

## 'DARLING' SHOW OF SUPPORT FOR KIDS HOSPICE

Darling Home for Kids supporters got in the swing of things recently at Glencairn Golf Club, raising nearly \$60,000 for the children's hospice.

The 21st annual golf classic was presented by longtime sponsor K-G Spray Pak.

Joining them as supporters and ambassadors of the home were the Darling/Eagen Family, Dufferin Aggregates, E. Hofmann Plastics, Belden Canada Inc., Maple Leaf Painting, NAK Design Strategies, Bayshore Home Health, Brand Loyalty, Dane Creek Capital, MNP LLP, ROCKWOOL, Sargent Farms, Tandia, the Hart Dattoo Weath Management




Group, Univar and UPS.

The event included exciting guests, entertainment and fundraising activities on and off the course. Golfers were challenged to "Beat the Pro,"

enjoyed the tricks and talents of Golf with Attitude by Todd Keirstead, played games from Dave & Buster's and challenged their skills off the tees with a Hole in One for \$25,000!




Darling Home for Kids photos  
Above: Darling Home for Kids Guardian Michele Darling hugs home patient Cris. Above, left: Shawna McNabb of Dufferin Aggregates swings away at the Darling Home for Kids' annual Golf Classic.

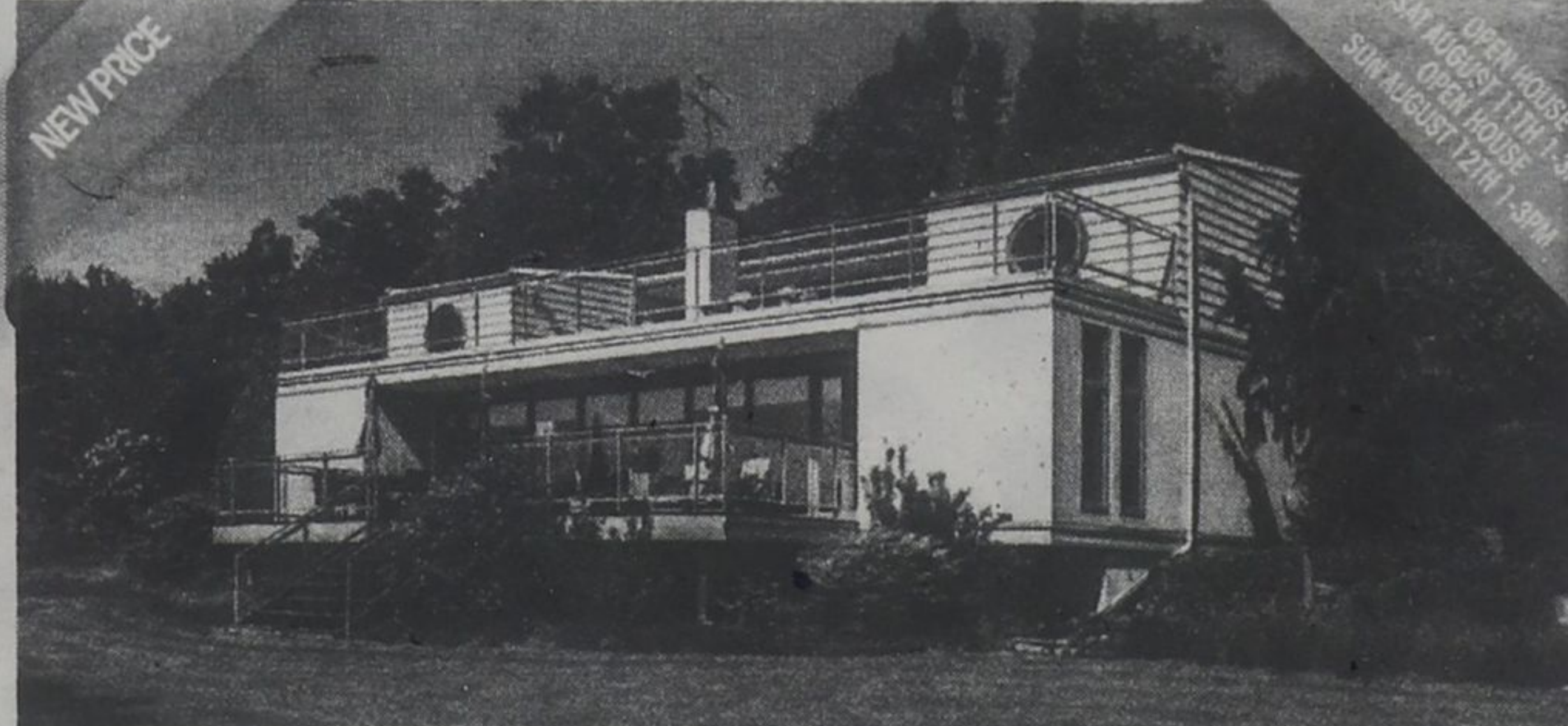


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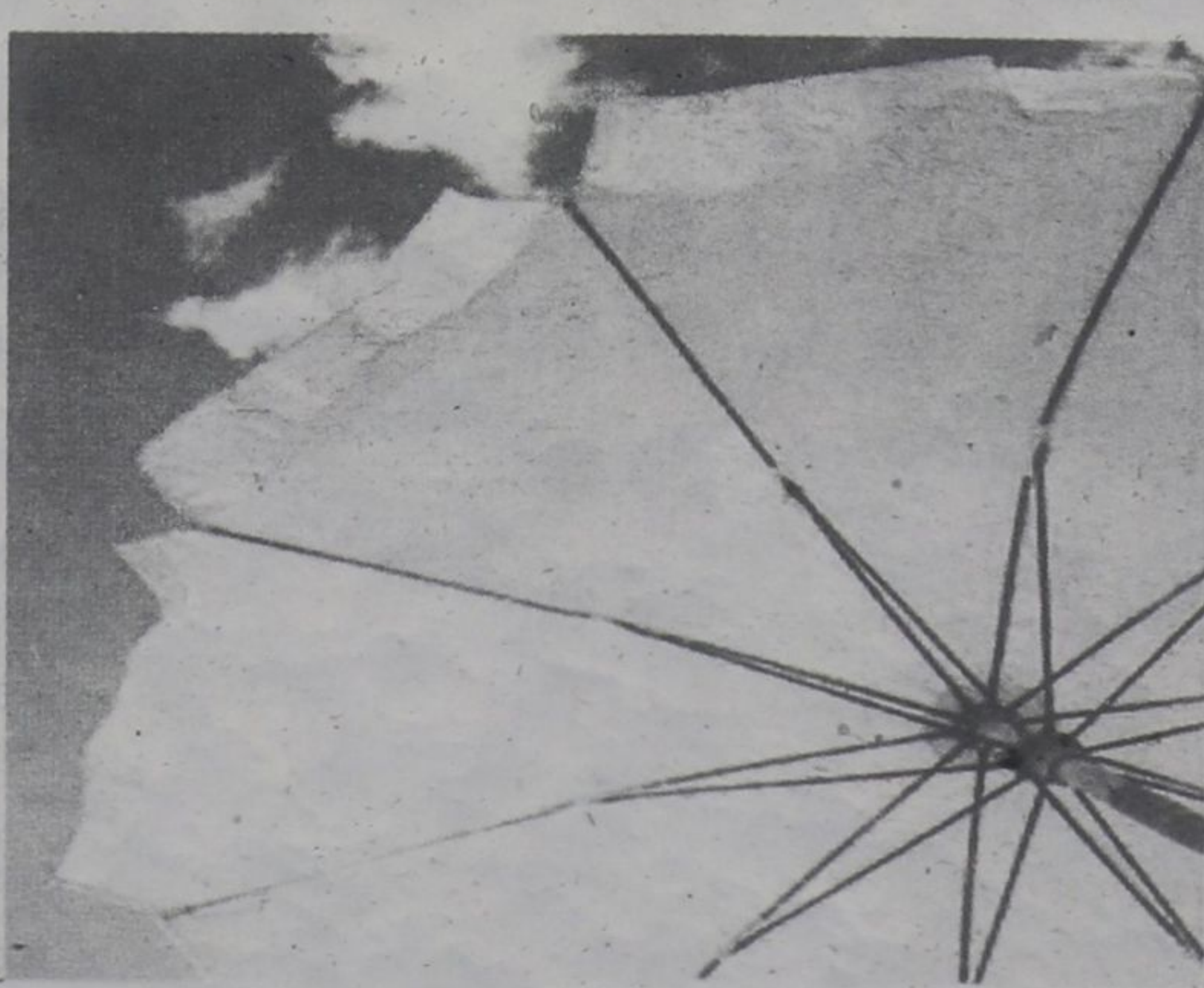
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## 5 WAYS TO STAY COOL WHILE SAVING ENERGY THIS SUMMER

**Temperatures are rising, and many of us are reaching for the thermostats to stay cool. But there are also energy-efficient ways that will help you stay comfortable while controlling your costs.**



- Check out these tips from Hydro One:
- 1. Open the windows on breezy days**  
Ventilation is the least costly and most energy-efficient way to cool your home. Open a few windows to create cross ventilation and let a refreshing breeze come through.
  - 2. Put food on the grill**  
Using large appliances like your oven when cooking can add a lot of indoor heat. Cook outdoors on the barbecue instead.
  - 3. Draw your curtains**  
Keeping blinds and curtains closed during the day blocks out sunlight and will help keep the cool air inside.
  - 4. Take care of your thermostat**  
Keep your thermostat out of direct sunlight. Set it to 25°C when you are at home and raise it to 28°C when you leave the house for optimal energy efficiency.
  - 5. Invest in a ceiling fan**  
Having a ceiling fan will allow you to raise your thermostat settings and save energy without affecting your comfort. Set the fan to spin counter-clockwise to create a downward cooling breeze instead of running the air conditioning.

John Cavan is an Approved Mortgage Planner with Mortgage Architects. Mortgage questions and concerns can be directed to John Cavan's office, located at 14 Martin St., Milton. John can be reached by phone: 905-878-7213 or by email: [john.cavan@mtgarc.ca](mailto:john.cavan@mtgarc.ca). John Cavan's website is [www.stressfreemortgage.ca](http://www.stressfreemortgage.ca). Contact John today about your stressfree mortgage opportunities.