

# THE GREEN HILLS Gazette

Free!  
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Volume 1, Issue 7

YOUR NEWSPAPER FOR MILLBROOK, CAVAN AND NORTH MONAGHAN

## Confidential audit released

By Katherine Luchuk

What is public information, and what is confidential, in the world of municipal politics?

Former Cavan Reeve Vic Norman asked the question of Cavan-Millbrook-North Monaghan Council at the August 4 meeting, as Council received the compliance audit report of Deputy-Reeve Brian Squirrell's election expenses, and referred it to the Municipal Solicitor for his direction.

Mr. Norman wanted to know if he could circulate the auditor's report, requested by a ratepayer in April.

According to the 1997 Municipal Elections Act, only the applicant (complainant), Council, the Clerk and the candidate can have access to a compliance audit report.

"If the compliance audit is a public document paid for by the public, is it not public information?", Mr. Norman queried.

Reeve Cathcart explained "we (Council)

The findings in the auditor's report are apparent contraventions of the 1997 Municipal Election Act

have been advised by the Solicitor that it's in the best interest not to release the report, at least for the interim."

Mr. Norman asked "in whose best interest?" and Reeve Cathcart responded "this Council's."

Mr. Norman followed, "Can anyone else who is in possession of this information release it?" Reeve Cathcart indicated he could only speak for the advice given to Council to keep the report confidential.

At the end of the Council meeting, Mr. Norman provided *The Green Hills Gazette* and *The Examiner* with a copy of the comprehensive Compliance Audit Report of Deputy-Reeve Brian Squirrell car-

ried out by Wilkinson & Company chartered accountants. Somewhat apprehensive, Mr. Norman said "I hope this doesn't backfire.... I'm trying to be a private person."

The findings of the auditor's report indicate apparent contraventions of the Municipal Elections Act. Under *Books and Records*, Mr. Squirrell apparently contravened Section 69(1)(a),(b),(c) by not opening a bank account for the election campaign, he neglected to deposit contributions into the campaign account, and he paid for his expenses in

cash rather than from the campaign account.

Under *Donation Receipts* Deputy-Reeve Squirrell apparently contravened Section 70(8) which states that contributions in cash are not to exceed \$25 and Section 71(1) stating that contributions are not to exceed \$750.

The Compliance Audit Report Findings conclude with the section *Financial Statement Form 4*, that states Mr. Squirrell may be guilty of an offense under Section 92(5)(a) of the Act, in as much as he filed this statement which is required under Section 78 incorrectly....

The findings in the auditor's report are apparent contraventions of the 1997 Municipal Election Act, and will be taken under consideration by the Municipal Solicitor. Deputy-Reeve Squirrell has been advised by his solicitor not to comment on the matter. ♣

## Irish delegation gets warm reception Pg. 2



Tourism Officer Maeveen O'Rourke in the grips of historical re-enactment during visit to Lang Pioneer Village.

## Redefining our rural community

By Deborah Luchuk

In a snapshot of our community, some of our strengths would be diversity, great scenery, and our geographically accessible location. Two of our challenges would be the lack of activities and opportunity for youth and young adults, and a transient population.

Several members of the community "snapped" a comprehensive picture of the Township for the federal government July 28, to contribute to a Canada-wide Rural Economic Development Consultation.

Factors identified by the group encouraging sustainable economic development include a well-educated population, good access to technology, local medical facilities, a high ratio of creative and artistic people,

Challenges include a lack of jobs and programs for youth.

many entrepreneurial small business persons, developing tourism, and historical significance.

In order to pursue rural-relevant development for our area, community members, the business and agricultural community, and all levels of government must address some significant challenges. These include a lack of job development for young adults, and programs or activities for youth. There's a lack of access to funding or credit to start up new businesses. Our community is particularly transient, with higher than average

numbers moving in and out. Caring for the elderly in a way that respects their wishes, close to family and relatives, is another concern, as is the provision of day care for children. The increasing centralization of services, such the high schools, welfare office, and retraining programs in centres such as Peterborough means a lack of real emotional connection to the community, and a lack of interest in spending money locally. It is a challenge to encourage community members to participate in political, economic and social forums, and to shop at local businesses when so much else goes on in larger, outlying centres.

Consultation participants also identified some solutions to these problems. Grassroots participation is key to ensuring ongoing positive, relevant change in our community. More jobs need to be created. We need to find reasons for people to stay, and invest their lives in our community. Several participants suggested a consultation with seniors to determine what kind of care they would like in

the future, when they need it. Community members should work together to prove that services provided locally can be cheaper than in a centralized venue, and to communicate to the powers that be that when services are moved to Peterborough or elsewhere, community morale suffers.

Governments and non-governmental organizations  
Continued on back page

## Bell of Batoche open to the public

History books usually note only the victors, prestigious people, and men of a significant event.

The 4th Line Theatre hopes to share the stories of those who were left out of written histories of the Riel "uprising" in the production of *The Bell of Batoche*. By focusing on the stories of the ordinary people involved within the context of the historical story, directors Bruce Sinclair and Robert Winslow hope to encourage a new view of Canadian history.

Preparing for the play has been a valuable, perspective-changing experience for the Metis, Euro-Canadian and Native Canadian actors. Next month, we will bring you more of the background, and actors' perspective, on this important theatrical contribution to Canadian culture.

In the meantime, catch a glimpse of what's to come next year in the full production of *The Bell of Batoche*, at workshop productions on Sat. Aug. 15, and Sun. Aug. 16, at 1 pm. For more information or tickets, call the 4th Line Theatre at 876-7660.

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Councillor Olivia Keenan, MP Seymour Crawford, Tourism Officer Maeveen O'Rourke, and Lord Mayor Willie McKenna at the Peterborough Irish Canadian Club picnic on the Otonabee River, Sunday July 19.

# North & South Monaghan painted "green" by Irish

By Katherine Luchuk

With Guinnesses in hand and Irish music on the stereo, an enthusiastic group of Peterborough Irish Club members, municipal councillors and "hangers-on" shared a bus to Pearson Airport to meet some very important guests on July 18. The VIPs were five members of a Council and Parliament from across the pond — County Monaghan, Ireland. Despite sheer exhaustion from official twinning ceremonies and travel in the Miramichi, New Brunswick, the group was

eager to reestablish a historic bond with North and South Monaghan Townships, as well as open up the possibility of a formal twinning between the two regions.

Lord Mayor Willie McKenna, County Manager Joe Gavin, M.P. Seymour Crawford, Councillor Olivia Keenan, and Tourism Marketing Executive Maeveen O'Rourke were surprised and delighted by the large and lively airport reception.... only the beginning of a weekend of merriment and historical exchange.

Upon learning that a Monaghan exists in Ontario

earlier this year, Lord Mayor Willie McKenna of County Monaghan, Ireland proposed a twinning project with North and South Monaghan to bind historical and cultural connections, and to encourage further exchange across the miles.

En route to North Monaghan from Toronto, Lord Mayor McKenna was excited to see road signs for Cavan and Monaghan rural routes, and was quite struck by some of the similarities between the identically-named Irish and Canadian regions. Much more merriment and fun was occurring at the back of the bus, as stories, songs and experiences were shared and compared, along with the ingestion of a few more "barley sandwiches".

Willie shared some of the achievements and notable facts about Monaghan County with us while in transit. The County is known for its mushroom production, supplying fully 45%

of all mushrooms for all of Great Britain, and is noted for its furniture production, producing the bulk of furniture for the entire island. There are two large lumber mills in Monaghan city, and these could possibly make some sort of economic trade arrangement with a lumber company here to supply wood. Despite the different pronunciation of "Monaghan" (Monahan), it seems there are some strong similarities between the Canadian and Irish Monaghans — both regions are characterized by an economy based largely on agriculture and agricultural products, with a growing tourist market. Monaghan city itself has approximately 6,000 residents, a relatively small centre with a community flavour similar to the Village of Millbrook.

Eager to set up some new links with our area, the Lord Mayor is excited about the array of possibilities in twinning with the Canadian Monaghans — if a formal twinning was to be set up, similar to that with Prince Edward Island and Miramichi, cultural, social, and economic exchanges and relationships could be fostered, such as student exchanges and the sharing of technology in certain industries.... farmers from both sides of the Atlantic could compare notes on agricultural production and technology, and the joys and vagaries of farm life...

The five tired but happy wanderers were greeted by a crowd of well wishers in North Monaghan, at a reception at the Heron Landing Golf Club, and were officially welcomed by MP Peter Adams, MPP Gary Stewart, Peterborough County Warden Tom Flynn, and Reeve Neal Cathcart. As one of the organizers of the events, Councillor Gerald Downer, North Monaghan ward councillor, facilitated the greetings and speeches.

Speeches ensued, and the gracious Irish group acknowledged Canadian support for peace initiatives in the

Lord Mayor McKenna was excited to see road signs for Cavan and Monaghan rural routes.

Northern Ireland struggles, only 30 miles from their home. All members of the delegation expressed their hopes for historical, social, educational and economic benefits for both regions.

The merriment continued into the wee hours the next morning at a Peterborough pub, reminding some of the guests of the good times shared at a favourite pub in Monaghan, The Squealing Pig. There are rumours that some dancing occurred on the sidewalk outside of the establishment...

Sunday morning commenced with a breakfast hosted by Peterborough County, at Lang Pioneer Village, followed by a tour of the site. There was some excitement and a few pictures snapped when the delegation encountered some actors in costume as native people!

That afternoon, the Irish guests were included in the book launching ceremony of the much anticipated historical account of South Monaghan, *In the Garden of Eden*, at the Bailieboro elementary school.

A picnic hosted by The Peterborough Irish Canadian Club rounded out Sunday's whirlwind itinerary. With some cooler breezes from the Otonabee River, and massive amounts of wonderful food and conversation, the Irish guests had time for repose — including some Otonabee Riverdance!

The Monaghan delegation finished their time in our area in the City of Peterborough, where they were feted with a boat tour on the Otonabee River and Liftlocks, and lunch with the Mayor of Peterborough and other dignitaries.

Informal discussions have ensued between Peterborough County and Cavan-Millbrook-North Monaghan Township and Otonabee-South Monaghan Township to decide what will be done next to proceed with the formal twinning process. Councillor Gerald Downer told *The Green Hills Gazette* he thought the County would be an appropriate "twin" for Monaghan County, as the entire county, and not just North or South Monaghan, has significant historical connections with the Irish county. Cavan-Millbrook-North Monaghan, and Otonabee-South Monaghan councils will receive a presentation on the visit, and will deliberate their future role in the twinning project, and budgetary ramifications in the near future. ♣

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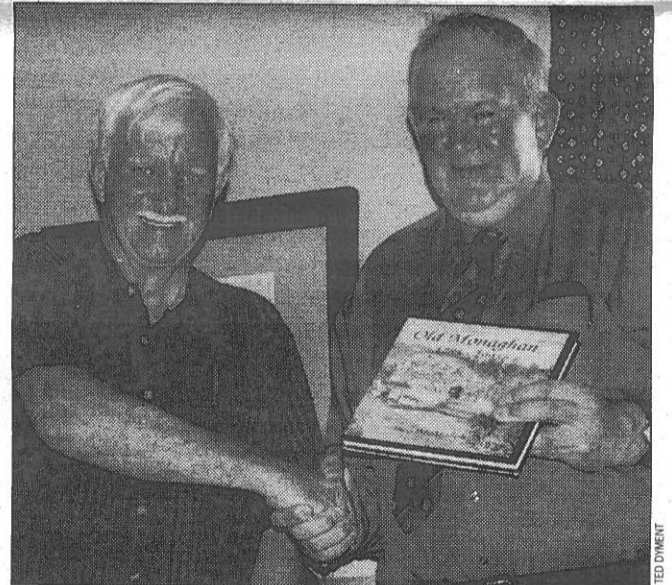
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Seymour Crawford presents Otonabee-South Monaghan Reeve Jim Wood with a history book of County Monaghan at a breakfast at Lang Pioneer Village, hosted by Peterborough County.

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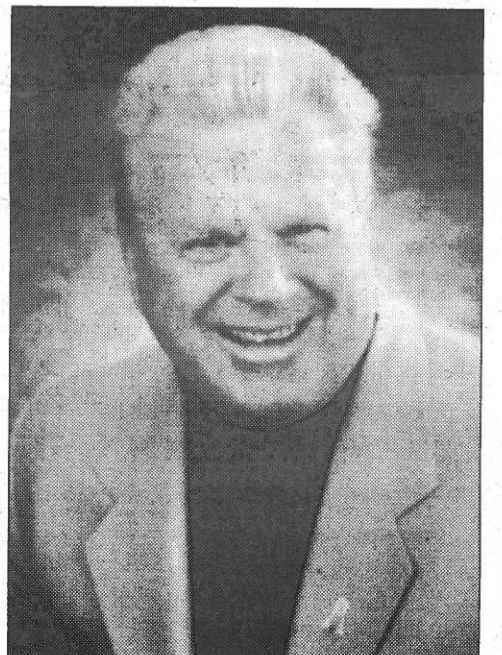
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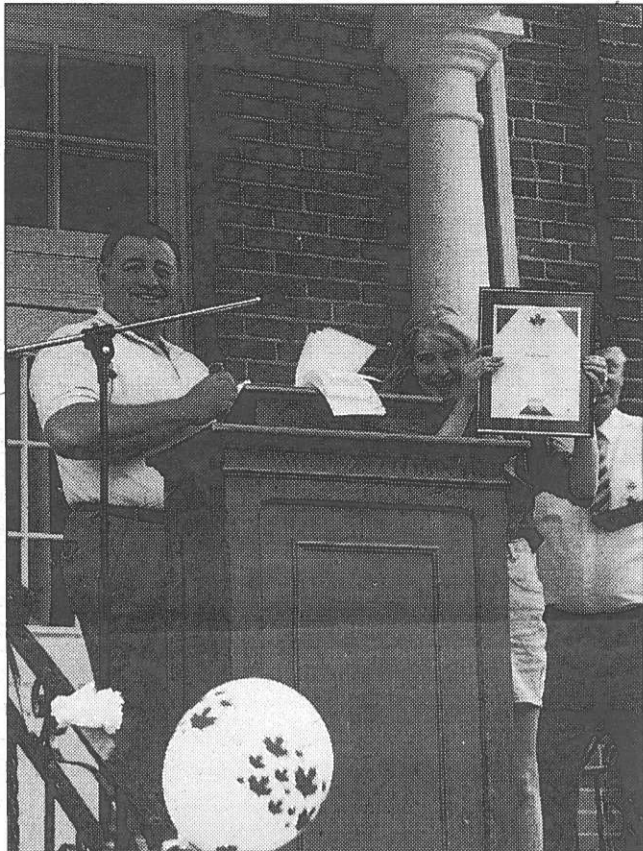
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Sarah Farrow receives the Canada Day Youth Award from Reeve Cathcart.



## Sarah Farrow

By Katherine Luchuk

Although Sarah Farrow was surprised to receive The Canada Day Youth Award, those she helps are not the least bit astonished.

Sarah can be found volunteering at the front desk in the Community Care office, running the New to You shop, carrying out general administrative duties...or in the Millbrook Library, checking books in and out...or walking her friend's dog around the village.

This tireless Millbrook volunteer was nominated for the provincially sponsored award by Recreation Coordinator Maureen McElwain, in recognition of her outstanding contribution to the life of the community.

For over three years, Sarah has offered her time

Sarah can be found volunteering at the front desk in the Community Care office, at the Millbrook Library, checking books in and out... or walking her friend's dog around the village

and explains "I enjoy volunteering in this community because there are a lot of nice people to work with."

What's the best part about volunteering? "People look up to you for support, but it really goes both ways."

Sarah recommends that other youth consider community involvement through volunteering, "there's a good chance you'll get a job, you gain valuable experience" and you may discover a particular field or a career path that you may want to pursue.

Volunteer work has provided Sarah with both valuable hands on experience

that resulted in a part-time job with Bulger Gray Insurance and a career direction. Her work at the library has sparked an interest in becoming a library assistant once she finishes high school.

What does this busy volunteer do in her precious spare time? "I hang out with friends, but I also try to spend time with myself... gardening, crafting."

Sarah will add her Canada Day Youth Award to her collection including a school Parenting award, Physical Education Award, and Hockey Awards.

Sarah would like to thank Heather and Margot for their support, and Maureen for nominating her for the award. ♣

## Friends of Library to host auction

The recently formed Friends of the Library are planning their first major fund raising event, to coincide with the Millbrook Farmers' Market Zucchini Festival on Sunday, September 6 (see Page 10.)

Items to be offered for auction are still being collected, but will consist of a number of high value items, ranging from rattan furniture to artwork, donated by local businesses and individuals. Organiser Susan Dixon says that funds raised will help purchase books and furnishings for the new Millbrook Library, tentatively slated to be relocated to the old Millbrook School.

If you have an item you think may be appropriate for this auction that you would like to donate (tax receipts available for donations), please contact Susan Dixon at 932-3344. ♣

## "Joyful Noise" continues with new director

Millbrook's "Joyful Noise" will continue to be heard by audiences far and wide, under the direction of a new choir director.

In the wake of former director Ruth Warburton's departure from the directorship of the youth choir, there was some concern that it would be hard to find someone impressive enough to take over... Fortunately, that "impressively talented someone" has been found - Nancy Gimblett, of Bailieboro will take over the baton of leadership this fall.

Nancy works for Peterborough Veterinary Service as a registered veterinary technician, and has an impressive twenty-one years' experience in vocal music and 15 years in instrumental music. Her choral experience started at the age of seven in Cobourg's Trinity United Church children's choir. She has since sung with the Cobourg Sesquicentennial Singers (1985-85), the Northumberland Philharmonic Choir (1986-89), Northumberland Girls

Choir (La Jeunesse - 1987), and the Cobourg West High School Choir (1987-89). Since moving to the Peterborough area six years ago, she has sung with the Coventry Singers (1992-93) and the Millbrook Community Choir.


She hopes to work on expansion of the Joyful Noise choir next season, not only at increasing the

number of members, but in the addition of male voices as well. Nancy says, "I have a lot of great ideas for things to come - mini-musicals, festivals, workshops and monthly sing-outs."

Now with the departure of Ann Rich as accompanist, Nancy will need someone from the community to help out in this important role. Would you have the right stuff to play for this talented group and be willing to share some of your volunteer time? Please call Nancy at 939-1954 or Ann Rich at 944-5904 if you can share your talents at the ivories with this enthusiastic group! ♣



Joyful Noise's Nancy Gimblett, and her furry companion, Elvira, take time out from work at Peterborough Veterinary Service.



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**EDITORIAL**

**Saving our history**

Cavan, Monaghan, Bailieboro. These are place names with a definite history, and connection with a culture that has been interwoven into the fabric of Canadian identity.

Our area is riddled with names of families and places associated with Ireland, particularly Counties Monaghan and Cavan, the former from which Millbrook's founder, John Deyell, originated along with many other pre-Famine families. There are many descendants of these Irish immigrants among us today, and many celebrate their historical and cultural connections.

In July, we had the privilege of "reconnecting" with our past — through hosting a delegation of five from County Monaghan, Ireland in North and South Monaghan wards. Prior to their visit, we did some research to provide Lord Mayor Willie McKenna and his entourage with historical background (little did we know that the local paper, *The Northern Standard*, would publish our informal rendering of history!!). While the basic and interesting facts were readily accessible through the history of Cavan Township *This Green and Pleasant Land*, and through a prior history of Millbrook written in the 1930's, more details about families, where they came from, and why, were not as easily found.

Talking to Jean Murray Cole, the author of the recently published history of South Monaghan, *The Garden of Eden*, we learned she had to sometimes go to several sources to put together details of various stories and families. Archival materials, generally, have been preserved in many places around our area, most under the auspices of historical societies, some at municipal offices, and still more at the Trent University Archives or the Peterborough Centennial Museum. In the case of the Millbrook Historical Society, many important records, photos, and other delicate materials reside in a variety of locations, the last time I checked.

Back in March, Ken Greenberg of the Millbrook Historical Society suggested that the Historical Society use the current Library space on King Street for an archives, to house these important links to our past. The space, donated by Dr. Turner under the condition that it always be used for a library, could still, theoretically, be considered part of the Library, as many archives are housed in library collections across the country. Another suggestion is to house the historical records within the Library's proposed new space at the Old Millbrook School, as perhaps, a special collection.

Collecting up all the documents, photos, and other mementoes of our area's history in one place seems to this historian an idea whose time has come — and will certainly make it easier for long-time and new residents to learn more about our collective heritage through research. If we don't act soon, many of these items may decompose with age — and then evidence of our past will be gone forever.

Spending time with our Irish friends reminded us of the importance of roots and wings - in order for our community to move forward and evolve, we must know our history and appreciate our own unique culture. Let's see if there's some way we can accommodate the hard work of the Historical Society within the library structure, and preserve our past for future generations. (P.S. see the Classifieds to find out where to get your copy of *The Garden of Eden* — a must-read!) ♣



**GUEST EDITORIAL**

**Educating for "real life"?**

By Georgia Fisher

Education. Ugh. Generally brings to mind spending years of your life in an uncomfortable desk, listening to some teacher babble on about something you couldn't care less about so that you can grow up, get into a good college or university, and eventually, move on to a well paying job. I mean, how often in real life do you find yourself needing to divide fractions, remember who wrote a short story in your English book?

Of course, some people have lives where they do need to know this stuff, and some people might be interested in it. Others might have things they'd prefer to learn about, rather than depending on a teacher to direct themselves and 30 other kids.

That's how I felt, but it wasn't like I could do anything about it. Then one day I had what I thought was a fabulous idea inspired by this great book, "The Teenage Liberation Handbook", written by Grace Llewelyn. All I had to do was quit school and learn about whatever I wanted. I could build an igloo for math, history and

phys. ed., ride an ostrich through France for geography, guidance and French... You get the picture!

THAT didn't work. Who would have thought it was illegal? We came up with a less drastic plan, that wasn't quite as good as quitting school altogether, but far better than typical classes. Independent study!

Basically I'd have one subject (language) to study on my own. I could take the bus into Peterborough to work, go on the Internet, arrange to talk to people who knew about my topic of interest, and only have to meet with a teacher once a week.

For the first project, I had fairly specific guidelines from my teacher, but I managed to take an interesting topic and had a lot of fun with it. I did my project on careers in theatre, and got to interview different actors, which I really enjoyed. For my next project, I was completely on my own, except for occasional meetings with the principal. It was a history project on first nations people, for which I used books and the Internet to study different aspects of native culture before and after the European settlers. My final assignment was a science project on earthquakes.

I am very happy with this school arrangement, although it does have problems. I found that anyone doing anything different was incredibly difficult for kids my age to understand, and all of my friends immediately turned against me. People

seem to instinctively reject anyone slightly different from themselves.

I have no problem with learning. I just don't agree with the system, and when you think about it, learning and school are two totally different things. I will admit that some subjects are taught well in school, and probably wouldn't work independently — like French and math.

What I'd like to see is more youth involved in independent study, instead of learning what they are told to learn and hating it. For some reason, we're brainwashed to believe that it's impossible to change the system so no matter how much you hate school, put up with it. I think that if you truly can't stand it, do something. ♣

**Letter to Editor**

Dear Ms. Editor,

I was rather taken aback by Rev. John Sloan's answer to the question, "Does God have a sex?" He says "the God we meet in the Bible was neither male nor female."

I would disagree with the Reverend. First of all, when you pick up the paper and someone is continuously referred as he, him or Father, anyone with any understanding of the English language knows that you are talking of the male gender. Also, in reading the Bible from Genesis to Revelations, God the Father is referred to as a person, just as Jesus Christ is referred to as God and man. The Holy Spirit on the other hand, is referred to always as a spirit and in the male gender, and therefore a person as well.

I know that the good Reverend was being careful not to upset the feminists in his church, but to refer to God the Father as female is blasphemy. It goes against the entire teaching of the Scriptures. Jesus always referred to God as His Father and never his mother. The only person he ever referred to as mother was Mary, the wife of Joseph the carpenter. Jesus himself, being conceived of the Holy Spirit and born of Mary while she was still a virgin.

You can be sure he knew the difference since he knew them both in his relationship as God and as man.

Sincerely yours,  
Len Colp

**NEXT DEADLINE**

The deadline for all columns, community calendar notices and editorial copy, as well as booking for display advertising for the September 10 issue of *The Green Hills Gazette* is August 24. 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!

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HEALTH & WELL BEING

## Exercise, relaxation exercises help insomnia

**Q** I am tossing and turning all night long lately, and find myself wide awake at two in the morning, or several times during the night. Normally, I sleep quite soundly! What's going on, and how can I finally get some sleep?

### Ask a chiropractor/naturopathic doctor

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

**A** Insomnia is a very common complaint, affecting up to 30% of the population. It can be defined as 1) difficulty falling asleep or 2) frequent or early waking. Insomnia may be temporary, occasional or chronic.

The following measures may relieve the problem. Establish a routine of regular bedtime and waking time. Institute a regular exercise programme at least 20 minutes a day. It is important that you exercise at least 3 hours before bedtime. Relaxation tapes or exercises such as Tai Chi may help. Avoid smoking.

Some dietary changes may help ensure a more restful night's sleep. A carbohydrate snack such as crackers, a slice of bread or warm milk with a bit of honey will increase serotonin levels - hormone which reduces anxiety and promotes sleep.

If you suffer from restless leg syndrome, some authorities recommend high doses of folic acid, 35-60 mg. per day to calm this condition.

You may want to precede sleep with a 15 to 20 minute hot Epsom salts bath. One or two cups of Epsom salts (magnesium sulfate) in a hot bath acts as a muscle relaxant. (Epsom salts can be purchased quite cheaply in bulk at the bulk food store.)

### Ask a herbalist.

**Susan McDonald, B.A., Herbalist, Herbal and Traditional Healing, Port Hope.**

**A** So, you wake up in the middle of the night, and you can't get back to sleep? You're not alone. In these high stress, high performance, anxiety-ridden times, many of us have missed a few nights' sleep. But what if this situation goes on and on, night after night? Well, there could be a number of reasons and remedies.

For women, a common cause of insomnia is hormonal imbalance, especially as we get closer to the pre-menopausal stage of our lives. You might want to talk to your health care advisor and try herbal blends containing blue or black cohosh, chasteberry, dong quai, and motherwort. You will have to take these herbs on a regular basis over an extended period of time, but they do help to balance hormones and alleviate many pre-menopausal symptoms.

Sleeplessness can also be a sign of mineral depletion. One way to find out would be to take a good chelated or colloidal mineral supplement before bed that contains a good dose of calcium, magnesium and potassium as well as trace minerals. You may find that a few nights supplementation eases your insomnia.

Another option would be a good kidney cleanse,

*For women, a common cause of insomnia is hormonal imbalance.*

including herbs like dandelion root, cleavers, uva ursi, marshmallow root, juniper berries or parsley leaves. If you are the type who wakes up thinking of all the "should haves or could haves", then you should try a couple of drops of the Bach Flower Remedy, White Chestnut every fifteen to twenty minutes until the thoughts pass and you can return to a restful sleep.

Try using a drop of lavender essential oil (just one drop) on your pillow or on a tissue under your pillow, and make a blend of the following herbs into a capsule or tea and take it about 1/2 hour before bed: valerian root 1 part, chamomile herb 3 parts, scullcap herb 2 parts, black cohosh root 1 part, peppermint herb 1 part.

If you find that you are still waking up in the middle of the night, you can try some of the homeopathic blends for insomnia, such as Hyland's Calms. They will help you to relax and get back to sleep, without making you drowsy in the morning.

Lastly, if all else fails - get out of bed. Don't lie there fussing and fuming about your lack of sleep. Eventually, your body will force you to get the sleep you need.

### Ask a naturopathic doctor

**Dr. Martin Kura D.C., N.D., Cavan Ward**

**A** Insomnia, the chronic inability to sleep soundly, has numerous causes. Generally it is due to chronic over-excitation of the nervous system, due to excessive stimulation of the senses, or over-activity of the mind and

nervous system. This causes an inability of the nervous system to quiet down, and to go through the various levels of beta, theta and delta brain wave cycles, as well as achieving adequate REM (rapid eye movement) sleep.

If these deeper levels of sleep, especially delta sleep, do not occur, the repair functions of the body are not adequately exercised. Consequently, waste material is not fully cleared from the body, and fibromyalgia and chronic fatigue type syndromes can evolve over the years, with their own symptom complexes and adverse effects on sleep. Causes for over-stimulation should be addressed, e.g. daily stressors or unresolved personal fears or conflicts that are being triggered in daily life.

Coffee and cigarettes have stimulating effects on the nervous system, so avoid them or stop! Noisy environments can be lessened by custom ear plugs that are made for your ears only - some optical and most hearing aid stores fit these.

Calcium and magnesium can help muscles relax, as well as a hot soak before bed. Herbs like skullcap, valerian and hops have quieting effects on the nervous system, and there are also many others of varying strength. Chamomile, fennel, basil and other cooking herbs can help relax the digestive system, which often becomes disquieted by stress. Melatonin, a pineal gland extract, is very useful for achieving the deeper levels of sleep - however, it is currently not sold in Canada but is readily available in the United States. ♣

*The advice contained in this column does not replace the advice of your health care professional, who knows you and your specific situation best. Always consult the health care professional of your choice.*

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COSMIC COMICS

## Leos ooze with charm

By Crystal Eyes

Leos Ooze With Charm

One day, my girlfriend took me to see an emaciated, wrinkled up, big-lipped, fifty year old man. I found him very attractive, which might be hard to imagine unless I also told you that this fellow was a Leo (July 23-Aug 23). All Leos are attractive and many are downright sexy.

In case you are curious, my friend took me to see "The Rolling Stones Live at the IMAX" and the Leo I'm referring to is none other than Mick Jagger. It was at that show that I realized that the Leo charm has less to do with physical appearance than it does energy.

Leos have a way of turning on the magnetism as easily as a the rest of us would flick on a light switch, and it's just about as noticeable. In the IMAX show, Jagger comes on stage

looking haggard and rather plain, but as the first song heats up, so does he. It is a matter of moments before he is in full form and all eyes are riveted to the screen or more accurately, to him.

This ability to command adoring attention is something that all Leos are born with. As babies, everyone wants to hold them. As toddlers they are the sunny creatures that inspire strangers to play unsolicited peek-a-boo in the grocery line. By the time they have reached adulthood, most Leos have this talent very well developed.

This is not to imply that Leos use this ability deceptively, because they are as innocent as a July day is long. In fact, half of their charm is that their magnetism oozes so naturally from them. But this is not to say that Leos are unaware of the effect they have on others. They know that they are warm and exuberant and they know it makes others feel good, but this is not why they turn it on.

They turn it on because it makes them feel good to be that way. It's not a show for others as much as a celebration of self. Happy Birthday Leo. ♣

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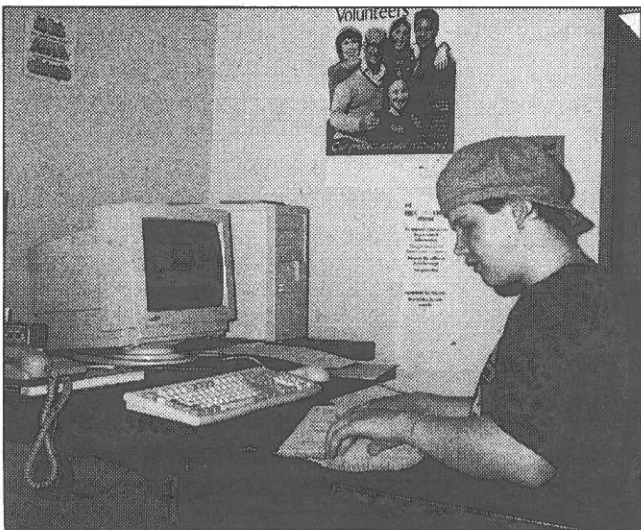
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MADCAP's Jim Cheney is working on a community data base.

## MADCAP opens!

by Deborah Luchuk

Intimidated by technology? Afraid you'll break a computer if you press the wrong button? Wonder what "the Net" is all about?

Now's the time to let go of your technological inhibitions and accept the challenge of computers with the Millbrook and District Community Access Programme!

MADCAP recently opened its doors on King Street in Millbrook and at the Mount Pleasant Library to assist the computer-illiterate, the "techie" and everyone in between. Fear not! says site manager Phillip Chee. The staff and volunteers at both sites will facilitate a positive experience by offering instruction, assistance and resource ideas to help anyone with computer and Internet use.

"We hope to make people more computer literate. A lot of people are afraid of technology, but those are very real fears people have, especially those who haven't had any experience with a computer," Phillip said.

Funded by a federal government grant, the programme offers the entire community access to in-house computers, and the Internet, as well as a colour printer. Job hunters can use Human Resources Development's Job Bank, set up on one of the com-

puters. In short, the programme has been funded to help rural communities take advantage of the latest technology - a tool for economic development.

According to Phillip, getting people on board with the Internet is not the only program being offered by MADCAP. One of the student employees, Jim Cheney, is setting up a data base of business, non-profit, and government contacts in our area, with a grant from Heritage Canada. The data base will be connected to a web site to be set up for the Township. Access to information about our area will help encourage tourism, economic development and investment, according to Phillip - in other words, through the Web, the community is "put on the map".

Anyone interested in MADCAP can sign up for time on the computers and relevant training for a mere \$15 per person for the year. There are seniors', youth and family rates also available. Up to two and a half hours can be reserved per day. "If no one is using the computers, and if you're an early bird, you can get longer access to the computers," Phillip said.

However, once more people sign up for the programme, access will probably be limited to the maximum and bookings will be essential.

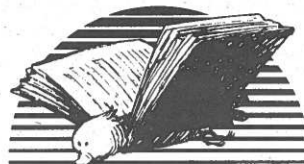
For those new to the Internet, "we offer an introduction to the Internet, and a tour of [it], to show a variety of information and multimedia of interest. We can show you how to use e-mail, and set up an Internet account." Beyond the Internet, MADCAP members can use a word processing programme to type up a resume, or scan pictures using the in-house scanner, or receive basic training and an introduction to computers.

"We will offer workshops in the future, for example, a workshop on web page design, how to use a word processor, and how to do Internet research. These will be designed for beginners, intermediate and advanced levels. We may also offer occasional workshops on how to upgrade your computer and software," Phillip said.

Local businesses can also take advantage of the staff and volunteers' expertise, through training programs for employees. "We will help set up web sites, for people looking to be entrepreneurs, and show them how to set up small businesses [using the latest technology]."

Will the Internet, or computers ever replace other media...like newspapers? "The Internet is a wonderful tool, with an instantaneous serving up of information. I think it will be something that people will use in connection with other media."

MADCAP is located at 18 King Street East in Millbrook, and at Mount Pleasant Library. To use computers, or take advantage of Phil, Jim and Jody Jessup's Internet and computer instruction, hours of operation in Millbrook are Monday to Thursday: 12 noon - 8 pm, and Friday and Saturday: 10 am to 5 pm; Mount Pleasant's hours are Tuesdays, Thursdays 1 - 9 pm, and Saturdays, 10 am to 3 pm. ♣



RANDOM SAMPLING

## Exploring lives beyond the pale

By Margaret Monis

No man's land. It is a powerful expression that has a myriad of associations; with psychological periods both barren and treacherous, with times of spiritual questing and deprivation, as well as with the boot-sucking quagmire which lay between enemy trenches in WW1, the actual place for which the phrase was coined. In Anne-Marie MacDonald's novel *Fall on your Knees*, no man's land in both its figurative and literal forms makes up the central, driving cog around which the main characters' lives revolve.

MacDonald's book follows the life and times of the Pipers, a not so run-of-the-mill family eking out an existence in the always meager Cape Breton economy. James, the family patriarch, begins the book as a lowly piano tuner who before long takes his first giant step onto shaky ground when he elopes with 13 year old Materia Mahmoud, a 1st generation Lebanese descent. And from their initial move

into that gray area where races mix or don't as the case may be, James and Materia Piper live between two worlds, neither able to breach the invisible yet impenetrable barbed wire which rose up behind them when first they leapt.

James blossoms in his self-imposed exile, and MacDonald beautifully mirrors his marginal daily existence when she ships him out to the bloody battlefields of WW1 France. Once overseas, James distinguishes himself by showing an uncanny ability to pull wounded comrades out of no man's land, demonstrating a complete disregard for his own safety in the process. This then is a man who is entirely comfortable in disputed territory, unconcerned with his personal well being as he walks where others fear to tread. Materia, on the other hand, lives fearfully, sure that the path she has chosen is unnatural and dangerous and can therefore lead to no good. So while James survives and even thrives in the tenuous space he has chosen to inhabit, Materia withers and dies; their respective attitudes and perspectives proving prophetic in the end.

The next generation of Pipers have equally liminal lives as those of their parents. Kathleen, the eldest, lives a proud yet insular existence, eventually losing her young life when she breaches the fortress she herself has erected only to fall into a deadly sexu-

al pit on the other side. Mercedes is next eldest, and lives in a spiritual wasteland. She is the most righteous of all the Pipers, yet her life is sterile and unfulfilled. And then there is Lily, the youngest, who lives in the shadow of her older sisters yet somehow proves the most compassionate and centred of the lot. My favourite character however is Frances, the third daughter. A willful, wild child, Frances grows into a similarly unruly and unconventional young woman, leading perhaps the most marginal existence of them all.

Using no man's land as the central device in a novel could easily prove unwieldy or hackneyed in the hands of a lesser writer, but Anne-Marie MacDonald is a very good novelist indeed. Her exploration of lives beyond the pale and between the trenches makes for excellent reading on many levels. This is not the sort of book you take for light reading at the cottage, but if you are looking for a well-constructed, engaging and entertaining novel, I would highly recommend you get your hands on *Fall on your Knees*. ♣

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**Early Santa sighting**  
Santa came early, showing up unexpectedly at the Millbrook Farmers' Market during July. More events are planned throughout the summer.



COMMON GROUND

## Notes from the midsummer garden

By Jill Williams

When I started writing this column, I said I would talk about both my successes and failures in the garden. Now that we've reached midsummer, I can report some of each.

First, the bad news. A few years ago, I made the mistake of planting a shrubby little evergreen herb called Germander in my herb garden. It was supposed to be a miniature hedge in the same way boxwood is used in English gardens. It did make an attractive, glossy green divider between sections of the garden as promised. But I ended up having to attack the sides of it with a shovel to prevent it from taking over the entire garden. So I would not count it as a success, and I think I will dig it all out at some point. Not a job I'm looking forward to!

Another failure, or maybe oversight, is the crowded-out cosmos. I have a long border of self-seed cosmos that divides my herb garden from the vegetables on the other side. It is normally huge and full at this time of the year, but this year, it's full of gaps. I made the mistake of allowing Shirley poppies to worm their way in there, and am now regretting it. Shirley poppies are those beautiful crepe paper looking ones which look great in June and July, but are nothing but brown stems and seed pods by August. So, next year, I will weed

out the poppies and let the cosmos do their thing unaccompanied.

Now for the good news. This has been a great gardening year so far, with lots of rain and sunny weather. Perennials are huge and lush this year, and I haven't had to do much watering.

If I had to pick a favourite perennial this year, it would have to be the oriental lily. I planted several of them last fall, and they're just beginning to bloom now. Oriental lilies are beautiful, fragrant and very easy to grow. They come in varying shades of pink, white and

*If I had to pick a favourite perennial this year, it would have to be the oriental lily.*

red. Just plant the bulbs and leave them undisturbed, and you will have a great display in your midsummer garden. I bought a mixture of different coloured oriental lilies form Gardenimport in Thornhill. At three for \$9.95, the cost is reasonable and I'm definitely planning on planting a few more this fall.

Other perennial successes this year are the delicate purple thalictrum and the platycodon or balloon flower. These two only seem to do well in years like this one, with lots of rain. Rudbeckia or large brown-eyed susan is also particularly good this year. It comes in many shades of yellow and bronze, and seeds itself freely but not invasively. The rudbeckias play host to beautiful little electric yellow spiders, which sit on the petals. When I cut brown-eyed susans to take in the house, I always do a spider check first.

One more perennial success. Not everyone will agree with this one, since it is large and vulgar and invasive. I'm referring to those huge orange tiger lilies, which were in bloom recently. They are too invasive for a regular flower bed, but they will grow happily out in a field with no care at all. Tiger lilies, along with lupins, liatris, rose campion and perennial sunflower, are great in the wild garden.

In the herb garden, this is the time when perennial herbs are at their best. Lavender, hyssop and winter savory are all small shrubs which bloom in midsummer. Hyssop has beautiful spikes of blue

flowers and fragrant foliage, and winter savory is a little more compact than hyssop, with white flowers.

Also in the herb garden, purple and white coneflowers are blooming now. They make a nice show along with hollyhocks, brown-eyed susans and garlic chives. Garlic chives have beautiful white flowers on stiff, wiry stems. They're a good, long-lasting cut flower, and something a little different.

Last notes: instant gratification is not usually possible in the garden, especially where bulb planting is concerned. Effort is usually rewarded many months later. An exception to this rule is autumn crocus or colchicum. The flowers of the autumn crocus are similar to the spring blooming crocus, maybe a bit larger. Plant in late summer and you will have flowers in early fall. Gardenimport has a good selection of autumn crocuses, as do some garden centres.

Next month, I'll talk about late flowering perennials and the best of the bulbs.

Gardenimport is at P.O. Box 760, Thornhill, Ontario L3T 4A5, 1-800-339-8314, www.gardenimport.com. The catalogue is \$5. ♣



PAWS FOR A MOMENT

## Injections for flea control in cats

By Dr. Richard Maser, D.V.M.

Every year, the onset of summer also heralds the beginning of flea season. Over the past few years, several technological advances have resulted in the availability of new "weapons" in our flea control arsenal. The advent of once per month oral medication for flea control for dogs and cats has greatly improved the ease of treatment for owners. No more flea powders, flea sprays, or flea baths.

Now the company that manufactures "Program", the once per month oral flea suspension for cats, has taken the whole process to another level for ease of administration for cat owners. "Program" is now available for veterinarians to use as an injection, which gives

six months of flea control. In other words, one visit to the friendly doctor's office and Sylvester the cat is protected from flea infestations for six months.

The cost is very comparable to the package of oral medication, which is also a six month supply. It can be given to breeding males and females, pregnant females, and kittens. The active ingredient is a drug called "Lufenuron", which prevents flea eggs from hatching. The adult fleas suck a blood meal from the cat, and are effectively sterilized. Female fleas must have a blood meal before they are able to lay eggs.

In this way, the flea life present on the cat or in the house means another method of flea control should be used to kill the adults. (Alternatively, if there are only a few fleas, the adult form only lives for two to three weeks. You could just wait them out.) It is also important that all dogs and cats in the household are treated, or suboptimal control may result from reinfestation by untreated pets.

Flea control just got a lot easier! ♣

Dr. Richard Maser is a veterinarian with Cavan Hills Veterinarian Service, just west of Cavan.

# NOTICE

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A PUBLIC MEETING HAS BEEN SCHEDULED FOR TUESDAY, AUGUST 18, 1998 AT 7:00 P.M. TO BE HELD IN THE COUNCIL CHAMBERS TO DISCUSS OR ANSWER QUESTIONS REGARDING THE EXPANSION OF THE TRANSFER STATION UNDER THE NEW CERTIFICATE OF APPROVAL.



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CREATIVE PARENTING

## Descriptive praise

By Trish Boyd-Reininger

Often when we praise our children, we place value on them as people rather than on the deeds they have accomplished.

Let me give you an example: When your children do something "good", the typical and most natural response is "Good boy!" or "Good girl!". These responses seem like positive reinforcement, but bear with me while I elaborate. If children are "good boys and girls" when they clean their room, for instance, then are they "bad boys and girls" when they do not? When a parent praises a child in this way, it is easy to take that positive reinforcement away. Rather than praising your children, try praising the deeds that they do. When your children clean their rooms, really look around at what they have done. Comment on the accomplishments or work that has been achieved. For example, "Wow, I see all the toys off the floor, clothes folded neatly and beds made."

What if there are still things to be done? You can follow up with "Now all that's left are the puzzle pieces and the vacuuming." If the work done so far has taken a while and your children have had enough, how

about "Well, what a lot of work you've done! The puzzle pieces and the vacuuming can wait until after a snack," or "What a lot of work you've done, all that's left are the puzzle pieces and the vacuuming! Would you like to do that now or after a snack?"

*These moments, when your child's best has been affirmed, become lifelong touchstones, to which a child can return in times of doubt or discouragement.*

Praising the deed, and/or offering a choice work really well with children of all ages. The amazing thing about not praising your children is that they begin to praise themselves. When describing my children's artwork, I say things like "Oh, I like the blue at the top of the page, and the green at the bottom," or "I really like the way the buttons on his coat are so round and yellow." Praising descriptively allows children to tell you about their work: "Well, the blue is the sky and the green is the grass. This guy is Uncle Joe, he wears that coat with the yellow buttons at the cottage." I'll then comment further by saying something like, "How did you ever think of painting that picture?" The reply is something like "Because I'm an artist!"

When you describe the accomplishments after a hard day of cleaning their

rooms, try summing up with a word: "I see a lot of hard work has been done today, all the puzzle pieces have been picked up and the vacuums have been run.... that's what I call organization! or perseverance! or being responsible! What these words do is bring closure to your descriptive praises and increase your children's vocabulary. It is easy to take away "good girl" and "good boy" by saying "bad girl" and "bad boy", but no one can take away the feeling children have when they've been "organized", "persevered", or "been responsible" enough to complete their chores.

These moments, when your child's best has been affirmed, become lifelong touchstones, to which a child can return in times of doubt or discouragement. In the past, he did something he was proud of. She has it within herself to do it again!

### Praise & Self-Esteem

1. Describe what you see: "I see a clean floor, a smooth bed, and books lined up neatly on the shelf."

2. Describe what you feel: "It's a pleasure to walk into this room."

3. Sum up the child's praiseworthy behaviour with a word: "That's what I call organization!"

(From Adele Faber and Elaine Mazlish, *How to Talk So Kids Will Listen and Listen So Kids Will Talk*. ♣)

*"...think always that, having the child at your breast, and having it in your arms, you have God's blessing there."*

— Elizabeth Clinton

## BUSINESS PROFILE

### Doo Doo's - What's in a name??

By Katherine Luchuk

Craving a quality caffeine hit? Needing a sugar rush? or just want someone else to cook?

You need not go far to find the coffee product of your cravings, or some great treats and tantalizing food. Experience a "touch of the city in the country" at Doo Doo's on Highway 28, in Bailieboro, offering specialty coffees, homemade baked goods, Internet access, and unique gift items crafted by local artisans.

Proprietor Diane Rogers compares her business to the trading post concept: a one-stop shop where you can surf the Net while sipping a fine cuppa java, or tantalize your taste buds with a hearty soup and sandwich special, or discover the perfect gift for that certain person who is impossible to buy for!

Doo Doo's features daily specials, and customers have the opportunity to sample various dishes such as cabbage rolls or lasagna in the cozy atmosphere of the restaurant. The particularly time-stressed can take a family-sized meal to go for those lazy nights when you want a "just like mom made" dinner, or want something quick to take to a party or the cottage.



Doo Doo's owner Diane Rogers prepares a terrific java jolt, house specialty cappuccino, a perfect match for a donut.

*Doo Doo's has perfected the art of cappuccino preparation the old fashioned way.*

With a baker on the premises, Doo Doo's features homemade donuts, muffins, tea biscuits, bagels, whole pies and various breads. Unlike the sweet imitation cappuccinos served at other establishments, Doo Doo's has perfected the art of cappuccino preparation the old fashioned way, much appreciated by local coffee connoisseurs (ie. the local caffeine-addicted press, perhaps?).

Doo Doo's is a perfect stop for Port Hope and Cobourg bound commuters for that vital morning caffeine and sugar hit or for those on the way home from work to pick up a ready-made dinner. Weary travellers destined for cottage country find it a pleasant respite from the traffic, and locals enjoy it as a friendly meeting place.

Although a Calgary native up until last summer,

Diane frequently visited her father who resided on Rice Lake over the past several years. Eight years ago, her father passed away and, as she couldn't bear to sell his property, decided to move into the house with her husband and two boys. Tragically, her husband was killed last spring, but she continued the cafe as they had planned, putting her determined spirit into making their dream a reality. The Grand Opening on July 5 was only a little behind schedule.

Some of you are, no doubt, wondering: why the name Doo Doo's? I too, wondered, and asked Diane to enlighten me on the choice of the unusual name. "It's a nickname my Dad gave me, and my nieces and nephews continue to use it.... it catches commuters' attention driving by at 100 kilometres an hour!" That it does!

Advice for entrepreneurs? Diane says "stick to your vision.... we made decisions in the beginning and didn't let anyone sway us, especially with the name!" ♣

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SPORTS

# Mountain bikers in peak form



Barry Larock

When you're good, people tend to notice. Cavan Ward's own Kevin Calhoun and racing partner, Matt Mellor, are just that in the world of mountain bike racing, inking a deal earlier this summer with Kona Mountain Bikes.

The pair have received competitive bikes from the company as well as uniforms and parts to race on the Ontario circuit.

"It was quite an accomplishment and were certainly thankful but there's also a lot of pressure involved with sponsorships," notes Mellor, 21.

"Our names are being noticed at events this season, but we have to continue to do well for Kona in order for us to promote their equipment. They expect us to place in respectable positions."

Mellor describes the work leading up to the sponsorship opportunity as one would describe applying for a job.

"Because the demand for sponsors is so strong, you have to put together a resume of your accomplishments," he notes.

"After that is complete, you make a lot of phone calls, write letters and talk to people you meet at the races. It also helps when you place well at each event."

*Today, the tandem travel across the province, racing in 30 or more races each summer.*

Mellor began his racing days with Calhoun approximately three years ago. Today, the tandem travel across the province, racing in 30 or more races each summer. Next on the agenda for the racers is the provincial championships set for August 17 and 18 in London, Ontario.

As far as recent accomplishments are concerned, Mellor, Calhoun, 19; Jamie Sculthorpe, 18;

Mark Hodgkins, 18 and Thomas Skinner, 18 teamed up to capture a 24-hour endurance race in the Ganaraska Forest July 4 and 5, defeating 14 other teams in their division. Calhoun has also placed second overall in an individual race recently at Mount Tremblant in Quebec.

Calhoun said the thrill of the team event was exciting, but he would rather concentrate on the individual racing aspect of the sport.

"I like individuals (racing) better because it's very unique and I'm racing against myself and always pushing myself to go faster," explains Calhoun, who has also played hockey in the winter for the Crestwood Mustangs.

"My ultimate goal is to race on the World Circuit, but first I have to place extremely well at the provincials, and then become top ranked nationally."

Mellor is also expecting bigger things following this season.

"Both of us want to make it to the pro elite class where we can win cash prizes," he says.

"We have a pretty good shot at it too, with Kevin accumulating some 200 points this season, and myself around 150. And there's still quite a bit of racing to go." ♣



OUTDOORS WITH GEORGE

## No lure like an old lure

By George Luchuk

Is it possible that fish remember past events, and possibly genetically extend this knowledge into future generations?

Most fishermen would probably respond, "I don't know and who really cares?" Maybe it's just me, sitting out in a boat too long with too much time to think. At any rate, consider this experience I had two weeks ago, while I was fishing on Head Lake, just west of Norland.

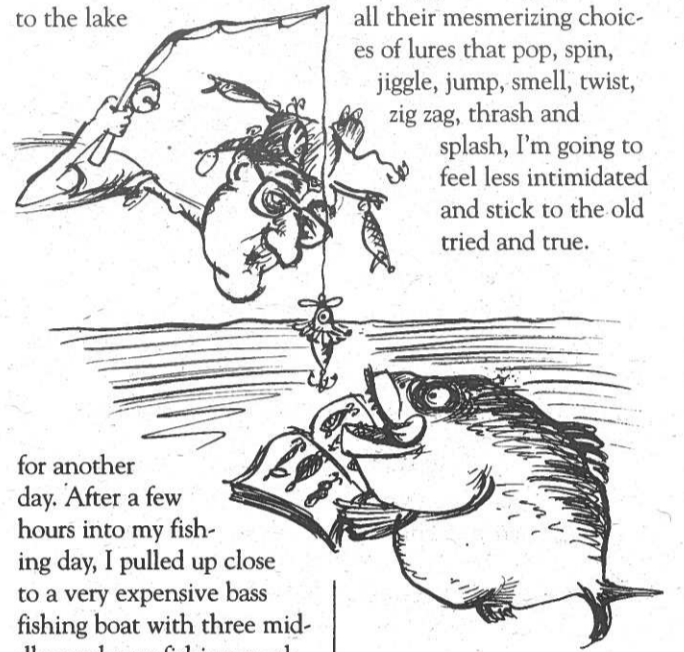
I had earlier enquired of an acquaintance as to where one could find a good bass lake in fairly close proximity to Millbrook. When Head Lake was suggested, I checked it out on a map and noted it seemed relatively small and possibly, heavily fished. But I thought, let's give it a try... After rigging up my canoe and attaching my electric motor, and positioning the fish finder, I was off into, for me, unknown waters.

My favourite lure for bass is a fluorescent red #3 Mepps. I cast it out, and started trolling around a small island. Twenty minutes later, after a few foulings in weeds, I hooked into what I initially thought could be a world record bass, until it literally exploded out of the water almost too close to my canoe - a large MUSKIE! No sooner had I thought that if I brought this fish into my canoe one of us will have to get out! - this

*My theory, then, is that not only do fish remember events, but they also, like humans, forget.*

huge fish broke my line and solved my short lived panic.

The rest of my fishing day became intriguing, as I later found out I seemed to be the only one catching fish. I did keep a beautiful 4 1/2 pound smallmouth bass, and returned the rest back to the lake



for another day. After a few hours into my fishing day, I pulled up close to a very expensive bass fishing boat with three middle-aged guys fishing much as I was. We started comparing experiences with each other, and finally, one of the three enquired as to what kind of lure I was using, to account for my tremendous success.

However, when I told them it was a Mepps spinner, I could tell by their facial expressions that they thought I was not telling them the truth. They were

using all the latest Bob Izumi type bass busters with negative results. Is it possible, I wondered, that fish learn to avoid certain lures when they are used consistently in a heavily fished lake? The lure I was using is considered old-fashioned, and was probably, at one time, ineffective as well. My theory, then, is that not only do fish remember events, but they also, like humans, forget. What the lesson is in all of this I'm not quite sure, but now whenever I'm in front of a fishing goods display with all their mesmerizing choices of lures that pop, spin, jiggle, jump, smell, twist, zig zag, thrash and splash, I'm going to feel less intimidated and stick to the old tried and true.

As any successful inventor will tell you, the contrarian approach can be very rewarding. Come to think of it, I haven't seen a "red devil" spoon on store displays for many years (in the 1940's and 50's this lure probably caught more fish than all other artificial lures combined). I can't wait to get my hands on one!! ♣

## Millbrook Mites and Squirts continue a winning streak!

### Mites/Squirts Softball Stats

Submitted by Gord Page

July 2 Millbrook Mites "1" defeated South Monaghan 29 - 2.

July 6 Millbrook Squirts defeated Cavan "1" 34 - 15

July 8 Millbrook Squirts defeated Janetville 33 - 2

July 9 Millbrook Mites defeated Bethany 32 - 20

July 13 Millbrook Squirts defeated Cavan "2" 23 - 1

July 14 Millbrook Mites "1" defeated Pontypool 26 - 3

July 15 Millbrook Squirts defeated South Monaghan "2" 30 - 7

July 16 Millbrook Mites "1" defeated Millbrook "2" 24 - 9

July 20 Millbrook Squirts defeated Bethany 16 - 10

July 21 Millbrook "1" Mites defeated South Monaghan 16 - 10

July 28 Millbrook "1" Mites defeated Bethany 25 - 13

July 29 Millbrook Squirts tied Cavan "1" at 15

July 30 Millbrook Mites "1" defeated Pontypool 9 - 0

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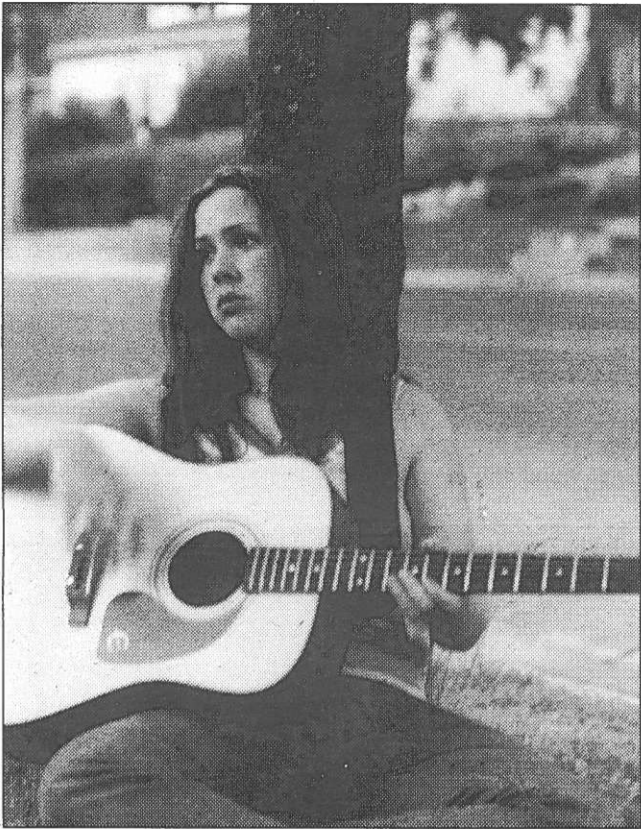
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ARTS & CULTURE

Serena Ryder - Music from the depths of living



"I don't set goals for my life, but I hope to be a musician for the rest of it, even if it means playing in old dirty bars."

— Millbrook singer/songwriter Serena Ryder

By Katherine Luchuk

On a sultry July afternoon, a young woman gazed across the Millbrook pond, singing in a strong and compelling voice, carrying those listening into the depths of her soul-filled music.

A local audience got a taste of Serena Ryder's powerful voice and sound on July 12 at one of a series of Concerts by the Pond in Millbrook - and soon a much wider audience will have the same opportunity as Serena "cuts" her first CD this fall.

Soul filled, emotionally evocative music comes from the depths of living, and evolves along with life experience, Serena says. The young Millbrook musician describes her music as "bluesy, each song is different, it's about a different feeling, I try to put it into words." Like many writers, Serena writes from the dark times. "None of my songs are happy, happiness isn't interesting .... but in depression, emotions come pouring in every which way." She does not seem comfortable labelling her style or describing her music. "Ultimately, I leave it to the listeners to figure it out for themselves."

Having just received The Sears Festival Award of Excellence for Best Composition for a piece performed for the Showplace production of *Gone With The Wind* last spring, and with her first self-titled CD to be released this fall, the future looks bright.

Serena attributes her recent success to simultaneous personal growth along with her music. "When I was little I was really shy, getting up on stage changes that.... each time I pick up

a pen or a guitar I am challenged.... but my way of growing is music.... when you perform you grow."



She recalls her first performance at age 2 when she sang Michael Jackson's "Beat It" at a wedding reception.

A quest for personal fulfillment on her own terms is one of the reasons why Serena is pursuing a career in music. "I don't set goals for my life, but I hope to be a musician for the rest of it, even if it means playing in old dirty bars."

Who and what influences this artist, who does she look up to? "Everyone inspires me in a small way, I look up to Ani DeFranco because she has chosen not to be a part of any record label, she's grounded, she writes her own songs and isn't tied down to any contracts.... and singer Ben Harpur.... just because he kicks a--!"

Serena cannot remember a moment when she consciously decided to sing, but she recalls her first performance at age 2 when she sang Michael Jackson's "Beat It" at a wedding

reception. At local baseball games, she remembers singing between innings for the spectators. More recently, her venues have included Give a Hoot Cafe in Millbrook, a fundraising event for the Canadian Studies Department at Trent University, the reopening of Market Hall Theatre in Peterborough, Selwyn Outreach Centre, and busking on the corner of George and Hunter Streets.

Increasing opportunities to perform have continued Serena on the road to musical fame, since being contacted following the *Gone With The Wind* production by Damon DeSzegeho, her present "unofficial" manager. He asked her for a demo tape - and the rest is, as they say, history. Together they have been working on a CD comprised of 10 of Serena's

songs, including *Falling Out*, *Perfect Mirror*, and my favourite, *Box Under Your Bed*, to be released in November.

In between her CD release parties this fall, Serena will be studying in the Arts Programme at PCVS. As much as anyone can look forward to school commencing, Serena is nonetheless excited about her first year in the programme. "I'm going for the people and atmosphere.... they're more into music, acting, and dancing."

How will Serena remember and describe her hometown of Millbrook when she's famous, and performing at Lilith Fair with the likes of Sarah McLaughlan? "I've always complained about Millbrook, it's hard living here as a teenager, but it's where I started out, and it's a good place to start!" ♣

Gallery exhibition goes "Beyond Borders"

The paintings and papier maché work of local artist Esperança Melo will be the featured exhibition at the Millbrook Gallery, beginning Friday, September 4. The show, titled "Beyond Borders - Exploring the Intimate Landscape", focuses on a series of paintings in acrylic prepared especially for this exhibition.

Esperança's inspiration for her work has come from her extensive travels, drawing from images gathered in Mexico, Guatemala and the south of France. In her paintings she chooses to explore, in warm palettes and textured canvases, the "intimate landscapes" of her travels, as opposed to the

sweeping vistas of traditional landscape painting. Much of the work has been influenced by the layering of paint and rich colours found on the weather-worn walls of Central American architecture.

Esperança Melo is a member of the Millbrook Gallery collective, living and working in the village of Millbrook. "Beyond Borders" is Esperança's first solo exhibition at the Gallery. The show opens on Friday, September 4, and everyone is invited to come and meet with the artist.

The present exhibition, Pot Luck, an eclectic mix of works in various media, continues to run at the Gallery throughout August. ♣

2nd annual Zucchini Festival planned

Ladies and gentlemen, start your zucchinis! The race is on to grow the biggest, fanciest, or most-closely-resembling-Leonardo-d'Caprio zucchini by Sunday, September 6.

This is the date set for this year's 2nd Annual Zucchini Festival, to be held at the Millbrook Farmers' Market from 9 am to 2 pm. Last year's wacky event included such time-honoured traditions as the Zucchini Boat Race down Baxter Creek, and the Zucchini Toss by the Mill Pond, both of which will be featured again this year. Gourmets will be hard-pressed to surpass the wonderful zucchini confections whipped up by last year's entrants in the "Tastiest Zucchini Recipe" contest, where the "most original" prize went to the maker of a Zucchini Daiquiri. And of course, there will once again be a contest for the "Best-dressed Zucchini"; bring your own or decorate it at the market!

More events are being planned for this year's festival; watch for posters advertising times and events closer to the day. Most importantly, figure out when to let that last zucchini in the patch grow into a prize-winning monster (last year's winning entry was 10 lbs.)

Remember — timing is everything!

**BEYOND BORDERS**  
Exploring the Intimate Landscape

Paintings & Papier mâché by  
**ESPERANÇA MELO**

A collection of work inspired by the rich colours and weather worn walls of Central American architecture. Show continues from September 4 until October 11.

Opening reception  
Friday, September 4 at 7:30 p.m.

Gallery hours: Saturday 10-5  
Thursday, Friday and Sunday 12-5

**The MILLBROOK GALLERY**  
19 King Street East, Millbrook, Ontario  
(705) 932-5482

**Community Picnic**  
at Medd's Mountain  
**Sunday, August 23, 4-7 p.m.**  
Musical entertainment: **Brooke Turney**

Hotdogs, sausage, corn on the cob, pop and chips will be available

— Bring a lawn chair —

Admission for entertainment: \$2/person, \$5/family  
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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 (705) 932-2175, OR MAIL IT TO THE GAZETTE, 69 KING STREET EAST, MILLBROOK, ONTARIO, L0A 1G0.



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### Peterborough Family Enrichment Centre Mobile Outreach Service

at Cavan Community Centre and Millbrook Christian Assembly

The Mobile Outreach Service of the Peterborough Family Enrichment Centre will be held the first Friday of each month, at Cavan Community Centre between 10 am and 12 noon; and in Millbrook at the Millbrook Christian Assembly, the third Tuesday of each month, 10 am - 12 noon.

### Summer Clothing Sale

at the Bailieboro Library Boutique Tuesdays 12 am to 3 pm, Saturdays, 10 am to 3 pm

The Bailieboro Library Boutique has had its annual summer clothing sale on since August 1. Fill a shopping bag for \$1 at the Boutique, located upstairs at the Bailieboro Library.

### Cemsearch

at the Bailieboro Library during regular library hours

Aid for family history research is now available. Cemsearch, the new Info Centre on the Bailieboro library computer, is now available with information on the seven cemeteries in the area. The public is invited to check their family records. Bailieboro Public Library Summer Hours - Tuesday and Thursday 12 noon - 4 pm, and 6:30 to 8:30 pm; Saturdays 10 am to 3 pm.

### Open House and Sidewalk Sale

at Community Care Millbrook Friday, August 14, 1 - 6 pm

Community Care Millbrook is hosting a "New to You" Giant Sidewalk Sale, with everything 1/2 price (clothing, shoes, books, games, etc.) Refreshments will be served at this opportunity to learn more about Community Care and the services available in your

community. (Sale continues Saturday.)

### First Look - The Bell of Batoche

at the 4th Line Theatre Sat., Aug. 15 and Sun., Aug. 16 at 1 pm

The 4th Line will be presenting the second of its First Look series, sneak previews of plays in development. This workshop tells the story of the Riel Resistance and the bell that was captured and smuggled back to Millbrook. Tickets \$10, \$5 for children. To order phone 876-6323.

### Scarecrow Contest

at the Millbrook Farmers' Market Sun., Aug. 16, 9 am to 2 pm

Prizes are being offered for the best-dressed scarecrow at the Farmers' Market. Bring your entry down to the market. Girl Guides will be serving hotdogs.

### Community Picnic

at Medd's Mountain Sunday, Aug. 23, 4 to 7 pm

Bring a lawn chair and come join your friends and neighbours for an afternoon of fun on Medd's Mountain with live entertainment by Brooke Turney. Admission for entertainment is \$2/per-

son, \$5/family. Sponsored by CMNM Parks, Recreation and Facilities.

### Millbrook Girls' Hockey Registration

at the Millbrook Arena Thurs., Aug. 27, 7 to 9 pm Sun., Aug. 30, 1 to 3 pm

Register for Pee Wee Division (ages 11 to 13), Bantam Division (ages 14 to 15.)

### Zucchini Festival

at the Millbrook Farmers' Market Sun., Sept. 6, 9 am to 2 pm

The Millbrook Farmers' Market will be hosting the 2nd Annual Zucchini Festival. Come and join them for a day of wacky fun. Contests, displays, and prizes. (See story, page 13.)

### Library Fundraising Auction

at the Millbrook Farmers' Market Sunday, Sept. 6

Come and bid on some sensational items, to be auctioned off at the Zucchini Festival. Funds raised are for the relocation of the Millbrook Public Library. For more info call Susan Dixon at 932-3344. (See story, page 3.)

### Beyond Borders

An exploration of the intimate landscape at the Millbrook Gallery Fri., Sept. 4, 7:30 pm

Everyone is welcome to the opening of an exhibi-

### On-Going Events

**Regular Council Meeting** First Monday of each month at 7:30p.m.  
**Millbrook Playschool** Every Tues. and Thurs. (except third Tues.) at Millbrook Christian Assembly, call Wilma at 932-5547 for more info.  
**New to You** Used clothing on sale at the Millbrook Community Care office, Mon-Fri 11 am-noon, Sat 10 am-noon.  
**Shuffleboard** Every Thurs. at the arena, 1:30 pm.  
**Bingo** Every Thurs. at the Legion at 7:45 pm.  
**Millbrook Library Boutique** At the Old Millbrook School. Used clothing, etc. Wed. 12:30-2:30 pm, Sat 10 am-1 pm  
**Bailieboro Library Boutique** Tues noon-3:00 pm, Sat 10:00 am-1:00 pm. Proceeds to the Bailieboro Library.  
**Bewdley Farmers Market** every Sunday until Oct. 11. Hwy. 28 next to the Olco gas station. 9:00-2:00 pm  
**Municipal Planning Mtg.** Second Mon. of the month, at 7 pm

**Creative Card Making** Every Mon. at the Community Care Office from 9:30-11:30 am  
**Bridge** Every Mon. at the Millbrook Legion at 1 pm  
**Millbrook and District Food Share** at the Old Millbrook School, 2nd, 3rd, & 4th Tues., 2 pm-7 pm.  
**Nursery School** Tuesdays at Cavan Community Centre. Info: Pam Hartwick 277-1938.  
**Euchre** Every Wednesday at the Legion at 1:30 pm  
**Millbrook Green Exchange** Every second Sat. at the Municipal yard in Millbrook. Take or give what you like for a loonie.  
**Committee of Whole Council Meeting** Third Monday of each month at 7:30p.m.  
**Millbrook Farmers Market** Every Sunday, 9am to 2pm until Oct. 11. By the Pond  
**MADCAP** Millbrook - Mon. to Thurs. 12am to 8pm, Fri. & Sat. 10am to 5pm Mt. Pleasant - library hrs.

tion of paintings and papier maché by gallery artist, Esperança Melo. This exhibition will run until October 13. (See story, page 10.)

### Guides and Scouts Registration

Wed., Sept. 9, 6 to 7 pm

Girl Guides - Millbrook Guides register at St. Thomas Anglican Church Hall, Cavan Guides at Cavan Community Hall. Sparks 5 to 6 years,

Brownies 7 to 8 years, Guides 9 to 12 years, Pathfinders 12 to 15 years, Senior Branch 15 to 17 years. Leaders and helpers required for all ages. Watch for the Guide information booth at the Farmers' Market Zucchini Festival, Sept. 6.

For more information call Cathy McIntyre at 932-3124. Cavan Beavers and Cubs - Register at Cavan Community Hall, Sept. 9.

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## CLASSIFIED ADVERTISING

### FOR SALE

"South Monaghan - The Garden of Eden", the history of South Monaghan Township written by Jean Murray Cole, is for sale through the Otonabee-South Monaghan Township Office in Keene, or at the Bailieboro Public Library in the former South Monaghan Township Office. Books can be purchased for \$30 each.

### VOLUNTEER WANTED

Piano accompanist urgently needed by Joyful Noise, a youth community choir in Millbrook, for fall 98. Please call Nancy Gimblett 939-1954 or Ann Rich at 944-5904 for more information

### BIRTH ANNOUNCEMENT

Ducharme - Jerry and Tricia (Cole) are proud to announce the arrival of their daughter Brittney Elaine, on July 8 at 10:18 pm, weighing 8 lbs. A sister for Darian and a grandchild for Ralph and Elaine Cole. Special thanks to all the wonderful and helpful fifth floor staff.

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hours. No financial investment. Unlimited opportunity! Great earnings and rewards. For interview, please call Lynn Giles at (705) 944-5428.

### ITEMS NEEDED

MADCAP (Millbrook and District Community Access Program - Community Internet) needs a fax machine. If you have one to donate, either thermal or plain paper, please call Phillip at the MADCAP office, 932-3917, or drop by the Millbrook office in afternoons.

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# Lots of swing left in summer

By Barry Larock

There's plenty of time left in the season.

Reaping the benefits of an early spring, isn't it wonderful to know there's still plenty of golf left this summer?

Golfers new and experienced are set to enjoy, at the very least, two more months of exceptional golf weather.

"This spring provided us with a very early start," said Ted Jones, manager of the pro shop at Keystone Links Golf and Country Club.

"And the growth this year because of it has increased our memberships immensely. And you know the best [thing about this weather] is the fact that it's almost as if the golf season is just beginning all over again."

And so, for the new golfer out there, or the occasional hacker, *The Green Hills Gazette* will provide you with a brief description of some of the area's finest courses:

## Blue Spruce Ridge Golf and Country Club - Bethany

Tee-off Telephone: 277-3957

Distances:  
Men's blue - 5857 yds  
Ladies - 4770 yds

Par:  
Men's/Seniors - 72  
Ladies - 73

**General Description:** a players club in the rolling hills of Bethany. This is a public, 18-hole, full length golf course cut through a mature forest with plenty of par 3s, 4s and 5s.

**Most Distinctive Hole:** Holes #9 and 18 - both are off a cliff over a pond to reach the green. These picturesque holes are very challenging as golfers hit over the water to well protected greens.

**Green Fee:** \$20.00 weekdays.

\$25.00 weekends.  
2 for 1 special Monday to Wednesday after 12 noon.

**Club Pro:** Jeff Lewis

**Lessons:** available upon request.

**Miscellaneous:** Blue Spruce has practice facilities and a full clubhouse... The course also offers "good food at a good price"... Memberships are always available.

## Keystone Links Golf and Country Club

Tee off Telephone: 876-8061

Distances:  
Men's blue - 6422 yds  
Ladies - 5712 yds  
Seniors' - 5767 yds

Par:  
Men's/Seniors' - 71  
Ladies - 72

**General Description:** Gently rolling countryside golf course, easy to walk, wide open. Water on seven holes, and 70 or more sand traps to avoid.

**Most Distinctive Hole:** Hole #12 - a par 5 with slight dog leg left and right downhill avoiding a bunker on the right. This hole requires three good shots to get on the green for birdie position.

**Green Fee:** \$25 regular adult  
\$22.50 seniors and juniors  
\$16.00 twilight after 4 p.m.  
**Miscellaneous:** Keystone has a full clubhouse with banquet facilities for 150 people... There is a driving range... All carts have roofs... And memberships are always available

## Heron Landing Golf Club

Tee-off Telephone: 740-9726

Distances:  
Men's blue - 3000 yds  
Ladies - 2600 yds

Par:  
Men's/Seniors' - 58  
Ladies - 57

**General Description:** Par three and par four executive course, suitable for any golfer. Offers a variety of scenic holes with both wide open and narrow spaces, flanked by sand traps and trees.

**Most Distinctive Hole:** Hole #9 begins with a narrow pathway between two ponds to reach the greens.

Extremely challenging ponds are said to enjoy taking balls from hesitant golfers.

**Green Fee:** \$19.00 for 18-holes  
\$11.00 for 9-holes

**Club Pro:** Dale Pederson  
**Lessons:** Call the pro shop for information.

**Miscellaneous:** Heron Landing has full banquet facilities with a fully licensed lounge and patio. Memberships are always available, call the pro shop for information.

## Tamarack Golf Club, Ennismore

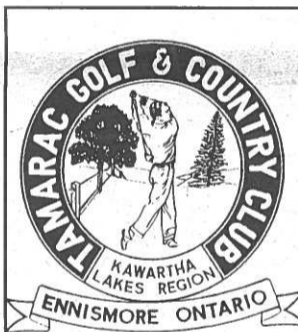
Tee-off telephone: 292-8761, or 292 7289

Distances:  
Ladies - 5,145

Par:  
Men's - 72  
Ladies - 71

**General description:** 18-hole regulation course, very scenic. Front half of course is filled with water holes, and the back is relatively hilly.

**Most distinctive hole:** #7 -



Call in  
your  
tee-off  
time:

292-7289  
155 Ennis Road

tee off over water, dog leg left. Takes three good shots to make par. #16 - downhill tee-off, dog leg to right. Par 5 requires a long second shot, and a well-placed 3rd shot to make it to the green.

**Club Pro:** Jim Leska

**Lessons:** Call for info.

**Green Fees:**  
Daytime - 18 holes, \$27;  
9 holes, \$17.

Twilight - \$17

**Miscellaneous:** Full banquet facilities, large fleet of new power carts, beverage cart on course. Memberships available. ♣

## Rural

**Continued from page 1**  
zations could work in partnership with our community to find funding appropriate to our particular development needs. More funding must be put into youth and seniors' programs and facilities. Local governments need to encourage participation, and help develop ratepayers' advocacy skills. Boards of education could look into innovative ways to provide after-school child care.

The input from the July Rural Economic Development Consultation meeting, and individual questionnaires, will contribute to the material collected at similar consultations elsewhere in Canada. Although the official deadline for collecting questionnaires was July 31, anyone interested in filling out a questionnaire is invited to do so, as soon as possible.

The Rural Consultation questionnaire can be accessed by calling 1-888-781-2222 for your copy, and this can be faxed back to 1-800-884-9899. The fastest way to make your views known is to get onto the Internet - www.rural.gc.ca is the Web page, and e-mail is Dialogue@em.agr.ca. ♣

# Food bank feeding 35+

The signs of hunger in our community may not be evident, particularly in the summer, but approximately 35 or more people have had their nutritional needs met by the Millbrook and District Food Share food bank.

While not wanting to ever deem a food bank a "success", volunteers are pleased that those needing help are coming out to take advantage of the donated food and personal supplies. There may be many more people who need the food bank's help, but some may be unable to get to the food bank, or be too uncomfortable with the concept to take advantage.

Volunteers want to make it clear to anyone feeling badly about needing a food bank, or to those who might worry about who knows about their need, that anyone needing this kind of help can expect friendly, CONFIDENTIAL support. Anyone using the food bank can count on being treated respectfully, and all volunteers must sign

a statement prohibiting them from sharing any information about clients.

The General Motors strike has caused many in our area to experience financial hardship, and some may need to use the food bank on a temporary basis until the Oshawa plant and related production industries have been back at work for a few weeks.

Overall, volunteers are feeling positive about the impact of the food bank on alleviating hunger, and have reported that their interactions with clients has been mutually beneficial.

The new phone number for Millbrook and District Food Share's voice mail service is 932-7066. Messages will be monitored by the Food Share's executive.

Millbrook and District Food Share would like to thank Nexicom (Durham Telephones) for their generous donation of the voice mail service - Nexicom will cover the cost of the service.

Next general meeting of Food Share is Tuesday, August 25, 7 pm at the Old School. All welcome. ♣

## URGENT Food bank needs

While all donations of non-perishable food and personal items are appreciated, the following are especially needed to meet the needs of neighbours using the Millbrook and District Food Share's food bank.

- condiments, including jam, cheese whiz, maple/pancake syrup, mayonnaise, salad dressings, relish, mustard, ketchup - anything you would keep to dress up your food
- personal care and cleaning items, such as toilet paper, laundry soap, fabric softener, paper towels - anything you would use to keep yourself or your clothes clean.
- other food items: pickles, coffee, instant coffee, cookies (or granola bars, etc., particularly for children), flour, white or brown bread, hot dogs and hamburgers plus buns

Bread and meat items are kept in a fridge and/or freezer, and will help provide variety and needed nutrition in the foods taken by a family or individual in need of assistance.

## KEYSTONE LINKS

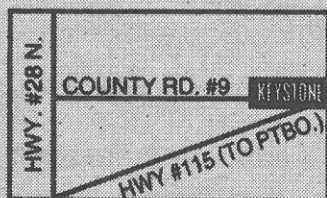
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