – anything at all, as long as it relates to life in and around Creemore.

If the number of canvases sold are any indication, this year's show should be bigger than ever. "By mid-December we had sold 129 canvases," said gallery curator **Jill Price**. "This is a 30 per cent increase over that time last year."

All artwork will be for sale, with the gallery taking as much as the artists indicate for fundraising. A month-long silent auction will begin on Saturday and finish on January 31.

An opening reception for the show will take place on Saturday, January 7 from 2 to 5 pm.

ECHO Briefs

A fundraising dinner for the Walkers

Colin and Tanya Walker, who lost their barn, livestock, and family pets in a fire on November 15, will be the subject of a fundraising beef dinner on Saturday, January 28 at the Stayner Evangelical Missionary Church. There will be two dinner seatings, at 5 and 7 pm. Tickets, which must be purchased in advance, are \$15 for adults, \$7 for children under 12 and free for children under 2. They are available by calling the church at 705-428-3741, Linda Brander at 705-428-2619, Janice or Julie Bigham at 705-424-0626 or Lynn Gowan at 705-466-2995. They will also be available at the Creemore Echo.

A call to artists for BMFA Studio Tour

The Blue Mountain Foundation of the Arts is accepting submissions for its 2012 BMFA Studio & Art Tour. All artists, residents of Ontario, working in any medium are invited to apply. Artists who wish to have their studio on the tour must be located within 10 kilometres (as the crow flies) of the BMFA Arts Centre in downtown Collingwood and must have room for at least one guest artist. Guests will be placed by the committee based on requests by artists, and type of work. There will be a minimum of 2 artists at each address. The deadline for submissions is Friday, January 13. The call to artists can be found online at www.bmfa.ca.



A LOVELY CHRISTMAS Having both had recent surgeries, **Diane** and **Brian McKay** were only able to attend the cocktails part of Clearview's Community Christmas on Christmas Day. But they were sure to take some of **Matthew Flett**'s turkey home! A hundred and fifty others enjoyed the meal at the Station. For more about this special event, see pages 6 and 7.



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COMMUNITY Calendar

Submit your community events

info@creemore.com phone: (705) 466-9906 fax: (705) 466-9908

This Weekend

Saturday, January 7

- CreemoreCentric 2012 Art Opening from 12 to 5 pm. Show runs to January 30. 705-466-5555 or www.madandnoisy.com. 154 Mill Street.
- Theatre Collingwood's new Drama Training Program for Teens (13-18) begins today. Preregistration required for 10 sessions / 3 hour classes (to March 10). For information contact 705-445-2200 or visit www.theatrecollingwood.com

Tuesday, January 10

• Theatre Collingwood's new Drama Training Program for Adults begins today. Pre-registration required for 10 sessions / 3 hr classes (to Mar 13). For information contact 705-445-2200 or visit www.theatrecollingwood.com

Saturday, January 14

• Curiosity House Story Hour from 10:30 to 11:15 am. Children from 18 months to 6 years of age enjoy a story with Miriam and a small craft activity.

Upcoming Events

Monday, January 9

- Indoor **Walking at the Creemore Legion** has resumed. Weekly at 10 am. Everyone welcome.
- **Adult Skating** at Stayner Arena every Monday through the winter from 1:30 to 2:30 pm. Contact Joan at 705-428-2711.
- Clearview Council meeting at the Council Chambers in Stayner 5:30pm.
- Collingwood and District Historical Society Meeting. David Brunelle, Project Director of the South Georgian Bay War of 1812 Bicentennial Committee will tell the "What, Why, When and Where" of the celebrations commemorating the 200th Anniversary of the War of 1812-14 at the Collingwood and District Historical Society Meeting, beginning at 7 pm at the Leisure Time Club, Minnesota St., Collingwood.

Tuesday, January 10

- Sara Hershoff will be on 97.7 The Beach this morning between 9 and 10 am to talk "All Things Creemore". Don't miss it!
- Creemore Adult Skating Tuesdays through the winter from 1:30 to 2:30 pm at Creemore Arena. Good friends, good ice, good music. For more information call Helen 705-445-3635 or Lynn 705-466-2477.

Friday, January 13

• Creemore Legion Friday Night Supper from 5 to 6:45 pm. Vegetable soup, tortierre, mashed potatoes, vegetables, buns/butter, coffee/tea, dessert. Adults \$13, seniors \$11. Please call ahead so we are sure of enough tortierre for everyone. 705-466-2432 or 705-466-2202. Hosted by the Ladies Auxiliary.

Monday, January 16

• To find out more about Taoist Tai Chi, join us at one of our open house event from 1:30 to 3:30 pm today or on Wednesday, January 18th from 7 to 9 pm, or phone Laura Walton @ 466-5011.

Wednesday, January 18

•"Craving Change" with Nicole Hambleton, Registered Dietitian, and Arylie MacEachern Expressive Arts Therapist – a 6 week course investigating the emotional aspects of eating. Call 705-435-0302 or nicole.dietitian@gmail.com to pre-register or for more information.



Saturday, January 21

• Robbie Burns Dinner – including haggis and entertainment at 6pm at Knox Presbyterian Church 160 king St. S. Alliston. Tickets: Adults \$18, Children (5-12 yrs - \$6). For more information or tickets call 705-435-5081, 705-435-5975 or 705-435-7175. Tickets are limited and should be purchased ahead of time. It is wheelchair accessible.

Monday, January 23

• Taoist Tai Chi afternoon beginner classes will begin on Monday, January 23, 1:30 to 3:30. Evening beginner classes will start on Wednesday, January, 25 from 7 to 9 pm. All classes are at the Station on the Green. To find out more about Taoist Tai Chi, join us at one of our open house events on Monday, Jan. 16th from 1:30 to 3:30 or on Wednesday, January 18th from 7-9, or phone Laura Walton @ 466-5011.

Saturday, January 28

• A **Fundraising beef dinner** for Colin and Tanya Walker who lost their barn, livestock, and family pets last fall will take place at the Stayner Evangelical Missionary Church. Two dinner seatings – 5:00pm and 7:00 pm. Tickets are \$15.00 for adults, \$7.00 for children 12 and under, under 2 are free. Advanced ticket sales only. Tickets are available by calling the church at 428-3741, Linda Brander at 428-2619, Janice or Julie Bigham at 424-0626, and Lynn Gowan at 466-2995. Tickets also available at *the Creemore Echo*.

Plan to spend 2012 in your community! Add the Creemore Echo Community Listings to your google calendar.

www.thecreemoreecho.com













CONFUSED ABOUT THE WEATHER? You're not the only one! This snowman on the lawn of **Doug** and **Norah Mills** seemed about ready for anything on New Year's Day. When this picture was taken it was pouring rain. We've since had a massive dump of snow, temperatures below -25 degrees Celsius, and yet more mild temperatures. Apparently, this guy lived through it all.

The Creemore AT HIGHLAND QUARRY AND COMMUNITY Solver, January 7 Creemore Centric 2012 Art Opening Mad And Noisy Solver, January 7 Creemore Adult Shating Creemore Adult Sh

Check us out online

For a limited time, we are offering free access to the subscribers page of **thecreemoreecho.com**.

Click on the "Free Trial" button on our homepage and see how you can view, download or print the newspaper, as well as access our online archives.

Some belated holiday sayings

I can still hear my father's voice resonating in my head: "Keep calm and carry on."

This little quote has been very relevant to me in these last few months, getting through a tough semester only to jump into the chaos of Christmas. I knew that it was



coming (every December 25 to be exact) and yet I left things to the very end, something that I never do.

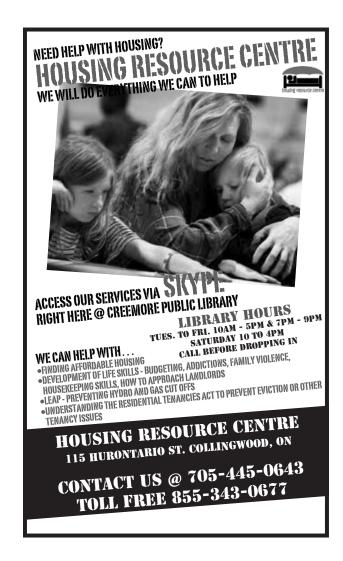
People who know me well know that I always seem "prepared" and ready for whatever comes my way. And I knew that I wasn't alone in this "chaos" – there are many who just ran out of time to get all the things done that they thought they needed to get done.

The cards, the baking, the decorating, the shopping, and the endless lists of things to do. I did my best to get ready in time, but if you get a Christmas card from me in February you can take it two ways.... I was either late or so well prepared that I am extra early. My bet is on the former.

A belated Merry Christmas to you and yours from me and mine. Here are a few sayings that may help you get through this chaotic time of year in the future.

- A problem shared is a problem all over twitter in ten minutes.
 - Charity begins at home, so best stay at the pub.
 - If life gives you lemons, have a gin and tonic.
- Success usually comes to those who are too busy to be looking for it. Thoreau
- Life is what happens to you when you are busy making other plans. John Lennon
- The busy man is troubled but with one devil; the idle man by a thousand. Spanish Proverb
- Why is Christmas just like another day at the office? You do all the work and the fat guy with the suit gets all the credit. Unknown
- Perhaps the best Yuletide decoration is being wreathed in smiles. Unknown
- The best of all gifts around any Christmas tree? The presence of a happy family all wrapped up in each other. Burton Hillis
- Enjoy yourself. It's later than you think. Chinese Proverb

Ed. Note: Cat actually got this to us at the last minute; in the end it was us who were too busy to get them in! We've edited this lightly to suit.



OPINION & Feedback

Feedback and old photos welcome info@creemore.com call (705) 466-9906 fax (705) 466-9908

Editorial: The Nature of Protest

This week, the *Echo* received six letters (see below and on the next page) in response to (and perhaps in addition to) a "Call for Action" email that was sent out to members of the Clearview Community Coalition after they saw no mention of their ongoing fight against the Duntroon quarry expansion in our 2011 Year in Review

The "Call to Action," was forwarded to us by a member of the CCC's distribution list, to the chagrin of the group's president, Janet Gillham, who authored the email. It correctly pointed out that, despite the fact that members of the CCC have spent the last three years organizing, fundraising, hiring lawyers and planners and eventually spending hundreds of thousands of dollars and 139 days in front of a Consolidated Hearings Board, arguing alongside the Niagara Escarpment Commision that Walker Aggregates should not be allowed to expand its quarry at the top of County Road 91, the issue was not included in our "Newsmaker of the Year" story focusing on "The Protester," nor was it included on page 4 of the year-end issue, which included reference to the many top stories of the year.

As soon as the letters started coming in, and especially after we saw the "Call to Action" email, we gave Gillham a call, hoping to explain our feelings on the issue. She picked up, and we had a long discussion Monday morning that ended amicably.

Here's the thing. On one of the group's points, that the CCC's fight to stop the quarry did not show up on page 4 or in the Editorial about the year's top stories, we confess a large oversight on our part. Perhaps because the hearing wrapped up in the summer, perhaps because, as Gillham mentioned in her email, the fight has been making news for three years (and, interestingly, was featured prominently in last year's *Echo* roundup of top stories), perhaps because December was a busy scramble of a month at this paper... for whatever reason, the CCC's fight flew under the radar when we were collecting the year's big news. The Mega Quarry, the Duntroon School closure, elections, Industrial Wind Turbines, these are what made it on to the page.

This is not to say, of course, that we are not eagerly anticipating the decision of the Consolidated Hearings Board re. the Duntroon Quarry. We are a newspaper, and that decision will be big news.

As a peace offering, we offer, on this page, two of our trademark "cutouts," both of which should probably have found their way into last week's pile. Our apologies.

Now, onto the CCC's next point. We talked a lot about this one with Gillham, and hopefully we came to an understanding that we're using different definitions of the word "protest." The editor and the writer of this piece had numerous discussions over several months about the article, and the Duntroon quarry fight came up often. But, to be totally frank, when it did, it was in terms of "as opposed to," rather than "in addition to."

Gillham was absolutely right during our conversation; by appealing the decision (and the settlement reached) by Clearview Council to the OMB, members of her group are "protesting" the expansion.

In the same way, neighbours of Creemore Springs Brewery are currently "protesting" that facility's



Alliance development several years ago.

But what we noticed differently this year from any of those previous situations (including the noble work of the Clearview Community Coalition) was that this year, opponents of Fairview Wind Farm and of the Highlands Quarry proposal actually "protested." As in, they took up placards, they worked the social networks and they found creative ways of making noise - enough noise to be heard far and wide, beyond this little part of Ontario.

With Preserve Clearview (and its relationship to the provincial Wind Concerns Ontario), the noise was meant to be loud enough to bring down Premier Dalton McGuinty; with NDACT and the Stop the Mega Quarry folks, the noise was meant to rally environmentalists and food lovers all the way to Boston and back.

As we pointed out, this was all part of the global mood of 2011 – to go beyond process into active protest. The protest of the CCC, and of CARA before it, was one that existed within the process. What we saw in 2011

attempted to disrupt that process.

Whether they succeeded is yet to be seen. And if they didn't, they will have to throw themselves into the "process" to win their particular fights (though the Green Energy Act barely even offers such a thing).

When their protest of "disruption" inevitably becomes mired in the protest of "process," these groups will no doubt look to the exemplary work of the Clearview Community Coalition for inspiration. But in the meantime, they are two different things. And no matter how important the work of those who opposed the quarry expansion was, it was not what stood out for us as a defining trend of 2011. And that is why the CCC fight was not chosen to be the subject of, or included in, our Newsmaker of the Year article.

As for next year, the article is completely up for grabs. That's the beauty of the first week of January, isn't it?

LETTER

An oversight or a conscious act?

Dear Echo:

This will be a short note and I will try not to be angry or judgemental. Your failure to mention the local efforts of the community to address the expansion of the Duntroon Quarry is, I hope, a major oversight and not a conscious act by you when considering local issues for 2011.

Some responsible research would soon educate you about the monumental amounts of time, money and personal commitment that has been spent by community citizens protesting the proposed destruction of our local water and environmental resources by this Duntroon Quarry expansion.

Whether you agree or disagree with a community's position should not be an issue. Your article addresses a Mega Quarry concern several miles away, when we have an identical situation right on our doorstep that is being protested with a likewise passion and effort.

I will look forward to your next issue explaining your case for excluding the Duntroon Quarry protest from your article or an inclusion in future editions that speak about the great efforts our citizens are making to preserve our immediate resources and environment.

Yours truly,

Neil and Pat Buie, Duntroon

Send your letters to The Creemore Echo, 3 Caroline Street West, Box 1219, Creemore, ON LOM 1G0, email to info@creemore.com or drop them off at the Echo office. **Letters** must include the sender's full name.

All letters submitted to the Echo are not necessarily published. The Echo reserves the right to edit letters for length and clarity.







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Opponents of the Duntroon quarry expansion weigh in

To the Editor of the *Echo*:

In your December 31, 2011 article "Newsmaker of the Year: The Protester" by Sara Hershoff, it was extremely disappointing to discover that the Echo did not see the importance of the Joint Hearing Board of the OMB regarding the application for yet another Duntroon Quarry. These hearings were held in excess of two months in Creemore, plus an additional nine months in Collingwood. Relevant articles appeared in the *Echo*, which makes it particularly questionable as to why this was not reported as a "protested" issue. It would be a great shame if in the event that issues are politically and/or economically aligned, it would affect objective reporting by our Creemore Echo.

The Duntroon Quarry issue is at least as unique as the "Mega" Highland Quarry in that it is situated on the Niagara Escarpment – a UNESCO declared "World Biosphere." The effect of digging a new site could have grave implications regarding the future of water in the villages, towns, cities and land, in the Nottawasaga Valley and Beaver Valley watersheds and in the Great Lakes that they feed. Why do we see it as acceptable to punch major holes in the Niagara Escarpment over one of Ontario's major aquifers? Hydrogeologists do not.

Other implications of the new

Duntroon Quarry which were related protested issues mentioned in previous editions of the *Echo* were:

- ...on a road unfit to be a haul route, 1,000 truck passes per day (see Sept. 16, and 23, 2011).
- the proposed closure of part of County Road 91, resulting in threatened access (Bruce Trail etc.)

And what about dishonoured commitments to the stewardship of the land in "World Biospheres" in Ontario? Are our Government representatives saying to their constituents, "to heck with Greenbelts and the like?" What are schools and parents teaching children? Does any one of them really understand the meaning and importance of the responsibility to plan for sustainable existence?

Is there a reason why such protested issues – mentioned by the *Echo* at one time or another – are not "Newsmaker of the Year" worthy?

Ann Warren, Duntroon

Dear Editor:

I'm surprised that you didn't mention Clearview Community Coalition's "fight" against the quarry expansion on the Niagara escarpment.

Dan Watkin, Duntroon

Dear Editor:

I am very surprised that the *Echo*'s wrap-up of events in 2011 made no mention of the Clearview Community Coalition and its long fight to protect the Niagara Escarpment from quarrying.

Dozens of residents have raised thousands of dollars to sustain the Coalition's position at the recently concluded hearing into a proposed new quarry west of Duntroon – eight weeks of the hearing were held in the Creemore Community Centre.

Creemore's proximity to the Niagara Escarpment attracts not only residents but tourists, skiers, hikers and artists. The new quarry would take the top off the Escarpment at one of its highest and most scenic points, remove many acres of mature forest, threaten at least two endangered species of plants as well as the headwaters of the Beaver and Pretty Rivers, Batteaux Creek and several wetland areas.

Surely a proposal which is such a major intrusion into the World Biosphere Reserve that is the Niagara Escarpment merits mention as a significant event?

Ruth Grier, Glen Huron

Dear Editor:

I read the year-end *Creemore Echo* that praised the protesters and would like to pass on my comments.

Although I am pleased you brought up some of the large issues from 2011 like the unfortunate closing of the Duntroon school, the wind turbines and the mega quarry in Melancthon Township, I am surprised that you didn't give any recognition to the Clearview Community Coalition for the work they have done and are still doing to save our piece of the Niagara Escarpment from the proposed Quarry in our own backyard. I would have thought that this issue would certainly qualify to have been mentioned at least once in your newspaper, especially since it directly affects the people and landscape only 15 kilometres from Creemore.

Evelyn Bellamy, Duntroon

Earth to *Echo*:

Yoo hoo, we're still here!

In your homage to protesters last week you swept right past the multi-year effort of the Clearview Community Coalition, a group of volunteers who have been fighting the proposed new quarry at the peak of the Niagara Escarpment, one of Ontario's most significant natural heritage sites. A group of residents who were barely acquainted with each other in the beginning, people from all walks of life who came together in common cause in the interests of the natural heritage of our community. Their dedication and knowledge was extraordinary. They raised funds (and continue to) to cover legal costs

and to engage expert witnesses, they dedicated their time to attending public hearings – which lasted months longer than anyone expected, and spoke out in public venues whenever they could.

Since representatives of your newspaper were in attendance at a number of the hearings, I'm wondering if your notes fell down a great black hole, or were filed under "F" for Forget. Whatever. I hope you will give credit to this group, one of the most admirable volunteer groups I have ever encountered, and the worthwhile cause they embrace.

Anxiously awaiting,

Adam Zimmerman and Barbara McDougall, Duntroon

The *Creemore Echo* also receives Letters to the Editor on thecreemoreecho.com (as comments on articles), on Facebook and on Twitter (@creemoreecho). Our stories are not definitive statements; they are part of the discourse, and we encourage any and all to join in, at all times.

LOCAL CHURCH DIRECTORY



Sunday, January 8

Youth night at
Stayner Brethren
in Christ Church
Gr. 6-12 Wed. 6:30 - 9pm
Regular Services

9:30 am Sunday School 10:35 am Worship Service

6th Conc., 1 Km N. of Cty. Rd. 91 705-428-6537 www.staynerbic.com

CREEMORE UNITED

PASTORAL CHARGE

All are welcome 466-2200

Avening United Church

Communion Service at 10:15 am

(No services at New Lowell

or St. John's)

Sunday, January 8

St. Paul's Anglican Church, Singhampton

Service at 11:30 am

ST. LUKE'S ANGLICAN CHURCH

22 Caroline St. W. 466-2206 For a joyful service of worship join us each Sunday at 11 am

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Dunedin

Worship Service &

Sunday School at 10 am

Rev. Charles Boyd

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Invites you to attend Sunday Church Services at 10:45 am 998614 Mulmur Tosorontio Townline, Glencairn For more info call (705) 466-3435

To tell us what is happening at your church call Georgi 466-9906 • fax: 466-9908 • email: info@creemore.com

You'll get a warm welcome and cold beer.

At Creemore Springs we take pride in introducing folks to the great taste of our beer and showing them how we make it. So the next time you're near the town of Creemore, drop by the brewery, the hospitality is on us.











A great Community Christmas

Once again the Creemore-based Community Christmas Dinner was a roaring success. Over 150 meals were served, both in the Station on the Green venue and delivered to local people who could not attend.

It has been a decade since Carol Levenick conceived and executed this community event and eight years since Diane and Brian McKay have taken up the reins. Anyone wanting to attend a traditional Christmas dinner with community, family, friends and neighbours is welcome. Over the ten years the Christmas Dinner has been offered, attendance has steadily grown to the point in 2010 where it had reached the capacity of the Station on the Green.

Diane and Brian McKay, the coordinators of the Community Christmas Dinner, wish to offer their thanks to the team that makes this happen every year. Chef Matthew Flett and his partner Ali Woodley,

Tim Armour, Karen Johnson and her partner Murray Firth, extend a warm welcome to new members of the team David, Hazel and Karina Wipper. The Wipper family provided wonderful Christmas music during the social hour.

The entire Community Christmas Dinner Team would like to thank the numerous volunteers that helped on both December 24 and 25, the community merchants, families and individuals who made various donations that make the evening a success. The team would like to offer a special thank you to their corporate sponsor Village Builders – **Doug**, **Ursula**, and **Rob Abbott**.

If you are interested in attending, volunteering, offering financial or other assistance for the 2012 edition, please watch for flyers around Creemore and an article in the *Creemore Echo* sometime late in the fall.







Thank you from a volunteer

Letter to the Editor:

On December 25, 2011, we celebrated the 10th year of serving a community Christmas dinner, at the Station on the Green, to residents and guests of Creemore and its environs. This venue, or eight of the past 10 years, has been initiated by Diane and Brian McKay, and their tireless efforts have brought joy and happiness to literally hundreds of participants.

There are insufficient words to express our appreciation to this couple. How fortunate we are to have people of such calibre in our midst, including the many volunteers who willingly contribute their time and talents to this cause.

Due to health issues, both Diane and Brian were unable to attend this year's dinner; however, our prayers go out to them for a speedy recovery to health and happiness.

One of the highlights of this event

is always the arrival of Santa Claus, who in his usual cheery manner lifts the Christmas spirit in us all. Thank you to Matthew Flett, a professional chef, and his assistant Ali Woodley, who each spent endless hours creating a meal of superb quality. To Murray Firth and Karen Johnson for their expertise in filling the breach for Diane and Brian McKay. It was indeed a pleasure to personally assist you.

And thanks to the volunteers to numerous to mention, who added in so many ways by decorating, trimming the tree, setting the tables, creating a pleasing atmosphere and cleaning up the last remnants. As for myself, it is always a pleasure to participate in this worthy endeavour.

To those who attended this year's dinner, it is sincerely hoped you acquired memories of a notable repast, and we look forward to seeing you again in 2012.

Ken Thornton, a volunteer.



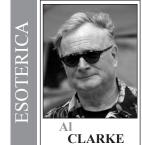
"Amaizing" Corn, Part 2

I would be very surprised if many people realized that we North Americans are essentially made of corn. I admit that I didn't, until I recently read a book called *The Omnivore's Dilemma*, in which the author, **Michael Pollan**, describes in detail not only why corn is so

successful as a plant but also how invasive it has become in our North American food chain.

I went to the University of Minnesota in the American Midwest, where I earned a five-year undergraduate degree. I still remember trips to Iowa, coming over one of those long hills that you've been driving up for five or 10 miles, and then slowly seeing it all come into view—corn as far as you can see in all directions. But even after getting used to this sight, I admit I would never have imagined the scale of it. In 2010 the United States put 90 million acres into corn, compared to only 3 million in Canada, of which 2 million are in Ontario.

This translates into the US producing about 13 billion bushels of corn, which obviously has to go somewhere. These days, a quarter of it goes to Ethanol production, but that's a different article. The rest of it, almost 10 billion bushels of corn, gets pumped through North America's collective digestive tract one way or another. So it's no wonder that corn is omnipresent in



North American life.

One quarter of the items in you local supermarket contain corn. Beef, pork and chicken are basically reconstituted corn, because that is what they're principally fed. Converting corn to beef is the least efficient, at a fedto-weight gain ratio of 8/1.

Chicken is the most efficient, at about 2/1 (that's why chicken's far cheaper). Even fish, if it farm-fed, is fed corn.

As a sweetener, corn is number one, and it's the principal ingredient in Coke and Pepsi, after water. If your food is breaded it's likely a corn flour and if it's coagulated it's likely a corn starch, and if it's fried it's likely fried in corn oil. Take the ubiquitous "Chicken McNuggets," invented in 1983 for McDonald's by Tyson foods, which made chicken the most popular meat in America ahead of beef. The chicken in the McNuggets recipe is corn-fed, covered with corn flour, held together by corn starch, coloured with corn glycerides and then fried in corn oil. You get the picture. We're basically made of corn.

Humans, of course, did not evolve eating corn, nor has corn ever been as prevalent as it is today, so naturally this dramatic change to our diet has had some unintended consequences. Consider, for instance, the following events.

I would argue that corn has facilitated larger portions and a higher daily

caloric intake, a shift to greater protein consumption, and to prepared foods and fast foods. This has contributed to general obesity. The average American weighs 21 pounds more today than he/she did in 1980. Consider what that means—that a full 215-passenger Boeing 737 now weighs an additional 4,500 pounds on takeoff, a little more than the weight of a Ford F150 pickup. It's little wonder that the airlines are so fixated on baggage numbers and weight when every Billy Bob and Peggy Sue just shoved an extra 42 pounds of adipose into 17c and 17b.

Extrapolate all this extra weight to the projected incident rates of diabetes linked to obesity, and today's health care costs look like chump change.

On a political note, some people feel strongly that one of the key triggers of the "Arab Spring," the populist democratic uprisings in North Africa and the Middle East last year, was skyrocketing food prices. Many experts agree these costs were significantly worsened by the diversion of 25 per cent of corn production, previously destined to be food or feed, to biofuels. It's a reasonable conclusion, and I am sure not the outcome environmentalists expected.

I drink at least four cans of Coca Cola per day, as part of an elaborate health regime that I have developed over the years. So in the 1980s, when the brain trust in Atlanta decided to mess with the original formula I took notice. During

these dark days I made room in my wine cellar for 20 cases of the original coke in bottles. Driven by greed, the accountants at Coca Cola persuaded the company to change the "Original Formula" and switch from using cane sugar as a sweetener to corn syrup, simply because it was cheaper. Cleverly and gradually introduced, by 1985 corn syrup constituted 50% per cent of the sweetener in these sodas and 100 per cent a few years latter. In truth sales had been slipping against Pepsi for many years, but I don't believe tampering with the original formula helped. In a desperate and monumentally stupid move they discontinued the original coke and introduced "New Coke." Consumers rebelled, and rallied the media, demanding the return of the "Real Thing." In desperation they relaunched the original Coke, now with 100 per cent corn syrup, as "Coca Cola Classic" and subsequently dropped "New Coke." The switch to cheaper corn syrup went unnoticed and the massive free publicity resulted in a sizable increase in Coca Cola's market share and profits. I like a good conspiracy theory as much as the next guy, but I can't believe that the guys in Atlanta are that smart. I think they just got incredibly lucky.

I am not saying that corn is the sole catalyst for all these events, but I am betting you never look at a corn field the same way again. Isn't corn "amaizing?"

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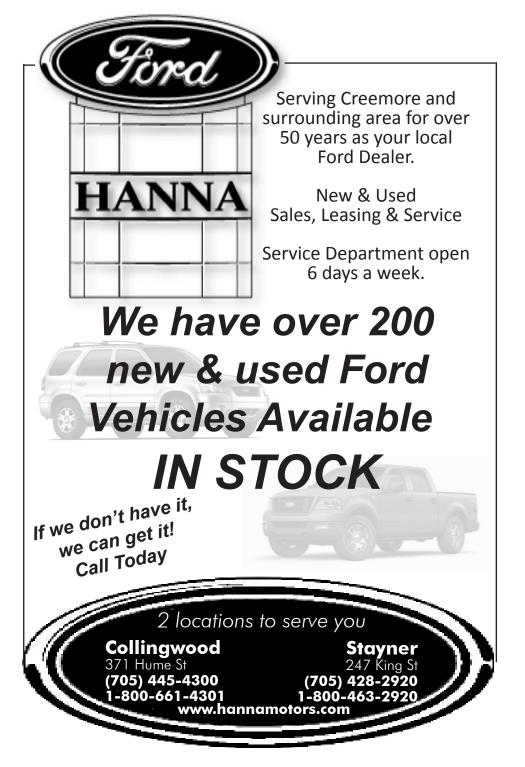
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FUN& Games

 $Sudoku^{\text{by}}_{\text{Barbara Simpson}}$

		2	1				7	9
		2 3 7		8			6	
1		7						
3			4					
4	6						9	8
					5			1
						9		7
	3			6		9 5 3		
9	1				7	3	·	

-Spike & Rusty Word Scramble -Rusty, I'm starting the new year by No way, Spike! having two donuts with my morning I strictly coffee. SSEIDT

Answer in Classifieds

Find this week's answer in Classifieds

The AVRIDGE FARM









by Ken Thornton

CREEMORE Weekend Weather

Friday, January 6

Cloudy with sunny breaks High 4 Low -1 Winds W 30 km/h POP 30%

Saturday, January 7

Scattered flurries

High 2 Low -3 Winds W 30 km/h POP 40%

Sunday, January 8

Variable cloudiness

High 0 Low -4 Winds W 20 km/h

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FRED'S FUNNIES

A kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want very badly to capture him. The boy then asked, 'Why didn't you keep him when you took his picture?'

Brian's Canadian Crossword

#157 by Brian Paquin © 2012

#0157

ACROSS

- 1 Vancouver Aquarium resident
- _ Of The Year (Juno
- award)
- 11 Cisco Bluesfest city
- 17 Saltzman of the CBC 18 Monsieur Curie
- 19 Parker's partner in crime
- 20 Tour of duty 21 Sandinista leader Daniel
- 22 Sophie's Choice author William
- 23 Fly low
- 25 The Things We Do For Love group, in letters
- 27 Joe Canadian's forum
- 28 Bay St. bounce
- 30 Froot Loops bird
- 33 Crosby of the NHL 37 Steak sauce, in letters
- 40 Worked
- 43 Work, as dough 44 Physicist Fermi
- 46 Make lovable
- 47 Treated a sprain
- 48 Skyline of a forest

#0156

Solved

www.

com

cancross.

- 50 Around the time of 51 1990s teen drama on Global
- - N E E M Y M Y

- 53 Golf ball purchase 55 Chicken Little's worry
- 56 Real estate developer
- Campeau
- 59 Flubs by fielders
- 61 Bjarnason of the CBC
- 64 Seer
- 66 Salt and
- 70 Connect 72 On a leash
- _(Cohen) 75 Closing __
- 76 Role of Jacquie Perrin
- 78 Immigrants through the
- **Underground Railroad**
- 79 CBC journalist Van Dusen
- 80 Pupil
- 82 Dutch cheese
- 83 Tapped trees
- 84 Contrite 86 Strikeout King Ryan
- 88 Got it!
- 90 ACTRA, e.g.
- 93 Hackney carriages 98 Mobility and equality in
- Canada
- 101 Sorry, we're 103 Specifically (2)
- 104 Slow trip to Alaska
- 105 Fish container? 106 Ben Heppner's specialty

- 107 Library shelves 108 In a lather?

bagpipes

DOWN

- Give permission
- 8 Hart the Hitman
- 13 Give it a go

- 26 Farm grazer
- 31 Going

- 36 Lowest point
- 39 Eleve's place
- 42 Busboy's transport

- 65 Jeremy's singing partner
- 57 Hwys
- 63 Country ruled by 21A
- 68 Gatineau girlfriend

- 2 Find to be repulsive
- 3 Parched
- 5 Typed in
- breakthrough movie

- 11 Eclipse

- 24 Farm food

- 33 Milk type

- 58 Lord or earl
- **62 Senator Cools**
- 67 The ___ Deacon Show

- 109 Like the sound from
- 6 Leslie Nielsen's comedic
- Encourage
- 12 Make a doily
- 15 Board material 16 Wheat beards
- 29 Days of _
- 34 Civilization conquered by
- 35 Owner's document
- 41 Break network security
- 45 0 on a telephone 48 Keith of country music
- 54 Empty space
- 60 Frame (2)

- 1 Exit from a beaver lodge
- 4 Like Iroquois houses of old
- 10 Signified
- 14 Music adapters
- 18 Summer party location
- 32 Auto on the Autobahn
- Pizarro
- 38 Future lice
- 44 Preston Manning's father
- 49 Waits on 52 Anybody
- 61 Type of citizenship
- Solomon
- 81 Operate 83 Ottawa newsman Keeping

79 Superintendent

- 69 Sandpipers 71 Drive-
- 74 How channels are changed 77 Declines

73 Power & Politics host

- 85 Beats in battle 87 Take on cargo 88 Semicircles
- 89 Trumpeter of The Green
- 92 Part of N.B. 94 Manage bit 95 Just_

91 Bread spread

108

- ___ On The Wire (Cohen) 97 Hang around
- 99 Juice brand (hyph.) 100 Shame on you!
- 102 Andy Granatelli's additive



LADIES WINNERS The winners of the first draw of the Ladies League won a brand new trophy this year: the McArthur Family Trophy, representing four generations of McArthurs at the Creemore Curling Club (Russell, Milton, Robert and Rusty). This year's winners, here being presented with the trophy by Milt, were Skip Judith Crawford. Vice Linda Kelly, Second Karen Crevier and Lead Joan McLeod (sparing for Kim Dodd).

MENS WINNERS The winners of the first draw of the Men's League, claiming the Stan Nixon Motors Trophy, were Steve Haist (lead), Neil Rowbotham (vice), Jim Bell (skip), Peter Gignac (second).





MIXED WINNERS The winners of the first draw of Mixed curling. claiming the Jamar Farm Trophy (donated by **Jim** and **Marilyn Steed**) were Paul Crevier (skip), Karen Crevier (vice), Glenda Brown (lead) and Eric Wiseman (second). Presenting the trophy was Marilyn Steed.

SENIOR WINNERS The winners of the first round of Seniors curling won the Alfred and Eliza Millsap Trophy. They were (unpictured): Skip Wayne Hammill, Vice Betty McLeod, Second Lynda Wright and Lead Myrna Templeton.

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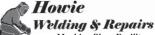


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DINING

T'was the month after Christmas All through the house, Nothing would fit me, Not even a blouse. The cookies I'd nibbled. The eggnog I had to taste, At Holiday parties had gone to my waist. (Stay tuned for more....) Mylar and Loreta's Restaurant Singhampton 705-445-1247.

PLANNING AN EVENT?

The Creemore branch of the Royal Canadian Legion is available for rent. The hall will hold up to 400 people, bar can be arranged. Lounge will hold up to 150 people, bar can be arranged. Quiet Room will hold up to 30 people. Call 705-466-2330 to book. Catering is available for any event.

Spike & Rusty: **DESIST**

6	4	2	1	5	3	8	7	9
5	9	3	7	8	2	1	6	4
1	8	7	9	4	6	2	5	3
3	7	1	4	9	8	6	2	5
4	6	5	2	3	1	7	9	8
8	2	9	6	7	5	4	3	1
2	5	6	3	1	4	9	8	7
7	3	4	8	6	9	5	1	2
9	1	8	5	2	7	3	4	6

THANK YOU

Thank you to all who have inquired or sent cards with well wishes since our recent surgeries. Thank you to the mystery person for plowing our driveway and a special thank you to those who have offered to assist with transportation, grocery shopping and trips to the drug store. Please continue to send prayers and well wishes. All of this positive energy adds greatly to the healing process. Sincerely *Diane and Brian McKay*

The Creemore Curling Club would like to thank all the sponsors. Your continued support ROCKS!!!

On behalf of the Creemore Christmas Dinner I wish to thank the Station Management Board for their consideration and assistance which contributed greatly to the success of the 10th Annual Christmas Dinner. Unfortunately Brian and I were not able to stay for very dinner but by all reports received to date this was the best event ever. A full story with a thank you to all involved will be in next week's Echo. *Diane Mckay*, *Event Coordinator*

The family of the late George Wines wish to express their appreciation for the care and support received from family and friends during the last few months of George's life and following his death. We especially wish to thank the staff at Blue Mountain Manor, Collingwood General and Marine Hospital and Leisureworld Creedan Valley, Jim Henderson at Fawcett Funeral Home, the Anglican Church Women, Reverend Cathy Miller and Deacon Lorna May. The Wines Family.

DEATH NOTICES

BEELEN, JOHN- (April 27, 1950 - December 27, 2011) passed away peacefully with his family by his side at the Georgian Bay General Hospital, Midland on Tuesday, December 27th, 2011 at the age of 61. Beloved husband of Shanti. Loving father of Angela (John Vanderstelt) and Emily. Cherished Grandpa B of Keira and Kailey. Brother of Diane (David Woody), Will (Celia), George (Christine), Marty (Charmaine), Hank (Phyllis), Gerry (Chris). Son of the late Martin and Maria Beelen. John will be missed by his nieces, nephews, extended family in Holland, and friends. Lovingly remembered by Pat Brandt (Nat) and Dianne Beelen (nee Speers). A Mass of Christian Burial was celebrated at St. Margaret's Church, Midland on Saturday, December 31st at 10 a.m. Spring interment Our Lady of Assumption Cemetery, Brentwood.

MACKAY, ALICE passed away peacefully on Friday December 30, 2011 at Creedan Valley Nursing Home in her 108th year. Beloved wife of the late Herman. Loving mother of Shirley Mackay. Alice was a good and faithful servant of St. John's Church, a life member of the Royal Canadian Legion Ladies Auxillary in Creemore, and a life long member of the Women's Institute. Funeral service was held at St John's United Church 192 Mill Street, Creemore on Monday January 2, 2012. In lieu of flowers donations to St. John's United Church would be appreciated by the family. Spring interment Creemore Union Cemetery. Friends may visit Alice's on-line Book of Memories at www.fawcettfuneralhomes.com

DEATH NOTICES

CSANYI, ASTA passed away peacefully at home on Wednesday January 4, 2012 in her 90th year. Beloved wife of the late Geza. Loving mother of Peter and his wife Anne-Marie Kuuter of Whitby and Jaanus and his wife Carol Kuuter of Stayner. Forever cherished by her 6 grandchildren and 9 great grandchildren. As per her wishes cremation has taken place. A Celebration of Life will be held at a later date. Donations in memory of Asta may be made to the Heart & Stroke Foundation. Friends may visit Asta's on-line Book of Memories at www.fawcettfuneralhomes.com





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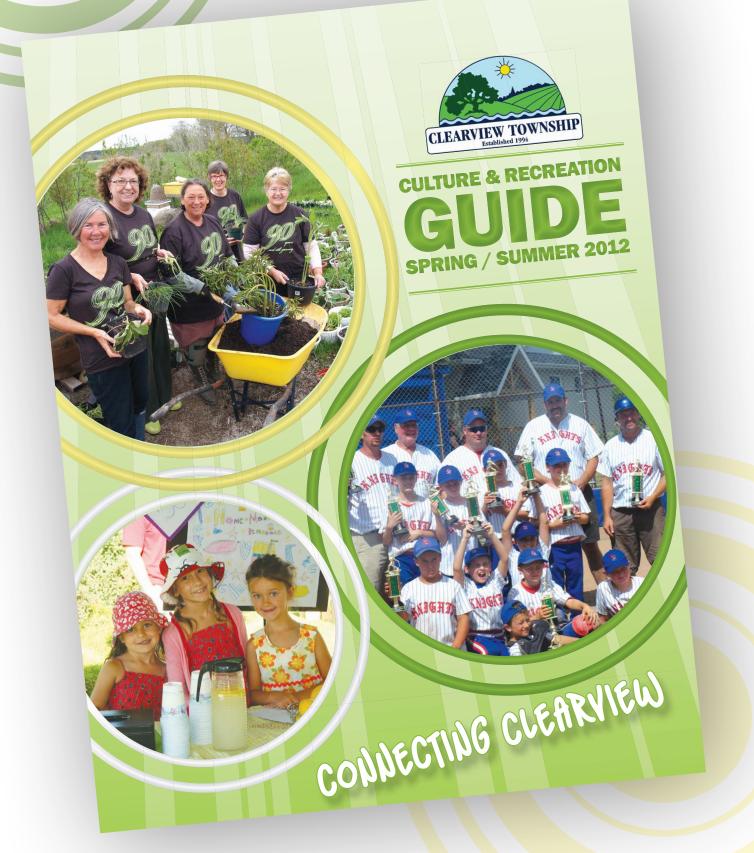
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