

# CROWE

APRIL 30/2017 • BARRIE'S INDEPENDENT VOICE • VOL 17 ISSUE 6 • FREE



**McDonald's**



**All day breakfast**



**MAKE YOUR**



**OWN**



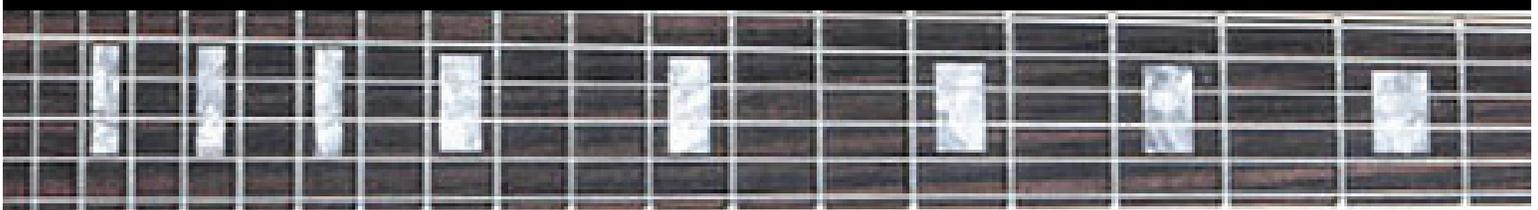
### **This Kinda Life**

Apryl Munro was born in April, and is in our April edition



### **Doug Shipley**

As some predicted, is going for higher public office



# Make your own Egg McMuffin® for less money



Everything you need to get started



Beating the system at a savings of \$2.75 each time



Corporate breakfast at left, homemade at right

First, you need the Hamilton Beach breakfast sandwich maker. It is available at Sears and Wal-Mart and other places. \$35.00, taxes in.

I tried to buy all the food “no name” brand. They were out of their ham, so I had to get Schneider’s. An Egg McMuffin® is \$3.77 with tax. Buy the food yourself, each egg is 0.16¢, each slice of ham is 0.50¢, each slice of cheese is 0.11¢ and each muffin is 0.25¢ for a total of \$1.02 per homemade Egg McMuffin and for a savings of \$2.75 each. After you make thirteen of your own, you will have saved \$35.75 over the McDonald’s price and the Hamilton Beach sandwich maker has paid for itself. Even cheaper, with no name ham.

It gets better. An Egg McMuffin® is 290 calories: [www.mcdonalds.ca/ca/en/menu/full\\_menu/breakfast/egg\\_mcmuffin.html#/](http://www.mcdonalds.ca/ca/en/menu/full_menu/breakfast/egg_mcmuffin.html#/)

Of the food that you buy yourself, the egg is 70 calories, the ham is 20, the muffin is 130 and the cheese is 35 for a total of 255 calories. The one that you make yourself is 35 calories less!

Cleanup? There is none. The excess melted cheese and egg dries to form a smooth, thin, crispy and tasty substance that is removed easily for an extra, bonus snack. It doesn’t go bad, either. It is like a potato chip. The other great thing is that you can add your own seasonings to the egg just before cooking. Add some extra pepper or hot sauce, for pennies, and you have beaten McDonald’s again, at their own game.

Eggs Large Wht 12EA	\$1.97
Comp WW Eng Mfn 6s	\$1.49
Chs Slices Ched Thin	\$2.77
Sch/Cook Ham	\$3.99

SUBTOTAL	\$10.22
TOTAL TAX	\$0.00
<b>TOTAL</b>	<b>\$10.22</b>
Master Card	TENDER \$10.22
Cash	CHANGE \$0.00
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## FROM 2000

*Do you like this magazine? Even a little? I mean, there had to have been at least a few editions you have liked for the past sixteen years, right? Then why not give a dollar, or a lot more dollars, to The Crowe Team, which consists of me, and at least one imaginary friend. And my taste for expensive booze. Just go to [www.thecrowe.ca](http://www.thecrowe.ca) and hit the Donate button in the middle of the home page. Then anonymously and silently, give me your money, via PayPal.*

*Why not? At least it's a choice, not forced, like when the government does it. The local banks do not help me, so you should. Now! Don't think about it, do it!*

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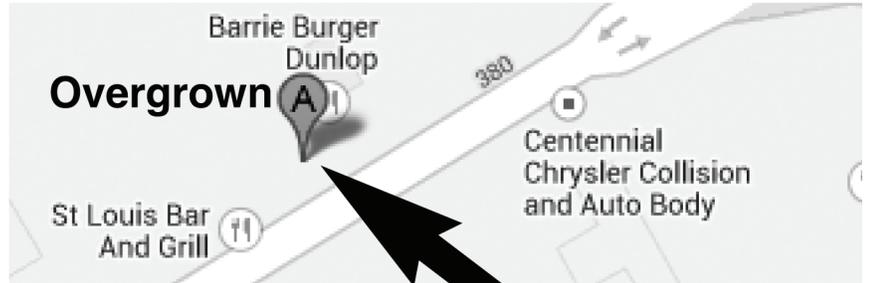
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 dolomitic lime  
 and a special, ready to go  
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 TOWN AND EXPERT ADVICE. THAT'S EVERYTHING!  
 WHAT? YOU WANT MORE? THEY EVEN HAVE CUTE  
 LITTLE MINI GREENHOUSES.**

# NOW GET GROWING!

# Not done paying tribute to Chuck Berry



**The late Chuck Berry's main guitar, the Gibson ES-335**

I never met Chuck Berry and I don't know if he ever played Barrie.

I wish that there was more of a local angle. For the previous edition, I went to his official website, [www.chuckberry.com](http://www.chuckberry.com), and told you to go visit it. And, I said I was going to do a story on his guitars. And so, I wanted to go to the local Gibson



**Jason at Music Pro with an Epiphone Sheraton II Pro, left, and a 2014 Gibson ES-339 Studio, right**



**Chuck Berry and his ES-335**

dealer, Music Pro, and get some pictures of the actual guitar, the one that Chuck Berry used the most, the ES-335.

Because there is no local angle for me to write about, I wanted to create one. And unfortunately, Music Pro was sold out of the ES-335, which is sort of a good thing. What we have there, at left, is an Epiphone Sheraton and a Gibson ES-339. Gibson owns Epiphone, by the way. Both are semi-hollow bodies, like Berry's ES-335. That makes all the difference, and provides the sound that solid body guitars don't have. Both of those two guitars are pretty close to what Berry used, and if you could combine the two, they sort of would become an ES-335. The Sheraton is \$979.00 and the ES-339 is \$1,799.00.

I will check for next month to see if another ES-335 comes in. Yeah, it's easy to just grab a picture off the internet, but to actually show the guitar in the city would be more cool. There will be more Chuck Berry next month, no matter what.

## Big Pink at the Community Wholeness Centre



*Music from Big Pink* is the debut studio album by The Band, released in 1968. It also makes for a cute headline for this picture. That is the display at the Community Wholeness Centre (CWC) for Day of Pink, which took place on April 12. That day is about anti-bullying and the website is [www.dayofpink.org](http://www.dayofpink.org). The website for the CWC is [www.cwcbarrie.com](http://www.cwcbarrie.com). The CWC is located at 59A Maple Ave. That display was the biggest one in the downtown area and it will be up for a few more weeks, at least.

## This Kinda Life still funny, regularly updated



Sarah Lajeunesse and Apryl Munro at [www.tklmedia.ca](http://www.tklmedia.ca)



Talking playoffs of many sports, while gently making fun of the Toronto Maple Leafs

When Sarah Lajeunesse and Apryl Munro got a gig with Bell Fibe TV1 in February, I thought they would give up on their internet posts. They didn't, and continue to be just as funny as ever. Recent posts include: "Lies we tell our husbands; Lies we tell our kids; How we lost our cool; Lip sync challenge; B'vr Balm review," pictured above, and "Sports widows."

If you have not done so already, please take a few minutes and check out their website, [www.tklmedia.ca](http://www.tklmedia.ca). They're a lot funnier than any local radio morning zoo.

# A prediction from the archives comes true

Folks should pay more attention to this little magazine.

What else is there? Two local newspapers, neither of which is worth a damn, and both of which are moving closer to becoming slightly different versions of *Snapd*, which is itself, a chain gimmick with no local autonomy, whatsoever. Want to know how bad *The Barrie Examiner* is? Area YouTuber, Paolo Fabrizio, also known as The Pizza Artist, had a column with the *Examiner* for a few years. He got fired from it, with not even a chance to say goodbye.

***He was specifically told that he could not criticize Mayor Jeff Lehman.***

Yep, the *Examiner* prints at more than 50,000 copies per edition, and it paints a false picture, which it thereafter, protects. There are no “voices” there, at that paper. There is just one: It is a left wing paper. Which is fine, no law against that. Just know that it is not objective, and giving you real reports, a lot of the time. It is every bit as biased as campaign literature for any one candidate, in any election.

I have a bias, too, a right wing one. The difference is, I admit it. I am honest. *The Barrie Examiner* is dishonest, a pretender and a poseur to what I do, for real.

Alright, enough of that. Back when the *Examiner* had a little something off their own beaten track, Fabrizio wrote a column and in passing, said that Ward 3 Councillor, Doug Shipley, was “an absolute diamond in all of the political turmoil these days.” And, he hoped that Shipley would run for higher office. Fabrizio wanted him to run for mayor, and Shipley has since entered the race for the candidacy of the Progressive Conservative Party in the riding of Barrie-Innisfil. And so, a prediction or a hope that Shipley should run for higher office has been realized. Good enough for me, anyway. Here is that column, with the internet link to it, at the top of this page.

–Darren Roskam

## **Councillors might be diamonds in the rough PAOLO FABRIZIO, Liberty Rules Thursday, June 13, 2013**

Are you sick and tired of me always having negative things to say about our government?

Maybe you think our government on all three levels is doing a great job and that all I have to say is sour grapes?

I wish I could come here today and write about how great the government is and how all the government workers out there have you, the high taxpaying citizen, in their best interest.

I wish I could talk about how transparent our government is and that we all know how much our civil servants are making and that all our politicians are hard at work on how they can save us money and give us better service.

Maybe you would like to hear how amazing the gas-powered hydro plants are doing and how they are producing energy at an amazing low cost?

What about the great service our senators are giving us and the great amount of overtime they are putting in, all in the name of giving us, the taxpayer, a great return on our dollar.

I would love to tell you that Mayor Jeff Lehman and his staff are

bringing you all those high-paying jobs that were such a priority during the last election.

I wish I could but I can't.

The Prime Minister's Office (PMO) is a mess and is plagued with scandals.

We will never know how the gas plants will do, as the government decided to shut them down before they ever had a chance to get fired up at a cost of a measly \$585 million (I still think that cost will go up, especially when they start dismantling them) and our overtime mayor has us believing that \$12 an hour is a good, high-paying job.

It's very hard these days to have any faith in our government; all they have given us lately is examples on why we don't need them. Well at least we don't need most of them.

But wait friends, here in Barrie we have a glitter of hope on the horizon.

I am very critical of different politicians and branches of government and I always let you know about it, so when there is a positive government story I should be just as vocal.

Here in Barrie we have two local politicians that have absolutely restored my hope that Barrie might have a bright future.

Our council is loaded with councillors that should be paying us rent for taking up those seats at Barrie City Hall, but Ward 6 and 3 councillors have both gone way beyond their duties.

Michael Prowse has always been a good politician, but he has really taken over city hall.

I watch this guy and all I can think to myself is that he does not belong at city hall; he should be our MP or MPP, that's how good he has been.

I have received e-mails from readers writing about how Prowse has helped them or that he has responded so quickly to a e-mail or phone call.

It's hard to find any negative words to say about Coun. Prowse; all I can say is thank you for giving me something positive to write about.

The absolute diamond in all of the political turmoil these days is Coun. Doug Shipley.

This guy is everywhere and does it all for his constituency.

In all my days of following politics, I have never seen a politician that has done so much.

I cannot find a single person in Ward 3 that has a negative thing to say about Shipley.

I have been told by residents there that he still door-knocks and is always having local meetings to keep residents aware of what is going on in the city.

I can only dream and hope that Coun. Shipley would consider running for mayor, as he would bring to this city what it so desperately needs.

Hope!

Paolo Fabrizio is a freedom and liberty activist. Visit [libertyrules.ca](http://libertyrules.ca), his Liberty Rules Facebook page or e-mail [paolothebaker@yahoo.ca](mailto:paolothebaker@yahoo.ca).



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



**Hey!**  
**Spoiled food is garbage, so leave it on the ground and it will feed starving animals and be naturally recycled. Thanks.**

**TIP**

Where does garbage go? Want to know how a garbage bag works? Anything else you need help with, to justify our government jobs? Visit the website, you ignorant putz, at: [barrie.com/WhereDoesItgo](http://barrie.com/WhereDoesItgo)

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[barrie.ca/RethinkWaste](http://barrie.ca/RethinkWaste)