

THE GREEN HILLS Gazette

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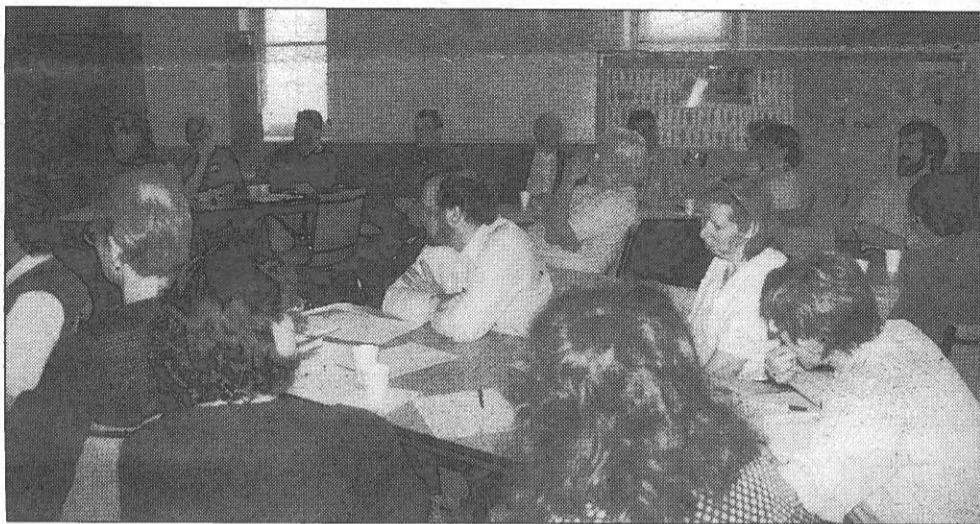
CELEBRATING LIFE IN CAVAN, MILLBROOK, AND NORTH MONAGHAN

"Build on the past, celebrate the present, promote the future"

By Deborah Luchuk

Economic development will "build on the past, celebrate the present, and promote the future", as a diverse cross-section of the township's groups and individuals work together to create a sustainable, positive quality of life in Cavan-Millbrook-North Monaghan. Over 40 people representing municipal council and recreation staff, non-profit groups, churches, businesses and environmental groups gathered Saturday, March 28 at a public Economic Development conference organized by the Millbrook & District Chamber of Commerce.

In this day long event, participants worked in large



Economic Development Conference eyes future municipal growth

and small groups to hash out a community economic development plan for the new township. Participants

identified several factors needed to ensure sustainable community economic development:

1. current resources must be identified, evaluated and utilized
2. total community

3. ongoing dialogue to uncover rooted values and build common vision
4. ongoing, effective communication
5. setting achievable goals and objectives
6. regular assessment of progress in meeting goals

A yet to be established community economic development steering committee will operate with these factors in mind. The Economic Development Steering Committee, hopefully representing a wide ranging cross section of community members, will participate in "networking" with the groups they represent, as well as others. By working across sectors of society, those who are steering the community economic development process will be able to access as many views, ideas and concerns as possible to plan effectively for all residents.

Going deeper into the process of planning, the conference group identified some common guiding principles for community economic development for this particular township. These include:

1. creating a process that is socially responsible (looking after those in need)
2. respect for, and openness to diversity
3. working by cooperation and consensus
4. working to sustain and enhance quality of life
5. being proactive and participatory (including all residents)
6. respect for historical, cultural and natural heritage
7. full accountability to the community

An interim group of Chamber of Commerce members, municipal councillors and others from the conference, will work together to plan another session to create a community economic steering committee later in the spring.

Organizers would like to hear from residents and community group leaders who would be able to share their ideas, concerns, and/or plan for sustainable economic development. Interested Cavan-Millbrook-North Monaghan residents are encouraged to call the Chamber of Commerce for more details (932-7007), or e-mail to milbrook@peterboro.net. ♣

Recreation a whole new ballgame

By Katherine Luchuk

Recreation will have an important role to play in creating a positive, amalgamated community, and improve the quality of life for the township's diverse citizens if newly appointed recreation staff have anything to say about it!

If there was unlimited access to money and resources, newly appointed Recreation Programmer for the Township, Maureen McElwain "would invite all residents to a gathering where they could make one request for recreation" and all of these would be honoured. However, because there will be a budget to consider, she and Rick McGee, Recreation Facilities Manager, will do their best to act on as many requests as possible for recreational programming.

Rick hopes recreational programming will "empower the community", and have a significant role in "making this municipality the best as far as recreation and parks (go)."

As the new recreation facilitators for the Township of Cavan-Millbrook-North Monaghan, Rick and

Maureen have a sizable portfolio overseeing several facilities and parks, programming and special events throughout the three ward areas. One of their key objectives is to "(maximize) facilities to meet their potential by utilizing what we have now," while taking "inventory of current needs amongst user groups and eventually to expand upon those to follow up on further initiatives," Rick said. By facilitating community efforts and concerns, and encouraging community action, the ultimate goal of "effective and efficient (recreation) operation for residents and visitors in this municipality" can be achieved.

The amalgamation of the three wards means a greater diversity of programs, facilities and recreational interests must be taken into consideration for a comprehensive recreation plan. A welcome boost for the work ahead will come in the form of a grant from the City of Peterborough to North Monaghan ward, to the tune of \$25,000 a year. North Monaghan councillor Gerald

Downer announced the funding at the March 19 public recreation meeting, which is for "recreation and culture".



In order to provide a balance between more active forms of recreation, such as team sports, and cultural activities, such as art classes, Rick and Maureen are counting on community residents to share their ideas for programming. The quality and quantity of recreational programming will depend on "dialogue between individuals representing these various groups and interests," Rick said.

In order to have a fair representation of as many interests and groups as possible, residents are invited to apply to be part of a recreation advisory group. Selected residents from those who apply will be representing a cross-section of user groups in the municipality, to

bring together concerns, interests and needs. Rick and Maureen will be part of this group, and will report from it to the municipal Recreation Committee comprised of councillors Tom Jones, Alex Ruth, and Gerald Downer. The Recreation Committee, in turn, will make recommendations to Council based on the input from the advisory committee. Rick anticipates a well-rounded advisory group will "improve current

user groups' relationship with the municipality."

Before anything new is planned or begun, recreation staff will carefully identify and take inventory of what is already working well in existing recreational programs and groups. Rick and Maureen are working on ways to better support and facilitate these activities and groups, and will be working on better ways of managing facilities such as Maple Leaf Park and the Old Millbrook School.

However, the next step requires significant input from the community, to provide, within a budget, as many desired activities and groups, facilities and outdoor recreational opportunities as possible. "We need to know people's needs to identify where resources need to be," Rick said. It is hoped many more people will come out and make their views known at a second public recreation meeting, April 16, at the Cavan Community Hall at 7:30 p.m.

Community interest and input will determine the effectiveness, efficiency, and quality of recreation services in the new municipality as Rick and Maureen try to make as many dreams come true as possible. ♣

INSIDE

Food bank coming to Millbrook

Page 2

Maplefest time again!

Page 6

Council Profile: Brian Squirrel

Page 5

Food Bank to be set up in Millbrook

By Katherine Luchuk

Going without food is a frequent fact of life for over 200 families in our Township. However, if a group of concerned residents has their way, the whole community will soon be mobilized to combat hunger.

Social assistance recipients and those living on a low income find high housing costs severely reduce money available to buy groceries. Often a choice must be made: who will eat?, who won't? or what week will we eat?, what week will we go without?

In order to address this issue of food insecurity, and related quality of life issues, concerned residents have recently united to form The Millbrook and District Food Share Committee.

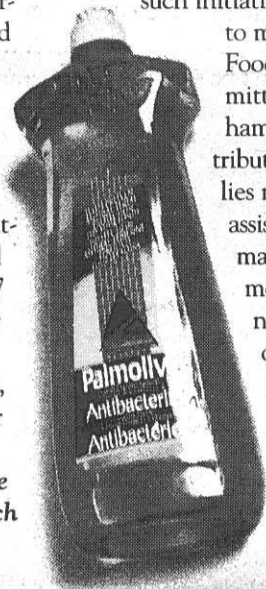
Spearheaded by those who were involved with the Christmas Hamper Drive last year, this group has been working collectively and in smaller groups to set up the infrastructure, funding, and facilities, and find volunteers to run a local food bank.

The Food Share Committee recently made a successful bid to Council for space to house the food bank. Committee members Joan Mercer (YWCA Food Action Worker) and Peter Staples told Council "at least 200 families in this district are in need of this service." Following assessment of various sites, councillor Tom Jones (also a Food Share Committee member) recommended space in the Old Millbrook School as a suitable site, and Council approved. While the room will be used for Food Bank operations on designated days of the month, it will still be

utilized by other community groups booking the space through the municipal recreation department.

Currently, a large deep freeze has been donated, and industrial strength shelving will be purchased to store food and related items. Pending approval from the township, the room will be painted. Surplus funds donated by residents and groups for the 1997 Christmas Hamper Drive will pay for these start up costs, and access to other

Often forgotten are non-foodstuffs, such as sanitary and hygiene products.



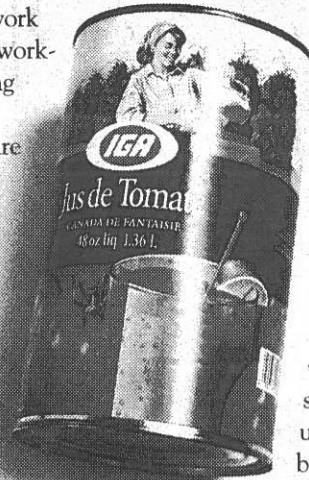
related funding is being investigated by the interim advisory committee.

The success of the 1997 Christmas Hamper Drive was a strong demonstration of community support for such initiatives, according

to members of the Food Share Committee. Christmas hampers were distributed among families receiving social assistance, but there may have been more people who needed this kind of support.

Given current statistics on food insecurity and low income households, the committee

will extend its work to include the "working poor". Taking this group into account, there are approximately 200 households in this municipality who are in need of this programme, according to Joan Mercer's research through the YWCA and other



Nutritious juices for growing kids are always welcome.

providing food to anyone who comes to the food bank, and that the area served will naturally extend beyond Cavan-Millbrook-North

Monaghan township to include those who use Millbrook's services and businesses. If another food bank is geographically closer to the client, directions and contact information will be issued.

The Millbrook and District Food Share Committee are diligently planning and organizing in the hope the food bank will be up and running by the late spring or early summer.

The proposed weeks of operation will be the second, third and fourth weeks of each month. Hours of operation will include day and evening hours to accommodate those who work during the day.

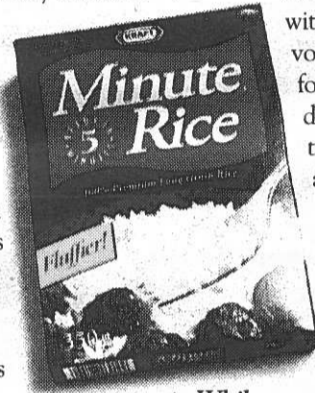
The 1997 Report on Hunger in the City and County of Peterborough notes "low income is the most significant determinant of food security and hunger." High housing costs are included as an additional factor. The relocation of Social Services to Peterborough from this District may compound these problems by creating an accessibility barrier to local residents experiencing food insecurity, according to Food Share Committee members.

At the March 24 meeting of the Food Share Committee, it was acknowledged residents of Bethany, Pontypool and parts of Hope Township may be in need of this service as well, due to lack of access to food banks in Peterborough, Port Hope, and Omeme. The group agreed to a policy

Eight volunteers have already offered their time to work at the food bank. Volunteer training will be offered by Community Care coordinator Heather Peachey (on her own time), as well as other interim advisory board and community members with relevant experience. Between 12 and 18 volunteers will be required in total, and working in pairs, the volunteers will work a minimum of one three-hour shift per month. Strict confidentiality will be maintained by those working with food bank clientele. Clients will also be able to access information about other services and programs offered elsewhere to address their particular needs.

The interim advisory committee is composed of community members who have expressed interest in this program, and anyone

interested in helping with planning, or volunteering at the food bank or in donation collection is welcome to attend the next meeting at the Old Millbrook School on April 28 at 7:30 p.m. ♣



While macaroni & cheese is welcome, rice or beans may be more nutritious.

Interested in helping the hungry?

Here are some suggestions to collect from your pantry or pick up when you are out at the grocery store.

Packaged Foods

- peanut butter
- nuts, seeds, raisins
- rice, beans, lentils, pasta
- skim milk powder
- boxed juices
- boxed dinners (ie. mac'n cheese, pizza)
- baking supplies (flour, sugar, oil, mixes)
- tea, coffee, hot chocolate

Baby Care Products

- infant formula, cereal
- jarred baby food
- diapers, all sizes

Canned Foods

- meat (eg. ham, poultry, corned beef)

- fish (eg. tuna, salmon, sardines)
- beans, lentils
- fruits and juices
- evaporated milk

Household and Personal Hygiene

- dish soap, laundry soap, household cleanser
- hand soap, toothpaste
- deodorant, shampoo
- toilet paper
- feminine hygiene products

Until the Millbrook and District Food Share food bank sets up shop in the next few weeks, clip this list and stick it on your fridge. Get a head start on a box of products from this list to share with the hungry in our community!

Easter Celebrations

The Anglican Church Welcomes You!

9:30 a.m. Christ Church, <i>Bailieboro</i>	Sunday April 12
9:30 a.m. St. John's, <i>Ida</i>	
10:15 a.m. St. Paul's, <i>Bethany</i>	
11:00 a.m. St. Thomas, <i>Millbrook</i>	
11:00 a.m. Trinity Church, <i>The Marsh</i>	
11:15 a.m. Christ Church, <i>Omeme</i>	

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TEC DINEEN/AL THEMESA



Marguerite Rutan

By Deborah Luchuk

Many area seniors know Marguerite Rutan as a friendly voice at the end of a phone line, someone who connects them to the outside world. They've never seen her face, but they know the voice.

As a volunteer with the Millbrook office of Community Care, Marguerite checks in Monday mornings with several seniors, sometimes just to chat, and other times to arrange for needed support services. These important phone calls allow shut-in or frail seniors to let someone know if they need help, if they are feeling ill, or if they need a ride to a doctor's office. And more importantly, the calls Marguerite makes may be their only contact with a friendly voice.

"These people need a sounding board, to hear another voice. Once I get to know these people, we

often talk for a long time. Almost all these people live alone, or some may be frail couples with limited physical activity. It's not long before you're friends with them, even if you never see their face," Marguerite said. The (annual) Community Care picnic is a treat for her, because it often provides the opportunity to match a voice with a face!

As the Monday morning office manager, Marguerite phones 13 to 20 people. "I monitor requests for meals (Meals on Wheels), and rides. If we don't get an answer with a phone call, then we follow up to make sure things are alright. There are a lot of people whose families live far away, and sons and daughters often initiate our involvement with their parents."

Marguerite moved to the area in 1992, and got involved with Community Care as a volunteer in August 1994. "I got a flyer (saying) Community Care needed volunteers. I wanted to get into the community. Although I had lived in the community for two years, I could count on two hands the number of people I had actually gotten to know. I had an interview with Heather (Peachey) and she put me in the office

because of my background in office work in Toronto (19 years)."

Beyond her Monday stints, Marguerite's volunteer work has included a significant commitment as advisory committee chairperson. In this important administrative role, she works to ensure quality of service to clients. Like many tireless volunteers, Marguerite is reticent about acknowledging the significant contribution she makes to the lives of others: "The greatest challenge of work with the advisory committee has been that I am not creative! There must be ways we can meet the needs of clients that I can't think of! That's the most challenging part of this kind of work, coming up with innovative and practical ways of reaching out to our clients."

Community Care will be thanking Marguerite for her creativity and commitment at the annual meeting this June, when she resigns as Chairperson. This dynamo, however, will continue her Monday morning stints, church volunteer work, and an ongoing genealogy project. And she will continue to visit some of her clients at home — Marguerite has taken a few of these folk under her wing, and tries to

have them over for lunch occasionally "so they can get out from time to time".

Volunteering often requires "a love of people, unless you get a volunteer job in an administration type of position. If you have an interest in people, it's very satisfying. You can learn a lot, especially from local folk who are steeped in local history and events of the area." Marguerite also advises would-be volunteers to "have a realistic idea of how much time is likely to be involved, and not to spread yourself too thin. Otherwise, it won't be satisfying." To maintain balance, she also enjoys other activities, such as sewing, gardening and birdwatching.

Clearly, the lives of many elderly wouldn't be the same without someone like Marguerite Rutan at the end of a telephone line. We applaud our first Hills Hero for her commitment to bettering the lives of those who need a helping hand... and voice! ♣

Hills Heroes is a monthly profile of a Cavan-Millbrook-North Monaghan area resident who makes a difference in the community. We welcome your nominations for Heroes, and we would be happy to refer you to local groups and agencies needing volunteers if you have time to share!

New signs spark protest

Signage highlighting area attractions and businesses may soon draw visitors from Highways #115 and #401 into the township despite inaccessibility to provincial tourism signage.

In a meeting sponsored by the Peterborough-Kawartha Tourism and Convention Bureau April 1, representatives from area Chambers of Commerce and tourism groups discussed the possibility of county-wide signage on highways passing through the area, and a proposed renaming of Highway #115 as the "Kawartha Lakes Parkway".

The meeting was prompted by concerns about inaccessibility to a provincial signage program, Tourism Oriented Directional Signage. In order for a community to qualify for the signage, several criteria have to be met, including a certain number of weeks of operation and regular business hours for attractions. Rural communities, having fewer visitors, have limited hours and weeks of operation. Therefore, it was discovered recently TODS

signage is not a possibility for Millbrook and area attractions.

The "catch 22" is that signage is needed to attract the numbers of visitors necessary to increase weeks of operation and hours of business in attractions and businesses such as the 4th Line Theatre and The Millbrook Gallery.

Millbrook & District Chamber of Commerce president Connie Danielsen said county tourism and business groups decided on a two part plan of action to get tourists off the highway. Part one of the plan is to challenge the province to change the qualifying factors for TODS signage. Part two is to investigate the possibility of County tourism signage, common to the entire area, set up in a similar fashion to the TODS signage. The #115 may also be renamed "The Kawartha Lakes Parkway", to provide a further tourist attraction.

By working together, Peterborough County tourism and business groups hope to make it clear to the province that TODS signage discriminates against rural and small urban centres. If TODS signage is not a possibility, visitors may soon be lured off highways by County tourism signage anyway. ♣

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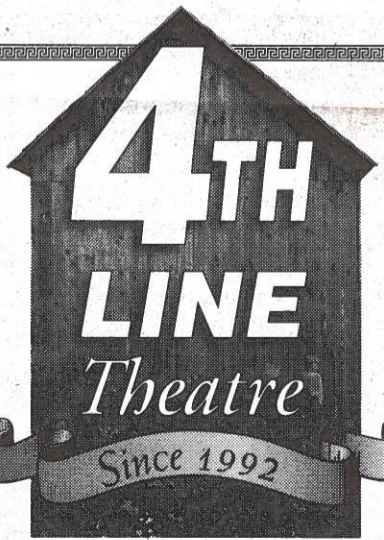
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EDITORIAL

A tree that can fill the span of a man's arms grows from a downy tip; a terrace nine storeys high rises from hodfuls of earth; a journey of a thousand miles starts from beneath one's feet.

— Lao-Tzu

Spring is bursting forth around us, and the potential for a new beginning, for new life, is realized. A new council has deliberated, and continues to work through, the new relationship between three wards that were once two autonomous townships. Fresh, and innovative ideas are being dreamt up and discussed by area residents to plan for sustainable community economic development.

Last year's seeds, concerns about a super jail and the loss of jobs if Millbrook's bid lost, and the uncertainty of planning for amalgamation, were buried in the soil of the community's unconscious. No one knew what would come forth from the dashed dreams, relief and anger, and community division. Municipal leaders, exhausted by nightly meetings over months, wondered if anything they had done to set up a new amalgamated township would be at all helpful.

In the darkness of winter, like dark spaces of our lives where unemployment, relationship problems, and the like cause uncertainty, new growth was happening. However, the seeds of a new community, sown last year, have germinated and grown. Despite the most gloomy economic predictions and our continued uncertainty as a community of three distinct cultures, we are moving forward.

We have a rare opportunity, not often afforded many communities, to see each other with new eyes, hear with new ears, and work cooperatively with a new heart. This spring, this year, we need to celebrate the hard work that has gone before, plan for the future, and think creatively of ways to enhance the quality of life for everyone in our community. A good cross-section of people at March's economic development conference will be going out there to talk to you, to hear your ideas and concerns, and work with you to create a community that will facilitate positive experiences for you and yours. Council is still working out the details in the wake of downloading and amalgamation, and they need our input to make decisions, particularly as the budget is discussed. It's time to think about what you can do to be a part of the change that is happening all around us, to take your place on stage in the play that's unfolding and say your piece, as quietly or as flamboyantly as you like.

This spring, do some inner spring cleaning! Reflect on who you are, go inward and challenge your own notions of community, and your involvement in it. Question your attitudes toward others, and experiment with diversity. Then think about what you can do for your community — even the smallest contribution, motivated by genuine concern for quality of life will make a difference. ♣



COUNCIL NEWS

A "taxing" time for Council

It isn't Christmas, but the wish lists are long, and Council will have to check the lists twice to minimize the effect on the municipal tax bill.

Cavan-Millbrook-North

Monaghan council met March 23 to take an initial look at the first ever budget for the amalgamated township. Municipal departments presented their budgets, and items such as downloaded services, municipal libraries, and dog control were also presented. A reserve accounts update was presented by municipal treasurer Hazel Armstrong.

Over the next few weeks, council and municipal departments will scrutinize, slash and reinstate various line items to come up with a budget to provide funds for as many items and programs as possible, while

minimizing impact to the municipal tax bill. Meetings will be open to the public.

Improvements and repairs to the existing garage and removal of material from Wilson's pit are at the top of the Road Department's wish list. Fire Chief Nelson Edgerton's requests include a replacement vehicle for the Fire Department's 1971 half-tonne truck, new hoses, and radio repeater service.

Expenditures for the Building Department include full time wages for inspectors. As it represents a safety and accessibility issue, the Administration Department informed Council stairs on

the front of the township building need replacement.

However Council decides to prioritize items for this budget, residents' taxes will be affected. Councillors are waiting for more information from Peterborough County to proceed with the budgeting process. Treasurer Hazel Armstrong anticipates June will be the earliest date for final budget approval.

Concerned ratepayers are advised to follow the budget as it unfolds, to be involved in the process, as it affects the tax bill. Dates and times are available at the municipal office. ♣



GUEST EDITORIAL

By Celia Hunter, Cavan Township

It was a dark and stormy night March 19 when a dozen or so ratepayers slid into Cavan Hall to find out what they could do about the future of Parks and Recreation in the new amalgamated township. Hosting the meeting were the three municipal councillors who make up the Parks, Recreation and Recreation Facilities Committee: Gerald Downer, Tom Jones, and Alex Ruth. On hand too were the two staff members: Facilities Manager Rick McGee and Recreation Programmer Maureen McElwain.

The tone was a reassuring one. Very reassuring. Committee members and staff listened closely to concerns raised primarily by Maple Leaf Park user groups

regarding safety, parking and washroom facilities. The Committee was delightfully open to all suggestions — with no budget allocated as yet, the sky seemed to be the limit. Renovations and capital projects were discussed. Assurances were made that all existing facilities would be maintained. "Don't worry, be happy" seemed to be playing softly in the background. It was a "feel good" kind of meeting.

The simplified structure, it was explained, would streamline the process. To book a facility, just call Rick McGee at the Arena. To organize a program, just call Maureen McElwain, also at the Arena. The two staff members will gather information from the ratepayers and meet with the three councillors to pass along recommendations on how to spend Parks, Recreation and Recreation Facilities dollars. The Committee of three will then act on those recommendations and, within their budget, allo-

cate funds. Simply, effective and efficient. Don't worry, be happy.

Recreation programs and facilities here in our own backyard are essential to the health of our community. Local programs are convenient and therefore, people use them. Local programs develop a sense of belonging — neighbours meet neighbours while doing something together they enjoy. Local programs make the community a vibrant place in which to live. The community looks good. We feel great. Everybody wins.

For local programs to be offered, local facilities have to be maintained. Last year's Recreation budget in the former municipality of Cavan was apparently \$6000 (not including the Arena budget), \$5800 of which was spent, according to Mr. Ruth, on the new shelter at Maple Leaf Park. Millbrook's budget was more than twice that, and paid for a part-time Recreation Coordinator and a bi-annual Recreation

brochure, with evening concerts. In North Monaghan, Recreation spending has been limited to a grant of \$25,000 annually from Peterborough to develop the Peace Park in the municipality.

It is the "early days yet" in the restructuring of departments in the new municipality. It is encouraging to know that public input is being sought right from the start. Another public meeting is scheduled for Thursday, April 16, at Cavan Hall. It is up to us to make sure that when budgets are struck, the Committee of three has a thorough understanding of the scope and the importance of recreation to the well being and future growth of this brand new community. ♣

"Guest Editorial" is a forum for readers to share their views, ideas and concerns with others in the community. To share your editorial with others, call Deb at The Green Hills Gazette for guidelines.

The opinions expressed in the guest editorial do not necessarily reflect those of The Green Hills Gazette staff or advertisers.



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This first issue of The Green Hills Gazette is dedicated in loving memory to my father Edward Burnett Armstrong.
"And all that Memory loves the most / Was once our only Hope to be,
And all that Hope adored and lost / Hath melted into Memory."
Frances Armstrong Shakov

— tam insulsum est ut fortasse expedit —

COUNCIL PROFILE

Brian Squirrell: Committed to community

Brian Squirrell is a man with a mission. Cavan-Millbrook-North Monaghan's deputy-reeve wants to restore the constituency's "faith in the process" by keeping residents informed, and opening up the municipal process for input and debate.

And, along the way, what about making a dream come true by creating a township known for good government, strong economic performance, and a solid social safety net?

Perhaps Squirrell's life journey has had something to do with his passionate commitment to creating a positive, vibrant community. Working as a radio and T.V. announcer in communities across the country, he has seen plenty of the good, the bad and the ugly in communities large and small.

"I chose to come to this area (seven years ago) because I was tired of city dwelling,"

Squirrell said. The Cavan hills, and a particular Cavan woman (whom he married) enticed him to stick around for a while. His earliest political action was with the Cavan Ratepayers Association, who benefitted from his particular brand of community activism, and "cutting to the facts".

Accountability to neighbours has taught Brian to admit errors and move on from there, an admirable trait in a politician.

"You have to be satisfied when you make a decision; your conscience has to be right. If your conscience is bothering you after you make a decision, admit you made an error in judgement! Show you're human, and that you make mistakes (but are willing to make changes to right the situation)."

The unprecedented changes in municipal government have Council putting in long hours sorting out who does what, where and for how much. "No one really knows about where we are, and where we are going. I don't have a crystal ball. The province hasn't given us the figures, and details of the changes that are happening and yet to come. So we're sitting in the dark, and I wonder, are we being set up for failure?"

The key to finding the way in the dark, in the deputy-reeve's perspective, is the ratepayer. "There's nobody smarter than my ratepayers, and a good decision is based on good input from (ratepayers). If ratepayers genuinely care, for instance, that their taxes are going to go through the roof, then they should be at council to see the changes. It's hard not to



There's hunger on all fronts, physically and emotionally. Where's the logic in not looking after our own people? We hide our poverty, but we're showing all the signs of a third world country. Why do we further victimize the weak?"

see a few people there (at council meetings) who care about community issues. (It would be better to have) more "doers" than "sayers," Squirrell said.

So what are the biggest issues facing this new council? "Unemployment, roads (which are a disaster), the welfare set-up, child care, policing and the youth issue." Squirrell sees the next three years as a challenge. "The challenge is to make the three (wards) into a harmonious "one", and the way we (Council) do business can be a really good mix if we blend it all carefully. If we do it right, this township could have a lot to offer everyone."

Given such a daunting challenge, why did Brian Squirrell decide to run for Council last fall?

"I ran because I wanted to be involved, to have

changes implemented that are fair for the ratepayer. If I hadn't run, I would have been going against my conscience. I want to be a doer, not a sayer." Every day is a new learning experience: "I'm enthusiastic because I'm always learning, learning from challenges, the ratepayers, and the process."

Economic development work begun by the Millbrook & District Chamber of Commerce greatly interests the deputy-reeve, who sits on the economic development committee of council. "I'm looking forward to working closely with (the economic development committee), to put the puzzle together with all the pieces. People will accept changes if you can show not only the economic benefits but the benefits to their quality of life."

Improving the quality of life will also include efforts to improve health care, and programming or support for youth in the area.

"If the quality of life is here for them (youth), and for everyone, people will stay. It's important for municipal government, business, and ratepayers to ensure a good quality of life for all."

If Brian Squirrell, deputy-reeve, had the power to personally change something about our society, or quality of life, what would he do first?

"Get rid of (extreme economic) disparity. The hunger I'm seeing, when I see people in need, tears my gut apart. It has to be the lowest form of degradation to have to beg. Being pushed to this extreme is sinful. If I've got anything, I will give it. Somewhere, the love has been lost, and I think we are a broken down society. There's hunger on all fronts, physically and emotionally.

Where's the logic in not looking after our own people? We hide our poverty, but we're showing all the signs of a third world country. Why do we further victimize the weak?"

A tall order, indeed, for one person, to truly live out such a passion for people, for positive change, and all under scrutiny of many "bosses", the ratepayers. Brian Squirrell hopes history will remember him as someone who "did" — and didn't just "say".

Brian Squirrell, deputy-reeve, chairs the planning committee, sits on the fire committee, the Medical Centre Board and the newly created Economic Development Committee. ♣

Who does what?

Cavan-Millbrook-North Monaghan councillors and their committees

Planning Committee:

Neal Cathcart (reeve) CAVAN; Brian Squirrell (deputy-reeve) CAVAN; Dean Cutmore MILLBROOK; Gerry Downer NORTH MONAGHAN; Brian Fallis CAVAN; Tom Jones CAVAN; Alex Ruth CAVAN.

Fire Committee: Brian Fallis, Dean Cutmore, Brian Squirrell

Parks and Recreation Committee:

Gerry Downer, Tom Jones, Alex Ruth

Roads Committee: Dean Cutmore, Gerry Downer, Neal Cathcart

Committee of Adjustment: Brian Fallis, Tom Jones, Brian Squirrell

Finance Committee: Neal Cathcart, Hazel Armstrong and Gail Empey (latter two, municipal staff)

Library Board: Tom Jones

City Liaison: Gerry Downer

Public Utilities Commission: Neal Cathcart

Otonabee Reg. Cons. Authority: Brian Fallis

Ganaraska Reg. Cons. Auth.: Neal Cathcart

Kawartha Reg. Cons. Authority: Alex Ruth

Business Improvement Area: Dean Cutmore

Medical Centre Board: Brian Squirrell, Alex Ruth

Economic Development: Brian Squirrell, Tom Jones, Gerry Downer, Brian Fallis, Dean Cutmore

Current at March 12, 1998. If you can't find a councillor's number in the phone book, call the Municipal Office at 932-2929.

Bank Street East becomes Maple Lane

Bank Street East residents of Millbrook have renamed their street Maple Lane, to avoid confusion in the event of an emergency.

In order to facilitate 911 service, it was requested that Bank Street East be changed to Bank Street South. However, two Bank Street East residents, Ken Greenberg and Harry Rekker, proposed a name change to avoid any confusion. Council accepted this proposal with the suggestion residents could decide collectively on a new name.

Bank Street, originally one street joined over Baxter Creek, is currently two separate streets: Bank Street West and Bank Street East, located at opposite ends of the village.

Official address changes will have to be made to letterheads and mortgages. There is some concern about the inconvenience created by these changes for two businesses located on the street. ♣

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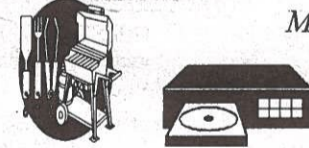
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Tap into spring at MapleFest

The maple sap is running, and once again, the village of Millbrook celebrates with its annual MapleFest during the weekend of April 18 and 19, 1998.

Millbrook's MapleFest is one of the final celebrations of Ontario's sugar bush season, a fine Canadian tradition where children of all ages can run wild through the sugar bush, take wagon rides, and of course, enjoy the taffy pull.

This year, there are a number of events throughout the historic village of Millbrook with most of them taking place "downtown" on Saturday, April 18 between 9 a.m. and 4 p.m. For a hassle free family experience, use the shuttle bus service from various well marked points in downtown Millbrook to Kennedy's Sugar Bush, along with free parking at the Millbrook Arena (Distillery Street).

Free events in the Village of Millbrook, itself include:

A Flea Market and Craft Sale: Featuring treasures of all kinds for all ages and stages. Millbrook South Cavan Public School, Tupper Street (County Road #10) at Bank Street.

The renowned Canadian Canoe Museum of Peterborough's Canoe Display: Voyageur Canoe, 3 King Street West, opposite the post office.

See some of the equipment that helped extinguish the Great Fire of 1875 at the Historic Fire Hall Museum: Hay Street, just south of King Street.

At their 3rd Anniversary Show, The Millbrook Gallery's artists mount their annual multimedia group exhibit, a great opportunity to purchase original and unusual wedding and birthday presents! The Millbrook Gallery is at 19 King Street East, downtown Millbrook.

Face painting, a bake sale, Millbrook Historical Society Display, Millbrook Community Choir, Joyful Noises Youth Choir, Durham Telephones display, and the Old Time Fiddlers and Square Dancers are at the R. Murray Shafer Tent, King Street, next to the Township Hall.

Around and about the village, activities

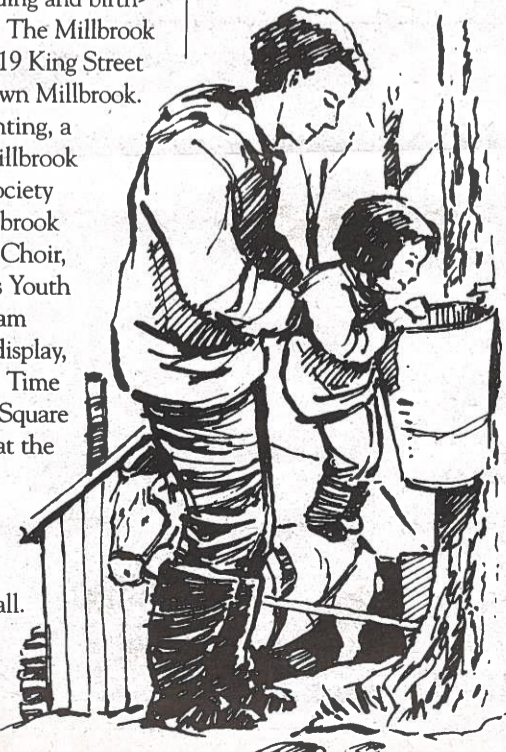
include: readings by Connie Cook and Bill Slavin, Quilting Display, Pony Rides, Give a Hoot Cafe at The Old School at 8 p.m... and much MORE!

At Kennedy's Sugar Bush, Saturday and Sunday, 9 a.m. to 4 p.m., experience the great outdoors and the time honoured traditions of "sugaring off time". Fun for the whole family includes wagon rides, the taffy pull, tours of the sugar shack, Fritters from Heaven, Messy Farqueson's fiddle music, and nature interpretation tours led by local Scouts. Mud and slush are usually part of the fun, and rubber or winter boots and comfy, appropriate clothing are recommended.

The admission for sugar bush activities is \$2 per person, and \$6 per family. Kennedy's Sugar Bush is located on County Road #10, south of Millbrook.

Millbrook and District Lions Club members will help get the day off to a good start, with pancake breakfasts. To indulge in this calorie laden but relevant treat, admission is \$4 for adults, and \$2 for children 6-12 years of age (kids under 6 are free). Pancakes will be flipped and served between 8 a.m. and 1 p.m., Saturday and Sunday, at the Lions Den, County Road #10 at the 7th Line of Cavan, just south of Highway #115.

MapleFest is sponsored by The Millbrook & District Chamber of Commerce. For more information, call the Chamber Hot Line at (705) 932-7007, e-mail at millbrook@peterboro.net, or visit the Web site at <http://www.peterboro.net/~millbrook/>.



TED OWEN/ALTEMAEDIA

BUSINESS PROFILE

Village Bulk Foods

By Deborah Luchuk

The Village Bulk Foods store was abuzz with laughter and conversations as I tried to interview owner Wanda Dillon during the March Break. Small children, seniors, and everyone in between, it seemed, came in for treats, baking supplies, the occasional bowl of soup, and the opportunity to chat with neighbours.

The opportunity to make a difference in the lives of her customers and community is what keeps Wanda coming back for more. "I like to be able to help somebody, to build a rapport with customers, especially the kids. I love kids, and I try to maintain personal contact with each customer, by remembering names, birthdays, special events coming up in their families."

Since 1992, Village Bulk Foods has provided the community with baking and cooking supplies, sweets, locally produced maple syrup, cheese, eggs, butter and other fresh products. More recent

additions to the roster of products for sale have been cake decorating supplies, health supplements, and hot lunch offerings such as soup (the latter being a hit with those working in the downtown Millbrook business community). Wanda bought out the store from the previous owner, for whom she worked for two and a half years.

"My clientele ranges in age from little ones at eight months old, who eat wafer cookies, up to seniors," Wanda said. There are "regu-

lars" who come in, such as the kids, now teenagers, who have come in for candy since the store opened — she has enjoyed seeing them grow up. The convenience of being able to buy small amounts at a time has been particularly appealing to seniors living alone or with a spouse... or perhaps the reason why they keep coming back is for the friendly helping, caring-attitude of the owner?

"I am happy to help seniors who come in with their shopping, (to assist with) handling change, or to otherwise assist them as they head out from my store,"

Wanda asserted. Clearly, there are several senior "regulars" who appreciate this personal touch, as an elderly customer came in while the interview was progressing and said "We're buddies, Wanda and I. We go a long way back."

Wanda, like any other small business owner, hopes her business will grow, and attract more customers. "But I still want to be small enough to be the way it is right now. I never want it to be so big that I won't be able to do the personal stuff." Her hopes extend to the community, that residents might give the same personal attention to each other, and help each other to fit in, regardless of how long they've been here.

What would Wanda say to someone wanting to start up their own small business in a community such as Millbrook? "Are they sure they want to do it? There's a lot of work involved, a lot more than meets the eye. You have to be willing to give up vacations and Saturdays. You have to like people. (Be ready to hire) good staff! I've found Kelly Pazdzior (another friendly face behind the counter) has been just great. (Be ready to be) flexible and go the extra mile for your customers. Be open to people."

Village Bulk Foods is in the Village of Millbrook, 12 King St. East.

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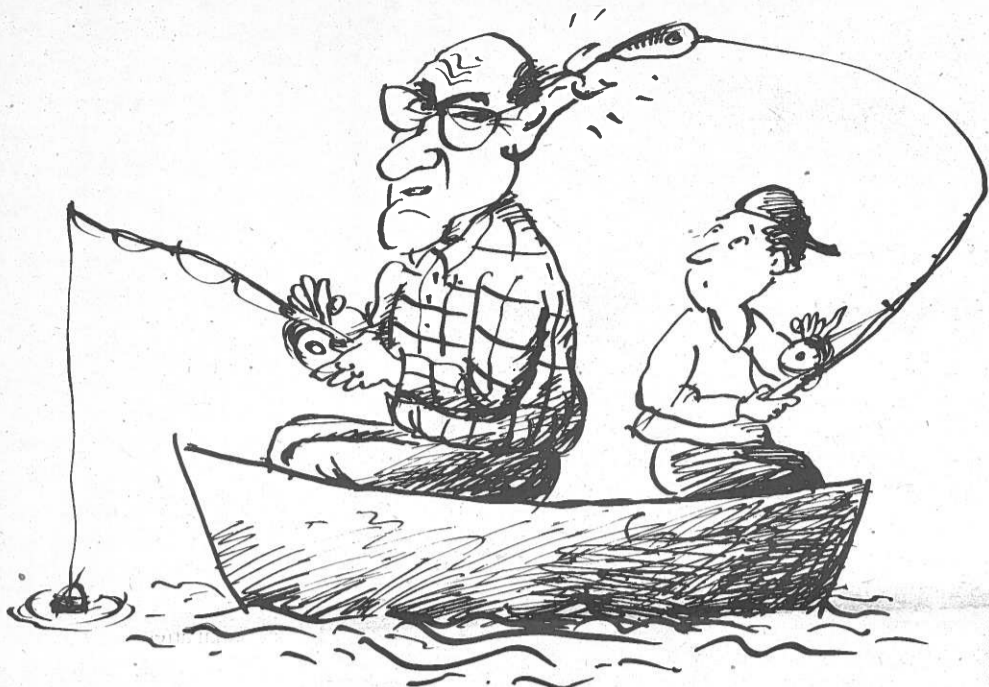


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JOE WESSMAN



OUTDOORS WITH GEORGE

Bonding with your kids

By George Luchuk

Greetings to all you happy fishermen (women), conservationists, hunters, bird watchers, kayakers, canoeists, hikers, bicyclists, campers, horse lovers, "yahoorers", and generally everyone in all age groups who enjoy a passion for the great outdoors. This column is for you!

Having been invited to write this column (unaccustomed as I am), I approached it with not a little apprehension and trepidation. However, it's a great opportunity to explore so many topics and different points of view — and I'm now champing at the bit! It's difficult to know where to start. I'm a kid again, entering a wonderful candy store — so much candy, so little time...

Of course, I don't get paid for this, but the perks (I'm told) will more than offset that trivial detail. For instance, my first freebie

was a press pass to The Toronto Sportsman's Show, including free parking, breakfast and admission. The best part of this amazing opportunity was the chance to rub shoulders with some of the top outdoor writers in Canada.

While this was a great thrill (especially meeting Bob Izumi), I'm sure there's lots of "experts" out there in the readership of this column, and so this column is also a call to those in our community to come out of the woodwork and offer me stories, advice, column ideas and constructive criticism.

We begin, but where else, with our children. We want the best for them, and to this end, we give our love, encouragement, and gentle direction. The way

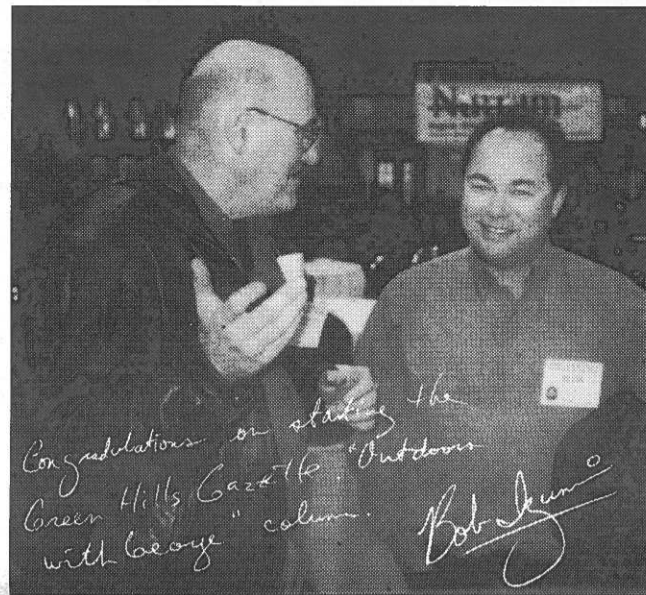
I see it, our children need us when they are young and we, as we age, realize that we need them just as much (and sometimes more than we thought!). There are many catalysts for special family bonding — love for God and respect for each other rates at the top.

But not too far down the list of bonding agents is simply taking your children fishing. There's something magical in the enjoyment of this sport, and how it transcends all age groups, male and female.

My son Greg and I make an appointment every year (and we hold to it almost religiously) to enjoy one week, exclusively devoted to trout fishing. Preparations for the landings on D-Day pale in comparison to our fishing

plans. We would pick a lake as far inland as we could possibly go in one day, paddling and portaging all the way. We take only what we need, not one gram more! as everything must be carried over some very difficult terrain. The rewards are usually well worth it — lots of fish and usually we have the whole lake to ourselves. My youngest daughter Kate has in recent years accompanied us on some of our trips and said to me, "You know, Dad, I always thought you guys did the guy thing" (whatever that is!). She was most struck by the great amount of sleeping we do — usually from sheer, glorious exhaustion. After Kate's first trip, she phoned me from university to say "I'm even dreaming of catching fish!" It's an amazing and always different experience every time we go.

We begin also with the 1998 fishing season, and in our area it opens on April 25 for trout, May 9 for walleye, and June 27 for bass. Children and youth under 18 do not need a license but for the rest of us, the cost ranges from \$7.50 to \$15. I would suggest you pick up a fishing regulations summary. It's free and can be found at many varied locations like



Discussing fishing licences with Bob Izumi.

the Shell gas station in Millbrook, or at Canadian Tire in Peterborough.

A great opportunity to do some of that quality family bonding I'm referring to is coming up soon. The Millbrook and District Lions Club is sponsoring their annual Fishing Derby at the Mill Pond (Millbrook) on April 25, between 7 a.m. and 3 p.m. The cost is \$1 for children

under 15, and adults are \$4. Registration is at the pond at 7 a.m., and prizes will be awarded. Rob Therrien is the coordinator of this event, and would gladly accept any queries at 932-5328.

Got any stories, questions, leads, or info to share with George? Call or write to The Green Hills Gazette, and he'll be happy to hear from you. ♣

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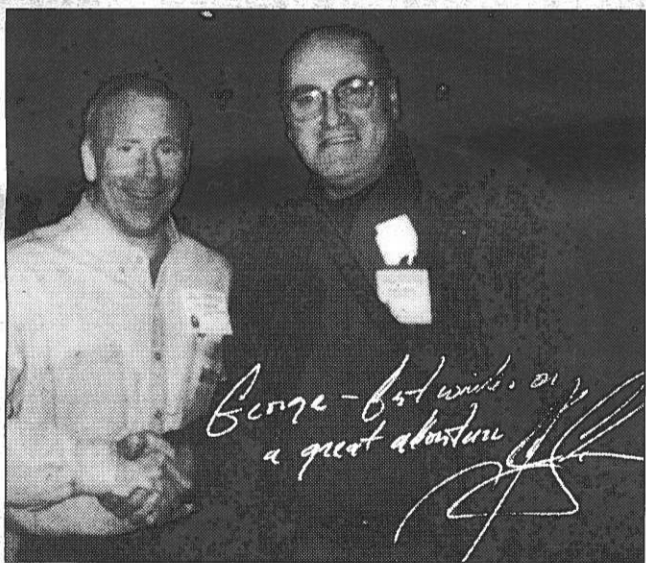
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(Left) John Snobelen, Minister of Ontario's Natural Resources.



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STONE SOUP

Maple madness

By Evelyn Raab

It wasn't until I found myself standing there at the Co-op sales counter that I realized that I didn't even know what the darned things I wanted to buy were called. "I'd like, oh, maybe a dozen of those metal spout things for making maple syrup. No, I mean, for getting the sap. You know — those spigots you pound into the tree and the juice, I mean, sap comes out..." He knew exactly what I was looking for but he let me go on and on like an idiot for much longer than was necessary to prove his point. "A dozen?" he asked. The way he said this, made me even more uncertain — do they come in dozens? I refused to allow this farm person to rattle me. "Yes," I said, "A dozen." He went to the back, and came out with a dozen "spiles". Or, at least, that's what he said they were called. I refused to humiliate myself any further by asking how one might go about attaching them to the trees. I would figure it out myself.

Arriving home, I dumped the spiles (I was now feeling quite comfortable with the jargon) out on the table and examined them closely. Clearly, this was a very simple device, invented in the olden days when people were far less technologically advanced than we are nowadays. Obviously, you make a hole in the tree with a nail or something, then you stick in this spout, I mean spile, hang a bucket on the hook, and just wait for all that lovely sap to come flowing out. After that, it'll just be a matter of boiling the sap for a little while — not much different from making strawberry jam. This was going to be fun. The kids and I will make the rounds every day — emptying the buckets, checking our trees — it'll be a real experience.

Famous last words. Reality began to set in almost immediately. Halfway down the laneway, hammer and spiles in hand, I stopped dead in my tracks. These trees have no leaves. How the heck was I supposed to know which ones were maple trees? I knew we have maple trees, but I also knew we have walnut trees and ash trees

and poplar trees and oak trees. And leafless, they all pretty much looked the same to me. *Urk*. There was only one sensible thing to do. I took a wild guess. Selecting six trees, more or less at random, I began my attack.

My first victim was the (presumably) maple tree in front of the house. I held the nail up to the trunk, lifted the hammer, and (rather nervously) I pounded it in. It felt horrible. I felt like a ghoul. A vampire. It was a desecration. And, besides, when I pried the nail out, it was obvious that there was no way the spile was going to fit into that hole. I needed a drill.

Right. Me with a drill. This, of course, was the point at which I should have stopped. With only a few dollars invested in the project and no real harm done. So far. Instead, I went in search of a drill. Unfortunately, I found one. I returned to the scene of the crime and I drilled. It was a huge hole. I stuck in the spile. Lots of room around it, but nothing a little caulking couldn't fix. On to the next hole. And the next and the next. In a couple of hours, the damage was done and I was feeling quite smug. The kids and I fixed up a bunch of empty ice cream tubs with string handles and hung them on the hooks. By tomorrow we would be drowning in sap and ready to start sugaring off (as we professionals call it).

Well, maybe not. Sap check, the next day, revealed a few flaws in my tapping technique. Despite having caulked around the spiles with — I think it was Shoe Goo — there was more sap running down the bark, than dripping into the buckets. Actually, there was nothing in the buckets. Well, maybe a few twigs. But still — I was encouraged. The fact that there was any sap at all at least convinced me that these were, in fact, maple trees. Not that doubted it for a second. I caulked some more. And waited.

Overnight it rained. Dump out the water. Start again.

Eventually, we collected enough sap to boil. It wasn't much, but it was a start. I strained out the bits of bark and drowned bugs, poured the precious sap into a saucepan, and boiled it down. It took, maybe, half an hour and resulted in, perhaps, a tablespoon of syrup. But at least we didn't steam all the wallpaper off the kitchen walls (I have heard of this happening). However, the ratio of

labor-to-product was so discouraging that, frankly, I began to lose interest in the entire project after that. As for the measly tablespoon of homemade maple syrup — it was carefully divided among the four of us and consumed, with deep reverence, in a single bite. From what I could tell, it tasted alright.

The following weekend, we drove out to our local sugar bush and bought a gallon. And gladly paid the price.

I have never again had the urge to repeat the sugaring-off experience. Once was enough, thank you. I pried the spiles out of the trees, packed them away in a box in the basement, and hoped that, eventually the drill holes would heal. Which, mostly, they have. Except for the one tree where I had somehow forgotten to remove the spiles. And, even though I'm almost positive that trees are incapable of wreaking vengeance on their enemies, I'm still a little bit careful whenever I walk under its branches. Just in case.

Frozen Maple Mousse

4 eggs, separated
1 cup (250 mL) maple syrup
1-1/2 cups (375 mL) whipping cream
Some chopped, toasted walnuts or pecans

In a small saucepan, beat the egg yolks thoroughly and add the maple syrup. Beat well to blend. Cook the mixture over very low heat until it is the consistency of a soft custard. Remove from heat, and let cool completely.

Whip the cream, and fold into the maple mixture. Whip the egg whites until stiff, and fold those in too. Spoon into dessert dishes, garnish with a sprinkle of chopped nuts, and let freeze for several hours or overnight.

Makes about 6 servings. ♣

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COMMON GROUND

Spring fever

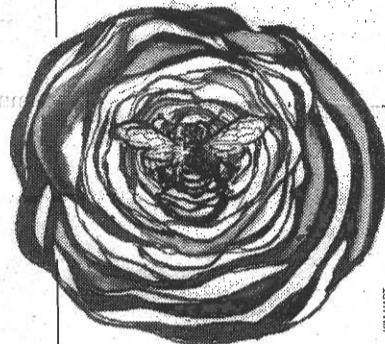
By Jill Williams

In my garden, the first sunny days of early March brought snowdrops, crocuses, and the promise of tulips. Snow was melting every day, and the evergreen primulas and foxgloves were all set to go. My columbines close to the house, were unfolding their new leaves. The lawn was starting to show a little green, and ankle-deep mud seemed to be everywhere.

We all know what happened next. Winter came back with another blast of cold and snow. The snowdrops and crocuses were again covered up and spring was put on hold for another couple of weeks. It was only a temporary setback, of course, and now I'm glad I didn't give in to the temptation to throw some lettuce seeds into a pot on the porch.

Gardening friends I've

spoken to lately are all anxious, like me, to be outside and to be done with winter. Starting seeds inside and swapping seeds saved last fall help a little to hurry up spring. But nothing pushes the season like seeing real, live, flowering trees, plants and bulbs. I was fortunate enough to spend a few hours at the Canada Blooms Flower and Garden Show in Toronto recently. In spite of winter outside, I



RON HART

found myself surrounded by scents of spring: hyacinths, daffodils and lilacs. There were flowers and greenery as far as the eye could see and lots of tempting displays of plants and seeds. Real gardening is still a couple of weeks away but how wonderful to cheat a little and see and smell spring a bit early.

Back at home, seed orders are finally starting to arrive. With some imagination, I can plan what this year's garden might

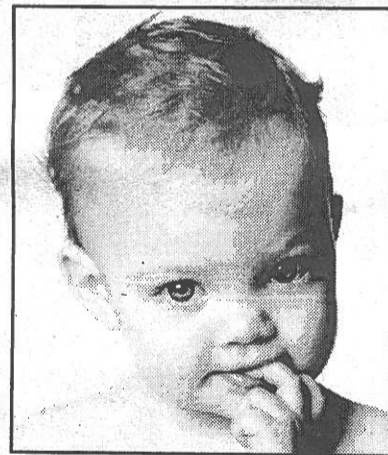
look like. I like to try a few new plants every year, and I must admit that several trendy things will find their way among the old reliables in this year's vegetable patch. I couldn't resist Bright Lights multi-coloured swiss chard as well as mesclun mix salad greens. I'm trying a new charentais-type muskmelon, Alienor, and there are a few new flowers in there as well.

In future columns, I'll talk about what's going on in my garden as the seasons progress. I'll share my own successes and failures, and discuss some of my favourite annuals, perennials, roses, herbs and vegetables.

I'm calling this column Common Ground because I think that in spite of differences in personal taste, gardeners share many common interests. Gardeners are all compelled to grow things, and most are eager to share information with each other. My garden is a mish mash of things I think are beautiful and useful and I look forward to writing about some of them. ♣

Common Ground welcomes your gardening questions c/o The Green Hills Gazette, General Delivery, Millbrook, Ontario L0A 1G0. Jill Williams, Cavan Township, is a local gardener.

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NOTES FROM THE MANOR

By Mary Ridge

We at the Manor enjoy all the comforts within our building, besides all the conveniences of our town. We are on a nice piece of land, with a small stream running across the back yard, by our shuffleboard court. In our comfy home, we have access to hairdressing and a foot care and blood pressure clinic monthly. Our caretaker keeps us squeaky clean besides cutting the grass and looking after the snow plowing.

We also enjoy dart boards inside and out, bingo, canasta, and a lot of euchre players get together here and play elsewhere. We can be as busy or as quiet as we like, and there's often something going on in the common room. Many activities are planned on a regular basis, for residents and for outreach to the community. Of particular note, we participate in the Millbrook Santa Claus parade, and enjoy putting together a float reflecting each year's theme. In 1997, not only did we have a lot of fun... we won the first prize overall, which was just great! ♣



HE SAID SHE SAID

Where our distinguished columnists give practical advice for everyday living.

By Ethan Tupper and Candace Kane

Q I am a single father of two girls, 10 and 8. Since my separation over a year ago, my focus has been on taking care of my daughters and on work. I'm now ready to re-enter the dating world and the social scene, but I'm nervous because things have changed so much. What's the first step?

RJ, Bailieboro

A Use the right bait and know where the fish are.

First of all, fashions may change, but a woman in 1998 is still looking for the same guy her great-grandmother sniffed around for: a guy who is honest, passionate, laughs easily, and has enough wit to debate issues beyond hockey, hunting and automobiles. I'd like to meet the guy; he must be really old.

But seriously, finding the right bait really just means finding your own best and truest self. How this research and introspection is done depends on your personal tastes. Assuming you have at least a few women friends, particularly the married kind or related to you, you might broach the subject by telling them that you are thinking about dating, and do they have any advice. This vague question is actually a coded phrase that gives permission to a woman to: a) finally tell you that you have halitosis and that wearing brown belts with black pants is simply not done, and b) suggest to her lonely girlfriend in Bethany,

that she has found her the perfect match.

In doing this market research, you are trying to get an unbiased sense of how you are perceived by women. In turn, this gives you the choice of correcting these flaws, hiding them so deeply that they will only be discovered after you are married, or ignoring the research and finding a woman who accepts you with all your warts.

The first choice is rare in our kind, so you will be something of a pioneer. The second choice is almost as common as divorce. The third is a noble sentiment, which may actually work, but your gene-pool of potential females has shrunk to a puddle.

For shy men unable to research face-to-face with women, or those wanting quick shock therapy, you might consider going to the library for a few hours and reading some of the so-called "women's magazines". You know, the ones with covers proclaiming new diet plans right beside recipes for Belgian chocolate cheesecake. Or articles on self-esteem next to impossibly thin gorgeous models wearing a \$1,000 make-up job they never needed in the first place. If you feel uncomfortable reading these in public, you can wrap the latest issue of Sports Illustrated around the cover as camouflage.

Surprisingly, these schizophrenia-inducing magazines are chock full of fascinating nuggets that can actually be made to serve our purpose. In these pages, women are encouraged to rant about the most annoying traits of our kind, while supplying short pithy examples of the uber-guy that attracts "them" like flies. Keep in mind that "them" is only a demographic cartoon of a real woman created to add legitimacy to otherwise pricey and useless accessories, and that these are therefore guidelines, not *The Rule Book*.

As an example, consider this: one of those magazine's that I saw at the doctor's office challenged its women readers to serve Thanksgiving dinner to their families and then remain seated at the table to see if any of the lunkheads they married would clear and wash the dishes. Apparently, most of these dumb sods wandered off leaving the dishes undone, while only a few had the grey-matter to do the washing-up. Unfortunately, these helpful fellows thought themselves such fine specimens that they spent the next 2 weeks crowing about their soapy little achievement.

Now, if I was trolling for some female company, I would have to ask myself what my response would have been to that same little test. Obviously, if I was not willing to pitch-in when there was work to do, then this was going to be a statistical liability on the dating scene (at least, according to that magazine). After this soul-searching, whether you are willing to genuinely change your behaviour is between you and your therapist.

Assuming that you have now spruced up the bait, you now have to go where the fish are swimming.

The point is not actually to go where the most women congregate, but where a fair mix of women gather to pursue activities about which they feel passionate. This could be anything from scuba-diving clubs to organizing food-banks. The important thing is that you must look inside yourself and ask what activities bring out the most passionate side of you. The fact is, passion begets passion, and you will soon find yourself doing things you enjoy, while surrounded by women having just as much fun.

This passion thing is important: if you are not relaxed and truly enjoying yourself, women will notice this and will be repelled by men who "are trying too hard". Few women would consider dating an anxious, uptight guy, who appears more interested in getting them in the sack than enjoying the shared activity.

In conclusion, let me offer two warnings. First, please consider how much interaction goes with the activity. For instance, going bar-hopping in loud anonymous dance caverns can be a wonderful bit of fun if you have a bunch of friends to go with, but it is highly over-rated as a place to meet women. If you can barely hear what she's saying, and have completely

artificial topics of conversation, you will only attract women as desperate as yourself.

Second, the idea of attending activities with a male friend is a good idea. Your buddy will put you in a good humour and you will not feel lonely and out-of-place, so your attitude will be relaxed, rather than desperate for company. Furthermore, women have good reason to be wary of lone men sniffing around for companionship, while two men enjoying each other's company puts a woman at ease (assuming they are not cat-calling and acting like idiots). Women value men with social skills, and having a buddy with you is at least circumstantial evidence that you may be worthwhile company.

Good luck on your search,
Ethan Tupper.

Q As a stay at home mom, running a home based business, I am finding it difficult to balance the demands of the house and family with those of my business. When the laundry piles up or when one of my three kids needs a ride, or when my mother-in-law just calls to chat, the "stay at home" mom role takes over at the expense of my business. What should I do?

ALM, Cavan

A It's difficult I know, darling, but you need to deal with these things immediately and once you have done this, everything will start to fall into place. Take it from me. Twenty-five years ago, when I was a struggling young writer with two babies and no hope of a nanny, it was very difficult. I felt that I was on call for everyone. So I changed my expectations and consequently everyone else's. As you know, I have now produced nine very successful books for Jester Romance and I have also raised two beautiful children: Ayino who lives on a commune in New Mexico and Bart who is a very successful stockbroker on Bay Street.

Anyway, darling, this is not about me but about you. The key word in your letter is "balance" and this is what you must strive for. First, though, you must get organized: Divide your time into "work hours" and "family hours" and try very hard to keep to this schedule.

Now, the children should be helping you around the house. They can manage little tasks such as making beds, dusting, and stacking the dishwasher at an early age and if they do these chores together, they learn such important con-

cepts as cooperation and compromising. Ayino and Bart did laundry and folded and ironed before they were eight years old. Bart is still a neat and clean young man, with everything laid out nicely in his drawers. First of all, though, you should show your little dependents how to do each chore before they are left to their own devices. A colour does not exist that describes the look of my Vicky's Secrets when Bart first started doing laundry.

You need to decide when you can be interrupted from your "work hours" and your "family hours". So, use your answering machine or service to its fullest. Leave a short message saying you will return the call soon, and remember to check for calls and respond promptly. That is how I got my first great book deal and, let me tell you darling, "Straying From Home" would never have been the hit it was without my answering machine. It allowed me to do all the research and writing I needed to and had to do, and it is still available at all fine book stores.

Next, car pool, car pool, car pool: Rely on your friends to help you drive the children places. Remember, if you car pool, you must also be reliable and take your turn. The second Mr. Kane and I met this way. He was standing in the front porch of his house with the moonlight showing just enough of his handsome face to make my heart flutter. Bart and I were picking up his Bobby to go to their synchronized swimming lessons. Despite the divorce, we have all remained very good friends and Bobby has shared a sweet little "pied-a-terre" with Bart in Toronto for years now.

Second, dearest, your sweet little note is just teeming with guilt. Learn to say "No" when it is appropriate. Let your mother-in-law know if you cannot talk and be honest and tell her why. You do not say if there is a Mr. around, but if there is, ask him to talk to her. The first Mr. Kane's mother was delighted to talk to her son instead of me all the time.

So start to balance out your life so you can give equal time to your work and home. Send me a note soon, darling, to tell me how it is all going.

Your confidante, Candace ♣

If you have questions that you are frantic to have answered, then send them post haste to us at THE GAZETTE and our venerable columnists will do their very best.

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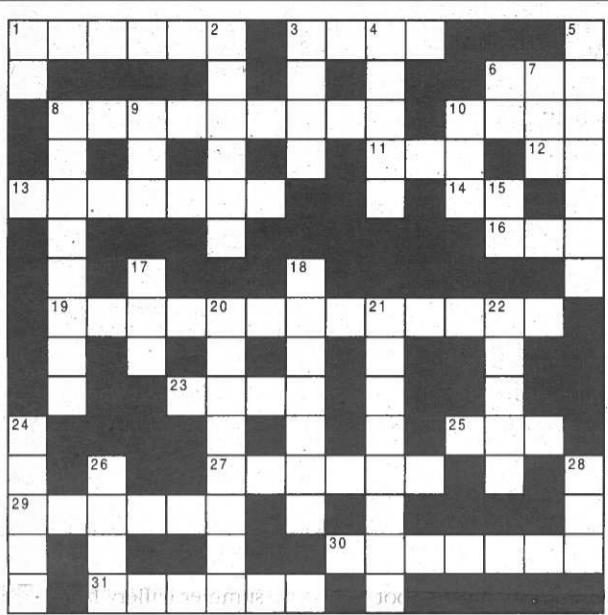
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Gazette Crossword

Specially created by **Kate Luchuk**, each puzzle is based on articles appearing in the current issue of *The Green Hills Gazette*. Answers next ish.

Across

- 1 "A safety and accessibility issue" raised at the Municipal Budget meeting
- 3 Trout, Walleye, Bass
- 6 Abbreviation for Women's Army Corp
- 8 Homeopathic remedy
- 10 Famous item stolen from Millbrook Legion
- 11 Admission for sugarbush activities per person (in dollars)
- 12 Military Intelligence
- 13 Donated to the Food Bank
- 14 Green Hills Gazette is ___ weekly
- 16 Disc Operating System
- 19 This method of breathing alleviates PMS
- 23 Classic cookie with creamy middle
- 25 Most common health complaint amongst women
- 27 Home of the Generals hockey team
- 29 _____ Maple Mousse
- 30 Shore bird: Least _____
- 31 "Metal spouty things"

Down

- 1 Spanish for "yes"
- 2 Bank _____ receives a new name
- 3 Maple _____ (occurs on April 18 and 19)
- 4 "Free _____ with the Easter Bunny"
- 5 A nightfall lasting only a few minutes
- 6 Used by and with reference to more than one person speaking or writing
- 7 A gift
- 8 April 22 (two words)
- 9 A baked dish of meat or fruit
- 10 George met with _____ Izumi
- 15 Identification
- 17 Vital juice circulating in plants
- 18 Bell of _____
- 20 _____ excesses and imbalances contribute to PMS
- 21 Recreation Programmer
- 22 The "fishing guy"
- 24 Village Bulk's youngest clientele enjoy these cookies
- 26 Controversial new system of highway signage
- 28 Co-writer of *The Orchard*



HEALTH & WELL BEING

Strategies for PMS

Q Lately, with my periods I've noticed mood swings, breast swelling, abdominal bloating and cramping, muscle tension and headaches. What causes this and how can I deal with PMS?

Ask a naturopathic/homeopathic doctor...

A Premenstrual Syndrome (PMS) and dysmenorrhea (painful menstrual periods) are the two main classifications of what women dislike or hate about their menstrual periods. PMS is the rough time that can occur after ovulation, until the period commences. This is now thought to be related to an imbalance between the amounts of endocrine hormones, estrogen and progesterone. In my experience, women with PMS and dysmenorrhea are generally under significant stress related to work load pres-

ures and/or temporary or ongoing emotional or psychological stress. The endocrine and nervous systems are intimately related. What happens to stress your nerves can therefore affect your body functions. Candida yeast infections can also be related to the menses. PMS can often be successfully dealt with through lifestyle and diet modifications. Vitamins, minerals and herbs are useful for feeding tired or "exhausted" tissues and glands. "Detoxification" of the liver and blood is a common but accurate term for assisting the liver to process estrogen efficiently so its effects are not exaggerated, causing breast tenderness and heavy, painful periods. Effective free radical scavenging or waste elimination from tissues and blood is also important for eliminating discomfort and dysfunction. Black cohosh, dong quai (angelica), dioscorea villosa (wild yam), red raspberry, chelidonium, and dandelion are useful nervous system, nutritive and cleansing herbs. Vitamins C, E, high B5, B6, or B12 B-complex, zinc, essential fatty acids such as are found in vegetable and seed oils are used for feeding the affected organs. Homeopathic treatment can be symptomatic with such remedies as Belladonna, Pulsatilla, Sepia, or more constitutionally related. Various anti-candida programs using diet, herbs, and homeopathy can eradicate the yeast but must be coupled with other changes to prevent recurrence.

Dr. Martin Kura, D.C., N.D., Cavan Township

Ask a naturopath...

A PMS is the most common health complaint among women. It is estimated that 50% of all women between the ages of 20 and 50 experience some degree of PMS. Improve your diet first to

control PMS. These dietary improvements include: 1. A low fat, vegetarian diet with some fish and sea foods. This seems to produce the best results in terms of diminished symptoms. This diet provides much low fat protein.

2. Drinking 8 glasses of bottled water daily. Water is the best way to keep your system flushed of anything that can keep it from operating properly.

3. Avoiding caffeine, sugars, and saturated fat animal products. Eliminate dairy foods during PMS days, while on the same level, eat cultured foods, such as yogurt, or kefir for friendly flora

Dr. Keith Thomson, N.D., D.C.

Ask a massage therapist...

A Most, if not all the symptoms of PMS can be attributed to the chemical changes that occur in a woman's body prior to menstruation.

Hormonal excesses and imbalances lead to irritability and mood swings, food cravings, fluid retention, nausea, abdominal cramping, and low back pain. Alleviating the physical symptoms will often have a positive impact on one's mental state. Toward this end, walking, swimming, long deep diaphragmatic breathing, and heat applied to the lower abdomen and low back are all beneficial.

If you can find someone willing to give you a back massage, ask them to concentrate on the area immediately over and above the tailbone with gentle thumb kneading; this will have a relaxing reflex effect on the uterus.

The following self-massage technique will accomplish the same result: lying on your side on a soft surface, place one hand on your tailbone and apply pressure with your fingertips to the tip of the tailbone. Place the other hand on your belly with 2 fingertips

pressing just above your pubic bone. Hold these points for 2-5 minutes.

If a migraine is part of the symptom picture, consider going to a professional trained in craniosacral therapy. This gentle, non-invasive technique is an effective alternative to drugs, often alleviating symptoms, within 30 minutes as well as acting as a preventative by addressing the underlying causes that contribute to the headache. Self-care could include a cold compress applied to the head while soaking the feet in very warm water or reflex massage to the pads of the fingers and toes and squeezing the tender point in the web of the thumb. And finally, a self-administered craniosacral technique — for this you will need props: one thin sock and two tennis or soft rubber balls. Stuff the two balls into toes of the sock and tie a knot against the second ball so the balls cannot separate. Lie on your back with a carpet behind your head just above occipital prominence (that's the bony ridge above the top of your neck). Begin long deep diaphragmatic breathing, and within a few minutes you will notice a distinct relaxation response settling into your body.

Ravi Inder Soligo, RMT

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ARTS & CULTURE PAGE



Ian McLachlan (left) and Robert Winslow (right), co-authors of *The Orchard*, outside The Winslow Farm on the 4th Line.

4th Line reveals bad apples & the pick of the crop

Our own 4th Line Theatre has announced its 1998 season of which the centerpiece will be **THE ORCHARD**, a new work co-written by Robert Winslow and Ian McLachlan.

THE ORCHARD will be familiar to those who were around for, and affected by the 1960's White Rock real estate scandal! Winslow and McLachlan — who co-created last season's *Crow Hill: The Telephone Play* — pit shady real estate dealers, transplanted San Francisco activists and local farmers against each other in what promises to be a dynamic stage event.

THE ORCHARD will be staged on the lawns of Winslow's 1870's farmhouse, and pre- and post-show activities will take place in the surrounding fields and barnyard.

The woodland stage that was the setting for last summer's *1837: The Farmers' Revolt*, will be the host-site for a new program featuring the best works-in-progress for future 4th Line seasons. **FIRST LOOK**, under the direction of Susan Spicer, will stage dramatic readings from *The Devil and Joseph Scriven* by Shane Peacock (who also wrote *The Great Farini*); *The Pearl Handled Revolver*, a first piece from Peterborough's Marsh Cobden; and *Breeches* by 4th Line alumnus David Bateman.

Rounding-out **FIRST LOOK** is a weekend workshop production of Robert Winslow and Bruce Sinclair's new production *The Bell of Batoche*, the third play in The Winslow Trilogy (*The Winslows of Derryvore* and *The Cavan Blazers* are the first two pieces).

4th Line Theatre's season finale will be a fall presentation of James Nichol's **THE STONE ANGEL**, an adaptation of Margaret Lawrence's novel. Directed by Susan Spicer, *The Stone Angel* will be performed at Showplace Peterborough, and will also feature student performances, workshops and demonstrations.

corporate advertising. He has won many prestigious awards for his carvings, and will be off to battle the big birds in Ocean City, Maryland, at the end of April. We wish him all the luck in the world.

Odds & ends

The Millbrook Gallery's 3rd Annual Spring Reading Series is currently in progress. Can. Lit. icons still to visit Millbrook include Mark Kingwell (*Dreams of a Millennium*) who reads on Sunday, April 19; Katherine Govier (*Angel Walk*) who reads on

Sunday, April 26; and Erika Ritter (*The Hidden Life of Humans*) who reads on Sunday May 3. And while we're at the Gallery, its 3rd Anniversary Group Show will be running throughout April — as the art work is usually for sale, it's a great opportunity to pick up original and unusual wedding and birthday presents at reasonable prices.

If you missed the folk band Carried Away at March's Give A Hoot Cafe the weekend of the Big Snow Storm, you can see them and have a foot stompin' time at this spring's MapleFest on April 17 where they will be performing with the Millbrook Community Choir, Joyful Noises Youth Choir, the Messy Farqueson fiddle group, and The Millbrook Old Time Fiddlers & Square Dancers.

Spreading their wings are printmaker George Raab who has a solo exhibit currently running at The Russell Gallery in Peterborough and illustrator Bill Slavin, whose work is on display in Toronto at the Portuguese Consulate.

How to connect

4th Line Theatre: If you want to know more about 4th Line Theatre's 1998 Season, dates & times, and how to get tick-

ets, call the Box Office at (705) 876-6323.

Bruce Lepper: His home-based studio, Birds of a Feather, is in Millbrook. Call him at (705) 932-3068 before you drop in.

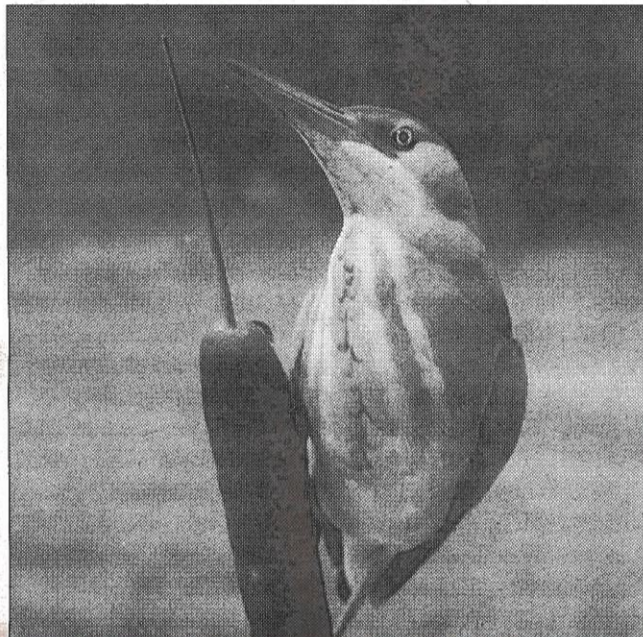
The Millbrook Gallery: All readings are at 8pm and are free — we know first hand that it's better to get there early if you want a good seat. To confirm reading dates (things do change!) and for more information about summer gallery hours, call (705) 932-5482.

MapleFest: For more information, call the Chamber Hot Line at (705) 932-7007, e-mail at millbrook@peterboro.net or visit the web site at <http://www.peterboro.net/~millbrook/>.

The Russell Art Gallery: Gallery hours vary throughout the week so, before you set off to Peterborough, call them to confirm that they are open at (705) 743-0151.

Consulate General of Portugal: You should also call these folks at (416) 360-8260 before you embark on a trip to Toronto. ♣

Compiled by Simone Georges & Frances Shakov

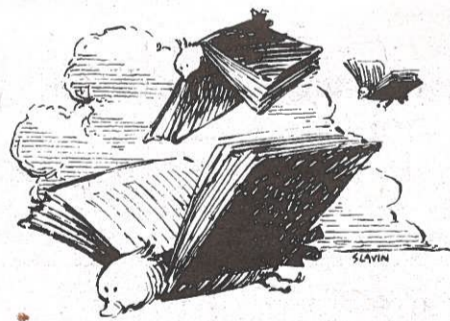


Bruce Lepper's winning woodcarved shore bird, the Least Bittern.

A standing ovation, please

It's great to hear when people win awards! Bruce Lepper came home with ribbons galore from the Central Ontario Wildfowl Woodcarving Championship: "Best in Show", as well as winner of one of the Decorative classes for his beautiful woodcarved shore bird, the Least Bittern. Bruce and his wife Lynn, a renowned quilt maker, moved to Millbrook in the mid-eighties after he gave up the stressful business of

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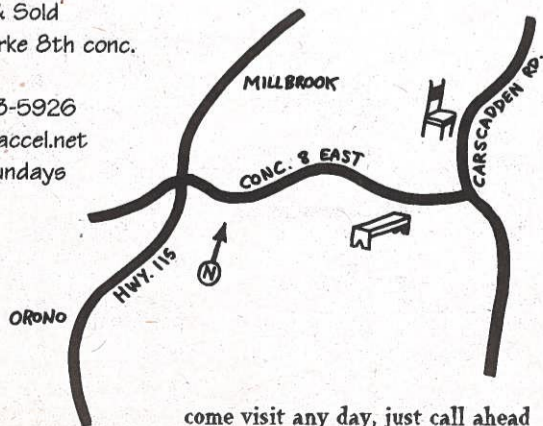
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Soccer & softball being organized

By Barry Larock

It has been said the spring season brings new life. And in the case of *The Green Hills Gazette*, this spring brings a plethora of news and sports to the community.

At the dawn of this new era, sport fans throughout the Millbrook, Cavan and North Monaghan area are expected to be well informed about local sports, beginning today, thanks to the addition of this fine newspaper.

Whether it's a feature story, sports scores or a simple source for announcing an upcoming event, *The Green Hills Gazette* welcomes one and all to these pages. To introduce myself, I'm a seven year veteran of the sports writing beat, scribing columns and articles throughout my career in Peterborough, Ottawa, and now with *The Green Hills Gazette*.

Recognising and working with the diverse sports community in Millbrook-Cavan-North Monaghan Township should no doubt keep this freelancer busy. If you have a question, announcement or would like a feature story written

on someone remarkable in the sports community, please do not hesitate to give *The Green Hills Gazette* a call or email me directly at bjlarock@igs.net.

And now, as they say, on with the show.

In the short time since I claimed this beat, I've talked with several local enthusiasts gearing up for a busy summer. Take the Cavan Maple Leaf Soccer club for example. This fine young organization has just completed its recent registration and is up some 27 athletes from last year and counting.

According to Cavan Maple Leaf Soccer president, Sally Samis, the club must now look at the process of determining teams and finding coaches for the season.... And a couple more local sponsors wouldn't hurt the organizations cause either. Soccer, a sport which has grown immensely over the past number of years, boasts the largest membership of athletes worldwide.

The increase in registrations is a very good sign for Samis, who is currently serving her third term as league president. "Our pro-



Recent exclusive photo of future NHL superstar in training.

gram has grown in popularity from simple word of mouth," she explained recently. "We're very pleased with the registration this year which should come in at around 410 players. It's a whole lot of fun for the kids, close to home and at a very reasonable price. What more could any parent ask for?"

Another sport less fortunate in terms of numbers but still full of hope for the new season is the Millbrook Softball Association headed by third term president Gord Page. Page is still searching for players and wants to remind all those interested that the season runs from May 24 weekend through to August. The cost is \$30 for T-Ball players age 5 to 7 and \$45 for those

7 to 16 years for age interested in softball.

"We've only registered some 75 players so far but there's always a number of very late registrations," notes Page, who is joined this year on the executive by Marg McGee and Monica Sorensen. "We're really looking for players in the peewee, bantam and intermediate girls divisions. If anyone is interested, please call me at 932-2529."

And finally, in addition to the multitude of well organized sports throughout the area, there are also a number of non-traditional sports always in need of volunteer organisers, athletes and helpers.

Yes, we're talking about basketball, tennis, volleyball and inline hockey. There is no reason why someone couldn't take on the responsibility of organizing these sports for the benefit of local athletes. I understand most of the equipment is available.

Spring is in the air and new life is possible. It just takes a little bit of work to reap the reward of self satisfaction. ♣

Easter at the rink

By Barry Larock

There are two things you can always count on in Millbrook each Easter weekend — one is a skating bunny and the other is the tradition of men's hockey.

Beginning April 9 and continuing through to Saturday is the 16th annual Millbrook Oilers Hockey Tournament set for the Millbrook Arena.

Some 16 teams coming from as far away as Toronto, Belleville and Paris, Ontario will take to the ice for three consecutive days of fast paced hockey action, all vying for a first place prize of \$600.

"This has become quite a tradition," noted Roger Saunders, a long-time member of the organizing Millbrook Oilers. "There's always a good mix of players on each of the teams, who are all here for a good time. For some that simply means a good year end tournament to remember while there are other teams strictly here to win. And when you put up a first place prize of \$600, that certainly becomes an incentive."

According to Saunders, the local Oilers hockey club

chose Easter weekend some 16 years ago, because with only one arena in the township the team needed three consecutive days in order for the Oilers to build such a respectable tournament. The tournament is widely respected as the event guarantees each of the 16 teams three games in one weekend. This men's open recreational tournament has players on each team between the ages of 19 and 38. So from all accounts, this is considered a very skilled tournament.

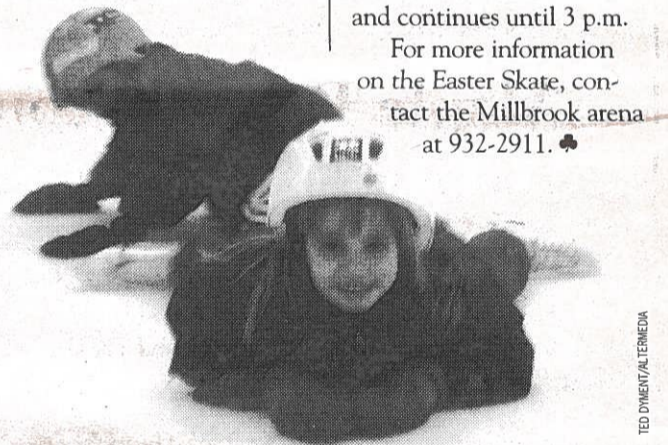
"The way the tournament seeding works depends on whether you win or lose your first game," adds Saunders. "From that result your team is either placed in the 'A' or 'B' division.

"(If) you lose twice more in those respective divisions, the weekend of hockey is over. If you continue to win, however, your team might make it to the championship game set for around 6 p.m. Saturday evening."

As a tradition, the Easter Oiler event is the final hockey extravaganza at the Millbrook arena for the season. That is, with the exception of Easter Sunday and the traditional Easter Skate with the Bunny for all area children.

Skating begins at 1 p.m. from the Millbrook Arena and continues until 3 p.m.

For more information on the Easter Skate, contact the Millbrook arena at 932-2911. ♣



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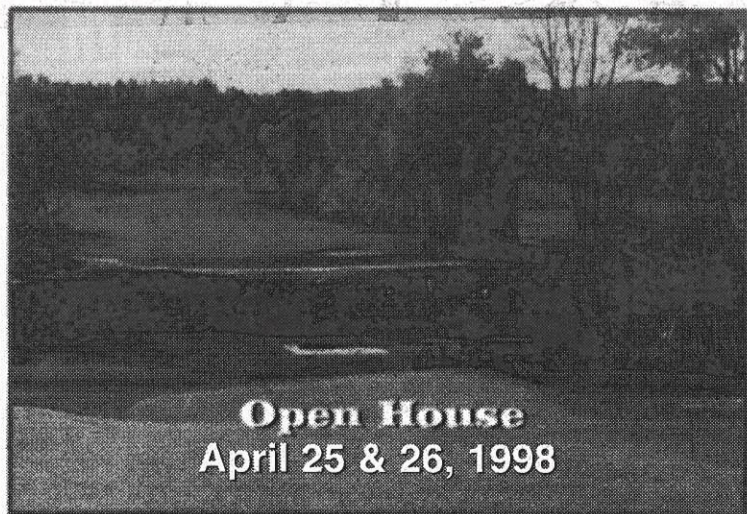
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Bowling Scores

The following are part of the bowling results from the MILLBROOK BOWLING CENTRE, March 19, 21 & 23, 1998.

MILLBROOK MIXED LEAGUE
Team Standings 5 - THE HITS AND MISSES; 4 - ROLLING PINS; 7 - WWW.BAWL.COM. **High Scores Last Week** Hi Game: 1205 THE LATE ADDITION. Hi Series: 3470 THE LATE ADDITION. Men - Game: 273 DALE McDONALD. Ser.: 723 DALE McDONALD. Women - Game: 300 JOY DANIELS. Ser.: 712 JOY DANIELS. **Season Highs** Hi Game: 1372 BAD NEWS BEARS. Hi Series: 3797 BAD NEWS BEARS. Men - Game: 364 GARY SANDERSON. Ser.: 904 JOHN POST. Women - Game: 325 BEV MINNIE. Ser.: 828 MARION GUTHRIE. **High Averages** Men: 225.27 ROB ROGOSKI. Women: 204.65 MARION GUTHRIE.

LADIES LEAGUE
Team Standings 6 - BOLD & BEAUTIFUL; 2 - ANOTHER WORLD. **High Score Last Week** Game: 222 VELMA GUTHRIE. Ser. 428 VELMA GUTHRIE. **Season High** Game:

245 VELMA GUTHRIE. Ser. 431 VELMA GUTHRIE. **High Average** 186.78 VELMA GUTHRIE. **Most Improved Averages** 171 to 186.78 = 15.78 VELMA GUTHRIE; 142 to 152.83 = 10.83 BARB MUNNEKE; 86 to 98.19 = 12.19 DARLENE PRAGER; 132 to 140.72 = 8.72 HELENE ALDSWORTH.

MITES
Team Standings 1 - CUBS; 2 - PUPPIES. **High Scores Last Week** Boys - Game: 91 TYLER GARRETT. Ser. 169 TYLER GARRETT. Girls - Game: 169 NATASHA PAZDZIOR. Ser. 174 CASSIE DANIELS. **Season Highs** Boys - Game: 117 TYLER GARRETT. Ser. 187 TYLER GARRETT. Girls - Game: 131 KAYLA INGRAM. Ser. 225 KAYLA INGRAM. **High Averages** Boys: 73.30 TYLER GARRETT. Girls: 82.22 KAYLA INGRAM. **Most Improved Averages** 58 to 73.30 = 15.30 TYLER GARRETT.

BATAMS — YBC
Team Standings 5 - PANTHERS; 2 - LIONS. **High Scores Last Week** Boys - Game: 205 MICHAEL GUMMER. Ser. 510 BRANDON BIGELOW. Girls - Game: 155 RACHELLE KOETSTRA. Ser. 378 RACHELLE KOETSTRA. **Season Highs** Boys - Game: 238 MICHAEL GUMMER. Ser. 565 BRANDON BIGELOW. Girls - Game: 198 RACHELLE KOETSTRA. Ser. 469 RACHELLE KOETSTRA. **High**

Averages Boys: 130.62 BRANDON BIGELOW. Girls: 128.98 RACHELLE KOETSTRA. **Most Improved Average** 55 to 83.01 = 28.01 JOEL CRIPPS.

JUNIORS — YBC
Team Standings 1 - COLTS; 3 - JETS. **High Scores Last Week** Boys - Game: 209 GREG McCOURT. Ser. 558 GREG McCOURT. Girls - Game: 152 JESSICA STACHERUK. Ser. 357 JESSICA STACHERUK. **Season Highs** Boys - Game: 243 GREG McCOURT. Girls - Game: 215 ADRIANNE MIGHT. Ser. 509 ADRIANNE MIGHT. **High Averages** Boys: 149.34 GREG McCOURT. Girls: 141.86 ADRIANNE MIGHT. **Most Improved Averages:** Boys: 102 to 123.70 = 21.70 CHAD GUMMER. Girls: 96 to 119.57 ASHLEY BROWN.

SENIORS — YBC
Team Standings 1 - Blue Jays; 3 - Kittens. **High Scores Last Week** Boys - Game: 216 KEITH WEIDMARK. Ser. 474 BRIAN BOLTON. Girls - Game: 197 KIM VANDIE. Ser. 523 KIM VANDIE. **Season Highs** Boys - Game: 266 BRENT MIGHT. Ser. 631 BRUNET MIGHT; 586 BRIAN BOLTON. **High Averages** Boys: 168.47 BRENT MIGHT. Girls: 178.50 KIM VANDIE. **Most Improved Averages** Boys: 107 to 123.51 = 16.51 KEITH WEIDMARK. Girls: 85 to 110.95 JENNIFER INGRAM.

MILLBROOK MAPLE FEST

Saturday and Sunday, April 18th and 19th

In the Village

Saturday, 9 a.m. to 4 p.m.

- ALL DAY MUSIC & EVENTS
- FLEA MARKET AND CRAFT SALE
- PONY RIDES
- OLD FIRE HALL MUSEUM
- CANADIAN CANOE MUSEUM DISPLAY
- ART SHOW

Sugar Bush Tours

Saturday and Sunday,
9 a.m. to 4 p.m.

at Kennedy's Sugar Bush

- WAGON RIDES
- TAFFY PULL
- FRITTERS FROM HEAVEN

Admission \$2 per person, family \$6
As bush conditions can be muddy rubber boots are advised.

Maple Fest All-You-Can-Eat Pancake Breakfast at the Lions Den

Saturday and Sunday, 8 a.m. to 1 p.m.
Adults \$4, children \$2, under 6 free.

Shuttle Bus Service

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Shuttle service both days between downtown,
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YOUR NEWSPAPER FOR MILLBROOK, CAVAN AND NORTH MONAGHAN





CREATIVE PARENTING

By Trish Reininger

When you have kids, ordinary, everyday tasks become something that takes careful planning. A quiet outing entails packing and organization, and is anything BUT quiet in the process! Puddles are once again for jumping into...

Children bring love beyond measure into our lives and enough energy to run the fittest adult to complete exhaustion. They smother us with hugs and kisses in one moment. In the next moment, they stand defiantly with hands on hips telling us in no uncertain terms (and not quietly, I might add!) just what they expect us to do, how we're expected to do it, and when it's expected to be done.

"It" can be anything from getting a cup of juice or being "old enough" to walk downtown alone or being "responsible enough" to borrow the car. A child's wants, demands, and expectations of his/her parent(s) and him/herself become bigger as the years go by. When my oldest was almost two years old, I enrolled in a parenting

course offered by the Peterborough Family Enrichment Centre. I hoped the course would help prepare me to deal with the changes each year would bring.

Although my background includes many years of babysitting, an Early Childhood Educator diploma, work in day care and nursery school programmes, and live-in nanny work, I felt I needed some other skills to help me handle the ever demanding situations of my growing children. I truly feel that no amount of schooling or practice can fully prepare one for the twenty-four hour, seven days a week, role of parent! Only when that precious bundle arrives home with you do you actually know the immense joys and fears of parenting. And that's just the beginning...

From that moment on, children never cease to occupy us, worry us, amaze us, frustrate us. More than anything else, children make us question our ability to parent effectively. By effectively, I mean that you are able to achieve your goals without jeopardizing the child's self-esteem. Learning new skills from a course or reading material can be one of the best ways to promote communication within your family. New skills for approaching a typi-

cal situation can produce an entirely different outcome.

Take for example this classic scenario. My four year old comes up to me while I'm making supper and asks "Can I have a cookie?"

Possible responses include: "No, supper's almost ready", or "No, it will spoil your supper", "Yes, you can", "Yes, you can as soon as we have supper", or "Hmmm, let me think about that for a minute". Take a minute and think about it. If the child is a good eater, then why not? On the other hand, if the child eats small amounts at a time, a cookie before supper may be too much. Whichever is right for your child, the way in which you respond to the question will inevitably make your decision easier for the child to accept.

Saying "no" right off the bat is a sure fire way of putting a child on the defensive, and the fight is on! I have found the younger child responds well to "Yes you can, as soon as we have supper". You can further the positive response by talking about which kind of cookie the child would like (choose), and whether one or two would be sufficient. Let the child put the cookies on a plate so they are ready as soon as supper is finished. This has been a much used skill, and I think has redi-

rected many potential upsets in our house! I have found that by not saying "no" as frequently, when I DO say "no" to my children, they know I mean it, and respond accordingly.

Giving a choice is another helpful skill to use with children. I don't mean choices like letting them choose between chocolate bars and broccoli for supper, but choices such as "Would you like two or three pieces of broccoli?". The child gets a choice and you achieve your goal of honouring his/her decision making ability. Whether the broccoli gets eaten or not is another story...

Broccoli aside, the effect of giving a child a choice is amazingly positive! The fight to get a toddler dressed for winter is one situation most parents can relate to. I've found that by asking questions and giving choices, my boys are much more cooperative (ie. "Do

you want to wear your red mittens or your blue ones?", or "Do you want to put your hat on first, or your coat?"). While these questions might seem trivial, you'll be pleased at how choices create a positive and less frustrating atmosphere of cooperation. Instead of fighting with our kids about daily aspects of hygiene, such as tooth brushing, we can offer choices: "Do you want to brush your teeth before your bath or after?". The possibilities are endless.

You may be saying this seems to make sense for young children, but what about the twelve-year old who won't clean her room? What about trying "Are you cleaning your room before dinner or after dinner?" A choice lets the child decide. I don't know about you, but I'm more likely to do something that I've decided to do rather than something I've been

told to do. The idea is that when you give a choice, the child makes a decision and therefore takes on responsibility for their actions. When "Clean your room!" is changed to "Are you cleaning your room before or after supper?", not only do we convey the same message and hopefully achieve the same goal, but we open the door a little wider for a child to accept responsibility and deal with what needs to be done.

"The mother-child relationship is paradoxical, and, in a sense, tragic. It requires the most intense love on the mother's side, yet this very love must help the child grow away from the mother, and to become fully independent."

— Erich Fromm ♣

Trish Boyd-Reininger, Millbrook, is a parenting teacher/facilitator, a coordinator of the Millbrook Play School, and energetic mom-on-the-move!



COSMIC COMICS

By Crystal Eyes

Ah, spring! Longer days, warmer weather, the excitement of renewed life and best of all — love. This is the beginning of the wedding season and if you are one of the happy couples tying the knot this year, let AstroWoman give you a word of advice. If you expect to get money as a wedding gift, don't count on the Libras you know (September 23–October 23).

I'm not saying that Libras are cheap, they are truly quite giving. It's just that most despise the idea of giving cash as a gift. Once you understand the nature of Libra, this makes perfect sense.

Libra is a social sign. It is renowned for its civility, refinement and graces. To witness Libra gift giving is

like watching a master at his craft. Their social finesse is out in full form.

Libra will take great pains to ensure they select something you will appreciate. It will be of lasting quality, with a timeless elegance. And cards! Libras are painstaking in their choice of cards. You can always recognize them in the store because they are shifting from foot to foot while reading. This is because they've been there for six hours and need to go to the bathroom. Occasionally you'll see a tent pitched near the card aisle. This is done by a Libra who has several cards to buy that week.

They go to all this trouble because giving a gift is their way of saying, "I appreciate you and you are worth this effort." For Libra, giving money says, "I didn't have time to do anything thoughtful, so I stopped by the bank machine." And there's not a Libra worth his zodiac sign who would be happy leaving that impression.

Not only is Libra concerned about the message behind a gift, they are also very sentimental. They like giving gifts that will remind you of them, or your special day years down the road. Money doesn't cut it because Libras know that people NEVER gaze fondly at a twenty dollar bill and say, "Remember when Jim gave us a bunch of these? Wasn't that nice?"

Now there are some exceptions to this rule. If Libra knows that you are saving up for something important (like, oh let's say... shelter) they're usually happy to contribute. Of course with the money, you'll also receive a small gift of sentimental value. (Their cat, or something like that!)

So, what do you do if you would really like cash as a wedding gift and yet your list is full of lovely Libras, who simply must attend? Just make sure you have lots of Capricorns invited — they'll make up for it. But that's another story. ♣

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wishes all the staff involved with **The Green Hills Gazette** all the best on their new venture.



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Community Calendar

Tear out this page and post!

KEEP THIS CALENDAR ON YOUR FRIDGE OR WALL FOR QUICK REFERENCE TO UPCOMING EVENTS. IF YOU KNOW OF A COMMUNITY EVENT THAT SHOULD BE INCLUDED ON THE NEXT CALENDAR, PLEASE FAX THE INFORMATION TO (705) 932-4041, OR CALL TOLL-FREE (888) 886-4591, OR MAIL IT TO THE GREEN HILLS GAZETTE, BOX 376, MILLBROOK, ONTARIO, L0A 1G0.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Your business is our business</p> <p>We are entrepreneurs who coordinate projects — from tourism campaigns to MapleFest — that benefit the local economy. Membership is open to all businesses and includes access to excellent group insurance. Call us!</p> <p>Box 271, Millbrook, Ont. (705) 932-7007 email: millbrook@peterboro.net</p>			<p>APRIL 9 Art at the Grafton Village Inn (1) Millbrook Legion BINGO at 7:45PM Arena Shuffleboard at 1:30PM Millbrook Play School (2) New to You (3)</p>	<p>APRIL 10 Art at the Grafton Village Inn (1) Good Friday Walks (4)</p>	<p>APRIL 11 Art at the Grafton Village Inn (1) Omeme Spring Movie (5) Green Exchange(6) Fraserville Legion Dance (7) Millbrook Legion Dance (8) Millbrook Library Boutique (9) New to You (3) Baillieboro Library Boutique (10)</p>	
<p>APRIL 12 Art at the Grafton Village Inn (1) Easter Bunny Skate (11)</p>	<p>APRIL 13 Easter Monday DEADLINE for written submissions to <i>The Green Hills Gazette</i> for April 23 issue</p>	<p>APRIL 14 Cavan Millbrook Nursery School (12) Millbrook Play School (2) New to You (3) Baillieboro Library Boutique (10)</p>	<p>APRIL 15 Stirling Festival Theatre (13) Millbrook/Cavan Historical Society Meeting (14) Blood Pressure Clinics (15) Millbrook Legion Euchre at 1:30PM (17) Millbrook Library Boutique (9) New to You (3)</p>	<p>APRIL 16 Recreation Meeting (16) Millbrook Play School (2) Arena Shuffleboard at 1:30PM New to You (3) Millbrook Legion BINGO at 7:45PM</p>	<p>APRIL 17 Evening of Music and Silent Auction Supporting the Learning Disabilities Association of Peterborough (17) New to You (3)</p>	<p>APRIL 18 MAPLEFEST (31) Flea Market and Craft Sale at Millbrook/S. Cavan School (18) Ganaraska Pancake Experience (19) New to You (3) Millbrook Library Boutique (9) Baillieboro Library Boutique(10)</p>
<p>APRIL 19 MAPLEFEST (31) Reading Series Guest Author Mark Kingwell at The Millbrook Gallery (20)</p>	<p>APRIL 20 Millbrook Spring Movie (21) Creative Card Making (23) Committee of the Whole Council Meeting (22) Millbrook Legion Bridge at 1:00PM New to You (3)</p>	<p>APRIL 21 Cavan-Millbrook Nursery School (12) Baillieboro Library Boutique (10) Family Enrichment Centre - Mobile Outreach (25) Euchre to support The Cancer Society (24) New to You (3)</p>	<p>APRIL 22 EARTHDAY Millbrook Library Boutique (9) New to You (3) Live Theatre Supporting The Elizabeth Fry Society (27) Dombind Information Meeting (26) Millbrook Legion Euchre at 1:30PM</p>	<p>APRIL 23 Millbrook Play School (2) Millbrook Legion BINGO at 7:45PM Live Theatre Supporting The Elizabeth Fry Society (27) Arena Shuffleboard at 1:30PM New to You (3)</p>	<p>APRIL 24 Live Theatre Supporting The Elizabeth Fry Society (27) New to You (3)</p>	<p>APRIL 25 Millbrook Fishing Derby (28) Omeme Spring Movie (5) Millbrook Library Boutique (9) New to You (3) Baillieboro Library Boutique (10)</p>
<p>APRIL 26 Reading Series Guest Author Katherine Govier at The Millbrook Gallery (20)</p>	<p>APRIL 27 DEADLINE for written submissions to <i>The Green Hills Gazette</i> for the May 7 issue Creative Card Making (23) Millbrook Legion Bridge at 1:00PM New to You (3)</p>	<p>APRIL 28 Food Bank Meeting (29) Millbrook Play School (2) Millbrook Women's Institute Meeting (30) Cavan-Millbrook Nursery School (12) Baillieboro Library Boutique (10) New to You (3)</p>	<p>APRIL 29 Millbrook Legion Euchre at 1:30PM Millbrook Library Boutique (9) New to You (3)</p>	<p>APRIL 30 Millbrook Play School (2) Millbrook Legion BINGO at 7:45PM Arena Shuffleboard at 1:30PM New to You (3)</p>	<p>Remember: If you can find a way to spend your next dollar <i>within</i> our municipality, it will <i>come back to you</i> in the form of new municipal services, lower taxes, and expanded job opportunities.</p>	

1 Art at the Grafton Village Inn featuring the work of internationally renowned artist **James Lumbers**. 10830 County Rd. 2, Grafton, Ontario. Call (905) 349-3024 for more information.

2 Millbrook Play School at Millbrook Christian Assembly, 9:30AM-11:30AM, \$2/visit or \$10/month, call Wilma at 932-5547 for more information (children must be accompanied by an adult).

3 New to You Used clothing at the Millbrook Community Care Office. Mon-Fri 11:00AM-noon, Sat 10:00AM-noon.

4 Good Friday Walks **Morning walk:** Pontypool United Church to Bethany United Church. Meet at 7:30AM in Pontypool. The walk is approximately 10 miles. A church service and luncheon to follow at Bethany United. Call Leslie Ellins at (705) 277-9581 for more information.

Afternoon walk: St Thomas Anglican Church, Millbrook to Emmanuel United, Baillieboro. Meet at 1:30PM in Millbrook. Refreshments to follow at Emmanuel United. A van will accompany walkers. Call Rev. Susan Sheen at (705) 932-2233 for more information.

5 Omeme Spring Movies at Omeme Town Hall. All shows start at 7:00PM. Admission is \$2.50.
April 11: *Home Alone 3*
April 25: *Flubber*

6 Green Exchange. Second Saturday of each month at the Millbrook Municipal Yard. Take or give what you like for \$1. No clothes please.

7 Fraserville Legion Dance. Music by **Harold Davidson** (Country). 9:00PM-1:00AM. \$6.00 for Adults and \$4.00 for Students.

8 Millbrook Legion Rock & Roll 50's Dance with the **Lincolnaires**. \$10.00 per person in advance or \$12.50 at the door. Doors open at 8:00PM. Dance 9:00PM-1:00AM. Purchase tickets at Millbrook Legion, Bermar Hair Boutique, or Millbrook Convenience. Call Greg Brown at 932-2224 or Ed (905) 576-6029 for more information.

9 Millbrook Library Boutique at the Old Millbrook School. Used clothing and accessories. Wed: 12:30-2:30PM, Sat: 10:00-1:00PM.

10 Baillieboro Library Boutique. Tues: noon-3:00PM, Sat: 10:00AM-1:00PM. Proceeds to the Baillieboro Library.

11 Easter Bunny Skate at Millbrook Cavan North Monaghan Com-

munity Centre. 1:00-3:00PM. Free of Charge.

12 Cavan/Millbrook Nursery School at Cavan Community Centre. Various times are available. Call Pam Hartwick at 277-1938.

13 Stirling Festival Theatre, "The Sounds of Broadway" with John Arpin and Julian Gallo. Tickets are \$20. Call 395-2111 for more information.

14 Millbrook/Cavan Historical Society Meeting. St. Thomas Church Hall at 7:30PM.

15 Blood Pressure Clinics. Millbrook Manor: 10:30-11:30AM. Millbrook Legion: 12:30-1:30PM

16 Recreation Meeting at the Cavan Community Centre at 7:30PM (see page 1)

17 Learning Disabilities Association of Peterborough invites everyone to attend an Evening of Music and Silent Auction including short performances by Laurie Corrigan, Julie Shephard, and Rattle the Reeds. 7:00-11:00PM at the Ministry of Natural Resources Conference Room, Robinson Place, Water at Charlotte St., Peterborough. Ticket price is \$20. (tax receipt of \$10 will be provided) and can be purchased at 171 King St., Unit 4,

Peterborough. Call 748-9455 for more information.

18 Flea Market and Craft Sale at the Millbrook South Cavan Public School. 9:00AM-3:00PM. Tables are \$15 each. Sponsored by the School Council. Call Cathy McIntyre to reserve a table at 932-3124.

19 The Ganaraska Pancake Experience at the Ganaraska Forest Centre from 10:00AM-2:00PM. Pancake Brunch, Birds of Prey, Dog Sled, and Wood Carver Demonstrations, Animals from the Bowmanville Zoo, Musical Entertainment and Bush Tours. In support of the Ganaraska Forest Centre Outdoors Education Program (905) 885-8173 and Kinsmen Community Projects (905) 983-9540.

20 3rd Annual Spring **Reading Series** at **The Millbrook Gallery**. Free Admission. Made possible through The Canada Council for the Arts. April 19 at 8:00PM, **Mark Kingwell**, author of *Dreams of a Millennium*. April 26 at 8:00PM, **Katherine Govier**, author of *Angel Walk*. May 3 at 8:00PM, **Erika Ritter**, broadcaster and author of *The Hidden Life of Humans*.

21 Millbrook Spring Movies at the Millbrook Arena. All shows start

at 7:00PM. Admission: \$2.50.
April 20: *Flubber*
May 4: *The Little Mermaid*

22 Committee of Whole Council meeting begins at 7:30PM in Council Chambers in Twp. Hall.

23 Creative Card Making at the Community Care Office from 9:30-11:30AM. Coffee and social time to follow. Call 932-2011 for more information.

24 Euchre Party in support of the Cancer Society at Bethel United Church beginning at 8:00PM. Receipts will be provided for contributions. Prizes. Lunch served.

25 Family Enrichment Centre Mobile Outreach at Millbrook Christian Assembly between 10:00AM and 12 noon. Held every third Tuesday. Free of charge.

26 Dombind Information Meeting at the Old Millbrook School at 7:30PM. Dombind. Is it waste disposal or dust suppression? Is it safe to put on roads? Speaker: Maureen Reilley, researcher and writer with two years experience with World Wildlife Fund. Sponsored by Millbrook/Cavan Environmental Watch

27 Live Theatre sup-

porting The Elizabeth Fry Society "Gone with the Wind" at Showplace Peterborough. Presented by Vanguard Productions. Tickets are \$15, available at E.Fry office, 483 George St. S. and at Showplace. Call (705) 749-6809 for more information.

28 Millbrook Fishing Derby at the Mill Pond. Registration begins at 7:00AM. \$1 for children under 15 and \$4 for adults. Sponsored by the Millbrook and District Lions Club. Call Rob Therrien at 932-5328 for more information.

29 Food Bank Meeting at Old Millbrook School at 7:30PM. (see page 2 for more information)


30 Millbrook Women's Institute Meeting. New members and visitors welcome. Call 932-5242 for more information.

31 **MAPLEFEST** (see full page ad on page 13).

Additional Notes
* The Millbrook Gallery's 3rd Anniversary Group Exhibition is featured throughout April.
* As part of an ongoing effort to keep Millbrook green and to mark Earth Day, sugar maples will be planted mid-April. Anyone who would like to have a tree planted around their home and is willing to care for the tree until it becomes established is invited to call Christine Diaz at 932-2371.
* Friends of the Library, a group formed to fundraise, solicit volunteers, and advocate for the library will meet May 6 at the Old Millbrook School at 7:30PM. Anyone interested in getting involved is invited to attend.

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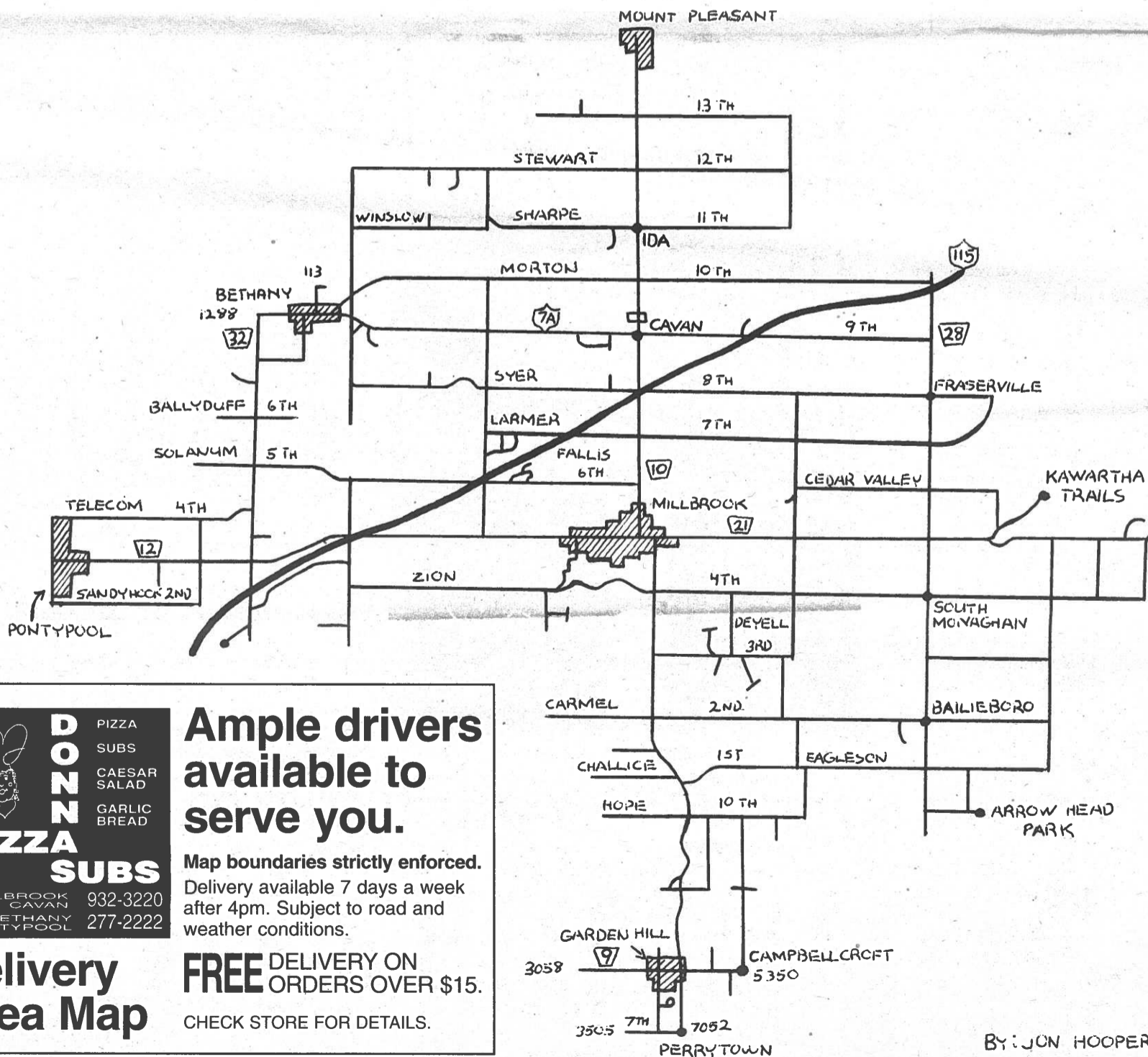
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