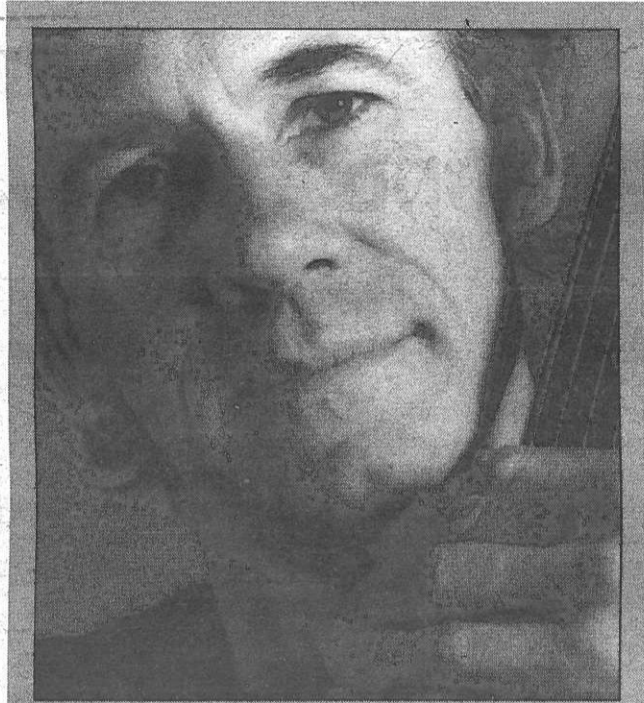


THE GREEN HILLS Gazette

Free!
Published monthly

Thursday,
October 8, 1998
Volume 1, Issue 9

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN



Titcomb coming to Give-a-Hoot

The Give-a-Hoot Café kicks off its 1998-99 season with singer-songwriter Brent Titcomb. Long time veteran of the Toronto music scene, Brent Titcomb's amazingly rich voice will be warming the crowd on Saturday, October 17, at 8:00 pm at the Old School in Millbrook. Admission is \$8 with special family rates, and free if you perform in the open stage.

Council to prosecute Deputy Reeve

Deputy-Reeve Brian Squirrell has been privately charged by Cavan-Millbrook-North Monaghan Council under the Municipal Elections Act.

Despite a review by the Crown Attorney's office, and a subsequent decision not to prosecute, the remaining members of Council voted unanimously in closed session recently to lay five charges against Mr. Squirrell for alleged election expenses misdemeanors.

Following submission of a letter from former Cavan reeve Vic Norman requesting an audit of Mr. Squirrell's

election expenses in April, it was revealed that Mr. Squirrell is being charged under the Municipal Elections Act for failing to deposit all campaign contributions of money into a campaign bank account; failing to make all payments for campaign expenses from the campaign account; failing to open one or more campaign accounts at a financial institution exclusively for the purpose of an election campaign; accepting campaign contributions of money in excess of \$25; and filing a false or incorrect financial statement in prescribed form.

Mr. Squirrell has admitted that he paid for more than \$1,000 in advertising from Country 105

Mr. Squirrell has admitted to the charge that he paid for more than \$1,000 in advertising from Country 105. His election financial statement, obtained earlier this year by The Gazette indicated that the radio station donated the advertising.

Councillors Gerald Downer and Brian Fallis

declined to address the matter when contacted last week, leaving it in the hands of municipally appointed solicitor, Russell Palin, of the law firm of Howell-Fleming. Reeve Neal Cathcart did not return telephone calls last week.

Brian Squirrell could not comment on the charges, and referred The Gazette to his solicitor, Thomas Cole. Mr. Cole said Mr. Squirrell would defend himself vigorously, and confirmed the charges against his client.

Mr. Squirrell is scheduled to appear in provincial court on October 29. ♣

Multisports complex planned for Fraserville

By Barry Larock
(with files from Lori Cripps)

If you build it, they will come. If all the various agencies of provincial and municipal governments agree, Fraserville will soon have its place on the map as the new home of a massive, professional multisports complex capable of hosting Olympic events.

InterSports Inc. has recently purchased an agricultural site across from Kawartha Downs to build the group's dream — a sports complex that will include the only covered velodrome (indoor cycling arena) in North America, according to Jeff Walker, one of the proponents involved in the corporation.

"This complex will draw a

"The covered velodrome will be the only one of its kind in North America, so we've already informed the Olympic Bid committee that we are going ahead with our plans."

lot of people internationally into this area, and could serve as a première facility for international games such as the 2008 Olympics, if (they are) awarded to

Toronto," notes Mr. Walker. "The covered velodrome will be the only one of its kind in North America, so we've already informed the Olympic Bid committee that

we are going ahead with our plans and would hope to be considered as a 2008 Olympic site." Chloe Black, a former Olympic cyclist, is also involved in the Intersports project.

The velodrome would also be an appropriate venue for large spectator events such as trade shows, or concerts, and for other sports such as in-line skating.

In addition to the velodrome, InterSports Inc. is planning a 200-feet by 100-feet Olympic sized ice surface with an emphasis on hockey, figure skating and speed skating training, a diving pool, the first 50-metre pool in the area, and finally, a 25-metre training/recreational pool for the community. "The complex will also encompass a number of restaurants, retail stores and training rooms," adds Mr. Walker. Themed bars, and smoking lounge are also planned.

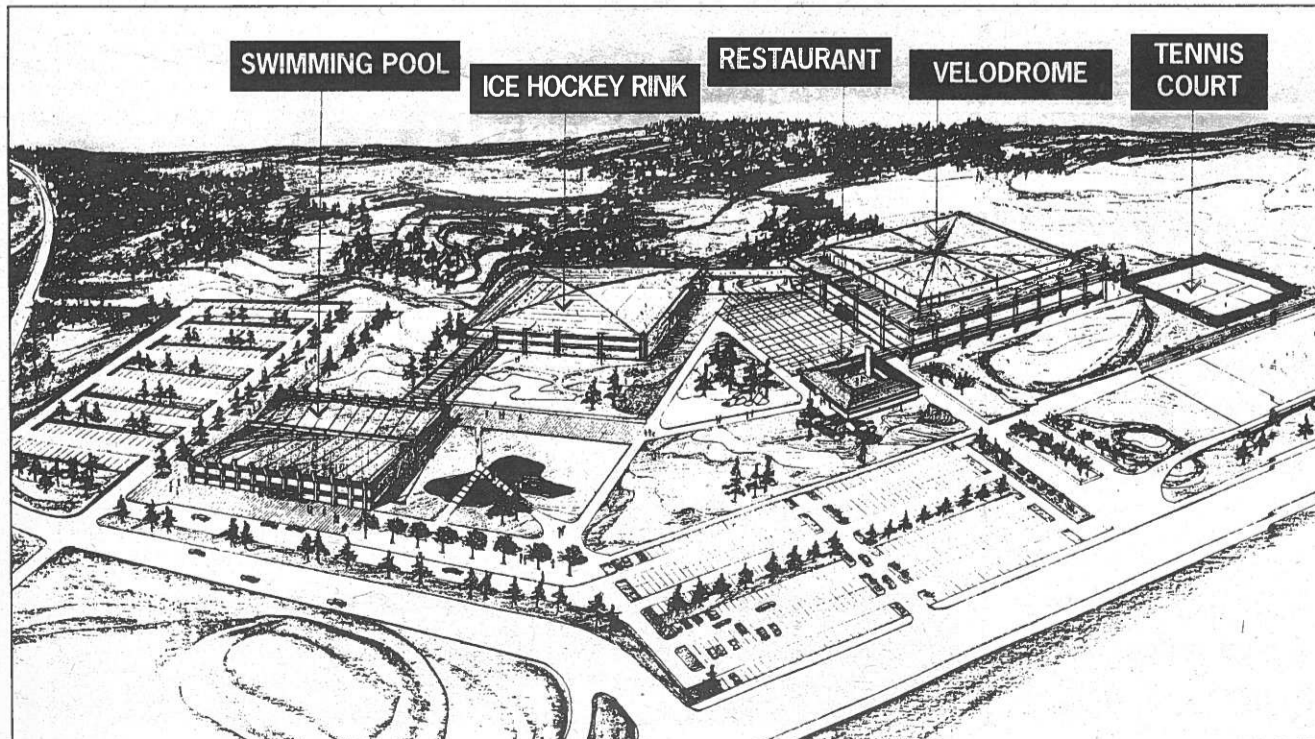
Although he didn't know anything about the Intersports proposal (other than recent media reports), Cavan-Millbrook-North Monaghan Township Recreation Manager Rick McGee thinks

the proposal may be a positive development for recreational offerings in the community.

"The plan right now is to break ground in the spring of 1999 with hope of the first stage of completion by the year 2000."

But before the first shovel breaks ground, Mr. Walker notes that there is still a lot of work to do in terms of approvals from various agencies including Otona-

Continued on page 2



INSIDE

Jobs for youth

Page 2

Single tier planning

Page 2

New column!

Page 7

New initiative provides jobs for rural youth

By Katherine Luchuk

Under 29 and out of work in a rural area, such as Cavan-Millbrook-North Monaghan?

Many young adults are chronically unemployed, or underemployed in rural Ontario, and are forced to move to larger centres to find work. Out of concerns raised by young people themselves, a new provincial job creation strategy, specifically targeting this group, may help many to find the work they need close to home.

The Province will invest 35 million dollars over the next four years in a Rural Youth Job Strategy, designed to encourage local businesses, organizations, and community leaders to provide training and employment opportunities for rural Ontario youth.

Minister of Agriculture, Food and Rural Affairs Noble Villeneuve spoke of the current trend of youth migration to urban centres for increased employment opportunities to a crowd of community leaders and young adults in Peterborough on Sept. 23. "Many youth born, raised, and educated in rural communities have had to move to urban areas.... we hope that this initiative will provide equal opportunity in rural Ontario."

The Strategy will require business and community interest and

involvement in providing opportunities for youth 15 — 29. Villeneuve stressed "the Strategy is about partnerships.... they're essential to it". Funding for any employment or training project will be shared on a 50/50 basis between applicants and the Province. Eligible applicants must be part of an alliance of two or more groups, organizations, and/or business in any rural Ontario community.

Eligible project proposals include: rural internships, sector/community-based projects, entrepreneurial initiatives, technology based employment opportunities, mentorships, rural job fairs, and transportation assistance. Recognizing the greatest barrier to opportunities is lack of access and transit, Villeneuve said that five million dollars of the total initiative has been earmarked for transportation assistance.

Earlier this year, a panel of four rural Ontario youth were selected by the Ministry of Agriculture, Food, and Rural Affairs to travel across the province, to consult with their peers and various community leaders on ways to overcome the specific barriers to employment opportunities. The panel gathered concerns and suggestions, condensed into a comprehensive report forwarded to Mr. Villeneuve last spring. The Rural Youth

Job Strategy was introduced in the 1998 Throne Speech, in response to the report.

Young adults involved in the project will benefit through the development of valuable skills and increased self-esteem — and communities will retain more of their young talent, crucial to the flourishing of rural life.

Information and applications can be obtained from the Peterborough office of the Ontario Ministry of Agriculture, Food, and Rural Affairs, 300 Water Street, or on the web site at <http://www.gov.on.ca/omafra> or call toll free 1-888-588-4111. ♦

Thank you

The Wardens of St. Thomas Anglican Church, Millbrook, would like to thank those members of the community who were involved in the detection, and quelling of the fire at the church in August, and those who did a super job of cleaning up the church and hall in the weeks following. The support of the community has meant a lot to the congregation.

In particular, the congregation is grateful to Margaret Monis, the neighbour across the road who alerted the Fire Department to the blaze; and to the firefighters who expertly dealt with the fire in a timely and efficient manner. Thanks also goes to the volunteers who adapted quickly and moved the Vacation Bible School to St. Andrew's United Church. The hard work of volunteers and professionals to get the church and hall cleaned up has also been much appreciated.

Multisports

Continued from page 1

bee Regional Conservation Authority, and provincial ministries of Agriculture and Food, Environment and Transportation.

InterSports Inc. is waiting for many of these approvals before officially making a presentation to the Millbrook-Cavan and North Monaghan Township Council and applying for rezoning. According to Mr. Walker, Intersports Inc. has already had informal discussions at the Council level;

he expects Council will endorse the project.

Municipal planner Karen Ellis had not received any site plan for the project at time of publication, and confirmed that Intersports would have to apply for rezoning and have the other provincial and environmental approvals before Council would endorse the project.

Mr. Walker estimates that it will take more than 25-million to complete the construction of the initial complex. He added that in order to finance such a facility, Intersports Inc. will eventually sell shares for

the complex on the Toronto Stock Exchange.

"The good people of Millbrook and Cavan are losing their prison, and a large contingent of their workforce will be looking (for work) to stay on their feet," says Mr. Walker. "And one of the greatest benefits we look forward to is the creation of some 1,000 jobs, some full-time, some part-time and some seasonal. It's a perfect opportunity for the area to embrace such a project that will increase tourism and provide much needed revenue for the Cavan-Millbrook-North Monaghan tax base." ♦

Planning proposal may limit public input

By Katherine Luchuk

While offering some cost savings, a County-wide single-tier planning process may exclude public input in issues of local land use.

Cavan-Millbrook-North Monaghan Council is concerned Peterborough County's proposal for a uniform single upper-tier official plan may decrease public awareness and involvement in issues of local land use, development, and community growth.

The planning proposal was recently forwarded to all municipalities for review and comments. In response, Councillor Brian Fallis and municipal planners Heather Johnson and Karen Ellis presented Council's concerns, criticisms, and suggestions to County Council on September 2.

Currently, Cavan-Millbrook-North Monaghan Township has three official plans. Having one plan, with one standard set of policies to be applied from the top-down to all land issues across the County, has the appeal of efficiency according to the County's proposal. "The sin-

gle-tier plan is an effective way to undertake land use planning in the County.... a means to provide a coordinated approach on land use and development issues."

Planning issues such as the those arising out of the Schickedanz development, or Kawartha Downs, would be handled by county planners who would apply the single plan and its standard policies: as the County argues, a consistent, efficient, and frugal approach. The same set of policies applied to a proposed residential development in Norwood, for example, would be used for this township. Historical and social distinctions between the various communities would not be accounted for, and public input would not be included.

In a nutshell, some of the positive effects of a single-tier plan, as expressed by the County, would include: reduced administration; regional autonomy — more independence from the province; cost savings, by dispensing with the necessity to update nine official plans within the County; and decreased staffing costs.

In the review from Cavan-Millbrook-North Monaghan Township, there were a number of concerns expressed about the single-tier proposal. The concerns include: a compromise of local (municipal) autonomy; an inability to protect municipal diversity, through strong County control over planning matters (the County is an administrative entity, not a community); and a lack of objective checks and balances in the planning process within the single-tier system.


In short, planning administration from this level would not honour the unique economic, social and political situation in communities such as those found in Cavan-Millbrook-North Monaghan, and would "severely" limit local public participation in the planning process.

All municipal councils in the County are deliberating the pros and cons of this proposal. For more information about the Single-Tier planning proposal, or to obtain a copy of either the County proposal or Council response to it, contact the Township office in Millbrook, 932-2929. ♦



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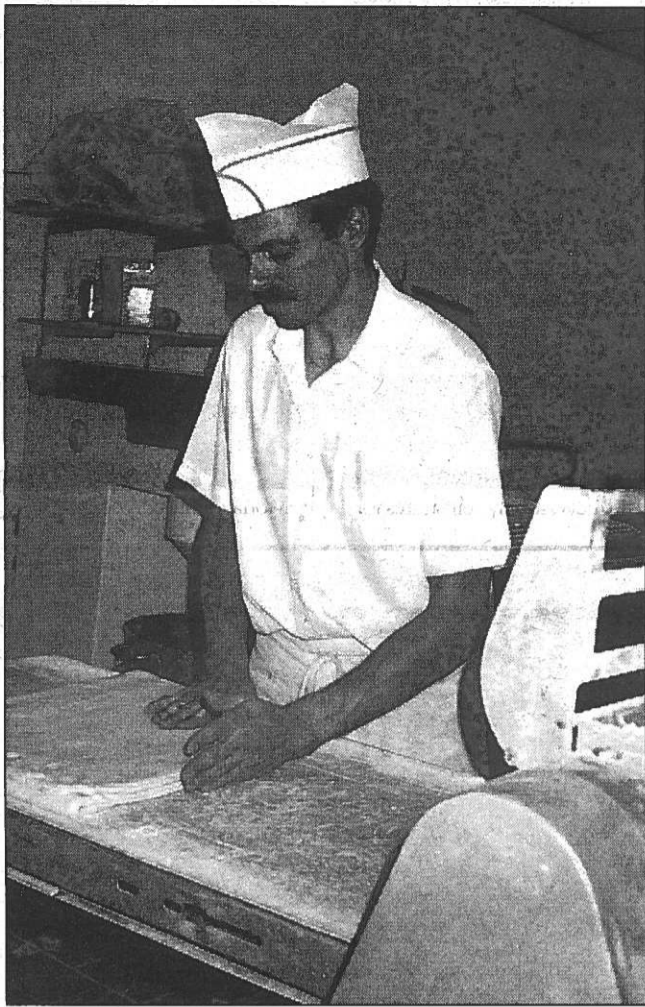
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BUSINESS PROFILE



Leavening all-natural baking with tradition

By Lori Cripps
A tradition of excellence keeps Stickling's Bakery customers coming back for more.

Located in Springville, Stickling's offers a range of hard-to-find baked goods suitable for a variety of dietary needs, and mouth-watering European pastries and treats.

The quest for excellence in baking started in 1939, when Hans Stickling's father opened a bakery in Germany. The family moved to Canada in 1983, and in 1987 moved to the Springville area from Parry Sound (where they operated another bakery).

Stickling's Bakery specializes in wholesome, all-natural baked goods, and the family takes pride in not using preservatives, sugars or oils in all of their bread prod-

ucts. All breads and pastries are made from scratch and on-site - they even grind their own kernels, supplied to the bakery by a local farmer, Peter Leahy.

This on-site grinding, utilizing their own stone mill, is essential to keeping the commitment to provide natural baked goods. Michael Walter, the son-in-law (and one of the third generation to work at the Bakery), said that it is traditional in Germany, and in their family, to use all natural products. The Stickling family believes all-natural products lead to a healthier lifestyle.

Stickling's Bakery has become a favourite of the health-conscious (and not-so-health-conscious!) alike. Many wholesome breads are on offer, including sourdough (made with bacterial culture produced on site) as

well as "good for the soul" gourmet pastries and desserts. For those on restricted diets, such as wheat, yeast or sugar-free diets, there are a variety of hard-to-find bread products to satisfy cravings for a slice or roll you might not otherwise be able to eat.

The bakery has expanded operations since setting up shop in Springville. Aficionados of Stickling's baked goods can purchase these at an outlet store in Peterborough on Charlotte Street, by visiting the bakery booth at the Farmers' Market in Peterborough on Saturday mornings, or by going to a variety of health food stores in the area. Toronto-area fans can stock up on their bread and goodies at a booth in the Knife and Fork Market, and at health food stores throughout the city.

Recently Stickling's embarked on a very exciting business venture, producing a new type of bread with a long shelf life. Total Value Bread, sterilized after packaging, has a shelf life of six months, allowing for shipping as far away as Vancouver, BC and Montreal, Quebec. This innovation will allow the bakery to provide customers across Canada with their wholesome bread.

Michael believes the reason for Stickling's success is their belief in what they are doing, and the desire to serve their customers with the freshest, tastiest and most healthy foods possible. Believing in the products, and striving for excellence is what keeps the employees and owners going.

As an entrepreneur, Michael said the best thing anyone wanting to start a business can do is believe in what they are doing, and "to keep going even when you hit stones along the way".

Stickling's Bakery is located just off Hwy. #7 (a) in Springville, next to Denbar's Steak Chalet. ♣



Raise your hand if you can Virgo

By Crystal Eves

Okay, let's have a show of hands. How many of you Virgos (Aug. 24-Sept. 23) made it through the last two months without being committed? Those of you with your hand up should consider yourself fortunate. Those of you with both your hands up are probably doing the wave and should know that I'm not going to count your vote.

This year has not been the easiest for our lovely Virgos. First of all, the planet Jupiter has been moving through Pisces (the opposite sign of Virgo), and this usually indicates a year of overwhelming events; too much work and not enough time, help or resources; too many problems and not enough solutions; too many chocolate

bars and not enough desire to eat them. (Send those to my house.)

If you are born a Virgo, perhaps you can add your own example to that list and I would bet money (not a lot, maybe a twoonie) that the problem has something to do with you biting off more than you can realistically handle. You see, Virgos tend to be 'everything to everyone'. If you have a problem and a Virgo is within earshot, they will either solve it for you, or at least act as an ally as you work through it. This requires time and energy on their part, which they quite willingly give. Unfortunately, it sets up two problems for the Virgo.

For one, while they are experiencing a heavy stress load themselves, such as they are this year, Virgos fail to relinquish their "helper of the masses" role. As a result, the Virgo ends up over-committed, volun-

teering to assist others while pulling 'all-nighters' to get their own work done.

Secondly, because Virgos are not accustomed to being on the receiving end of the help-out stick, they don't know how to ask for assistance as easily as other signs.

So there's our poor Virgo swamped with work and problems, taking on other people's stress and handling it alone. Add to that three eclipses in the last two months causing emotions to run high and I have to ask the question: Why wouldn't they be in straight jackets singing happy little ditties to the elves?

If you are an over-booked, frazzled Virgo please pare down your commitments and seek some help for the things you are dealing with and if you can't do that, take note that when Jupiter changes signs early next year, things should get much easier. ♣

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EDITORIAL

It's that time of the year to overindulge in rich food, gather up families and friends, and take a break from the hectic pace of early fall.

And it's also time to take stock of our blessings — particularly those that come in a human package. The passing of a very dear neighbour, Anna Fair, a couple of weeks ago, prompted memories of some of the very important contributions people in the community have made to my life. Anna was one of those ordinary people who do extraordinary things by just being aware of others, and truly caring for those in her community.

On Thanksgiving weekend, 1974, my sister Kate was born — mingled with my excitement at finally getting a sister, there was grave concern within the family about her health. We didn't know if she would survive, and there was a strong possibility that she would need a blood transfusion. I was eight years old, and my brother Greg was six. We knew there was something wrong, and we missed our mom, who couldn't come home from the hospital for Thanksgiving.

Anna, a woman who had never married or had children, decided we couldn't be on our own for Thanksgiving, so she called my dad and asked him if we would like to come to dinner at her home. I will never forget it, sitting at her beautiful dining room table, decked out with fine china, crystal, and a beautifully presented feast, along with another neighbour who was equally concerned for our family. It seemed magical, and I think my father's tired face lightened up for a while in the relaxing environment this wonderful woman so thoughtfully provided in the midst of a family crisis.

Those of us who were children in this neighbourhood benefitted from the caring, loving attention of Anna, and her encouragement in all things over the years. Our visits to her home for candies, a peek at an Audubon bird book, or to play her piano later were replaced by visits for tea and loaf cake. She taught some of us the finer points of setting up the chancel at church, and was there as we graduated, married or had children of our own. She was, in short, a grandmother close to home — and the epitome of a caring friend.

I'm grateful for the life of this kind woman, and for those who touch my life every day in the course of living in this community. Thank you, readers and neighbours, for the encouragement, the oft-needed "kick in the behind", and caring support over the years.

This Thanksgiving, I give thanks for neighbours like Anna, who have in small and large ways, made this community what it is. ♣

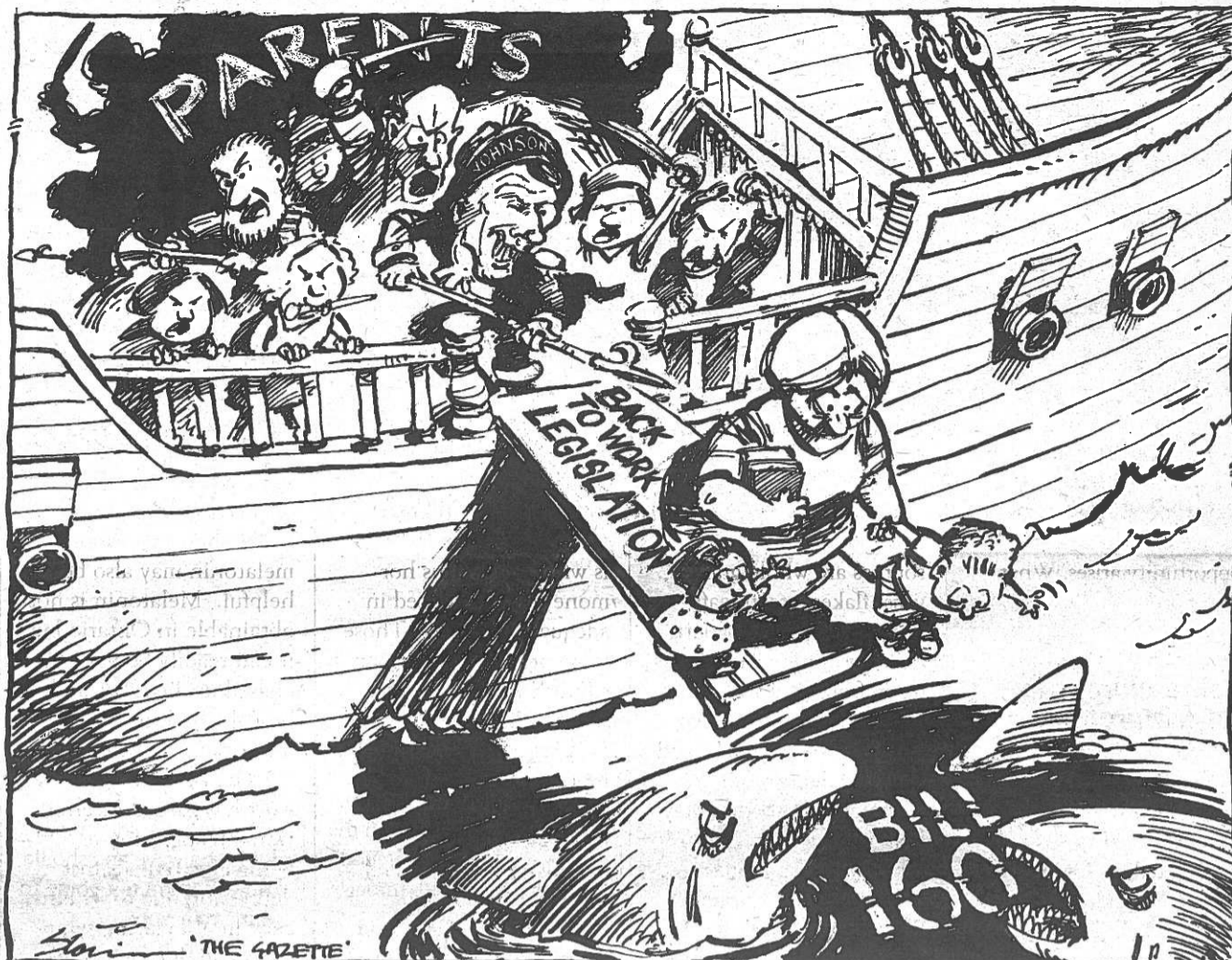
We at the Green Hills Gazette are eager to hear from you, our readers. Please drop us a line, via regular mail or e-mail, and let us know what's on your mind.

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Cupboards are bare!

The cupboard is bare or very nearly. And there's still more people to feed.

Unfortunately, the need for food, household and personal supplies at the Millbrook and District Food Share has not diminished. As soon as food is brought in, a large amount of it is distributed to those in need, leaving some significant bare spaces on shelves.

What's needed is regular contributions from groups, families, individuals, churches, schools and businesses to maintain an adequate food supply at the food bank. Get in the habit of picking up a few extra

things when you are at the store; gather food items at birthdays and other celebrations (like Laverne Gibson, of Millbrook did recently — thanks so much!); put a box out in your church, meeting hall, business, or school; ask everyone to bring a non-perishable food item whenever you gather.

Every little bit counts, and is greatly appreciated by neighbours in our community who cannot afford to feed themselves or their families. Food items can be dropped off at a variety of area locations in the Cavan and Millbrook area, or if your group has a large box to be collected, call 932-7066 to arrange for pick-up. If you are able to provide space for a food collection box or bin at your business, please call the same number!

Items still especially needed are: jam, fruit juices, hot dogs and hamburgers, stove-top stuffing, cranberries, navy beans, hot chocolate, molasses, ketchup, cheese slices, bread, milk

powder, tuna or salmon (or canned ham and other meats), coffee, margarine, canned stew or similar, brown or white sugar, and treats for children such as granola bars or cookies. ♣

Tax break for historical homes?

Dear Reeve Cathcart and members of Council,

I am enclosing a copy of a by-law passed recently by the Town of Cobourg as an incentive to owners of historic properties to preserve their buildings.

The by-law guarantees that any increase in the value of the property, as a result of approved restoration projects undertaken by the owner, will not be reflected in an increased tax assessment rate. Rather, the Town of Cobourg undertakes to give the owner a credit (called a Conditional Heritage Grant) for the difference between the old assessment and the new, for a period of ten years.

With the ending of the former grant programme administered by the Ministry of Citizenship, Culture and Recreation, which provided some monies for approved conservation projects to owners of designated buildings, there is no longer any financial support for homeowners wishing to undertake authentic restoration projects. These projects are expensive, often costing twice or three times as much as repairs and maintenance using modern techniques, yet the outcome benefits all of us, residents and visitors alike, by ensuring the continuing richness of our built heritage.

LACAC would like to take this opportunity to urge Council to adopt a similar by-law with regard to all designated properties within the Municipality.

Yours truly,
Jackie Tinson
 Chair, Cavan-Millbrook-North Monaghan
 LACAC

Editor on safari...

Well, it's not exactly a safari, but Deb will be going to Uganda and Zimbabwe in November to participate in the World Council of Churches Decade Festival as a Canadian delegate.

The conference will be attended by hundreds of women from around the world, representing many denominations and groups. The aim of the conference is to provide support and encouragement for African women in their context, while working on ways to encourage the world's churches to stand in solidarity with women on such issues as violence against women, equal access to education, and the effects of

economic restructuring.

While in Uganda and Zimbabwe, Deb will be hosted by women in their homes, and meeting with many groups and individuals who would be eager to hear from our community.

Anyone interested in sending a note of encouragement to women she will meet with, small tokens such as pins, friendship bracelets, scarves, or similar, can call her at The Green Hills Gazette — 932-2175.

Thanks to everyone who has so kindly offered their support, both in ongoing fundraising and through providing gifts to share with African sisters. Stay tuned for reports in December and January! ♣

NEXT DEADLINE

Deadlines for the November and December issues of *The Gazette* will be as follows:
 Monday, November 2 — advertising deadline
 Monday, October 26 — editorial copy deadline
 Monday, November 30 — editorial copy deadline
 Monday, December 7 — advertising deadline



HEALTH & WELL BEING

Don't be SAD

Q In the fall, as the days shorten and the leaves fall, I find myself getting increasingly depressed. I feel tired all the time, sometimes weepy, and tend to overeat when the opportunity arises. What's going on?

Ask a chiropractor/naturopath...

Dr. Keith Thomson, D.C., N.D., Thompson Family Chiropractor Centre

A SAD is not a state of mind, it is a condition which develops in fall and winter months, disappearing in the spring. It is caused by a lack of sunlight, which affects levels of hormones that regulate moods. Symptoms include fatigue, inability to concentrate, lack of initiative, sudden mood changes, fits of crying, increased need for sleep, poor quality sleep, increased need to eat, and weight gain.

To help alleviate this condition, there are a variety of dietary, supplement, and lifestyle changes you can try. Increase your intake of Vitamin C — eat lots of citrus fruits and green leafy vegetables. Don't forget your B vitamins, they help to

Here in Ontario SAD has been traditionally called the *January/February blues*. This syndrome is characterized by depression, lack of energy, excessive sleeping and eating and the strong desire to go south! Lack of enough full spectrum sunlight exposure and absorption through the eyes is the cause. It is due to the shortened days and lack of sunlight exposure due to the cold and damp keeping people indoors. Lowered levels of the pineal hormone melatonin are marked during this time as sunlight exposure including indirect sunlight through the eyes

strengthen nerves. Good sources are whole grains, yeast flakes, green leafy vegetables, plain yogurt, and eggs. Enjoy herbal teas made from St. John's wort, licorice root and ginseng to boost energy levels, and alleviate depression.

Supplements that may help include: Vit. C — 1000 mg (with bioflavonoids is best), B vitamins, B complex — 100 mg. 3 times a day, B12 — 100 mcg/day sublingual tablet, evening primrose oil — two 500 mg. capsules three times a day, calcium — 1000 mg. per day, and magnesium — 500 mg. per day.

Lifestyle changes include long daily walks, even on cloudy days — and don't wear sunglasses! The exposure to sunlight and fresh air will help you feel better.

Ask a naturopathic doctor...

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

A SAD has been traditionally called the *January/February blues*.

This syndrome is characterized by depression, lack of energy, excessive sleeping and eating and the strong desire to go south! Lack of enough full spectrum sunlight exposure and absorption through the eyes is the cause. It is due to the shortened days and lack of sunlight exposure due to the cold and damp keeping people indoors. Lowered levels of the pineal hormone melatonin are marked during this time as sunlight exposure including indirect sunlight through the eyes

Generally one needs more sunlight exposure, so go outside up to several hours at a time as frequently as possible. Full spectrum (FS) indoor lights can be bought from health food stores and specialty light retailers.

Generally these lights are made as fluorescent lights and more recently as regular looking light bulbs. These lights do not seem to work well when there is a mixture in one room of full spectrum and other lights e.g. incandescent or fluorescent lights. It may

be that the frequencies of the various lights can be unconsciously conflictive to our nervous systems and head and eye aches as well as irritability can occur. Keep the FS lights in one room where you will be working or spending most of your time (to re-do a floor or your whole house with them is expensive).

While in that room, glancing directly at the FS lights for 1/2 — 1 second periods can also increase the effect of the light frequencies on the brain.

Nightly ingestion of melatonin may also be helpful. Melatonin is not obtainable in Ontario but it can readily be purchased in the USA and brought back into Canada for personal consumption.

The herb St. John's wort has gained international recognition as being effective against depression due to its efficacy in alleviating symptoms and due to its lack of side effects. Oral administration of this herb as an extract or standardized extract on a daily basis may also be useful for depression and increasing energy.

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



RANDOM SAMPLING

Humbled by kindness of strangers

By Margaret Monis

I know that up until now I have only written about books and movies, but this month I would like to write about something a little closer to home. Something all around and including my home, in fact; my community. There are good and compassionate things happening in this village on a daily basis which generally go unnoticed, but I have been witness to so many kindnesses this past year that I wish to recount some of them here.

Recently there was a fire in the church across from my house, and I, along with several other residents of my street, stood entranced as our volunteer fire department swiftly, professionally and almost silently quelled the flames. The firemen moved with precision and economy, creating in me the feeling, as I stood shivering in my dew-drenched feet, that I was watching a finely choreographed performance. I have never been that close to a fire-fight before, but I find it hard to believe that any paid fire department could have executed their duties better than did our stalwart volunteers that Monday night. My thanks to everyone who joined the dance.

And then there was the almost magical coalescence which occurred after the sudden and tragic death last year of Loretta Pompilio. We were all shocked and saddened when we heard the news, but somehow, through the sorrow, several good souls managed to pull

together the myriad people Loretta had worked with and touched. And suddenly there was a space for a memorial garden by the pond, and somebody had a sod cutter to free up the soil, and a ceremony was arranged and plants were bought. These things did not happen by themselves; kind and generous people made them happen. And so we lost a friend, but somehow through her death, we grew closer and more familiar as a social group. I didn't know Loretta well, but I think she would have liked that.

There are good and compassionate things happening in this village on a daily basis which generally go unnoticed.

The most personal example I have of the seemingly inexhaustible vein of kindness which runs through this community is the unstinting concern and support myself and my children have received this past year while my husband fought and eventually succumbed to leukemia. Family and friends were always ready to lend a hand or an ear as the need arose, and I could not have survived this ordeal nearly so well without them. But the really amazing thing is how many people I knew only by sight took the time to express their kind thoughts and hopes to me during this crisis. I have been humbled by the kindness of strangers.

Sometimes, living in this little village, I can't help but wish that I wasn't quite so well known. But through this time of trial, even though kind words could do nothing to stop the cancer or the devastating swath it cut through so many lives, I still took great comfort from every syllable I heard. I'm now Anne Frank, but this experience has, for me, added credence to her assertion that deep down, people are basically good.

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SEEDS OF SOUL

Not hot, not cold, but just right

By Christine Soligo

Expressing anger and responding to someone else's anger presents a challenge for many of us. For the most part, we haven't had models for dealing with anger constructively.

At one end of the anger spectrum is "cold" anger. The experience of cold anger is one of contraction, withdrawal, being frozen. Most of us have experienced someone's cold anger: the person withdraws into icy silence. Sometimes both people use cold anger to avoid dealing with conflict. Unfortunately, their issues usually don't get resolved. With cold anger, there is no movement. The issue remains frozen, and when enough frozen issues accumulate, their relationship becomes cold and without passion.

People often use cold anger because they're afraid of going to the other end of the anger spectrum — anger that is at the boiling point, out of control, violent. The challenge is to allow anger to be warm enough for movement, creating the opportunity for resolution, but not so hot that it becomes dangerous.

Throwing lamps, like Sophia Loren in a movie, is not allowed.

Unfortunately, the "heat" generated by anger can feed itself as reasonable discussions head toward a full, rolling boil. When really angry, we want to make ourselves heard, we want our words to have impact. Talking can lead to a raised voice, and can lead to screaming — and we point a finger, move closer. It's easy for a pointing finger to become a jabbing finger, a hand that shoves, or worse.

What to do? We need some rules for fighting. We can "turn down the heat" by slowing things down. Some couples can handle conflict with raised voices but need an agreement to have no physical contact

when angry. As you get angrier, and your voice gets louder, give yourself more physical space. Move further away. You can yell just as easily, but more safely, from across a room. Throwing lamps, like Sophia Loren in a movie, is not allowed. Another option is to set a time limit and stick to it: one person gets 2 minutes (or 5, 10, whatever you can handle) to speak without interruption, then the other gets the same amount of time. Set the timer, do one or two rounds, and when the agreed upon time is up, both must respect the agreement, let it go, and take some space, coming back to the discussion later.

When anger is reaching the boiling point for one couple I know, they agree to go to different areas of the house until both have cooled down. Then they come back together to try again when they both agree they're ready. This gives them physical space to calm the body, and time for reflection. The agreement to come back and initiate discussion again is important; to go off, cool down, and refuse to talk further allows the issue to become frozen.

Ice is good in small cubes in your drink, in very large cubes for ice-fishing. Keep warm. ♣

Teach surfing!

By Lori Cripps

Teach surfing. Er, on the Web, that is! The Millbrook and District Community Access Program is looking for volunteers to help run its Internet and computer training programmes in both Millbrook and Mount Pleasant.

MADCAP, a non-profit organization, was formed last October with the goal of bringing Internet access to the community. It is one of the ten thousand sites sponsored by Industry

Canada offering Internet access to rural or isolated communities.

Located on King Street in Millbrook, MADCAP provides an opportunity for anyone to use on-site computers and Internet access, with the purchase of an inexpensive yearly membership. Members receive a guaranteed use of facilities one hour per day, lessons in the use of the Internet and programs such as Windows 95, and the opportunity to use a scanner for creative projects. In coming months,

workshops will be available on such topics as creating a web page or organizing your finances on computer.

However, MADCAP is desperately short-staffed. Site manager Philip Chee is asking anyone with computer skills, with one to two hours a week to volunteer, to consider assisting with one-on-one training of MADCAP members. Computer training volunteers can offer their time "in the spirit of community access and sharing" at either the Millbrook or Mount Pleasant site. ♣

To volunteering or become a member of MADCAP contact Philip Chee at (705) 932-3917.

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NOTICE

The Corporation of the Township of Cavan-Millbrook-North Monaghan. Parks, Recreation & Facilities Department invites the public to attend an Open House regarding the

Baxter Creek/Medd's Mountain Millenium Project

The project will involve the community in habitat improvement of a municipally owned section of Baxter Creek, the development of passive use trails linking the Millbrook Conservation Area to the Zion 4th Line, upgrades to existing trails on Medd's Mountain and other conservation oriented initiatives. Your input is needed!

TIME: 7:30P.M.

DATE: THURSDAY, OCTOBER 15, 1998

PLACE: UPSTAIRS HALL, MILLBROOK ARENA

Katie left for Mars at 3:15 p.m. and was home in time for supper.

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GOD TALK

Seeking forgiveness

I did a really awful thing to someone long ago, and it bothers me still. This person doesn't live around here any more. How can I forgive myself? Is asking God for forgiveness enough if I can't find this person to say it to his face?

On the surface, your problem seems impossible to solve. And the fallout from your past action is even greater than you have admitted. You are constantly unhappy with yourself, while personal relationships suffer.

So, let me try to bring you some hope.

First, I commend you for confessing your need. By taking moral and spiritual inventory, you have already taken step one on the road to full recovery. Someone has well said, "whoever lives in the past has no future." You must resolve it once and for all.

By the way, I'm glad your conscience is still active and working well. Conscience is a powerful part of the human make-up. It produces guilt feelings when we overstep the boundaries of acceptable moral and spiritual behavior.

So let's deal with that. Especially since you have carried so much guilt for so long. Israel's King David had wronged his next door neighbor, his neighbor's wife, and his own family. Yet in Psalm 51: 3 & 4, he makes a startling statement. His words addressed to God are these: "against You and You only have I

Israel's King David had wronged his next door neighbor, his neighbor's wife, and his own family.

sinned and done this great evil." He recognized, as we must, that all sin is against God. He then begs God to forgive him. He asks God to take away the guilt, bring back his joy, restore his focus, and make him useful again.

He could not bring his dead neighbor back. Nor his infant son. Nor could he undo the wrongs of yesterday. Yet by casting himself on the Lord's mercy, he found that God marvelously cleansed his heart. The load of guilt lifted and this great man became whole and productive again.

That can also happen to you.

You may never find the person you injured long ago. Should your paths cross, be prepared to seek personal forgiveness and make appropriate restitution. But don't sit around waiting with your life on hold.

Ask God to forgive you today and mean it with all your heart. Then ask Him to begin healing your spirit. By all means, look for someone you can help and show kindness toward. And find a loving church family to act as a support group.

With God's help, you can face the future with confidence that He has made you a better person because of this event. ♣

Rev. Fred Futers of Millbrook Christian Assembly responded to this month's God Talk question. To find some guidance on life's smaller and bigger issues, write the Green Hills Gazette (address on page 4) for a reply to your question. You do not need to include your name.



THE EDUCATION FILE

Just what are we testing?

By Peter Ford.
First, a word of introduction. For 30 years I taught music at Crestwood SS. We had a very progressive and innovative program, "we" because the program was a cooperative effort involving students and parents in addition to myself.) We rehearsed 3 or 4 days a week at 7 a.m., and generally played 20 to 30 concerts a year, eventually becoming widely recognized for our high quality music and interesting performances. We worked hard. We played hard. We performed a lot of great concerts — and some not-so-great ones too. It was all learning. My students learned. I learned. Parents learned. We all grew together, concert after concert, year after year. Our music was how we tested ourselves.

That was then. This is now. Now I'm retired, but still a teacher/musician at heart, and along with many others today, concerned about many aspects of our troubled education system.

Tests and exams have been part of everyone's school experience, and have probably caused more damage than any other single aspect of our 'education system'. Tests and exams are supposed to assess what students know. Unfortunately, they don't do that. Then to make matters more difficult, they are rated with numbers which have no justifiable meaning in this context. Parents are part of the problem here because, like their parents before them, they continue to express faith in those numbers, often judging their children

The Gazette is pleased to announce "The Education File" by Peter Ford, the newest addition to our slate of columns by local contributing writers.

more by test numbers than from their own intimate and intuitive knowing.

Let's look at tests and grades. We know the process. A series of lessons is 'taught' — ideas, thoughts, theories, etc., for students to 'learn'. Then comes the 'test', usually written, when students respond to questioning. These responses are

These responses are marked, often in red—the colour of blood and anger.

marked (often in red—the colour of blood and anger) and assigned a number which supposedly represents what the student knows about the lessons that were taught. Numbers are more convenient for teachers because they can be averaged and manipulated to produce individual

and group comparisons, and for administrators who use them to declare students ready to move to another grade level. Numbers are a convenience, which might be acceptable if they accurately represented something. Unfortunately, they don't.

Parents have learned to depend on report card numbers to assess their children's learning. They seem to believe that these numbers and letters accurately represent what their child has learned. Based on the parental need to have these numbers, politicians are now instituting provincial 'standards' based on province-wide 'testing' which is supposed to prove that what is being learned by students here is somehow superior to what is being learned elsewhere, making them worthy of re-election.

It is my belief that there has never been a test created that accurately assessed what a student really knows. We have all taken tests. Who has ever had one that was complete — a test that allowed you to express yourself completely and accurately, showing your competence? And even if a test is reasonably good, which few are, how accurate is the marking? And

even if the marking is fair, and sensitive to the student and the material, how can a grade number accurately represent the student's actual learning?

Enough. We know that tests do not ask all that we know, or do not know, and that numbers can not represent our knowledge or progress. (We won't even mention here about what is memorized for a test, and forgotten immediately afterward.)

It is my belief that there has never been a test created that accurately assessed what a student really knows.

Tests can not assess learning and progress. Numbers cannot represent children. It's as simple as that. If you are a parent who gives high credence to test and report numbers, please recall your own school experience, and the inaccuracy of the numbers used to represent you as a person. Is this a system to pass on to the next generation? ♣

Next month:
"What students really learn at school."



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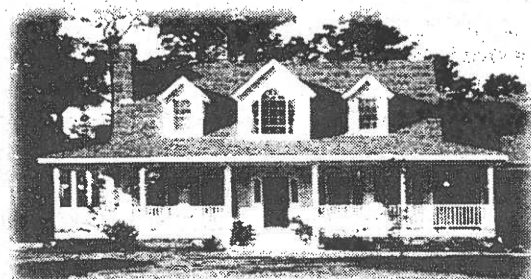
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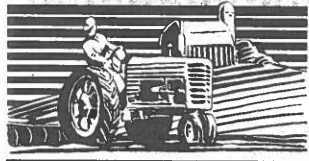


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A FARMER'S VIEWPOINT

New technology for crops

By David Brackenridge

This week, the Pioneer Seed catalogue arrived on my desk, and I've been leafing through it, marvelling at all the new varieties available. I am just amazed at the new traits that are being bred into the seeds we plant.

In the past, seed companies created new varieties by crossing various parental lines, eventually coming up with hybrids (mainly in seed corn) that had higher yield, better "standability", and improved adaptability to different environments. New technology allows for the insertion of specific genes into the plants, giving them traits of benefit to the farmer. For example, corn hybrids are now available with the Yieldguard gene to minimize loss from European corn bores, and offer some resistance to corn earworm, fall army worm, and common stalk borer.

Other examples of genetic engineering include hybrids with the Liberty Link gene and the IMI gene, which cause the corn crop to be resistant to the herbicides Liberty, Patriot, and Pursuit. Corn hybrids grown with these genes can be treated with the above herbicides to control tougher weeds more

economically than with some of the herbicides used in the past. You can even buy seed with "stacked traits" where the herbicide resistant gene is "stacked" or included with the insect-resistant gene.

Another new development in seed corn is the introduction of high oil corn. Feed costs represent 60-70 percent of the total cost in livestock and poultry production. With feed costs representing 60-70% of livestock and poultry production costs, feeding corn grain with higher energy density is of great economic value to farmers. This hybrid offers more metabolizable energy for ani-

New technology allows for the insertion of specific genes into the plants, giving them traits of benefit to the farmer.

mals, is more palatable, reduces dust, and improves processing efficiency. The "Top Cross Grain Production System" combines a male sterile hybrid with the pollen from a high oil pollinator, creating corn with elevated oil levels and superior grain producing traits.

Other crops are also being improved through genetic engineering. Soybeans have been developed with the Rps-1C and Rps-1K genes for resistance to Phytophthora root rot. The Roundup-Ready gene allows the herbicide Roundup to be applied after the beans have emerged from the soil. Alfalfa seed is now available with resistance to potato leafhoppers, eliminating the need to cut

early or spray a crop that has been infested, and yielding high quality leafy forage.

The seed companies who bring us these products are investing huge amounts of money in complex research. As a result, there have been several recent mergers of seed, chemical, and drug companies. Restructuring means the "players" are becoming extremely large and powerful.

There are a few negatives to these technological advances. Many Europeans don't want to import corn products grown from "genetically engineered" seed. Farmers feel that the lack of competition in the seed industry will drive up prices. Personally, I think the whole process is exciting, and will lead to more efficient, sustainable production, with a decreased use of safer, shorter-lasting chemicals.

However, I think there is still enough competition out there to keep these products valued correctly. Farmers will have to keep themselves informed about the latest technological advances, to plan accurately for their own needs.

By the time you read this, I expect we'll be combining soybeans. Corn is also drying down fast, and the husks are white on the cobs. It's going to be a toss-up whether to finish the beans or get caught up on harvesting corn before the beans are finished. Looks like we might get some beans off in time to sow wheat on the same ground, and it appears the propane bid for corn drying won't be too high this year. Here's hoping we can end up this great year with good harvest conditions! ♣



CREATIVE PARENTING

Preparing little goblins for Halloween

By Trish Boyd-Reininger

Halloween is one of my favourite celebrations. Special parties, dressing in costume, bobbing for apples, huge toothy jack-o-lanterns smiling eerily, laughing children running from house to house with the cold winds whirling dried leaves around their feet.

These are all parts of this fall festivity I look fondly on. But what of the children who don't see Halloween this way, what of the children who are really and truly terrified of the black night, filled with ghosts, goblins, and witches roaming the streets, houses that screech scary noises and spooky music from their shadows. How is a parent to handle this situation?

Preparation is the key to success. There are many books available that will give your children a good idea of what to expect. The "Franklin", "Sesame Street", and "Mercer Mayer" series all have selections specific to Halloween's fun and fears. Videos are also available, some at your local library.

What of the children who are really and truly terrified of the black night, filled with ghosts, goblins, and witches roaming the streets, houses that screech scary noises and spooky music from their shadows?

My favourite is Charlie Brown's Halloween. Reading or watching a video together will lead to conversation involving the children's feelings about Halloween.

Going out together and picking or buying the pumpkins can help. We get 3, and each draw the face on and carve our own jack-o-lanterns. We have these special pumpkin carving knives, \$1.00 at Zellers — I highly recommend them. Until my boys turned 5 or 6 their jack-o-lanterns looked either "happy" or "scared". Maybe a reflection of their own feelings? Light the jack-o-lanterns at nightfall and let the children grow accustomed to these spooky faces.

Taking children to a local department or craft store before the big night is helpful. Looking at the costumes, trying on the masks, seeing the decorations and hearing the music and sounds playing from inside of a howling ghost during the day will prepare them for the actual night.

Letting children wear their costume around the house, and take a flashlight

into a darkened room to see how they will look at night time is also helpful in preparing them for the "scary" night ahead.

For the very young, this may still not ease their fears. For some young children, the trick or treaters themselves are enough to send them running wide-eyed into the next room. Provide a "safe spot" for these children. A brightly lit room, music and books, colouring or videos will occupy them and remove them from the uncomfortable scene at the front door. Slowly, they may peer over from the "safe spot", and might even end up shelling out treats to the masked masses! Whatever happens, be sure of one thing, they will sooner than you think be pulling you by the hand urging you on "Come on just one more house.. Pleease!!!

Halloween can be a child's dream come true. The look on their faces when they dump the goodies on the kitchen table (or the living room floor as is the tradition in our house) is priceless. Then again, so are the dentist bills! The rule in our house is the more treats you eat, the more often you brush your teeth. I've heard that if you let children eat as much candy as they want they will eventually stop. For some children this holds true, for others it does not. How the treats are distributed is a decision directly dependent on the child's self-control and the parents' personal preference.

Have fun, stay safe and stick together! ♣



HASH N' BEANS

Preparing for the Big Feast

By Arden Meyers

I've been asked by friends to submit a recipe for Thanksgiving that has to be about 450 typed words long, and since I can only think of one off the top of my head (I will tell you a little bit about it later), you're going to get a bit of my history and memories first.

I'll share with you briefly how I wanted Thanksgiving dinner, and how Ilene (my mom) prepared it.

I always loved, and was interested in cooking, and

wanted to help or even better, do it, when there was no supervision that would hinder my creative culinary genius. I tried or picked the most difficult dishes, and I couldn't understand why my mom had no piping bags and tips for roasted mashed potatoes. I don't remember having bouquet garni on hand, or going to the fridge and finding the demiglace that was so important for my next creation.

Saturday was the day to play. I tried to make peanut butter cups, but I didn't know until later that you have to add about a half cup of icing sugar to the peanut butter so it melts in your mouth. I made a green egg and ham omelette that I couldn't eat, because my brain wouldn't accept the colour to texture to taste ratio, but my dog Tammy loved it. (Dogs are colour blind.)

Each culture has a celebration of some sort, most often a feast, that coincides

For all the family knows, maybe Grandma has a lost piece of the Rosetta Stone that included the original recipe for turkey dinner!

with the final harvest. And each cultural group plans for this in different ways.

During the first week of preparations for Thanksgiving, Mom would look through cookbooks — why, I don't know, because the menu never changed. For all the family knows, maybe Grandma has a lost piece of the Rosetta Stone that included the original recipe for turkey dinner!

In week 2, there were long discussions in the wee hours by long distance telephone with my three aunts to see who would

make what, who would come for the big event, and how hard it was going to be. By week three, we were stocked up on so much food that you might think we were going to be living in a fallout bunker for 10-100 years.

Then we'd bake, pickle, freeze, dry, roast, boil, mash, slice and dice every thing we had. Week four featured a slight nervous breakdown, with sleeping for two days — then "wake up then pitter patter, get at her!"

Oh, almost forgot the 450 word recipe I promised earlier in this roundabout story. First, debone a quail. Then put this inside a deboned duck, inside a deboned chicken, inside a deboned turkey — and then, the whole lot goes inside a deboned goose. Four days and all your fridge space later, stuff each bird with a complimentary stuffing, then roast for a day. No one knows what in heaven's name you've cooked, and

no one will eat it, no matter what your cooking reputation is like.

But seriously now! Here's a good brunch recipe to use up turkey on those who seem to be doing nothing more than using up couch space and keeping you from watching Northern Exposure.

Guajolte Enchiladas (Turkey Enchiladas)

1lb shredded turkey cooked
12 tortillas
2tbsp lard or shortening
2 medium onions chopped fine
1 medium red pepper chopped fine
1/2lb grated cheddar or Jack cheese

Enchilada Sauce (use bottled if in a hurry)

28oz can tomatoes, crushed
1 medium onion, diced
2 clove garlic, minced
1/2 tsp cumin
1/2 tsp cinnamon
1 jalapeno pepper, minced (optional)

2-3tbsp chili powder
1tbsp dark unsweetened cocoa

In a skillet with lard or shortening, saute onion and peppers, and add turkey. Stir fry until well browned, drain and cool.

Mix with 1/2-3/4 of cheese, and roll in tortillas so ends are closed. Place in a baking pan. Preheat oven to 350 degrees.

Sauce

With left over lard in a pan, saute onion, jalapeno and garlic until soft. Add dry spices and cocoa while stirring constantly. Add tomatoes and simmer until thick. Add salt and pepper to taste.

Pour sauce over enchiladas, then top with remaining cheese. Bake for 30-35 min till cheese and sauce bubble. Serve with salad, rice and sour cream on the side. ♣

Need catering? Call Arden at 742-0325.

SPORTS AND RECREATION



OUTDOORS WITH GEORGE

By George Luchuk

What a coincidence! Bill C68 poised for passage into law, and images on television of people being arrested in British Columbia before they could democratically protest against the presence of an undemocratic world leader.

The United Nations declares that Canada is the best place in the world to live, and I believe we would all agree with that. Canada, however, is a great country because of its people, not because of a heavy handed bureaucracy. I've heard it said that good people do not need (or want) intrusive governments. Bill C68 is not about gun control, or even about public safety — it's about people control, plain and simple.

Anyway, all you happy outdoors people, I don't really want to burden you with too much political rhetoric, but I just had to get in my two cents worth on the issue. The summer of '98 has come and gone, and what a summer it was! I know I'm very happy with this summer's fishing results, as I reeled in the largest small-

Gun control is undemocratic

mouth and largemouth bass that I've ever caught.

One story I'd heard about this summer had a heart-warming connection to the article I wrote pertaining to trying out old, out-of-date lures. It seems this fellow found his grandfather's old tackle box and decided to give some of those lures a try. It was

Bill C68 is not about gun control, or even about public safety — it's about people control, plain and simple.

exciting to hear that he'd caught a huge fish on one of those ancient lures. I can imagine a ghost image of the gentleman's grandfather beaming with pride.

The weather prognosticators tell us that we're probably in for an "old fashioned" winter, meaning, of course, lots of cold and lots of snow. Let's hope we don't get it too soon, or at least not before hunting season is over. With regards to hunting, our area (zone #73) is now open for deer hunting

in first two weeks of November. We've sure come a long way from a three-day event just a few years ago.

Twelve-year-olds can now hunt with someone 18 or older, according to recent legislation. I started hunting when I was twelve, and bought my first rifle, a 22 Codey Repeater, for \$17 in 1954 when I was thirteen. Today it is truly difficult to imagine that in this situation, I was barely able to see over the counter, and was exchanging my hard-earned money for a potentially lethal weapon. Not only is that amazing in light of today's concerns about guns, but I carried it two miles home unwrapped and in full view. No one felt threatened — in fact, I don't think I even warranted a second look. We've sure come a long, long way since then.

It's important to try to go back to the past, the world and our country is changing rapidly. I just hope that our governments don't lose sight of what true democracy means. In my opinion, that means less government control but more self control through education. Good Hunting! ♣

Camaraderie on ice



Barry Larock

By Barry Larock

What once started as a simple game has now become an weekly tradition.

A group of women in the township, 25 to 45, have taken to the game of hockey with the same passion that drives their offspring, in the Ladies Hockey programme offered by Cavan-Millbrook-North Monaghan Recreation Department.

Donning their skates, equipment, stick and taking to the sheet of ice at the Millbrook Community Centre has become a tradition Friday afternoons, from September through to April, as this group of ten or more participate in the game of hockey for what most would perceive as all the right reasons.

"I think we keep on playing because of the exercise and fun," says Laurie Blimke of Millbrook, one of the long-standing members of the group who helped to organize the hockey sessions some five years ago.

"And I can't forget the socializing. It's a really good

A group of women in the township, 25 to 45, have taken to the game of hockey with the same passion that drives their offspring.

opportunity to meet new people in the community and talk to each other on a weekly basis. You would be surprised about what we hear about our community."

Ladies' Hockey began with a traditional "mothers versus sons" hockey game in Millbrook. From there, a small group of the women decided to continue to challenge themselves developing a skill many never acquired, or had not utilized in several years.

"I used to play university women's hockey, so I guess I'm one of the more experienced ones," notes Annie Stovell of Cavan, who is also a long-standing member.

"What you have to remember, however, is this game is purely recreationally based. A majority of the women who play are really just out there to learn and have fun. We all obviously enjoy the sport and the camaraderie that comes with hockey."

With the popularity of the Canadian Women's National Hockey Team last February at the Olympics,

organizers of the Millbrook group were asked if they think registration numbers will rise this fall, as a result of Nagano, in the program.

"There should certainly be an increase in numbers at the younger girls' age levels and especially in Peterborough," Stovell replied.

"But for the women who participate in our Friday afternoon hockey, I really don't think that the success of the women's national team is an issue. Sure, it was wonderful to see what Canadian women's hockey players can accomplish, but from the perspective of the women who participate in our weekly session, they just feel lucky enough being the ones who are available during that specific time period. They may enjoy the skate but nobody is out there to win Olympic medals. That's for sure." ♣

If you might be interested in learning more about Ladies Friday Afternoon Hockey, 1:00 to 2:00 p.m., in Millbrook, contact Laurie Blimke at 932-3041.

Millbrook Squirts end fine season with tournament win

On Saturday, August 15, Millbrook squirts won the Pontypool and District Softball year end tournament. They started off the day with a 10-3 won over Pontypool. Chris Bush went the distance for the win. Matt Dunphy had Millbrook's only extra base hit with a double.

South Monaghan "1" gave Millbrook the most trouble in the 2nd game. Millbrook won the game 6-2 only because of great pitching by Chris Bush and some outstanding defense. Scott Page, Chris Schier, Chris Bush and Shannon LaBelle hit doubles for the winners.

In the championship game, Millbrook got the bats going and defeated Bethany 23-6. Once again Chris Bush went the distance for the win. Matt Dunphy hit a Grand Slam and a triple. Stephanie Wideman had a triple and a double. Evan Matthews hit a dou-

ble. On the day, Scott Page was the top scorer of 6. Stephanie Wideman and David Tate had 4 and Evan Matthews, Matt Dunphy and Robynne Maksymetz all had 3.

J.J.Powell caught every inning and was outstanding. He took the opposition's running game away with his great defense and strong arm. Evan Matthews and Andrew Noonan shared the duties at 1st base and caught everything thrown their way. Matthews made the game saving catch in the 2nd game. Andrew Welk and Matt O'Brien played centre field making several

great catches. Scott Page and Chris Schier played shortstop letting nothing through. Shannon LaBelle and Robin Maksymetz shared 2nd base, both making great stops for outs. Third base was manned by Matt Dunphy and Stephanie Wideman with good plays being made by both. Wideman executed a run down in the 1st game for an important out. Robert Scheuneman and Ronnie Lunn played left field and David Tate and Krystin Smith played right field and all made fine plays during the day.

Congratulations Millbrook on a fine season. ♣

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ARTS & CULTURE

Local author tells untold story of 'Kangaroos'

By Deborah Luchuk

In 1944, it looked like the Allied troops, fresh from Normandy landings would never be able to break through German defenses at Caen and Falaise.

To make an infantry attack, too many troops would be lost. And time was running out to defeat the enemy and restore the world to peace.

Until a nearly invincible Kangaroo was born. The Kangaroo in question was a top-secret military engineering miracle — the first armoured personnel carrier, created primarily out of Priest guns, and later, Canadian RAM tanks.

Ken Ramsden, a Cavan Ward resident, was a liaison and intelligence officer with the secret Canadian Kangaroos regiment, later placed under the command

of the 79th Armoured Division, responsible for carrying infantrymen through the more dangerous theatres of action. He has detailed the largely unrecorded history of the Kangaroos, and their contribution in the end days of WW II in a recently released book, *The Canadian Kangaroos in World War II, The Story of the 1st Canadian Armoured Carrier Regiment*.

In August 1944, the Canadian and British troops were frustrated by very strong German defenses along the Caen-Falaise road. General Guy Simonds first plan was to have a heavy bomber attack to obliterate certain strategic areas along this line of defense, and then to send in infantry. In his brief to the commanders, he said that infantry must be car-

ried in bullet-proof and splinter-proof vehicles to the battle objectives.

The problem was, there were no armoured personnel carriers. Someone would have to slap something together, and quickly.

The story that follows is nothing short of amazing — using Priest guns, salvaged scrap steel, engine parts and welding sets, and anything else needed, 250 men worked around the clock to produce, in four days, 72 of the first ever armoured personnel carriers — Kangaroos.

Carrying one driver and ten infantrymen, Kangaroos first "leapt" into action the night of August 7-8. By carrying the troops through the enemy, the objective was secured with a much lowered casualty rate.

Three weeks later, the Canadian Armed Forces

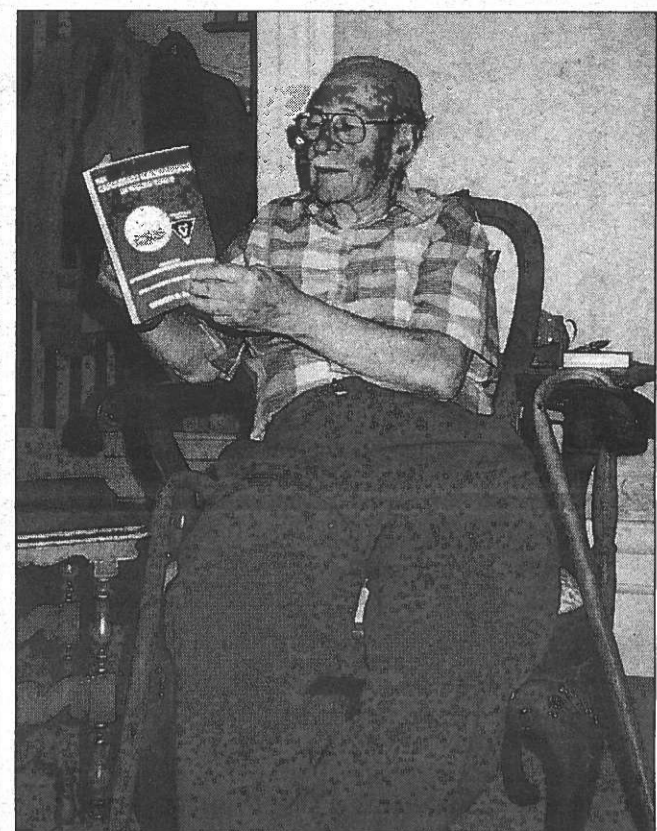
decided to create an armoured regiment to serve co-ordinating and driving the APCs into battle. The Kangaroos were formed in Holland, and Ken says "we're very proud of our Dutch association."

There were many triumphs and challenges to follow the Kangaroos' initial success. Due to increasing demand for their services, various units of the Kangaroos were spread out all over Europe it seemed, involved in several far-flung actions. Ken says it was a real challenge to provide rations and petrol for units spread out by many miles in Germany and Holland.

The rest of the exciting story, the triumphs, challenges, and people met along the way, was, as they say, history, and the stuff of which Ken's book is made! The reader is encouraged to purchase a copy from him for the exciting details of the Kangaroos' story!

The Kangaroos in Holland and Germany were reunited in May 1945, and were disbanded officially in Holland in June of that same year. The men of this unit were split up into their original regiments they had come from — hence, the loss of the history of the Kangaroos for many years.

Ken joined the Kangaroos in January 1945. Originally, he signed on with the 17th Duke of York



Ken Ramsden reads from his recently published book, a history of the "Kangaroos" Regiment in WW II. It is the story of the development of the first armoured personnel carriers.

Hussars reserve unit, because he wanted to learn how to ride horses. When the horses were sold, the Hussars became a motorcycle regiment, and Ken's career on bikes lasted six months.

"I was asked to teach motorcycle construction at McGill University Officer Training College (Montreal), and then it seemed immediately, we were asked to join the armoured corps at Camp Borden as reinforcements."

It seems a curious question to ask today, but I couldn't resist asking Ken why he signed up with the Armed Forces in the first place.

"In 1939, I decided to join the reserves, my mother was widowed and needed support. However, it was patriotism, and a knowledge that the Germans would end up here if we didn't fight that was my motivation.

Throughout the Depression, I read extensively, and as National Socialism devel-

Continued on page 12

Artist's odyssey

The latest exhibition at the Millbrook Gallery, slated to open October 16, is titled *George Raab, An Artist's Odyssey*. It features a collection of Millbrook artist George Raab's original etchings, photos, sculptures and collected artifacts from his global journeys. Like most artists, George's work is a synthesis of all his life experiences, and although his work is known to reflect and draw on the diversity of the Canadian landscape, George's travels have taken him to such far flung places as China and Africa, as well as Europe and the Canadian far north.

The photos and etchings in this exhibition are

planned to reflect that diversity of life experience which has contributed to the maturation of George's artistic vision. Although some of his more exotic travels have (so far) not emerged as subject matter for his work, George says they were important experiences which he wanted to share. "I have exhibited all over North America," says George, "but it is always in order to show my etchings. What's wonderful about the Millbrook Gallery is because it's ours, it offers the member artists an opportunity to do those things they can't do elsewhere." So expect the familiar in this exhibition, but also be prepared to see



Millbrook artist George Raab.

images you don't readily associate with George's work. "What I would like to see people take away with them from this show (besides a piece of my work!)" says George, "is a sense of the diverse experience that has contributed to my personal development as an artist."

The exhibition will run until November 15. Opening reception is Friday evening, October 16, at 7:30 p.m. and everyone is invited to attend. ♣

Another first for the 4th Line Theatre

This has been a season of many "firsts" for the 4th Line Theatre, including working with Metis and native actors on "The Bell of Batoche".

The theatrical production of Canadian classic "The Stone Angel" takes the 4th Line Theatre off the farm and into an indoor venue for the first time ever.

The Margaret Lawrence novel is the story of proud

and curmudgeonly Hagar Shipley, who relives episodes from her 90 years of life through a series of flashbacks and conversations. It is story of emotional depth, regrets, pride and pain — a poignant series of vignettes from the life of a rural Canadian woman.

Directed by Susan Spicer, this first-ever indoor production is expected to be yet another fine contri-

but ion to Canadian theatre, in the tradition of the 4th Line Theatre.

To catch the retelling of yet another important aspect of Canadian culture, call the Showplace Peterborough box office, or the 4th Line Theatre office — 876-7660 for more details. Dates, times and admission information are included in the Community Calendar. ♣

AN ARTIST'S ODYSSEY

GEORGE RAAB

An exhibition of the artist's original etchings, photos, sculptures and collected artifacts from his global journeys.

Exhibition runs from October 16 to November 17.

Opening Reception:
Friday October 16, 7:30 p.m.

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

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The Royal Canadian Legion Branch 402 presents a

Good Time '50s Rock & Roll Dance with *The Lincolnaires*

Saturday, October 17, 1998
The Millbrook Legion, Millbrook, Ontario

Doors open at 8pm
Dance 9pm to 1am
\$10/person advanced sale
\$12.50 at the door
Light refreshments included.

Purchase tickets at:
The Millbrook Legion, Bermar Hair Salon,
Millbrook Convenience Store, Cozy Village Castle
(PontyPool), or call Greg Brown
(932-2224) or Ed (905-576-6026)

No refunds after October 14th, 1998.



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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Country Dancing at the Millbrook Arena

Sept. 22 - Nov. 24
7:15 - 9:15 pm
Come out and enjoy country dancing over the coming weeks. Cost is \$40 per person. For more information, call Yvonne Clark (705) 932-2067.

Mystery Tour

starting at Millbrook Legion Saturday, Oct. 10, 10 am
Who knows where we will go? Indulge your sense of adventure and fun! Cost is \$10 per person, and the bus will leave the Legion at 10:00 am sharp.

An Artist's Odyssey

at the Millbrook Gallery Friday, Oct. 16, 7:30 pm (Opening Reception)
George Raab will be the featured artist. Show runs until Nov. 15. (see page 10)

Fall Craft-Sale, Farmers Market and Trade Show

at the Lions' Den (County Rd. #10, n. of Millbrook) Sat., Oct. 17, 9 am - 4 pm
A great opportunity to meet neighbours, and buy some great Christmas gifts. For more information, call Cindy (705) 932-2739 or Diane (705) 932-5328.

Bus Trip to St. Jacob's

Saturday, Oct. 17
Enjoy the rich autumn offerings of the shops and markets of St. Jacob's. Sponsored by "From My Sewing Basket". For more information call 932-2700.

Brent Titcomb at The Give-a-Hoot Café

at the Old Millbrook School

October 17, 8 pm
The Give-a-Hoot Café kicks off its 1998-99 season with singer-songwriter Brent Titcomb. Admission is \$8 with special family rates, and free if you perform in the open stage.

Fall Movies at the Arena

Monday, Oct. 19, 7 pm
The family movie "Dr. Dolittle" will be shown upstairs in the Millbrook Arena - great entertainment for all ages at a reasonable price! Admission is \$2.50 per person.

Turbulence on the Homefront...Discipline Workshop

at the Peterborough County-City Health Unit, 10 Hospital Dr., Peterborough Wednesday, Oct. 21, 7 to 8:30 pm
Strategies and supportive ideas for discipline issues will be offered at this innovative workshop on discipline, presented by the Peterborough County - City Health Unit. For more information, call Jane (705) 743-1000.

Christmas '98 Shopping Spree

Toronto Oct. 24
The Cavan - Millbrook Co-operative Nursery School is hosting a bus trip to the Miko Toy Warehouse and the Dixie Mall. Cost is \$20 per person. Bus will leave Cavan Hall at 8:15 am and the Independent Grocery, Port Perry at 8:45 am sharp. For more information, call Gwen Lavalée at (705) 277-9251.

Turkey Supper

at the Lions' Den, County Rd. #10 (n. of Millbrook) Sat., Oct. 24, 4 - 7 pm
The Millbrook and District Lions Club is hosting a turkey supper with all the trimmings! Come out and enjoy the feast! Admission is \$10 for adults. For more information, call Ben Dickinson (705) 932-2030.

Weekly Meat Draw

at the Millbrook Legion Every Saturday night, 4 pm
A weekly meat draw sponsored by the Legion will run every Saturday night starting on September 26. You could win something tasty!

The Stone Angel

at Showplace Peterborough Thurs., Oct. 22, Fri., Oct. 23, Sat., Oct. 24 - 8 pm
Thursday, Oct. 22 - student only matinee - 2 pm
Fri., Oct. 22 - matinee, 2 pm
Margaret Laurence's The Stone Angel, adapted by James W. Nichol, will be presented by the 4th Line Theatre. For tickets or more information, call the Showplace Box Office 742-7469, or the 4th Line Theatre office 876-7660. (see page 10)

Chili Luncheon and Christmas Bazaar

at the Millbrook Legion Saturday, Nov. 14
St. Thomas More Catholic Women's League is hosting a chili luncheon and bazaar, with a bake table, craft table, a colouring contest for kids, and other surprises. For more information, or for admission price (unavailable at time of printing), call Angie at 932-2659.

Reg Sloan-Memorial Dart Tournament

at the Millbrook Legion October 24, 10 am
Show your skill by hitting the bullseye! Four-person teams can register for \$40 (team) with registration at 10 am, play at 11 am. For more information, call 932-2837.

Al Budd Memorial Dart Tournament

at the Millbrook Legion November 28, 10 am
More fun with darts for two-person teams! Registration fee for blind draw doubles is \$5 per person. Register at 10 am,

with play at 11. For more information, call 932-2837.

Preschool Halloween Party

at the Millbrook Arena Fri., Oct. 30, 10 am - noon
Lots of spooky fun for preschool children at the annual Halloween Party, featuring skating, face painting, games, stories, crafts, and goody bags. Free admission! Sponsored by Millbrook Playschool and CMNM Parks, Recreation and Facilities Department. For more information, call 932-2911.

Teen Night/Battle of the Bands

at the Millbrook Arena Fridays - Oct. 6, 23 and Nov. 6, 7:30 - 10:30 pm
A brand new recreation offering just for youth in the community, Teen Night and Battle of the Bands will be held Friday evenings, featuring local bands playing off over a series of weeks to win prizes in an "A" and "B" division. Want to perform? Register in advance by calling 932-2911. Great door prizes! Admission \$3; for youth 13 - 18. For more info, call 932-2911.

50's Rock and Roll Dance with the Lincolnaires

at the Millbrook Legion Saturday, Oct. 17, 8 pm
Bring your dancing shoes to rock around the clock with The Lincolnaires! Light refreshments are included in the admission price. Tickets are \$10 in advance, or \$12.50 at the door. Call Greg 932-2224 or Ed (905) 576-6026 for details.

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


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MADCAP is looking for volunteers to assist in teaching neighbours Internet and computer skills, only two hours per week, at either the Millbrook or Mount Pleasant location. Please call Phillip Chee if you have any time to help out this worthwhile cause (705) 932-3917.



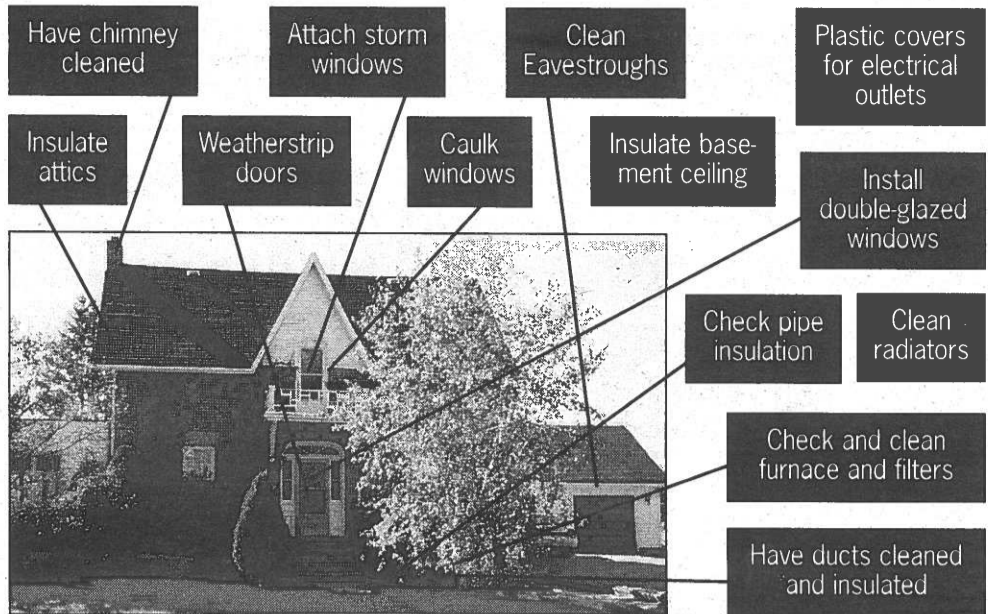
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Keep Old Man Winter outside!

By Lori Cripps

Well, it's that time again, the leaves are falling and the smell of frost is in the air.

Unfortunately, it means winter's snow and cold temperatures are on the way. Before we're hit with what the Farmers' Almanac says will be "an old-fashioned winter", there are a few things you should do to prepare your home for the onslaught.

One of the first things to do is to make sure all eavestroughs are cleared of debris

accumulated over the summer, according to Scott Gray of Bulger and Gray Insurance. This will ensure water from melting snow will drain easily come spring.

Scott also suggests chimneys be properly cleaned by professionals - there are nine cleaners in the area. Change the filter in your furnace. Other heating apparatuses should be inspected to ensure they are in good condition.

These precautions will help prevent a fire or unhealthy air in your home.

Other energy-saving and heat-retaining suggestions include blocking off areas where cold comes into your house. Electrical outlets, and any spaces between your windows and window frames often allow heat to escape.

One inexpensive way to deal with the heat loss through electrical outlets is to insert plastic covers - these can be purchased at hardware stores. Both Peter Rennie, a local electrician, and Ken Forsyth of Cantherm Insulation recommend these to prevent heat from escaping your home. Ken also suggests installing double glazed win-

dows, or applying caulking around windows and doors to prevent drafts and heat loss.

The most important thing you can do to prepare your home for winter is to invest in insulation for the attic, especially if you own a older home. (It's kind of like wearing a hat to keep the heat in your body!) Ken says that the greatest heat loss is through the attic, and to prevent this, he suggests you inspect your attic's insulation and upgrade or replace it if necessary. Homes require a minimum R value of 40 when it comes to insulation. Having proper insulation in your attic will stop heat loss, and help to lower the cost of heating.

Ken, Peter and Scott all agree that with the proper precautions and planning, you can keep your house warm and cost efficient, and protect your home from damage brought on directly or indirectly by cold weather. Other smart ideas to prepare for the deep freeze include:

- checking insulation on pipes and plumbing
- remember last year's freezing rain storm? You might want to consider getting a generator, and/or perhaps a gas or

propane heater (CSA approved, of course), candles, salt, matches, canned goods, a camping stove, for emergencies.

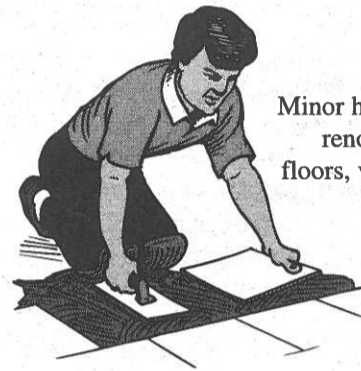
- get a supply of firewood for a fireplace or woodstove
- consider insulating plastic sheeting material

(usually secured through the heat of a blow dryer) for your windows. Check with the tradepeople in our area for their advice on keeping your plumbing, heating, insulation, and electrical systems in tip top shape for this winter. ♣

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Kangaroos

Continued from page 10

oped, I grew more and more concerned. To a degree, I think the Depression was a reason why people joined, but patriotism was what motivated most. You know, the first regiments in Montreal were formed from people who joined up out of a sense of patriotism." Eleven hundred men went to sign up for the 650 spaces in his original regiment - "everyone wanted to join up."

"It was one of the most formative things I could have done, and it was a great molding force in my life," Ken concluded.

Perhaps the mission of coordinating APC movements, and troops, and com-

munications during war time helped out, as Ken continued in his career with Sears following retirement as a field merchandiser and training staff. A most exciting moment in his retail career was the coordination and management of the gift shop at the Art Gallery of Ontario when the King Tut exhibit was on display. Using his resourcefulness, Ken sourced out jewellery manufacturers and gift suppliers, trained and hired staff, set up displays and generally managed the entire operation within a very limited time line!

The Canadian Kangaroos in World War II can be purchased through contacting Ken Ramsden Sr. at 742-2966, for \$16.95 plus \$3 for shipping and handling per copy ordered. ♣

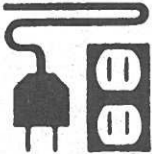
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