

THE GREEN HILLS Gazette

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Published bi-weekly by
The Millbrook Media Group Inc.

Thursday,
May 21, 1998
Volume 1, Issue 4

CELEBRATING LIFE IN CAVAN, MILLBROOK, AND NORTH MONAGHAN



Heavily armed police prepare for a worst-case scenario outside the front (south) wall.

Rioting and tear gas explodes in jail dispute

Footwear preferences, food quality and forbidden toiletries sparked a riot by inmates at the Millbrook Correctional Institute on May 6.

According to Ministry of Corrections spokesperson Ross Virgo, "prisoners were concerned about the quality and quantity of their food, and that they no longer can

wear their own shoes, among other issues." The Ministry of Corrections ruled recently that prisoners were to wear "standard issue" shoes. Containers for toiletries were taken away with the discovery of drugs eight to ten days prior: rioters named this as an issue.

Various other issues were discussed with trained

negotiators on the evening of the riot, which occurred in the exercise yard, and involved 65 inmates. Although Virgo declined comment on just what these sore points are, he said "all these factors triggered off this incident." A fight between two prisoners around 7 p.m. that evening erupted into a full scale riot.

Ontario Provincial Police detachments from as far away as Orillia and Belleville arrived on the scene shortly after the riot began, creating a secure "barrier" around the jail while off-duty correctional centre staff assisted those inside to deal with the situation. In total, 46 police officers responded to the call, as well as four K-9 (canine) units.

Tear gas was fired into the yard to control the prisoners, and at least two canisters were thrown back by the prisoners over the front wall.

Firefighters were called away from a municipal Fire Committee meeting at the Millbrook fire hall, to deal with any fires that might be set.

Inmates suffered a variety of injuries, and some property damage was incurred, as inmates moved into a few rooms off the exercise yard. Guards and staff appear to have escaped without injury.

In an unconfirmed report on a police scanner, the media heard some inmates were using paring knives and scissors to gain access to other areas of the jail. On the day of the riot, Virgo said there were 292 inmates being housed at the jail, less than the total

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Deputy-Reeve Squirrell's audit: was it free or self-contributed?

By Katherine Luchuk

Council has decided to audit Deputy-Reeve Brian Squirrell's 1997 election expenses, in response to a ratepayer's request.

In a fifteen minute closed session at the May 4 meeting, an application for a compliance audit was approved by Council, with the exception of the Deputy-Reeve, who had declared a conflict of interest. Councillor Brian Fallis was away at a conference.

The identity of the ratepayer who requested the audit cannot be released by Council or municipal staff. Any township resident who suspects a candidate's campaign expenses are irregular can request the audit under municipal law, within a certain time period.

Deputy-Reeve Squirrell's financial statement for the campaign period from October 10, 1997 to December 1, 1997 shows a scratched out figure of \$1200 for radio advertising from Country 105/FM. In its place, is a figure of \$712 initialed by CAO Gail Empey, dated February 17, 1998. Ms. Empey was unable to comment on the change. The list of contributions from other individuals totalled \$450.

According to section 71(1) of the Municipal Election Law, 1997, "a contributor shall not make contributions exceeding a total of \$750 to any one candidate." According to the original figure, (assuming it was free advertising valued at \$1200) the radio station's contribution exceeded that amount by \$450.

The 1997 Municipal Law states in Section 71(3) that "subsections (1)

and (2) (contributions not to exceed \$750) do not apply to a candidate's own election campaign by the candidate or his or her own spouse". Linda Johnstone, of Municipal Affairs and Housing explained to *The Green Hills Gazette* that there is no limit on contributions from the candidate's own financial resources, or from the candidate's family.

Council unanimously agreed to hire an outside accountant to conduct the compliance audit on Deputy-Reeve Squirrell's election campaign expenses. If the Deputy-Reeve can prove his advertising expense was self-contributed, per the Municipal Election Law of 1997, he may be able to prove the legality of his election expense statement to the auditor.

The Deputy-Reeve was unable to comment without the advice of his solicitor. ♣

Community Care volunteer driver receives award

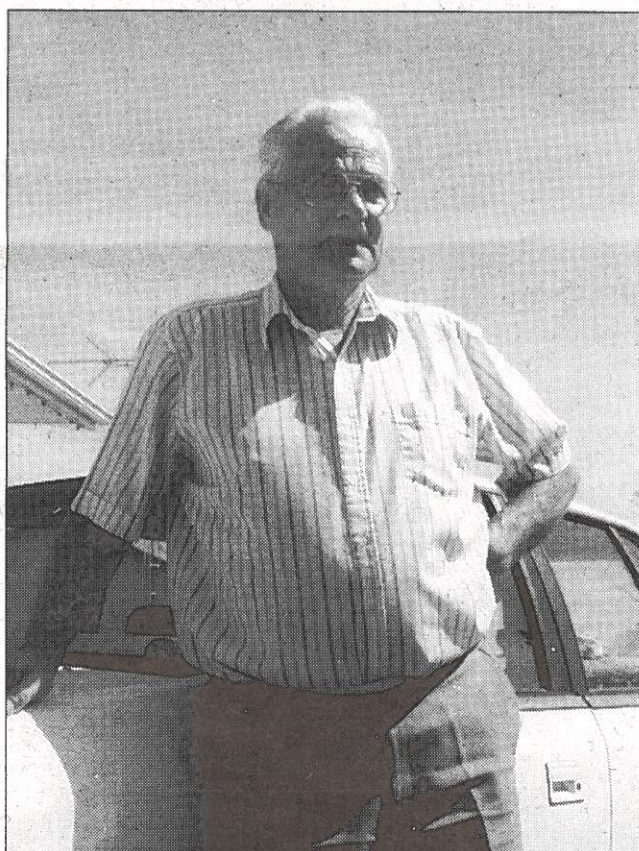
For over thirty years, Lloyd Slack has been making a difference in the lives of young people, the young-at-heart, and Millbrook Legion members.

The Cavan Ward resident's lengthy volunteer career was recognized recently with a Community Service Award from the Ministry of Citizenship and Culture. According to Millbrook Community Care coordinator Heather Peachey, who nominated Mr. Slack for the award, "Lloyd is a terrific human

being. When you ask him to do something, he goes ahead and does it."

Lloyd has been serving his community since the early 1960's, starting with work for a Group Committee to raise funds for Cubs and Scouts. As a member of a North Monaghan ratepayers' association, he and another resident maintained a skating rink for area children to use. Still more hours and years of Lloyd's life have been contributed to the Millbrook Legion, as

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"Road-warrior" Lloyd Slack beside his trusty steed.

INSIDE

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Public internet training arrives

Millbrook and District residents will soon have community access to the Internet, thanks to a \$30,000 grant from Industry Canada.

At storefront or library sites, community residents will be able to drop in and surf the Net. Volunteers will assist community members to navigate their way around the world of the Web. The site will be managed by the Millbrook and District Community Access Program (MADCAP), a volunteer steering committee made up of local government representatives, community libraries, and other relevant organizations. The group, a committee of the Cavan-Millbrook-North Monaghan Library Board, will use the money to purchase equipment and co-ordinate trainers who will teach

people of all ages and stages how to connect to and browse the Internet.

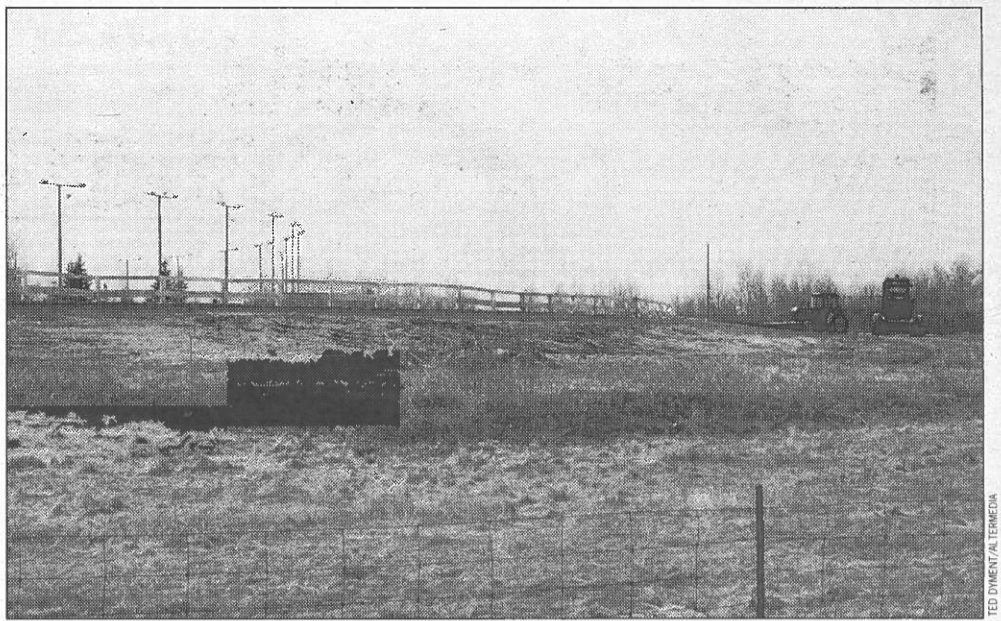
In its initial stage, the program will have two locations: the first will be at 18 King Street in Millbrook, opposite the Legion. The second site will be located in the north end of the municipality at the Mount Pleasant Library. Any member of the community may use either site and have access to the Internet.

The MADCAP grand opening is scheduled as part of this community's Canada Day celebrations. During the month of June, the sites will be open for the public to visit and to sign up for training session which start directly after the Grand Opening on July 1. Hours of operation and training session schedules will also be posted at this time.

The goal is to train as many people as are interested in the use of the Internet and to give the municipality a presence on the Information Highway through a specially designed web page. By becoming familiar with computers and learning about their array of uses, members of the community will be given an affordable opportunity to become part of the "global village".

Also, by providing the means to use the Internet, local entrepreneurs, job seekers, educators, students and everyone else will have the opportunity to upgrade skills in information management and networking, which can lead to an awareness about community growth and job creation.

MADCAP is looking for volunteers to join the Steering Committee, to help with set up, and to train the public. If you are interested, please call Margot Loucks, Millbrook Public Library (705) 932-2919. ♣



Kawartha Downs' intention to use controversial paper sludge as "Sound Sorb" is under scrutiny.

Kawartha Downs protests removal of paper sludge

By Deborah Luchuk
The provincial Environmental Appeal Board will hear an appeal from Kawartha Downs regarding an order to remove paper sludge from the property, and arguments in favour of use of the sludge as "Sound Sorb" at the race-track on June 11.

In materials received from the Environmental Appeal Board, and a letter sent by the same agency to concerned area residents, *The Green Hills Gazette* has learned Kawartha Downs owner Harvey Ambrose has filed an appeal of an order to remove sludge from the site. In a notice of appeal issued by Dianne Saxe, lawyer representing Kawartha Downs on May 1, the grounds for the appeal are "1. The Soundsorb [a.k.a. paper sludge] material stored at Kawartha Downs is a valuable product. 2. In the alternative, insufficient time was allowed to remove the material."

The notice of motion

Kawartha Downs owner Harvey Ambrose has filed an appeal of an order to remove sludge from the site.

hearing document states the Director [of the Environmental Appeal Board] has made a motion "seeking to quash the applicant's appeal on the grounds that the appeal is moot since the applicant has complied with the order."

The notice of motion hearing is scheduled for Thursday, June 11, at 11 a.m., at the offices of the Environmental Appeal Board, 2300 Yonge Street, Suite 1201, Toronto, Ontario. Any person who wants to participate in this hearing as a party must notify the Hearings Registrar at (416) 314-4600 by 4 p.m. Friday, May 22, and obtain instructions for applying for party status.

The Director will disclose all materials that relate to the motion by May 27, 1998, and the applicant will disclose all materials by June 3. All replies to the materials submitted to the Board are due on or before June 8, 1998.

As there will be no court reporting services at this hearing, those present will be allowed to tape record the proceedings as long as this is done unobtrusively.

When speaking with Padma de Souza of the Environmental Appeal Board, it was learned that any concerned residents, or people supporting Kawartha Downs' appeal, unable to attend the hearing, or to participate "as a party", can write a letter outlining their concerns, with full name and address included, to the Environmental Appeal Board at P.O. Box 2382, 2300 Yonge Street, Suite 1201, Toronto, Ontario M4P 1E4, or fax it to (416) 314-4506 by May 22 at 4 p.m. ♣

Food bank to open June 9

Millbrook and District Food Share will open on Tuesday, June 9, from 2 to 7 p.m., at the Old Millbrook School. The food bank will provide food, household products, and personal toiletries to those unable to provide these for themselves or their families.

Food Share will be open thereafter for the same hours, on the second, third and fourth Tuesdays of the month. Although there are already twenty volunteers signed up to help collect, sort and shelve food, and serve clients, more are always welcome.

There are a few items still needed by Food Share, in addition to non-perishable food, baby care and personal toiletry items. If anyone in the

community can donate the following, it would be greatly appreciated:

- fridge
- filing cabinet (lockable)
- an office chair
- thermometers for freezers and fridges
- help moving two freezers that have been donated
- office supplies, including paper, file folders, pens, pencils, paper clips, etc.
- plastic gloves
- plastic shopping bags (for distributing food)
- cardboard boxes
- bags of flour, skim milk
- feminine hygiene products, soap, shampoo/conditioner, diapers, dish-washing detergent, etc.

- coffee, tea, canned/bottled juice

Volunteers from Food Share are looking for locations willing to put out a box to collect food. If you are willing to have such a box in your business or service location, please call Deb at 932-7046 and leave a message.

The newly elected executive of Millbrook and District Food Share is as follows: Chairperson, Rev. John Sloan; Vice-Chair, Fred Birket; Secretary, Judy Niemi; and Treasurer, to be confirmed. Ad hoc members of the executive include: Membership Convenor, Ellie Sloan; Volunteer Coordinator, Maureen Jones; and Communications Coordinator, Deborah Luchuk.

The next meeting of Millbrook and District Food Share is Thursday, May 28, 7:30 p.m. at the Old Millbrook School. Any inquiries regarding volunteering, or facilitating food collection at a business, please call Deb at 932-7046. ♣

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Proposal permits private seniors' facility

By Katherine Luchuk

As a registered nurse and home care worker, Theresa Henderson is concerned that "elders are not being cared for adequately", particularly those who do not qualify for nursing home care but need some assistance with bathing and meals.

Ms. Henderson would like to purchase a large home on Sherbrooke Street (part of lot 1, concession 12), with the intention of converting part of the residence into a six-bed facility for elders referred by Community Care offices or discharge centres.

In discussing her proposal at the May 11 Planning Committee meeting, Ms. Henderson said, "There is a fine line between nursing homes and retirement homes." Many elderly people do not fit into the criteria for either of these options, and miss out on quality care that respects the dignity and self-determination of these individuals. The Sherbrooke Street home would be a place to provide the care needed by these elders, while preserving a home-like atmosphere, with the help of two additional staff.

An open public session was held at the same meeting to discuss and hear concerns from neighbours near the proposed site. The residential property would need to be rezoned as a special district zone, allowing for a six bed group home for "ambulatory persons who are elderly" (individuals ranging in age from 82-85, not bed-ridden, needing additional assistance with daily activities).

North Monaghan ward planner Karen Ellis informed those in attendance that the proposed rezoning is "site specific", and as a special district zone, it will permit housing for 6 or fewer patients, concurrently with a family dwelling for those operating the elder care/residence program.

Ms. Ellis explained provisions have been made in the proposal to allow for two parking spaces, and one additional space per two residents. The garage will be converted to provide extra living space, and no additional dwelling will need to be built.

Ms. Ellis reported that the site will require two additional septic systems, in keeping with Health Unit requirements. Otonabee Region Conservation Authority

has advised that fill for the septic systems be located outside of the flood plain.

Sherbrooke Street residents Bert Vissers and Norman Reynolds raised some questions about the proposal. Their immediate concerns include questions about the impact on the neighbourhood septic system as a result of 6 additional residents; possible chemical and biological contaminants added to the septic system; and the impact on the water table as a result of increased water usage by the facility.

Ms. Ellis assured the concerned residents that the requirement for two additional septic systems allows for increased usage, therefore eliminating impact on adjacent systems. Ms. Henderson offered to gather and provide the results from the testing performed by the Health Unit to address these issues.

Concerns were expressed regarding the types of wastes that will be added to the septic system, particularly of the pharmaceutical variety. Ms. Henderson assured Sherbrooke Street residents that all medication would be disposed of at a pharmacy.

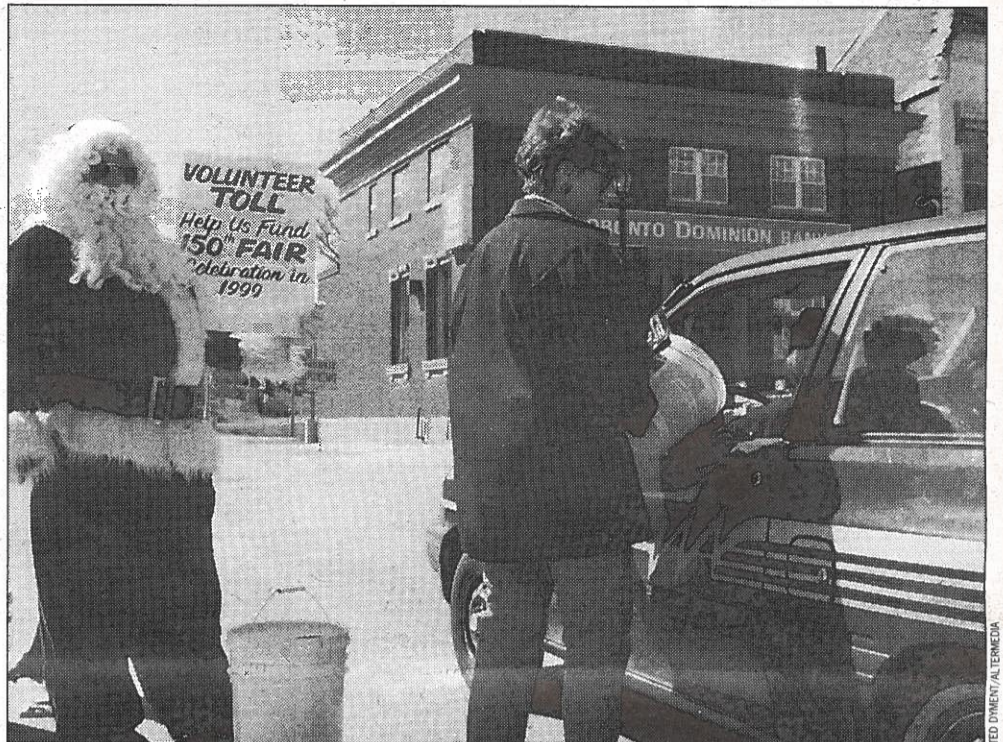
Addressing the water quantity question, Councillor Fallis suggested that further studies be done to ensure that there are adequate groundwater resources to meet the increased demand. Ms. Ellis responded that "a hydrogeological study is very expensive and is usually only performed for proposed subdivision developments."

The residents added to the discussion that "without establishing a county plan for residential, commercial, and industrial development... the sporadic approach of development by amendment will only lead to a disjointed sense of community."

The impact on property values due to the proposed amendment was another issue raised by residents. One of those present asked, "Are there any existing studies that speak to the issue of property values, and how would this be reflected in property taxes, both of the group home and the adjoining properties?" Ms. Ellis replied that she was not aware of such a study.

Quality of life issues were also raised. Given the nature of the rural area of the proposed facility, "there are no sidewalks, parks, community or recreational services, or public transportation" for the seniors. Ms. Henderson outlined her plans to provide transportation and outings on a weekly basis for the seniors, opportunities to take part in various activities such as crafts and baking, and mentioned that the seniors will be able to walk around the grounds and sit in the screened porch at their leisure.

Given the relevant concerns and questions raised at the public meeting by some of the neighbours, Council suggested that Ms. Henderson canvass the other local residents to discuss her plans, and listen to and address any questions or concerns that they might have about the proposal. ♣



During MapleFest, Santa — backed up by a friendly clown — helped raise over \$2000 for the Fair.



By Deborah Luchuk

Dan Fair wondered why he was considered to be a Hills Hero.

"A hero is someone who runs into a burning house and drags out people. We just offer time and help, to get the funds gathered up for the 150th [Millbrook] Fair," Dan told me, as I sat with him and fellow Millbrook Agricultural Society volunteer Gerry McHattie around a kitchen table recently.

Despite Dan's definition of a hero, the title Hills Hero can be aptly applied to the tireless work of all the volunteers currently working overtime to get this year's Millbrook Fair, as well as the 150th celebrations for next year organized. Dan and Gerry put in an entire day during MapleFest at the Agricultural Society's

"I would say to those who say they'd like to volunteer but don't have the time, you won't find the time — you make the time to volunteer."

Voluntary Toll, helping other volunteers to raise over \$2,000 toward the costs of the fair.

Gerry has volunteered time and talent with the Millbrook Agricultural Society for several years, and Dan has been involved for the last three. Their voluntary stint at the Toll was prompted by a shortage of volunteers able to take a Saturday to help out. Both are working hard to organize the Tractor Pull, and the first Demolition Derby in eight years.

"Dan and I have taken on the Agricultural Society's first ever demolition derby to be run [without an outside derby organizer]," Gerry said. "Hiring other people to do it was too expensive, although they did put on a great show," Gerry said, with Dan adding, "We're not knocking their shows, we just needed to cut costs."

Gerry was quite impressed with the response he and other Agricultural Society volunteers received from those stopped at the four corners in Millbrook for the Voluntary Toll. "Most people thought it was a marvellous thing to do, and it was great to have the permission of the County and the police." In particular, he was moved by generous donations from some he knew were dealing with difficult personal circumstances, people who went beyond their own situation to give to the Agricultural Society.

In fact, Gerry went beyond the call of duty on MapleFest weekend him-

self. Despite the demands of his own company, his farm (both he and Dan have full time farms), and his commitment to the Agricultural Society, Gerry is also a member of the Millbrook and District Lions Club. Following a full day at the Toll, Gerry was up early and out to the Lions Den to assist with their Sunday pancake breakfast. Both Dan and Gerry are also members of the Peterborough County Ploughman's Association.

Why do these guys volunteer their time when they have so much else to do on their farms, with young children, and businesses?

"I guess there's a personal satisfaction to help out, to see other people enjoy a show we put on. I love being around people. We're working to ensure a future for the Fair, to improve it, and most importantly, to give people a good time. The Fair educates people who have moved here from the city, and offers a fantastic variety. It brings people together, old and new. Sometimes it's an opportunity where a farmer might meet the new neighbour who has moved next door," Dan said.

"When people saw me at the Lions breakfast the day after the Voluntary Toll, they asked me, 'Gerry, where do you find the time?' I would say to those who say they'd like to volunteer but don't have the time, you won't find the time — you make the time to volunteer," Gerry added.

Volunteers are still needed to help with this year's Fair, and to plan the 150th Anniversary Fair next year. Anyone, farmer or not, is welcome to help out — The Millbrook Agricultural Society, a.k.a. the Fair Board, meets every second Tuesday night at the Bailieboro Library (Hwy.#28 in Bailieboro). For more information, call Julie Hartwick at 932-3287. ♣

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EDITORIAL

What does it mean to truly live?

The community lost a father, friend, master carpenter, and home inspector on May 7. His name was Doug Beall.

Although this column of *The Green Hills Gazette* is normally used for the editor to comment on current events or issues in the community, I feel compelled to share with you the impact of an ordinary life, and an extraordinary approach to living.

Doug was not an angel. Like the rest of us, he had some habits and ways of interrelating that were less than pleasing — his brother Rob attested to some of these at the memorial service, and other friends noted his "earthier" attributes.

It wasn't who Doug was, but how he grew, and lived his life in the last days. You see, Doug had cancer, and faced death at the not-so-ripe age of 39 with fortitude, humour, and as another friend said, with a "growth in wisdom".

Death comes to all of us at some time; it is a part of living. As a society, we have a difficult time dealing with it; we shun it, not wanting to think about it until we are forced to with the passing of a loved one. We wonder why young people die, seemingly before their time, and before they have a chance to do what we think they could have achieved.

However, in the short space of 39 years, Doug packed in as much life as he could. Loving his life, he particularly appreciated its gifts when he learned he had cancer, and continued, if not more vigorously, to get the maximum enjoyment out of it. I remember a conversation I had with him at an art gallery gathering a few months ago, and I am haunted and challenged by it now. The light of this very ordinary man was evident to me, and I felt the energy of someone who knew the value of life, and the preciousness of our time here on earth. He told me he just wanted to live all there was to live, to "suck the marrow out of life", which left us both chuckling. He wanted to spend time with as many people as possible, to enjoy being a part of their lives as well. All of this was said with a twinkle in his eye, as he flirted with the women in the room — despite chemotherapy Doug was still a handsome man. Doug continued to live his life to the max until his passing, enjoying his children, family, community involvement, and many friends — not perfectly, but as energetically and passionately as possible.

I only knew Doug recently and briefly, and am thankful for the blessing he left me, and those who knew him for a much longer time. The blessing and the challenge we have inherited is to live life with as much vigour and awareness as possible. Don't wait to tell someone you love them... don't wait to volunteer until you have time... don't wait to give all you can to another... don't wait to fulfill your dreams... don't be a passive observer in your own life!

Life is a gift, despite the roller coaster ride of joys and sorrows. What are you going to do with yours? ♣



LETTERS

Nothing but praise

Everyone in our family (which is to say, my wife Rita, our daughter Victoria and her spouse Fred Birket) has nothing but praise for *The Green Hills Gazette*. The title is not only apposite, it has a nice poetic ring to it (alliteration, if not quite as old as those hills, having, in our language, its ancient and honoured poetic provenance in Anglo-Saxon).

The purpose of this note is firstly, to congratulate you wholeheartedly. In the two issues published, you have poured untold creative energy into what is a remarkable fine, literate journal. If you are not prodigiously proud of yourselves, you should be. One keenly appreciates the dedication, the meticulous attention to detail (not excluding minutiae) and the style. Secondly, we wish you the success you deserve. Well done!

Timothy Corbett

Alternative budget

Ernie Eves' Ontario Budget may be good news for the rich and but devastating news for the poor. With no new money for the most socially disadvantaged, but generous rewards for those at the top this is the most lopsided budget in Ontario's history.

The budget is like trying to get blood out of a stone from people on social assistance in order to pay the last installment of the thirty percent cut six months early. An obvious pre-

election bribe. The major advantages of the tax cut go to the very top of the income scale. For the rest the "refund" has already gone to pay for "user fees" and reduced services.

Rabbi Dow Marmur of the Holy Blossom Temple in Toronto says: "the true stature of a society is measured not by how it treats those who are successful, but by its commitment to ensuring a decent life for those on the margins of the community." The present government's approach to the disadvantaged amounts to punishing people for being poor. This can be seen most vividly in its institution of the "work-for-welfare" program and the draconian further "regulations" that have just been released.

A letter written in 1995 to Prime Minister Jean Chretien by over 100 religious leaders from across Canada says: "Compulsory programs such as work-for-welfare, provide no real solution to the poverty of individuals or families. Workfare is simply punitive and demeaning, offering jobs that are not permanent, providing little by way of advanced skills, and perhaps even more importantly offering little in the way of hope."

If workfare in itself were not bad enough the new "regulations" further deprive those on social assistance of both money and dignity. Here are just a few of the most horrific:

- All single parents will now be transferred from "Family Benefits" to Ontario Works.

- People from 60 to 64 who were formerly given supplementary benefits will be on Ontario Works with greatly reduced assistance.
- People under 18 will not get any assistance unless in the most exceptional circumstances and then only paid through a "guardian."
- A person absent from Ontario for longer than seven days is not eligible for assistance unless the absence is approved by the administrator.
- Allowable assets (for example RRSPs) for a single mother with one child will be reduced from \$5,000 to \$1,020.
- Liens will be put on homes of people who have been on continuous receipt of assistance for 12 months even though they have been working in the workfare program.
- The pregnancy allowance of \$37, per month for six months has been deleted.

The cumulative effect of these regulations will force more people into deeper poverty with less chance of ever getting themselves permanently off welfare.

In contrast to the above hard-line approach, the 1998 Ontario Alternative Budget produced by social justice coalitions, labour, church and community groups presents a viable design that meets the needs of the marginalized. The Alternative Budget would immediately reverse the welfare assistance cuts, introduce a comprehensive early childhood education program, develop a new social housing supply program and replace the workfare scheme with a fair work program.

The Alternative Budget demonstrates that all this could be accomplished by introducing a fair tax package in which the bottom 50 percent of tax payers would pay no more taxes but taxes for higher income earners would be increased according to a graduated scale. Taxes for profitable corporations and banks would be restored so that they begin to pay their fair share of the costs of the society from which they are profiting so handsomely.

How can any of us rejoice in a tax cut which spells the loss of compassion in a society which has become hardened to the plight of the less fortunate?

Floyd Howlett

Deadlines

The deadline for all written materials for the next issue is May 25. Please mail, fax or e-mail your community calendar events, notices, press releases, letters to the editor, etc., by this date. If you have a story or lead to share with us, please call us in the week prior to the deadline so that we can do our very best to follow up!

Volume 1, Issue 4

THE GREEN HILLS
Gazette

May 21, 1998

Published bi-weekly by

The Millbrook Media Group Inc.

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Box 376, Millbrook ON L0A 1G0

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Illustrative genius thanks to Bill Slavin and Joe Weissman

— tam insulsum est ut fortasse expedit —

COUNCIL PROFILE



Gerald Downer: Breaking down walls

By Katherine Luchuk
It all began 15 years ago, with a proposal to put a Formula One racetrack "in the back yard" of Gerald Downer's residence.

Opposed to the development that would abut his property, the North Monaghan councillor's political career was launched as he joined other concerned neighbours to form a Citizens Committee. Once organized, they approached Peterborough City Council with their concerns, confident in the democratic process. The pro-development council of the time did not listen, prompting Gerald to take further action he ran for council, was elected as North Monaghan councillor, and has not looked back since.

Still strong on protecting the taxpayer, Gerald insisted "it is important that council listens to people... we have to defend this level of government for the sake of the individ-

"...the biggest challenge facing council is getting through amalgamation successfully... getting it behind us without a tax increase to the ratepayer."

ual." In particular, Gerald is opposed to spending municipal money without careful consideration, or burdening the taxpayer with developers' costs.

In addition to Gerald's "night job" as taxpayer defender, this busy councillor is also a technician for Xerox Canada, serving clients between Cobourg and Oshawa. Much of his time is also devoted to his two children. Currently, Gerald enjoys working on and driving a sports car, as part of the "bachelor

lifestyle" he shares with his son. His daughter is attending school in Texas, but he maintains a close relationship with her, regardless of the distance.

The recent amalgamation of Cavan, Millbrook and North Monaghan presents a challenge for Council, to move the three wards beyond a mere political marriage of convenience. Gerald hopes to create a truly unified community by promoting projects that will benefit all three wards, and by selecting a township name that reflects a single identity. "By breaking down walls" between the wards, Gerald feels "we have all the ingredients to create a desirable place to work and live."

In the immediate future, he said "the biggest challenge facing council is getting through amalgamation successfully... getting it behind us without a tax increase to the ratepayer." Beyond what he perceives as internal personality conflicts between the councillors, Gerald is confident he's working with "a no nonsense council", that represents the diversity of the community at large.

Recently, Gerald was contacted by Lord Mayor Willie McKenna of North Monaghan County, Ireland, who expressed interest in a twinning project with our township. This summer, the Township will host a visit from Mayor McKenna and plans for a picnic are underway for July 19. Gerald is enthusiastic about this twinning connection, and is excited about the tremendous opportunities the relationship could generate for both townships.

Overall, "our man in North Monaghan" is happy to be able to contribute to the health and wealth of the community. "I consider myself to be fortunate... this is often a thankless job, but the opportunity to make a difference feels good!" ♣



COUNCIL IN BRIEF

Residents denounce secret meetings

Cavan Ward resident Pauline Plumbe finds secret meetings "disgusting and unacceptable!"

Applause and cheers from a full gallery followed Ms. Plumbe's presentation to council at the May 4 council meeting in which she expressed her concerns about secret meetings between council members and developers.

"As a ratepayer, I find secret meetings to be disgusting and unacceptable!" In reference to the "secret meetings letter" released by Deputy-Reeve Brian Squirrell last month, she addressed him and said, "You are appreciated for standing up for us."

Ms. Plumbe also asked council to explain why, according to a recently aired CFTO news brief, Kawartha Downs will be open for business when all further development was to be halted. Reeve Cathcart claimed to know nothing of the news brief.

Among those in the gallery was a resident with a banner that read, "Secret Meetings Shame!" and "Jones and Cathcart, Come Out of the Closet!" Harald Glass, Cavan ward resident arrived at the council meeting with a video cam-

era to tape the meeting. Reeve Cathcart told Mr. Glass to stop recording, claiming the authority to do so from a procedural by-law. Deputy-Reeve Brian Squirrell said "I have nothing to hide" and made a motion to allow the video taping. Gerald Downer seconded the motion but added, that in future, permission should be requested of those delegations to be taped.

With the absence of Councillor Brian Fallis, the vote on the motion was 3-3, and therefore lost. Reeve Cathcart and Councillors Ruth and Jones voted against it. Deputy-Reeve Squirrell and Councillors Downer and Cutmore voted for the motion to allow the video recording.

Mr. Glass continued to record the meeting when Reeve Cathcart could not provide the specific by-law prohibiting recording devices.

Environmental impact of Dombind

With the support of Cavan/Millbrook Environmental Watch, Cavan Ward resident Grace Glass asked council to reconsider the use of Dombind dust suppressant on rural roads in her delegation at the Regular Council meeting on May 4.

Using the information provided by World Wildlife Fund representative Maureen Reilly at the Dombind information session last month and information from the Cottagers Association, Ms. Glass' presentation expressed concerns about the harmful environmental and health impacts alleged to result from its application to unpaved roads.

At the very least, she requested residents be notified if Dombind is to be spread on their road. This measure would allow residents to decide whether or not they wanted the dust suppressant applied in front of their homes.

As outlined in the May 7 *Green Hills Gazette* issue, Dombind is a concentrated effluent by-product from the pulping of wood at Norampac's pulp and paper mill in Trenton, Ontario. In 1993, the company was given a temporary five year term approval by the Ministry of the Environment and Energy to market Dombind as a dust suppressant.

Ms. Glass expressed concern about the elevated levels of dioxins, sodium, oxygen-depleted lignin, sugars and tree-based and pulping chemicals present in Dombind known to have a harmful effect on water quality, wildlife, aquatic wildlife, and human health. Although Dombind is provided free to the municipality, she told Council additional costs could be incurred due to the suppressant's water solubility, requiring numerous applications.

Ms. Glass asked Council if they were aware of the ramifications of Dombind being applied less than 50 metres from waterways, or misused in any way. She went on to explain guidelines for applying Dombind must be strictly adhered to by the spreaders, and failure to do so can cost the spreader or the municipality a hefty fine between \$50,000 and \$200,000. The Sierra Club's Legal Defence Fund has offered legal support to anyone who wants to press charges based on Dombind misuse. ♣

Busy summer for Millbrook Farmers' Market

What do Christmas in July, scarecrows, and zucchinis have in common? The Millbrook Farmers' Market!

The Market, now in its third season, will be starting up again on June 28th, with special events planned throughout the season. These special events include Christmas in July on July 26th, a scarecrow contest on August 16th, the Annual Zucchini Festival on



Agricultural and crafts vendors make good mix (Archive Photo).

September 6th, an Apple Contest Day on September 29th, and a Pumpkin Painting Contest on October 4th. There may be other small events planned during the season.

All of the vendors are local, with 100% home-made or homegrown items for sale each week. If you

are interested in becoming a vendor, contact Garnet now at 932-5330, to reserve your space.

The Farmers' Market is open from 9 a.m. to 2 p.m., every Sunday morning, between June 28 and the Thanksgiving weekend, and is located in the Millbrook Arena parking lot. ♣

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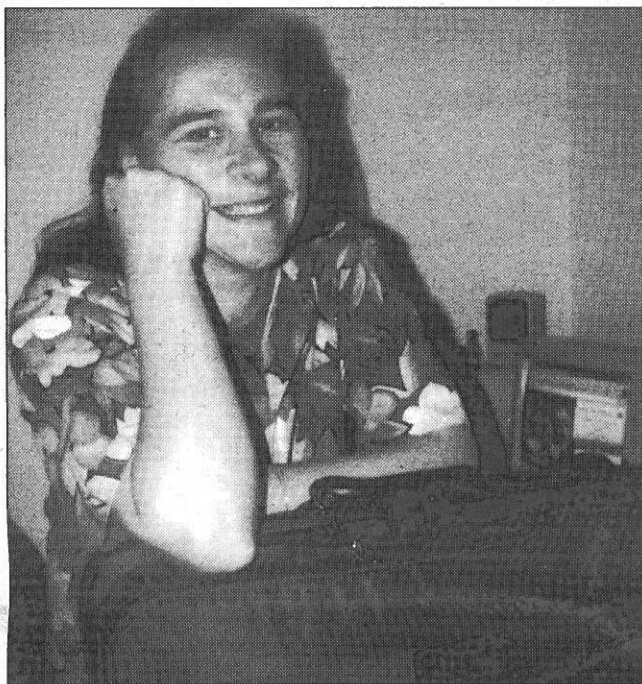
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BUSINESS PROFILE



Gwen Lavallee of Bethany Hills Travel has been fascinated by travel and engaged in making tourist dreams come true for years.

Book locally, travel globally

By Deborah Luchuk

Bethany-Hills Travel: A short trip to arrange journeys near and far. Area residents needn't travel far to book the overseas trip of their dreams, or a bus tour for Christmas shopping in Toronto.

Bethany Hills Travel offers all the services of a larger, urban based travel agency closer to home. More importantly, the informal setting allows potential jet setters or wanderers to peruse all the choices available in a no-pressure environment focused on the needs of the individual customer.

Owner Gwen Lavallee has been fascinated by travel and engaged in making tourist dreams come true for years. "I like seeing how other people live, and I think we all have a curiosity to see what life is like on the other side of the fence. There are a lot of different cultures even here in Canada, in regions across the country — for instance, the differences between here and B.C. are amazing."

Situated in her home, Gwen is working hard to provide professional services that go beyond what's available at other agencies. Bigger is not necessarily better — one advantage Gwen has is that she can work beyond business hours when necessary to find her customers the best possible deal, within a budget, or to meet specific needs. Utilizing the Internet, she takes the time to show customers what their resort will look like, and what some of the sights are at various destinations.

At the moment, a cruise is the most popular form of travel Gwen books for her customers. "I'm also booking summer trips in Canada now, and if people book early enough, I can sometimes find prices within their means, even at peak periods." She warns those who see the deeply discounted prices in the newspapers that these deals are usually only on less than ten seats, or bookings — by the time someone calls the number to book the deal,

these seats are usually gone. Booking now for next year's winter vacation could save travellers good money.

Although the far away and exotic are appealing to many, not all can afford this type of travel. For those looking to get away for a weekend, or wanting a group trip, Gwen can make all the bookings, including buses that will come to the location of your choice to pick up a group. "One of the groups I book is the Cavan-Millbrook Nursery School Christmas shopping trip," she said. School trips are also possible through Bethany Hills Travel.

Being home based means Gwen can be involved with her kids, and still provide excellent service for her clientele. "I was looking for something to do from home, so I could be here for my kids, and I think it's more comfortable for my customers to come here as well." The challenge is letting people know she's available for business. "I'd like to be busier than a one-armed paper hanger!"

For those considering setting up their own home or commercially based business, Gwen says "Do your homework! Check into what you need to start up, such as permits and licenses. Secure your financing — are you willing to put your house on the line? Are you able to get enough to start up?" Like many other business people, she recommends new entrepreneurs secure at least twice as much money as they think they need to start up.

Want to book a trip YESTERDAY? or need to book something NOW due to a family emergency? Bethany Hills Travel is open for urgent and planned travel arrangements seven days a week, between 9 a.m. and 9 p.m. Calls outside her business hours are also monitored and Gwen will return calls as soon as possible.

Bethany Hills Travel is located at 8 Hamilton Drive, Bethany, (705) 277-9251. ♣

Council Minutes in Brief

The following are the draft minutes of the regular meeting of Cavan-Millbrook-North Monaghan Council, from Monday, May 4 at 7:30 p.m. As these are a draft only, revisions and changes are possible. For an approved version of the minutes, contact the Municipal Office.

Council members in attendance were: Reeve Neal Cathcart, Deputy-Reeve Brian Squirrel, and Councillors Dean Cutmore, Gerald Downer, Tom Jones, and Alex Ruth. Councillor Brian Fallis was absent (away on a conference). Staff present were Gail Empey, C.A.O., and Glen Adamson, Transfer Station Supervisor.

When Reeve Cathcart advised Council to disclose any pecuniary interest, Deputy-Reeve Squirrel declared conflict of interest relating to a closed session as the matter pertained to potential litigation.

Delegations included:

- Ross Gillis, discussed sub-floor modifications needed at the Lions Den. Moved by Jones, seconded by Squirrel, that the Chief Building Official be authorized to undertake inspection of Lions Den floor and make recommendations. Carried. Mr. Gillis is to obtain two more quotes for the floor based on the recommendations of the Chief Building Official.
- Joe Pinto, discussed purchase of one acre parcel on Part Lot 1, Concession 11, in North Monaghan Ward. Clerk to verify proceedings through minutes and copy file to Council. Council approved a survey on the property, and when completed, Mr. Pinto is to forward offer to purchase to Council.
- Grace Glass, representing Millbrook-Cavan Environmental Watch, presented concerns regarding use of Dombind on Township roads (see article, this issue). She requested that ratepayers be given the option of refusing Dombind application, and that ratepayers be given notification regarding which roads will be affected.
- Pauline Plumbe, spoke for taxpayers, and questioned the holding of secret/closed meetings (see article this issue). She also inquired regarding status of development at Kawartha Downs and CFTO news item regarding same.
- Susan Petch was permitted to speak from the gallery, and related an incident of alleged "secret meetings" being held without her knowledge.

Harald Glass was challenged in his use of a video camera to tape the proceedings. A motion to allow him to continue was lost.

Meeting Minutes from the Committee of the Whole, Economic Development Committee, Roads Committee, and the Budget Meeting were received and accepted with some minor changes.

Reports received:

- written report from Rod Marshall, regarding the Hubble entrance. Moved by Ruth, seconded by Cutmore, that memo be received and Mr. Hubble be so circulated and no entrance permit to be granted. Carried.
- written report from Bill Johnson, regarding building in North Monaghan Ward. Moved by Downer, seconded by Ruth, that Council receive building report for North Monaghan Ward. Carried.
- written report from Gail Empey, C.A.O., re: 911 service. Carried that Council for the Township of Cavan-Millbrook-North Monaghan endorse the 911 system and assume all costs related to purchasing of signs.
- written report, tenders for legal services. Moved by Squirrel, seconded by Downer, that Council receive and defer tenders for legal services until Committee of the Whole when full Council should be in attendance. Carried.
- written report, Management meeting. Moved by Squirrel, seconded by Downer. Whereas the province of Ontario has told municipalities that amalgamation would not result in any tax increases; and whereas the new municipality is faced with a \$229,000 shortfall; and whereas revenue neutrality has not taken place as promised as a result of downloading; be it resolved that the ratepayers are not responsible for the shortfall created by downloading and amalgamation and that the ratepayers in Cavan-Millbrook-North Monaghan, already overtaxed, not pick up any more tax increases created by the revenue neutrality and downloading of services and that the shortfall created by amalgamation and downloading be passed along to the province for payment. Carried.
- Glen Adamson reviewed operations manual for transfer station with Council. It was moved, seconded and carried that the operations manual for the transfer station be forwarded to the Ministry of Environment and Energy for approval; and that ratepayers of Millbrook and North Monaghan Wards are not allowed to use the site until the Certificate of Approval is amended.

- written report from Heather Johnson, planner, re Cavan Woods Estates. Moved, seconded and carried that Council accept recommendation of the Planner and that the Township's Engineer be authorized to proceed with a review of the status of roads and drainage at Cavan Woods Estates and further that the Township's Engineers be authorized to facilitate the finalization of the Terms and Conditions of the Subdivision Agreement entered into by the Township of Cavan and Zanda Investments (Dr. Mandell) on June 10th, 1987. Carried.

- written proposal, Don Pecena, Cavan-Millbrook Nursery School. Moved by Squirrel, seconded by Ruth that proposal from Cavan-Millbrook Nursery School be forwarded to the Parks, Recreation and Recreation Facilities Committee. Carried.

- written report, M. Hutchinson, re: sewage plant garbage problem. Moved, seconded and carried, that C.A.O. send letter to Millbrook Correctional Centre asking for resolution to garbage problem and suggesting if they feel attendance at Council is warranted, they are welcome to attend. Report received from OCWA to be copied to the Ministry.

- report re twinning with Monaghan, Ireland, moved, seconded and carried that Councillor Downer be authorized to act as Township liaison with Monaghan, Ireland and the Township of Otonabee-South Monaghan.

General business:

- Millbrook Landfill site remains closed until further notice.
- Discussion of correspondence from Mr. Pakenham, Kawartha Downs, be deferred to the Committee of the Whole meeting for a decision. Carried.

— Closed meeting —

Following by-laws being received and accepted, Council moved into a closed session to deal with litigation or potential litigation and personnel. Deputy-Reeve Squirrel departed from Council chambers as he had previously declared a conflict under Item #2. Moved by Ruth, seconded by Jones, that as per request from a ratepayer, Council initiate compliance audit of the identified individual and that audit be conducted by an accounting firm outside the boundaries of Peterborough County as recommended by a solicitor. Carried unanimously. (See story this issue.)

The meeting was adjourned shortly afterward. ♣



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Holden Family making hay in Fraserville, July 1939

South Monaghan: At home in the Garden of Eden

By Deborah Luchuk

River boat excursions, picnics at fine hotels, celebrations to share in the happiness of a wedding or a birth. Struggles with disease, weather, and the vagaries of agricultural life. And flowing through it all, a river and a lake, simultaneously unifying and isolating pioneering souls.

Such was life in the former Township of South Monaghan, better known in the 1940's by Reeve Harry Campbell as "The Garden of Eden." The fascinating details of life in the Township from the early 1800's to the present have been captured by author and historian Jean Murray Cole, whose other notable historical work includes *The Illustrated Historical Atlas of Peterborough County* (with husband A.O.C. Cole), *Kawartha Heritage*, *Exile in the Wilderness*, *The Loon Calls*, a *History of the Township of Chandos*, and *Origins, The History of Dummer Township*.

Based on Jean's previous experience with local histories, the Bailieboro Women's Institute asked her to write the history of South Monaghan for their anniversary year in 1997. Seeing an important project in the making, South Monaghan Township agreed to financially "back" the project. In fact, much of the direction and background for the book comes from the hard work of the Women's Institute itself over the years — the Tweedsmuir Histories, kept by Women's Institutes to record life in local communities, have provided many rich glimpses of the sorrows and joys of the South Monaghan community.



Author and Historian Jean Murray Cole

In thematic chapters, Jean has meticulously collected the stories, memories and photos of residents from the past and present, imbuing life with all the colour and vivacity characteristic of this area. "This township is quite different from the others (I have worked with). All seem to have their own personality, and South Monaghan is quite different from these. The lake (Rice Lake) and the (Otonabee) river area are a dominating factor in the lives of residents, the farmland is quite productive, and there are these beautiful hills," Jean said.

"I had some access to some wonderful diaries, which were sequential, that gave a very vivid picture of day to day life. Betty Joan Greer transcribed a series of taped interviews that were done in 1981 by Florence Staples. She interviewed all these elderly people, most [of whom] are dead now. In these tapes, you had the flavour of their speech. [These sources] have given real life to the manuscript."

I asked Jean to describe further what really makes South Monaghan unique.

What are the defining factors?

Apparently, much of the township's uniqueness comes from its physical location and isolation. Originally part of Monaghan Township, South Monaghan was separated from North Monaghan, and made part of Hope and Hamilton Township in Northumberland Durham County. "Originally, they had a commercial connection to Port Hope, but as soon as Peterborough was established as a market town, the farmers used Peterborough to sell their produce, and to do their other business there. They also used mills in Port Hope and Millbrook [to process their grain]. When the train came through Fraserville, [South Monaghan residents] used it to get to Peterborough; [therefore] Peterborough became the farm centre of choice for shopping and so on." Being situated on the hinterlands of Northumberland-Durham, and not part of Peterborough County yet using Peterborough's amenities, as well as being separated from other areas by the lake and river meant the development of a unique culture in this community.

Readers may be surprised to learn that Fraserville was once a "going concern", a centre of importance to the South Monaghan community. In fact, although there is no physical evidence of its existence, there was a bustling train station at Fraserville before the highway was put through. Surrounding the train station was a stockyard, livery, lumber piled high, and two grain elevators. The arrival of the highway on the landscape meant the loss of several landmarks, now a reality only in the minds of elder residents, and in photos from earlier times. "The site where Fraserville Store [is] used to be a baseball diamond. There are several pictures [in the book] of how the village used to look," Jean said.

Other centres for commerce and agricultural services were Bailieboro (formerly known as Graham's Tavern, then Bloomfield), Centreville (now South Monaghan), and at Bensfort [Bridge]. In fact, bridges seemed to dominate the landscape of the township, spanning the river in several places. "Wallace Point had a dance hall that many remember as a destination. The river was a source of entertainment and enjoyment of the extraordinary hilly, green scenery of the township. "Excursion boats would come down the river, up

until the 1920's, from Peterborough. All kinds of people came from Peterborough to picnic and visit. The Jubilee Hotel, right at the mouth of the river at Fothergill's Point was a favourite destination. These boats would hold huge crowds, and would be used by Sunday School [classes to get to picnic areas]. The Sunday Schools from South Monaghan would book boats going to Idylwild or Hastings, to several hotels where they would have their picnics." Such picnics were not exclusive to the children of the churches — everyone went along for a good time.

The whole north shoreline of Rice Lake was assigned to two families, Jean related, and all settlement took place north of this area. "Charles Fothergill was the first one [given land on the north shore]. He was the Queen's Printer for a number of years, and wanted to start a utopian community of young gentlemen [on his lands]. He sold off quite early, then went on to Pickering to set up a similar community there [with as little success as the earlier attempt]. Then General Brock's family was given, as part of their acreage across the province, a big piece of land that went to the township limits. This land sat there for years, from 1817 to 1835. They finally sent out Robert Pengelly, who was married to a niece of Sir Isaac. He chose 200 acres on Rice Lake, then he was to dispose of the rest of the land. His wife died within a year of arrival, so the family there now does not descend from the Brocks."

Joseph Scriven, probably the best known resident of South Monaghan, was tutor to children of one of the Pengelly families. As the writer of the famous "What a Friend We Have in Jesus" hymn, Scriven is remembered at a memorial located near the lake.

South Monaghan residents shared doctors with Cavan and Millbrook.

"Harry Campbell, the reeve in the 1940's, always called South Monaghan 'The Garden of Eden'. He would always say 'It should be in Peterborough County, where God intended it to be!'"

Although there was a doctor in Bailieboro, many would call Dr. Turner in Millbrook, and many Cavan Township residents would call the doctor in Bailieboro. The telephone system, set up by doctors to improve their response time to emergencies, connected these communities, as did the many churches along the "border" between the townships. As Bailieboro is literally divided in half between Cavan (Ward, of Cavan-Millbrook-North Monaghan Township) and South Monaghan (Otonabee-South Monaghan Township), some of Cavan's history is also documented in the pages of "South Monaghan: The Garden of Eden". "A lot of [services, etc.] moved back and forth across the road in Bailieboro, for example, the post office. Initially, the first group of Anglicans in Bailieboro built a church [on the] Cavan side, then they built a church on the east side [in South Monaghan].

"South Monaghan really was an isolated area," Jean said. "It isn't in the Peterborough County atlas," and was, she asserted, somewhat neglected or forgotten by Northumberland County, being on the edge of that area and cut off by the lake. Jean had to go to Cobourg to do some of her research, to look at directories there. She alleged "they don't really care about South Monaghan there."

"Harry Campbell, the

reeve in the 1940's, always called South Monaghan "The Garden of Eden". He would always say "It should be in Peterborough County, where God intended it to be!" Politicians of the day felt that the Otonabee River separated the Township from Otonabee Township and Peterborough County, "yet they were always back and forth across the river. Indians came back to places where they had camped before, despite being moved to Hiawatha. They still camped on farmers' lands. It actually made more sense for Millbrook and Cavan to be a part of Northumberland," Jean asserted.

The first telephone company to serve the Township, before the local doctors got into setting up their telephone system, was set up by a man who lived on the South Monaghan side of the river. Wires were set up on both sides of the river. "The river actually joined people together — it didn't separate them."

Major factors in the evolution of South Monaghan's culture were the widespread use of the car, and changes to the school system. "The whole world changed when the school systems changed, and when the automobile came in. When one-room schools were closed, children were sent to bigger schools, and then were bused to city schools. This removed young people from their communities, and they will never have the same kind of relationship with their community again. Young people have opportunities their grandparents and parents never had. They can go anywhere and do anything they want. But on the other hand, what does the future hold for these lovely farms that have been in families for generations? It's important to record that period in time when it was tough, but people did enjoy their lives and were, I feel, generally contented." ♣



Bailieboro Public School (c.1920?)

Favourite reads at Bailieboro Library noted

Adult books

1. V.C. Andrews — *Music in the Night*
2. Catherine Cookson — *The Bondage of Love*
3. John Grisham — *The Street Lawyer*
4. Carl Hiaasen — *Lucky You*
5. Dean Koontz — *Fear Nothing*

6. Frank McCourt — *Angela's Ashes*
7. Anne Perry — *Brunswick Gardens*
8. Anne Rice — *Pandora*
9. Sidney Sheldon — *Best Laid Plans*
10. Danielle Steel — *The Ghost, & Long Road Home*

Young Children

Easy-to-read books are perennial favourites. Current series in demand by small fry include:

- The Arthur series
- Spot books

- The Berenstain Bears series
- Fairy tales

Junior & Young Adults

Librarian Vilda Nurse reports most young people are using the library for project research on subjects such as the Titanic, reptiles, Princess Diana, horses, collecting, countries, etc. Novels of choice include:

- Sports books by Matt Christopher
- The Hardy Boys series
- The Sweet Valley High series
- Books by Gary Paulson, Anne Martin, and Lurlene McDaniel

Patrons at the Millbrook, Mount Pleasant and Bailieboro libraries can now return books after library hours via 24-hour drop boxes. ♣



GUEST EDITORIAL

Feed the Family In Need

By Heather Fairley

All across Canada, in communities like Millbrook, Cavan and North Monaghan, one in six Canadians live in hunger, including 1.5 million children. In Millbrook and surrounding areas, there are over 200 families in need of assistance due to amalgamation, gross unemployment, and government cuts to necessary social support programs. Longing for food is not something you will discern from the eyes of your neighbours when you pass them on the street. Hunger is a silent, and sometimes deadly symptom of the disease called poverty. It (hunger) destroys hope, opportunity, dignity; and, it destroys the foundation of our communities, beginning with children.

Two years ago, Toronto's Daily Bread Food Bank surveyed 900 recipients and what they discovered was tragic: the average food bank recipient is a single woman in her 30s, with one or two children that she is raising on her own. She has employment and educational history including a university degree, and has lived in the same area for ten years. She has tried in half a dozen different ways to change her situation, including looking for work. She has adapted extreme behaviour in order to cope with diminishing income and resources, such as planning to go without food and proper winter clothing, like boots and coats. She also reduces money normally spent on groceries in order to pay rent, or else her family faces eviction and homelessness. Yet she and her children continue to go hungry.

In 1976, Canada signed the International Covenant on Economic, Social and Cultural Rights to "recognize the right of everyone to be free from hunger, to have adequate clothing and shelter, and to have continuous improvement of conditions." Yet 20 years later, high on the wave of progress that implies people should be enjoying rewarding and successful lives, a report put out by the National Anti-Poverty Association states, "the federal government has failed to secure and support

social programs that protect the family," during difficult times. In fact, the numbers show an epidemic proportion of people are starving on a regular basis. Food is the most important ingredient for growth and repair, physically and intellectually. Without food, we know children cannot learn or absorb and dissect important information. The Canadian Council on Social Development reported that 8% of poor teens aged 16-17 drop out of high school; thus reinforcing the cycle of poverty, leading to social decline in communities and neighbourhoods like ours.

Feeding children is important, but the requirements of the family as a whole need to be acknowledged in order to maintain healthy parenting. This means providing essentials like feminine hygiene products, toothpaste, toilet paper, deodorant and shampoo. These are basics that you and I take for granted, but they are powerful enough in their place to keep our dignity and self-esteem intact. Without the means to keep clean, it is highly unlikely someone can find the motivation to get out and look for work (or vote, for that matter). While the provincial government deals with debt by cutting support services, it appears they are not concerned enough about their impoverished constituents to do anything about solving the hunger crisis. Without concerned public initiative, the need for strong accessibility to resources will not diminish, but increase.

Township Council has recently provided space in the Old Millbrook School for Food Share, a non-profit organization whose mandate is to provide a stable source of food and access to relevant community resources. Those operating the food bank will work to treat everyone with compassion, confidentiality, respect, and to break down the walls of misconceptions often associated with hungry people. According to media spokesperson Deb Luchuk,

...the average food bank recipient is a single woman in her 30s, with one or two children that she is raising on her own. She has employment and educational history including a university degree...

Without food, we know children cannot learn or absorb and dissect important information. The Canadian Council on Social Development reported that 8% of poor teens aged 16-17 drop out of high school...

Food Share has become a labour of love for the entire community. Commenting on the large number of people coming forward to help out, including former food bank recipients, she said "it's community members training community members," making this close knit community even closer. Councillor Tom Jones and Cavan Ward resident Clarke Mayhew donated their valuable time and energy to spruce up the Food Share facilities with a fabulous paint job and installed necessary shelving. The food bank will operate mid-afternoon to mid-evening the second, third, and fourth weeks of each month.

We can no longer remain reticent, accepting, knowing that every night, a nearby mother prays for food for her children — not for herself. If you are able to, tuck a box into a corner that you can drop non-perishable items into on a regular basis, and at your convenience. Teach your children about giving, not just at Easter, not just at Thanksgiving, not just at Christmas, but on a monthly basis. Make it a habit you can be proud of. Not even a university degree or a seemingly secure job will guarantee that food insecurity will not affect you, or someone you love. The difference between giving and not giving is a matter of dignity and humanity. Quiet tolerance and indifference must stop in order to increase the quality of living and the quality of the future in our communities. In some small way, let's make this country a land of equal opportunity for all. ♣

Heather Fairley is a former food bank client, who is thankful for the kindness and support of volunteers and a community who cared enough to help her through a very difficult time. The opinions expressed in the Guest Editorial column do not necessarily reflect the opinions of the staff or advertisers of The Green Hills Gazette.

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Otonabee-S. Monaghan settles remuneration

Without fireworks or fanfare, Otonabee-South Monaghan Township Council members have decided what to pay themselves for the honour and the hard work of municipal politics.

According to Deputy-Reeve Jim Wood, Reeve

Nelson will receive \$7,000 per annum, Deputy-Reeve Wood \$6,000, and councillors, \$5,500. A travel allowance of 31 cents per kilometre will be paid for municipal government related travel, as well as fees, accommodation, and meals at relevant conferences. ♣

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New cancer therapy

By Dr. Richard Maser, DVM, Cavan Hills Veterinary Service

As pets play an ever increasingly important role in our families, and as veterinary medicine becomes more and more sophisticated, our pets are living longer and longer. As a result, many of our dogs and cats face being diagnosed with some sort of tumour or cancer at some point in their lifetimes.

Although the "C" word still brings shivers to our spines, many new breakthrough therapies have been developed over the last several years that allow veterinarians to offer pets extended periods of quality lifetime after the diagnosis is made.

First of all, new anesthetic techniques mean that age is no longer a barrier to having surgery done. No longer do veterinarians say "Gigi is too old for surgery, she would never survive the anesthet-

ic." We use the same anesthetics that the Queen Mother had when she had her total hip replacement done! So "putting her under" is no longer a road block to treatment.

The drugs available for treating tumours and cancers (chemotherapy) have also improved dramatically. So have drugs developed to prevent side effects from the chemo treatments. Many clients gasp and say to me, "I would never put my pet through chemotherapy." Usually these owners are thinking of unpleasant experiences family members or friends, or even they personally have been through with chemo.

But the situation with our pets does not have to be the same. For one thing, the veterinarian and owner together have complete control over the situation. Our objective is to provide increased quality living time. If the treatment isn't providing quality of life, it can be stopped. Animals usually are not as prone to the side effects of chemo as people are. They also tend to recover remarkably well from surgery, no matter how old they are. Quite frankly, I have been thrilled with how well some of our cancer patients have done. I think another very important factor is that our patients do not

understand what is happening to them and why. Therefore, they do not suffer the psychological stress and worry that we humans often do in a similar situation.

In our hospital, owners are welcome to stay with their pets during administration of the chemotherapy. We have a separate room set aside in the hospital with comfortable chairs where owners and pets can sit together while the bags of intravenous fluids run in. The room is away from all the noise of the clinic, so pets and owners are not interrupted by other pets. This way, both the owner and pet get an at home feeling, but have the assistance of doctors and staff right next door to help. Depending on the type of cancer, patients receive several cycles of treatment. There are blood tests to monitor for side effects, which are run in between cycles. Often pills are dispensed as well as intravenous treatment.

Certainly, cancer treatment is not an option for every pet owner confronted with cancer in their pet. However, it has become a very valid treatment option that at least is worthy of consideration. ♣

Cavan Hills Veterinary Service is located on Highway #7 A), just west of Cavan Village.



Financing small business for growth

By Stephen Welbourn, CMA

One of the more difficult problems facing small business owners is the difficulty in raising the money needed to improve or expand their enterprises. Often a great business idea is never developed, simply because capital is not available from a bank or other sources. This is often true for established businesses as well as for those just starting out.

The federal government attempts to assist in this area by providing loan guarantees under the "Small Business Loans Act", or SBLA. This is very valuable assistance because a bank or other lender is afforded significant protection against loan default, and therefore is much more likely to want to provide capital to a new or small established enterprise.

Almost all businesses are eligible for this assistance. The only real exceptions are farm businesses and organizations of a charitable, religious, or other non-profit nature.

The program is designed to provide financing for three basic business needs. These are major productive equipment purchases, business premises or upgrades to existing premises, and/or land on which premises will be built. The funds may be used not only to acquire the actual assets, but also to cover the costs of installation, renovation, or construction. Most assets are eligible under the program, but there are a few that are

This is a good program because it provides help to some businesses which may be otherwise unable to obtain financing.

excluded. The most common ineligible assets include stock in trade or inventory, goodwill, feasibility studies, intangibles such as R and D expenses, working capital and labour or services provided by the business owner.

There are also some general restrictions placed on the assets purchased. They may not be resold, leased or subleased within three years of the date the loan was made. Also, where the premises acquired are greater than actually required for business use, the excess must be less than 50 percent of the total.

The maximum amount which can be obtained under the program is \$250,000, and the principal on the loan must be repaid within ten years. There is considerable flexibility in arrangements which can be made regarding repayment of the loan. Different banks may have differing requirements, but as a minimum, the principal must be repaid in installments either annually or more frequently.

Principal repayments need not be uniform, and blended payments of principal and interest are permitted.

There is a fee charged to the business of two percent of the loan principal, and that fee may be either paid separately or may be added to the loan.

Interest charged can be either a fixed or floating rate. If fixed, it will be calculated at the bank's residential mortgage rate plus 3%. If floating, it will be at the bank's prime rate, plus 3%. The bank may choose to charge a lesser rate, but these

are the maximum permitted under the program.

Like any other loan, security will be required, but with less severe restrictions. Security may be limited to a general security arrangement and a chattel mortgage against assets purchased within the loan. The specific arrangements will naturally vary from one business to another and from different lenders.

This is a good program because it provides help to some businesses which may be otherwise unable to obtain financing. The interest rates permitted may be somewhat higher than those available to more secure enterprises, but this is better than not being able to obtain capital.

According to the SBLA annual report, roughly 1,500 lending institutions across Canada are involved in the program. This includes all major chartered banks. ♣

More information can be obtained from:

Small Business Loan Administration
Department of Industry
235 Queen Street,
Ottawa, Ontario, K1A 0H5
Web site:
<http://strategies.ic.gc.ca/SBLA>

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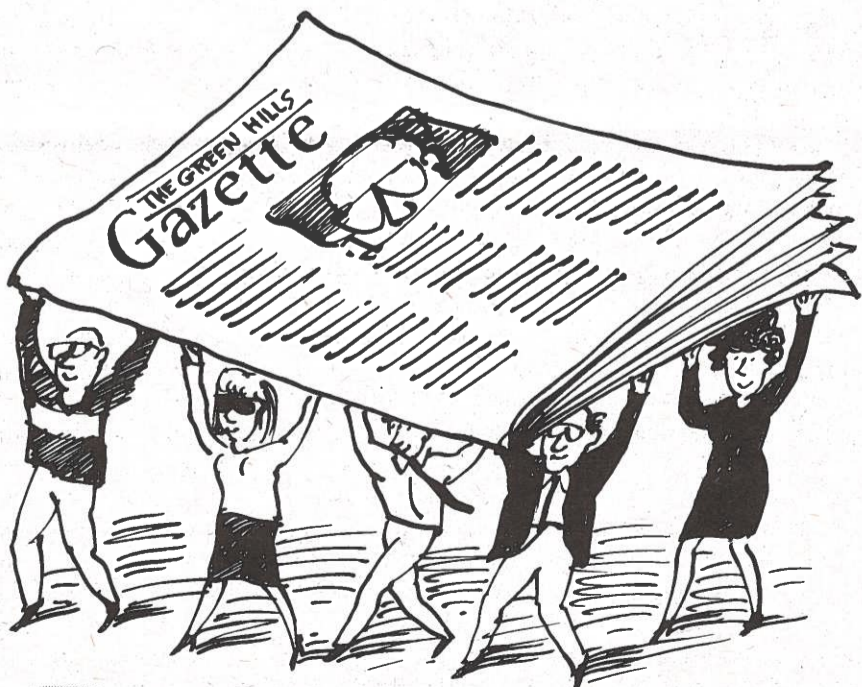
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Marie Squirrel applying badly needed healing to husband Brian.



HEALTH & WELL BEING

Hands on healing with Reiki

By Deborah Luchuk
(with writing by Marie Squirrel, Cavan Ward)

In the quest for new and effective ways of dealing with stress and aches and pains, the hands-on healing practice of Reiki offers many people relief and a reduction in symptoms.

Not many people really know much about Reiki, except perhaps that it can be considered an "alternative" health practice like naturopathy, reflexology and chiropractic. This ancient Japanese healing art involves a type of "touchless massage", using the energy of the Reiki practitioner to find the areas of discomfort by passing hands just above the body of the client. Once the sore spots are found, the practitioner places his or her hands on those areas for a few moments, much like receiving a "laying on of hands" in the religious sense. We asked Marie Squirrel, Cavan Ward resident and second level Reiki practitioner, to share with the readers of The Gazette her knowledge of this non-invasive, gentle healing art.

Reiki, pronounced ray-kay, is an ancient laying-on of hands method of healing. Translated into English from Japanese, Reiki means "universal life force energy".

This simplified translation, however, cannot adequately convey the essence and meaning of Reiki itself. A better understanding can be arrived at through exploring the two component parts of the word Reiki: "Rei" is most commonly understood to mean "the universal,

boundless aspect of the energy. Generally, though, this is not how we as westerners would understand or use the word, and by utilizing the word "universal" to describe "rei" takes away from the meaning of "rei" itself.

Other words that perhaps better define it are spirit, spiritual consciousness, supernatural knowledge, sacred, soul and divine. "Rei" is therefore infinite, pure, and all-knowing, and it is that which guides "ki".

"Ki" is the vital life force energy which flows through all living things. It is known in different cultures by many names: "prana" in India, "ku" in Egypt, "chi" in China, and to Christians around the world, "light" or "Holy Ghost". Having defined the word Reiki, it is clear that it is truly a magical and wonderful thing, even though it cannot be easily expressed in the English language.

Since the Reiki practitioner acts as a channel for this energy, his or her own is not used, and thus, is not depleted. In fact, one receives a treatment while giving a treatment. Being energy itself, Reiki acts on all aspects or levels of our being. It heals physically, emotionally, mentally, and spiritually. Being unlimited, it is infinite life energy.

Marie got involved with Reiki through looking for ways to deal with a personal illness. After many sessions with Reiki practitioners, she decided to take the courses herself. Currently, Marie practices Reiki to heal her own lung disease, and to help friends and family (she is not in public practice). She attributes a decreased reliance on medication, and an increase in her respiratory health, to using Reiki daily.

At the end of a tiring production week at the paper, Katherine and I were ready to try it out. Marie offered to give us a demonstration, and we willingly agreed. (Being a guinea pig

in the interests of investigative journalism was never so relaxing!)

Laying down on our backs, and then our stomachs, Marie moved her hands just above our bodies, from head to toe, to see where the areas needing healing were located. She describes the feeling upon finding a "bad spot" as prickly, like an electric shock, or heat, in her hands as she passes over these areas. As she passed her hands above, she noted major hot spots on the left side of my head (no surprise to me, because I had a left-sided sinus cold), and the same side of the rest of my body.

Strangely enough, when she began to lay her hands on these spots, I felt the warmth in my right side! This may be because the actual areas of concern were on that side, and the energy disturbance was referred to the left side. (Pain in one area of our bodies can actually be referred from some other place — this is documented by both conventional and complementary health practitioners.) I felt some lovely warmth in an old pectoral muscle injury on the right side.

Obviously, the treatment worked in that I felt much more relaxed, my blocked sinuses began to loosen up noticeably, and that old "war wound" didn't twinge quite so much. Kate noted a general feeling of pleasant relaxation as well. Probably if we received these treatments on a regular basis for a variety of pesky conditions, we would notice more long term effects... but what a great way to start a weekend!

Reiki requires an open mind, a willingness to let go of preconceived notions of how healing is delivered, and a basic comfort level with the Reiki practitioner, as therapeutic touch is shared, similar to massage therapy. Some may not be comfortable with this type of therapy as it involves touch. However, as a non-invasive, gentle, drug-free treatment, it's worth trying, to augment whatever other treatment is being received.

At the very least, we left our "investigation" of Reiki better able to deal with the exciting and time-consuming work of covering community news and events! ♣

There are a number of well-qualified Reiki practitioners working in clinics and in private practice in our area. Consult the yellow pages, or another health practitioner for a recommendation. This article is for information purposes only; consult your health practitioner or doctor for care specific to your needs.

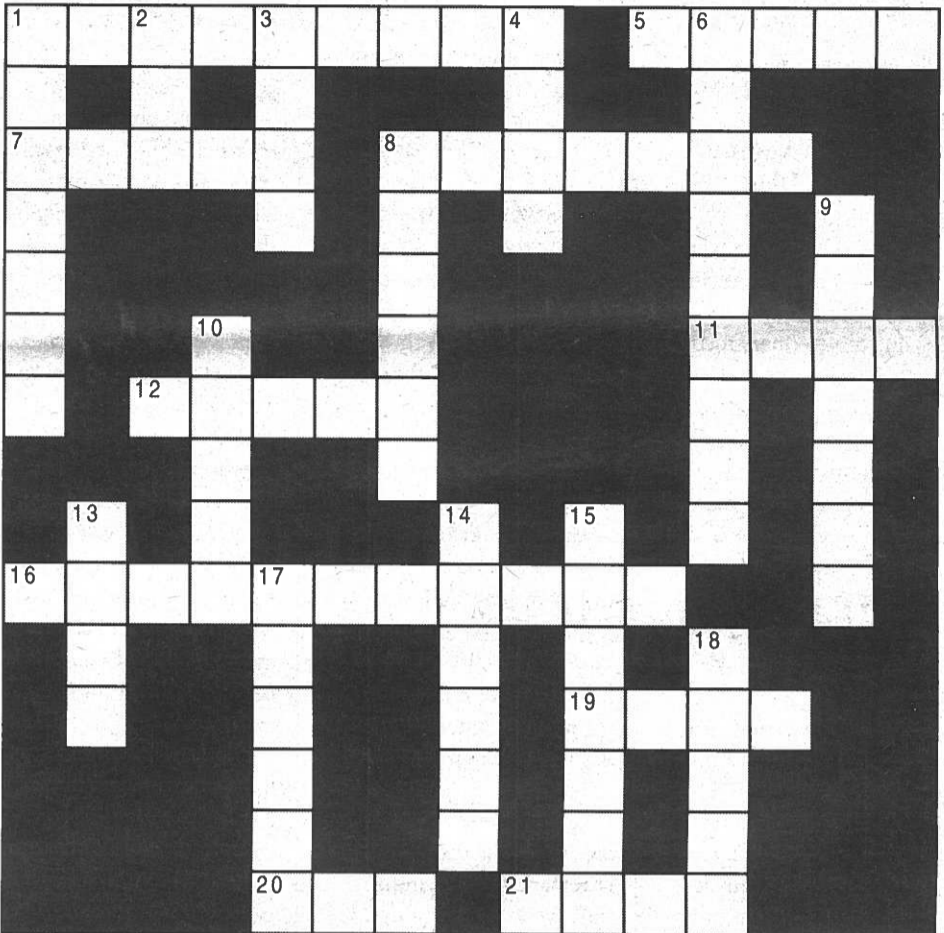
Gazette Crossword



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



Across

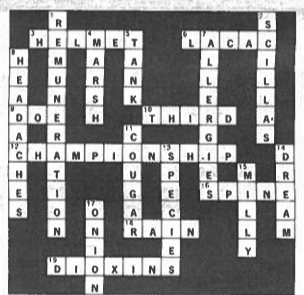
- 1 Plowing affects this population.
- 5 This test monitors chemotherapy side effects in animals.
- 7 Effective means of influencing compelling or punishing; force.
- 8 Practice of plowing shallowly to work in crop residue and to stop weeds from further development.
- 11 Taoist Tai Chi instructor is a cameraman for this television station.
- 12 A resident has asked that Deputy-Reeve Squirrel receive one of these.
- 16 Taurus folk are currently _____
- 19 Glazing originating in Germany and employed in early Canada in the creation of stone crocks.
- 20 Number of tiller disc blades.
- 21 This summer's event will be its 150th anniversary.

Down

- 1 "Prayer is primarily intended to change, direct and _____ the one who prays..."
- 2 Propel with oars.
- 3 Resembling a rabbit.
- 4 Master Moy Lin-Shin is a Taoist who introduced Taoist Tai Chi to Canada.
- 6 Artist Angelo di Petta plans to continue the exploration of this in his forms.
- 8 Taureans are going through this cycle.
- 9 Twinning project with North Monaghan County, in what country?
- 10 Animals symbolizing taurus.
- 13 Number of Potters featured in the Exhibition.
- 14 Hands & feet become _____ after practicing Taoist Tai Chi.

- 15 Depression creates "cracks" in this.
- 17 Featured in Cosmic Comics.
- 18 "The Millbrook Gallery will be moving off the wall and onto the ? for the 3rd show."

Answers FROM LAST ISSUE



Hang in there, Taurus

By Crystal Eves

Look around you. Do you notice anyone whose veins are bulging out of the side of their neck? That person is a Taurus (April 20-May 21). Now please don't get me wrong, I'm not saying that protruding neck veins are always apparent on the bulls, but lately these poor souls have been under heavy stress that is starting to show.

Some can be seen sitting dejectedly, head in hands quietly whimpering. Others have sporadic bald patches where they have

unconsciously ripped out their own hair. All of them are currently constipated.

"But AstroWoman," you are no doubt wondering, "what has happened to our stately bulls?"

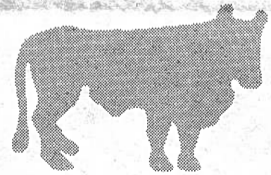
Well, it is truly quite simple — astrologically speaking. Taureans are going through a "growth" cycle. (This of course is a euphemism for having a crummy time and can't do anything about it.) On the technical side, some challenging planets (Uranus and Neptune) are moving through Aquarius which indicates rough times and change for those born under Taurus. In plain language it means that Taureans are out of their element right now.

Essentially, they are being asked to cope in a manner that does not come naturally to them. For example, Uranus in its

current position is indicating that things are uncertain for the Taurus born and rather than use logic to implement a solution it is best at present to not decide anything at all. This is a problem because Bulls are take charge, problem solving types. They feel useless when they aren't sure where things are lead-

ing. And on top of this stress, they have a tendency to contain things, meaning that no matter how upset they feel, they swallow things back until you can see their frustration popping out of the side of their neck.

The astrological tension is hitting those born in April and early May the hardest and is expected to last until Taureans change their coping strategies and learn to let go. Of course, if they could do that they wouldn't be constipated, would they. ♣



ARTS & CULTURE



Bruce and Lyn Lepper in Lyn's studio. Note her new quilt design on the far wall and Bruce's award winning Baltimore Oriole on the table.

Creating & music side-by-side

By Frances Shakov

When I walked through the side door of the Lepper home in Millbrook, the first thing I noticed is that there were two radios playing two different classical stations.

Lyn's quilt studio was to my right, a feast of colour and design, and light and airy. Bruce's studio was to my left, more formal and organized to the eye and not prone to the natural afternoon light.

With a mutual love of music, side-by-side in a wonderful heritage house, they create detailed and fine hand-crafted work.

A quilter for many years, working in colour-wash or water-colour technique, Lyn uses her skills to bring to life beautifully detailed wall-hangings that grow square by square, to illustrate such scenes as a wild-flower garden with a picket fence. Bruce is a former art director for a large advertising agency. He now carves and paints the most

delicate song-birds that look as though they are about to take flight from their branches into the spring skies.

Both Lyn and Bruce are renowned and respected for their work. Bruce recently came home with a first place ribbon in the Open Song Bird category at the international Ward Foundation Championship.

"There were forty-six entries this year," said Bruce, settling down on Lyn's studio couch featuring a bright and cheery throw. Lyn continues to work at her table, cutting for her new creation that will evolve from material that "I cut up in two-inch squares and then sew back together again."

"In all, there were about fifteen hundred entries, and it was strong competition," said Bruce. "Tell Frances about the sponsors, Bruce," nudges Lyn, "Oh, yes, the sponsors who put up the prize money hasn't even seen the Oriole yet and probably won't for a while, as

the piece will be in competition for the rest of the year," continued Bruce.

"Who was it, Bruce?" asks Lyn. "Ontario Die, I think from Windsor," said Bruce. "At one point, the competition was so tough that the judges brought in an ornithologist to look at the birds' poses and make sure that their throats were open correctly for song."

And so the conversation went. Lyn concentrating on her squares, and occasionally glancing at the far wall that has her new quilt mapped out on it. And Bruce carrying the conversation, occasionally nudged by Lyn, when he has missed out on quite important and quite exciting information.

I am dying to know how these two came to Millbrook, as I know they moved here twelve years ago. It turns out that Lyn was the President of the York Heritage Quilters Guild in Toronto, and had managed to persuade Bruce (a rare happening) to

accompany her to a quilt show in Peterborough.

The week prior to the trip, they saw an advertisement for a lovely century home in Millbrook and decided that they would drop by on their way to Peterborough to view it. It wasn't what they quite expected so the real estate agent suggested their current house which they fell in love with immediately and decided they had to have.

Back in Toronto, they anguished for a week and then decided to take the plunge. They put in a conditional offer for the Millbrook house which was turned down so they threw caution to the wind, put in a second offer and put their Willowdale house on the market, hoping it would sell. Bruce quit his job. (He was becoming disenchanted with it anyway.) Within five months, they were living in Millbrook, not knowing a soul.

"We pulled the rug out from under the children," said Lyn, laughing. "They were surprised!" Their children were in their late teens, and their son hung in for three years and then moved back to Toronto. Their daughter married a boy she met in Peterborough, and their family live nearby.

We talked about music, and the fact that the



Who can resist these sweet, angelic faces of Joyful Noise? Help them find a new director!

radios play different music. "I love organ music, which Lyn doesn't like, and so we end up listening to our own classical favourites," said Bruce. Music is important to them, but they don't get to many concerts anymore, and miss the opera. "The winter driving is too treacherous," said Lyn.

Day-long quilting sessions with various guilds, the competitions, frequent dinner parties with Lyn's quilting chums and their husbands, their involvement in the community choir and the Gallery also keep them both busy.

It turns out that they never did make it to the Peterborough Quilt Show. And they have no regrets, relishing the fact that in two minutes, they are deep into a country side that inspires them to do their finely detailed and beautiful hand-crafted work.

Wanted: a dedicated choir leader!

Joyful Noise, the community choir for eight-year olds plus, is looking for a new director/pianist for the next season, as the current choir director Ruth Warburton will be stepping down. If you like music and working with young people, or know of anyone who would love to volunteer their time in this way, call Ruth at 745-8075 or Bill Plewis at 944-5904.

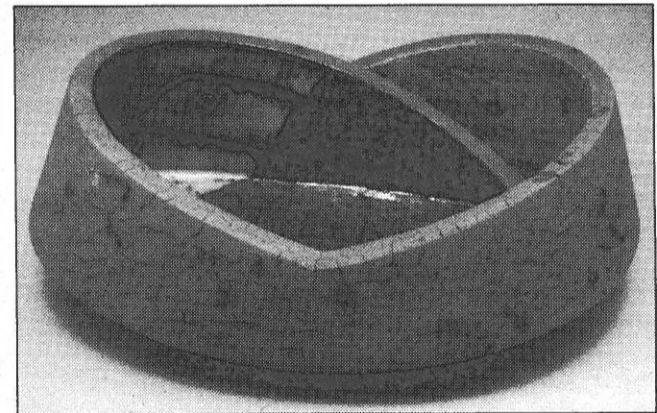
Both Joyful Noise and the Community Choir will be presenting their annual concert, which this year features music from Walt Disney and Oklahoma, at St. Andrew's United Church, Millbrook, on Friday, May 29 and Saturday, May 30 at 7:30pm. Admission is \$4, with no charge for pre-schoolers. ♣

Four Potters exhibition

The Millbrook Gallery will be moving off the wall and onto the floor for the third show in their 1998 exhibition calendar. Four Potters, opening on Saturday, May 30, will feature the work of Angelo di Petta, Bill Rowland, George Stewart and Jane Wilson, all members of the Millbrook Gallery collective.

"The interesting thing about this show," says Jane Wilson, a potter living on the Carmel 2nd Line of Cavan, "is that it will feature four really different approaches to the medium, ranging from functional to sculptural. All of us employ different techniques, use different clays and diverse firing techniques in the creation of our work."

Jane's own work in this show will include small sculptural forms in porcelain and abstract bowls designed as wall pieces. Angelo di Petta,



Glazed vessel by Angelo di Petta.

whose Pond House Studio is located on the 4th Line of Cavan, plans to continue "the exploration of landscape" in his forms. The pieces for this show will be non-functional and sculptural, employing qualities of polished stone and thick solid clays to create his "allegorical landscapes".

Cavan potter Bill Rowland brings a contemporary approach to a traditional technique in his salt-glazed stoneware. Salt-glazing originated in Germany and was employed in early Canada in the creation of stone crocks. In Bill's non-traditional forms he increases exposure of salt to the clay, creating a deeply textured surface on his vessels, bowls and plates.

The fourth potter in the exhibition, George Stewart of Church Pottery in Mount Pleasant has been experimenting with new glazes for the past year in preparation for this show. For those familiar with George's work, this will give them an opportunity to see how the incorporation of local materials in his glazes has impacted upon his work.

The Four Potters exhibition will run from Saturday, May 30 to Sunday, July 1, at the Millbrook Gallery, 19 King St. E. Opening reception will be Saturday, May 30, from 1 p.m. to 4 p.m., with everyone invited to attend. Gallery hours are Thursday, Friday and Sunday 12 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m. ♣

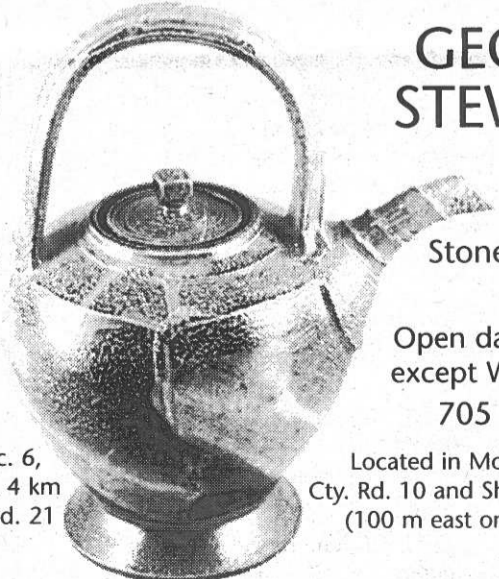
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Bill Rowland and George Stewart's newest work will be on display at the Four Potters exhibition at the Millbrook Gallery. Show opens May 30, 1 to 4 pm

SPORTS



Tai Chi demonstration found to be easy and relaxing at Old School.

Taoist Tai Chi experts' demonstration calms Millbrook right down

By Barry Larock

The slow methodical movements of Taoist Tai Chi have made their way to Millbrook.

Peterborough Taoist Tai Chi branch instructor Steve Guthrie has initiated weekly sessions of the stress reducing martial art at the Old Millbrook School. Weekly sessions are Tuesday evenings from 7:30 to 9:30 p.m. and new students are always welcomed.

Guthrie, who has been involved in the exercise sport for two years, decided recently that people in the areas surrounding Millbrook should be encouraged to take advantage of the Old School, and its wide range of activities. He then made a proposal to the Peterborough branch of Taoist Tai Chi and then to the Millbrook Recreation Committee. After his idea was accepted, he held an open house on May 5, attracting 12 visitors to a demonstration.

As a cameraman for CHEX television, Guthrie is no stranger to media savvy, and notes quite eloquently, that Taoist Tai Chi is an excellent form of exercise for people of all ages.

"I've been a cameraman at CHEX for ten years now, and I'm the only one left on staff with a good back, because of Tai Chi," Guthrie explained.

"I took an interest in the sport because of its stress reducing incentives, and its testament to building a healthy back. I truly enjoy it, and because part of the philosophy of the sport



Sports Writer Barry Larock.

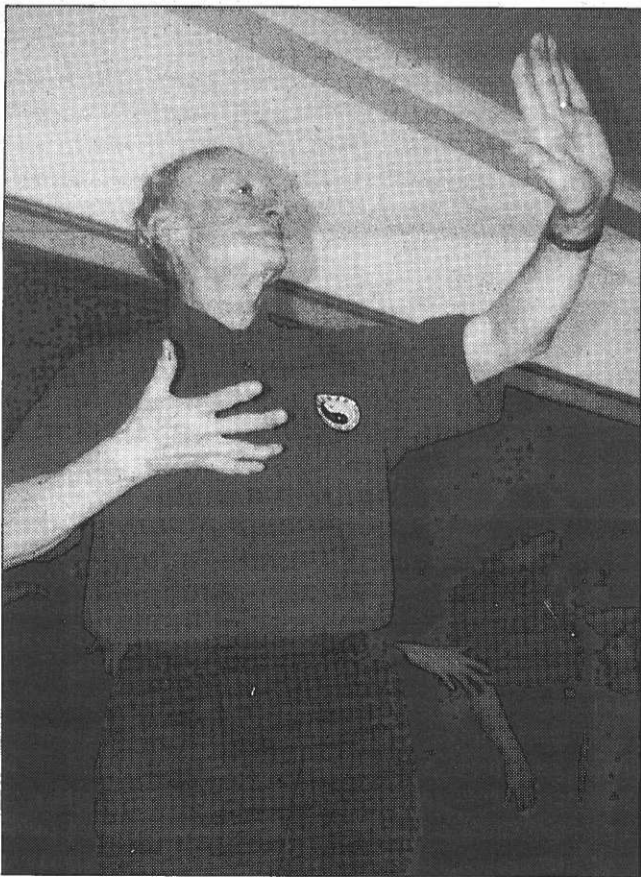
is to teach others, I'm now in a position to do that here in Millbrook. And it really is a form of exercise that can be enjoyed together by the entire family."

The sport of Tai Chi combines mental focus with the stretching of ligaments, and the proper alignment of the spine

through slow methodical movements. At one time, these movements were a form of martial arts, but Taoist Tai Chi is now taught solely for health purposes.

"We see a lot of seniors involved in Tai Chi because of the benefits to improving circulation," adds Guthrie, noting that there are some 108 moves and three levels of difficulty to Taoist Tai Chi.

"A sure sign of poor circulation are cold hands and feet. With Tai Chi, moving the hands and feet through slow focused moves helps with the circulation, and therefore, a lot of seniors tell us their hands and feet become warmer." ♣



Seniors testify to the healing potential of Tai Chi.

Kawartha Downs: And they're off...

By Barry Larock

Yes, the bright lights, cool sounds and sweltering speed of pacers and trotters are back at Kawartha Downs. And hopefully here to stay.

I know that as a youngster I certainly enjoyed my visits to the Fraserville track where I often listened in awe to track announcer, Grant Wade.

But as I sit here and remember back, I think of my very first experience at the track with an elder cousin we'll call Willy by name. Now you see, Willy visited the racetrack quite often and was rather knowledgeable regarding the drivers and the horses.

It was a passion of his and from the moment we turned up the drive you could see it in his eyes. And the passion, I know, continues today.

We started our adventure by arriving a little early that first evening and walking down through the stables as if we had owned a horse of our own. Willy spoke to a number of the drivers by name and was told me several things about the horses at the same time.

I rather enjoyed that part of the evening the best, I suppose, because I learned a great deal about the harness racing game. As the first call to the post was announced, we made our way inside the grandstand, (which I have always considered the perfect name). Even when you drive by Kawartha Downs you can't help but notice the spectacular layout which I would call grand. To me, nothing compares to Kawartha Downs and I've been to several other tracks throughout the province and in the United States.

From the start of the first race to the end of the last, I was mesmerized. My cousin and his father played the ponies while I sat and watched and was amazed. Two minutes or more of adrenaline flowing and then a ten to fifteen minute rest before the horses would do it all over again. It was far better than the baseball game I had watched earlier in the day which, if I remember correctly, was as boring as watching paint dry.

Yes, harness racing continues to this day to be one of my favorite summer pastimes. I just can't wait, if all goes well, to purchase my program and play the odds on occasion at Kawartha Downs.

But do you want to know what the very best thing about Fraserville, its best kept secret, is to me? It's the breeze of a warm summer night, the glow of the lights, and two minutes or more of glory.

In my opinion, spectating just doesn't get any better than that. ♣

"Meditation in motion" heals

By Katherine Luchuk

Eight Taoist Tai Chi volunteers from the Peterborough branch along with Central Region representative Ben Chung shared Taoist Tai Chi's health benefits on May 5, as a preview to a ten week instructional session at the Old Millbrook School.

Taoist Tai Chi is a practice of slow and graceful movements, sometimes called "meditation in motion," that simultaneously strengthens and relaxes body and mind. Upon beginning the exercise, one would notice greater mobility in the joints, followed by increased circulation, strength, and an overall feeling of relaxation and well being.

Carol Francisco explained the gentle movements work on all systems of the body including the nervous, endocrine, and cardiovascular systems. The motion of turning and stretching massage the internal organs, and increase circulation to them.

Taoist Tai Chi "puts the body in a more natural form" Ben Chung explained "and one will feel more relaxed." As a "moving meditation," continued practice results in a calmed mind and more restful sleeping. Carol added that the mental focus that is

required for each movement distracts the mind from everyday stresses, leaving one feeling all at once, relaxed and energized.

The Taoist Tai Chi Society's brochure explains how the therapeutic effect of its movements benefits those who suffer from various health problems, such as headaches, high blood pressure, back pain, or digestive disorders. "By restoring proper circulation and relieving tension in the muscles, ligaments and tendons, Taoist Tai Chi helps optimize the functioning of the whole body."

Tai Chi is an ancient Chinese exercise that originated with Taoist sage, Chang San Feng who lived in the eleventh century. It is, as the brochure describes, "a Taoist art based on the philosophy of a return to a natural state of health and well-being." In an effort to restore this philosophy to Tai Chi, Taoist monk Master Moy Lin-Shin developed a specific amalgamed form, focusing on health and vitality. "He restored to Tai Chi the principles from Taoist internal arts, traditional Chinese medicine, and Taoist meditation," to create Taoist Tai Chi.

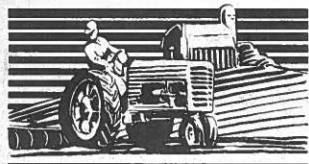
Master Moy Lin-Shin introduced the discipline to Canada 25 years ago, as part

of a vow to make the study of Taoism, and the practice of the art of Taoist Tai Chi, available to all. The Taoist Tai Chi Society of Canada is a registered charitable organization and is administered on a volunteer basis. Dues and donations to the Society support their aims and objectives to make Taoist Tai Chi available to all, promote the health-improving qualities of the practice, encourage cultural exchange, and to help others.

Volunteer instructors are accredited and meet the national standards set by Master Moy Lin-Shin. They are required to continually upgrade their knowledge of Taoist Tai Chi through various workshops and regular classes. The brochure explains that "for the student, being taught by a volunteer means receiving attention that is motivated by enthusiasm and belief in the benefits of the art."

Instructor Steve Guthrie will be leading the Taoist Tai Chi classes at the Old Millbrook School, Tuesday evenings from 7:30 — 9:30PM. The ten week session, 2 hours per week, began May 12, however if enough interest is expressed the classes may continue beyond that term. The cost is \$50.00.

If you are interested in joining the class, please call Steve at (705) 748-4900 or call the Peterborough Taoist Tai Chi office at (705) 748-2433 located at 300 George St. N. 2nd Floor. ♣



A FARMER'S VIEWPOINT

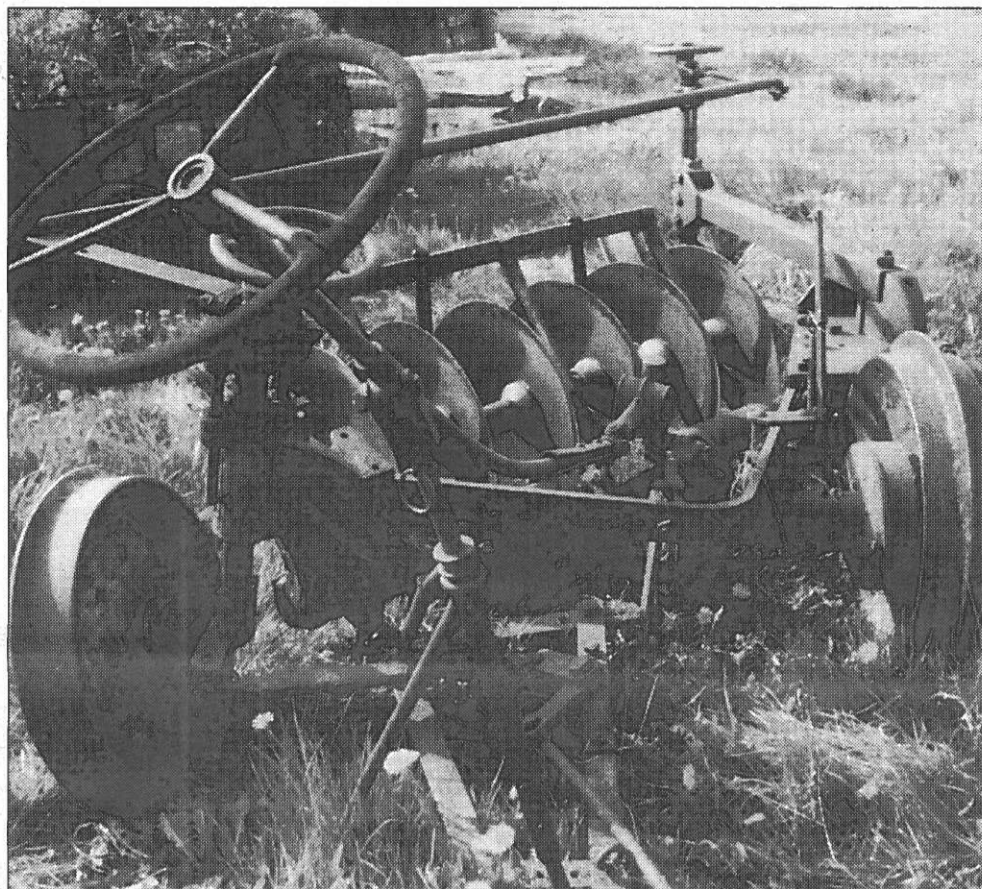
To plow or not to plow (part 2)

By David Brackenridge

Before we continue the discussion of tillage, I would like to explore some of the advantages of using the moldboard plow.

The most important advantage of the moldboard is in burying crop residue and trash. Years ago, farmers followed the practice of plowing twice in the fall. Immediately after harvest, land was plowed very shallowly to work in crop residue (stubble), and to stop any weeds from further development. This practice was called "ganging" and was considered to be good management of the soil.

Some farmers used an implement called a tiller for this job. A tiller usually had about six large disc blades mounted on a very heavy frame pulled at an angle to



TED DIMMENT/TEHMEGA

the direction of travel. The blades would turn a shallow furrow similar to the moldboard plow, and had the advantage of being faster. This ganging was done after a wheat or spring grain crop, and then the regular depth plowing was done a month or so later, usually in October.

A second important advantage of moldboard

A second important advantage of moldboard plowing is burying or incorporating livestock manure... into the soil. Plowing in the manure reduces smell, and conserves nutrients, because they are away from the sun and wind.

plowing is burying or incorporating livestock manure (particularly solid manure) into the soil. Plowing in the manure reduces smell, and conserves nutrients, because they are away from the sun and wind.

Years ago farmers fall plowed into the soil a certain amount of the phosphate, and most of the protein, required for the next year's crop. Some also plowed in half the atrazine they were going to use for spraying quackgrass on the field next spring.

One of the main advantages of fall moldboard plowing is that the bare soil warms up and dries much faster in the spring than soil that has crop residue on it. This, of course, allows earlier spring tillage and early planting. Plowing aerates the soil and aids in the control of insects and diseases. Plowing is the preferred method of breaking up an old sod, pasture, or hay field, particularly if the soil contains much alfalfa, or perennial weeds with deep, tough roots. I'm sure that farmers reading this will be thinking of other advantages for moldboard plowing, but I will go on and look at some of the disadvantages.

By far the biggest disadvantage to moldboard plowing is the susceptibility of bare soil to erosion, both by water and by wind. We can only guess at the huge amount of topsoil lost each year to erosion. Visual evidence of erosion includes trenches left in bare soil after a rain, and the whitening of soils on knolls in fields that are hilly. The topsoil is the layer that contains the nutrients and organic matter required for good crop production and top yields. Farmers get a real sad feeling when they see a lot of topsoil washed into a ditch, or sitting in a watercourse.

A second disadvantage, although not as visible as erosion, is the effect of plowing on the earthworm population. We are only beginning to understand the benefits of the various soil organisms that work on the physical properties of soil and on the organic matter or crop residue that might be present. Earthworm population increases in undisturbed soil, and their burrowing through the soil improves drainage, provides aeration, and alleviates the effects of compaction from heavy machinery. Worms and other soil organisms work on crop residue, organic matter, and manure to break them down, releasing valuable nutrients for plant growth. It has recently been shown that moldboard plowing for only one year, after many years of no tillage, decreased earthworm population in the plow layer by 90%.

Other disadvantages of plowing include: the length of time required for the job, the amount of fuel required, plugging a high residue crop (for example corn), and the need to level out dead furrows.

By far the biggest disadvantage to moldboard plowing is the susceptibility of bare soil to erosion, both by water and by wind... Farmers get a real sad feeling when they see a lot of topsoil washed into a ditch, or sitting in a watercourse.

The last problem I would like to look at with plowing is that of tillage erosion. This can be a problem in hilly fields. Each time soil is disturbed, the natural tendency is for it to move slightly downhill. No matter how you do your plowing, it is virtually impossible to prevent this, and the plow is the main offender because of the depth at which it is used.

Now that we've looked at some of the good and bad points of plowing, we can go on to look at some other forms of tillage with some understanding of how and why they were developed.

As I sit here and write this column, I look out over a little field in front of our house. It's Mother's Day, and already the corn is planted and coming up in this field.

There have been years we've been stuck in this field, even in mid-June. This is surely evidence of the early spring season we are experiencing in this wonderful part of Ontario. In fact, this is the earliest spring I've experienced in my lifetime as a farmer. I recall Jimmy Johnston telling me about one time back in '45 or '46, they had all their grain in the ground in March. It later snowed and then they had a bumper crop.

Thanks to all readers who have made comment about this column. Your response is both welcome and helpful. ♣



SEEDS OF SOUL

Precious Depression

By Christine Soligo

After such a long winter, we expect to greet the arrival of spring with enthusiasm, energy, and high spirits. However, for those suffering from depression, these expectations can present additional torment. A few sunny days is not enough to alleviate overwhelming feelings of hopelessness and despair.

In our culture, we tend to search for ways to eliminate depression as quickly as possible. Depression is seen as an enemy to be eradicated by the "right" prescription. Anti-depressant medication may be of benefit to those trying to cope with debilitating depression, however, the processes of despair have meaning and value worth exploring.

The definition of depress is "to push or pull down." When suffering from depression, what is it that's being depressed, or held down? Feelings. Feelings that don't fit into

the life we've created. Feelings that are incongruent with our image of ourselves. Lethargy, confusion, shattered illusions, loss of identity and sense of direction — all these are symptoms of depression, and represent a call to re-examine our beliefs and re-define our dreams. Depression challenges our ways of being in the world, and often leaves us incapable of pretending that everything is all right. Depression creates cracks in our persona, and through the cracks we have the opportunity to see more deeply into our souls. We are granted the gift of allowing our feelings to guide us to what is true and essential about ourselves, and to the possibility of discovering something new.

In each of us are seeds of hope which can only be found within our hopelessness. As a psychotherapist, I serve as witness and guide through despair. When we explore this area, the seeds have a chance to germinate. This call to descend needs to be honoured and respected whether or not medication is used for support. This is a difficult and painful journey, requiring patience and courage. Acknowledging the value of this passage through darkness gives meaning to suffering. Depression is a precious opportunity for hope and healing. ♣



GOD TALK

What's the point in praying?

God Talk is a new column for readers to share their questions and concerns with religious and spiritual leaders.

Q. I pray regularly and am in the habit of doing creative affirmations. Why isn't anything changing for the better? It seems that the more I pray, the more bad things keep happening to me. Although I do not believe in a vengeful God, I find myself wondering if I'm experiencing some kind of divine retribution.

A. This question about prayer is one which many people ask, so please know that you are one of many who wonder about prayer. We also commend you for your practice of prayer, and would urge you to continue.

Your question, however, raises another issue: what are our expectations when we pray? When we take a problem to God in prayer, are we wanting God to be the quick fix and to heal all life's hurts? If that is our approach, then we leave ourselves open to a self-inflicted form of spiritual abuse in that, if God does

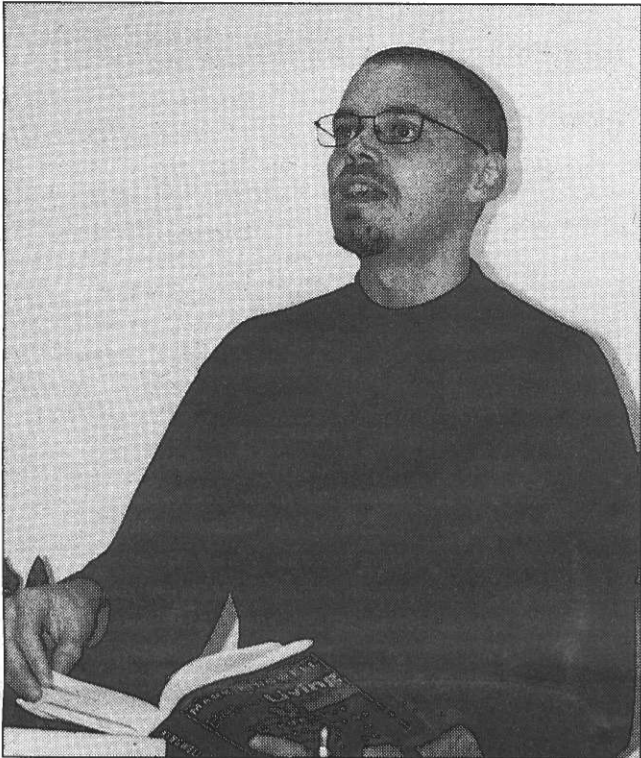
not resolve the problem the way we want it resolved, then it can feel as if God is out to get us.

In point of fact when people asked Jesus if God was punishing those who were killed while worshipping and those 18 on whom a tower at Siloam fell, Jesus replied that good fortune and ill fortune have no direct connection to how good we are. Good things can happen to bad people and bad things can happen to good people. Indeed, if a good life and much prayer were to deliver us from pain and problems, Jesus would never have suffered a criminal's death on a cross.

Which brings us to the classic Christian purpose of prayer. Prayer is not designed to impose our will on God (remember Jesus praying, "Not my will, but yours be done."). Prayer is primarily intended to change, direct and empower the one who prays. True Christian prayer opens us up to God's will for us (as opposed to our will for God), so that we can follow God's leading. That does not necessarily mean a cushy or easy life, since following God's lead, as Jesus did, may require significant and sacrificial self-giving. ♣

This issue's God Talk was submitted by The Rev. Mark Murray of the Anglican Parish of Ida & Omeme, and The Rev. John Peters of the Bailieboro-Springville United Church Pastoral Charge

Send your deep life and spiritual questions to God Talk c/o The Green Hills Gazette.



Mark Kingwell during his recent reading at the Millbrook Gallery.

Happiness in the end time



RANDOM SAMPLING

By Margaret Monis

Anyone who knows me will tell you that if there is one thing I never run short of, it is opinions. That being the case, I am writing this column to share with you some of the many things which occupy my mind — thereby, I hope, providing you with food for thought as well. I may write a film or book review, get some political grievances off my chest, or simply muse aloud on things or occurrences in my own life which strike my fancy or catch my eye.

For example, this Monday past, I sat out back letting the warm sun soothe my skin and spirits. I sat quietly, breathing fully into my belly and chest, holding the breath for three heartbeats, and then slowly and completely exhaling. The air still held a trace of win-

ter's chill, and excited my nostrils as it streamed in, not unlike the sudden burn when Vicks vapo-rub is first smeared on your upper lip.

It was one of those rare, truly happy moments made all the more poignant by their very elusiveness. Occasionally, one has a brief sensation of complete and overpowering contentment, and my time on the deck that day was one of these. I held on to it as best I could, careful not to squeeze it too hard or examine it too closely. But the sad reality is that true contentment, like a sweet and fulfilling dream, loses its substance when subjected to too much scrutiny.

This simple truth is one of the most bittersweet realizations in life — that unlooked-for bliss will come to you as if a gift bestowed, yet can prove woefully unattainable if actively pursued. And I know I am surely neither the first nor the last person who has noticed this. Nathaniel Hawthorne, for example, compared happiness to a

butterfly, difficult to grasp yet always welcome when it miraculously lands on you.

I'd like to take credit for having found that juicy literary tidbit, but I actually just read it in a book by Mark Kingwell entitled *Better Living: In pursuit from Plato to Prozac*. About sixty people, myself included, had the pleasure of hearing Mr. Kingwell read from this book recently at the Millbrook Gallery. This reading was the second in a four-part series held thanks to the kind support of the Canada Council and the hard work of Jane Wilson and Grace Glass.

In *Better Living*, Mark Kingwell explores happiness in its many forms. He discusses how people seem to feel that one shouldn't have to work for happiness, but rather that it should be immediately attainable (not surprising in the age of fibre optics and microwave cuisine). He goes to a self-help camp which asserts that happiness is within you if you would only allow yourself to feel it and, as the book's title indicates, he puts himself on Prozac to discover first hand whether this enormously over-prescribed drug really does make you happy (I'll let you read the book to find out the answer to that one).

But there were two things in particular about this book which lead me to strongly recommend it. Firstly, even though he is dealing with challenging ideas and information which could easily prove dry and hard to swallow, Kingwell's incredibly engaging and humorous writing style makes the whole book deliciously digestible and, in fact, left me hungry for more. Secondly, Kingwell makes it very clear that he believes happiness is not something you choose so much as a "mental and moral condition" you attain when you find "rational satisfaction with your character and

actions". In other words, you can only count yourself happy in a lasting way if you lead a good life which, through continual self-examination and hard won approval, you know to be good. And this is an idea I subscribe to wholeheartedly.

I've also recently read another work by Kingwell, an insightful and well-rounded book called *Dreams of Millenium: Report from a Culture on the Brink*. This book explores ways in which the coming millenium is shaping our current society, as well as how our "end time" is similar to others which have occurred in the past. Current phenomena which I find disturbing (self-mutilation, or piercing as it is innocuously called,

...Kingwell makes it very clear that he believes happiness is not something you choose so much as a "mental and moral condition" you attain...

belief in extra-terrestrials and occult visitations, the alarming abundance of false prophets, etc.) have all been present throughout human history at those times when cultures have truly believed the end was nigh. And while this may not seem like good news, I couldn't help but take some

perverse comfort in knowing that we've been down this path before. It made me feel less alarmed about "the way the world is going", and more optimistic generally, that considered in the grand scheme of things, this screwy, decadent, disturbing time is part of a cycle which we have survived in the past, and surely will again.

So, as I sat out on my deck and saw my precious but fleeting joy ground into non-existence by the weight of my thoughts, I realized that while exquisite bliss is rarely attained, I can still take comfort in the more prosaic happiness I achieve through reading good books such as these. And I hope they will prove equally satisfying to you. ♣

Competitors for the 1998 Millbrook Fair Ambassador

Competition to take place Friday, June 5, 1998 Can be either male or female. Must be between the ages of 18 and 23 by August, 1998. Must be a resident of the Fair District for at least the past 6 months. Also looking for sponsors for the above mentioned young people.

For more information please contact Kathy Carl at 932-5240



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Friday, Saturday 11-10
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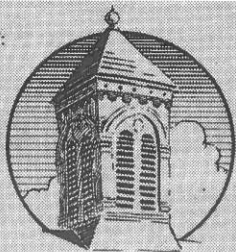
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Community Calendar

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.

SPONSORED THIS ISSUE BY:



MILLBROOK AND DISTRICT CHAMBER OF COMMERCE

Next Chamber Meeting:

7pm Wednesday
June 10, 1998

(last meeting until Sept. 9)

Good News for Millbrook & District Chamber Members!

The Canadian Chamber of Commerce has negotiated special merchant discount rates on VISA TRANSACTIONS and other financial services from the TD Bank, and as the Millbrook & District Chamber is now a CCC member, we can take advantage of this tangible benefit that puts money back into the pockets of all members!

Call your local TD Bank for more information.

WELCOME NEW MEMBERS: L. Comm. Installation & The Green Hills Gazette

THURSDAY, MAY 21

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 22

New to You

See May 21 for details.

SATURDAY, MAY 23

Millbrook Scouting Bottle Drive

Support local Beavers, Cubs, & Scouts by either dropping off your bottles at Millbrook arena parking lot between 10:00AM-noon or wait for house to house pick-up in the village.

New to You

See May 21 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.

SUNDAY, MAY 24

Bewdley Farmers' Market Grand Opening

Hwy 28 next to the OLCO gas bar from 9:00AM-2:00PM.

MONDAY, MAY 25

Deadline for Written Submissions to The Gazette

For June 4 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.

Bridge

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

New to You

See May 21 for details.

TUESDAY, MAY 26

Taoist Tai Chi Class

at the Old School beginning at 7:30PM. Call Steve Guthrie at 748-4900 for more information.

Cavan-Millbrook Nursery School

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

Millbrook Playschool

See May 21 for details.

Baillieboro Library Boutique

See May 23 for details.

New to You

See May 21 for details.

WEDNESDAY, MAY 27

Euchre

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

Millbrook Library Boutique

See May 23 for details.

New to You

See May 21 for details.

THURSDAY, MAY 28

Ad Deadline for The Gazette

For June 4 issue

Food Bank Meeting

At the Old Millbrook School at 7:30PM.

Millbrook Playschool

See May 21 for details.

New to You

See May 21 for details.

FRIDAY, MAY 29

Joyful Noise & Community Choir Annual Concert

at St. Andrew's United Church in Millbrook beginning at

7:30PM. This year the special feature will be music from Walt Disney and Oklahoma. Admission is \$4.00 with no charge for Preschoolers.

New to You

See May 21 for details.

SATURDAY, MAY 30

Karaoke Contest & Dance Party

At the Millbrook arena. Doors open at 8:30PM. Cash prizes, lunch provided, 50/50 draws. Tickets \$7.50 in advance, \$10 at door. Karaoke contest between 10:30PM-11:30PM. Proceeds to help fund summer day camp. Call (705)932-2019 for tickets.

Joyful Noise and Community Choir Annual Concert

See May 29 for details.

Pottery Exhibition Opens at the Millbrook Gallery

featuring the work of Angelo DiPetta, Bill Rowland, George Stewart, and Jane Wilson.

50s Dance with the Lincolnaires

at Manvers Community Centre, Hwy 35 & 7A Bethany Turn, Manvers Township. \$10/person in advance or \$12.50 at the door. Doors open at 8PM and the Dance begins at 9PM. Beef on a bun included. Tickets can be purchased at Clarkes ESSO Station in Millbrook.

Auditions for Peterborough County Children's Choir

The training choir is for students in grades 3,4,5 while the concert choir is for students in grades 6-12. For more information about the training choir, call Judy McMichael at 745-9831 or the concert choir call Brian Snell at 743-5173.

Elizabeth Fry Society's Charity Yard Sale

from 8AM-1PM at 483 George St. South, Upper, Peterborough. Donations are welcome and greatly appreciated. Drop off times are between 9AM-4PM, Mon.-Fri., until May 28.

Millbrook Library Boutique

See May 23 for details.

Baillieboro Library Boutique

See May 23 for details.

New to You

See May 21 for details.

BUILDING SUPPLIES

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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

SUNDAY, MAY 31

MONDAY, JUNE 1

Regular Council Meeting

in Council chambers at 7:30PM.

New to You

See May 21 for details.

TUESDAY, JUNE 2

Taoist Tai Chi Class

See May 26 for details.

Cavan-Millbrook Nursery School

See May 26 for details.

Baillieboro Library Boutique

See May 23 for details.

New to You

See May 21 for details.

WEDNESDAY, JUNE 3

Garden Club Meeting

at 7:00PM at Pond House, 641 Zion 4th Line (corner of Elgar Drive), bring chair, mug, and dress comfortably. \$2 for non-members. Call 932-3558 for more information.

BIA Meeting

at the Village Food Emporium at 5:30PM.

Millbrook Library Boutique

See May 23 for details.

Euchre

See May 27 for details.

New to You

See May 21 for details.

THURSDAY, JUNE 4

Millbrook Playschool

See May 21 for details.

New to You

See May 21 for details.

FRIDAY, JUNE 5

Canadian Olde Tyme Fiddle & Step Dance Contest

at the Douro Community Centre, Hwy 134 East of Peterborough. For more information contact Michael LeMoire at (705) 652-7776.

New to You

See May 21 for details.

The Recreation Planners Group is asking for donations of new and used toys and play equipment for the upcoming Kawartha Summer Kids Camp to be offered in the Municipality of Millbrook, Cavan, and South Monaghan. Also the RPG would highly appreciate monetary donations for the purchase of recreational play gear. Please call (705) 932-2019 for more information.

SATURDAY, JUNE 6

Cullen Gardens & Miniature Village Bus Tour

Depart Millbrook arena 10AM and return 5PM. Tickets are \$25/PP or \$40/Couple. Special price for kids under 12 and Seniors. For tickets call (705) 932-2019. (Offered by the Recreation Planners Group)

Canadian Olde Tyme Fiddle & Step Dance Contest

See June 5 for details.

Millbrook Library Boutique

See May 23 for details.

Baillieboro Library Boutique

See May 23 for details.

New to You

See May 21 for details.

SUNDAY, JUNE 7

MONDAY, JUNE 8

Planning Meeting

in Council chambers at 7:00PM.

New to You

See May 21 for details.

Deadline for Written Submissions to The Gazette

For June 18 issue

TUESDAY, JUNE 9

Cavan-Millbrook Nursery School

See May 26 for details

Millbrook Playschool

See May 21 for details.

Baillieboro Library Boutique

See May 23 for details.

New to You

See May 21 for details.

WEDNESDAY, JUNE 10

Chamber of Commerce Meeting

at St. Thomas Anglican Church, Millbrook, beginning at 7:00PM.

Millbrook Library Boutique

See May 23 for details.

New to You

See May 21 for details.

THURSDAY, JUNE 11

Ad Deadline for The Gazette

For June 18 issue

Millbrook Playschool

See May 21 for details.

New to You

See May 21 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.

AUCTION

Saturday, May 30 at 10:30 a.m. 60 King Street West, Millbrook Westmacott House. Selling complete house contents owners moving. antique bedroom suites (heavily craved), beautiful dining suite, rugs, slant front desk, pine furniture, gas stove, fridge, bookcases, baker's oven, iron bed w/brass finials, patio set, church pew, wicker, box trailer, fireside bench, VCR, milk can, hinge trunk, wardrobe, storage cabinets, depression glass, school bell, oil lamps, collectibles, round oak table, sofa set, wagon, gas mower, tools, 10' radial arm saw, extension ladder, gas Bar-B-Q, 3 rifles, wheelbarrow, plus much more. Terms: cash, Visa, MC, Bank Card. Rusland's, Since '72 Auctioneers - Appraisers Movers Storage (705) 745-4115 1-888-RUSLAND

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FOR SALE

Craftsman 16HP lawn tractor, 42" cut, 6 speed, transaxle, twin cylinders, B&S engine, five years

old — like new. Asking \$1,400. Call 932-3616

Child's bicycle seat and toddler helmet by Rhode Gear, \$75 OBO. Two red upholstered armchairs, \$15 each. White solid wood 4 drawer chest, \$150. 932-3558.

VOLUNTEER

Peterborough Ecology Park Call for Volunteers! Assisting with compost sales: Tues. 1-5, Thurs. 1-5 & 6-8, Sun. 1-4 at the park located in Beavermead Park near the PUC. Ask for Sylvia Miedinger or Doug Rooksby. Volunteer Drop in Day, Wed. 10AM-5PM at the park. A variety of tasks will be available.

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.

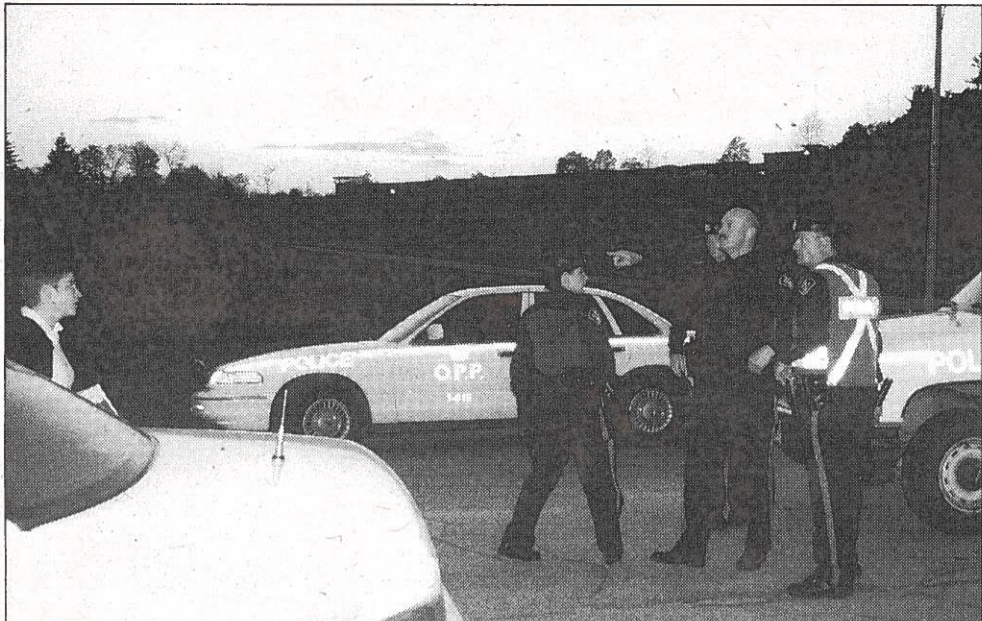
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In memory of Douglas Beall, and thanks to the community

We would like to thank all members of the community and Doug's friends who helped with rites of passage recently. Doug leaves behind his parents, Betty and John, of Lindsay, his sister and brother, Brenda and Robert and their families, his closest friends Alan Powell and Brenda Smith, his beloved children Maxwell Powell Beall and Hannah Margaret Beall, and the mother of his children, Margaret Monis.

If friends would like to make a donation in memory of Doug, contributions could be made to Princess Margaret Hospital (particularly the cancer treatment centre), or the Maxwell and Hannah Beall Educational Trust Fund, care of executor Alan Powell, 200 Brunswick Avenue, Toronto, Ontario M5S 2M5 (or at Doug's house if anyone is at home).



Gazette Editor Deborah Luchuk being politely told to get off the property.

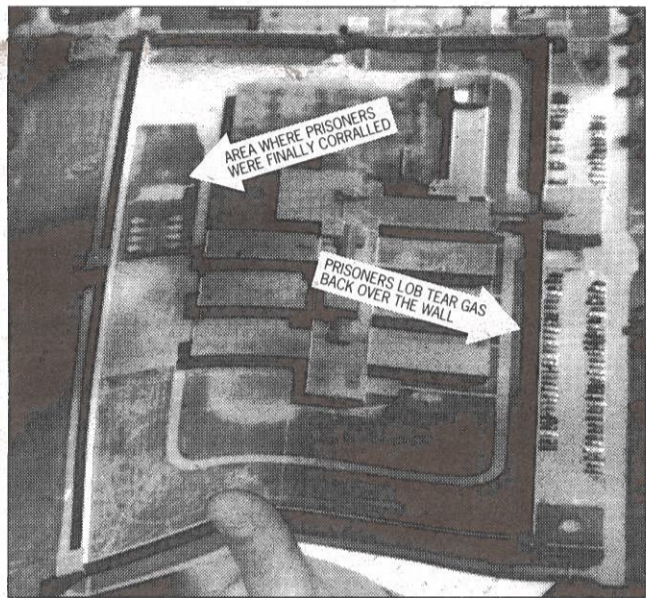
Riot

Continued from page 1
capacity of 300 beds — apparently, overcrowding wasn't one of the issues causing the violence.

By 11 p.m., some of the prisoners had returned to their cells, and those not involved in the exercise yard melee were "locked down". Negotiations resulted in the rest of the inmates returning to their cells by 4 a.m. on May 7. Ongoing attention to inmates' concerns raised at the incident, and in the days following, is continuing, as staff consider what can be done within the resources available.

"Issues with the 62 inmates who failed to obey an order to come in from the yard have been dealt with. These internal misconducts are being dealt with, with measures ranging from loss of privileges to loss of [good behaviour credits]," Virgo said.

Mr. Virgo could not comment on the recent report to Council about damage caused to the water treatment system by items flushed by inmates at the jail. At the May 4 meeting, Council heard a variety of items have been found in the septic and water treatment system that may have come from the jail. According to Water Treatment Plant Manager

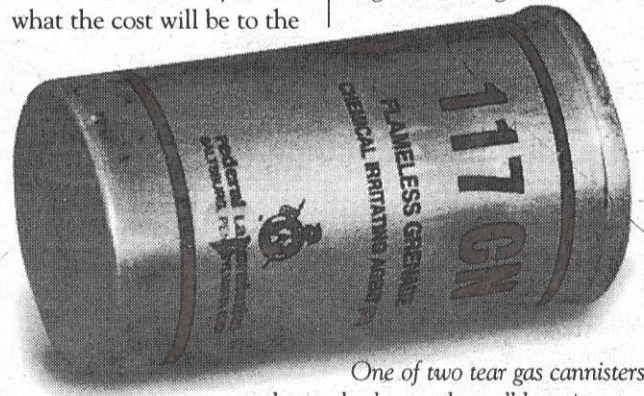


Aerial photo of the Millbrook Correctional Institute.

Marty Hutchinson, a letter has been forwarded to the jail superintendant addressing municipal concerns about toothbrushes and other personal items causing damage to the system. It is expected the municipality and correctional centre administration will discuss this matter further in the coming weeks, to prevent further damage.

It is not known yet what the cost will be to the

ratepayers of Cavan-Millbrook-North Monaghan Township. As police services have been down-loaded to the municipal tax bill, Deputy-Reeve Brian Squirrell said he wasn't sure if the extra costs of policing at the jail riot will be borne by the municipality, or the province. Damage at the jail itself is estimated in the "tens of thousands" according to Mr. Virgo.



One of two tear gas canisters thrown back over the wall by prisoners.

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Award

Continued from page 1
past president, secretary, and member of the Education Committee (reviewing young people's contributions in poetry and essays at Remembrance Day, and the annual public speaking contest).

Despite the demands of full time work for 14 years at the Peterborough Canoe Company, 24 years as an industrial officer at the Millbrook Correctional Centre, and raising four children with his wife Dorothy, Lloyd continued active volunteerism in the evenings. "I didn't have any problem finding time for it (volunteer work), as far as the Cubs and Scouts went. They were in the evenings and weekends," Lloyd said, when asked how he found the time for volunteer work.

Following his retirement eleven years ago, Lloyd heard former Community Care coordinator Sheila Gaffney speak about needing volunteers for driving seniors to appointments. Not wanting to "sit around watching TV", he signed on to help with the driving programme, and later, with Meals on Wheels. He also visits community elders who are in need of some company, and, according to Ms. Peachey, has been instrumental in organizing a Caremobile service for disabled residents.

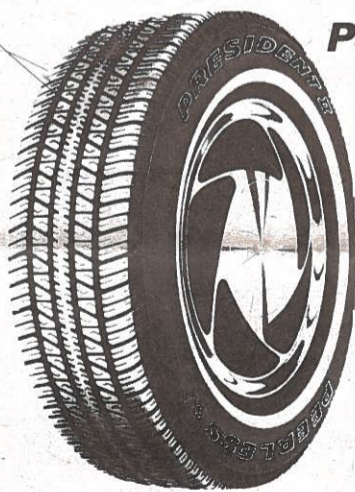
In an average week, Lloyd "visits people who are shut in, drives people a couple of times a week to Peterborough, Oshawa, Toronto, or wherever they need to go, and delivers meals on Mondays." In his spare time, he enjoys a woodworking hobby, and plans — what

else? — driving trips to various places across the country. What keeps this dynamo going? Why has volunteering been a part of his life?

"I like doing things for people, and I do like driving. I like talking to them, and I want to help them out. I'll help anyone who needs a bit of help. Volunteer work keeps me occupied, and that was the main reason why I got involved with [Community Care]. I didn't want to sit around after I retired — as long as you keep busy, you can keep yourself in better health, I think."

What would Lloyd say to those considering volunteering as a way of life? "You can find the time one way or another."

Thanks for finding the time to care and share with your community, Lloyd, and may you "keep on trucking" for years to come!



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