# The Creemore ECHO

Friday, August 24, 2012 Vol. 12 No. 34 thecreemoreecho.com

News and views in and around Creemore

### **INSIDE THE ECHO**



### Ontario Champions!

Creemore Junior Braves cap off their inaugural season with a huge win at the OBAs

PAGE 11

Publications Mail Agreement # 40024973

# TOASTING 25 YEARS IN THE OLD STYLE



Creemore Springs brewmaster **Gordon Fuller** and production manager **Brian Egan** show off the brewery's new Collaboration Altbier, made with the trade secrets and yeast of 150-year-old Düsseldorf brewery Zum Schlüssel. The beer will be officially launched as part of Creemore Springs' 25th anniversary celebrations at Saturday's Copper Kettle Festival.

by Brad Holden

The folks at Creemore Springs Brewery have a history of looking to Europe for inspiration, especially when they have a milestone anniversary on the horizon. The company's 10th year of operation saw the introduction of the urBock, a strong lager with ties to Germany, and at 20 the brewery introduced its Traditional Pilsner, a pale lager that has roots in the Czech city of Pilsen.

This year marks a quarter century since the brewery was founded in 1987, and, according to brewmaster **Gordon Fuller**, the company was looking for a "great punctuation mark." Enter the Altbier, the first ale to make its way out of the Creemore Springs facility, and one with perhaps the most old-world history yet. This one is more than just a nod to Europe; rather, it has the continent in its genes.

"It was (Creemore Springs sales and marketing director) **Karen Gaudino** who had the idea to do the collaboration thing this time," said (See "A collaboration" on page 12)

# NEC requests judicial review of Duntroon quarry decision

by Brad Holden

After a year-long Consolidated Board hearing that resulted in two of the three presiding members ruling in favour of its proposed expansion, the fate of the Walker Aggregates Duntroon quarry will now be decided in the courts.

The Niagara Escarpment Commission, in a 9-3 decision last Thursday, voted to endorse the dissenting opinion of Board member **Robert Wright**, officially requesting a judical review of the Board's decision.

The courts will now rule on the primacy of the Niagara Escarpment Plan (NEP) as it relates to the Walker application and will determine whether or not the Board made errors in law by failing to apply the NEP and give the appropriate protection to the Niagara Escarpment's most sensitive natural features. In his dissenting opinion, Wright felt that his Board colleagues had incorrectly given the Provincial Policy Statement more weight than the NEP, and in so doing had set "a perilous course for development in the NEP area."

The Clearview Community Coalition (CCC), who joined the NEC in opposing the expansion in front of the board, applauded the NEC's decision in a press release after the (See "NEC" on page 14)



Yes, it's that time of year again... Mill Street will be decked out in old cars on Saturday and the Beinn Gorm Highlanders will make their traditional march down to Mad River Park, where children's activities and plenty of Creemore Springs will await. See page 9 for a full Copper Kettle Festival schedule.

It's expected that this year's Copper Kettle Classics Car Show will include more than 300 vintage cars and motorcycles, with a special emphasis on "barn and garage finds."

And don't forget to start your day with the Creemore Farmers' Market and the biennial Station on the Green Big Book Sale, taking place in the Station from 8:30 am to 1 pm. This book sale never fails to impress.



Collingwood

TOYOTA



0% financing for 72 months

(705) 444-1414

E-mail info@collingwood.toyota.ca 10230 Highway 26 East, Collingwood Taking care of buyers and sellers in Mulmur and the Creemore hills for 36 years



Ginny MacEachern BA, Broker
The Town & Country Agent with the City Connections

1-800-360-5821 • 705-466-2607 • maceachern.ginny@gmail.com www.ginnymaceachern.com

# COMMUNITY Calendar

### Submit your community events

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

### This Weekend

### Friday, August 24 to Monday, August 27

- Nottawasaga Daylilies open for viewing of the garden. Come see the late bloomers from 10 am to 5 pm each day. See ad on page 5 for directions. Saturday, August 25
- Big Book Sale at Station on the Green from 8:30 am to 1 pm. A fundraiser for the Station.
- The CREEMORE LOG CABIN (on Library Street) is OPEN TODAY, and will be open every Saturday throughout the summer from 9:30 am to noon. Volunteer "History Hosts" will be on hand each week to welcome visitors.
- Copper Kettle Festival hosted by Creemore Springs from noon to 6 pm. There's a Party Brewing! Celebrate our 25th Anniversary at the Creemore Springs' Annual Copper Kettle Festival. Join us for
- some good old fashioned fun enjoy live music, kids' activities, great food and drink and more! www.creemoresprings.com
- Copper Kettle Classics. From 10 am to 3 pm. This year's car show features 'Barn/Garage Finds' - those rare and unique vehicles that have been tucked away for many years. 10am to 3pm. For info or to pre-register your vehicle copperkettleclassics.com. Help pick the "best of the best" by filling out the People's Choice ballot on page 7.
- Quilt & Hand Art Exhibit at Creemore House of Stitches, 122 Mill Street from 10 am to 3 pm celebrating the craftwomen of Creemore. Demonstrations, a Marketplace. Call 705-466-6363 for details.
- Industrimental continues at the Mad & Noisy Gallery in Creemore, focusing on the impact industrialization has had on industry and innovation. The six participation

- artists are painters Mark Hope, Peter Adams and David Scott, photographer MK Lynde and sculptors Kyle Thornley and Al Matchett. This show runs until Aug 27.
- Road Trip Creemore's Mad & Noisy Gallery Show at Blue Mountain Foundation's Arts Centre, 163 Hurontario Street, Collingwood continues. 20 member artists exhibit their artwork and take it on the road. Exhibit hours daily from 10 am to 5 pm to August 26. www. madandnoisy.com
- Dunedin Annual Chicken BBQ at Knox Presbyterian Church from 4:30 to 7 pm. Adults \$14, youth 7 to 12 \$7, 6 & under free.

Sunday, August 26

• Church Services on page 5.

### **Upcoming Events**

### Tuesday, August 28

• Sara Hershoff & Brad Holden are on 97.7 The Beach this morning between 9 and 10 am to talk "All Things Creemore". Don't miss it!
Wednesday, August 29

• Open House at Discover the Path, 8A Caroline Street West, from 1 to 6 pm. Come learn about our new weight loss program with Ideal Protein.

Thursday, August 30

• The Final Music in the Park 2012. Rusty Nuts at Station Park Gazebo, Stayner from 7 to 9 pm. Bring your own lawn chair. Sponsored by Stayner Chamber of Commerce.

Thursday, August 30 to Sunday, September 2

• Rodeomania at GNE Fairgrounds, 2220 Fairgrounds Rd. N. Thursday night Rock & Blues Beer Tent, Friday night Beach Party, Saturday night Kicx Dance, Shopping and lots of Rodeo: Friday at 6 pm, Saturday & Sunday at 1 pm. Visit www.rodeomania. ca for details & schedule.

Friday, August 31

• The Stayner Order of The Eastern Star Chapter 270 will be hosting their Annual Beef BBQ at 213 Lousia Street Stayner (Masonic Hall) from 4:30 to 7 pm. Tickets available at the door. \$12.50 per person. Everyone welcome.

Monday, September 10

• Clearview Township's Council Meeting at 5:30 pm at the Council Chambers. Everyone welcome.

Friday, September 14

• Friday Nite Supper at Creemore Legion from 5 to 6:45 pm. Breaded chicken breast, new potatoes, corn on the cob, marinated vegetable salad, upside down cake, coffee, tea. Adults \$14, seniors \$12, children under 10 \$6. Call 705-466-2202 or 705-466-2432 to RSVP.

Saturday, September 15

• St. Luke's Annual Beef Supper from 5 to 7 pm. Free will offering. Come on out and enjoy some good local beef with all the trimmings.

Monday, September 17 to Saturday, September 22

• Theatre Collingwood presents the witty rural humour of Wingfield Lost and Found by Dan Needles, starring Rod Beattie. Stockbroker turned farmer, Walt Wingfield, is in his 7th year 'on the land'. Persephone Township's worst drought in 25 years brings him face to face with climate change and his ecological footprint. It is the most recent in the series. 8 pm shows with matinee showings at 2 pm on September 18 & 20. 705-445-2200 / 1 (866) 382-2200 or visit www.theatrecollingwood.com for tickets.

Friday, September 21 to Sunday, September 23

• The Board of the Purple Hills Arts and Heritage Society is thrilled to announce the launch of a Festival of the Arts at Station on the Green, Log Cabin and Creemore Springs. This event will replace the Studio tour. Featuring Drawnonward at Station on the Green and other arts activities throughout the village of Creemore. Opening Ceremony at 10:30 am. Children's art activity at 11am. Festival party featuring the music of Grand Canyon at 8 pm - free. For more information contact Simon Heath at 705-466-6446 or email simonheath@xplornet.ca. **Sunday, September 23** 

• The Barrie Chordsmen Chorus in Concert at St. John's United Church, Creemore at 7 pm. Enjoy the music of this 67 member male chorus singing four part harmony in unique acappella style. Admission by donation.

Saturday, September 29

• St. John's Annual Fowl Supper from 4:30 to 7:30 pm at St. John's United Church, Mill Street. Adults \$12.50, Children over 5 years \$5.

Sunday, September 30

· Ladies Auxiliary will be hosting a High Tea in honour of the Queen's Jubilee from 2 to 4 pm at

Creemore Legion. Cost is \$8.

Friday, October 19 to Sunday, October 21

• Girls Getaway Weekend in Creemore: 2-night package includes Friday night welcome reception, Saturday night gourmet dinner at local restaurant, shopping, private brewery tour, flower arranging & card making, optional massage, reflexology, nail art or yoga (pre-booking required). \$305 to \$435 based on double occupancy for 2 nights at the B&B of your choice with full breakfast provided. Hosted by Creemore and Area Bed & Breakfast Association. www.creemorebb.com to book or for more information.





Glencairn

705-424-6697

For Reliable Service

Tank Truck Delivery of Furnace & Stove Oil



For boys and girls All ages Buell Fitness & Aquatic Centre BCRA Kiosk

Aug 7-Registration open for Military/DTM Members Aug 13-Registration open for all classes start Sept. 10~ New 18 week sessions

Base Borden Gymnastics Club is located at E41, 135 Ortona Road email the carltons@rogers.com • 791-6732 • www.bordengymnastics.ca Base Borden Gymnastics Club provides quality recreational and competitive gymnastics programming for all ages

In recognition of 6 years in business we have **6" THICK MONUMENTS** at a special price.



Dave Ferguson Memorials 1062 County Road 42 • Stayner, ON Dave Ferguson • 428.2818 • 888.424-8201

fergusonmemorials.com



Sweeping Countryside views & Georgian Bay vistas, 2 ponds & meandering Creek. Minutes from the Village of Creemore, Devil's Glen Ski Resort & Mad River Golf Club. High on a hill sits a stone & wood home featuring a stunning designer kitchen that opens onto the TV sitting room to a sunroom & patio for barbecuing. Expansive living room with gas fireplace & dining room that easily seats 12. Four bedrooms, plus office & 3 full baths. Double attached garage, insulated shop, paved lighted driveway. Asking \$1,429,900

VT: http://tours.photolink.ca/55997

ROYAL LEPAGE

**Trinity Realty** 

Brokerage

Sandra Shannon, Broker or Melanie Moss, Sales Rep. Direct (705)445-7833 sandy@collingwood-realestate.com

# Showcasing the area's quilts and hand arts

by Brad Holden

For the second year in a row, **Cheryl Robertson** of the Creemore House of Stitches will take advantage of her location across from Creemore Springs Brewery to showcase the wonderful quilts and hand-arts produced by the ladies of this area, both in the past and in the present, during the Copper Kettle Festival.

Robertson and her team of volunteers will have six tents set up in the vacant lot beside her shop, at the corner of Mill and Edward Streets, from 10 am until 3 pm on Saturday, August 25.

She's been accepting interesting pieces from the community for the past several weeks, and the fabrics are stacking up.

Among the treasures on display on Saturday will be a quilt made in 1870 by Robertson's great-aunt, its tiny strips of fabric making up a classic "courthouse steps" pattern. The strips would have come from old pieces of clothing, many of them died with things like beets, blackberries and tea to create their vivid colours.

**Gertie Gowan** has contributed several smocked nighties that she made for her children in the 1950s and 1960s, and there is a historical quilt from the Creemore Baptist Church that features the names of all the families that made up that congregation in the 1920s.

"It's amazing what comes out of the woodwork," said Robertson, sorting through the artifacts that people will be able to see on Saturday.

Robertson's show will also feature hourly demonstrations by local quiltmakers and artisans, a vintage sewing machine display, and the opportunity to buy patterns from quilt designer **Jennifer Houlden** and have her sign them too.

Robertson has something special up her sleeve, too, which came about when **Christine Boake** came into her shop recently and gave her a box full of "quilting bling." Boake had purchased the box at a rummage



**Cheryl Robertson** of Creemore House of Stitches, with some of the treasures that will be on display at her "Range of Change" Outdoor Quilt and Hand Art Exhibition this Saturday.

sale, but upon further investigation it turned out that the goodies inside had once belonged to a quilter of some renown, who wrote several books on the craft and has since retired to Collingwood.

Robertson got in touch with the woman, and she has agreed to be at the show. While she's keeping the mystery quilter's name a secret for now, Robertson said anyone who was quilting in the 1980s and 90s will be aware of her.

And the "bling" that was in the box is something to

see: the souvenir pins, handwritten notes and quilted experiments from a life of quilting and travelling the world

"It's really quite a treasure trove," said Robertson.

Saturday's show will also feature a marketplace, where people can buy "made-in-Creemore" hand-crafted giftware, and a "picker's paradise" table, where quilters can find all sorts of fabrics at marked-down prices.

"Last year, this show was a small speck of an idea," said Robertson. "This year, it's starting to snowball."

# RE/MAX

# Creemore Hills Realty Ltd

Brokerage • 136 Mill Street, Creemore

(705)466-3070

### Austin Boake

Broker of Record/Owner







### 32 PRIVATE MULMUR ACRES



Spectacular views. Total privacy. Year round stream and extensive trails through woods and meadows. Beautiful architecturally designed home. 4 bedrooms, 3 baths. Minutes to Creemore, golf, skiing, dining and Bruce Trail.

Offered at \$1,095,000.

### MILL STREET COMMERCIAL



2 storey brick multi use building completely renovated and upgraded. Corner location, across from the Brewery. C1 zoning allows for many commercial uses. Contains 3 retail units and upper level 3 bedroom apartment. Asking: \$575,000.

### WALK TO THE VILLAGE



Stone House, views and privacy. Almost 10 private acres, surrounded by 200 acre nature reserve. Custom stone house with superior energy efficient construction. 6 bedrooms, 4 baths. Open concept great room. Pool. Triple Garage. Walk to the Village. Offered at \$1,485,000.

### RED BRICK EDWARDIAN



Elegant, picture perfect Century on quiet street. 4 bedrooms, 2 baths. Fabulous front porch. Lovely oak floors, all original woodwork and trim. A large detached double garage/workshop. Immaculate, move-in condition. Asking: \$339,900.

### PRIVATE BACKYARD



Custom built Large spacious "Quanbury" home with 4 bedrooms, 4 baths, Living room with gas fireplace and walk out. Main floor master with ensuite. Lower level family room with gas fireplace. Double garage. Beautifully landscaped with outdoor living in mind. Hot tub. Immaculate. Asking: \$549,000.

### OVERLOOKING CREEMORE



1.83 private rolling acres on Purple Hill Lane. Immaculate ranch bungalow. 5 bedrooms, 3 baths. Amazing landscaped gardens. Four-seasons sunroom with hot tub. Fully finished basement. Sauna. Greenhouse. Triple garage. Asking: \$895,000.

### 16 ACRES, VIEWS, POND



Open concept, 4 bedrooms, 2 baths. Living room with walk out to large deck. Main floor master bedroom. Lower level family room with walk out. Private location with direct access to the Bruce Trail. Close to Creemore. Asking: \$399,900.

### QUIET CREEMORE STREET

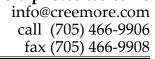


Privacy and newly renovated. Open concept home. Renovations includes new modern kitchen cabinetry, wood laminate flooring through main level, freshly painted with warm neutral colours. New sliding doors. Attached garage. Asking: \$219,000.

# www.CreemoreHillsRealty.com

# OPINION & Feedback

Feedback and old photos welcome

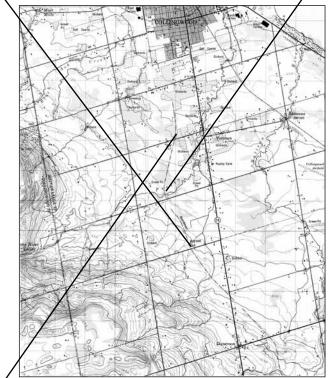






### THE WAY WE WERE

This week our journey on the old Hog Special continues north of Duntroon to Nottawa, the second-last stop on the line. At the point were the train crossed the Jardine (Nottawasaga 30/31) Sideroad, the line is clearly visible today as a laneway on the property of Clearview Township Mayor Ken Ferguson (above left). North of that point, just after it crossed the West Church (33/34) Sideroad, the railroad crossed the Pretty River on a 102-foot-long pile trestle bridge. All that remains of that bridge today are a few piles in the water (above right). The Nottawa train station was located just north of the Nottawa Sideroad, about a kilometre west of County Road 124. This is the only station that **Peter Coates** has been unable to find a picture of, and he'd love to hear from you if you have one. The below picture of a group of men loading lumber onto the train was taken at the Nottawa Station sometime in the 1930s.



## **LETTER** Railroad stories bring back great childhood memories

Dear *Echo*:

The pictures of the Duntroon train station and elevator took me right back to age 6 in no time flat!

My dad (Keith Wilson) and my uncle (Cona MacDonald) worked at the elevator and we children would walk up the wide stairway to the top of the elevator. The higher up we went, the hotter it got. It was like walking up the Eiffel Tower!

But it was really the train that was our favourite, for it flattened the pennies we put on the tracks and, best of all, took us into Collingwood to see the Saturday matinee at the Gayety Theatre. Somehow the train always got us there just as the movies started and even waited until the movies ended before heading back to Duntroon!

Part of the joy of riding the train was hearing the whistle as it approached any crossing. Even in the village of Duntroon, half a concession away, we could hear that train whistle. Years later when I moved to Parry Sound, the nightly train whistle took me back to Duntroon and my childhood every night.

One other thing at the train station that was both fascinating and scary was the big open water tank. It was about six feet across and six or more feet tall. The braver kids would swim in it but not me! I would just climb up the ladder and look in at all that water.

Thanks for all the great, well-written articles. The way you highlight people's names, identifying the community members in each story, makes the article come alive even before having read it all. Very smart!

Finally, so that I get to read the *Echo* every week, here's my cheque for a subscription. Money well spent! It's a superb newspaper.

Sincerely,

Millie Johne, Maxwell













Sara Hershoff sara@creemore.com



**EDITOR** Brad Holden brad@creemore.com



MANAGER Georgi Denison georgi@creemore.com



Fred Mills fred@creemore.com

*The Creemore Echo* is published every Friday and distributed free locally.

### Editorial and advertising material deadline is Tuesday at 5 pm.

To receive a weekly copy of The Creemore Echo by mail outside of the circulation area or email version please contact us at info@creemore.com. Subscriptions are \$49 (hst included)

Publication Agreement # 40024973 Please return undeliverable Canadian mail to address below.

DIRECTORS: Tom Vandewater, Mary Vandewater, Craig Simpson, Bill Mann **TECH SUPPORT**: Dr. Phil

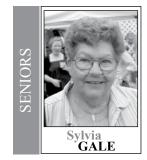
# Creemore Big Heart Seniors

This was our 12-noon potluck lunch day, for which we try to have some dish that is a little bit more elaborate than our "after cards" fare. Well, this week I had a total gap, and completely forgot to make anything either of the rib-sticking main

course variety or fancy dessert fare. So we went the "emergency measures" route and bought cold meat. I think there were others who miscued the date also as there was only one pie – and that one was thanks to Marj Thomson. But there were cookies and cakes, and Eileen Giffen's homemade butter tarts (which can also be found at Giffen's Market in Glen Huron). And we had a good assortment of both hot and cold salads and casseroles. Bob Veale makes a pretty darned good mac and cheese casserole, while Barb Pilon pleased a lot of those "fishy" folks with a cold salad that was laced with shrimp.

After our intrepid clean-up crew – which includes "Mr." Smith, who leaves the tables wiped shiny clean – finished up, we had several more folks arrive so our total grew to 58.

Bob Veale introduced newcomer Helen Campbell, and Ruby Klinck read us a cute joke. Then I told everyone about our coming trip to Rama on Tuesday, September 4, where for the first time, our bus has been given a chance to participate in ten-minute sessions of slot tournaments. This is all free for the tournament, Rama pays for your slot time – and we still get our free buffet lunch and everything is the same as usual, except there is a chance to win \$25, \$50, up to \$500 in the ten minutes. Then at 1:30 to 2 pm the slot tournament prizes are



awarded. It sounds like fun, it is all free, and so we are entered for everyone on our bus to participate if they so desire.

The 50/50 draws went to Wilma Bannerman, Bob McNicol, May Johnston, Eileen Giffen, Helen Campbell, Mercedes

Veinot, Sheila Fenton and Ruby Klinck.

Moon shots were played by Eileen Nash, Maggie Kambanis, John Van Voorst, Pat Broad (2), Brian McGill, Bert Douglas, Janice Stephens, Dave Smith and Bob McNicol. Bob won the travelling prize, and Dave won the Sidewinders loot.

High scorers were Pat Broad 322 (nice!), Sheila Fenton 299, Gerri Miller 290 and Marg Ferguson 283, Low was Karl Seifert with 107. One thing I did forget to mention in last week's *Echo* was the fact that Warren Gale had low score with 52 points. I guess he thought I had left him out on purpose, which I had not. But, if he hadn't of thanked me for being kind to him by not mentioning it, I probably would never have known, and then never would have squealed on him!

We were sorry to hear that **Tom** Sharpe has been in Newmarket Hospital for surgery on two blocked arteries. We all hope everything goes well with you and for you both, Tom and **Betty**. We also understand that Lillian Hiltz had a fall down some steps and hurt her head and her arm, so best wishes to you, Lillian, for a softer landing in future! We were very pleased to have Gerri Miller back with us after an extended absence. Glad to see you again, Gerri. I would also like to say "Hope you are soon up and about and back home" to my former sister-in-law, Mildred

(Grant) Paddison, who had a bad fall on the steps of the old Post Office in Collingwood. Mil is at present undergoing rehab up in the Penetang Rehab Hospital. She mentioned that her femur (thighbone) was shattered and at one point was lying at right angles to the rest of her leg. That sounds like an "owie moment" to me - if not something a bit stronger! Mil has been operated on and has some hardware in her leg, holding the bone together. So just get yourself well and home again, gal. We're rooting for you! We are glad to mention that **Phyllis Seed** is getting around (a bit) with her broken pelvis – but Phyllis, like Mil and many others, is not a wimp, and she will keep moving until she is really able to move okay.

On Monday, August 20, I got a call from a guy who informed me **Eileen Nash** was (a) having a birthday and (b) was 91 years old and (c) was still driving and (d) still played cards and (e) was driving herself to cards, at night, all by herself! He thought it would be a great idea if the card players knew, and could sing her a "Happy Birthday." So I phoned **Dave Smith**, who is in charge of Monday night cards at the Legion, and left it

in his capable hands. The chap who phoned me was fully aware that to be still driving, never mind still being able to see enough to drive after dark, was quite a feat. He thought this lady was just a great person, and we all agree with him on that. So thank you, **Bob Ransier**, for the "heads up" on this occasion. It would have been a shame to have missed this chance to extend good wishes to Eileen. But, I gotta tell you, there are quite a few over 90s that are still driving and are still perfectly capable at it.

We had Warren's son Bruce and daughter-in-law Jennifer for a visit over the weekend. It was quite short, but enough to keep in touch. We also had a "blast from the past" when the door opened and in walked Shirley (Hirlehey) Lamont, from Mayerthorpe, Alberta. Shirley used to live here with us - she babysat the kids and was chief cook and dishwasher for some years. She was a lovely girl with a great sense of humour who never let anything daunt her, and she fit in very well. It is always a joy to see her, and she usually pops in when she is in Ontario – which is not often, but we are always glad to sit and chat.

### **LETTER**

# Reservations about wind

Dear Editor:

After reading your articles on the turbine issues, I want to commend you on such well-written and informative coverage of this subject.

Even as someone in favour of "green energy," it makes no sense to pay between 60 and 80 cents per kwh with wind turbines when hydro-electricity

can generate power for a cent or two per kwh. What is greener than water?

As a pilot for many years, I also have grave concerns about the safety of myself and fellow pilots with the placement of these turbines so high and so close to our circuit pattern.

Keep up the great work.

Tom Plater, Stayner

# LOCAL CHURCH DIRECTORY

### Sunday, August 26

CREEMORE UNITED PASTORAL CHARGE Summer Service Schedule

August 26 : New Lowell United Church at 10:15 am September 2 : Communion at New Lowell at 10:15 am September 9 : Avening Anniversary Service at 11 am

All are welcome 466-2200

### ST. LUKE'S ANGLICAN CHURCH

22 Caroline St. W. 466-2206

For a joyful service of worship join us each Sunday at 11 am

& Messy Church the last Sunday of each month at 4:30 pm

### Knox Presbyterian Church, Dunedin

Worship & Sunday School at 10 am

All are welcome

Rev. Charles Boyd 705-466-5202

### THE SALVATION ARMY HOPE ACRES COMMUNITY CHURCH

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



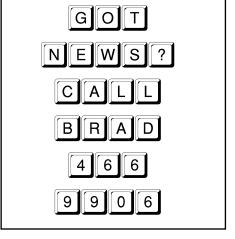
# ervices \* Information \* Books & Products NOTTAWASAGA

# **DAYLILIES** *LATE SEASON SALE*

from now until September 9 Many varieties at half price Late Bloom Continues!

Open Fri, Sat, Sun, Mon ~ 10 am - 5 pm Now through Labour Day Directions: Take Airport Road south past Avening. Turn west on the 3/4 Sideroad and follow signs to farm. #3757 Conc. 3. Terms: cash or cheque.

Julie & Tom Wilson (705)466-2916 • www.wilsondaylilies.com





Open Mon - Fri, 8am - 6pm Sat. 8am - 5pm, Closed Sundays Stephens, Glencairn 424-6697

### **LETTER**

## Deputy Mayor's stance in favour of wind turbines is disappointing

Dear Editor:

I am delighted by the courage Clearview Council demonstrated to vote in favour of the Wynia report recommending against wind turbines in Clearview Township. I am only surprised that the vote was not unanimous. I see that Alicia Savage again demonstrated a juvenile understanding of the issues surrounding wind turbines. She should be encouraged to actually make an effort to study and conclude that these turbines are not green in any way and resist the temptation to fall back on empty platitudes around the need for green energy. We all want measures that will benefit the environment, but for the following reasons these turbines are not the answer:

- absolutely no reduction in greenhouse gases because of the requirement for full natural gas backup given the intermittent nature of wind
- massive amounts of steel and concrete required to build each of these turbines
- demonstrated destruction of birds and bats in unacceptably high quantities (read about Wolfe Island please!)
  - destruction of productive farmland
  - noise pollution and stray electricity
- surplus energy from wind is dumped in New York and certain provinces at massive economic losses to the Ontario government because wind is uncontrollable.

If these turbines are erected in our community, we can expect the following:

- a reduction in tourism who wants to spend time visiting what was once a beautiful community with these industrial structures looming overhead?
  - a reduction in property values (I, for one, will be the

first in line to have my property taxes lowered as a result of the inevitable devaluation)

- health complaints (with the Health Canada study only just initiated, how can any responsible Council member vote in favour of turbines?)
- a lack of new housing construction in prime "viewscapes" and a reduction in trade employment that goes with it
- further contribution to higher energy costs from this development and others that are planned across the Province (have you looked at your hydro bill lately)?

Deputy Mayor Savage, I challenge you to find any evidence of communities globally that have benefited from turbine development. We expect our elected representatives to demonstrate educated opinions on subjects that are critically important to the community. Your "Pollyanna" feel-good statements that were part of the official debate at Council last week fell far short of what we expect of our Councillors. I would encourage you to simply turn on your computer and start actually reading about wind turbines and the experiences that other communities have had globally. There is not one stitch of evidence to suggest any of the thousands of turbines installed globally are contributing to a decline in greenhouse gases – the exact opposite is happening.

This is simply poor green policy run amok, and all governments globally are only now realizing the errors they have made. Soon, Ontario will also realize this and the Green Energy Act will be significantly gutted and the turbines along with it. However, without firm resolve at Clearview Council, we may end up with these turbines in our community and be stuck with them for 20 years.

I implore you, on behalf of the entire community, to take the time to educate yourself and get caught up with the rest of us. There is not one person in the entire community, other the landowners themselves, who is in favour of these turbines.

I find it equally disturbing that you have recommended that Council approach wpd to ask for compensation at the same time that the community has rejected the turbines. This type of approach destroys our credibility as a community. In effect, we are saying: "We don't want them, but if you give us some money, then we're okay."

Shame. I hope we can expect you to be better informed on the issues next time there is a motion in front of Council relating to these turbines. Support your community—not a transient, subsidized wind developer that will not invest one dollar here.

Jeff Watchorn, Clearview Township





Great op for home biz or in-law possibility. Sep entrance to bright spacious lower level office. Brick side-split on .85 acre has a lovely i/g pool in a neighbourhood of large

lots. O/c lr/dr/kit w/ w/o to deck. I-I/4 hr



CREEMORE... PRIVATE LUXURY
Spectacular 4,000 sq. ft. log home 5 min
walk to Village. Forest setting. Open concept
great room with fieldstone fpl. 45 ft fir
beams, main fl master suite. Sophistication &
serenity abound. \$1,070,000



WOODS-WATER-VIEW... CREEMORE 50 ac w pond, wooded trails, Coates Creek, orchard & some Bay views. Large princ. rooms for entertaining & fam. living. Near Devil's Glen and Mad River Golf Club. Insulated shop 24 x 32. \$1,250,000



CREEMORE AREA OPPORTUNITY
Architect designed home with spectacular s/e/ views. 23 private ac. 15 level, bal sloping & wooded. O/C lr/dr/kit with brick fpl.
No need to start from scratch, just add your creativity. \$439,000



LUXURY WINTER RENTAL
Total reno w grand Mulmur views. 4 br
4 bath. Gourmet kit. Lr with stone fpl.
Wooded trails, pond for skating, tennis
court. Great for Devil's Glen or Mansfield
ski family. \$4,300 per mo & utils



MAD RIVER GEM, AVENING
Enter the foyer & you are greeted by the
magnificent great rm with a wall of s. facing
glass & w/o to huge deck & River & 32 ac.
3 levels of living space w 6 br. Perfect for
Mansfield or Glen skiers. \$1,050,000



Quality throughout. I ac forest setting near Mansfield Ski Club. Dramatic wall of windows in great room. Granite & maple kit. Bright lower lev. with 2 br, family rm & w/o to enclosed hot tub. \$499,500



MULMUR SECLUSION
5.8 ac with spring fed pond. O/c Ir/dr/
kit. Geothermal heating. Master br with
generous ensuite. Lower lev fam rm w w/o.
4 bdrms. Brick fpl & 2 wdstoves. Great for a
Mansfield ski family. \$499,500

### **VACANT LAND**

### A FORESTED GEM BUILD YOUR DREAM IN MULMUR

I 2.6 acres with that incredible 4th line S/E view. NEC bldg approval in place. On a road known for its views and quality rural homesteads. Vendor financing avail. \$250,000

### CREATE YOUR MANSFIELD GEM

48 acres with superlative long south and easterly views. Farm entrance in place. Walk to the Mansfield Ski Club!!! Minutes to the Boyne River and the Mansfield Outdoor Centre. \$499,500

# Ginny MacEachern BA.

Excellent commuter loc. in S. Mulmur. Trail rises gently

to crest & old growth hemlock forest. Small stands of

decid. interspersed with pines. Tributary of the Boyne. Create your classic. \$239,000

BROKER



1-800-360-5821 gmmulmur@bconnex.net www.ginnymaceachern.com



143 Mill St. Creemore • 705 466 2607 • maceachern.ginny@gmail.com

### **LETTER**

## Kudos to Deputy Mayor for supporting green energy in face of opposition

Letter to the Editor:

I would like to applaud Councillor Alicia Savage's lone voice of reason in the turbine debate. The issue is complex and emotions run high. My wife and I have been in the process of retiring here for the past three years. Just weeks after our arrival we were guests at a dinner party to meet some neighbours, and it wasn't long before a vigorous debate about turbines coloured the evening.

About a year before our move we were travelling along Lake Erie and came upon the turbine installation south of Delhi. We thought the structures were elegant and complementary to the rural landscape. I am a partner of an urban design and landscape architectural practice in Toronto and we voluntarily purchase our electrical power at a higher blended rate to support sustainable power. We just feel it is something we can do to support a better future. Seeing this investment in the landscape, at least to me, was a sign of some progress.

Seemingly "indisputable facts" are lobbed from both sides of the table in this debate and it is difficult to find any reasoned, middle ground. Emotions inevitably run high when one's pocketbook, political allegiances and perceived rights are involved. What leaves me disappointed is the apparent lack of concern for finding a way to generate power that doesn't put an expiry date on the environment. Even the most ardent scientific skeptics of global warming now reluctantly acknowledge that "Houston, we've got a problem..."

Since the anti-turbine voices have been most vocal, I offer a few points for consideration in support of a sustainable future. First, there is concern about rising hydro rates. Any seed industry is more expensive to get up and running. All forms of power generation will be increasingly expensive, particularly when all costs to both the economy and the environment are taken into account. Consider for a moment that the surplus power we send to the States actually reduces the air pollution that blows back across the lake from their coal-fired generators. Actually, 20 per cent of Ohio's power is now generated by wind power. Nuclear power isn't cheap and is only cleanup to the point when something goes wrong. And there is always the potential for something to go wrong.

While in the city on weekdays I watch aircraft coming and going from the Toronto island airport flanked by

be safer without neighbouring turbines? Of course, but the island airport seems to manage and has even expanded significantly in recent years.

It will be interesting to hear the results of the health effects study and recommended setbacks. It won't surprise me if the recommendations are less than clear. There have been similar concerns about electromagnetic fields from power lines and cell towers. After years of review of power line impacts, Ontario Hydro's recommendation is "prudent avoidance," whatever that means. In this circumstance we acknowledge that we need power distribution, so we apply reasonable discretion in their placement. Did I mention that we live across the road from a cell tower? Are you reading this on-line?

Some view wind turbines as a blight on the landscape. This is where it gets really tricky. Every new structure added to a landscape has the potential to be seen as an imposition. It largely depends on what the structure symbolizes and one's perception of it. To some, the Sudbury stack is a monster spewing toxins causing acid rain. To others it represents prosperity and safer distribution of smelting by-products. At the turn of the century the industrial skylines of cities like Hamilton, Buffalo and Cleveland were envied for the riches of their economies. Do you suppose barns and silos seemed out of place when first constructed?

When returning from Africa a few years ago we flew out of the Netherlands over a massive turbine installation in the North Sea which to my eye was graceful and in visual harmony with its setting. I couldn't help but reflect on the historic windmills that are scattered through their countryside which in turn were responsible for much of the coastal land by draining its marshes and lowlands. In this case, these valued structures are viewed with pride because they literally provided the land for their homes and farms.

Turbines are certainly cleaner than most other forms of power, even if it's not all the time. Simply put, for every hour they run, we burn less fossil fuels or deplete less uranium. While turbines are perceived as a source of environmental damage, you might be surprised to know that clearing land for agriculture or ski runs poses a much greater impact on a natural environment than does the footprint and rotating blades of a wind turbine.

Springs. The Hoover Dam attracts as many visitors as the canyon itself. The hydro generation plants don't seem to ruin the Falls experience and are lauded as a clean source of power. Palm Springs hosts one of the largest turbine installations in the United States and yet this doesn't seem to keep tourists away. I actually thought it was a remarkable kinetic sculpture against the mountain backdrop.

All this to is say that beauty is in the eye of the beholder. I think turbines represent a positive way forward. Clean energy is something we need, and there is value in being ahead of the curve on this. If it doesn't work out and the turbines need to come down in 30 years as was suggested in a recent letter to the editor, the value of the steel alone would see it removed at a profit to the landowner – just ask a metal recycler. As for the concrete footing, it's just a benign lump of rock, no more unsightly than so many abandoned barns in the countryside, except in this case, it's below grade.

We're all in this together. We need to find a way to leave the earth to future generations that is clean and sustainable. Wind turbines may not be perfect, but in my view they are certainly a step in the right direction. I'm willing to pay a little more for that legacy and believe the benefits outweigh the disadvantages.

Again, kudos to Alicia Savage.

John Hillier, Creemore







**NEW LANDSCAPING Ray's** Place workers were out in full force this week preparing the new landscaping at the Creemore Log Cabin. At left, Dylan Durham adds some gravel to a new path, while below, Cody Cleary (right) rakes while Log Cabin board member Paul Vorstermans looks on. Log Cabin "history hosts" have been receiving at least 30 visitors each Saturday all summer, and someone will be on hand this Saturday as well to show off our newest community building and give a sense of the history that it preserves.









### Simply Exquisite

Tranquil Escarpment setting neighbouring hundreds of acres of trails, views that go on forever to Georgian Bay and a home finished to absolute perfection.

Minutes to Osler, Devil's Glen Ski Club and Mad River Golf. \$1,650,000



www.themoviegals.com Real estate in action!





**CREEMORE** 



### Copper Kettle Specials

### 10% off all pet food and supplies – one day only!

Come in to see our newly expanded pet department featuring Canisource and Addiction pet foods plus a full line of holistic treats and supplements.

Your best friend is worth it!

Free samples, and of course all pets are welcome!

### **Now Stocking Electronics!**

Great buys on new and factory refurbished HDTV's, Home Theatre Systems, Bluray, DVD, Wall Mounts, Cables and much more!

Watch the *Echo* for our deal of the week ad.

Magnavox RP32MF301 32" LCD HDTV with built in DVD player – only \$249.99 1 available

LG 47LV4400 47" LED HDTV - Incredible picture

– only \$449.99 1 available

Samsung B2430HD 24" LCD HDTV – only \$249.99 2 available

### "Garage Sale" & Clearance

Check out back for some great deals, all items marked down 20 - 50 %. Many new and used items. Search our tables for your treasure!

Cash only, all sales final.







SELECT CLOTHING

UP TO 70% OFF

SELECT TOYS & GAMES 20-50% OFF



## Cardboard Castles

CHILDRENS EMPORIUM

172 MILL STREET • 705-466-9998 • OPEN DAILY



The Old Mill House Pub celebrates Copper Kettle Saturday

> Beer Tent BBQ Music

11 a.m. to 6 p.m.

Enjoy lunch featuring Ponderosa style Hip of Beef on a Bun, Kawartha Dairy Ice Cream & Millers Dairy Milkshakes!



Bakery & Cafe 148 Mill Street (705) 466-5621

(Victorian

Values

Bed, Bath & Décor

128 Mill Street, Creemore 705-466-6327

# Copper Kettle Schedule and Happenings in Town

- Creemore Farmers' Market from 8:30 am to 12:30 pm.
- Beinn Gorm Highlanders march down Mill Street at 11:30 am.
- Opening Ceremonies shortly after noon at Mad River Park.
- Beer Garden, Food Vendors & Live Music from noon to 6 pm at Mad River Park.
- Copper Kettle Classics Car Show from 10 am to 3 pm in downtown. Help pick the "best of the best" by filling out the People's Choice ballot on page 7.
- Family Fun & Pony Rides from noon to 5 pm at Mad River Park.
- Wagon Rides from noon to 4 pm around town.
- Kids' Play Area from noon to 5 pm at Mad River Park with crafts, games, dunk tank, minnow racing & more!
- darci-que's face-painting, button-making and balloon animals and more all afternoon at Mad River Park
- Quilts & Hand Art Exhibit from 10 am to 3 pm at corner of Mill & Edward beside Creemore House of Stitches, 122 Mill Street.
- Brewery Tours at the Creemore Springs Brewery every 15 minutes from 11:30 am to 4 pm







### There's a Party Brewing!

 $\begin{array}{c} \text{Celebrate our } 25^{\text{th}} \text{Anniversary at} \\ \text{the Creemore Springs Copper Kettle Festival!} \end{array}$ 

Saturday, August 25th, 2012

Join us for some good old-fashioned fun! Enjoy live music, wagon rides, children's activities, Brewery tours, small town hospitality and much more!



All events will continue rain or shine! Call 705-466-2240 for info.







Congratulates your Silver Anniversary.

See our ad on Page 8 for Copper Kettle Specials.





Come see us for a great selection of Beer & BBQ books as well as other great reads!

178 Mill Street

705-466-3400

# The Range of Change

Outdoor Quilt and Hand Art Exhibit

Celebrating the

Craftswomen of Creemore

Corner of Mill & Edward Street
August 25, 2012
10:00am-3:00pm

- Quilts Throughout The Years
  - Hand Arts
  - Special Exhibits
  - Hourly Demonstrations
- Quilt Pattern Designer Signing
  - Scissor Sharpening

Hosted by Creemore House of Stitches 122 Mill Street, Creemore 705-466-6363

www.creemorequiltsandyarns.com

Quilt & Yarn Shop Dry Cleaning Depot Minor Alterations





FULL SERVICE SALON

COMPLETE HAIR CARE

MILKSHAKE COLOUR & PRODUCT

FACIALS WITH DERMALOGICA

MANICURE / PEDICURE

SHELLAC FULL BODY WAXING LASH & BROW TINTING

197 MILL STREET \* CREEMORE 705 466 6623

Come in for Summer Sales & New Fall Arrivals!



171 Mill Street • 705-466-2311



# **New Lowell News**

The community of Sunnidale lost a friend on Saturday. Mrs. Luceal Day passed away peacefully at the IOOF retirement residence in Barrie. Luceal has left a great legacy, from her family farm through the Woman's Institute, the

iend Mrs. way DOF se in left a her a the

United Church and the United Church Women along with all the community activities that she and her husband Doug took part in. Doug was the Reeve of the former Sunnidale Township. Luceal's celebration of life was held at New Lowell United Church on Tuesday, August 21 with **Rev. Tony** Rennett and family members leading the service. If you would like to make a donation in Luceal's memory, the family has chosen the New Lowell United Church Building Fund or the Creemore Union Cemetery. Fawcett's Funeral Home of Creemore is looking after the arrangements.

It seems like the much needed rain has helped the flowers and the lawns around town. Let's hope it was early enough for the farmers and their crops. There is a good assortment of fruits, vegetables and homemade goodies available at the Farmers' Market in New Lowell on Wednesday evenings from 6 till dusk at the Recreation Pavilion. Drop by and pick up your

homegrown produce for the week or simply to have a neighbourly chat with friends.

The community of New Lowell and Brentwood offers sympathy to the family of Jeremy Shakell. Through a tragic accident a family has lost a husband, father and son.

The Legion of New Lowell reminds you to mark Saturday, September 22 for their new endeavour of a Mystery Dinner. The delicious roast beef dinner with all the trimmings and a fun evening is only \$25 per person. It starts at 6 pm. For tickets call the Legion or drop by during their new hours, which are Tuesday, Wednesday, Thursday and Saturday from 4 to 8 pm. On Fridays they are open from 4 pm until 1 am

I reported earlier that the Legion's annual Pig Roast had been cancelled, but they have now decided to have the dinner only on Saturday, September 8 with no other activities. The cost is \$12.50 per person. So treat yourself to a delicious pork dinner again with all of the trimmings. They do have a special on every third Friday of each month of a good, old-fashioned barbeque with hot dogs, hamburgers and sausages. Join them on Toonie Tuesdays and Thirsty Thursdays as well for their specials.

The New Lowell United Church

hosted their Annual Praise in the Park on Sunday under the leadership of **Rev. Tony Rennett** and with music provided by **Al Beardsall** and **Lloyd Preston**. A good time was had by all. The event ended with a lovely picnic lunch.

Church services for the Creemore Pastoral Charge United Churches will continue at New Lowell at 10:15 am on August 26 and September 2. Avening United Church welcomes all to its 140th Anniversary on September 9 at 11 am. They have some surprises for all who attend, with special music, a speaker and a historical book for purchase documenting the church throughout its 140 years. All three of the congregations of this Charge are looking for a pianist/organist. New Lowell and Avening would welcome someone who could play each Sunday at 9 and 10:15 am and St. John's is looking for a person to play at their service at 11:30 am plus lead their choir. If you wish further information, please call Marilyn Steed at 705-466-3017, Marg Rainbird at 705-466-5941 or Jennifer Meijs at 705-424-8687.

Summer is coming to a close, and believe it or not the other day I was in a large retail store and they were putting up the Christmas decorations. Really, do you not think we are rushing the year far too fast and not taking time to "stop and smell the flowers?"



Edith Armstrong and Bert Schaly

On the flower theme, the above picture shows two happy Brentwood Horticulture members. Edith Armstrong won first prize for flowers and arrangements and Bert Schaly came second. It is turning out to be a special month for Edith as she celebrates a special birthday later in the month. Happy Birthday, Edith, from your family and friends.

If you have community news, please send me an email at sandra@ bednarek.ca. Here is my thought for this week... "Laughter is a drug that has no side effects."

# STATION ON THE GREEN BOOKS B

Buyers are wanted AUGUST 25, 2012 8:30 AM TO 1 PM

Donations of gently read current paperback, hardcover, fiction and non-fiction books will be accepted until Tuesday, August 21

Drop off at Curling Rink by chance or at the Creemore Echo during office hours 466-3422 or 466-2681



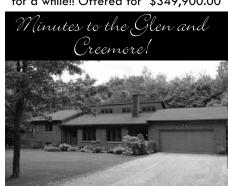
On 3.5 spectacular park like acres! Well set back from the road for added privacy. This renovated 2000 sq ft year round home features 4 bedrooms, master suite with ensuite and gas fireplace, 2 full baths, chefs kitchen, windows galore, gas fireplace in living room, walkouts from practically every room and...views from the house towards the river and the inground pool. Offered for \$589,000.00



Views towards the Dunedin Valley from this 97 acre retreat/hobby farm! Solid bungalow style home with open concept design, hardwood floors, woodstove, main floor living, oversized double garage with mudroom entrance. 2 Coveralls suitable for livestock or storage plus a bonus implement shed. Offered for \$699,000.00

# Edwardian on Mill Street Creemore!

Charm and character abounds in this 4+ bedroom brick home on a large treed fenced lot! Forced air gas heat, hardwood floors, third floor loft! Updated windows, electrical, soffit, fascia, shingles. Bonus 3 bay garage/barn! Come and sit on the front porch for a while!! Offered for \$349,900.00



Just under 2 acres of treed privacy with a custom built 4 bedroom, 3 baths, hardwood, ceramics, wood stove in living room, gas fireplace in rec. room, walkout to the deck for BBQ's, open concept design! Bonus detached heated shop for the tools and toys! Offered for \$499,000.00



Vicki Bell • Broker ringabell@royallepage.ca www.vickibell.ca



1-877-445-5520 ext 233 705-445-5520 ext 233 330 First St. Collingwood

"Your Local Professional Real Estate Broker"

# Junior Braves take provincial title at OBAs

by Fred Mills

The Junior Creemore Braves are provincial champions for the first time since 1996, after winning the OBA Junior "C" Championship last weekend in Richmond Hill. Impressively, the team accomplished this feat in its first season of operation, the original Junior team having folded in 1999.

In the first game of the tournament, Creemore beat Ancaster by a score of 8-6. With the Braves up 8-3 after the fifth inning and the bases loaded, starting pitcher Kurt Roy ran into some difficulties for the first time in the game. A base hit by Ancaster scored two runs. After a walk by Roy a pitching change was made. Adam Van der Heyden managed to get out of the inning with only one other additional run scored. In the seventh inning Van der Heyden walked the first batter and then struck out the next three batters to end the game. Dyer Boyne blasted a solo home run to centre field.

Creemore then went on to beat Tillsonburg 12-2 with Liam Jacques getting the win and Kurt Roy and **Spencer Beelen** hitting home runs.

Creemore handily won their third game, against Cambridge, by a score of 9-2. Luke Weir was the winning

With that win the Junior Braves moved to the semi finals, where they defeated Vaughn 10-7. Liam Jacques



THE 2012 PROVINCIAL JUNIOR "C" CHAMPION CREEMORE BRAVES. Back row: Andy Van der Heyden (coach), Brady Kerr, Jesse Metheral, Luke Weir, Dyer Boyne, Spencer Beelen, Kevin Minard, John Hanna (coach) and Ryan Lachapelle. Middle Row: Kurt Roy, Ricky Darrell, Sid Beelen, Liam Jacques, Adam Van der Heyden and Braydon Hubbert. Front Row: Jamie Hanna and Brandon Watson.

was the winning pitcher.

The Braves were the only undefeated team heading into the final, a rematch against Tillsonburg. If Tillsonburg won this game, another game would have been needed as Tillsonburg had a loss and it was a double loss knock out.

Tillsonburg took an early 4-0 lead in the first inning. A pitching change brought Dyer Boyne into the game in the second inning, and the Braves were able to hold the score at 4-0.

In the sixth inning the Braves scored four runs to tie the game. After seven innings the score remained knotted at 4, sending the championship game to extra innings. Boyne had no trouble shutting down Tillsonburg in the eighth inning. In the bottom of the eighth the Braves managed to load the bases, and with only one out Ryan Lachappelle hit a single to score Ricky Darrell. The team finished the tournament undefeated.

Congratulations to all the players and coaches for a job well done. A special mention and congratulations to Andv Van der Heyden, who brought the team back to the field this season after a 13-year hiatus.

The Junior Braves' NDBL playoff series against the Richmond Hill resumed Monday, but unfortunately Creemore lost 15-2 on Monday night in Richmond Hill and 7-2 in Creemore on Tuesday night to end their season.





Exceptional estate in Caledon featuring 8,000 square foot main house, guest house & staff houses. Situated on 100+ acres this stunning property also features a stream fed. private stocked lake, tennis court, pool and exquisite gardens! Call Basia today for more details!



Country house for rent - "Lyric Pond", which has been featured in shelter magazines & fashion advertising. The 4 bdrm home is an 1843 barn & log cabin situated on 113 acres w/ 5 ponds, 2 streams & trails through the woods on Niagara Escarpment. Perfect for family or couple who enjoy entertaining. Minutes from Creemore,

Bruce Trail, Devil's Glen & Mansfield.

\$5,000/month





Stunning 2+2 bedroom, 4.5 bath home built 5 years ago on 1 acre country lot near charming village of Creemore. Custom tile & stone work throughout. Finished walk-out lower level has 2nd kitchen, living room, family room ideal inlaw suite. Additional detached workshop/garage. Fully landscaped grounds with irrigated planting beds.



Architect's stone, glass & wood 2,000 sq ft residence overlooking pristine & private lake situated on approx. 379 acres of wooded land. Managed forest, 5km hiking trails & Stoney Lake frontage. 170km west of Ottawa & 300km east of Toronto! This fabulous nature lover's retreat is adjacent to a golf course & minutes to all amenities of Barry's Bay. \$1,600,000

### MULMUR AWAITS YOU!

Exceptional 12.75 acre parcel of land with stunning views of the Pine River. Private setting on quiet country road. Adjacent to forests, trails and close to the Mansfield Ski Club, Bruce Trail, Devil's Glen Country Club. The Mad River Golf Club & the charming village of Creemore! \$324,900



BASIA REGAN **Sales Representative** 

143 Mill Street 705-466-2115 basiaregan@royallepage.ca www.basiaregan.com

\$874,900



RCR Realty, Brokerage Independently Owned & Operated

# A collaboration between old world and new

(Continued from page 1)

Fuller, who travelled to the spiritual home of the altbier with Creemore Springs production manager **Brian Egan** last spring. The German city of Düsseldorf has one neighbourhood that was spared during English bombing runs in the Second World War, and it's there, in the cobblestone streets of the Altstadt, that four small breweries continue to brew altbier in the manner that they have for the past 150 years.

Meaning *old beer*, Altbier has been around longer than lager. It's typically mahogany coloured, top-fermented and aged at cold temperature. The resulting taste, according to Fuller and Egan, is crisper and cleaner than you get with the various English styles of ale.

While previous anniversary beers had been homages to European styles, Gaudino hoped to make this one the real thing, so before Fuller and Egan made the trip to Europe, a connection was made with Zum Schlüssel, one of the breweries in Düsseldorf's Altstadt.

Fuller and Egan's adventures at the brewery have been documented online for all to see at www. creemoresprings.tumblr.com, but suffice to say they received a warm welcome and were given hands-on experience, even brewing their own



Zum Schlüssel brewmaster **Dirk Rouenhoff** (left) and **Gordon Fuller**, his counterpart at Creemore Springs Brewery. Rouenhoff will be in town for Saturday's Copper Kettle Festival to attend the launch of the Collaboration Altbier.

batch of Altbier at the old brewery to make sure they had the technique down pat.

And when they left, they were given something very special – a few vials of Zum Schlüssel's proprietary yeast. Thus, the Creemore Springs Collaboration Altbier, as it's officially known, is more than just an homage – it has an element of the real thing built right into it.

"We're really pleased with it," said

Fuller. "It's certainly a big departure for us, and a worthwhile beer to celebrate our 25th anniversary."

The Altbier will have two official launches – the first took place on the evening of Thursday, August 23 at the new Six Pints Beer Academy in Toronto, and the second will take place at 2 pm on Saturday, August 25, during this year's Copper Kettle Festival.

While most of the Altbier will be

packaged in cans and kegs, Creemore Springs' traditional modes of delivery for its products, some of the beer will be given a more traditional treatment, worthy of its ancestry. In Düsseldorf, altbiers are stored in 100-litre casks, and rather than being "pulled" or "pushed" to the taps by gas or pumps, the casks are placed right on the bar. Once tapped, gravity does its thing; glasses are held under the spigot and the beer is poured in. It's said that pubs in the Altstadt can go through a cask in 17 minutes on a busy night – 17 minutes because that's as fast as a cask will empty with the tap wide open, filling glass after glass. It's also worth noting that altbier is served in 200 ml glasses, most likely because, since the beer is served less carbonated than other beers because of the way it is poured, drinking it out of a larger glass would result in a flat beer by the time you neared the bottom.

Some of Creemore's Altbier will be stored in casks, and expect one of those to be tapped during the launch ceremony on Saturday. At that point, **Dirk Rouenhoff**, the Zum Schlüssel brewmaster who will be visiting Creemore for the first time this weekend, will have his first taste of the Creemore Springs Collaboration Altbier.

"That should be interesting," said Fuller. "We're hoping he likes it."





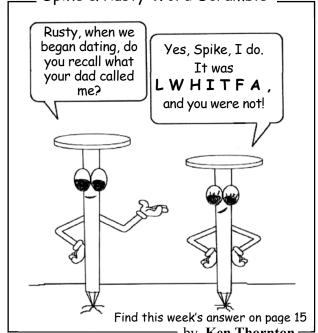
# FUN& Games

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

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

**Answer in The Classifieds** 

### Spike & Rusty Word Scramble \_



# by Ken Thornton -

# Weekend Weather

### Friday, August 24

High 27 Low 16 Winds S 10 km/h POP 10%

### Saturday, August 25

High 29 Low 17 Winds S 10 km/h POP 10%

### Sunday, August 26

Sunny

High 28 Low 18 Winds S 10 km/h **POP 10%** 

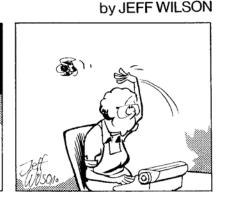
Wishing you a pleasant Weekend **Mad River Golf Club** 



### The AVRIDGE FARM

The biggest news in our correspondence coverage area is that half the employees of the Rockenstone Farm Co-operative were absent from work this week because of the





### **FRED'S FUNNIES**

Some Creemore Springs was spilled on the barroom floor as the pub was closed for the night. Out from his hole crept a wee brown mouse and stood in the pale moonlight. He lapped up the frothy brew from the floor and back on his haunches he sat. And all night long you could hear him roar "Bring on that gosh darn cat!!!"

## Brian's Canadian Crossword

### #189 by Brian Paquin © 2012

### #0189

### ACROSS

- 1 Makes waves
- 7 Makes a beginning 13 Made potent
- 18 Go crazy (2)
- 19 Serious business (2)
- 20 Two-time opponent of Dwight
- 21 More substantial
- 22 Rival of Chapters 23 Lament
- 24 1974 Anne Murray cover tune (2) 26 Move the ball down court
- 28 Not neg
- 29 Author Graham Power And The Glory) 31 Committee of the Queen's
- **Privy Council For Canada** 36 Dodger manager Tommy
- 38 Producer of Neighbours (1952 short film)
- 41 Domiciles
- 42 Disprove
- 43 It pays for
- 45 Famed positive thinker 46 Fashion model Campbell
- 47 I Jeannie
- 48 Just barely beat (2)
- 50 Take a long look
- 52 Cabin components

#0188

Solved

www.

com

cancross.

- 53 Town located in Flanders Fields
- 55 A1, e.g.
- 57 Prov. of Little Mosque On The Prairie
- 61 Actor Davis (Jungle Fever)
- 63 Ran into problems (3)
- 68 Overshadow
- 70 Zapped in a microwave
- 72 Pass a puck illegally 73 Father of Confederation who was assassinated, with 85A
- 74 Broadcasted
- 75 Song from Thriller (2)
- 76 Back-to-school mth 77 Activates (2)
- 79 Generosity
- 80 Reduce in rank
- 81 Forerunner of Diet Coke
- 82 Actor Ribeiro (The Fresh Prince Of Bel-Air)
- 85 See 73A 92 Sequoia size
- 93 IV solution
- 96 Extremely
- 97 CBC Arts Online, e.g.
- 98 American financier Pickens
- 99 Not inclined
- 100 Side dish 101 Tea cakes

# ALLANGREGG ADO M E T B R I E B B I A S F L E W A L A M O D E S T I N K F U S S Y ADESHIRK PAN

### DOWN

- 4 Thaw
- 5 Breakwater
- 6 1981 movie with John Candy
- 9 Open a tad
- 13 Cover in plastic
- 15 Nightstick 16 CBC news anchor Cameron
- 25 Dinner container
- 30 Go to waste
- 32 Sacked out
- 33 CBC news journalist Keith
- 34 Not doing much
- 36 Coach Cahill
- 37 Siloed weapons
- 39 Whup
- 46 Take care of
- 47 Ancient Celtic priest
- 51 Made a delighted sound
- 54 Mattingly portrayer in
- 58 Throb

- 1 Dressed (in)
- 2 Capital of Italia
- 3 Early Cosby show (2)

- 12 Email originator

- 17 Have dinner
- 27 Tip (a puck)
- 29 Outer space outfits (hyph.)

- 35 Not having much
- 42 Deserves
- Apollo 13

- 65 A, B or C, e.g.

- 102 Came down in buckets

- 7 Puts the ball in play
- 11 Boxing outcome
- 14 Hacienda material

- 56 Keen
- 59 Farm food
- \_vision Song Contest 64 Molten metal scum

- 8 Hefty volume
- 10 Weston of ET Canada

- 31 Spear in Newfoundland, e.g.
- 38 Captain of the Nautilus
- 40 Cyber buds
- 44 Mule of The Erie Canal Song
- 49 Creatures that play dead
- 57 Fixes firmly
- 60 Actress Darby (True Grit)

- 66 Rara
- 67 Acquires 69 Protected from imitation 71 Astronaut Mattingly
- 74 Pest at a picnic 75 Minded kids 78 Birds' beds

Saint-Jean, PO

 $80\overline{195}8$  hit by Ritchie Valens

- 81 Walnut and chestnut, e.g. 82 Iron and Bronze, e.g. 83 Daughter of Judy
- 84 Go under
- 85 Because You Loved Me
- Graduate)
- 89 Bacterium
- 95 British head?
- 90 When all \_\_\_\_ fails 91 Green-\_\_ Lady (Sugarloaf) 94 CBS rival
- Singer 86 Actress Bancroft (The
- 87 Relocate 88 Nehilawe

# NEC asks for judicial review of **Duntroon decision**

(Continued from page 1) meeting.

"Today's vote was a milestone," said the CCC's Janet Gillham. "It's evident that the Commission stands firmly behind the NEP."

Joining the CCC in calling for the NEC to push for a judicial review were several groups and municipalities, including the City of Burlington, the Region of Halton, Environmental Defence, Protecting Escarpment Rural Land (PERL), PitSense Niagara Escarpment Group Inc., People for Responsible Escarpment Development Caledon Inc. (REDC), the Blue Mountain Watershed Trust Foundation, the Nature League (incorporated as the Senior League Endowment Society of Collingwood), and the Oakville Green Conservation Association.

The following three Commissioners opposed the motion: Moreen Miller, president of Ontario Stone, Sand and Gravel; Shawn Davidson, municipal representative for Clearview Township and Simcoe County; and John Riley, Nature Conservancy of Canada and the Oak Ridges Moraine Foundation. Chair Don Scott and Grev County representative Paul McQueen declared a conflict.



The 2012 Stayner Hitmen Lacrosse Intermediate Team are Sydney Beelen, James Brockwell, Jesse Bruce, Tyler Chapman, Jackson Clarke, Corey Cramer, Travis David, Colin Dickson, Matt Duits, Derek Fulton, Josh Gunning, Kyle Mathews, Tyler Mattice, Mark McCandless, Mike McCandless, Wesley McLauchlan, lan Parton, Kurtis Pushie, Colin Scott, Dylan Scott, Dylan Walker, Evan Walker and Cody Williamson. Coaches are Bob McCandless, Kent Bruce, Chris Mathews and Scott Morrison.

# Stayner Hitmen come close at Provincials

After finishing a strong season with 17 wins and 5 losses, the 2012 Stayner Hitmen Lacrosse Intermediate team travelled to Whitby on August 7, 8 and 9 to compete in the Ontario Provincial Lacrosse Tournament.

The team had a strong showing at provincials, first playing Niagara on the Lake and beating them 10 -7, then playing Peterborough and winning 7-5, and then moving on to Brantford and winning that game 5-3.

This put the team in contention for the championship

round. In this round they beat London in overtime 4-3 and then went on to take another overtime win against Owen Sound 5-4. This put the team into the Championship game against Mississauga, where Mississauga won 5-2.

The Hitmen came out of the Tournament as the B Division Consolation Winners. Coach Bob McCandless was proud, stating that "each and every individual on our team turned in a terrific performance. They did Stayner Hitmen Lacrosse proud."

# Service Directory •

Auto Mechanic

Valley Auto & Tech





Contact Kelly Martin



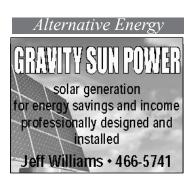
Experienced gardeners

offering custom service

519.938.6197

Pet Care Susan's Grooming Salon PROFESSIONAL GROOMING FOR ALL BREEDS 31 Caroline St. E East entrance OPEN Mon-Fri Call for appointments (705) 466-3746







Make one call - we do it all Over 30 years experience Neil I McAvoy 705.466.3804

Lawn and Garden

Practical Property

Maintenance

Lawns Cut & Trimmed

Spring & Fall Cleanup

Eavestroughs Cleaned . Power Washing

Peter Schulze • 705-716-0480

Free Estimates • Seniors Discount

Plumber

T. NASH

**PLUMBING** 

Servicing Creemore

and surrounding area

705) 466-5807

Licensed and insured

Towing

**Kells Service Centre** 

80 High Street, Collingwood

(705) 445-3421 • Fax (705) 445-7404

For all your towing

and recovery needs!

**TOWING** 

Towing at its best!



Tuneups, repairs and upgrades New computer & network setup 466-2038 Lawyer













TUBO KUEPER • BLACKSMITH 705-718-0061







**Stayner Rental** Limited 7685 Cty Rd 91 • 428-0131

Gardening

The Gardening Angels

For Holistic Help in

Your Garden ... Your Way

We weed, prune, edge, plant,

water, cultivate, topdress, etc.

Residential & Commercial

705 445-8713

**Easy on the Eyes** 

Exterior Painting

NEIGHBOURLY

FREE QUOTES

Advertise your business here for \$15 per week.

Call us at 705-466-9906 or email Sara at sara@creemore.com

# ECHO Classifieds

Submit your classified ad by 5 pm Tuesday: Call (705) 466-9906, Fax 466-9908, Email info@creemore. com,\$15 plus hst for 25 words or less

### **FOR SALE**

Poulan **LAWN RIDING TRACTOR** 17hp, 42" cut, year old. Excellent condition, asking \$800. Call 705-796-5540.

76 **MGB** for sale. Good condition. 60K miles \$4500. Call 705-466-3816.

Contents of fully equipped bead shop for sale. (ready made, sterling, semi precious stones, findings, the works) Formally Cecile's Beads Meaford / Thornbury. Owner retiring. Value \$55,000 – Best Offer. Call Neil at 705-446-6327.

A DAY AT VICTORIA'S Antique Linen and Lace Show and Sale and Summer Tea Garden. Experience the most stunning collection of memories of days gone by in our 1878 Victorian Farmhouse. Discover hundreds of restored linens, laces, quilts, wool and chenille blankets, clothing, gifts for baby and even a Scottish room. Wonderful crystal, silver, china, jewelry, Victorian and vintage prints, needle works, sewing accessories, and rustics. Our Victorian attic hosts Victoria's reading room, period toys, dolls and bears. 24 hour notice required for Tea and Scones or Victorian lunch in the garden. Open daily until October 8 10am-5pm. Accepting cash and cheques. 2 kms east of Stayner on Hwy 26 to Centerline Rd., South 3 kms to Conc.9, East 1 km to "A Day at Victoria's" (5681 Conc.9 Sunnidale, Stayner) 705-428-0445 Cathy

### **GARAGE SALE**

Huge antique sale. 30 year collection at century farm house. Aug. 25&26, 9 am rain or shine. 5681 Conc 9 Sunnidale (Stayner) 705-428-0445.

### FOR RENT

**ROOMS** for rent. Furnished. \$130 per week includes shared living room, heat, hydro, wireless internet, satellite TV, parking. Linens supplied. No smoking. Call 705-444-4852.

New, cute and bright **APARTMENT** available. Ideal for a single person. Non smoker. Large balcony. 18 Nelson St. Creemore. Call 705-520-0101.

### **GOLF IN THE FALL**

Historic Muskoka (Huntsville) COTTAGE across from Deerhurst on Peninsula Lake. Has 6 bedrooms and 2 cabins, completed updated. Available from Labour Day until after Thanksgiving. Maximum 10 people. At least three golf courses nearby. Minimum week's rental. Cost \$2400 per week. Email joanvanduzer@mac.com

Spike & Rusty: **HALFWIT** 

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

### **HELP WANTED**

GRILL FRY COOK wanted immediately. Looking for person(s) for Airport Burger located in Mansfield, Ontario. Will train, Approximate hours Wednesday through Sunday 3pm to 9pm. \$13 per hour Also looking for CASHIER AND COUNTER HELP part or full-time available Wednesday to Sunday 11am to 9pm. Call Martin 647-296-3374.

**SPARKLING CLEAN** house cleaning. I guarantee it! Call Sue at 519-923-6376.

### **DINING**

Friday Night Dinners at Affairs featuring homemade fish & chips, Beer-roasted Quarter Chickens with your choice of sides and spaghetti & meatballs. Open until 7 pm. Dine in or take-out. 705-466-5621.

**The Sovereign Restaurant** is having a "Back To School Kids Eat Free" for up to 12 years old. For the rest of the summer excluding Saturdays. Call for reservations (705) 466-3006.

### **REAL ESTATE**

Rental properties needed now, we take care of everything! Visit www.clearviewlistings.com \_Joseph Talbot, ABR®, ASA, SRES®, AGA, Sales Representative, RE/MAX Clearview Inc., Brokerage. Office: 705-428-4500 Direct Line/Text: 705-733-5821 jtalbot@remax.net "Ordinary Joe, Extraordinary Service" Proud supporter of Children's Miracle Network (Sick Kids)

### **SERVICES**

**BUILDING BLOCKS HOME DAYCARE,** has full or part time care available. For more information or to book a play date please call 705-466-6355

**FLOORING** for residential homes. Installation prices. \$1.50 Sq. Ft, Lamination .99 Sq. Ft. and ceramic tiles \$2.50 Sq. Ft. Call 705-715-4995.

### **IN MEMORIAM**

**JORDAN, James Carter (Jim)** - In loving memory of a dear father, brother, grampa, uncle and great-uncle who passed away August 22nd, 2006, at age 62.

No matter how life changes, No matter what we do

A special place within our hearts Is always kept for you.

Always missed, always remembered, always present in stories - (Do you remember the time Uncle Jim ---) when we all get together. The Jordan family

Give a gift subscription to someone you love. They can receive the *Creemore Echo* by mail, email or both for only \$49.

Call us at 705-466-9906 for details.

### **REGISTRATIONS**

Creemore Skating Club Registration for the 2012-2013 skating season will take place at the Creemore Arena from 6:30 to 8 pm on Wed. Aug 15, Tues. Aug 21 and Wed. Sept. 12. Early Bird pricing available to those who register before Aug 31, 2012. For more information, please contact Annette Belkosky 705-424-9422 or Julie Bigham 705-424-0626 or jbigham 30@hotmail.com. Skating programs available for children 3 years and up to adult figure skating programs.

The GNE Ambassador Committee is still looking for applicants for the Senior Ambassador of the Fair Competition to be held on Friday, September 21. There is a \$1000 post-secondary scholarship available to be won, sponsored by the Rotary Club of Collingwood. Applicants must be 17 years of age by August 1, 2012 and be up to 23 years of age. Applications are due by September 1, 2012. Applications are available online at www.greatnorthernex.com or by emailing ambassador@greatnorthernex.com

### THANK YOU

Thank you to all of the kids in Creemore, big and small for having fun with us at **Just Push Play Arcade** these past 4.5 years. We are announcing the closing of our Creemore location on September 2<sup>nd</sup> 2012. We will be re-opening in Collingwood this November beside the Arena on Hurontario St. Visit our website for details and grand opening information. www.justpushplayarcade. com. Have fun and we hope to see you in Collingwood this November. Yours very truly, **Michelle and Mike Zorychta** 

### **DEATH NOTICE**

DAY, Roberta Nora 'Luceal' passed away peacefully on Saturday, August 18, 2012 at I.O.O.F Seniors Home Barrie in her 101st year. Beloved wife of the late Douglas Day. Loving mother of Barbara Johnson, Ron(Eleanor) and Linda(Jerry) Beazley, predeceased by daughter Cheryl. Loving grandmother of Wanda(Robert) Laforge, Kim(Glenn) Hunt, Darryl(Joanne), Su-Ellen(Steve) Laurin, Cindy(Steve) Novo, Kevin(Charlie) and Kris. Great grandmother of Holly & Nicole Laforge, Oliver & Hugh Hunt, Brayden & Mickenna Laurin, Jesse & Jake Day, Kodin & Kezia Beazley, Abby & Jennifer Novo. Survived by sister inlaws Olive Wilkinson and Ruth Day. Fondly remembered by many nieces and nephews. A funeral service took place on Tuesday, August 21, 2012 at New Lowell United Church at 1 p.m, with visitation commencing 2 hours prior. Interment at Creemore Union Cemetery. In lieu of flowers donations to New Lowell United Church-Building Fund or Creemore Union Cemetery would be appreciated. Friend may visit Luceal 's online Book of Memories at www.fawcettfuneralhomes.com

### **DEATH NOTICE**



HECTOR, Grace passed away peacefully on Thursday, August 16, 2012 at the Collingwood General & Marine Hospital in her 91st year. Beloved wife of the late Douglas. Loving mother of Dianna Hector, Randall Hector and Deborah (James) Tolan. Cherished grandmother of Erin Tolan-Hume (Kyle), James Tolan (Andrea), Megan Tolan (Justin Maydanski) and the late Ryan Hector. Survived by her brother James Shaw, sister Dorothea Rockow and several nieces and nephews. She will be fondly remembered by more than 200 children she fostered throughout her lifetime. Funeral service will be held on Friday, August 24, 2012 at 1 p.m. with visitation 1 hour prior at Fawcett Funeral Home – Creemore Chapel. In lieu of flowers donations to Dufferin Child & Family Services, Easter Seals or The Terry Fox Foundation would be appreciated by the family. Friends may visit Grace's on-line Book of Memories at www.fawcettfuneralhomes.com

# in Creemore Echo really work!

Contact us with your words by Tuesday at 5:

fred@creemore.com or phone 705-466-9906 or fax 705-466-9908

# Tipping the weight loss scale in your favour

Losing weight doesn't have to be difficult. The one benefit of rising North American obesity rates is that the subject is getting more scientific study. Weight loss used to be an emotionally charged process. Eat less, exercise more guaranteed success. Failure was a lack of will power.

Recent studies are showing some simple changes that can gradually shift the weight loss balance. These actions are doable whether you are the chronic yo-yo dieter or the morbidly obese, putting health at risk with night-time snacking.

Up to 75 per cent of the calories we consume keep us alive by supporting involuntary functions such as heart beats, breathing and digestion. Weight loss benefits when we maximize these actions and boost our metabolism. Using muscles burns more calories than using fat does because the heart (which itself is a muscle) is working off those calories pumping blood through the muscles. So walking is a good start for anyone not doing regular exercise. But gradually adding weight resistance is the extra pay-off that shows quickly on the scale.

Rather than dreading the upcoming winter with its heating costs, get a free warm-up by making your muscles do the work. Bundle up for a brisk walk outside, bring up your heart rate and guaranteed your home will feel toasty when you return. Likewise, drinking water speeds your metabolism by 40 per cent as your body heats the water to your internal temperature.

You can continue to feed those hardworking muscles by including enough protein in your diet. Lowfat protein requires more calories to digest so making good food choices is a better option than merely reducing overall food intake. Initially, high protein diets missed the mark by also being high in fat. The varied uses of vegetable proteins such as soy and legumes, however, has improved so much that entire programs, such as Ideal Protein brand products, are leading participants to great success. Adding Green Tea, cinnamon or hot peppers to your menu can also stimulate your metabolism.

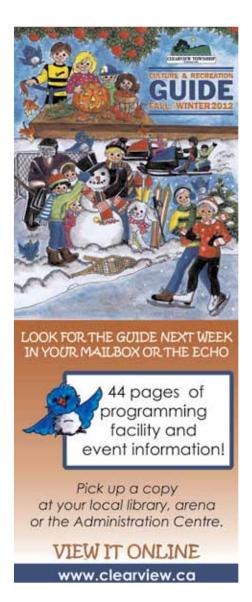
Fats, sugars and simple



carbohydrates add taste but they also add stress to your pancreas. Along with obesity rates, diabetes is also on the rise. Whereas a century ago you might consume one pound of sugar annually, we're now eating 100-200 pounds in a year – not hard to do when four grams of

sugar equals one teaspoon. Once your pancreas is not over-producing insulin to cope with the sugar hits, your muscles are forced to get their energy from those fat cells sitting around your waist like an unused bank account. This is another benefit of protein-focused eating.

Along with the right foods, balanced activity and plenty of water, the final change to add is a good night's sleep. Insufficient rest creates hormone imbalances that slow metabolism and increase food hunger. If you can't get seven to eight hours at night, have an afternoon nap. And don't feel guilty about it because after all it's for a good cause: your good health.



## thecreemoreecho.com



We know that there's a lot to see and do online. That's why Xplornet offers high-speed Internet service that is truly high-speed, with packages available as fast as 10 Mbps.<sup>2</sup> And it's also why we offer monthly bandwidth allowances as big as 100 GB. That's a lot. How much is it? It's enough to stream 225 movies, download 25,600 photos or listen to Internet radio 24-hours a day.3 Because when it comes to the Internet, you shouldn't have to settle for less. What do you want to do online?

CONTACT YOUR LOCAL DEALER TO FIND OUT HOW YOU CAN GET XPLORNET TODAY.

**Global VU** 1.855.631.4996





'Limited time offer. Subject to change without notice. 100 GB monthly allowance available for an additional \$5 per month with all 4G fixed-wireless residential packages excluding "Starter", with a minimum 2 year contract, where available. \$49.99 price assumes Essential package at \$44.99 per month with \$5 bandwidth top-up. Offer applies for duration of contract term. Once original contract term ends, standard national usage allowance and additional bandwidth charges apply. Activation fees apply on contract terms of less than 3 years. Monthly Service Fee includes \$5/month rental cost of Subscriber Module Equipment. <sup>2</sup>Actual speed online may vary with your technical configuration, Internet traffic, server and other factors. Traffic management applies to all packages. For details visit Xplornet.com. <sup>3</sup>Estimate only for illustrative purposes. Assumptions: movie is 450 MB, photo is 4 MB, streaming Internet radio is 60 MB/hr. Actual experience may vary depending on specific file sizes. Taxes will apply. Xplornet® is a trademark of Xplornet Communications Inc. © Xplornet Communications Inc., 2012.









705.445.5454



Converted 6 bedroom century commercial space with soaring ceilings and loft-like open plan living. Main floor bedroom, den and full bath adds options. Perfect family home or commercial opportunities. \$399,000