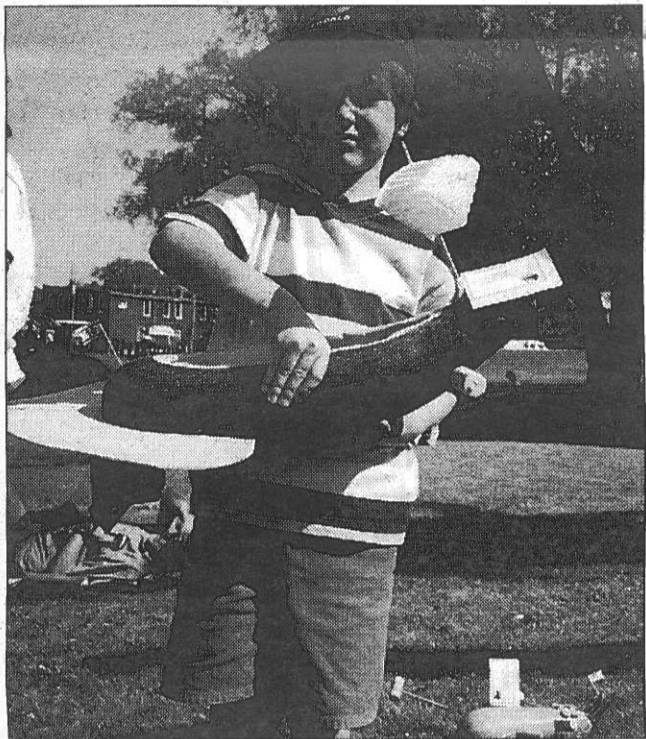


THE GREEN HILLS Gazette

Free!
Published monthly

Thursday,
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Volume 1, Issue 8

YOUR NEWSPAPER FOR MILLBROOK, CAVAN AND NORTH MONAGHAN



GREAT ZUKES! Dawson Melo-Geldart of Toronto displays just one of the dozens of zucchini boats which were floated down Baxter Creek on Sunday, at the Millbrook Farmers' Market 2nd Annual Zucchini Festival. Hundreds of people showed up to watch the races, as well as join in on the rest of the day's zucchini-related activities. The Friends of the Millbrook Library's Fund-Raising Auction, held at the festival, raised \$2000 for the local libraries. Thanks to the many volunteers who made it possible!

Construction waste going to "unmanaged" sites

By Amie Heaslip

If you have done renovations in the past, or are doing them right now, you know about the problem with the dumpsites in the Municipality firsthand. Count on spending some money and travelling some distance to deal with the waste generated.

Contractors such as Karl Klarer, of Millbrook, are frustrated by the lack of access to construction waste disposal. With restrictions on construction waste at the Cavan transfer station, and the Millbrook dump being closed, there's nowhere to

The current Council has been working hard to get some of the problems worked out.

go with drywall, wood, and other building or renovation castoffs.

"They won't allow me to dump in Millbrook, the license that they have for the dump there does not include construction waste. When (the former municipality) was applying for the licence they reduced what they could take at the site, and it didn't include construction

materials."

Klarer's concerns, he says, fell on deaf ears at the former Millbrook council. "When I approached the Reeve at the time, they told me that I couldn't take any of my garbage to the dump. Council's recommendation to me at the time was that I take it to a private landfill, they suggested that I take it to Napanee. Napanee will take it, but they want \$160.00 per tonne to dump it, and then there is trucking charges on top of that to get it there. Council at the time was not interested in alleviating the problem.

As it stands, I believe that a lot of the construction waste in the area is going to unmanaged areas now."

Unmanaged areas, or illegal dumpsites are an environmentally damaging reality, created out of a too-narrow Certificate of Approval that Cavan-Millbrook-North Monaghan Council has been trying to expand.

The current Council has been working hard to get some of the problems worked out of the municipal waste management system. "We are doing an amendment on our

Continued on back page

Anglican parish coping with fire

It was nearly a much bigger tragedy than anyone thought. The August 25 blaze at St. Thomas Anglican Church, Millbrook, could have triggered a gas explosion, according to church warden John French. Apparently, the fire was in close proximity to the gas line.

The fire was apparently set when someone lit a banner strung up by the church hall for a Vacation Bible School, sometime around 2 am. The heat of the flames burst open a window near one of the entranceways to the hall, and smoke billowed into the hall and sanctuary. Woken by the sound of glass breaking, neighbour Margaret Moris called the fire department, who responded in time to minimize the damage. According to Fran Lowry, a member of the congregation, the damage was around \$16,000 inside the sanctuary and church hall, and \$5,000 to the exterior of the hall.

The church community is shocked and alarmed, especially as they had already experienced a break-in three months ago. Church warden Valerie McCourt wonders what the congregation will do next, as they have been working hard to open up the church to the community in past years, offering space to a variety of organizations and groups needing it. Both Valerie and John hope it isn't time to spend a lot of money on an alarm system, as the congregation would rather put its resources into community work and programs. "We'd rather spend the money on outreach, than an alarm system," Valerie said.

At press time, John said the sanctuary was close to being thoroughly cleaned up, and that the hall would soon follow, due to the quick work of contractors hired by the insurance company.

Police have not yet found those responsible for the fire, although they have a few leads, according to Valerie.

First the good news, then the bad...

By Deborah Luchuk

There's good news and there's bad news at Millbrook and District Food Share's food bank.

First, the good news. Dedicated volunteers at the food bank are feeding over 40 people each day of operation, making positive inroads into the hunger experienced by families and individuals in our area.

The bad news is that Food Share is soon going to run into problems if it doesn't get more food and sundries, and on a regular basis, from the community. The committee is mandated to provide at least two complete days of balanced meals for the average family using the food bank.

What's needed is regular donations from community groups, churches, businesses, and individuals. Could you consider putting a box in your place of meeting or business, and encouraging your members or co-workers to fill it each month? Maybe it could be stipulated that attendance at meetings or special events requires a donation of a non-perishable food item or two.

Millbrook and District Food Share would like to thank Ralph and Mary Heaslip for the generous donation of food on August 25, which filled up the nearly empty shelves - and was promptly provided to the

What's needed is regular donations from community groups, churches, businesses, and individuals.

people visiting the food bank that day. The Heaslips celebrated their 30th anniversary with a party, and asked all their friends and family to bring food bank donations instead of gifts.

The most needed items at the moment are bread (to be frozen), milk powder, tuna and salmon, coffee, margarine, canned stew and similar, brown or white sugar, and "anything your kids would need or want to eat". As always, all non-perishable food items, toiletries and cleaning supplies are greatly appreciated.

Food can be dropped off

at The Millbrook Times, the Bailieboro store, and Jones' Store in Cavan, or arrange for pick-up of your group's boxes of food by calling 932-7006 (voice mail). Want to make a "cash" donation to assist in buying items that the food bank is short of? Call 932-7006 to leave a message, and someone will call you back with instructions.

We at The Green Hills Gazette would like to suggest to our advertisers that we are willing to pick up your donations for Millbrook and District Food Share when you book or pay for your ad.

Celebrate the Grand Opening of Millbrook and District Food Share!

Congratulations! It's time to celebrate our work as a community to provide food for neighbours who need it!

Demonstrations, displays, games, musical entertainment and a barbecue are all planned for the Grand Opening of Millbrook and District Food Share's food bank, Sat. Sept. 26, 1 - 4 pm. At press time, several community groups and organiza-

tions were planning to participate, including the Cavan-Millbrook Fire Department, and Cavan-Millbrook Community Policing.

This free event will be held at the home of Millbrook and District Food Share, the Old Millbrook School. Bring canned and non-perishable goods! For more information, call the Food Share hotline at 932-7006. ♣

INSIDE

Missing Trophies

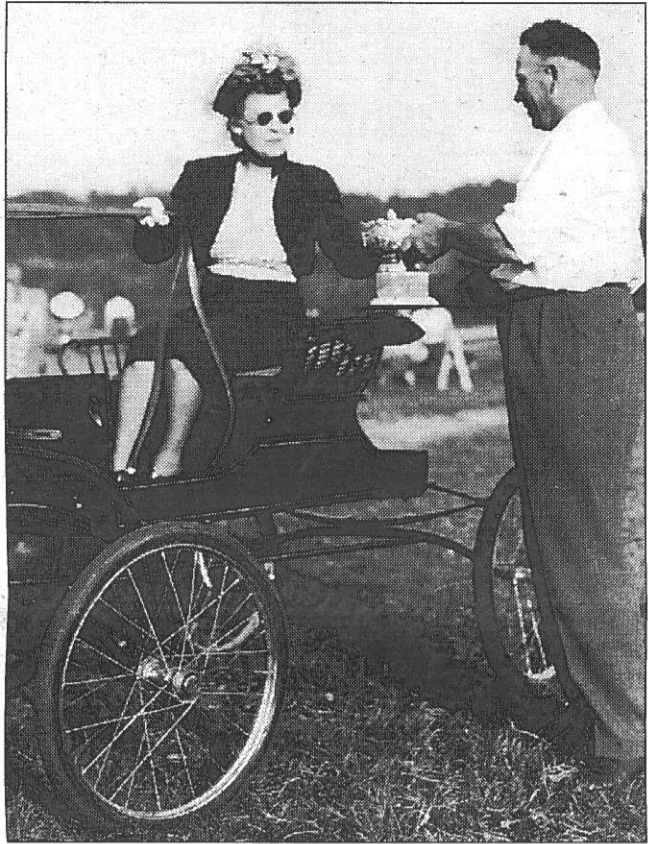
Page 2

Miracle Massage

Page 8

History in the Making

Page 10



Do you know who this feisty lady is? The picture is of a woman who won an award for her driving of a horse team, either in 1948 or 1949 at the Millbrook Fair. If you can identify her for us, we'll send you one of the beautiful 150th commemorative mugs (with a logo designed by our own Ted Dyment!).

Case of the missing Fair trophies...

Members of the 150th Millbrook Fair Committee are looking for a few trophies from years gone by that may have been "way-laid", and not returned to the Agricultural Society.

There's amnesty for those of you who still have one of these trophies - particularly from the various horse, and horse and rider or driver competitions

from decades ago, Committee member Holly Hall has told The Green Hills Gazette. In fact, some of you may have seen grandpa or grandma's trophy collecting dust in an attic, or may be wondering what the heck the trophy was for in the first place. If you think, or know, you have one of these awards from days gone by at the Millbrook Fair in your pos-

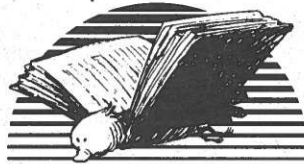
If you think, or know, you have one of these awards from days gone by at the Millbrook Fair in your possession, the 150th Committee would like to talk to you about displaying it at various events leading up to, and at the Fair itself.

session, the 150th Committee would like to talk to you about displaying it at various events leading up to, and at the Fair itself.

Do you have pictures of Millbrook Fairs past, or old ribbons, or anecdotes? In order to generate more enthusiasm for the 150th Fair in the months leading up to the big event, and to share our heritage with those visiting the fair next year, these items and anything else related to the Fair are needed by the Committee. All loaned items will be carefully noted and stored for return after a special event or the Fair itself.

Meanwhile, if you are interested in helping the Committee gather and sort this historical memorabilia, or in helping solve some other mysteries, such as who certain people are in old photographs, call Holly or Bob at 932-2245. If you have a funny or particularly memorable story to share from years past at the Fair, call us at The Green Hills Gazette, and we'll retell it for you, along with any photos, to our readership. We will collect any and all stories you can share with us to record as part of the history of the Fair.

Let's support the hard work of a few dedicated volunteers as they plan this significant moment in the life of our community! ♣



OUTDOORS WITH GEORGE

And they talked to the animals...

By George Luchuk

Consider for a moment the aboriginal peoples in North America prior to the European incursions... what it must have been like without the myriad assortment of tools such as iron pots, steel knives and axes that became available when white men traded these items for furs.

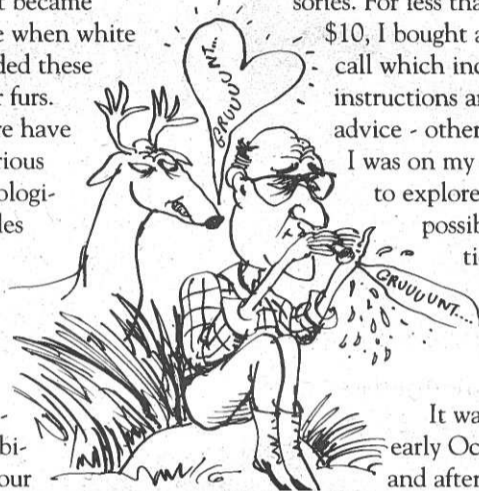
There have been various anthropological articles written about the life experiences of the original inhabitants of our country and for me, it will always be a fascinating wonderment as to how these people lived their lives in harmony within their environments. When this fascination started for me, I'm not really sure, but as a young lad in the forties and fifties I somehow gravitated to the notion of the noble native. I used to dress up like them, and imagine myself dealing with all their challenges. As young as I was, I never believed all that Hollywood hype about the opening of the West. In fact, of all of the North American characters that loom large in our history books, my favourite will always be Tecumseh.

But to get back to the picture of the early peoples

I tried it again, when what to my shock a buck came up behind me and gave out an unmistakable grunt.

in a natural environment... How, I wondered, did they get close enough to take down a fleet-footed animal such as a deer, with an arrow or a spear? Part of the answer occurred to me about two years ago, when my employer and union couldn't agree, and I found myself with an unexpected three-week holiday.

In addition to catching up on some home maintenance, I found myself in Wal-Mart checking out their line of hunting accessories. For less than \$10, I bought a deer call which included instructions and advice - otherwise, I was on my own to explore the possibilities.



Joe Weissmann

It was early October, and after wandering here and there hunting for grouse and sweating like a hen drawing rails, I sat down on a natural chair-shaped depression for a well-deserved rest. I was relatively concealed against a cedar bush, but otherwise took no other precautions to hide my presence. Then out came the deer call, and I proceeded to practice with the sound supposedly made by a doe.

At first, it felt a little ridiculous, but what the heck, there was no one around to see me. You repeat the sounds about every twenty minutes, and the decibel level has to be quite low. After my second try, and thinking it wasn't going to work, I got a response.

Surprisingly, the sound was very similar to my calls. I could hear my heart thumping with anticipation, but the deer never showed itself to me. So twenty minutes later, I tried it again, when what to my shock a buck came up behind me and gave out an unmistakable grunt. Again, I couldn't see it, but for me, it didn't matter. The whole experience was just too thrilling.

Later on, when I had a chance to contemplate my newfound skill, I imagined that the original inhabitants of our land must have done the same thing, but without any mechanical aid like I had. They "talked" to the animals! The animals came to them. But of course, I thought, George, you've forgotten, you've seen it before, when you worked for the Hudson Bay Company in northern Canada.

I used to go goose hunting with some native friends. Without the aid of any mechanical devices, my friend would "talk" to a goose when it was in flight, bringing it to him. In fact, the goose would hover over him at about thirty feet, like a helicopter. These skills needed to be learned as a child, and were probably acquired when learning to talk to parents. Anyway, the whole thing is pure fascination for me, because now when I'm walking in the woods, I can occasionally hear deer making calls to each other. I've probably heard these sounds before, but I had never recognized them.

If you're out and about this September or October, enjoying the beautiful fall colours, I would suggest buying one of these inexpensive deer calls. It will open up a whole new fascinating world. Imagine also, while you're outdoors, for a moment, the original inhabitants of long ago, magically interacting with their environment. ♣



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HILLS HEROES

By Barry Larock

The motto of Beavers is sharing, sharing, sharing.

And so it's a good thing they've got a leader who enjoys sharing his time.

For eight years now, Mike Harkes has been involved in leadership of the Cavan Beaver Colony. His dedication to the children involved, once a week from September through to May, is a positive example of community volunteerism.

"I was a cub, a scout, and one of the last Queen Scouts in Ontario," Mike shared. "So it's really my obligation to help where I can. And besides, I like it."

The Harkes family moved to the Cavan area from Toronto to get away from the hustle and bustle of "the big city". Mike's involvement with the local Scouting movement began with a stint as a parent volunteer, when his son joined the Cavan colony. In the second year, he took on the responsibilities of assistant leader, and for the past six years, he has served as the Colony's Beaver Leader.

Mike Harkes - Sharing, sharing, sharing with Beavers



Scary Beavers and a certain Beaver Leader (incognito) ham it up for the camera last Hallowe'en.

"Teaching the kids respect, manners, peer cooperation and other important lessons in life is easy, compared to getting a parent to commit themselves to one evening per week."

"The hardest part of volunteering is getting other parents to volunteer

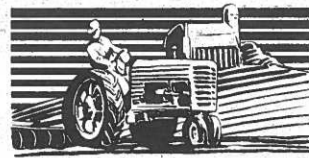
as well," Mike said. "Teaching the kids respect, manners, peer cooperation, and other important lessons in life is easy, compared to getting a parent to commit themselves to one evening per week. It's totally understandable in these times with both parents working, and a variety of family commitments, but it's so very important to promote the growth of a child and provide them with a little personal time." Anyone interested in helping out??

The Cavan Beaver Colony, for children ages 5 to 8, meets each Wednesday night, beginning September 17, and continuing through to May 24, 6:30 to 7:45 pm at the Cavan Community Hall. Each week is filled with valuable lessons, fun activities and challenges, to help children develop a strong sense of self-esteem, mastery, and a sense of responsibility to the community.

The highlight of the year is a campout - the annual Beaveree. This weekend involves all the district colonies in and around Peterborough County, and offers a mini-Olympics event and camping time for the whole family.

"The Beaveree is really what it's all about. There are so many smiling faces that weekend that it makes you want more. Our motto may be sharing, sharing, sharing, but I think fun, fun, fun is certainly a key aspect of what we are trying to teach as well."

For more information on the Cavan Beavers contact Mike Harkes at 944-8882. ♣



COMMON GROUND

Gifts of the fall garden

By Jill Williams

So are we tired of zucchini yet? August and early September are definitely zucchini time in the garden, and it seems at this time of year, you already know the answer when you ask "What's for dinner?" It's actually quite good cut in strips, marinated in olive oil, balsamic vinegar, and garlic, and barbecued. I discovered this when I realized I couldn't face another pan of sauteed zucchini with parmesan!

Tomatoes are another matter, I don't think anyone gets tired of real tomatoes. I'm growing Bonny Best this year and they've been quite successful so far. Bonny Best is an old variety, widely available and easy to grow. It doesn't have the same disease resistance as the newer hybrids, but I've never had any problems with this.

Early September is the time to plant cool weather vegetable crops again. In the cooler fall weather, you can enjoy another harvest of lettuce, carrots, spinach and other greens. Kale and swiss chard should produce until the end of October. Late planted spinach will overwinter, and give you an early spring harvest.

In the flower garden, perennials like delphiniums are blooming for the second time. Many June flowering perennials will flower again if you cut them back after the first bloom. The second won't be as spectacular as the first, of course, but I still think it's worth the trouble.

Spring flowering perennials should be divided in the fall if they've grown too big for their spot. When dividing large perennials like phlox or daylilies, it helps to cut off most of the top growth. This is also easier on the plant, and allows good root growth when divisions are replanted.

There are lots of late summer and fall blooming perennials to choose from if you want to add something new. One of the showiest is phlox, which comes in shades of purple, pink and white, and some very bright traffic-stopping colours. Helenium, which comes in shades of yellow and bronze, is another showy fall perennial. Also in yellow are the various perennial sunflowers, single or double, which bloom from June until October.

If you want a very pretty blue in your fall garden, try the great blue lobelia. It needs dampish rich soil, and spreads easily, given the right conditions. For red, try Sedum Autumn Joy or any of the other fall flowering Sedums. If you want red foliage, Geranium sanguineum or cranesbill puts on a good fall display. I cut mine back after it flowers in June, and it grows back lush new leaves which turn red in September.

This is the time to divide all those overcrowded spring bulbs, like crocuses and daffodils. I mark with plastic tags ones that need to be divided, while they're still flowering in the spring. I also mark the spots where I want to replant the extras.

A note about self-seeded annuals: If you've collected or been given seeds for annuals like larkspur or poppies, scatter those seeds now. I've had better luck establishing these when I've planted them in the fall rather than in the spring. Just make sure you watch out for those seedlings in the spring. ♣

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EDITORIAL

Once again, my basic faith in the goodness of humanity has been tested. With the recent fire, and subsequent damage at St. Thomas Anglican Church in Millbrook, I have been questioning my belief that people are essentially decent, and responsible for their actions. Obviously, there are a few people who have no respect for other people's property, or their hard work toward making the community a better place.

The congregation of St. Thomas have opened their doors to the community over the past few years, believing strongly that their mission was to be a place for the community to come together. The church hall has been made available for many groups, including Girl Guides, the Millbrook Historical Society, and others on a more casual basis, such as the Chamber of Commerce's recent economic development meetings.

In fact, they were opening their doors to children of the community when the fire was set. It seems the person or persons who lit the Vacation Bible School banner, strung up so optimistically across the front of the church hall, had no respect for the hard work of volunteers providing a program for children. Granted, in this day and age, there are many who are not part of a church community, but I guess I always thought there was at least a measure of respect for churches and religious institutions out there.

Out of tragedy, there are always some good news stories or outcomes. Thank goodness neighbour Margaret Monis heard the breaking glass, and quickly called the fire department. Thank goodness the firemen arrived just as quickly, and prevented any further damage. And thankfully, the congregation of St. Andrew's United Church opened their doors so that the Vacation Bible School could continue.

The congregation is still pondering questions of forgiveness, shock, and the loss of a feeling of security in the community. Despite dealing with their grief, they were planning to continue in their commitment to the community, although perhaps more warily. The clean-up was very nearly complete at press time in the sanctuary and hall, and work was ongoing to restore the outside of the hall.

Out of the ashes, a phoenix rises. Or to use the Christian analogy, we die and rise again. I am filled with wonder at the resiliency of the community, and the ability of those affected to get on with the job at hand. Perhaps the lesson we can take from the St. Thomas congregation is that our best efforts and work can prevail, even if it seems circumstances will prevail against us. ♣

We at the Green Hills Gazette are eager to hear from you, our readers. Please drop us a line, via regular mail or e-mail, and let us know what's on your mind.

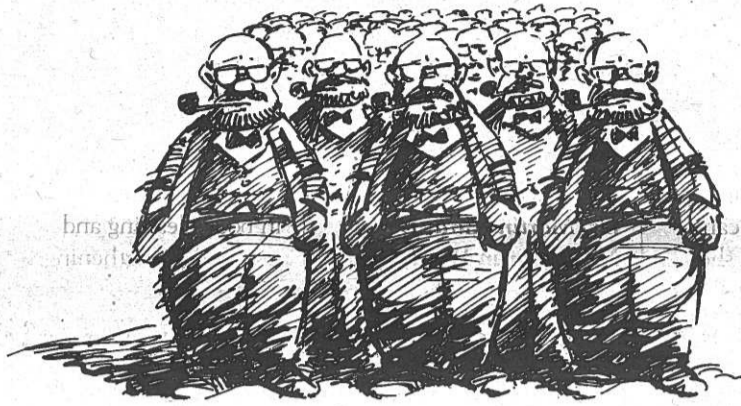
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News Item: 300 slot machines at Kawartha Downs to create 100 new jobs in municipality.



99 THERAPISTS



1 SLOT MACHINE MECHANIC

Slavin 'THE GAZETTE'



GUEST EDITORIAL

Valuing History

By Ken Greenberg

It was encouraging to read your editorial "Saving our History" (Aug. 13), promoting the preservation and remembrance of, and connection to, our past.

History is of immense value but, unfortunately, our educational system reduces it to mindless, boring facts and figures. As a result, most young students and adults perceive history as deadly dull and worthless. History, though, provides perspective.

I suspect, for instance, that our teens would complain less vehemently of "having nothing to do" if they realized that 100 years ago a teenager's life comprised early morning farm chores, school, supper, more chores, and bedtime. Free time, if any, was spent playing tag, kicking the can, or listening to the radio. There were no swimming pools, tennis courts, organized sports or video games. Indeed, even shoes were a luxury!

Adults, a century ago, worked 14 to 16 hours a day. The average life span was all of 45. How petty our modern complaints seem about having only one car instead of two, when our ancestors walked from Cavan to Port Hope, carrying on their backs goods for trade; and complaints of having only a small house instead of a large

one, when our forefathers lived in wood shacks without running water, electricity, or sufficient heat (much less air conditioning!).

Chicken for dinner? Raise it yourself, slaughter it, clean it, pluck it, and fire up the wood stove. There were no supermarkets with hygienic packages of pre-dressed poultry, and no gas ovens in which to cook it. Bread? Homemade only - time consuming, hard work, but fresh and good. I won't bother to address miracle medicines, instantaneous communications, or household labour saving devices e.g. clothes washers, microwaves.

Perspective!
 William Shirer, in his landmark book, "The Rise and Fall of the Third Reich", quotes Santayana: "Those who do not remember the past are condemned to relive it." Now, over 50 years after the end of WW II, neo-Nazis make headlines in all corners of the globe. Frighteningly, the depraved insanity of racial hatred, leading to the monstrous horrors of war, are lessons untaught and unlearned. Recent generations are completely divorced from both the experience and historical knowledge of armed conflict.

As your editorial noted, the Millbrook and Cavan Historical Society has many important records, documents, photos and artifacts which currently are not, but should be, easily accessible to and on display for the public.

To this end, I have addressed our Municipal Council twice, the Library Board, and the Historical Society, and bent the ear of many folks in town to build support for investigating the

possibility of housing the Society's collection in the existing library building after the library finds a new home.

The current library space was donated (by deed) by Dr. Turner in 1936, on the condition that the space be used as a library. The provincial Public Libraries Act 1990 would permit the MCNM Public Library to retain the space after relocation to

house the Society's collection. Certainly, more research into this arrangement is required, and many details need clarification; oddly, however, support for this proposal has been slow in developing.

One can only hope that our decision makers realize the importance and value of history, and take the appropriate steps to ensure our history remains alive and accessible. ♣

Letter to the Editor

Rescued goose has a new lease on life

Dear Editor,

If anyone is wondering what happened to "Charlie Brown", the young Canada goose who was injured and lame, he is now in a good home. Sheila Low, a compassionate woman who cares for 75 other orphaned and injured animals of various species, is taking care of him.

Ms. Low does all of this with absolutely no financial help from any of our bloated government agencies, federal and provincial. Away from the other geese who were constantly attacking him, and from children and dogs who loved to stampede the geese, Charlie Brown has a chance.

I am indebted to Sarah Farrow, who graciously gave up a Sunday morning sleep to help me catch Charlie. Thank you so much, Sheila and Sarah.

Myrna Burke

Millbrook, Ontario

(Editor's note: Charlie has done well in his first few weeks at the Low home for "broken" animals, and has had an abscess that may have caused his crippled state dealt with. He has his own "pool" to play in along with another goose friend. Thanks to Myrna for pointing out to me that the geese by the Millbrook pond need to be protected from dogs and children chasing them...)

NEXT DEADLINE

The deadline for all columns, community calendar notices and editorial copy for the October 8 issue of *The Green Hills Gazette* is September 21. 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!

Ad booking deadline is Monday, September 28.



HEALTH & WELL BEING

Protecting your prostate

Q I am a man in my late thirties and I understand I need to be vigilant about prostate cancer. Is there anything I can do holistically to decrease my chances of getting it?

Ask a herbalist...

Susan McDonald, Herbal and Traditional Healing, Port Hope

A Eat dark green vegetables, lots of nuts and seeds, especially pumpkin seeds, for zinc and essential fatty acids, or add fish oil to your diet, either as a supplement or by eating at least three helpings of deep sea fish per week.

If you have a hard time getting all of these things into your diet, you can try: a good vitamin B complex (50 or 75 mg. per day), vitamin C with bioflavonoids (1,000 to 3,000 mg./day, evening primrose oil (1500 mg./day), or salmon oils (1,000 mg./day) and zinc (15-25 mg./day). Natural source is best for assimilation.

If you like a tea, use equal parts ground saw palmetto berries, dried nettle, horsetail, and damiana herbs. Take one heaping teaspoon per cup, steep 10-15 minutes, strain and

sweeten with a little honey to taste. One cup a day would probably do as a preventative, first thing in the morning. If you actually have a prostate problem, boost your cups up to three or four. One of saw palmetto's side effects is that it appears to slow down male pattern balding. Try a 500-1000 mg. supplement per day for prevention or 1500-2000 mg./day if you want to keep your hairline.

The most popular recommendation for prostate health is regular sex. Nobody ever complains about this one! You can tell your sweetie that she's doing her part for your prostate...

Ask a chiropractor/naturopathic doctor...

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

A The most common causes of prostate conditions are benign prostatic hyperplasia or BPH (enlargement of the gland), prostatitis (infection) and prostate cancer. The most common symptoms are night time urination, a sensation of incomplete emptying, burning or painful urination, incontinence, blood in the urine, and enlarged glands found during a rectal examination. It is important to have a medical examination by your doctor to diagnose the specific cause of symptoms.

Saw palmetto (as previously mentioned) or pygeum bark can help decrease inflammation and congestion - take 100 mg. of pygeum bark twice daily.

It is wise to enjoy a diet

rich in nuts, seeds, fresh vegetables and fruit, fresh juices, soybeans and soy bean products such as tofu, whole grains, raw wheat germ and garlic. Pumpkin seeds are helpful, because they are very rich in zinc and an amino acid called cucurbitin. Chew them throughout the day, or add to salads. It is also wise to avoid hydrogenated fats, caffeine and alcohol. Limit the intake of saturated fats from red meat.

Ask a naturopathic doctor...

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

A Prostate cancer generally occurs in males over 60-65 years of age. An annual physical exam should also include a rectal prostate exam and blood tests if any abnormality or dysfunction is suspected.

Chronic anger or aggression in males may also be related to elevated testosterone levels and hence increased risk. Venereal or uro-genital infections also increase the risk of prostate cancer.

Raw vegetables and fruits, whole grains, soured milk products (yogurt & kief) are all health promoting and disease prevention type foods. Walking,

running, swimming and bicycle riding as well as stretching exercises for the low back, pelvic and leg muscles are important to keep the nourishing and cleansing circulation moving through the pelvis. Massage to the abdominal, pelvic and leg muscles will may also be important to keep this area relaxed and circulation maximized.

Zinc and anti-oxidant nutrients such as selenium, vitamin C, E & beta carotene, lipoic acid & glutathione elevating supplements, will generally assist in body cleaning and immune strengthening. Immune boosting substances such as herbal preparations e.g. the R. Caisse (Essiac) formula and various mushrooms boost immune system function. Liver remedies such and chelidonium, dandelion, black radish etc. help the liver to cleanse the blood and to detoxify or to convert cancer promoting body chemicals into less toxic or non toxic waste materials. Homeopathic remedies are also useful for both preventative constitutional and specific disease state related treatments.

This column is for information only. Consult your health professional for a diagnosis. ♣



RANDOM SAMPLING

Sinking the Titanic

By Margaret Monis

All right, I'm just going to come right out and say it. I hated Titanic. Now I know I am going to get a lot of flack for this because, well, it was the biggest grossing film in motion picture history. But really, I can't remember seeing a worse example of the sort of empty Hollywood excess which so typifies the industry and so offends my sensibilities.

People claim that James Cameron's \$220 million gamble paid off because the box office returns for Titanic have been so great. What I don't understand is why no one is sickened by that initial outlay regardless of the return. This film just goes to prove what I've always suspected; that bigger is not necessarily better. While many people found the computer generated shots of the great ship convincing and intriguing, I simply found them cold and off-putting. And let's face it, the main thing people talked about in relation to Titanic's final vertical descent was how convincingly that one stuntman boinked off of the bulkhead; a perfect example of how Cameron sacrificed any feeling for the tragic scope of that night to remember for the sake of bone-crunching verisimilitude.

There is no question that Titanic's costumes and sets are breathtaking, and I'm sure that a lot needed to be spent to make these elements as stunning and authentic as they were. But if you are going to throw around gross amounts of money, couldn't you spend just a little on a half decent script? The storyline for Titanic is about as contrived and maudlin as they come, and it would be

And don't get me started on the music. If I see Celine Dion thump her chest one more time, I'm afraid I'm going to have to kill her!

an exaggeration to say that the characters have even one dimension. And don't get me started on the music. If I see Celine Dion thump her chest one more time, I'm afraid I'm going to have to kill her!

A much better movie by a Canadian filmmaker is one which hasn't been seen by nearly as many people, but which shows a craftsmanship in writing and directing which will not easily be surpassed. Atom Egoyan's *The Sweet Hereafter* is a modest film in terms of budget, and yet it is much bigger than Titanic in every way which I find valuable. The characters are engaging and complex, the dialogue is subtle and believable, and the story addresses an intriguing number of the foibles and paradoxes which make up human existence. And while both films revolve around a tragic event, (*The Sweet Hereafter* concerns a small town in the aftermath of a horrifying schoolbus accident), Egoyan's speaks much more immediately and effectively to the cost in real terms of enormous loss.

The Canadian press has made much of James Cameron having been born here, with cover stories in *Maclean's* and *Saturday Night* touting him as the prodigal son. Given my druthers however, I'd proclaim Atom Egoyan the model Canadian filmmaker. Neither flashy nor tyrannical, he simply works hard at making movies which entertain and involve his audiences. And whereas Cameron's films end with every possible loose end tied up in a nice neat bow, Egoyan's leave lots of threads hanging. A lot like life, that. ♣

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- Writing and the inner journey —

This limited enrolment workshop day will enable new and more seasoned writers to brush up skills, learn new techniques, and build confidence in a fun, informal, hands-on atmosphere.

10 am – 4 pm, Saturday, September 26
 St. Thomas Anglican Church, Millbrook, Ontario

Cost: \$50 (includes breacktime snacks, coffee, tea, cold drinks, lunchtime dessert, workshop supplies....)

What to bring: A bag lunch (a delicious dessert and drinks to be provided!), a notepad, pens or pencils, writing questions/dilemmas, and your imagination!

To register: Call 932-5402 (Deb) or 932-2175 (The Green Hills Gazette) BEFORE FRIDAY, SEPTEMBER 18. SPACE IS LIMITED!!



SEEDS OF SOUL

Cherish life's questions

By Christine Soligo

People often talk to me about feeling a sense of meaninglessness and emptiness in the midst of their busy and demanding lives. Things aren't going as planned. They've invested an enormous amount of time and energy to build this wonderful life, to be a success, to keep their heads above water. They spend so much time doing, and accomplishing, and running from appointment to meeting to school to work; sometimes it feels like being trapped on a runaway train, hoping desperately to avert a crash. When the inevitable breakdown comes (the flu, a sprained ankle, an emotional collapse), they ask themselves, "What's the point in all this? How did I get here?"

These are very good questions. A good time to ask these questions is before a breakdown.

For some, the fear is that there is no point, no meaning

to any of it. We look for someone or something to fill us up, to reassure us that it's all worthwhile. We search for answers outside only to be confronted again and again with our own reflection - and it looks and feels empty.

Consider giving up looking for answers and focus

When the inevitable breakdown comes, they ask themselves, "What's the point in all this?"

instead on questions. In his book "Letters to a Young Poet", R.M. Rilke entreats us "... to have patience with everything that is unsolved in your heart and to try to cherish the questions themselves... Live the questions now" (1945).

So let's entertain some questions. What if everything in your life has meaning? What if the circumstances of your life are trying to guide you to your unrealized potential, your heart's desire, your destiny? What if you are both the author and the main character of the story of your life?

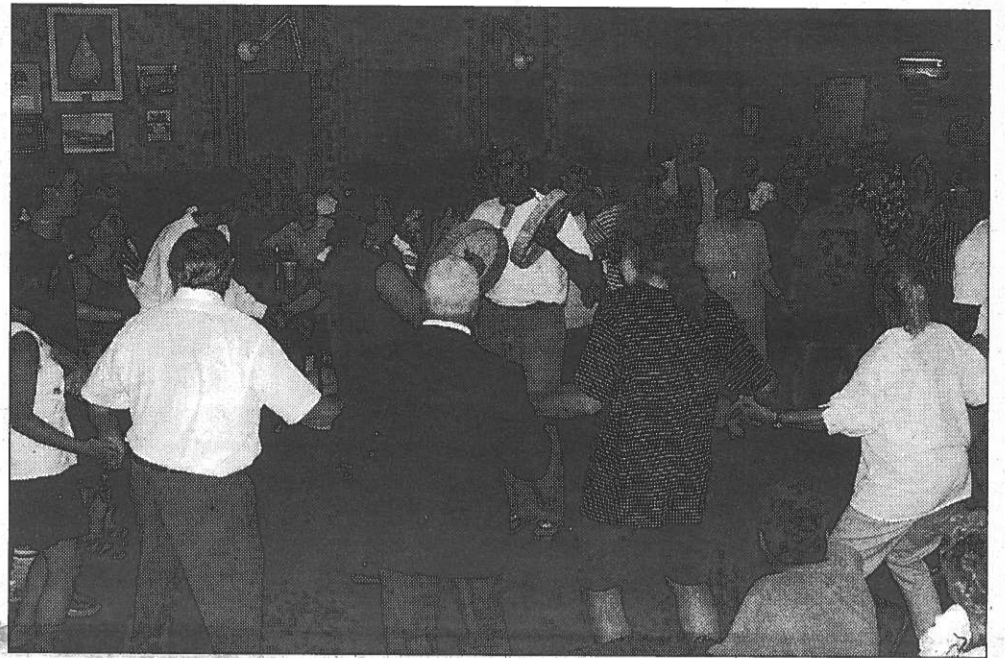
As the main character, you don't know what's going to happen from one page to the next. You are in the moment, dealing with the dramas and adventures (including some runaway trains) as

they present themselves. However, as the author, you have the freedom and responsibility of creating a rich and textured storyline that shows the growth and evolution of your character. You present trials and tribulations, successes and failures, in order to develop your character.

But you're still stuck as the character who doesn't have a clue what's going to happen next. How do you read the story of your life? By asking questions. The author includes every scene for a reason. Wonder about it. Explore different perspectives. Sit with the questions. Allow the questions to open up new possibilities.

When you miss an important meeting because of a flat tire, wonder about it. Does missing that meeting tell me I could be focusing on another project? How do I feel about my job? my boss? How come I set up that conversation with the CAA mechanic? How come I feel better now that I've had some time to sit quietly at the side of the road and breathe?

Meaning is found not only in holy places. As you "read" the story of your life, you will discover meaning in ordinary circumstances, in small details, in cracks and crevices. The ordinary begins to become sacred, and the sacred is found every day. Life no longer feels empty and meaningless. ♣



Drumming and dancing were a highlight of a "meet and greet" at the Legion August 9. The gathering was for Métis and native-Canadian actors working on the 4th Line's "Bell of Batoche".

Helping support single parent children

Big Brothers and Big Sisters of Peterborough is offering a variety of time-flexible programs for volunteers to spend time with children who could use a friend. The new programs will allow those who have concerns about the time commitment to share the time they have available in their schedules.

Couple Matching allows couples to apply together to be matched to a child, offer-

ing a broader option of activities, and the ability to help each other when schedules are a problem. In-School Mentoring requires one hour per week, and happens during school hours in school but outside of the classroom. This program would appeal to those who don't want to take time away from family or evening commitments; summer and holidays are not included.

Another option is the Occasional Big Brother or Sister program, for people who would like to help a child on a very informal basis. This is the way to "test the waters", involving a lesser commitment to taking a child to three special events a year.

For more information on these, or other programs at Big Brothers and Big Sisters, call the Peterborough office. ♣

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September meeting

Guest speaker **Ken Ramsden** will talk about his newly published book "The Canadian Kangaroos in World War II".

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St. Thomas Anglican Church, Centre St., Millbrook

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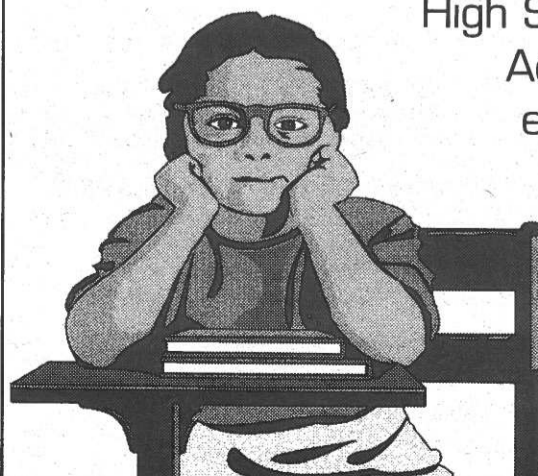
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GOD TALK

Do Pets Go to Heaven?

Recently, someone told me that my pets did not have a soul, and that they wouldn't go to a heaven when they died. I find this difficult to accept. What is your opinion about this?

As clergy, we are occasionally asked by children in our congregation to pray for their pets. Children seem to have a solid belief that God would care about their beloved pet, and why not? As Christians, we believe that God is the source of all creation - people, animals, plants. Today, we use different words to describe creation than were used by the Jewish people in the Hebrew scriptures, but we do claim God as the source of all living things. Jesus taught that God loves and provides for all of creation. We have even made his statement about God caring for each and every sparrow (Matt. 10, 30-31) into a hymn "God sees the little sparrow fall. It meets his tender view. If God so loves the little birds, I know God loves me too."

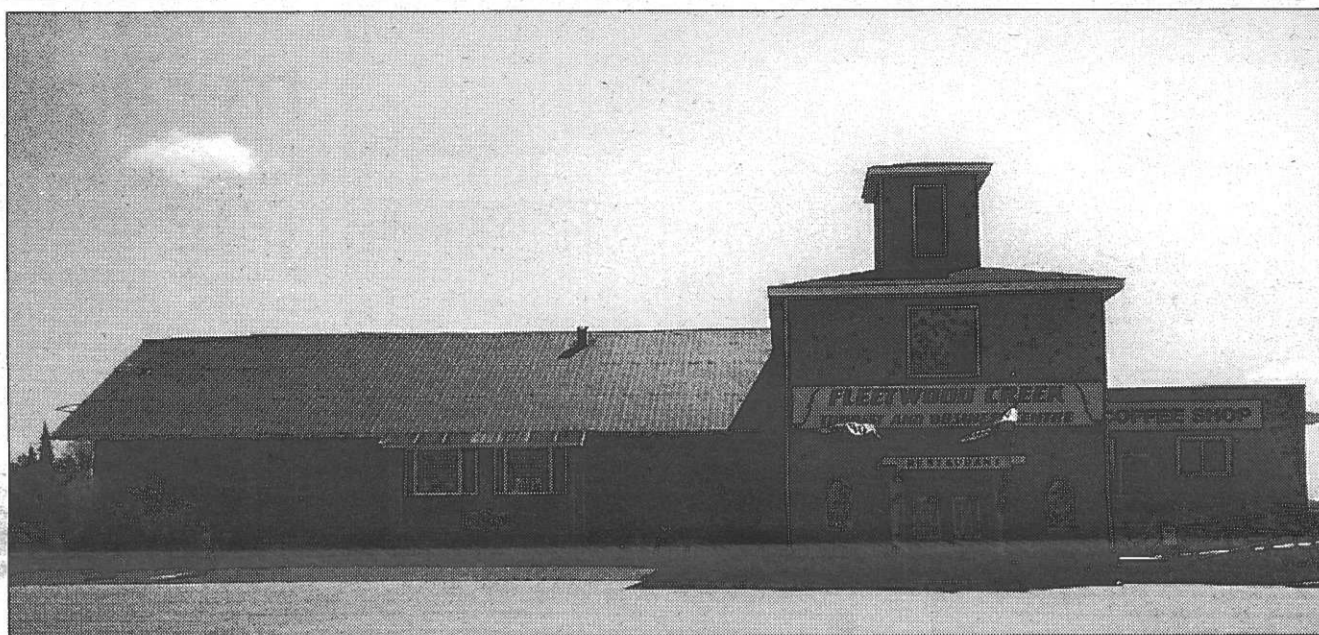
As human beings, we describe God's presence within us, as a "soul". Maybe God would use another word altogether. Do dogs have souls as we understand soul? Only God knows the answer to

Do dogs have souls as we understand soul? Only God knows the answer to that question.

that question. What we do know is that Jesus has assured us that God loves the world, that God is with us, and cares about all living things. Jesus has promised that there is another life after death. There are no factual details on this life, except that it is a life with God. Faith means that we trust in something we do not totally understand. And so we trust God's promise of another life, a better life to come for all of God's creation. If God is aware of and cares about every living thing, then our faith tells us that God will care for the life that is a part of our pets after death, whatever that caring might entail. As human beings, we worry about whether we have the correct understanding of God, and souls, and heaven and eternal life. Jesus assured us over and over again not to worry about the life to come but to live and love unconditionally and care for one another during this life. God will take care of the rest. So we can say to our children, and to adults as well: God's love is unconditional. God's promises can be depended upon. God will take care of your pet's future, whatever that entails. ♣

This month's "God Talk" has been contributed by Rev. Susan Sheen, of the Anglican Parish of Cavan, and Rev. Jan White, of the United Church, Bethany-Pontypool pastoral charge.

BUSINESS PROFILE



The Granary Restaurant in Bethany offers a delicious buffet and space for large functions.

History and dining variety at The Granary

By Amie Heaslip

If you are looking for a dining experience with a little local history thrown in for good measure, look no further than the Granary Restaurant in Bethany.

The Granary is comprised of two buildings, with the dining hall located in the part of the building that was once the Feed Mill in Bethany. This post and beam structure was moved to the site from its original location near the railroad tracks in the heart of Bethany; a newer addition was built onto the mill after it was moved. The Granary was in operation before at this location, but was closed for approximately five years. The restaurant is now under new management and ready to accommodate your needs.

Owners Grant and Reesa Fallis are thrilled by the growing popularity of their buffet, which is acquiring quite a positive reputation in the area. "We have a large buffet Fridays through Sundays, and a Sunday brunch. There is a minimum of 14 items on the hot buffet,

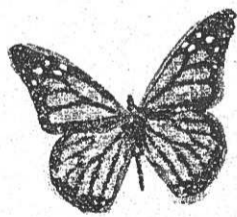
Owners Grant and Reesa Fallis are thrilled by the growing popularity of their buffet, which is acquiring quite a positive reputation in the area.

and at least 25 on the salad bar, as well as a wide variety of desserts includ-

ing cakes and pies," said Reesa.

The couple have run a catering business for eight years, and continue to cater for groups in the community, as well as government groups and for special events such as jack and jills, weddings, and private parties. "The banquet room has been redone and has seating for 150 people. We are licensed, and can accommodate almost any party in that room," said Reesa.

The Granary Restaurant is located on Highway 7A, just minutes west of the town of Bethany on the south side of the highway. The fabulous food is yours to enjoy Thursdays from 11 a.m. to 9 p.m., Fridays and Saturdays from 11 a.m. to 10 p.m. and Sundays from 9 a.m. to 9 p.m. Reesa and Grant can be reached by calling 705-277-2291 for more information, or to book your next social function close to home! ♣



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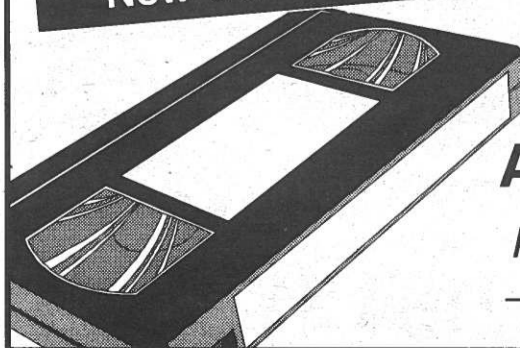
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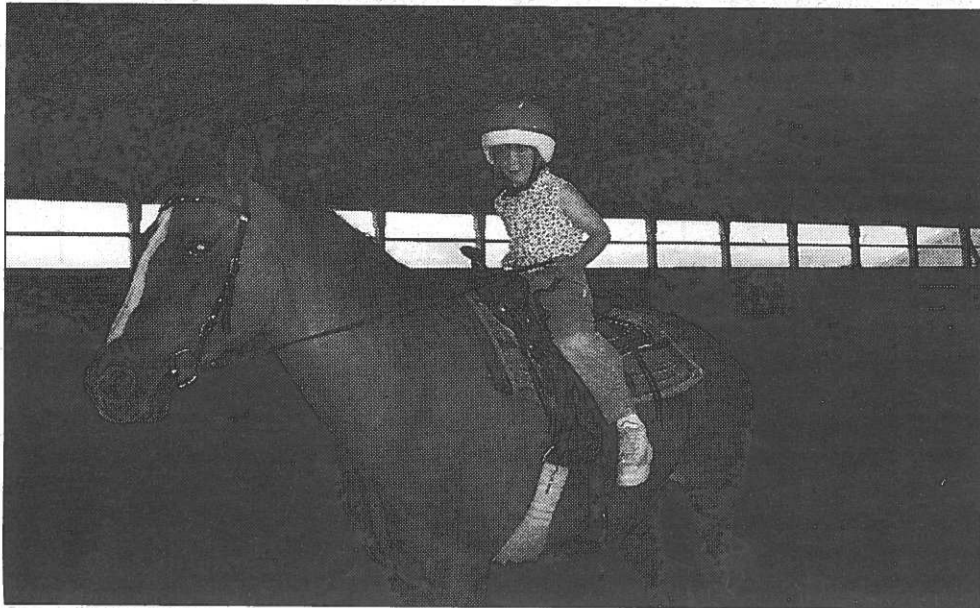
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Riding high in the saddle, this young rider prepared for a weekly rodeo event at Maple Creek Ranch.

Riding, relaxing, enjoying nature at Maple Creek Ranch

By Barry Larock

Paul Shank loves his work. Each day, the Executive Director of Maple Creek Ranch in Cavan Township, thanks God for the great outdoors and the joy of riding horses.

For ten years now, Maple Creek Christian Ranch has been serving church, school and adult groups with exceptional weekend retreats and outdoor educational programs. This non-profit organization is located just 10 minutes west of Peterborough, on the Wilson 13th Line of Cavan.

"We offer something for everyone. Not only do we serve as a great retreat destination, but we also offer outdoor education packages and several good camps for children in the summer, fall and at Christmas too. We really want everyone to feel welcome and enjoy our horses," Paul said.

As the summer camp season winds down, Mr. Shank and his crew are currently gearing up for the fall

"The best thing about us is that we have a large indoor riding arena which can be utilized rain or shine."

season with both English and Western-style horseback riding lessons on offer, as well as retreat facilities available for groups of all ages. Each weekend retreat at Maple Creek Ranch is usually customized by the incoming group, with Maple Creek looking after the recreational activities, including riding lessons, baseball and volleyball; and as well as, most importantly, feeding hungry "ranchers"!

"The best thing about us is that we have a large indoor riding arena which can be utilized rain or shine. And our cooking is wonderful as well. We like to tell all of our campers that we'll feed them till they're good and full."

One of the coming attractions of the Ranch is

the outdoor education aspect of the facility. According to Mr. Shank, local schools are very interested in the pond within the ranch's grounds, and the natural greenspace in Cavan Township for science and outdoor education studies.

"We get a lot of Guide and Scout troops as well, looking for the outdoor experience. We can facilitate any group and various ages, as long as they want to experience God's great outdoors."

Some of the programs Maple Creek Christian Ranch's staff are preparing for this fall and winter include: Horsing Around Club for children ages 7 to 14; Thanksgiving Camp set for Oct. 10 to 12 for children ages 7 to 14; and Christmas Camp set for Dec. 27 to Jan. 2, 1999 again for children ages 7 to 14.

For more information on prices and packages available at the Maple Creek Christian Ranch, call 799-6325 or 1-800-648-1595. (See also the flyer enclosed with this issue!) ♣

Cavan woman works miracles with massage

By Deborah Luchuk

It was, as they say, one of those days... Before setting out to pick up the August issue of The Gazette from the printer, we had a number of disturbing incidences and miscommunication to contend with.

And then it happened... the ground beneath me moved, or rather, the steps down from the loading bay at James Publishing, with the highly embarrassing and painful consequence of falling four feet down. The temporary wooden steps had not been secured, and the result was a twisted back, various cuts and bruises, and some very concerned print shop employees.

The stiffness set in somewhat later, after we had dispatched the mail bags to the appropriate post offices. I couldn't turn my head too far either way, and the chiropractic adjustment I had, while helpful, didn't do anything for the muscles in spasm.

So I called a professional - Lisa Westheuser, R.N., R.M.T., Cavan Ward. She put me through a series of tests to see just what type of massage and pressure to use to loosen up my angry muscles. Somehow, Lisa managed to work a miracle, liberating muscles that were as hard as a board - the next day, I barely remembered my fall, except for the embarrassment and the cuts and bruises.

Lisa has recently set up her massage practice at the VON Health Centre in Peterborough, and helps individuals deal with the pain and mobility limitations of a number of conditions, from garden variety stress, to whiplash, arthritis, and beyond. It's been a long road to her new career - an

interest in the sciences while a student at Millbrook High School eventually led through study at Trent University, a diploma from Durham College as a Registered Nurse, and into the hands-on healing of massage therapy.

Somehow, Lisa managed to work a miracle

Many will remember Lisa from her involvement in a wide range of activities at Millbrook High School, from drama club to Student Council. She worked at Kawartha Downs as a student, and for a summer, ran her own ice cream business in Millbrook.

Upon graduation from the registered nursing program at Durham College, Lisa worked for a community nursing organization, but found "the opportunity to actually help people wasn't available due to increased duties - there wasn't time to really help those I was there to help. I found I was more inclined toward working in wellness care than acute treatment."

For those considering massage as a means to improved health, relief

from pain, and relaxation, Lisa insists on a clinical approach to her clientele. Upon booking a massage session, a full medical history is taken, as well as various tests to determine range of motion, posture, and body alignment. Privacy is ensured, and clients can have a massage with clothes on or off (with only the parts to be worked on exposed from under a sheet).

For more information on massage, or to book an appointment, call Lisa at the VON Centre for Health, 139 Charlotte Street, Peterborough, 741-2408. ♣

The VON Centre for Health offers massage, reflexology, therapeutic touch, foot care and wellness seminars on a variety of subjects for people of all ages. The next series of Lunch and Learn seminars will be on living with arthritis, in partnership with the Arthritis Society, starting Sept. 17, an eight-week period. Another series is planned on diabetes for later in the fall. For more information about these services, the Wellness Seminars, to register or set up an appointment, call Marilyn at 741-2408.



Lisa Westheuser working her magic on a satisfied client's neck and shoulders at the VON Centre for Health.

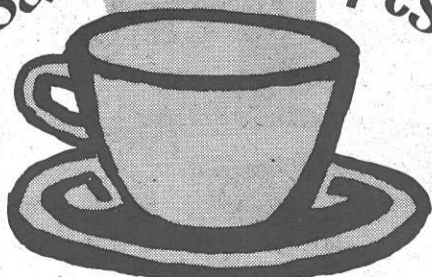
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SPORTS AND RECREATION



Barry Larock

By Barry Larock

There certainly are a plethora of activities to get involved in throughout the trio townships.

I'm referring, of course, to Cavan-Millbrook-North Monaghan Township's 1998-99 Fall and Winter Leisure Services Guide now available through the Parks, Recreation and Facilities Department office.

Here are some reasons why these recreation programs are so important to the community, and should be supported by municipal leaders and residents alike.

- 1) Recreation and active living are essential to personal health.
- 2) Recreation and active living helps people live longer - adding up to two years to life expectancy.
- 3) Recreation is a key to balanced human development.
- 4) Recreation is essential to the development of our children and youth.
- 5) Recreation, sports, and arts/culture build self-esteem

Recreation builds healthy communities

and positive self-image - foundations to personal quality of life.

6) Recreation, sports, and arts/culture nurtures growth, acquisition of life skills, and independent living for those with a disability.

7) Recreation, sports, and arts/culture reduce self-destructive behaviour and negative social activity in youth.

8) Recreation, sports, and arts/culture can reduce racism - building understanding between diverse cultures.

9) Families that play together - stay together.

10) Recreation, sports, and arts/culture produce leaders who serve their communities in many ways.

11) Fitness and well-being reduce both the incidence and severity of illness and disability - lowering health care costs.

12) Recreation reduces social dysfunction - cutting police, justice and incarceration costs.

13) Recreation, sports, and fitness improve work performance - increased productivity, decreased absenteeism, decreased staff

turnover, reduced 'on the job' accidents.

14) Small investments in recreation, parks, sports, and arts/culture often yield large economic returns - money generated by events, capital development, and provision of ongoing services is spent several times in the community (the multiplier effect).

15) Parks, open spaces and natural areas are essential to ecological survival.

16) Trail and pathway systems save energy and protect air quality by encouraging non-motorized transportation.

Your Recreation Programmer, Maureen McElwain, would appreciate your input on recreation programming in the Township. If you have a few minutes to spare, drop by the Millbrook Arena, or call 932-2911 to share your ideas, comments, and beefs. Your input will help CMNM Recreation Department to better provide all the benefits of recreation to the community by planning events and activities of interest to YOU!! ♣

Township recreation offers diversity

By Katherine Luchuk

The days are getting shorter, school is back, and The Fall and Winter Leisure Guide has arrived. Yes, summer is nearly over, but with a new season come boundless opportunities to get in shape, get involved, and explore new terrain!

The Guide, published by the Cavan-Millbrook-North Monaghan Recreation Department includes fall and winter activities for outdoor enthusiasts, educational programmes and services, cultural activities, community organizations, and fitness or sporting activities.

"The Guide is multi-purpose, giving residents the entire picture" of various recreational programmes, services, events, and activities offered in their community, explains Recreation Facilities Manager Rick McGee.

Energize Yourself on Ice, Senior Skating, and Thursday Pickup Hockey are a few of the new programmes highlighted in this year's Leisure Guide.

Rick highlighted a few new programmes this year: Energize Yourself on Ice, Senior Skating, and Thursday Pickup Hockey. Entering its fifth year, Ladies Friday Afternoon Hockey continues to offer women at any skill level the opportunity to lace up and slap the puck around for an hour each week.

MADCAP (Millbrook and District Community Access Programme) opened its doors in July at 18 King Street and provides internet access and instruction if required. Internet access coupled

with the Public Library's inter-library loan service and CD ROM Reference Centre, provides users with an efficient means to obtain a world of information.

The Old Millbrook School will once again open its doors to aerobics queens, dancers, and Judo and Taoist Tai Chi masters. The Guide contains descriptions and contact numbers for each programme.

When the snow begins to fall, refer to The Guide for information on local downhill skiing facilities, and cross country skiing offered at golf courses in the area.

Maureen McElwain, Recreation Programmer says "the Guide is a great tool, it's all there in writing" for quick and easy reference. If you haven't received your Fall and Winter Leisure Guide, call 932-2911. ♣

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Millbrook Bowling Centre 1998-99 Season

Millbrook and District Ladies League

Mondays 1 - 3 pm, \$5.25 each week (2 games) (No children, please) Call Ruth to sign up: 277-2689

Y.B.C. — Youth Bowling (ages 4-18)

Registration: Mites and Bantams - Sat. Sept. 12, 9 am - noon
Juniors and Seniors - Thurs. Sept. 10, 7 - 9 pm
Registration: \$10, Weekly fee: \$6 Mites and Bantams, \$7 Juniors and Seniors. Includes prize money

Millbrook Mixed League

Mondays or Tuesdays 7 - 9 pm, Starts week of Sept. 14. Cost: \$10 per week.
Players and teams needed for 98-99 season. Call 932-3070 for more information.

Bethany and District Golden Stars - Seniors League

Tuesdays 12:30 - 3:30 pm. Cost: \$4.50 each week (2 games)
Call Margaret Finney, 743-3297 to join or for more info

Public Bowling Hours

Fridays 6:30 - 9:30 pm
Saturdays 1 - 5 pm, 7 - 9:30 pm
Sundays 1 - 5 pm

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(\$5.50 for one game)

Scouting and Guides groups of all ages are entitled to Special Group Prices: 1 hour - \$2.25 each, 2 hours - \$4 each (shoes included)

More about groups.... Wednesday evening is group night. Large groups can book the Centre for \$55/hour. Business parties or family groups can reserve Saturday night for \$16/couple or \$20 with food.

Millbrook Bowling Lanes, 3 Queen Street, Millbrook. 932-3070

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ARTS & CULTURE

Local artist inspired by travel

By Katherine Luchuk
 Inspired by travels in Central America and Southern France, Millbrook resident and artist Esperança Melo eloquently expresses culture and experience in her new series of acrylic paintings and papier mâché masks called *Beyond Borders - Exploring the Intimate Landscape*, currently featured at The Millbrook Gallery.

In her work, Esperança captures the vibrant colours illuminated by what she describes as a "pure light" on the cracked, weather-worn buildings in Central America. In travels to Guatemala, Mexico, and Southern France she felt a connection with walls and colour. "Colour stimulates me... cracks in the walls excite me... medieval architecture or architecture in ruin interests me."
 "Travel inspires me,"

Esperança explained. "It's the way I learn. I try to experience culture first hand, but that experience cannot be expressed in words." In Guatemala, for example, "everything is very close, I try to convey that mood in the close spaces."

Grandiose, oppressive colonial architecture looms large in Central America. It is the imperfection of those buildings, however, from earthquakes and age that interests Esperança. The juxtapositioning of the buildings in various states of ruin with a simple, unassuming human figure in the background, reveals strength in serenity amidst the oppression and ruin.

Esperança explains "the people are strong within themselves, deriving their strength from heritage and spiritual beliefs."

The clean lines and sense of calm conveyed in

Esperança's work come from her home environment of Millbrook. "There's harmony here, you are one with nature, and I work best in a harmonious environment."

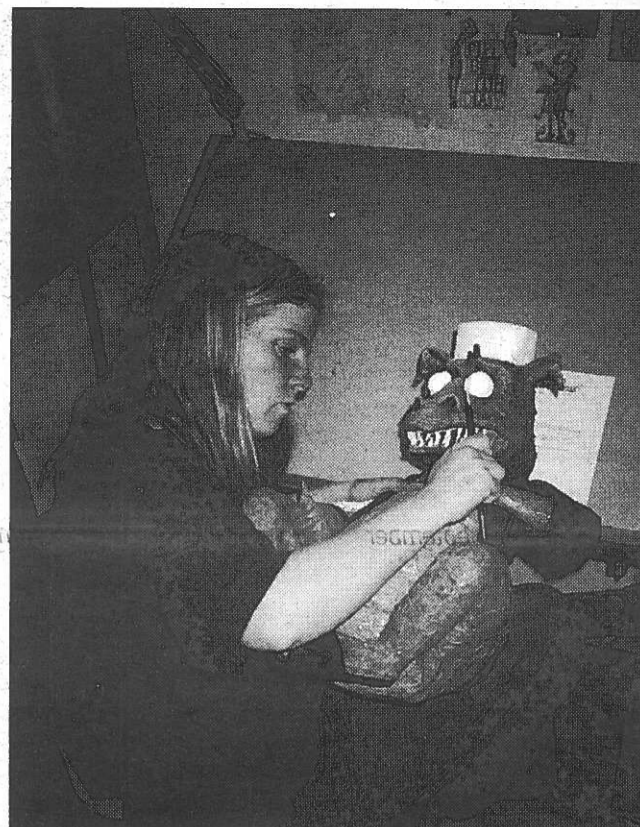
"It's the way I learn. I try to experience culture first hand, but that experience cannot be expressed in words."

Born in the Azores, an archipelago of islands in the mid-Atlantic, about 900 km off the coast of Europe, Esperança and her family ventured to Canada when she was eleven. In high school, she discovered her interest in, and capacity for art, and went on to college to study graphic design and animation. In Toronto, she launched her career in advertising while

attending night school art classes in pottery and sculpture.

"It was exciting to try new art. What was scary was leaving my established career in the city to pursue it further," Esperança explains. "Living in the city, it was difficult to take time off for artistic pursuits." By moving to Millbrook she has been able to maintain a balance that she could not achieve in Toronto. Esperança continues her career in book design and illustration for KidsCan Press, but has more time for other artistic endeavours such as painting, papier mâché, and pottery.

The masks featured in her show are papier mâché, one of Esperança's favourite forms. "Unlike sculpture, the materials are accessible; even children can do it. That's appealing to me. I use a dry brush technique



Esperança Melo applies her dry brush technique to one of her papier mâché creations. The current show at the Millbrook Gallery features her diverse talents.

to bring out the texture of the paper."

With the opening of this show, Esperança's imagination is already

moving in new directions. Meanwhile, come and enjoy her current sunny exhibition of paintings at the Millbrook Gallery. ♣

History in the making at 4th Line Theatre

By Deborah Luchuk
 A church bell has brought diverse and historically divided cultures together, in a controversial new play about the events of the Riel "rising".

The Bell of Batoche, the 4th Line Theatre's most recent work-in-progress, retells the events of the "rebellion" from the perspective of the cultures, social classes, and political and religious factions involved.

The bell itself has been the subject of controversy in our area, as it resided in the Millbrook Legion for

decades as "war booty", and was recently repatriated to an undisclosed location in Manitoba. Controversial also, is the play by Robert Winslow and Bruce Sinclair, praised and simultaneously challenged for its attempt to re-write history according to the stories and experiences of the Metis, Cree and lower classes of Upper Canada - voices left out of the standard Canadian history book.

In order to create an authentic emotional and intellectual recreation of the events of the "rising", Metis and Cree actors from across Canada have partici-

pated in the production of *The Bell of Batoche*, contributing not only their acting ability, but their cultural experience of Canadian history.

4th Line actor Kate Storey was thrilled to have the opportunity to work with fellow actors from across the country, and to experience the Metis and Cree culture firsthand in cross-cultural activities. "This is the first time the 4th Line has tried to do a cross-cultural production. We spent two weeks in Saskatchewan, we slept in a teepee, and spent time with elders. We learned a lot

The bell itself has been the subject of controversy in our area, as it resided in the Millbrook Legion for decades as "war booty."

about their spirituality - people have been very generous about sharing with us. We've had a lot of struggle as well (trying to understand each other's experience of history)."

Cheryl L'Hirondelle-Waynohtew, a non-status Cree actor, has also enjoyed her time with the group working on *The Bell*, and has been challenged by it. "We're learning about each other, our actions, and how we come to this point culturally. We're bringing all

the different stories together, the different native histories, French and Scottish Canadian history - Metis culture is different in various places in Canada." Kate Storey concurred that the process of creating a cohesive presentation of these divergent elements requires a willingness to explore difficult territory: "It's kind of like walking on eggshells sometimes. The first couple of weeks in Saskatchewan made us realize how diverse all the cultures are."

In the words of L'Hirondelle-Waynohtew, *The Bell of Batoche* "speaks of a person who was a visionary, who saw a nation could be a cohesive whole. Riel saw how so many diversities could come together, and we still grapple with these issues in Canada today." The story is

about those who were caught up in the vision, those who opposed it, either through their conviction that Riel was a madman, or through racist understandings of the Metis and Cree nations, and Upper and Lower Canadians who were sympathetic to the vision.

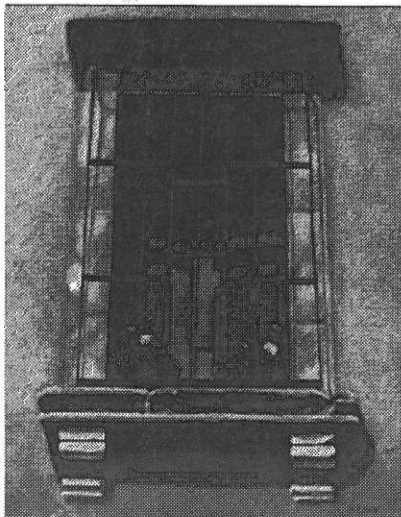
The kaleidoscope of colour, culture, and experience has been brought together with the creative genius of the two playwrights, Robert Winslow, and Bruce Sinclair, representing the Upper-Euro Canadian and native/Metis experience of history respectively.

Theatregoers at the August presentation of scenes from play were asked to share their suggestions

Continued on back page

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
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Community Calendar

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Special Interest Courses

at Silverpointe Arts and Commerce Centre, Port Hope
Beginning in September
Fabulous Interiors, Start-Up, Inc., Pencil Portraiture. Classes in interior decoration, business start-up and portraiture are being offered. For more info, call Elizabeth at (905) 885-7078.

Millbrook Play School

at Millbrook Christian Assembly, Millbrook every Tues. and Thurs., 9:30 - 11:30 am
Fee is \$2 for the morning or \$10 per month.

Mobile Outreach

at Millbrook Christian Assembly
1st Fri. of each month in the Cavan Community Hall, 3rd Tues. of each month
Program provides a morning out for pre-schoolers, parents and caregivers. For more info, call Betty at 748-9144.

Community Choir

at St. Andrew's United Church, Millbrook
Tuesdays 7:30 - 9:30 pm
More adult voices needed to join in the music! For more information or if you would like to join, call Phil Loucks at 745-2623. (see page 6)

Joyful Noise

at St. Andrew's United Church, Millbrook
every Tuesday at 6:30 pm
New members wanted for youth choir. For more information, call Phil Loucks at 745-2623.

Taoist Tai Chi Open House

at Old Millbrook School
Tues. Sept. 8, 7:30 pm
Open House to try out Tai Chi or register for classes. For more information, call Steve at 748-4900.

Millbrook Scouting:

Registration for all ages at the Lions' Den, County Rd.#10 at the 7th Line
Wed. Sept. 9, 6 - 7:30 pm
Call Mr. Jan Hopkins at 944-8851 or Joanne Armstrong, 944-5462. Late registrations welcome.

Girl Guides:

Registration for all ages at St. Thomas Anglican Church, Millbrook, and Cavan Community Hall, Hwy. #7(a), Cavan
Sept. 9, 6 - 7:30 pm
Adult leaders needed. For more info, call Cathy at 932-3124 after 5 pm.

Millbrook Fair Board Meeting

at the Millbrook Arena
Sept. 15, at 8 pm
Volunteers are needed to help plan the 150th Fair in 1999! Call Bruce Denley 743-3130 or Diane Armstrong 745-5687 to volunteer or for more info.

Ken Ramsden

author of "The Canadian Kangaroos in World War II" at St. Thomas Anglican Church, Millbrook
Wed., Sept. 16, 7:30 pm
Guest reading by local author Ken Ramsden from his new book. Sponsored by Historical Society. (see page 6)

Kids' Night at MADCAP:

at both Millbrook and Mt. Pleasant MADCAP sites
Sept. 17, 4 - 8 pm
Children are invited to play computer games, surf the Web. \$1 per child. To reserve a spot or info, call 932-3917, or 799-7841.

4th Line Follies

at Victoria Hall Ballroom, Cobourg
Sat., Sept. 19, 7 pm
Evening dinner theatre. Tickets \$38.50, includes buffet dinner. Box office (905) 372-2210.

Karaoke Dance

at the Red Barn, Millbrook Fairgrounds
Sat. Sept. 19, 8 pm - 1 am
Come on out and share your hidden musical talents. \$2 per person! Your opportunity in the spotlight is in support of 150th Millbrook Fair fundraising efforts. Sponsored by Molson Breweries. For more info, call Greg 932-2224 or Pat 932-3195.

Grand Opening: Millbrook and District Food Share

at Old Millbrook School, Sat. Sept. 26, 1 - 4 pm
Grand opening of the food bank, a BBQ, games, displays and demonstrations. Free admission. For more info, call 932-7006. (see page 1)

WRITE AWAY!:

Creative Writing Workshop at St. Thomas Anglican Church Hall, Millbrook
Sat. Sept. 26, 10 am to 4 pm
A writing workshop with author and director of the Victoria School of Writing, Margaret Dymont. Learn new approaches to fictional and non-fictional writing. \$50 per person. Cost includes drinks, a delicious dessert, handouts and various other supplies. For more info please call Deb at 932-5402. Register by Sept. 18. (see page 5)

Book Launch

Ken Ramsden author of "The Canadian Kangaroos in World War II" at the Millbrook Gallery
Sept. 30, 2 pm
Launch of local author's book. All invited.

Public Skating

at the Millbrook Arena
Begins October 1, Mon. and Thurs. 3:30 to 4:20 pm
Sundays, 1 - 2:20 pm
Admission \$2. For more info, call 932-2911.

Parent and Preschool Skating

at the Millbrook Arena
Starting Oct. 1, every Wed. 1 - 3 pm, and Fri. 10 am - noon
Admission is free. Call 932-2911 for more details. (see page 9)

Senior Skating: For older adults

at the Millbrook Arena
Starting in October
Mondays, 1 - 3 pm, Tuesdays, 10 am - noon, Thursdays, 10 am - noon.
Admission is \$2 per person. Call 932-2911 for more details. (see page 9)

Senior Puck and Stick

at the Millbrook Arena
Starting in October
Mon. and Wed., 10 am - noon
Admission is \$2, personal protective gear is recommended. Call 932-2911 for more details. (see page 9)

Kawartha Autumn Studio Tour

Sat. and Sun., Oct. 3 & 4
10 am to 5 pm
Enjoy the fall colours while visiting local artists' studios. Free admission. Brochures with studio descriptions and maps available at the Millbrook Gallery.

Beef BBQ

at the Millbrook Legion
Sun., Oct. 4, 12 noon
Banjo band plus local talent. Guest American Legion members from Watertown, N.Y. Adults \$10, children \$5. For more info call 932-2837.

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
Baileboro Library Boutique Tues noon-3:00 pm, Sat 10:00 am-1:00 pm. Proceeds to the Baileboro 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.

Garden Club Meeting

at St. Thomas Anglican Church, Millbrook
Wed., Oct. 7, 7:30 pm
Guest speaker is Marjorie Mason-Hogue, who will talk about bulbs and have some varieties for sale.

Bus Trip to St. Jacobs

Sat., Oct. 17
6:45 am to 10 pm
\$35 per person. Be sure to book early. For more info call My Sewing Basket, 932-2700.

The Stone Angel

at Showplace, Peterborough
Thurs., Oct. 22 to Sat., Oct. 24
4th Line Theatre's first major fall production of Margaret Lawrence's *The Stone Angel* at Showplace in Peterborough. Tickets are now available. Friday matinee on October 23, 2 pm. Reserve early to ensure your seat. \$20.50 adults, \$11.50 children. Call Showplace box office at 742-7469.

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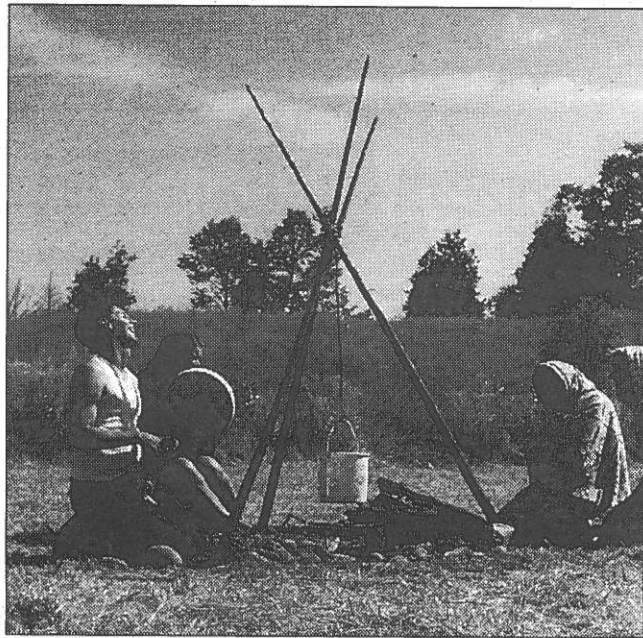
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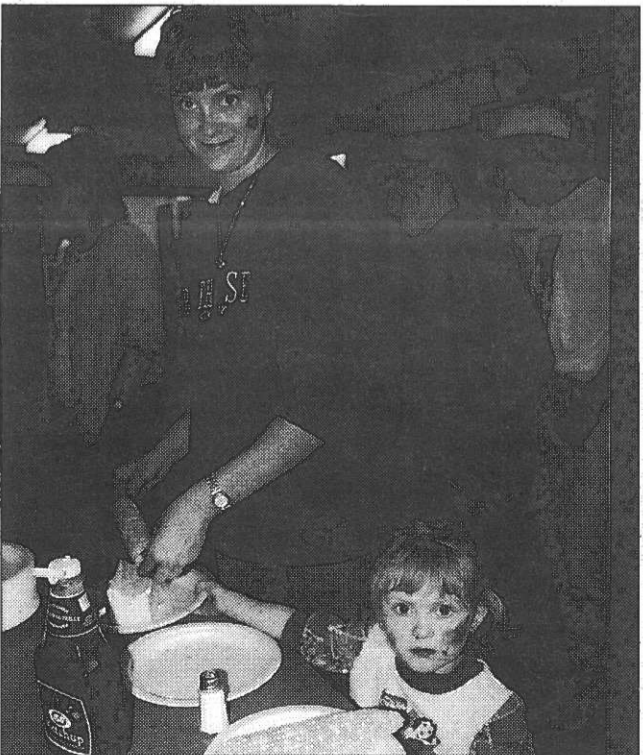
In this scene from the "Bell of Batoche" the Cree people's suffering prior to the Riel rising is portrayed.

History

Continued from page 10

with Sinclair and Winslow for further development of the production, slated for presentation next summer at the 4th Line. Some of those present at the production felt the play was a reconstruction of history sorely needed to understand the depth and breadth of Canadian history. Others felt the play's scenes had gone too far, that they were too damning of the experience and involvement of Upper Canadian people of the time - more accurate depiction of the cultural context in which people supported or denounced the military response to the rising is needed.

Personally, I am awed, moved and inspired by this radical piece of Canadian theatre, and am quite confident The Bell of Batoche will have a tremendous effect on our understanding of culture, history and our present-day unity issues in Canada. As a historian and student of Canadian culture, I am excited by the possibility that history can be retold from the perspec-



Although the rain poured, spirits were not dampened at the annual Community Picnic, August 23. Over 50 people came out to the arena for an indoor picnic, enjoying corn (as this mom and daughter did), a BBQ, and entertainment by Brooke Turney.

tive of those who didn't win, who were the ordinary men and women involved in the great stories that define us as a nation.

I would offer the following suggestion though, to Bruce and Robert - get in touch with some historians of the Catholic Church, perhaps in the dioceses in Manitoba and Saskatchewan, for their perspective on the church's role in Metis culture. I was disturbed by a scene where the priest comes to the Metis nation with the bell. There may have been priests and clerics who abused their power, but there were many more who were sympathetic to the vision of the people, and worked in solidarity with them. To me, this scene implies a lack of understanding of Catholic church history, and an implication that those writing the play are not intimately familiar with the foibles and blessings of the church.

The Bell of Batoche will be a landmark, transformative event in Canadian theatre and historical study when presented next summer in its entirety - be prepared to be shaken and stirred! ♣



CREATIVE PARENTING

By Trish Boyd-Reininger

Well, summer's over and school is here! After the what to wear, where to buy it and how much is affordable questions are answered, the real concerns and questions begin!

Where is my classroom? What is my teacher like? Will I like him/her? Will he/she like me? Will I make friends? Will I be able to keep up with the workload?

Do children really feel this way? Well, let me relate a personal experience involving my youngest child. After his first day of junior kindergarten, he was lying in bed, hands folded behind his head. He looked up at me and said, "I hate school." Since this was the first time in Kyle's four years that he had been separated from me for hours at a time, I looked at him and said, "It must be hard to be away from home, especially when you've always been home with mama."

Kyle looked at me and groaned, "I gotta quit!"

Preparing for school

Quit!?! My initial reaction was to say, "Quit? you can't quit, you're only four years old for heaven's sake, you've got 13 more years of school left, and that doesn't include college or university!"

I thought for a minute, looked down at Kyle, and said, "I know just how you feel. There are many days when I don't feel like doing my work. There are days when Daddy feels like he wants to quit his job, too. But you know what? We all have responsibilities, and have a job to do. Right now, your responsibilities are making your bed, clearing your spot from the table, and tidying your toys. Your job is going to school. School is a place for learning new things, important things that will help you get ready for the next year when you will be Senior Kindergarten."

Whether I said too much or eased his fears a bit, I don't know, but Kyle fell asleep shortly afterwards. I should say Kyle lucked out, getting an intuitive woman as his teacher. She was very aware of his reluctance. She

didn't coddle him, but rather respected his fears and asked for my assistance when she thought it was necessary. With this type of teamwork, we helped Kyle over this hump (which lasted most of the year).

On the day before

I sat beside him and said, "What's up?"

He blurted out, "I can't go to grade one."

I don't know anything!"

Grade 1, Kyle was pensive about school starting so soon. As I prepared to go to work, Kyle asked, "Is school tomorrow?" I said, "Yup!" His eyes filled with tears, he sat down on the couch and put his sad little face between his hands. I sat beside him and said, "What's up?" He blurted out, "I can't go to grade one. I don't know anything!"

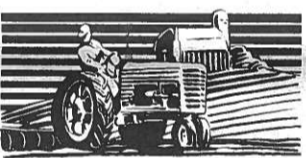
"What things don't you know?", I asked. "I don't know all my numbers and... I can't read yet!" (Loud sobs!) "Honey, you already

know a lot of things. You know your whole alphabet, you know words that rhyme, you can spell some words and sound out others, and you do know a lot of numbers. As for reading, you will learn that in grade one."

Kyle looked up with relief and asked, "You mean I don't have to know how to read chapter books yet?" "No, honey, you'll learn that by the time you're in grade 3, you've got lots of time to learn to read that well."

It never ceases to amaze me how in-depth a child's concerns are. A little extra time spent asking questions, explaining answers and listening to concerns with your child will make the fear of growing up and becoming independent less troublesome. Security makes a more confident child, and confidence begets independence. Good luck to all parents and children about to embark on this new and open road of discovery and education.

"A mother's heart is the child's schoolroom." - Henry Ward Beecher ♣



A FARMER'S VIEWPOINT

To plow or not to plow: Part 4

By David Brackenridge

In this column to date, I have been exploring various methods of soil tillage. Today's column will focus on a relatively new concept called "no-till" or zero tillage.

With this procedure, crops are planted into the soil without either primary or secondary tillage. The plow is not used, nor is a cultivator or disc used to prepare a seedbed. Plant residues from the preceding crop are left on the soil surface, and a special "no-till" drill is used to put the seeds into the ground.

The no-till drill or planter is specially equipped to whip away trash or plant residue, and work a narrow strip into which seeds are sown. A large assortment of drills and planters available will slice through previous crop residues, while others are equipped with trash whippers which clear the crop residue away from where the seed now is being planted. These planters are

Another obvious advantage to no-till is that plant residues remain on the surface of the soil to prevent erosion.

usually equipped with special coulters that will work up or till a narrow strip of soil for the new row of seed. Fertilizer may be bonded to the side of the seed row or top dressed on the soil surface.

Generally speaking, there is a tremendous saving in time, fuel and labour by using the no-till system. By eliminating repeat plowing, you could save between five and ten dollars per acre or more.

Another obvious advantage to no-till is that plant residues remain on the surface of the soil to prevent erosion. No-till farmers feel their soil approaches a natural condition, as in a forest where decomposing fallen leaves feed a vast population of worms, fungi, bacteria and other soil life. This underground world fertilizes the trees. Leaving the crop residue behind similarly improves soil structure, decomposition, and the amount of air in the soil.

The no-till system reduces soil compaction - we know that every time we pass over a field we tramp it down more. It has been

proven that plowing tends to reduce the earthworm population, and we know that a good population of earthworms tends to overcome the bad effects of soil compaction.

However, there are some disadvantages. No-till planters and drills are very expensive, and their capital cost must be borne by each acre they are used on. This increased cost may be enough to overcome the cost of a couple of secondary tillage passes over a field. More dollars may need to be spent on weed control. If you have livestock on your farm, and need to spread manure on your fields, you may not get full value from a plant food standpoint. It may be difficult to make the no-till system work on heavy clay soils.

I make no judgement as to which type of system is best. Each farmer will decide for him or herself whether or not to use the conventional, minimum or no-till system, based on capital cost, soil type, and drainage.

I just can't resist making a comment about the wonderful weather we've had this summer. We've had lots of heat and rain when we need it, and the corn and beans just look tremendous. I know it's a while yet until it's in the bin, but it sure looks good. Here's hoping I haven't jinxed it by talking about it!! ♣

Waste

Continued from page 1

Certificate of Approval (C of A) to allow construction waste to be dumped in the Municipality. We are also amending the C of A to allow all residents of the Municipality to use all of the dumpsites in the municipality. The amendments have been sent in and we have complied with all of their regulations and we are just waiting for approval," Deputy-Reeve Brian Squirrell said.

There's no room for exceptions to the rule on garbage, particularly building waste. "As it stands, the Ministry of the Environment is really cracking down on dumpsites because of all of the leaching that has been discovered at dumpsites. We can't bend the rules and violate the C of A or we could be charged. The dumping system will be more open after the amendments, we will allow construction waste such as drywall and all of the dumps will be open to all residents of the municipality." Squirrell said.

For now, residents will have to put up with the current system and hope that the amendments to the Certificate of Approval are approved post haste. ♣