

'Biggest Loser' now in Orangeville

By REBEKKAH GRANT
Co-op Student

Weight. Everyone has it, no one likes it. When it comes to losing it, it can be difficult for some people. That's why Mike Tongi has developed a program for people to make losing weight easier. Mr. Tongi got involved in this program after joining Herbal Life about three years ago. Founded 28 years ago, Herbal Life is a nutrition and weight-management company, with branches worldwide, mostly in the USA and Canada. "[Herbal life] and I decided to put this program together to help as many people as we could, to give them value and resources about losing weight," said Mr. Tongi, who came to Canada from Switzerland more than 10 years ago, and has started

his own program for weight loss. With some people nick-naming it "The Biggest Loser Orangeville," Mike Tongi is hoping to expect a good turnout. The program, which lasts 12 weeks, costs only an entry fee of \$29. After the 12 weeks, Mr. Tongi has a special present lined up for those who lost the most pounds. All the money that goes into the program will be donated to a special "pot" prize. At the end of the program, the top three people who lost the most weight, most inches, and most percentage of weight will be rewarded. The person who loses the most pounds will receive \$500, the person who loses the most inches will receive \$300, and the person who loses the most percentage of weight will get \$200. With this prize lined up,

Tongi expects more people will show up. "Money can be an incentive," he said. Mr. Tongi also works for Herbal Life, and promotes this program to people who want to lose weight, and keep it off. He started this program to help give people lots of value, and to help them get healthy. And most people are responding well to the program. "I think it's a really great idea," Orangeville resident Lisa Stowell said. "It's a fun way to get active, to learn and to help educate on some of the things in which we need to learn about obesity and healthy lifestyles. Plus, it's a good way to get motivated, when there is someone there to help you." Some people, on the other hand, don't share this sense of optimism. There are some issues regarding how well the

exercises and healthy eating will work after the program has ended. "You need to really keep it up after it ends," Another Orangeville resident said. "It's not like he can come to your house everyday and tell you what to eat, and how to exercise." Mr. Tongi has this to say about that: "I told everyone on the last day, it's now up to you whether or not you want to continue this program, or if you want to do it on your own." But he advises that if you want to continue it on your own, it can be hard to keep up with that new lifestyle. If you are going to do it on your own, he suggests to keep researching about exercising and weight loss. Despite some of the negativity, the program is still going strong with over 300 people signing

up. Unfortunately, he can only take a certain amount of people per program. "I signed up 120 people for this last program," he said. Mr. Tongi plans to have four programs a year, and the second program in Orangeville has already started at Millennium Tae Kwon Do. "I'm getting everything ready for the next meeting." And anybody can sign up. Teens, adults, men,

women — it doesn't matter who, as long as you are there for the bigger picture; losing weight. He doesn't treat any of them differently, no matter what age you are. With the rate of obesity rising, most teenagers and adults are feeling pressure from the media to lose weight and be perfect. "It can affect people in positive and negative ways," Mr. Tongi said. "Many products and books and advertisements

out there about health and fitness, and I always tell people to do their own research. Whatever works best for you." The Tongi weight loss program is a non-profit, promotional program from Herbal Life, but he does have products that he's going to promote. "It's up to them," he says of his products. "I'm not twisting anyone's arm." Since moving from Switzerland to Canada,

Mr. Tongi has seen a change in fitness. Having access to corner stores 24/7 and seeing people eat more, is only one of the things that has motivated him to start this program. With this program attracting so much attention, many people are expecting results. But don't get discouraged if you find yourself not following the regime after the first couple of days. The long-term motivation is the key.

Humber College campus delayed anew

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with the addition of a retractable wall in one of the larger rooms. As well, the campus plans to stagger class scheduling as the enrolment grows. In a news release, Humber said the Veteran's Way campus will eventually accommodate 2,000 students, primarily in diploma programs and will be well positioned to respond to the needs of local business and industry. Degree and

apprenticeship programs will be added as student demand increases. "The Veterans' Way campus will have a number of environmentally friendly and sustainable features including area reforestation, geothermally condi-

tioned buildings and ground water pollutant reducing systems." The proposed campus is described as "a strategic initiative for the college," and Humber says a request for funding has been submitted to both the provin-

cial and federal governments. "Humber looks forward to working with the Orangeville Town Council in moving this project from the planning stages, to final construction and to the arrival of students."



Photo/MIKE MALONEY

ORANGEVILLE BAPTIST CHURCH officially opened their new 13,000 sq foot addition this past weekend. Featuring a new 250 seat multi-purpose auditorium, the upgrades to the facility also include new office spaces, new nursery as well as stage and AV upgrades. Participants on hand to help Senior Pastor Earl Marshall and Associate pastor Dan Brubacher cut the ceremonial ribbon were, Orangeville and Mono mayors Rob Adams and Lorie Haddock, Dufferin Caledon MP David Tilson, Paul Stanley from PBS Construction, Hans Muntz, Building Team chairman and Mark Hicks and Ivan Dickinson from Dickinson and Hicks Architects.

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March 27th, 2009

APPLICATION FOR DRAFT PLAN OF SUBDIVISION (DPA 2003-01)
APPLICATION FOR ZONING BYLAW AMENDMENT (ZBA 2003-06)

GLEN SCHNARR & ASSOCIATES INC.
on behalf of 744154 ONTARIO LIMITED, 789172 ONTARIO LIMITED, AND PINE GLEN FARMS LTD.

A PROPOSED RESIDENTIAL SETTLEMENT PART LOTS 1 AND 2, CONCESSION 2 EHS

Pine Glen Farms Ltd., have made application to the Town of Mono to amend Zoning Bylaw 78-1, with an accompanying Draft Plan of Subdivision (revised to October 2008), to permit the establishment of 322 single residential lots at Part of Lots 1 and 2, Concession 2 EHS, on approximately 170 acres. Servicing is proposed on communal water and sewage systems. Access is proposed from First Line EHS and an extension of French Drive, with signalization proposed at the intersection of Highway 9 and First Line East.

Town of Mono Council received the Applications as complete in accordance with the Planning Act in November 2004 and undertook a circulation for comments in December 2004. The proposed development was incorporated in the Town's updated Official Plan (OPA #32), approved in 2006. In December 2007, the application was revised to delete the proposed accessory golf course; delete the golf course condominium blocks; increase the single lot unit yield from 302 to 326 single lots; revise access points to the subdivision; and was the subject of public hearings by the Town Planning and Environmental Advisory Committee in April 2008.

The applicant has continued to address concerns raised during the public hearings and from interested agencies. The Town has continued their peer review of the applications. A revised draft plan has been submitted (dated October 2008).

In accordance with Section 17(15) and 34(12) of the Planning Act, Town of Mono Council will hold a Public Meeting on **TUESDAY, MAY 12, 2009 at 7:15 p.m.** in the evening at the Town of Mono Council Chambers located at 347209 Mono Centre Road, 3.5 kms east of Highway #10/24. The meeting is being held to review the revised plans to provide an opportunity for comments on the proposal. The above noted planning documents may be adopted/approved at this meeting.

The Town's Planning and Environmental Advisory Committee will be further considering these amendments on Tuesday, April 28th, 2009 at 7:00 p.m. in the evening, at the Town Council Chambers, at the address shown above. The Planning and Environmental Advisory Committee will only make recommendations to Council and does not make statutory decisions on applications.

If you are unable to attend, the plans may be reviewed at the municipal office during regular office hours. Written submissions are encouraged prior to the meeting. For further information, contact the Town of Mono Planning Department at 519-941-3599 Ext 26.

If you wish to be notified of the adoption of the proposed Zoning Bylaw Amendment and Draft Plan of Subdivision, or of the refusal of the request, you must make a written request to the Town of Mono. If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Mono before the proposed Zoning Bylaw Amendment and Draft Plan of Subdivision are adopted, the person or public body is not entitled to appeal the decisions of the Town of Mono to the Ontario Municipal Board. If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Mono before the proposed Zoning Bylaw Amendment and Draft Plan of Subdivision are adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

A key map and draft subdivision plan is attached.

Mark Early, MCIP, RPP, CMO
Director of Planning/Deputy Clerk
Town of Mono
347209 Mono Centre Road, RR1
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PLAN NUMBER 7-4-887 SPACIOUS HOME

This spacious home, with loads of curb appeal, is designed for today's family, offering room to grow and both casual and formal living areas. The separate living and dining rooms are roomy enough to accommodate large groups for entertaining, and include features that lift these rooms out of the ordinary. A champagne bar off the living room is an example — just the place to prepare drinks for a party or a holiday gathering. The exterior design includes huge feature windows, extensive use of brick accents and a striking entrance marked by columns. Natural light will flood through the many oversized windows throughout the home, and nine-foot ceilings will add to the feeling of airiness and space. From the foyer, an impressive view of the large living room and the champagne bar, set into an alcove, welcomes visitors and family members alike. Separating the living and dining rooms, a three-sided fireplace's cosy glow will reach both rooms. The dining room includes a buffet niche, which will expand storage space and make serving elegant meals a breeze, while french doors open onto a terrace, perfect for al fresco meals during the summer months. The informal living area at the rear of the house offers an abundance of space for family members to enjoy activities together or individually. In the kitchen, the cook will have no trouble staying in touch while preparing meals. A raised eating bar along the kitchen counter provides seats for snacks, tea or a quick meal, and a telephone desk is a useful addition to any kitchen area. The breakfast nook is set into a charming bay window, ensuring this will be a popular spot for many casual family meals. The spacious family room includes entertainment units flanking the gas fireplace and a door to the outsize terrace. Design features in the study include french doors and an attractive bay window. A powder room, laundry room with access to and from the garage, and coat cupboards complete the main floor layout. Upstairs, the sleeping area includes the master bedroom, with a walk-in closet and ensuite, and three family bedrooms, which share the main bathroom. An unfinished basement offers space for a media or recreation room, as well as extra bedrooms or a home office, as required. The home measures 59 feet, 8 inches wide and 52 feet, 4 inches deep, for a total of 2,752 square feet of living space.

Plans for design 7-4-887 are available for \$787 (set of 5), \$883 (set of 8) and \$944 for a super set of 10. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges.

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