

THE GREEN HILLS Gazette

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CELEBRATING LIFE IN CAVAN, MILLBROOK, AND NORTH MONAGHAN

Millbrook Library seeks new home

By Deborah Luchuk

For every book the Millbrook Library acquires, another must be discarded to make room for it.

There just isn't enough room for anything more to be added to the Library facility, according to Bill Slavin, chairperson of the Millbrook Library Board. Due to an expanding range of patrons' needs, the Library has added new services and materials. However, in order to offer any more of the services and collection available in similar communities, a new site must be found.

The current site, located on the main street of Millbrook, offers only 600

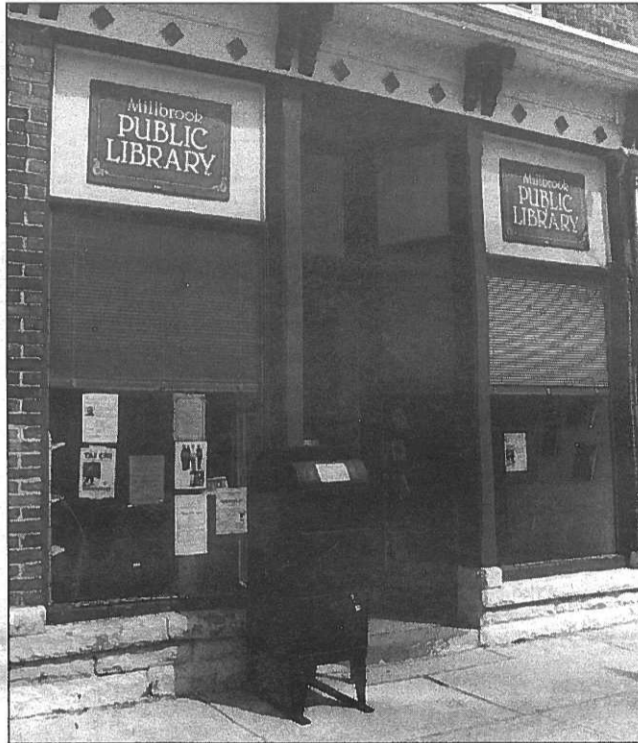
square feet of space. To house the present library collection adequately, the recommended space is 1865 square feet. Given the population of the area, and the circulation, the collection of reading materials should be 1/3 higher, which means space requirements would increase to 3400 square feet. To make matters worse, there's no washroom for staff or patrons.

"It's not just the present use that we're concerned about, but expanded uses, for example, including a meeting room. The library could serve as part of an integrated community centre. It would be nice to have the library integrated with all the needs of the

community, for example, the recreation programs," Slavin said.

Of 92 small libraries in Southern Ontario (serving a population of 5,000 to 15,000), the Millbrook Library is the second busiest. Most of the library's patrons come from Cavan Ward, with the rest coming from Millbrook Ward and a small number from elsewhere. Currently residents in the northern part of the municipality use the Mount Pleasant Library, and North Monaghan residents have an arrangement to use Peterborough libraries.

The history of recent attempts to find a new space dates back to 1993, and several sites have been



considered over the years, including the Old Millbrook School, buying the current building with an expansion into the next space next door, a site at the plaza off Tupper Street, and the Millbrook

Municipal Office. There has been a resistance to finding and funding a new site, Slavin said, because the current space was bequeathed rent-free in perpetuity for library use many years ago.

In order to establish criteria for a new library "home", the Library Board is working with librarian Margot Loucks, and is developing a survey for users to complete. According to Slavin, it is critical to have patrons share their ideas for the library, so that the right site is selected. "There are some financial limitations, and some concerns about accessibility — these and other factors have to be balanced in a decision about a new site. Although there's a Library Search Committee, we need input from those who use the library, and from those who would use it but don't, for various reasons [such as hours inappropriate for working people, etc.]"

The survey will be available at the Millbrook Library for pick-up. "It's really important for people to know this is an open process." ♣

See survey on back page.

Banner poles erected

The Millbrook and District Chamber of Commerce has erected two poles on either side of County Road 10 for banners announcing community events. The poles began as a donation to the 4th Line Theatre by Durham Telephones several years ago. 4th Line eventually gave them to the Chamber. Thanks to the donated labour of Wayne Romanuk of Kawartha Line Construction, the poles are now in the ground.

Below: Chamber President Connie Danielsen and Executive Member Ted Dymnt.

Further budget cuts likely

By Katherine Luchuk

Council is tightening municipal purse strings in the wake of the April 27 budget meeting, with the announcement of a \$279,000 deficit.

However, with a nip and tuck of various items in the proposed 1998 budget, and consideration of reserve funds from former municipalities to cover road improvement costs, the deficit figure decreased to \$121,000 as of April 30. With these cuts, ratepayers could expect an average tax increase of 2.6%, according to Treasurer Hazel Armstrong.

Further modification of the mill rate is possible, as Council continues its review of the budget this month. The Treasurer said Council's final decision on the budget could include a transfer from the reserves, and/or further cutting to minimize an increase in the mill rate. Although Council acknowledges expanded costs to provide services to an amalgamated township, municipal department heads were asked to prioritize and further prune projects and services from their budgets.

The Fire Department's proposed budget for 1998 represents an increase of 24% over last year's figures. In response to Chief

Nelson Edgerton's presentation, Reeve Neil Cathcart requested further reduc-

tions. "As a township we can't afford it.... a \$20,000 nip is required here.... a lot of surprises have come up in the past week, I'll have to take a swing at the others, too."

An increase in the number of firefighters' ground hours, as a result of more emergency calls, accounts significantly for the 24% increase to the Fire Department's proposed 1998 budget. Chief Edgerton explained to Council, "We are getting more carbon monoxide calls, as a result of more detectors being used.... but at only one out of four of those calls [was there an actual elevation in the level of carbon monoxide]." As these calls cost the department \$100 a visit, Reeve Cathcart suggested that "a user fee be required if detector goes off. People are going to have to pay for it."

With a \$20,000 increase to its budget, the Millbrook Library's line items include costs associated with the relocation to a larger premises, courier service, new books, and \$7,000 in accordance with pay equity legislation. Librarian Margot Loucks said the expenses are in keeping with the library's need to expand to accom-

modate an increasing membership (for further details, see story in this issue).

More traffic at the transfer station requires a new road to be built for traffic control. The purchase of a compacter to reduce garbage volume, could deal with an increasing amount of trash. Glen Adamson told council that "a minimum of 7 or 8 bins are being filled on the weekends right now.... and the tipping fee per bin is \$165." Councillor Brian Fallis suggested a bag limit be imposed to reduce volume. The Environmental [Department] budget will also include a \$100,000 fee to cap the Millbrook landfill site, and an additional fee for its monitoring.

Road Department interim superintendent Rod Marshall presented a \$300,000 proposed budget, but Council whittled it down. Councillor Fallis suggested "the proposed garage addition be deferred until 1999, or at least scaled down to a shell, for now." Road projects in Cavan Ward will be covered by the reserve fund from the former municipality [of Cavan].

In a dynamic presentation to council, Recreation Facilities Manager Rick McGee explained his new vision for the township. McGee encouraged Council to look beyond tangible budget items (such as roads), to create a better quality of life for the community through recreation. He challenged Council's

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INSIDE

MACAC expands domain

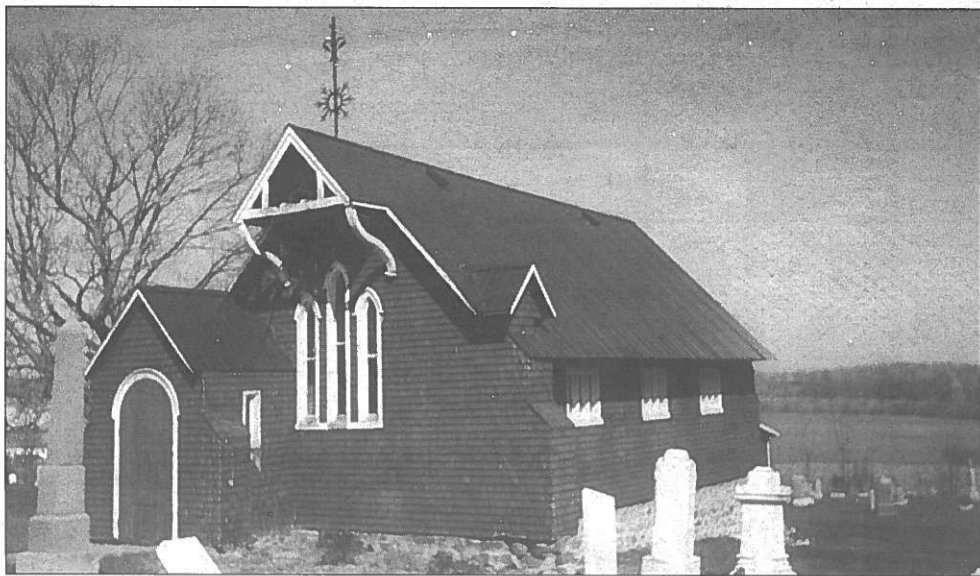
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Cougar sighting?

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How to be a Hero

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The Anglican Chapel on the 4th Line of Cavan is one of the two buildings likely to be designated as a historical site by the Millbrook Architectural Conservation Advisory Committee.

Architectural Heritage Expands Domain

By Katherine Luchuk

Interested in the preservation and promotion of the graceful historical buildings and natural heritage of this Township?

Millbrook Architectural Conservation Advisory Committee (MACAC), will soon be renamed Local Architectural Conservation Advisory Committee, to be inclusive of Cavan and North Monaghan wards. With the inclusion of the whole township, more historical sites will be designated and supported by the new committee. An expanded mandate to include sites of natural significance will further enhance the tapestry of local culture.

Since 1979, MACAC's volunteers have worked to promote and preserve the architectural heritage of the Village, providing advice to Council, designating architecturally significant buildings, providing educational programmes and events, and technical support to property owners wishing to undertake historically accurate renovations and restorations. So far, the group has been successful in having 45 sites designated as historical under the

Ontario Heritage Act, the most per capita in the province of Ontario.

In order for MACAC to change its mandate and name to include the whole township, a municipal by-law must be rescinded. This transformation is being

facilitated by a four-person sub-committee: Jackie Tinson, Chair; Dean Cutmore, Council representative; and residents Art Clarke and Cheryl Kramer.

With the creation of the new LACAC, and the inclusion of the other two

wards, the mandate and work of the organization will expand further to include a new program to designate and preserve "naturally significant sites". Chairperson Jackie Tinson said anyone in Cavan-Millbrook-North Monaghan Township interested in becoming involved in the preservation and promotion of historically, architecturally, and naturally significant sites is welcome, and encouraged to join the "relaxed and friendly committee" that meets once a month.

Currently three sites in Cavan Ward are being researched as possible heritage sites: the Marsh Church (on County Road #23 west of Millbrook), the Anglican Chapel on the 4th Line, and a culvert (located just south of the 4th line on a railbed) that features fine masonry work. The designation of downtown Millbrook as a whole heritage site, is also a long term goal for the group, envisioned by Dean Cutmore as evolving into

something similar to a downtown Port Perry.

Preservation and/or restoration of a site involves much time and knowledge, all of which LACAC can provide for an interested property owner. According to Jackie Tinson, once the Heritage Site application is received by LACAC, members research land titles, other significant documents, and give heed to oral history that may reveal the site's architectural, historical, natural or ecological significance. With this information, LACAC applies to the Ministry of Culture and Recreation for Heritage Site designation. If approved, LACAC can advise the property owner on materials to use, or techniques to try, to accurately restore the site to its original form.

Historically accurate restoration is not only time intensive — it's expensive. Up until three years ago, the Ministry of Culture and Recreation provided the Heritage Site owner with half the restoration fee.

Currently, all costs must be covered by the owner or the municipality in the case of a public site. If designated as a whole heritage site, the restoration of buildings in downtown Millbrook will be a costly venture, one that will require local fundraising.

Once the MACAC by-law is rescinded, Jackie would like to launch the new LACAC with a picnic to welcome Cavan and North Monaghan members. The group also hopes to open the 4th Line Chapel for a couple of hours on Canada Day for public viewing. The "Walking Tour of Historic Millbrook" brochure, containing descriptions of 31 of the Village's designated heritage sites, is available at The Art Gallery in Millbrook and at the Tourist Information Centre (located in Clark's Esso and Time for Coffee, on Tupper Street).

To join LACAC, or for more information on the organization's work or mandate, contact Jackie Tinson at 932-2852. ♣

"Secret meeting" with Schickedanz "dangerous for Council"

By Katherine Luchuk

In an effort to be "open and upfront," Deputy Reeve Brian Squirrell read a public letter protesting secret or special meetings of councillors outside of council chambers at the April 20 Committee of the Whole meeting.

Deputy-Reeve Squirrell's letter, printed in *The Gazette's* April 23 issue, highlighted his concerns regarding special meetings outside of council chambers, and his assertion that such meetings violate the Municipal Act. The letter was in response to a "special" meeting held between

Reeve Neal Cathcart, Councillor Tom Jones, Councillor Brian Fallis, developer Bruno Schickedanz, support staff of the developer, township staff, and the developer's lawyer held April 7 at the Otonabee Region Conservation Authority offices. Other than members of council included in the meeting, no other councillors were informed.

Reeve Cathcart responded to the letter by saying, "we [Council] never adopted a procedural by-law" that states 48 hours notice is to be given in writing to all members of

council of special meetings taking place. Deputy-Reeve Squirrell replied, "in this case, the Municipal Act rules... it is what the procedural by-laws are pulled from." Section 58 of the Municipal Act states "if there is no by-law or resolution fixing the place of meeting, a special meeting shall be held at the place where the last meeting was held, and a special meeting may be either open or closed as in the opinion of the council, expressed by resolution in writing, [as] the public interest requires" (RSO 1980, c302, s58).

Reeve Cathcart asked, "does this mean that I must ask permission to meet with anyone outside of Council... that Councillor Cutmore must ask for permission to talk with someone walking by on the street?" Councillor Fallis referred to the Schickedanz meeting as a "different matter... and with such sensitive matters, we [Council] must be careful."

Recalling the events of the controversial meeting, Councillor Fallis was alarmed when "Schickedanz appeared with his lawyer and planner... this was a dangerous meeting for Council." Official notes taken at the meeting indicate that "Councillor Fallis questioned why the Conservation Authority was involved. All members of Council were not aware of meeting. Why was this not mentioned at Council the previous evening? Last

resolution passed accepted Defreitas' letter, and no further expenditures were to be incurred... O.R.C.A.'s time being taken up... Councillor Fallis indicated he would only listen and not participate." Councillor Fallis explained to Council that at the very least "the Chair of the Planning Advisory Committee [Deputy-Reeve Squirrell] and Millbrook Councillor Cutmore should have been informed of the meeting."

According to minutes of the meeting issued at Committee of the Whole, it was arranged with O.R.C.A. at the request of the developer to "avoid an OMB [Ontario Municipal Board] hearing" and Councillor Jones expressed at that meeting that "it would be better to try and resolve this issue rather than be part of an OMB hearing." ♣



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Food banks a step in the right direction

By Deborah Luchuk

Food banks don't meet all the needs of those in hunger, but they're a step in the right direction.

In order to take that "step in the right direction", Millbrook and District Food Share volunteers have taken the advice of those working at other area food banks, and translated it into a plan of action. Representatives from the Omeme and Lakefield food banks, and Peterborough Food Share, contributed their suggestions for food bank operation at the April 28 meeting.

Reverend Mark Murray, affiliated with the Omeme Food Bank, Susan Dubay of Peterborough Food Share, and Dolores Wiles of the Lakefield Food Bank related their experience and ideas. All three said creating an atmosphere of support and respect should be a top priority. Monitoring of clientele varies from food bank to food bank, but most confidentially register individual or family addresses, dietary requirements, and whether or not there are children in a family. Generally, no one is turned away from a food bank, unless there is no food left to distribute, but neither the Lakefield nor the Omeme bank has ever turned anyone away for that reason.

Although there have been some rare reports of individuals exploiting food banks or Christmas hampers, food bank clients have been honest, taking only what they need for their families, according to the visiting food bank reps.

Communities need to work toward the eradication of poverty and food insecurity, working in whatever way is appropriate to change the political, economic and social factors perpetuating the need for food banks. Rev. Mark Murray shared his frustration at being unable to help those coming to the Omeme food bank, beyond providing a bag of groceries. "I really wish there was something we could do to raise awareness.... Is there a way we

"Those struggling with hunger and poverty often encounter situations which are discriminatory and disempowering. We do not wish to contribute to this problem. By treating people with respect and dignity, we hope to create a supportive environment, thereby encouraging them to take control of their situations."

could somehow address the greater problem of hunger in our province? When you see the same faces again and again, is there not more we can do to help these people help themselves?"

Part of the answer to Rev. Murray's concerns would be for food banks to provide information about services and resources to address non-dietary needs. "You won't be able to meet all the needs, but remember, you're doing the best that you can," Susan Dubay encouraged. "You need to make the food bank a welcoming place, and have a knowledgeable volunteer crew who can provide support for those who come in. If you are able to have some sort of information available about local services, some idea of where people can go to get help with their other needs.... you are providing an opportunity for people to work together to create a better situation."

Keeping the community engaged in providing food and other essentials for neighbours in need, is an important factor in maintaining food supply and moral support, according to Dolores Wiles. The Lakefield Food Bank has been very fortunate to have the support of service clubs,

churches, and a generous community at large. "You'd be surprised at how many people will say [to those invited to] an anniversary, for example, bring a food item for the food bank."

Members of the Food Share interim committee are currently discussing ways and means for this community support to be generated. The advice of other food bank operators has been considered in the creation of a constitution and mission statement.

The constitution includes guidelines for frequency of service, community resources, food choice, how much food to give out, hours of operation, statistics, treatment and atmosphere, identification and registration, and first time visitors. Reporting from the group working on the constitution, Brian Fallis said the top priority of the document is to ensure Food Share offers respect and support in a confidential and empowering atmosphere. "Those struggling with hunger and poverty often encounter situations which are discriminatory and disempowering. We do not wish to contribute to this problem. By treating people with respect and dignity, we hope to create a supportive environment, thereby encouraging them to take control of their situations."

With the goal of maintaining a supportive environment, recipients will be assured of confidential handling of their registration information, choice of food, and access to the Food Bank on a "as needed basis". Hours of operation will include late afternoon and early evening hours, to ensure accessibility for those working and living on low wages. Any change in hours, or days of operation will be publicized and shared with clients well in advance.

Millbrook and District Food Share is expected to open later this spring. Volunteers are still welcome to come out to the next meeting (Tuesday, May 12, 7:30 p.m., Old Millbrook School) to help plan for food collection and fundraising, to set hours of operation, and further refine the constitution. There will be many volunteer positions to fill, from collecting and sorting food to taking a shift or two at the Food Bank.

For more information about Millbrook and District Food Share, please call Deb at 932-7046. ♣



Eileen Manson

By Deborah Luchuk

Eileen Manson is a wealthy woman — rich in experiences, gifted by those she has worked with as a volunteer.

"In my experience, it is the volunteer that learns the most. You get so much more back than you ever give. The rewards I have reaped [from my volunteer career] are unbelievable," Eileen says, of her long volunteer career with the Literacy Council of Durham Region and with the Bailieboro Library Boutique.

Eileen has been the coordinator of the Boutique since June 1996, organizing other volunteers, keeping track of cash and sales, and maintaining an inventory of new-to-you clothing. "I started out as a volunteer in the Library, sometime around 1992. I came in here one day, and I saw Vilda (Nurse, the librarian) needed help and I offered my services," she said.

Volunteering in the Library itself led to a part-time job working with librarian Vilda Nurse. "Volunteering can lead to good jobs. I got a job here when they were computerizing the library. It was a phenomenal opportunity because I got computer training. I don't think I would have gotten a job in [this field] at my age."

But then, Eileen already knew much about the "phenomenal" benefits of volunteering, before she moved to Bailieboro from Oshawa in 1989. In responding to an ad for

volunteers for the Literacy Council of Durham Region in the mid-eighties, not only did she find herself teaching literacy skills to adults — but reorganizing the fledgling organization! "I went to a workshop, but no one was running it. I ended up running the organization after the first person in the position, and then had to take training to teach workshops. I didn't want to do it, but for some reason or another, I was forced to do it, and it turned out to be the best possible volunteer work."

Eileen stuck with the Literacy Council through its early struggles, and saw it emerge as a well-respected organization, ten years later. Impending burnout meant she had to end her integral commitment to this group — but not before being recognized as "the mother of the place".

Currently, super volunteer Eileen is working to spread the word that the Boutique is open for business, and that it's a great place to buy clothes for the whole family, at very reasonable prices. "We need

more people to use the Boutique, and there's not enough people coming in from the neighbourhood. A lot of people just don't know we're here, and it's the same thing with the Library," she said, adding that the closure of the Municipal Office (in the same building) may have led some to believe the library and the Boutique were closed as well.

Of course, she's always on the lookout for more volunteers willing to work a Saturday shift in the Boutique. "It's only one day a month as a volunteer commitment." Volunteers get first pick of what comes into the Boutique, and the day I interviewed Eileen, she was wearing a lovely jacket picked up for just \$6. (Who ever said volunteering didn't have its share of tangible perks, like great clothes?)

Volunteering has become a way of life for Eileen, and will probably remain so as long as she's able, she said. "I'm sure I will always be doing something. Once you're hooked [on volunteering], it's hard to stop." ♣

Budget

Continued from page 1

statements that roads and police services are the main essentials to be addressed, in a time of restricted finances. In response to Reeve Cathcart's assertion that police and roads take precedence in a tight budget year, McGee said well-planned and supported recreation programs and facilities attract economic development, and create an improved quality of life valued by the taxpayer. A new municipal brochure, and enhanced Canada Day celebrations, top the Recreation Department's list of ventures for 1998. The Recreation Manager also

proposed repairs to damaged washrooms and lights in the picnic facilities at Maple Leaf Park. When the question of further vandalism was raised, McGee responded, "Just as potholes are repaired so we can continue to drive on the roads, so must these repairs be made."

Over the next few weeks, Council will continue to juggle and prioritize immediate and long-term needs, tangible and intangible "quality of life" budget requests. Interested or concerned ratepayers can speak to members of council, write letters, or be present at upcoming council and budget meetings. For a schedule of these meetings, contact the Township Office at 932-2929. ♣

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EDITORIAL

Remembering all mothers

Mothers deserve our support, love and appreciation — not just on Mother's Day, but always. And probably many of our readership will be celebrating the wonderful, invaluable contribution moms, grandmoms and other significant women have made to our lives by sending cards, buying flowers and taking the woman of honour out for brunch. Unfortunately, we as a society tend to save up all this sentiment for one day of the year.

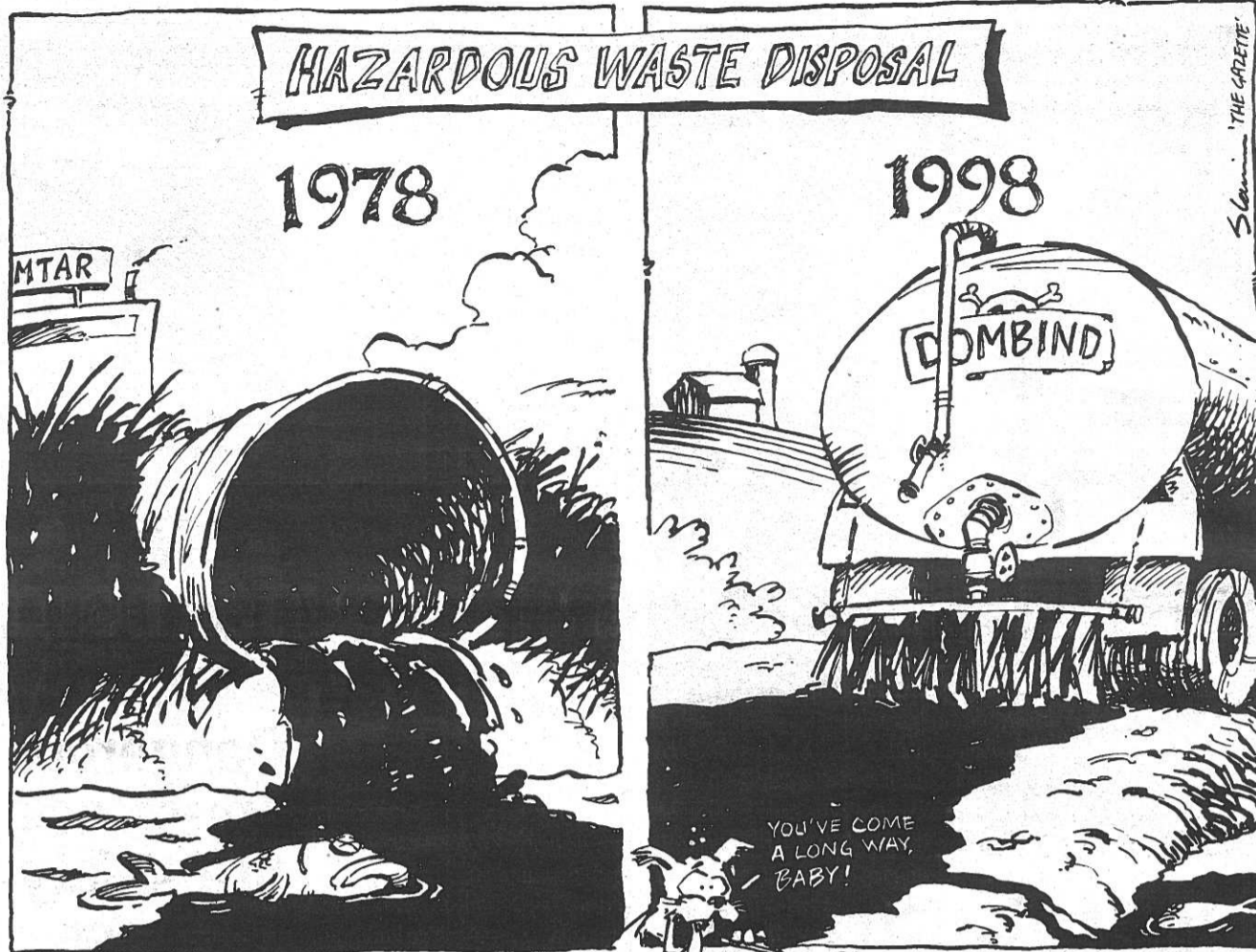
Let's get beyond the commercially-induced sentimentality for a moment and think about what mothers mean to those families living in poverty. Some of you will know well the sacrifices your mom made in raising you, particularly if you lived in less than wealthy circumstances. In a household where there is no job, maybe some social assistance, and a few children to clothe, feed and shelter, Mom is the last one to get new clothes, medical attention, a trip to the movies.... and the last one to eat. Mothers will take care of their children's needs first, and deal with their own hunger pangs second. Juggling overdue bills, a rent payment that takes up most of the family income, and children's natural desire for new toys and experiences, makes life for single moms a living hell.

According to a recent Toronto area study, 65% of women using food banks are lone parents with one to four children living with them. Many of these moms are in poor health and malnourished. Contrary to what the provincial government says, welfare is not enough to pay for rent, heat and hydro, food and other necessities.... 85% of households using food banks are supported in part or in whole by social assistance. Mom isn't eating regularly, and in a quarter of families using food banks, children are going without food for days on end.

Imagine what it must be like telling your children you have nothing for them to eat. Imagine what it must be like to go without food regularly, trying to maintain enough energy and health to respond positively and creatively to your children. Yes, believe it or not, hunger is a daily reality for many in this wealthy country.

This Mother's Day, let's think about mothers everywhere who need our support. Let's rethink those negative attitudes that further victimize victims. Let's challenge the political, economic and social status quo that keeps families isolated, hungry and without hope. Get involved in gathering food for the local food bank. Write your M.P.P. about policies creating hunger and poverty. Look after a single mom's children for a few hours so she can have some time to herself. Supporting moms and families creates a healthier, happier community for us all.

Mom — I'm not going to show up with a sappy card and flowers this year. I'm sure, being the loving person you are, that you will approve of the gift I'm giving on your behalf — to our local food bank. And by the way, thanks for the fine example you set by caring and being involved with our community. ♣



LETTERS

Lincolnaires dance a success

On behalf of the members of the Lincolnaires, I'm writing to thank you for giving our April 11th dance, at the Millbrook Legion, a listing in the Community Calendar section of *The Gazette*. It was a pleasant surprise for me because I wasn't even aware we were getting a new newspaper in Millbrook.

Our dance was a success and we're looking forward to a return date to Millbrook sometime in the fall.

I thoroughly enjoyed reading *The Gazette* and compliment you and your staff on the layout and quality of the paper... Here's wishing all of you every success with your new endeavour!!!

Thanks again, and we'll hope to see you at the next dance.

Sincerely,
Greg Brown
The Lincolnaires

Schickedanz created their own woes

I was distressed to learn in the April 23rd edition of *The Gazette* that costs to the developer of the Schickedanz property in Millbrook has run into the "hundreds of thousands of dollars". Poor little rich boy. Having to spend a bucket of money to develop his land because it's comprised of swampland, flood plains and a trout stream, and was bought, as I understand it, sight unseen over 10 years ago. Thank goodness there are champions on our council willing to defend the developer's right to build homes where the

marshes will be lapping at their back doors and "with sump pumps running continuously" (developer's engineer's own words!), I do wonder how much of those "hundreds of thousands" were the cost of dragging the developer's lawyers and engineers up here every time a succession of municipal councils had the audacity to try to deal with this problem, bullying them into recantation with the threats of Ontario Municipal Board hearings.

All I can say, is that I'm happy I'm living in this newly enlarged municipality, so that the residents of Cavan and North Monaghan can help defray with their taxes the ongoing costs which will be borne by the ratepayers for the right of Schickedanz to build his homes on such dubious land.

An (ir)ratepayer,
Bill Slavin

Castro no friend of freedom

I am dismayed with the approach that John Chretien is taking with regards to Cuba.

It seems that dollars are more important to the Federal Liberals than the abuse of people. The Prime Minister is going to Cuba and loving up to Castro in spite of the fact that Cuban jails are full of people who asked for nothing more than freedom of conscience.

Many are sitting in Cuban jails because they asked for nothing more than freedom of religion. They wanted to worship God as the Bible teaches.

Yes, a few Catholic people were let out of jail to accommodate Pope John Paul but many more includ-

ing Evangelicals still rot behind bars.

As long as people in Cuba are being abused for simply asking for those rights which should be granted to every human being everywhere, Canada is wrong in having anything to do with Castro.

However, the Liberals are run by big business and the Multi Nationals. To them, dollars are worth more than human life.

That is why we make love to China in spite of the fact that a man can be shot for just carrying a Bible.

Chretien seems to forget that in spite of the changes in these countries, they still have one motive and that is world domination. They still believe that the lives of their own people are without value.

The World is shocked at the actions of Pol Pot but the communists have [done] the same thing ever since they burst on the scene.

They toy with us like a cat with a mouse and we give them full permission when we run to their every whim.

Preston Manning is right to scoff at Chretien's talk of an ombudsman in Cuba. Does Chretien think Canadians are stupid? Saying there is an ombudsman in Cuba is the same as saying there are peace groups in China. It is foolishness and any thinking person knows it.

Let's get real and stay out of Cuba. We don't need their trade nor their dollars as long as the people's rights are abused.

Len Colp

Deadlines

The deadline for all letters to the editor, press releases, community calendar notices, articles and columns for the May 21 issue is May 11. For details about future deadlines, please call 932-2175.

Readers can look forward to our regular columns on a monthly basis — some will run on the first Thursday, while others will run on the third. Please be patient with us! we're still working out where and when we will publish all of the great writing being submitted!

Correction

We reported, erroneously, in the article "Wetlands bog down Schickedanz" (April 23), that ORCA has the final say about whether or not the subdivision can be built.

According to Councillor Brian Fallis, Council's ORCA representative, "ORCA has already advised the municipality that wetland [in question] could be designated as locally significant. The decision rests with the municipality whether to declare the wet land locally significant." ORCA recommends and reviews the storm water management plan of a developer's engineer, and provides input to the municipality on whether the plan is appropriate or not.

Councillor Fallis added that the Master Drainage Plan report by Tottem-Sims-Hubicki (engineers) indicates structures should not be built on the wet area in question.

We regret any confusion this error may have caused.

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— tam insulsum est ut fortasse expedit —

COUNCIL PROFILE



Dean Cutmore: Council's resident "Renaissance Man"

By Deborah Luchuk

Ever thought the man on the Leon's commercial seemed familiar, or the one on Saturn or 649 lottery ads?

Surprise. The dapper man on all these commercials is none other than Councillor Dean Cutmore! Yes, besides his "day job" as councillor for Millbrook Ward, Dean flashes into T.V. rooms and dens across Canada from time to time, courtesy of the occasional advertising contract.

What's equally surprising is the quiet, unassuming personality. Despite the glare of T.V. cameras and a very public life, Dean has carved out for himself a conciliatory, thoughtful role on the new amalgamated council and Millbrook Village councils past. Dean's life experience in the armed forces, employment with the Ministry of Corrections, and plenty of time in the great outdoors at the family farm/hunting camp has created an ideal candidate for municipal politics.

Dean has lived in Millbrook for 43 years, and has raised five children with his wife, Gwyneth. During the Second World War, duty called. Dean was a flying officer (tail gunner), taking a remarkable 39 "trips". Following the war, he spent eight years in the reserve army. For 29 years, Dean was responsible for inmate records at the Millbrook Correctional Centre.

When it came time for this active guy to retire from the Jail ten years ago, he looked for new ways to engage his mind and ener-

"The backup of staff is what really makes council work. I once said that I thought a municipality could run without politicians, like a business, because the staff are what ensures continuity."

gies. Running for council seemed to fit the bill. "For the first year, I worked with Meals on Wheels. I sure didn't want to sit around. You have to use your brain to keep it active. After a year of this volunteer work, I thought I needed to get more involved with the village, and I decided to run for council. Millbrook has been very good to me, and this was [and is] my way of repaying. I'm into my third term now."

In the work of council, there's certainly a lot to keep the mind active, as Dean found out. "There was a lot to learn, about development, the sewage plant, and subdivisions in the beginning." He credits the knowledgeable municipal staff for their expertise in "keeping us on the right track". The challenge of learning and growing with the municipality has taken on new twists and turns, with the recent amalgamation.

"Our biggest challenge is to keep the taxes down as low as possible. People are taxed to the hilt right now, and [we're con-

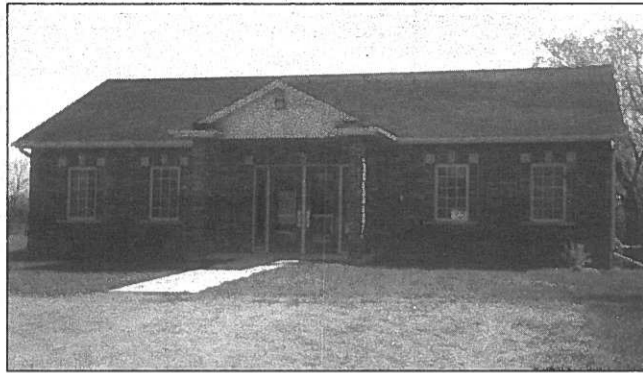
cerned] that people who are elderly or on fixed income might lose their homes. Lately, there's been a lot of break-ins, and vandalism [involving municipal buildings and sites as well as private property]. We need development — we need it to help local businesses and the economy of the area. You have to keep a close eye on development though, so that they [developers] do what they say they will do," Dean said, referring to the most pressing council concerns.

Recent concerns about the Schickedanz development in Millbrook are nothing new to Dean, having been a part of the Village of Millbrook Council for two terms. "If he [Schickedanz] can overcome the flooding problem, particularly on the roads [in the subdivision], then fine. We need to monitor it as it's going along. I feel sorry for Schickedanz, and I think he should have been told a lot of this land is unsuitable for development. We're aware that a lot of environmentalists like to spend time in this [area in Millbrook]."

Council owes a lot to the municipal staff, Dean said, for keeping them informed and educated about a variety of issues. "Politicians are amateurs, for the most part. We have a really good staff here and at County Council. It makes our job a lot easier." He "really admires Gail Empey (CAO)", but is quick to add that all the staff are top notch at what they do, regardless of portfolio. "The backup of staff is what really makes council work. I once said that I thought a municipality could run without politicians, like a business, because the staff are what ensures continuity."

The strength of council itself lies in the fact that "two or three of us" have been on council for many years, and "know what the needs are, and know their way around. Dean knew all of the councillors with the exception of Gerry Downer, whom he got to know better during the transition phase last fall. "I hope we can all pull together. I hope that any difficulties we may have, we can work out in council chambers, and not out in the public eye."

What would Dean say to those considering involvement in municipal politics? "I would strongly recommend getting involved in municipal politics. It's a great way to know what's going on around you, and to be a [constructive] part of life in the community." ♣



What is the destiny of the North Monaghan Municipal Office? A community centre? A library? A truck driving school? Any suggestions, North Monaghan residents? Council is currently considering its options.



COUNCIL IN BRIEF

Dangerous crossroads, fire safety & wages for council

The Highway 7/ Sherbrooke Street intersection, a dust suppressant storage tank, and parks maintenance were included in Road Superintendent Rod Marshall's verbal report at the April 20 Committee of the Whole Council meeting.

1. The Ministry of Transportation plans to realign the dangerous intersection at Highway 7 and Sherbrooke Street by "straightening it out." So far, no costs have been allocated to the Township for the work.
2. Marshall informed Council that space will be considered for a 21,000 gallon tank to hold the dust suppressant Dombind in the Road Department's yard. If located there, a safety berm will be constructed around it. If space is lacking for the tank, the gravel pit may be a possible location, which would also allow for night deliveries.

3. Road Superintendent Marshall was informed that as of this summer the Roads Department will only be responsible for "roads and roadside cutting". Park maintenance will be handed over to Parks and Recreation, who will contract out this work.

Fire safety all locked up

Emergency access to public buildings will be facilitated by secure lock boxes.

The Cavan-Millbrook-North Monaghan Fire Department will have access to 20 lock boxes containing entrance keys to various public buildings in the Township. Located on the buildings themselves, the lock boxes will eliminate any possibility of theft of keys from fire trucks. Currently, extra sets of keys are kept in the truck, but as Chief Nelson Edgerton explained to Council, "due to liability issues, we shouldn't be carrying them."

Keys will be returned to individual property owners or managers and they will be given the option of purchasing a

lock box for \$75 and installing it on their building. The boxes will only be accessible by the Fire Department, and Chief Edgerton assured Council that if someone forcibly gained access to the keys in the box, they would be bent and unusable. The lock box option may also be available for seniors living in their own homes, concerned about personal safety.

Council remuneration struggle finally resolved

After months of debate and discussion, Cavan-Millbrook-North Monaghan Council members have finally decided what to pay themselves.

"I've done some further research into remuneration," announced Councillor Alex Ruth at the April 20 Committee of Whole meeting "and these are the figures based on the County rates: per year honorarium for Reeve, \$10,000, for Deputy-Reeve, \$8,000, and Councillors, \$7500; a \$75 fine for missed meetings; and \$200 per day Convention rate."

The penalty for missed meetings will be retroactive to January 1, 1998, and council members will be paid for mileage at the County of Peterborough rate of 31.5 cents per kilometre. Council approved the remuneration plan in a recorded vote of five yeas to two nays (Fallis, Ruth, Cutmore, Jones and Cathcart — yea, Squirrel and Downer, nay). ♣

For more details, see Council Minutes on following page.

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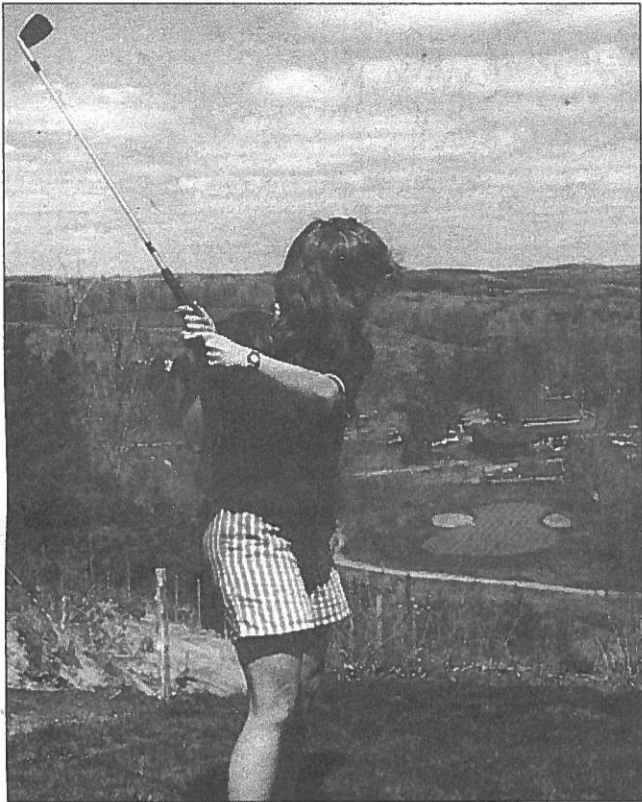
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BUSINESS PROFILE



ALTERMATED/DIVINE

Breathtaking scenery at Blue Spruce Ridge

By Deborah Luchuk

The first thing I noticed when driving along the road toward Blue Spruce Golf Course and Club were the incredible hilly vistas and scenery. The second thing was that probably an inept golfer like myself couldn't possibly handle the widely varied terrain on a golf course carved out of this beautiful, wild looking spot.

Not so, according to owner Scott Puckrin. Apparently even a golf dolt like myself would appreciate the course. "This is the type of course where each shot is different. While it is demanding mentally, it's also short enough so that anyone can play." (Thankfully, Blue Spruce Ridge also has a practice facility and golf lessons for those of us who can't really understand why you have to use all those clubs!)

Blue Spruce Golf Course and Club started with Scott's golfer dreams over the past 20 years.

"Either I wanted to be a professional golfer, or dream number two, I would build a golf course." Scott set out in 1993 to work on his dream of building a course based on his wide exposure to courses in North America and in warmer climes.

Last year, nine holes of the course were open for golfing, near the end of the season. "We have worked to build a championship golf course, something like a Hockley Valley or a Horseshoe Valley, with something different from the typical golf course in a farmer's field, in 140 acres of natural forest and hills. The course is designed from experiences I've had playing elsewhere, mostly Jack Nicklaus and Pete [Pye] courses. Some of the holes here, although they are hilly, have a lot of the same features, with deep undulations and so on," Scott described. Blue Spruce Ridge's services and amenities include a

restaurant with liquor license, a licensed patio, club and cart rentals, and tournament bookings (as well as the above noted lessons and practice facility).

Scott enjoys simply walking the course these days, watching it green up. The natural setting lends itself to lots of wildlife sightings, and the vistas, particularly from the 18th hole, are spectacular, with clear views of Peterborough and Devil's Elbow possible. "In the construction phase, you sometimes have a hard time visualizing what it will look like. It's as the course greens up that you can see it all better. We were a year and half getting rid of trees and stumps, and we worked weeks and weeks at a time on one fairway."

Determination, Scott says, is what is required to make a business dream a reality. "Determination is definitely what you need to have, because there's a lot of roadblocks that can be put in front of you." Like many business owners, Scott says "a whole lot of money is needed. Whatever your budget, you should triple that amount."

Ten years from now, Scott hopes Blue Spruce Ridge will have — like Hockley Valley — golfers coming from near and far to experience the unique natural beauty, challenging golf, and other amenities. "I think this will help the community, and will bring more people in to not just our golf course, but to use the services and businesses in Bethany, stopping there on the way."

Blue Spruce Ridge Golf Club is located on Bally Duff Road, east of Porter Road (County Road 32), 3 km. north of Hwy. 115, or 3 km. south of Hwy. 7A East. For more information, call (705) 277-3957. ♣

Minutes of Council's Committee of the Whole

The following is an abbreviated version of minutes from the Committee of the Whole. As these minutes are from a draft version, they are subject to change or approval by Cavan-Millbrook-North Monaghan Council.

April 20, 1998

Those in attendance at the Committee of the Whole meeting were: Reeve Neal Cathcart, Deputy-Reeve Brian Squirrel, Councillors Dean Cutmore, Gerald Downer, Brian Fallis, Tom Jones and Alex Ruth, and staff members Gail Empey (C.A.O.), Nelson Edgerton (Fire Chief), Hazel Armstrong (Treasurer), and Rod Marshall (Acting Road Superintendent).

Delegations to the meeting included:

1. Joe Tiernay, Peterborough County administrator, who reviewed recent County initiatives and answered Council's questions. Tiernay told council about a strategic planning session held in January; the final document is to be presented to County Council May 6. Some objectives of this planning session included resolution of cost sharing with the City of Peterborough (this has since been referred to arbitration); meetings between County Clerk and Treasurer and local counterparts; meetings between the County Engineer and local Road Superintendents; determining feasibility of moving to single tier County Official Plan and review of waste management. Events are being planned for the year 2000 celebrations. Peterborough Economic Development Committee and Tourist Board may be amalgamated.

2. Eleanor Duthie, Millbrook resident, regarding Bank Street East name change. She resubmitted a petition regarding the name change, and requested Bank Street East be changed to Bank Street South. Ken Greenberg, Millbrook, also in attendance, advised he prefers a different name but Bank Street South will be accepted.

Council approved the name change to Bank Street South. Harry Rekker,

also of Millbrook, suggested the confusion regarding name change was the result of a February 9 form letter. He requested improvements be named to signage to avoid confusion ie. "Bank Street North exists off Tupper Street" and "Bank Street South exists off King Street East".

The minutes of the regular council meeting (April 6), Fire Committee (April 8), Parks and Recreation Committee (April 7) were approved. A budget meeting was scheduled for Monday, April 27 at 7:30 p.m. The Treasurer is to investigate tax deferrals for low income seniors.

Actions from the minutes of these meetings included:

- Authorization for the Facility Director of the Arena to accept quotations for dashboards from Ice Pro in the amount of \$19,490 with funds to be provided from arena reserves. Carried.
- Evaluation of Jason Gibbard's full time position (at the Arena) be carried out by Janice Platt, to make recommendation on salary with Rick McGee (Recreation Manager) providing job description. Carried.
- Authorization for the Parks and Recreation Department to apply for a Canada Day grant (from Heritage Canada), with final decision on approval of budget for Canada Day to be discussed at budget meeting. Carried. Letter of appreciation going to firefighters thanking them for undergoing training to become licensed fireworks supervisors.

- The Fire Department is no longer responsible for individual property keys; the Department is authorized to purchase, for resale, 20 lock boxes with letters to be written notifying affected property owners of policy change. Carried.

- Burn permit by-law to be passed. North Monaghan residents require notification.
- Computer for Fire Department to be discussed at the budget meeting.

Other reports included were from the Treasurer, Roads Department, the Clerk, and O.R.C.A. Highlights from these include:

- Wage increases approved for all qualifying employees, of 1.5 percent; accounts payable approved in the amount of \$973,120.12.
- Kennel licensing fee set at \$95.
- Authorization of Road Superintendent to have installed a Dombind tank in the location he considers suitable.
- Parks and Recreation to be responsible for grass cutting in parks and facilities, etc.
- C.A.O. and Acting Road Superintendent to review road contract with contractor for North Monaghan ward.
- Clerk to obtain information on revenues and expenditures for Cavan Hall and on operations of Cavan-Millbrook Nursery School.
- Clerk to inquire of other companies on costing for pay equity review.
- Minutes from the April 7 meeting at O.R.C.A. were approved in a recorded vote (see story on the follow up from this meeting in this issue).

Council, Committee and Staff Reports included a report on MACAC (see story in this issue for further details), and one from the Economic Development Committee. A proposal to include Reeve Cathcart and Councillor Ruth in the Economic Development Committee was defeated.

Deputy-Reeve Squirrel's press release dated April 20 was read, and tabled by Council (see story in this issue for further details).

Other business included:

- Resolution of the remuneration question (see story this issue).
- Approval of a canteen license for Harry Duane Lunan of Cavan ward.
- By-laws to appoint a Fire Chief, Deputy Fire Chief, District Fire Chief, Committee of Adjustment, Acting Road Superintendent, and a Municipal Auditor, as well as a by-law to execute a restructuring grant agreement were approved. ♣

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COMMON GROUND

Enjoying spring's flowers & veggies

By Jill Williams

The crocuses and snowdrops of early spring are fading, replaced by brilliant blue Scillas and white Pushkinias. These two spring bulbs have been spreading in our lawn for years and put on a spectacular display each spring. Plant a few and you'll soon have many. Scillas and Pushkinias are quite happy to grow in grass, require no fertilizing or care, and are finished blooming by the time the lawn needs to be cut. What more could you ask?

Planting in grass or woodland is what the gardening books call "naturalizing". It's an effective way to use spring bulbs and gives you a great show for a minimum of work. Daffodils do look wonderful planted this way, as do English bluebells, Eranthis, grape hyacinths,

species crocuses, Chionodoxas and dog-toothed violets. Naturalizing a few of these bulbs means you can have a flash of spring colour even if you don't have the time or inclination for major gardening.

In the cultivated spring garden, one of the star performers is the species tulip. Species tulips are smaller and earlier than their hybrid counterparts. They come in lots of different colours and are easy to grow. And unlike hybrid tulips, which gradually lose their vigour and fade away, species tulips are hardy and increase every year. A couple to try are the pretty yellow and white Tulipa tarda and the striking red Tulipa praestans.

The tiny purple bulbous iris, Iris reticulata, blooms at the same time as the species tulip and makes a nice contrast. Or there is the bright yellow Eranthis, primulas in many colours, and if you want a beautiful scent as well as colour, there is the wood violet, Viola odorata. I know that Patrick Lima recently included Viola odorata in his list of invasive plants but I have to disagree. It does spread quickly but I think that this makes it useful to fill in gaps between other perennials. It's shallow rooted and easy

to pull out wherever it's not wanted.

In the vegetable garden, the first plant to appear is the Egyptian or walking onion. This is a perennial green onion which is delicious in salads and can be harvested from March to October.

Next comes spinach planted last fall, now almost big enough to cut. It took me a long time to clue into the fact that you can plant most cool weather crops (peas, spinach, carrots, lettuce, etc.) in the fall and get a head start on the season the following spring. So if you're not sick of gardening in October, you can do this and have your greens a little bit early.

In the herb garden, most perennial herbs are still waking up. A few that do start early, though, are chives, celery flavoured lovage, and garlic chives. I find garlic chives are too stringy to eat but I keep them around because of their beautiful white flowers.

These warm bug free days are some of the best of the whole gardening season. This is a good time to spread compost and get organized to plant warm weather vegetables. I like to get as much of the hard stuff like digging done before I'm swatting mosquitoes and blackflies. But let's not think about that quite yet...



JOE WEISSMAN



OUTDOORS WITH GEORGE

Pussycat, pussycat...

By George Luchuk

I was walking in the woods one day in the merry, merry month of May ('97) when what to my surprise, as I cast my wandering eye... tracks. Cougar tracks. Cougars around Millbrook!

It's almost like saying I've just had a pleasant conversation with a Sasquatch. At least, that's what I felt when I mentioned this observation to a Ministry of Natural Resources biologist in Peterborough. He explained that any tracks I may have observed could have come from a cougar, but one that someone had as a pet, that had been released into the wild. This explanation seemed plausible enough but I was still unconvinced. When I mentioned the pet cougar scenario to the people at Jungle Cat World in Orono, they said that if this cat was actually someone's pet then it would have approached humans long before this.

This particular female cat is a wild cougar, it travels

far and wide and gives off its signature screech, like a high pitched human voice in distress (I've heard it). Its scientific name is felis concolor cougar, also known as carcajou, catamount, puma, lion, and panther. More commonly this much maligned predator is simply known as the eastern cougar. Officially, it's considered extinct in Ontario, as evidenced by its total lack of mention in the Ontario hunting regulations.

While doing my research, I came across an article written in a *Canadian Geographic* magazine written by R.D. Lawrence (a biologist), dated September 1989. Lawrence notes between 1935 and 1983, reports have been made of 318 sightings in Ontario, including some cougars with kittens. Witness also the many recent sightings in Ontario (1997-98), from Mount Pleasant to the Peterborough airport, Millbrook, and most recently, north of Peterborough. One cannot but become suspicious of the official "line" that the eastern cougar does not exist in Ontario.

The western cougar in British Columbia and Alberta is very firmly established and researched. Biologists' favourite method of studying the cats is first to tree one with a pack of dogs in pursuit. The cat is then tranquilized — but the

tricky part is now to climb the tree with a rope and literally carry/lower it before the cougar falls down completely unconscious. Biologists then measure the head circumference, zygomatic breadth, skull length, tail length, total length — 24 measurements in all. The radio collar is attached, and the cat is released. These studies usually start at the beginning of winter so that biologists can also do some physical tracking in the snow.

Now, herein lies a puzzle. This very same electronic equipment I've read about being utilized in tracking the western cougar was observed in December of 1997 being used around Millbrook. It is also noteworthy to mention that the eastern cougar's favourite prey is the deer, and, as most outdoor types are aware, they too are making a big comeback in this area.

As a conservationist, the prospect of nature slowly recuperating from our intrusions really inspires me. We should all rejoice that the biggest predator of all — man — is slowly, but surely coming to his senses with regard to achieving a proper ecological balance. There is a long way to go yet, but we are getting there.

Pussycat, pussycat, where have you been? Welcome back, welcome back! ♣

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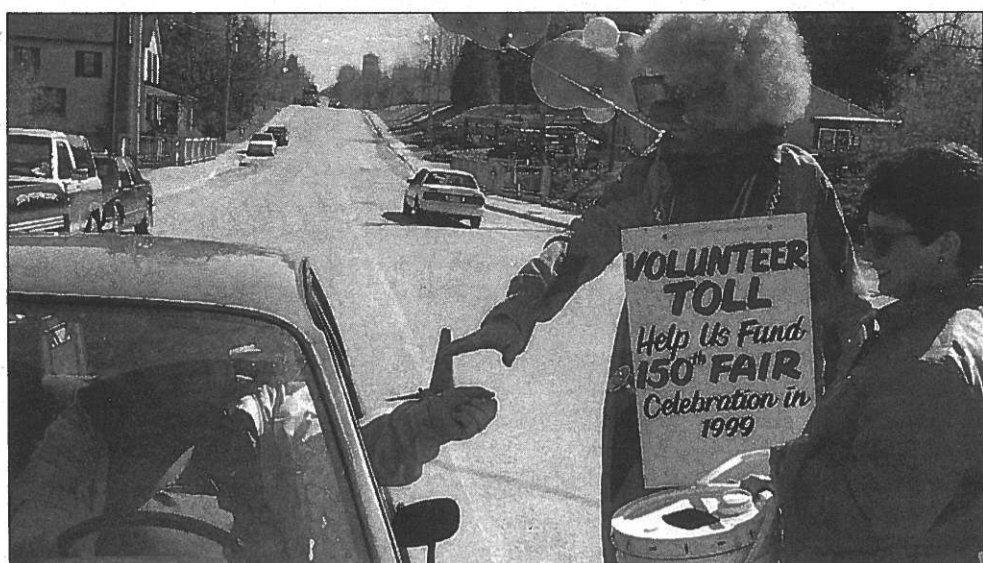
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ED DIBENI/TERRACE

Voluntary toll at Maple Fest a success

Being stopped by clowns, Santa, and more "plainly clothed" folk at the four corners in Millbrook during Maple Fest didn't deter motorists from donating money for the Millbrook Fair.

According to Fair Board volunteer organizer Julie

Hartwick, donations from the voluntary toll amounted to \$2,039. "I just couldn't believe it. I thought we'd take in more like \$400!"

The toll's proceeds will be used for Fair related activities and work. The toll was part of an ongoing effort to raise money to con-

tinue the Fair in Millbrook, and to celebrate the 150th anniversary in 1999.

Funding for the Fair continues to be a concern for the Fair Board, and more fundraising activities are planned. The next big event is a Craft Sale and Flea Market, May 23, at the Lions Den on County Road #10. To book a table, set aside \$15, and call Julie Hartwick at 932-3287 for more details. ♣

Major Canada Day events planned

A bigger, better Canada Day celebration for the whole of the new township will feature spectacular fireworks and something fun for every one young and old.

Canada Day celebrations, along with improvements to Peace Park, and the increasing popularity of Cavan's recreational soccer house league, were the three main items discussed at the public Recreation meeting held at Cavan Community Hall on April 16.

Activities to commemorate Canada's birthday will include an improved commercial fireworks display, at Medd's Mountain by the pond in Millbrook — promised by Recreation Manager Rick McGee to be "a real event." The Fire Department has offered to cover the \$200 training session required for the firemen who will put on the show of light and fire.

ANNOUNCEMENT:

We would like to thank the community for their support for our Spring Craft and Collectibles Show, held at the Lions Club on April 24 and 25. We raised over \$300 for Cancer Research. We chose to direct the funds to a programme that focuses on palliative care with an emphasis on researching more effective methods of pain control to ease the final stage of cancer disease.

We look forward to seeing everyone at our 2nd Annual Christmas Show and Sale in November to support Alzheimers and Diabetes Research. Thank you again for your continued support.

The Recreation Committee is working with a \$4500 budget for the Township Canada Day celebrations, some of which is expected to come in the form of a grant from Heritage Canada. A bid was made to Council at the April 20 Committee of the Whole meeting for \$1500 to help cover costs. Maureen McElwain, Recreation Programmer, hopes to "provide a fun, inexpensive day" for all residents.

There is a lot of work involved in planning the event, and volunteers are needed to assist in the process and on the actual day. If you are interested in helping out and/or becoming a member of the Recreation Sub-committee, please call Maureen at 932-2911.

Under-utilized and neglected, the eight-acre Peace Park in North Monaghan ward (Davis Road parallel to Highway 28, south of Pinto's Corners) is in need of some much deserved attention. Residents who live across from the park requested that the grass be cut, picnic tables be returned from storage, and a skating rink be put in next winter.

An advisory committee will soon be set up to administer the \$25,000 grant from the City of Peterborough for recreation and culture in North Monaghan ward, pending judicial approval stipulated in the grant agreement. It is anticipated improvements to Peace Park will be a priority of this fund.

So far, 420 children have signed up for the Recreational Soccer House League, with more registrations expected. An additional field will be used this summer at the Millbrook/South Cavan Public School to accommodate the increased number of players.

Organizers of the league indicated they expect the numbers to increase even further next summer, requiring more soccer fields. Peace Park may be utilized for a small soccer field, appropriate for the younger players.

More room will also be needed for the Millbrook Playschool, according to Wilma Armstrong, a play school co-ordinator. Currently the group meets at Millbrook Christian Assembly but with the increasing popularity and use, relocation to the Old Millbrook School is being considered.

Recreation Facilities Manager, Rick McGee updated the group on the status of the Old Millbrook School. "Inspections of the Old Millbrook School indicated that the building is in good structural shape but cosmetic work such as painting is needed... the maintenance costs are high, but recent fuel renegotiations resulted in a 38% drop in heating costs."

Answers to a survey sheet handed out to those in attendance at the meeting, will assist Rick and Maureen in gaining a clearer understanding of where their energy needs to be focused for recreation. Rick hopes to strengthen the "partnership between the municipality and the community" in the overall process. ♣

Mothers' Day: Memories of Mom

By Bill Slavin

It's no mistake of course, that Mothers' Day arrives with the spring. When I'm out in my own garden, turning the earth in these few glorious bug-free days, I think of my own mother, born in the spring. I think of her barefoot in the garden, the dirt ground so deep into the soles of her small sturdy feet that they never really became "clean" until the winter. Every time I open her ancient dog-eared and earth-stained copy of "How to Grow Vegetables and Fruits the Organic Method" by J.I. Rodale, I see the yellowed newspaper gardening column clippings she had saved between the covers (my mother's sprawling handwriting across the top of one "Some good ideas!") These are some of the things she has left me; an old book, memories of her in the garden.

It was also springtime when my mother died, six years ago, the same spring Esperança and I bought our first home together in Millbrook. I remember clearly that spring, filled

with tearful drives back and forth to the hospital in Belleville, where Dorothy lay dying after a series of heart attacks. But even in dying she remained our mother, helping me and my siblings with our grief. Somehow she succeeded in making us all feel that this would be okay, gently helping us cope with her passage over. And like the good mother she was, she waited for as long as she could for all her far-flung children to come to her bedside before dying. She arranged for the eldest, Margaret, the wise one, to oversee the division of her few possessions, and Alan, honest and good with figures, to divide the small estate. And she talked to me about death and dying, about the eternity of spirit, and told me how proud she was of all her children.

A few days before her death I had a dream. In the dream there was an old, gnarled apple tree, the tree that grew in the front yard of our house in the country, near Stirling, Ontario. In the dream the tree was about to fall, but before it

fell, it had dropped its apples around it. And when I awoke, I knew that the tree was my mother, the apples my brothers and sisters. Unlike my father, it was the last dream I've had about my mother. I know she did not linger.

The day after she died, while we were still gathered, all my brothers and sisters, and our husbands and wives, crowded into her small one room apartment in the seniors' complex, to move through her possessions one at a time. Together we decided what things were precious to whom, how these mementos of a life well-spent should be divided among us. Oddly enough, an old wire cookie rack was the most coveted possession, but we all relinquished our claims it had on our collective childhoods in favour of my brother Jim, a middle child and most in need of nurturing. And I, with my new home and space for a garden, took home my mother's copy of "How to Grow Vegetables and Fruits the Organic Method" by J.I. Rodale. ♣

Molsons offers recreation funding

Got a great idea that makes a difference to recreation or fitness for the community? Molson Breweries is willing to assist in funding upgrades or repairs to recreational facilities.

Through the Local Heroes program, Molson will provide up to \$5,000 toward improvement, revamping, or revitalization of existing recreational facilities in the area, or outdoor sites such as hiking trails. Anyone can apply for the funding, in particular individuals who can pull a group of people together to make the project happen.

The projects funded include facilities for informal and active group recreation,

fitness and physical activities (such as pick-up basketball, hiking, baseball, and swimming). It is suggested that any interested group of people get a project outline together, along with a budget, and applications to other community or government sources of funding before applying to Molson.

Those interested should pick up an application form from the Millbrook Arena, from either Rick McGee, Cavan-Millbrook-North Monaghan recreation manager, or Maureen McElwain, recreation planner. The summer/fall projects application deadline is July 1.



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HEALTH & WELL BEING

Acute headaches

Q I have the headaches from hell — ones that seem to last for several days. I go to bed with one, and then wake up with it the next day, and the next and the next. I have tried Tylenol and ibuprofen (I can't take aspirin), and really don't want to be taking beta blockers or the other stuff I could be prescribed to take on a daily basis to prevent these things. What would you suggest I try?

Ask a Registered Massage Therapist...

A Headaches are a common complaint for many people nowadays, and seem directly linked to higher levels of work, lifestyle, and environmental stress. There are two main kinds of headache, tension and migraine.

Tension headaches are characterized by pain anywhere in the head. The primary cause is excess muscle tension — the technical term is hypertonicity or excess tone — in the muscles of the face, neck and upper back. This in turn leads to three abnormal conditions which contribute to the headache syndrome:

1) Sustained muscle tension, tending to produce trigger points, very tender nodules within the muscle. This often refers pain to the head.

2) Blood circulation to and from the head being impaired; this is thought to trigger some of the symptoms of a headache.

3) Tense muscles, affecting the bony alignment of the jaw and neck vertebrae, thereby triggering joint pain and nerve impingement, which causes surrounding muscles to tighten even further.

So, how to break this vicious cycle? Relief can be obtained by a variety of approaches: 1) a cold compress (a face cloth or small towel) applied to the aching part of the head while soaking the feet in warm water draws blood

away from the head area; 2) heat (hot water bottle, oat bag etc.), will help relax tense neck and shoulder muscles followed by 3) massage of these same muscles. Start with gentle squeezing of the neck and shoulder muscles, followed by specific thumb or finger pressure on tender trigger points. The most common locations of these offending trigger points are along the top of the shoulder, along the base of the skull where the neck joins, over the temples and along the top of the eye socket.

Contract-relax exercises can also be helpful: 1) breathe in as you contract your shoulders up to the ears, hold for a few seconds, then drop the shoulders as you breathe out, and/or 2) scrunch all your facial muscles up tightly for a few seconds, then relax.

Finally, pressure on the pads of the fingers and toes, especially the thumb and big toe, can often relieve headaches because you are affecting the reflex zones to your head.

If you are someone who gets frequent headaches or ones that last 2-3 days at a time, you have a chronic tension pattern that is being fed by a combination of several factors including poor posture, poor sleeping patterns and positions, lack of proper exercise, musculo-skeletal dysfunction and a need for improved stress management. The key to changing this pattern is a personal commitment to a consistent program of self-care which may include some of the following: regular exercise, better time management, meditation, yoga, tai chi, improved sleeping and eating habits, and regular body care such as massage therapy and chiropractic.

A migraine is an excruciating headache often accompanied by nausea, blurred vision, hypersensitivity to stimuli and is usually one-sided. It seems to be caused by abnormal blood flow in the head and is usually triggered by a combination of factors including weather, foods, strong smells and stress. Sufferers often retreat to a dark, quiet room during an episode. A cold compress to the head can be helpful, but avoid the application of heat or any deep or vigor-

Try putting a cold compress on the back of the neck for five minutes, then alternating with a hot compress on the back of the neck for five minutes. Cold draws the blood away from the head, then the hot will bring it back, helping to increase the circulation.

ous massage during a migraine as these may worsen the symptoms. On the other hand, the gentle application of reflexology techniques to the hands or feet may be helpful. In my experience, craniosacral therapy has been very effective in alleviating migraine symptoms and in reducing the frequency of headaches; it is a gentle yet powerful technique that balances the fluid and bony components of the skull and the central nervous system.

Ravi Inder Soligo, RMT,
Peterborough Healing
Arts Centre

Ask a chiropractor/naturopath...

A Headaches affect almost everyone. Often, headaches are a sign of underlying health conditions. Proper treatment of headaches first should involve careful diagnosis to locate the disturbance actually causing the headache. Causes include allergies, blood clotting, smoking, poor posture, and even dental factors. One must also ask whether or not the pain is being prolonged, or caused by the painkillers themselves that are being taken to get rid of the headache in the first place.

The symptoms of dizziness, tiredness, and that "spacy" feeling are all common in those who suffer from headaches. Dizziness, itself, is usually caused by a sudden drop in blood pressure in the brain. Dizziness can also be attributed to poor adrenal health. For restoration of adrenal health, all stimulants should be discontinued, ie. alcohol, caffeine and tobacco.

Although aspirin and other painkillers help to alleviate headache pain, they usually provide only partial, or temporary relief and fail to address the underlying cause. Some types of headaches have also proved to be resistant to powerful drugs, therefore becoming easily abused by those desperate for relief.

Dietary Healing: Because of the link between headaches and food allergies, it is suggested that headache sufferers be laboratory tested for foods they may be allergic to. Another way of doing this is to fast for five days, during which time only distilled water is consumed. This way, the body frees itself from symptoms, which is the first step in determining which foods cause allergic reactions. The next step is to reintroduce the body to foods usually consumed, taking particular note of those that trigger reaction.

Eat foods consisting highly of non-allergenic complex carbohydrates and fibre, while avoiding simple and refined sugars, including chocolate, dried fruit, fruit juices, pastries, sodas, candy, food additives and colourings, alcohol, and caffeine. Avoid partially hydrogenated oils, saturated fats from red meat, dairy products, and eggs. Replace these with poultry, fish, non-gluten grains, and a variety of vegetables, fresh veggie juices, and fresh fruit.

Nutritional Supplements: Diet should be supplemented with a multi-vitamin/mineral formula. Headache sufferers should increase Vitamin C (2 to 8 grams divided into 3 doses taken throughout the day), Vitamin E (400 to 800 IU), niacinamide, a form of Vitamin B3 (500 milligrams) and calcium/magnesium (600 milligrams of each). Essential fatty acids (evening primrose oil, fish oils) should be taken in order to supply the body with anti-inflammatory agents and to keep the blood vessels from constricting. The use of two herbs — standardized feverfew and quercetin with bromelain — is associated with relief of migraines. Make sure potassium levels are kept up within the body. Boiled vegetables are a good source of potassium, particularly potatoes. The

water that is left over from boiling the veggies will be ultra rich in potassium.

Herbal Healing: Feverfew decreases the frequency and intensity of headaches. Feverfew reduces the levels of serotonin and the production of prostaglandin, an inflammatory agent which contributes to the onset of migraines. Garlic and onion inhibit blood clots and increase circulation, which can trigger headaches.

Ginger reduces inflammation to the stomach and liver inflammation of these organs can cause a chemical imbalance, therefore triggering a headache. Chewing fresh ginger or using it in cooking are the most convenient ways to add it to the diet. Cayenne pepper, which is an excellent source of magnesium, has been shown to be a headache, particularly migraine, preventative. Think about using chamomile, turmeric (anti-inflammatory), coriander (excellent source of potassium), bay leaves (helpful for frontal headaches), skullcap (helpful for tension headaches), and valerian (a sedative and pain reliever).

Massage therapy is extremely helpful for the relief of headaches in that it reduces muscle tension and stress, and stimulates blood flow. Seeing a chiropractor can greatly reduce frequency and severity of headaches, often eliminating them altogether. Chiropractors focus on aligning the bones of the spine (vertebrae), relieving pressure on the nerve endings exiting the spinal column. One of the nerves being blocked by a subluxation (bone out of place) could very well be the particular culprit causing one to experience headaches. Acupuncture has been greatly renowned for the relief of headaches, by placing needles or pressure on certain points of the body (meridian points). Hot and cold

treatment is also quite effective in the management of headaches. Try putting a cold compress on the back of the neck for five minutes, then alternating with a hot compress on the back of the neck for five minutes. Cold draws the blood away from the head, then the hot will bring it back, helping to increase the circulation.

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

Ask a reflexologist...

A First of all, I need to tell the reader that reflexology is a science that deals with the principle that there are reflex areas in the feet and hands, which correspond to all of the glands, organs and body parts. Reflexology is a unique method of using the thumb and fingers on these reflex areas, [applying some pressure in the process].

Most headaches are stress related. It is the body's way of letting you know something needs attention. As the spine is the main circuit board of our bodies, working the whole spine and cervical reflexes will help to improve blood and nerve supply. Problems in the large intestine, particularly constipation, can also cause headaches, [so it may be important to work the corresponding reflex areas to remedy this situation]. I would then proceed to do the whole foot, returning to the reflex areas most needed to be worked.

Reflexology can help bring the body to homeostasis, or balance, so that it can heal itself, improve blood and nerve supply, and induce relaxation.

Wendy Kura, reflexologist,
Cavan Township

The information contained in the Health and Well Being column is for educational and informational purposes only. Please contact the health professional of your choice for treatment and care that corresponds to your particular situation.

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HE SAID SHE SAID

Teenager hates Millbrook

Where our distinguished columnists give practical advice for everyday living.

By Ethan Tupper and Candace Kane

Q I came home from Crestwood and found my mom talking to our new neighbours. They were all excited about moving to the country and asked me what it will be like for their 4-year-old growing up here? I told them Millbrook is the whole of the universe and I can't wait to move to the city and they got pissed. My question is why would anyone raise a kid in a place with nothing to do? Are they stupid or what?

Anne, Millbrook

A You sound like a scrappy little girl. I bet your counsellor thinks foul language in front of guests hides a brilliant mind crying for help. Let's test this theory: I'm going to use adult words to answer you, and we'll see how smart you are.

When I was your age, the Second World War was raging, and most of my buddies were itching to get the heck out of Millbrook and go fight Germans. I was in the Air Cadets dreaming of dogfights over the white cliffs of Dover. The war entered every part of our lives, right down to my mother telling us to "eat our Germans" when she passed us the peas at dinner. My friends and I felt that growing up in sleepy Millbrook was a fate almost worse than death, and longed to be old enough to be somehow part of the action — even if it got our heads blown off.

Most of us worked on farms or helped in the shops when we weren't at school, so we really valued any time we could manage to hang out with our friends. Getting our driving license was our passport to get off the farm for the day, so most of us were driving as early as the law allowed (if not before).

Back then, we kids were an integral part of family economics; our chores indirectly or directly brought wealth into the family, so we would be expected to work from an early age. In return for shouldering this

responsibility, we received many adult freedoms, including things that would give today's parents a heart attack if their kids tried them. I remember being aware of the train schedules and hopping freight cars with my friends. I also remember galloping horses, shooting rifles at tin cans, and going swimming in the Mill Pond on hot summer days (snapping turtles be damned).

Since then, family economics have steadily shifted to a city model, where one or both parents work far away from the home or village. Parents only see their kids in the evening at feeding time, but have diddly-squat to talk about, since parents and kids lead separate lives for most of the day. This situation gives you kids far fewer ways to prove yourself worthy of adult freedoms, while your parents have no way to show you how hard they work to put clothes on your back, or any of the other daily sacrifices they make because they love you. End result: both kids and parents feel that the other doesn't appreciate or respect them.

Given this, it doesn't take an Einstein to notice that parents who work in distant factories and offices are not in the most natural position to notice dwindling recreation options for their kids. Instead of organizing spontaneous baseball games with their neighbours, exhausted and socially-disconnected parents rely on official "recreation programs", whose safety-obsessed mission is to sanitize every bit of dangerous fun by which a kid becomes an adult.

This is not the fault of the paid organizers and volunteers. They have a legal duty to protect the municipality from potential lawsuits, in case you break your fool neck. Of course, they like to say they are really protecting YOU, but mainly it's all about liability.

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"...Ethan and his five younger brothers had quite a reputation when they were teenagers. They burnt down an abandoned house on Centre Street and also crashed their father's car into a telephone pole on Tupper."

ty. The kind of liability that hardly existed when I was your age, so I could do all sorts of things you will never be allowed to do in any official "program".

What you will eventually realize — if you ever grow up — is that most truly exciting moments in your life are those you CREATE with your friends. The bottom line is that no \$40 rock and roll concert will be as fun as sleeping overnight with your friends on Medd's Mountain without telling anyone (say hi to the cougar for me). Your question shows you to be a blank-eyed entertainment consumer, when you should be the entertainment creator. Once you stop waiting for other people to entertain you, you can get on with enjoying all the amazing freedoms that rural kids have.

Even if your new neighbours can't articulate all this, any father who built a treefort when he was a kid knows instinctively that his 4-year-old will have something magical growing up in Millbrook. And when YOU finally turn off the T.V., maybe one more scrappy kid will clue to what growing up rural really means.

Good Luck,
Ethan Tupper

A My dear girl, life is dreadful enough being a teenager, without putting yourself through all sorts of angst as well. Ethan, of course, has decided that the only way to give you any advice, is to act as if he has never talked to — let alone met — a teenager, and tell you stories about his youth, the war, and how great the old days were. How irrelevant. How boring.

My older brother remembers that Ethan and his five younger brothers had quite a reputation when they were teenagers. They burnt down an abandoned house on Centre Street, and also crashed their father's car into a telephone pole on Tupper.

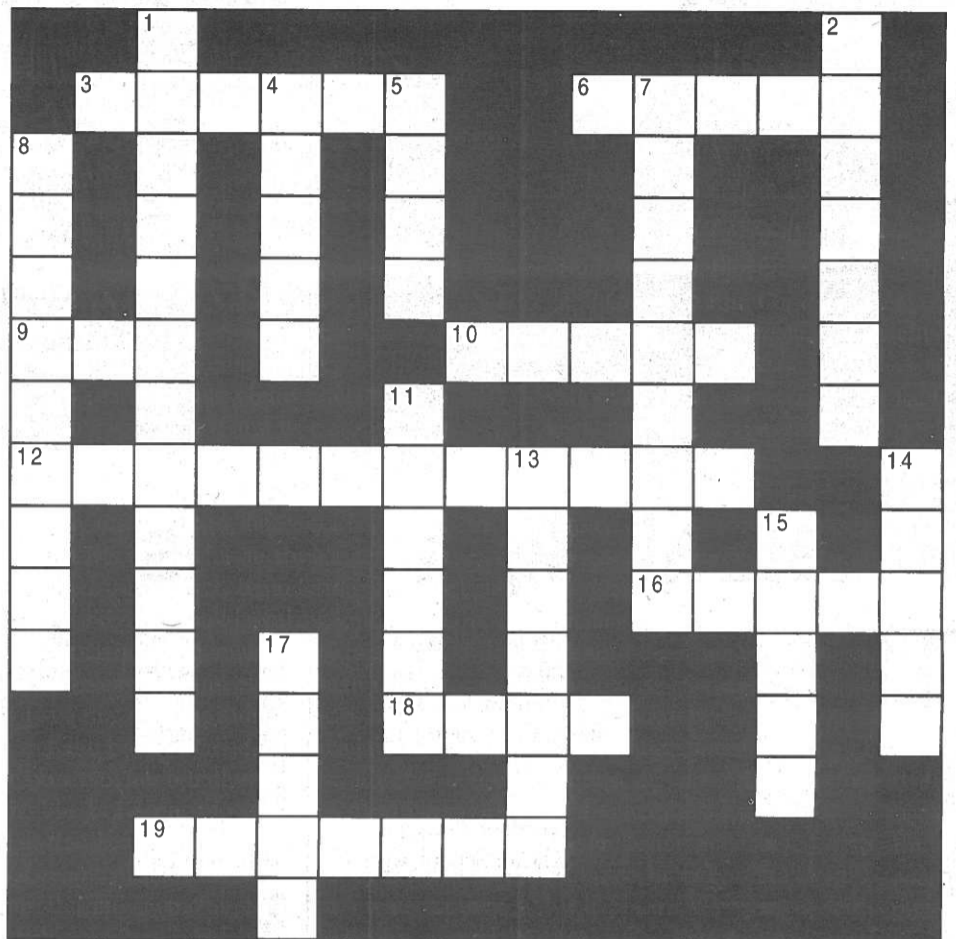
Gazette Crossword



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Name: _____ Phone Number: _____

Specially created by **Kate Luchuk**, each puzzle is based on articles appearing in this issue of *The Gazette*. Answers in next issue.



Across

- 3 One is advised to wear this when inline skating.
- 6 Local Architectural Conservation Association
- 9 Female deer.
- 10 This is Councillor Dean Cutmore's _____ term.
- 12 A type of golfcourse.
- 16 The main circuit board of our bodies.
- 18 Heavenly water.
- 19 Elevated levels of this contaminant in dombind is causing concern.

- 2 These blue flowers are coming up.
- 4 This church is currently being researched as a possible heritage site.
- 5 Will hold Dombind.
- 7 A possible cause of headaches.
- 8 Topic of health column.
- 11 This cat is featured in George's column.
- 13 This type of tulip is smaller and earlier than its hybrid counterparts.
- 14 Blue Spruce Golf Course started with this.
- 15 The 12lb. Rainbow Trout in the Mill Pond.
- 17 The first plant to appear in the vegetable garden — delicious in salads.

Down

- 1 This struggle was finally resolved at April 20 Committee of Whole council meeting.

HEY, TEACHERS!

TEST YOUR STUDENT'S FOR MEDIA LITERACY BY USING COPIES OF THE GAZETTE IN THE CLASSROOM! EXTRA COPIES AVAILABLE!

Answers FROM LAST ISSUE



So all that nonsense about living rough was true!

Well, let me tell you, the "old days" were not any fun, especially in a small community. That is why, at the very young age of eighteen, I decided to escape Garden Hill and run away to Europe to have some fun. I remember I met a delightful sculptor in Paris and became his muse. We lived in a cold and damp garret, only kept warm by our undying love for each other. Of course, he could not speak a word of English, and I could not speak a word of French, but we communicated through that secret language of love. It didn't last long as my father found out, and he came over to Paris and promptly brought me back to Garden Hill where — after working in a small exclusive dress shop in Port Hope for only six months — I found my "voice" and started to write my romance novels which are still published by Jester Romance.

Anyway, dear little one, this is not about me, but about you.

You have to find your "voice" or, in other words, find out what makes you happy, and decide that this "thing" is going to be the reason why you enjoy the rest of your teenage years here with your parents in Millbrook.

Do you like singing? If so, get a group of friends together and form a band. Do you like sports? If so, join one of the seasonal leagues or a swim club. Do you like art? If so, find someone to take art classes with and create. In other words, set yourself some goals and just go for them... as long as those goals do not consist of hanging on street corners and making a nuisance of yourself.

You do not want to look back at your teenage years and come to the conclusion that they were a colossal waste of time, when you could have been achieving something that might help you succeed in later years.

I do know how you feel and that is why I encouraged both Bart and Ayino to find a reason for liking the area. Bart despised living in Bailieboro. But once he discovered synchronised swimming at the age of twelve, he was as happy as a clam and from there, went on to water polo. He found a new group of friends who all liked the same thing, were good at it and, more importantly, had fun. Ayino was good at knitting and made baby booties on consignment. Not only did she build up a healthy bank account, which she used for her bus ticket to the commune in Mexico, but it kept her busy, as lots of babies were being born in the area in the '80's.

So, find that interesting idea that has to be deep down inside of you, and create a life that is as exciting as possible. Send me a note soon, darling, to tell me how it is all going.

Your confidant,
Candace

ARTS & CULTURE



The delighted Kiwanis winners from South Cavan Public School.

Musical High Notes

The last two weeks have seen some real musical high notes in the township, with students raking in awards, and being treated to some great music.

The morning of April 20 saw 70 South Cavan School students, from grades one to three, singing at the Kiwanis Music Festival in Peterborough. Led by Mrs. Lillian Robinson, the Primary Choir is a voluntary choir from all three grades, while the Grade One choir are the students from Mrs. Robinson's class.

The primary choir, dressed in dark bottoms and white tops, with blue vests and red sashes, looked smashing! They sang beautifully, and won first place, with a mark of 88 for their rendition of *Someone Came Knocking*. They distinguished themselves from the competition with their fluid use of dynamics (crescendos and decrescendos) and tempo changes. Adjudicator Ian Sadler, from Stratford, commented that he had "heard the words distinctly", and that he "felt they had all enjoyed their singing". The certificate was accepted by student Elizabeth Heard.

After a break in which other choirs sang, the Grade One choir performed *Little White Duck* — quite a long song, with lots of words to remember! For this piece, the

girls wore matching red skirts in addition to their blue vests and red sashes, looking quite striking! Ours was the first of only two Grade One choirs to sing. We placed second with a mark of 85 next to King Edward School, with a mark of 86. We personally felt that, with the exception of one part where they weren't too sure of the words, our choir put on a more spirited performance. The certificates for the Grade Ones were accepted by student Erica Nagy.

Said Ian Sadler, this year's school choir adjudicator, in a short interview, "It is a great advantage to young children to participate in music and singing competitions. They work in isolation at their school, and then come here and see other young children perform. Choir is not as popular as it used to be, but it is wonderful that some schools still encourage their children to compete. The teachers do a great job, and I am sure, that for them, the competitive element is right at the bottom of the heap of reasons as to why they bring their students. In this competition, the high marks were deserved and I don't usually give them but Millbrook gave a polished performance. When you line up music against sports activities, they are both

important and it is the rare school that gives the children the opportunity to compete at both. Usually time out of classes is only for sports!"

It is a tribute to the abilities of Lillian Robinson and vice-principal Bev Care that this group of young students sang so well — and were so well behaved!

Also at the Kiwanis Festival was Millbrook's Sophie Hunter who won the prestigious Connie Vizniowski-Memorial Scholarship and Trophy, an award in the vocal music category based on performance and potential. Sophie was also the winner in the Light Opera/Musical Theatre and Ontario classes.

It was upon the suggestion of Ruth Warburton, the director of the Millbrook-based youth community choir Joyful Noise, that Sophie went on to study vocal music with Peterborough's James Anderson, formerly with the Canadian Opera Company. With an ambition to work in musical theatre, Sophie also studies dance with Stefani Kostoff at the Millbrook Dance School, and with Julie Fallis at Move and Groove in Peterborough.

Sophie is currently a grade 11 student in the Integrated Arts Program at Peterborough Collegiate.

April 30 saw a visit in the afternoon from the talented, and fabulously entertaining, Norwood District High School Dixieland Band. Students from both the "big" and "little" schools watched the band in the Millbrook gym and were treated to some fine traditional Dixieland and blues, with a little swing jazz thrown in for good measure. Kids and teachers alike were clapping and tapping to the beat.

The band, made up from grades ten to twelve students,

are currently doing a series of concerts at various regional schools to raise money for a trip to the invitation-only MusicFest at the University of British Columbia in mid-May. They'll be performing in the National High School Division.

Led by Robert Simmons, the band has already played at Disneyworld, Florida, and Myrtle Beach, South Carolina, among other places, but they were extremely proud to be asked to go to BC.

At the end of the concert, Rachel Wilson, Millbrook's School Council President, handed over a cheque for \$500 to the band and this will certainly help them to reach their goal of \$14,400, which they need to raise to pay for their trip. The \$500 was raised by the children at both Millbrook and South Cavan, and the students should be congratulated for being so generous and lending a hand to Norwood.

On May 1, the students at North Cavan Public School showed the lower grade students from South Cavan their production of *I'm A Small Part of the World*, which every student at the school has helped put together. The principal Don McBride warmly

welcomed the visitors, and the curtain opened to a delightful production full of music and singing, under the direction of teachers Ms. Houghton and Mrs. Assing. *I'm a Small Part of the World* is a performance that has been specially put together for Education Week, and is performed for the students' family members on May 5 and 6.

Joyful Concert

Joyful Noise and the Community Choir will be presenting their annual concert at St. Andrew's United Church, in Millbrook on Friday, May 29 and Saturday, May 30 at 7:30. This year, the special feature will be music from Walt Disney and Oklahoma. Admission is \$4, with no charge for pre-schoolers.

It's Busy off the 4th Line

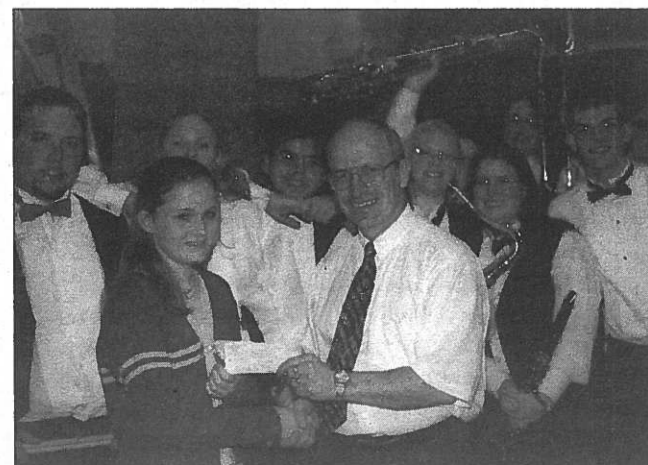
Over this past winter a number of the 4th Line Theatre's familiar faces including Susan Spicer, Peter Ens, Matt Gilbert and Martha Cockshutt have been developing and performing a series of new plays by Seton playwright, Philip Kummel. April 24 saw a beautifully staged performance of the very funny *The Doppelganger*,



Millbrook's multi-award-winning singer Sophie Hunter

the fourth play in Kummel's *The Distraction Cycle* at the Gordon Best Theatre. The Gordon Best Theatre is a charming performance space located above The Only Cafe on Hunter Street, in Peterborough. The latest of this play cycle *Aspersions*, featuring Caron Garside as Hanswurst, the sausage clown, will be playing at the Gordon Best Theatre at 8 p.m. May 27, 28, 29 and June 4, 5 & 6. For further information call 745-5460. ♣

Contributors: Catriona Sinclair, Simone Georges & Frances Shakov



Rachel Wilson, Millbrook's School Council President, hands over \$500 cheque to Robert Simmons and his Dixieland Band from Norwood.



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SPORTS

Millbrook Minor Hockey toasts 1997-98 season

By Barry Larock

Members of the Millbrook and District Minor Hockey Association were treated to a fun-filled afternoon recently, celebrating the end of yet another hockey season at the Millbrook Arena.

The Association's annual banquet honoured most of its 250 players and coaches, with the now traditional Esso Achievement awards being presented to three members on each of Millbrook's sixteen minor hockey teams.

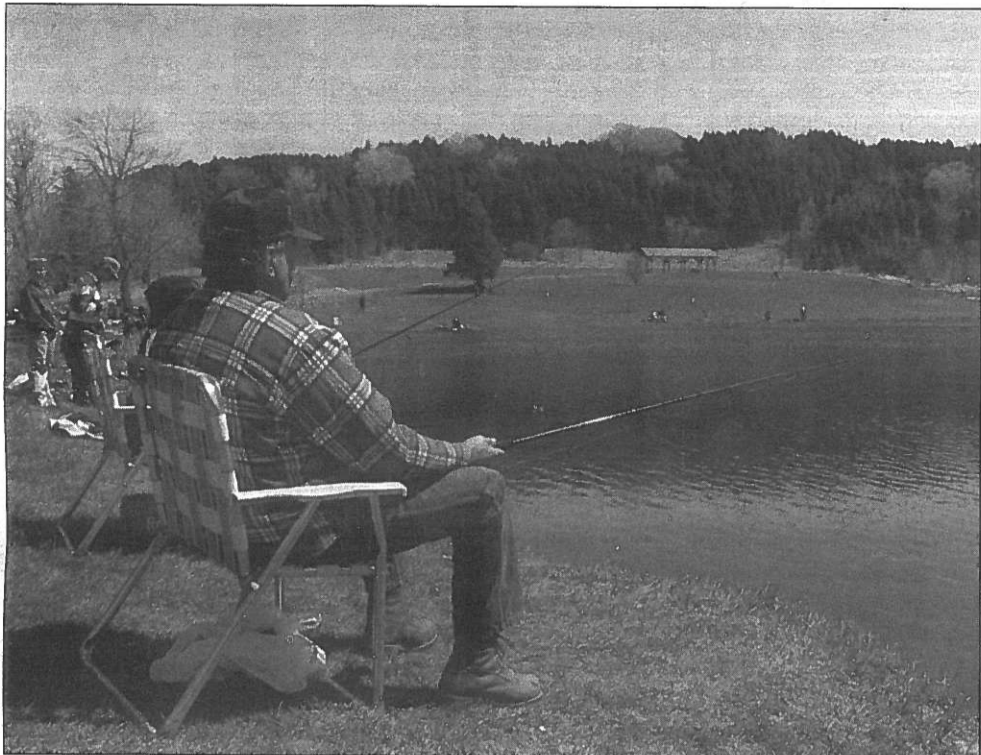
In the mite division, Matthew Brown and Luke Doyle tied for the prestigious Most Dedicated Player award, while Shawn Drew-Brook captured Most Sportsmanlike honours and Dylan Gerolamy was named Most Improved Player.

The following is a list of the coaches of each team, followed by each team's respective winners:

Tyke Division, coach — Dave Gillmore, MDP — Dylan Deriet, MSP — Peter Rennie, MIP — Rory Gillmore; Novice Division, coach Terry Henderson, MDP — Matt Penello, MSP — Danny Cudmore, MIP — James Goloher; Millbrook rep coach, Glen McCoy, MDP — Toby Guzik, MSP — Matt Musclow, MIP — Curtis Park; Atom Division, coach Roy McGregor, MDP — Chad Carl, MSP — Peter Graham, MIP — Justin Deriet; coach Wayne Blaby, MDP — Andrew Noonan, MSP — Aislin Doidge-Flynn, MIP — Billy-Wayne Carbarry; Millbrook rep coach Dave Pritchard, MDP — Dan McElwain, MSP — Adam Blair, MIP — Laura Rogerson; Pee-wee Division, coach Gary Baker, MDP — Terry Baker, MSP — Cody Fulling, MIP — Jonathan Noonan; coach Ed Becker, MDP — Dave McGee, MSP — Cody

Fulling, MIP — Sarah McGregor; Millbrook rep coach Mike McElwain, MDP — Jon Armstrong, MSP — Al Aimers, MIP — Chris Briffet; Bantam Division, coach Craig Graham, MDP — Kevin Aldsworth, MSP — Jason Stabler, MIP — David Krieg; Midget Division, Millbrook rep coach Bob Davidson, MDP — Tom Robson, MSP — Mike Stevens, MIP — Josh Nichols; Girls Division, Millbrook rep coach Jim Liston, MDP — Sasha Liston and Stephanie Miller, MSP — Jackie Fallis and Casey Ingdeton, MIP — Dannielle Guzik and Deanna Charron. Members of the atom team coached by Mark Knechtal could not be reached to announce its team winners.

The only team absent from the MDMHA banquet was the Millbrook Bantam rep team, coached by Frank Auer. The team was away in Buffalo at an invitational tournament. Winners of the Esso Achievement awards were not available as of *The Green Hills Gazette* deadline but will be published following the teams' banquet.



A beautiful day brought out many families to the April 25th Millbrook Lions Fish Derby.

Milly the Trout evades anglers of all ages

By Barry Larock

In spite of some 300 anglers' attempts to hook Milly the 12-pound rainbow trout this past weekend, the elusive fish is still at large in the Mill Pond.

Celebrating the opening of trout season, the annual Millbrook Lions Fish Derby took place April 25 at the Millbrook Mill Pond. Stocked with some 500 fish, organizers handed out 276 prizes to anglers of all ages, with the big winner of the day being Steve Tinney who captured a trolling motor for his efforts.

"It's a great day for everyone to come out and enjoy the sport of fishing," said Rob Therrien, this year's chairman of the Derby.

"It truly is a good opportunity for a lot of families to

come out, and spend the day together, at an event for such an inexpensive price. I think everyone has a great time getting together to have a lot of fun."

Trophies were handed out in both the youth and adult categories, as well as an inaugural trophy in memory of Ron West, presented to the event's most sportsmanlike angler. The winner of the first ever Ron West Memorial Trophy is Jane Odgen.

Other winners in the youth and adult categories include: youth, 1st place — Brad Couch, 15.5-inches; 2nd place — Gregory Lund, 14.25-inches; adult, 1st place — Ryan Gregory, 12-inches; and 2nd place — Ken Wright, 11-inches. Two awards were presented to both the youngest



Greg Hartwig, up for the day from Oshawa, with his catch.

angler and the most experienced. Twenty-three month old Cheyenne Wheeler was the youngest angler, while Robert Ridge captured most experienced honours.



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Wear a helmet and skate safely

By Barry Larock

There is a sad tale to tell of the late Carl Gillis [Editor's note: Carl Gillis was a resident of Ottawa].

Mr. Gillis was killed two years ago this summer, following a fatal fall while inline skating in downtown Ottawa.

Enjoying the summer sun, Mr. Gillis started out on a leisurely skate, touring the roads which lead to Parliament Hill. Suddenly without warning, he caught an edge and fell, crashing his head fatally against the curb.

I tell this tragic tale now, because as the inline season begins, it should be noted that tragic accidents such as these can often be avoided.

You see, Mr. Gillis was not wearing an inline helmet. As bulky and uncomfortable as helmets may seem, the fact is they work — and you should be wearing one. The same is true for the wristguards and knee pads which, I admit, are not Tommy Hilfiger fashionable, but provide the necessary protection.

I tell this tragic tale now, because as the inline season begins, it should be noted that tragic accidents such as these can often be avoided.

As the former manager of a sporting goods store, I have often observed patrons resist buying what they consider to be unattractive and cumbersome protective gear. Some just don't think it is necessary, while others are concerned, quite frankly, about the additional cost and, if you believe this, the lack of colours available.

As the sport of inline skating increases in popularity and with the development of skate technology, the importance of safety will escalate.

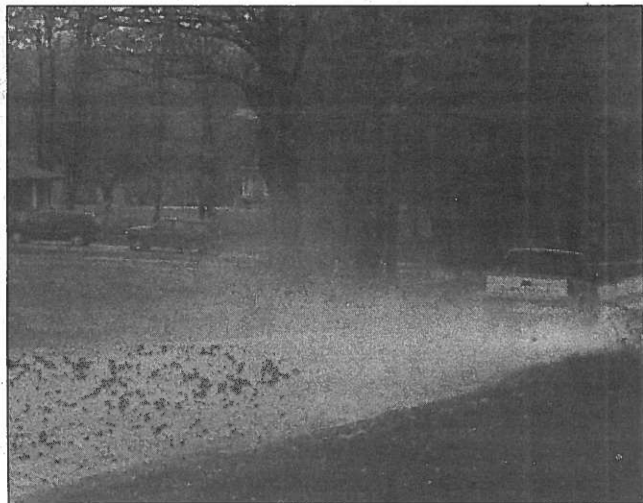
"The number of incidents involving inline skating is rising every year," notes Larry Heard, Awareness Coordinator of

the Peterborough and District Head Injury Association.

"The truth of the matter is that head injuries are very serious, if you consider that in a matter of a few seconds a blow to the head can ruin a young child's life. Head injuries are a life-long condition and should not be taken lightly. Helmets should not be optional but rather a necessity."

Aside from the need for a helmet, it is widely recognized in local doctors' offices throughout the region that the most common form of injury connected to inline skating is abrasions and broken wrists. Wristguards and knee pads do not prevent all injuries, but wearing them will definitely lessen the severity. And so, as you tighten up that last lace or pull across the final buckle, please take a second or two this summer to remember the sad tale of the late Carl Gillis. And then, just maybe, you'll dust off that helmet and unpack those wristguards you purchased but never wear and strap them on, making both you and your loved ones happy. Now you're ready to enjoy the sport of inline skating the way it should be, safely.

It's really only common sense.



Dust kicked up on rural roads reduces visibility and can cause respiratory problems.

Dombind leaves sticky choice

By Katherine Luchuk

Is Dombind a necessary evil, to preserve health and cleanliness... or is it a toxic threat to wildlife and the environment?

This controversial and experimental dust suppressant was the hot topic of discussion at an information session hosted by Cavan-Millbrook Environmental Watch on April 22. World Wildlife Fund representative Maureen Reilly shared her

perspective on Dombind with concerned residents, councillors, and Road Superintendent Rod Marshall, highlighting concerns about environmental and health impacts of Dombind application.

Created at the Norampac pulp and paper mill in Trenton, Dombind is being marketed as a dust suppressant for gravel and dirt roads. According to fact sheets issued by Norampac, "Dombind is

[a liquid substance] produced from the pulping of wood. Logs are turned into chips and cooked in a digester with steam and sodium carbonate. The glue-like material that holds the fibres together (lignin) produces Dombind."

Use of Dombind as a dust suppressant is hard for cash-strapped municipalities to turn down, as it is offered free of charge for municipal use in southern and central Ontario. Cavan-Millbrook-North Monaghan township will spend \$70,000 on calcium chloride this year to suppress dust on unpaved back roads, and will be installing a 21,000 gallon tank to hold Dombind.

With warmer temperatures and dry periods, dust from unpaved rural roads accumulates on vehicles, furniture, and household articles, impairing visibility and making breathing difficult for those with respiratory problems. Dust suppression has long been regarded as a necessity in rural Ontario, but it is proving to be a costly service for this municipality.

However, nothing is really free according to Reilly, considering the environmental cost of Dombind spread on country roads. Reilly spoke of short and long term effects of Dombind on water-

ways and aquatic life, animals, birds, drinking water quality and human health. Referring to Dombind as "black liquor" in their literature, the WWF says wood, bark fragments, recycled paper, and cardboard are reduced to pulp by "cooking them in chemicals." The left-over effluent is then concentrated in evaporators to create a viscous liquid called "black liquor" or Dombind.

In addition to Dombind's dust suppressive qualities, Norampac claims other there are other benefits. According to the manufacturer, Dombind produces a very hard surface which sheds water well, prevents gravel loss from road surface to shoulder or ditch, reduces winter ice build-up and spring road break-up, cuts equipment fuel costs, and acts as a rust inhibitor.

The Ministry of the Environment and Energy gave Norampac a 5-year approval in 1993 to apply and test Dombind as a "product dust suppressant" on Ontario's rural roads. WWF claims the use of the dust suppressant on rural roads is merely a means of "waste management, dumping pulp and paper mill waste into other sensitive environments farther afield" (WWF brochure). It is further alleged Norampac uses this "means of waste management" to reduce discharge of pulping left-overs into the Bay of Quinte, to comply with strict water pollution and dioxin reduction

requirements. Since 1993, 70 townships have signed up for Dombind application, including Cavan-Millbrook-North Monaghan.

Concerns have arisen around the effects of Dombind contaminants on aquatic life, wildlife, and human health. Elevated levels of dioxins are of utmost concern for Reilly. Naming dioxins as one of the "most toxic substances," she claimed Dombind was found to consist of 30 times the original Ministry limit, in 1996. According to the WWF, dioxins tend to linger in the environment and bioaccumulate in wildlife and human bodies, and are associated with "cancer, immune suppression, hormonal disruption, and neurological problems."

High levels of sodium found in Dombind are apparently beyond environmental limits, "affecting both well and surface water salinity and damaging plants" with infiltration of soils and runoff. Aquatic life may be threatened by the presence of oxygen-depleted lignin, sugars, tree-based and pulping chemicals, if Dombind enters waterways. According to Reilly, these contaminants consume oxygen to break themselves down, suffocating aquatic wildlife.

The manufacturer has issued guidelines for Dombind application, to ensure proper use: application of Dombind is prohibited within 50 metres of waterway crossings; use is to be avoided close to marshes; the spray bar must be kept on road surfaces; an untreated strip of 12 inches must be left along each side of the road surface; and application is to be avoided when the combined effect of rainfall and application is likely to result in runoff.

Norampac's thick book of regulations must be read, understood, and signed by all persons applying Dombind. The legal implications of inappropriate application of Dombind affect anyone involved with contracting for and/or spreading the suppressant. Reilly told the information meeting that "Dombind cannot be applied less than 50 metres from wells and failure to do so can result in a hefty fine between \$50,000 and \$200,000 charged to the truck driver and/or the municipality by anyone who catches them." The problem is that the precise location of rural, residential wells is not known, and therefore there is a possible liability for the Dombind "applier". Few "appliers" are aware that they can be charged if it is proven that the substance has been applied too closely to a residential well, for instance.

The 10th Line of Cavan received Dombind applica-

tions last year, and resident (and Deputy-Reeve) Brian Squirrell reported a significant decrease in dust and improved road conditions. While he understands the environmental risks, he also recognizes a problem with dust, poor road conditions, and the high cost of calcium chloride. Residents at the meeting were told he wishes the municipality could be supplied with an effective and environmentally safe product at a reasonable price that could be used instead of Dombind.

While the environmental impact of Dombind is a concern, it is also well known that dust has a serious impact on the health of those with lung diseases, allergies, and asthma. Squirrell also shared his personal rationalization for Dombind use — members of

his family suffer from health problems that are exacerbated by dust. Living on a dusty rural route has meant a difficult choice must be made — and he would do anything to ensure his family's health and well-being. However, he appealed to the group for suggestions about other dust suppressants that would be less harmful and still work as well as Dombind. ♣

For more information, contact: **Norampac Inc.**, Trenton Division, 300 Marmora Street, P.O. Box 807, Trenton, Ontario K8V 5R8 (613) 392-6505 www.dombind.com

World Wildlife Fund
90 Eglinton Avenue East, Suite 504, Toronto, Ontario M4P 2Z7 1-800-26-PANDA www.wwfcanada.org



Ending Web search angst

By Mike Harkes

This section of our new local newspaper is for the technically challenged. Does this fit your description, whenever it comes to using that thing the kids always seem to be playing on? Do your offspring have the phone line tied up for hours using the Internet? I'm sure by now you know I'm not talking about the T.V. set...

Why, yes, we're talking about computers. Welcome to "technology 101".

This time around, we'll discuss "Web Rings" being used on the Internet, as a means of shifting through the loads of information that one goes through before finding whatever they're after.

What several thousand web masters have done is to expand upon the "EUROPA" (expanding unidirectional ring of pages) program from the Imperial College in London, England, and interconnected its pages. Since the inception of this program in 1994, there are now over 15,000 active "rings" world wide. This is a better engine to circulate through the information highway than some others, in that you do not have to zigzag back to the master site to click over to your next destination. Instead, you are able to smoothly move around the circle of

relevant sites. One of the other niceties is that the ring itself screens out useless garbage (unless it's the useless garbage ring).

Rings take advantage of the Web's strongest attribute, the ability to hyperlink from site to related site, while at the same time addressing that ever annoying problem of always getting farther away from whatever it is you are looking for. By imposing the closed structure of a circle on the wide open spaces of the Web at large, rings help ensure that you'll return to your starting point, or be able to find your way back, without too much effort.

How do you locate a Web ring to match your interest? You can take the search engine approach and run your topic and the words "ring" or "webring" through www.hotbot.com or www.infoseek.com and get some decent results, or try Yahoo's search form (www.yahoo.com) and connect to the 5th level sub-category: "Computers and Internet: Internet: world wide web: searching the web: indices to the web documents: rings".

Once you're there, you'll find a listing of some ring directories, plus an alphabetical or subject category listing of over 300 individual rings. The mother ring is located at www.webring.com and the comprehensive subject directory of affiliated rings can be located at www.webring.org.

As a research information tool, webrings are a fast way to access information when you don't know exactly where you need to go to get the information, as the matrix of the rings allows you to "circle" in to your topic. ♣

Mike Harkes is a Cavan Township "computer expert".



Sexy and mysterious Scorpio

By Crystal Eyes

If you are born under the sign of Scorpio (Oct. 23-Nov. 22), you have quite the reputation to live up to. Scorpio, in case you haven't heard, is known for being the sexiest as well as the most vindictive sign in the zodiac. What a combination!

The sexy part is not too hard to take. With the exception of Bill Clinton, who wouldn't want the word "sexy" associated with their name? Scorpio-born actresses such as Demi Moore, Julia Roberts and Goldie Hawn, have definitely been able to put this attribute to work for them.

There are two behaviours that account for this sexy reputation. The first is eye contact. When speaking to you, a Scorpio will always look directly into your eyes. Scorpios will want to know who they are connecting to, and eye contact is their best gauge. If you look away, Scorpio won't trust you. If you lock

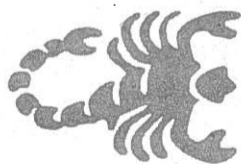
eyes, they'll seem to read you like an open book. Intimacy of this nature is usually limited to the bedroom, and yet Scorpios achieve it by asking you to "please pass the salt".

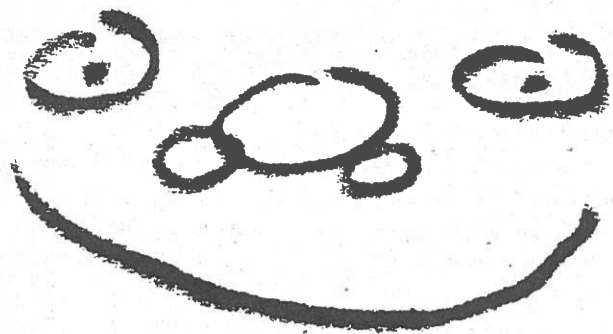
The other behaviour is innuendo. Scorpios will typically understate and over imply things. For example, a Scorpio might knowingly say, "I see", by nodding their head and dragging out the "eeee" sound. This could lead you to believe that they understand everything that is going on, that perhaps they are grasping things that even you are missing. What in fact they

might be saying is "I'm not blind". But since they say it in such a mysterious way, they rarely get asked to clarify.

This approach leaves a lot up to the imagination. So it is possible that Scorpios aren't really sexy at all. The perception might simply exist in the minds of those who interact with them.

The same goes for their supposed vindictive nature. It is quite likely that people groundlessly credit Scorpios for being more powerful than they are. And again, the reasons are eye contact and innuendo. If a Scorpio looks you directly in the eye and says in a mysterious way, "I owe you for this", it is potentially unnerving even if you are the cashier when they are shopping! ♣





Play is child's work

Some houses try to hide the fact that children shelter there. Ours boasts of it quite openly, the signs are everywhere. For smears are on the windows, little smudges on the door. I should apologize I guess for toys strewn on the floor. But I sat down with the children and we laughed and played and read. And if the doorbell doesn't shine, their eyes will shine instead.
 "Excuse This House"
 (Author Unknown)

By Trish Boyd-Reininger

Often we are just too busy to sit and do things with our children. With jobs out of

the house, responsibilities in and around the home and expectations from family and friends, children are sometimes left on the back burner. "Go outside and play." "Call on Sarah next door." "I can't right now, I'm too busy to play." What exactly is play and just how important is it?

Play gives children unparalleled opportunities to integrate their personalities because when children play, all aspects of the self are used simultaneously. For example, a child taking the role of father in "house play" is developing physical skills (hand-eye coordination), as he pretends to pour juice. Social skills are practiced as he involves himself in group play, emotional skills are touched upon when he responds to the "crying baby", cognitive (thinking) skills are observed when he uses a cardboard box and tea towel so "the baby" can go down for her nap.

There are very few, if any, other experiences that allow children's "selves" to interact and grow as play does. Definitions of play range from Montessori's "play is child's work", to Dewey's "play is what we enjoy while we are doing it. Work is what we enjoy when we have accomplished it." Why play is important also has differing explanations. Freud felt that play provides opportunities for children to master and clarify emotions. Piaget felt that play enables children to substitute symbols in place of reality (Elkind, 1981a). A definition suggested by J.E. Johnston and Ershler is "Play may be defined as behaviour that is intrinsically motivated, freely chosen, process-oriented, and pleasurable".

This latter definition is helpful, because if the statement is changed into questions, it can help us figure out if we are really including play in our children's daily curriculum. For example: "Play is intrinsically motivated" — will children choose to involve themselves in the activities available to them, because the activities are satisfying to them, or to please adults? "Play is freely chosen — do the activities let children choose by themselves what they want to do?" "Play is

process-oriented" — will the children have fun doing the activity and not just find joy in the end result? "Play is pleasurable" — will the children enjoy themselves while they are participating in the activity?

If we can answer yes to these questions, chances are that we are incorporating play into our children's daily routine. We are making available more opportunities for the integration of all the "selves" children should develop in order to be fully rounded people.

Art work is one way in which children can express themselves freely, enjoy the process, socialize with peers, and be pleased with the end result... as long as the parent or caregiver can let their children do it on their own. When working with adults and young children, I often observe the children watching while the adults carefully put the art work together

the way it "should" look. By doing this, by "helping" children, we in fact take some, if not all, the creative learning experience away from them. Children see things, and understand things, differently than we do. I'll never forget the way my younger sister drew noses on faces when we were children. A large circle flanked by two smaller ones, placed directly between the eyes. Something like this. It wasn't until years later



I realized that from the standpoint of someone three feet tall, looking up, head bent back, a nose looks exactly like that. It is the hardest thing in the world for some parents to accept, without correcting, their children's

artwork... arms extended out of the sides of a smiling face, legs protruding under the chin. Making available the "tools" for creative play, allowing children to use these tools as they see fit, (barring hitting with these, or painting walls, etc.) helps them to feel confident in their abilities. This confidence helps establish the self esteem for taking chances and exploring a variety of materials and situations. Most importantly, children will feel secure knowing they will be accepted by the adults they so

desperately want to please.

"I think most women are scared to death, because we are molding and influencing the most important thing we have ever created, our children. So here we are, sailing out into these totally uncharted waters. And for someone like me, who was trying and wanting to be the very best at everything, there were a lot of anxious, anxious moments". (From "For Mom", by Ann Richards) ♣



GUEST EDITORIAL

Emerging CED leader?

By Jim Morrison

The new municipality of Cavan-Millbrook-North Monaghan has the makings of a Community Economic Development (CED) leader.

Streaks of greatness are apparent in local response to the jail closing (turning a negative situation around), and in many other ways which are evident along the streetscapes, in the local media, and in the smiles of people that live in this area. Trust the people of this municipality to come up with creative, original ideas to address the new socio-economic conditions [of a new municipality and changing world], while remaining true to the intrinsic character and culture of this community. People continue to do their own thing, yet individual efforts are also consistent with the wider community currently working to create a glowing future.

The current series of all sector meetings, such as the one sponsored recently by the Millbrook Chamber of Commerce and the Economic Development Committee of Council, is a great step in the right direction. [All sectors are working together on a] model to optimize resources and

opportunities existing in the wake of global economic and technological changes.

[The ongoing CED work] of people in this community is an example of what it is to make the transition to the norms of practice and behaviour prevailing in the emerging global economy, with its millennial life and work styles. Many powerful ideas whose time has come [identified at the recent CED meeting, such as a balanced approach to development and "quality of life issues", and respect for differences] are at work presently in our community, creating a culture and an economy that is uniquely "people friendly". These shared people friendly values pervade the political and financial sectors of our community.

The economic development meeting held in March exceeded, in the writer's opinion, some of the performances of CEDAC — the best CED in Canada as rated in 1995 by the Royal Bank. Application of teamwork principles allowed those present to reach instant consensus on matters of values and process. We all wanted to create a glowing future for our community, regardless of any differences. In the economic sector, "all sector collaboration" is focused on creating sustainable economic development where people can make money by making sense. In the marketing sector "tell it like it is promotion" helps create an abundance of affordable goods and services. In production, applying resources to tasks helps create products which render good service. Programs like MADCAP (Millbrook

and District Community Access Program — for community Internet access), enable people to better harness the Internet, and be a part of history in the making. In finance, the principles reflected in the new "Canadian Business Financing Handbook" are enabling people to identify genuine return on investment that contributes to a glowing future for the community.

The 4th Line Theatre, an expression of the area's creativity, offers world class portrayals of the agonies and ecstasies of the history of our community. The theatre's productions highlight a prevailing spirit of independence that has enabled people in this area to cope with the challenges of change. We know from our past that we have the right stuff to weather economic and social change — we have always been people able to stay in touch with our feelings, and who enjoy the deeper meaning of community in our work and play.

The world is looking for models of CED activity with which to steer a viable course into the 21st century. The world need look no further than "this green and pleasant land" for exemplary, grassroots, CED activity that balances community values with positive approaches to economic development. ♣

The opinions expressed in the Guest Editorial do not necessarily represent those of the staff of The Green Hills Gazette, or the advertisers. To contribute to the Guest Editorial column, contact Deb at 932-2175 for specifications and deadlines.



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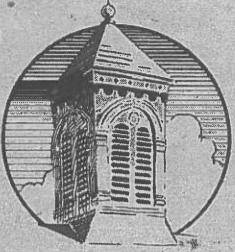
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Community Calendar *Tear out this page and post!*

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.

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Next Chamber Meeting: 7pm, Wednesday, May 13th



Featuring Guest Speaker:
Alice Potter

who will briefly explain how the successful Warkworth Maple Sugar Festival is organized and how our own MapleFest can be made more fun and profitable.

THURSDAY, MAY

7

Millbrook Playschool

Held every Tuesday and Thursday (except third Tuesday) 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).

New to You

Used clothing on sale at the Millbrook Community Care office, Mon-Fri 11:00AM-noon, Sat 10:00AM-noon.

Shuffleboard

Every Thursday at the arena at 1:30PM.

Bingo

Every Thursday at the Millbrook Legion at 7:45PM.

FRIDAY, MAY

8

New to You

See May 7 for details.

SATURDAY, MAY

9

New to You

See May 7 for details.

Millbrook Library Boutique

At the Old Millbrook School. Used clothing and accessories. Wed 12:30-2:30PM, Sat 10:00AM-1:00PM.

Baillieboro Library Boutique

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

Green Exchange

Second Saturday of each month at the Millbrook Municipal Yard. Take or give what you like for a loonie. No clothes please.

Give a Hoot Cafe

Beginning at 8 PM at the Old Millbrook School, Dufferin St. Featuring Ottawa's favourite singing sandwich, The Toasted Westerns, with Jody Benjamin & Sally Robinson. \$8/adult, special family rate. Free admission to open stage performers. Sponsored by

Millbrook/Cavan Environmental Watch (non-profit community organization). For info: Joanne Rowland at 932-3214.

Ennismore's Annual Talent Show and Dance

Held at the Ennismore Community Centre. \$10 per couple, children under 12 years of age \$3. Tickets at the door. Along with the performers' vast array of talents the evening will also feature the music of the Mundell Family. Proceeds will benefit the Five Counties Children's Centre. For more information, please contact the Five Counties Centre Foundation at 748-5585, ext. 381.

SUNDAY, MAY

10

Mothers' Day

Call your mum!

MONDAY, MAY

11

Deadline for Written Submissions to The Gazette
For May 21 issue

Creative Card Making

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

Planning Advisory Committee Meeting

7:00PM in the Council Chambers in the Twp. Building.

Bridge

Every Monday at the Millbrook Legion at 1:00PM.

New to You

See May 7 for details.

TUESDAY, MAY

12

Food Bank Meeting

At the Old Millbrook School at 7:30PM.

Cavan-Millbrook Nursery School

Tuesdays at Cavan Community Centre. Various times available. Call Pam Hartwick for more information: 277-1938.

Millbrook Playschool

See May 7 for details.

Baillieboro Library Boutique

See May 9 for details.

New to You

See May 7 for details.

WEDNESDAY, MAY

13

Chamber of Commerce Monthly Meeting

St. Thomas Church Hall at 7:00PM. See ad this page.

Crestwood Secondary's Final Music Concert

7:30PM in the school cafeteria. Featuring Grade 9, 10, & Senior Bands & the Jazz Ensemble. The public is cordially invited. Admission is free. Come out and bring a friend, and enjoy an evening of music.

Lunch with Community Care

Call 932-2011.

Euchre

Every Wednesday at the Millbrook Legion at 1:30PM.

Millbrook Library Boutique

See May 9 for details.

New to You

See May 7 for details.

THURSDAY, MAY

14

Ad Deadline for The Gazette

For May 21 issue

Millbrook Playschool

See May 7 for details.

New to You

See May 7 for details.

FRIDAY, MAY

15

New to You

See May 7 for details.

SATURDAY, MAY

16

Millbrook and District Lions Club Community Yard Sale

At Lions Park - Millbrook, from

8AM-1PM. Organized to assist with the costs of improvements to the Lions Park at the corner of King and Duke Streets in Millbrook. Find a new home for your unwanted valuables while contributing to the improvements to your community park. Your contribution to project is a \$10 donation which provides you with a table at the park to display your wares. Call Roger Saunders at 932-3293 or Ross Gillis at 932-2721 for details and to reserve a table.

Capitol Theatre Folk Fest '98

In Port Hope, beginning at 8PM. Featuring Zeke Mazurek, Ganaraska: Ted Staunton & Aengus Finnan, Margaret Heenan, and Freshwater Trade. Tickets are \$10 each and can be purchased at the box office, 20 Queen St., Port Hope or call (905) 885-1071

Millbrook Library Boutique

See May 9 for details.

Baillieboro Library Boutique

See May 9 for details.

New to You

See May 7 for details.

SUNDAY, MAY

17

MONDAY, MAY

18

Committee of Whole Council Meeting

In the Council Chambers beginning at 7:30PM.

New to You

See May 7 for details.

TUESDAY, MAY

19

Cavan Women's Institute Meeting

Begins at 8PM. All women welcome. Please phone 944-5352 for details of meeting.

Family Enrichment Centre — Mobile Outreach

Every third Tuesday at the Millbrook Christian assembly between 10AM-noon. No charge.

Cavan-Millbrook Nursery School

See May 12 for details

Baillieboro Library Boutique

See May 9 for details.

New to You

See May 7 for details.

WEDNESDAY, MAY

20

Millbrook/Cavan Historical Society Meeting

At St. Thomas Anglican Church at 7:30PM (See ad this page).

Blood Pressure Clinics

At the Manor from 10:30-11:30AM and at the Millbrook Legion from 12:30-1:30PM.

Millbrook Library Boutique

See May 9 for details.

Euchre

See May 13 for details.

New to You

See May 7 for details.

THURSDAY, MAY

21

Millbrook Playschool

See May 7 for details.

New to You

See May 7 for details.

FRIDAY, MAY

22

New to You

See May 7 for details.

SATURDAY, MAY

23

Millbrook Library Boutique

See May 9 for details.

Baillieboro Library Boutique

See May 9 for details.

New to You

See May 7 for details.

SUNDAY, MAY

24

MONDAY, MAY

25

New to You

See May 7 for details.

Deadline for Written Submissions to The Gazette
For June 4 issue

TUESDAY, MAY

26

Cavan-Millbrook Nursery School

See May 12 for details

Millbrook Playschool

See May 7 for details.

Baillieboro Library Boutique

See May 9 for details.

New to You

See May 7 for details.

WEDNESDAY, MAY

27

Millbrook Library Boutique

See May 9 for details.

New to You

See May 7 for details.

THURSDAY, MAY

28

Ad Deadline for The Gazette
For June 4 issue
Millbrook Playschool
See May 7 for details.

New to You

See May 7 for details.

CLASSIFIED ADVERTISING

FREE IF YOU HAVE A JOB OPENING, FOR UP TO 30 WORDS, WE'D BE DELIGHTED TO PLACE YOUR CLASSIFIED ADVERTISEMENT FREE OF CHARGE. ALL OTHER CLASSIFIEDS ARE \$15 FOR 20 WORDS, WITH ADDITIONAL WORDS AT 10¢ EACH.

FOR RENT

Bachelor apartment in Millbrook, clean & quiet building, everything at the door, ideal for single, \$350 + hydro. 932-3221

Apartment for rent, Millbrook. Newly renovated, new carpets. Includes heat, parking. Secure building. Bachelor & 1 Bedroom. Call 932-2878.

FOR SALE

Admiral 30" self-cleaning wall oven, \$1000 new, only \$225. 30" whirlpool gas range top, \$450 new, only \$100. 10 Halo antique brass track lights (model L711), also 5 x 4' pieces & 1 x 8' piece matching track, \$950 new, only \$300. 932-3221.

IKEA single bed with twin mattress, white, \$95, in good condition. 932-2518

VOLUNTEER

Volunteers Needed!
Baillieboro Library Boutique
To work one day a month, on Tuesdays from noon to 3pm or Saturdays 10am to 1pm. Work includes sorting, sizing and displaying items and making the Boutique attractive. For more details, call the Baillieboro Library at 939-6510.

YARD WORK

Daughter & Dad will do your yard work while you relax! \$7 p/h with your equipment. \$10 p/h including equipment. For Cavan area, call Kathryn at (705) 277-1825.



Happy 4th Birthday, Michael!

Much love from Grandpa, Kate, Deb and Ted.

THE MILLBROOK & CAVAN HISTORICAL SOCIETY

invites members and guests to the
ANNUAL GENERAL MEETING

Wednesday, May 20th, 1998

St. Thomas Anglican Church Hall, Millbrook

Meet & Greet at 6:30 p.m. — Dinner at 7:00 p.m.

Guest Speaker:

Gail Corbett

Author of "Barnardo Children in Canada"

Tickets are \$10 per person

You must reserve your tickets in advance by May 15th, 1998

For more information contact Eileen at 944-5739

www.kawartha.net/~mchs/mchs.htm — E-mail: mchs@kawartha.net

BUILDING SUPPLIES

Roka Home Care

A complete line of everything you need in Building supplies, hemlock for stalls & fences, cedar posts, barn steel, used railway ties, rakes, hoes, snipes, deck material, patio slabs, etc. Order your firewood early. 1 mile south of Pontypool.

277-3381



The garden of elderly Leo and Lois Fallis got a dose of youthful muscle from student volunteers (back row) Jessie Goodrice, Angie Boland, Frannie Allison, Stuart Paul, (front row) Nev Kianieff, Laurie Mitchell and Toni Laitila.

How to be a Hills Hero to your community!!

The elderly lady across the road has one to drop by and see her several times a week. Judo is taught to children and adults by one, and new-to-you clothing is sold by another working in a library boutique.

Who are they? Community heroes, otherwise known as volunteers. Along with their daily work, families, study, and other commitments, volunteers take the time to make a difference for others in their community. Some of their work is a one-time deal, and sometimes it's a longer term commitment. Without volunteers, life for many in this community would have less quality.

Residents can help and support their neighbours and community in a variety of ways, all tailor-made to fit the most demanding schedule. Volunteer opportunities are as varied as paid employment, and choices available can reflect personal interests, hobbies, or past or pre-

sent employment experience. Giving your time to others can mean being able to try on something new, to see if you like a new hobby or activity. For those who are unemployed, volunteer work can enhance or continue work experience while you are looking for a new job. Sometimes volunteer work can even lead to a paid position in the agency or organization you are working with (see our "Hills Heroes" column for "proof" from Eileen Manson!).

As follow-up to Volunteer Week April 18-25, we at *The Green Hills Gazette* would like to let you know where YOU can help! There are many organizations looking for volunteers in this community. In some communities, there are waiting lists for aspiring volunteers! What follows is a short list of community groups you can get in touch with to offer your help.

For residents of North Monaghan, you may also want to consider calling the

Peterborough Volunteer Bureau on King Street to find out more about the varied opportunities in the city... too numerous to mention here, but equally needing your support!

The Millbrook Agricultural Society

Celebrating 150 years in the community in 1999, a variety of volunteers are needed. Fair Board members are needed, to help plan and organize the annual Millbrook Fair, held the second weekend of June. Fair Board meetings are Wednesday evenings at 8:00, at the Library in Bailieboro. Some of the work that needs doing includes taking admission at the gates, organizing the Fair Ambassador dance, help with the workload of others already working on various aspects of planning, and more ongoing work to plan the 150th anniversary celebrations for next year. Time commitment varies

according to the volunteer position. Contact Julie Hartwick for more details (see phone number below).

The Agricultural Society also needs volunteers to help put together a commemorative cookbook, with recipes submitted from anyone and everyone who has attended a Millbrook Fair. This is one of many fundraisers to assist the Agricultural Society to put on the Fair. Call Glenna Brotherstone for more details, 932-2169. A quilt or raffle project is also planned as part of the fundraising effort. Volunteers are needed to collect and coordinate a collection of photos, memorabilia, stories and more for the 150th anniversary. And if anyone in the community can coordinate other fundraising efforts, the Agricultural Society would like to hear from you. For information on all of these short and longer term volunteer opportunities, call Julie Hartwick at 932-3287.

On behalf of the Millbrook Agricultural Society, Julie would like to thank all those who volunteered their time at the Toll and those who gave so generously.

Other groups looking for volunteer help, throughout the year, include:

The Friends of the Library (Millbrook).

This group is involved in fundraising, advocacy and public education about the role the public library plays in the community. For more information, visit the Millbrook Library.

The Bailieboro Library Boutique

A fundraising effort to benefit the Bailieboro Library through the sale of used clothing, is looking for a Boutique Coordinator. An enthusiasm for working with the public, good organizational skills and some experience with handling cash and sales would be assets for this position, as well as volunteer coordination skills. The position

involves working a shift or two per month, coordinating the volunteers who work in the Boutique, and some related administrative duties. For more information on this position, and other volunteer possibilities, call or visit librarian Vilda Nurse at the Bailieboro Public Library on Highway #28 in Bailieboro.

Community Care, Millbrook and District.

Community Care is an organization dedicated to improving the quality of life for the elderly in our community. A variety of volunteer positions are available, including driving seniors to appointments, and phoning seniors to check in on a regular basis, as well as fundraising work. For more information, call the coordinator, Heather Peachey, at 932-2011.

Cavan-Millbrook-North Monaghan Recreation

If you have a special talent, skill or sport you can teach or share with the community, you could teach or lead a class or group in your ward or area. Volunteers are also needed for a community recreation committee at the moment, and Canada Day

planners will require enthusiastic and creative volunteer assistance. For these and other volunteer opportunities, call Maureen McElwain or Rick McGee at 932-2911 (Millbrook Arena).

Millbrook and District Food Share (food bank)

The Food Share interim committee, comprised of everyone who has indicated an interest in supporting or volunteering for the soon-to-be established food bank, welcomes more volunteers from the community to collect or sort food, work in the Food Bank, help find financial support, and a variety of other administrative work. For more information, call Deb Luchuk, information liaison, at 932-7046.


There are many more agencies not noted on this list. For more information about where to give back to your community, call the Volunteer Bureau in Peterborough, where there are master listings of most groups in the area. And don't forget, schools, churches, and existing groups such as Girl Guides and Scouts are always looking for help of all kinds to continue their work in the community. ♣

Library Relocation Survey

Please take a moment to fill out this brief questionnaire to assist us in making the right choice for the whole community! Once completed, please return your survey to the Millbrook Library by May 15th, or drop it in the library drop box.

- 1 On average, how often do you use the library? Please choose one: once a week once a month not often at all twice monthly occasionally
- 2 Would you like to see a greater variety of books and more books in general at the library? yes no
- 3 Do you feel the library would be enhanced by moving to a larger space? yes no
- 4 Would you attend events such as readings, children's story time, or other special interest sessions if they were to take place in a comfortable space at the library? yes no
- 5 The building committee is looking for a new space within Millbrook Ward. Would you use the library as frequently if it were to move off King Street? (But remain within a 5-10 minute walk or drive of the present location.) as frequently less frequently more often not at all
- 6 The building committee would like to consider all possible library uses during the search for a new location. (For example: a story area, more computers, more books...) Are there any other facilities or services you would like to see at your public library in Millbrook? If so, please list them.
- 7 Are there any locations in Millbrook which you would like to put forward for consideration by the committee?
- 8 We will be looking for assistance in raising funds and finding people to donate their skills in renovating the new site. If you are interested in helping out through the Friends of the Library, please note your name and phone number:

Thank you very much for helping with this survey!



ROYAL BANK OF CANADA - NEW LOAN APPLICATION

- ✓ **It's Fast!** - We promise a personal RSVP within 48 hours, upon receipt of a completed application.
- ✓ **It's Easy!** - A two page application includes all necessary information - and financial statements are usually only required for requests greater than \$50,000.
- ✓ **It's Personal!** - Greater attention is focused on the personal credit worthiness of the business owner, recognizing his/her financial track record.

Royal Bank's new loan application is available to Small Business and Agricultural clients. Our Small Business Delivery specialists, are located at the Royal Bank, 401 George Street North, 3rd Floor, Peterborough, Ontario. They will work with you answering any questions you have about this new process or the application in general. To receive additional information, please call

Marsha White at (705) 876-3554 or Glynis Smerhy at (705) 876-3550

CONGRATULATIONS ON THE LAUNCH OF THE GREEN HILLS GAZETTE!