

# THE GREEN HILLS Gazette

Free!  
Published monthly

Thursday,  
November 12, 1998  
Volume 1, Issue 10

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

## A municipal soap opera

By Michelle Curran

A hostile and volatile atmosphere pervaded the council meetings of October 14th and November 2nd.

Concerned ratepayers voiced their opinions on Council's willingness to proceed with the prosecution of Deputy Reeve Brian Squirrell.

Emotions ran high during the October 14th council meeting, as delegations bombarded Council with questions regarding the prosecution of the Deputy Reeve.

Martin Pick's presentation focused on the costs of the litigation as well as the possible expense of a counter lawsuit against Council. "Who would be footing the bill?" Pick asked the Reeve. Reeve Cathcart replied that he didn't know, and then upon further speculation, thought the Council's insurance would cover any legal costs.

When Pick asked other

questions pertaining to legal costs, the Reeve declined to reply, citing advice from the municipal solicitor. The refusal to answer any of his questions prompted Pick to ask, "Who runs Council, you or the solicitor?" The Reeve replied, "Me."

David Wain, the next presenter, prefaced his speech by referring to the litigation as "chicken feed." He added that Council should not be wasting taxpayer money on such a frivolous matter, especially one that will be soon forgotten. Reeve Cathcart asked Wain if he had seen the letter from the Crown Attorney. Wain admitted that he hadn't seen the letter. The Reeve explained that though the Crown Attorney decided not to prosecute, that didn't mean that they [Council] wouldn't. Wain finished his presentation by appealing to moderate council members to stop the lawsuit.

Council did not reply.

The Deputy Reeve asked about a recently circulated press release, sent out without a signature or on letterhead. He wanted to know who released it, and when it was sent out. He then informed council that the press release was not valid without a signature. The Reeve admitted it was an oversight.

Owing to increased public outcry over the lawsuit, and to assist Council with ratepayers' legal questions, lawyers from Howell Fleming were present at the Nov. 2 Council meeting. As both Robert Pakenham and Russell Palin were seated at the Council table, delegations were left to speak from seats on a corner.

Before presentations commenced, Reeve Cathcart explained the lawyers would answer questions at the end of all three presentations.

First up was Ken Greenberg, who expressed



Tireless volunteers: The Millbrook and District Lions' Club gave a generous \$1000 cheque to the Millbrook Food Share, to assist with on-going outreach to the needy. From left to right, Lions' president Skip Mulcoop, Lion Bill Clarke, Food Share volunteers Nancy Legge and Joan Mercer.

concern over potential negative economic impact on the community, resulting from the bad press in local newspapers. Greenberg felt Council had been arrogant and high handed as they "pushed through" the gambling issue, despite public opposition to the plan. He finished his presentation by asking Council, "Who do you consider to be your boss? Who are you accountable to?" He received no comment from Council at that time.

Dan Smith of the Ratepayers' Group, began his presentation by declaring, "It is time for a review of council." The Reeve replied that the review will come in two years. Smith then asked each councillor for bank account numbers and records of expense accounts. The Reeve declared it wasn't necessary to put down his campaign costs [in election records], only his contributions. Councillor Gerald Downer also said it wasn't necessary for him to open a bank account.

Opening her presentation to Council, Pauline Plumbe of the Ratepayers' Group said, "The things that have gone on in our municipality, and the dishonesty also in this township, as I speak of illegal work being done without certificates, we the ratepayers are aware of this." She continued, "[The] whole reason that Brian Squirrell is being roasted, is [that] he has stood alone, he has spoken up on the ratepayers'

Continued on page 7

## Welcome to...Trinity or Trillium Township??

By Lori Cripps

What's in a name? Apparently there's too much in the Township's name, and a name change committee has been gathering suggestions from residents for a new one.

Two names have been suggested - Trinity or Trillium, at the Nov. 2 Council meeting. Both refer to the three, or tri-ward nature of the new township.

The Township may be renamed before the new year, so that Council can take advantage of a provincial offer to cover all name change costs. The Trillium or Trinity names presented

by a name change committee, will be discussed further at the next Council meeting (Committee of the Whole, November 16).

The name change committee, comprised of community representatives and members of Council, has had the job of gathering public input and submitting a possible new name to council by November 13th. Council is suggesting the new name be completely different from the old, representing the unified township. (Each ward will continue to keep its respective name.)

Current legislation has stated if the name is changed before 1999, the

*Current legislation has stated if the name is changed before 1999, the provincial government will pay for all costs.*

provincial government will pay for all costs. After that date, all costs incurred will be the responsibility of the township. Although Council has suggested the name be changed, it is not necessary, and the current name may be kept if the public and council deem that to be the best decision.

Bill Plewes, a member

of the Millbrook and District Historical Society, believes it's important for the township to change the name, because the current one is far too cumbersome and may be a liability to the township. He points out that although the name may have sentimental and historical value, there are many examples of townships changing their names with positive results. Plewes believes people will accept the new name and find it is best in the long run.

Jackie Tinson, chairperson of LACAC, an organization working for the preservation of historic homes and sites, disagrees. She has written to council

indicating her concern about the loss of connection to history. The Cavan and North Monaghan names originate with early settlers from Counties Cavan and Monaghan, Ireland, and many of the original families' descendants are still living in the area, Tinson said in a recent letter to Council.

Does Trinity or Trillium strike you as the ideal name for the Township? Any person interested in offering their opinion on the two names, contributing a name, or in speaking up for the old, can contact the Name Change Committee through the Township office. ♣

### INSIDE

**Baxter Creek revisited**

Page 2

**Holiday Fun Guide**

Page 8

**New library on the way!**

Page 9

# Baxter Creek Revisited

By **Catriona Sinclair**

Township residents and visitors may soon be able to enjoy an extensive hiking trail system from the Millbrook area, to the 4th Line and beyond.

With funding from the federal Millennium Projects scheme, a yet-to-be-formulated steering committee will plan for and implement trails from Medd's Mountain to connect with the 4th Line.

By developing this area, organizers and planners hope to increase local tourism, educate the public on environmental issues, provide great places to get out and enjoy the outdoors, help put Millbrook on the map as a destination area, link Millbrook with the 100-acre MNR fish ponds area, and make a positive out of the negative White Rock Estates debacle.

The Baxter Creek-Medd's Mountain Project has been spearheaded by Councillor Brian Fallis, with assistance from Rick McGee, Cavan-Millbrook-North Monaghan (CMNM) Parks and Recreation Director, Heather Sadler - CMNM Planner, and others from ORCA, Sir Sandford Fleming College and the Ministry of Natural Resources. Guiding principles for the project are that it be accessible, ecologically sustainable; community based; and build awareness of local natural systems.

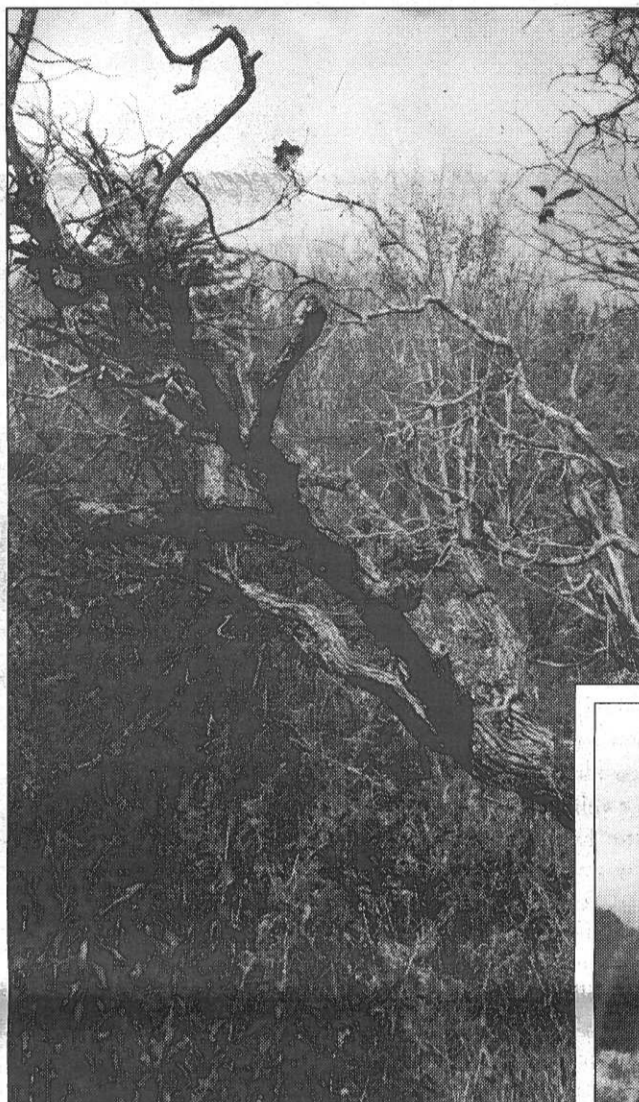
The objective of the project is to develop a permanent passive recreational area for local residents, tourists and future generations. The first part of the plan is to upgrade existing trails on Medd's Mountain, and the second is to devel-

op a passive use (walking, cross-country skiing, etc.) trail linking Millbrook to Zion 4th Line following the Baxter Creek corridor.

*By developing this area, organizers and planners hope to increase local tourism, educate the public on environmental issues, provide great places to get out and enjoy the outdoors, destination area, link Millbrook with the 100-acre MNR fish ponds area, and make a positive out of the negative White Rock Estates debacle.*

The Medd's Mountain/Millpond area, owned by ORCA (including the mill building), will be landscaped and naturalized, including the planting of native shade trees. Other plans for this area include developing interpretive signs and materials (similar to those found on the nature trails in Algonquin Park); developing a promotional package to lure tourists; developing an accessible trail system for mobility disabled people; installing picnic tables and benches; reconfiguring entrances to the area (as well as at the 4th Line); and building public washrooms and possibly a gazebo/bandshell to replace the picnic shelter. Although no motorized vehicles are to be allowed on the Baxter Creek trail system, Council recently

**An exciting project is in the works to rethink the use of public green space south of Millbrook. Local residents are being urged to join in the dialogue.**



*The Baxter Creek Project may be an ideal way to involve young people in the community as Junior Conservationists.*

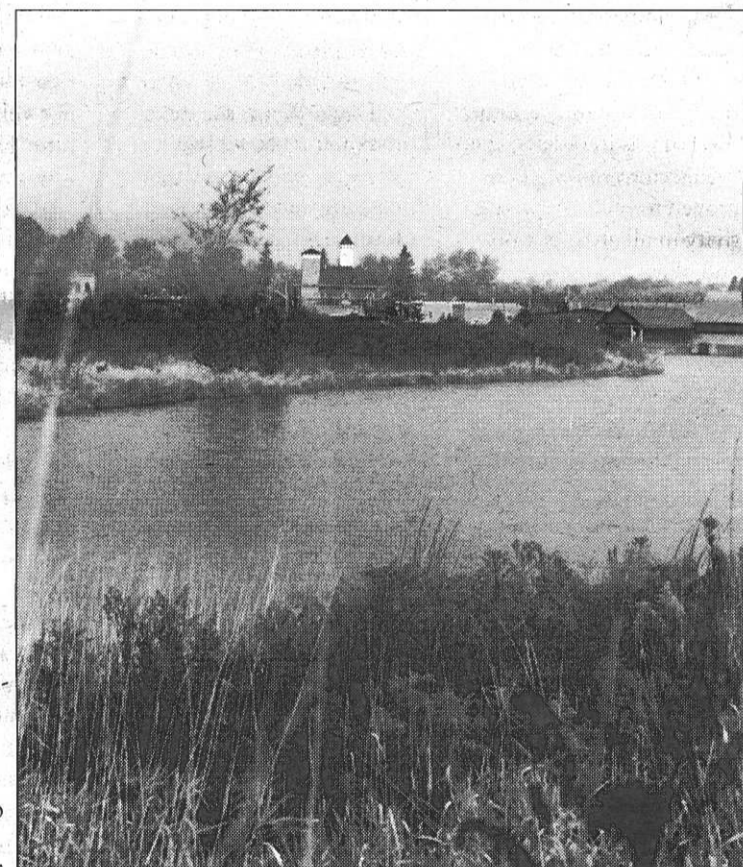
approved snowmobile use on Medd's Mountain this winter (contact the Township office for restrictions and regulations).

For the Baxter Creek area, a clearly marked, easily navigable trail for passive use, is planned, with educational signs about

the area for tourists.

The Baxter Creek Project may be an ideal way to involve young people in the community as Junior Conservationists, assisting in stream rehabilitation, habitat augmentation and trail construction and other stream conservation work for local landowners. Another plus in this project is that former White Rock Estate lands, now owned by the Township, will be put to appropriate use as trails, turning a historically negative situation into a positive. The Ministry of Natural Resources is interested in maintaining the fish pond area adjoining the Baxter Creek corridor, and ORCA is already working with five scientists to preserve cold water streams, including Baxter Creek.

The projected cost of the project is \$30,000, with funding coming from the federal government's Millennium fund, the local government and fund raising. The next step is to form a steering committee of people representing all the various interest groups involved. Working in smaller committees, participants will address: planting shade trees and native plants; aquatic habitat improvement and shoreline restoration; trail construction and maintenance; planning and research; Junior Conservationists; education, communication and interpretation; resource development; landowner concerns. If you are interested in joining the Steering Committee or a work group, please call: Heather Sadler at 932-2929. ♣



*Above left - The current path along Baxter Creek, running from the fairgrounds to the 4th Line. Above - Millbrook as seen from the foot of Medd's Mountain.*

**COMMERCIAL & FARM RENOVATIONS**

**JACKSON CONSTRUCTION LTD.**

Custom design, custom built homes using designs or ideas of your choice. Got a vision for your dream home? We'll help you realize it! Bring us your ideas & we'll draw it up. Specializing in custom kitchens & cabinetry.

- QUALITY CUSTOM HOMES • CUSTOM KITCHEN CABINETRY •
- SEPTIC SYSTEM INSTALLATIONS • LANDSCAPING •

**BRIAN JACKSON**  
(705) 939 - 6492

**RON JACKSON**  
(705) 939 - 1342

FAX: (705) 939 - 1249

68 LAKEVIEW ROAD, BAILIEBORO, ONTARIO. K0L 1B0

**SHOP AT HOME SERVICE**

**Carpets, Vinyl Flooring, Ceramic Tile for Floors & Walls**

Sales & Installation by **Glen Gunter**

**WE ALSO DO:**  
Minor home repairs, bathroom renovations, parquet wood floors, vanities & countertops, interior painting.

31 years of flooring experience.

**742-1029**  
R.R. #2, Cavan

**MARK JENKINS CONSTRUCTION**

HOMES • COTTAGES

ADDITIONS

DECKS • ROOFING

FRAMING KITCHENS

BASEMENT AND BATHROOM RENOVATIONS

Mark Jenkins  
Licenced Carpenter

**932-5253**

## BUSINESS PROFILE



Freda Burke takes a moment to relax in her Aesthetic Salon, a welcoming and comfortable space for stressed-out clients.

### Time out with Freda Burke

By Lori Cripps

**S**tressed out? In need of pampering? Need some "me" time?

Perhaps some TLC, in the form of pampering for the body, is in order... taking care of yourself is proven to increase productivity in all areas of work and play.

Freda Burke's Aesthetic Services offers a wide variety of the needed pampering "treats" - close to home and at an affordable price - so your last resistance to taking care of yourself, the time out and the cost, is eliminated!

Located on the 3rd Line of Cavan, near Bailieboro, Freda Burke offers a variety of services, including facials, manicures and pedicures, ear candling, lash and brow tinting, ear piercing and full body waxing. Pedicures are her most popular service, and she says there are several men among the clientele for this service - pampering is not just for females!

Freda says facials are a

great way to keep skin healthy, free of blemishes and youthful in appearance. Most people who have facials only have it done once a year, but for the maximum benefit, she suggests clients have a deep cleaning facial once every four weeks. More frequent facials are not only for appearances but for the health of the skin, because the procedure removes dead skin and build-up from make-up, and pollution.

*Aesthetics is not just an indulgence or something done out of vanity but can be included as part of a healthy lifestyle*

Aesthetics is not just an indulgence or something done out of vanity, Freda says, but can be included as part of a healthy lifestyle - skin is the largest human organ, and should be taken care of properly.

Operating her business from her home means Freda is available for her customers from nine in the morning to "whenever", with flexibility to work around clients' schedules. Beauty emergencies are swiftly dealt with!

As someone genuinely interested in her customers, Freda treats each client as an individual, and spends as much time with each customer as they require, which is rarely less than an hour. Each client is carefully queried as to the services they require, and given full attention, to ensure the end result is contentment. Affordable prices, individual attention and strict sanitary procedures ensure the satisfaction of repeat customers.

When asked why she enjoys providing aesthetic services, Freda said the reward is in providing services to help people feel good about themselves, and in being able to provide a comfortable, safe place in which to relax and take care of themselves. Building on this mission, plans for the future include hosting weekend getaways for groups.

Freda encourages anyone interested in starting up their own business to get all the information and education possible about their business of interest. Budding entrepreneurs should find something they enjoy, to take pride in what they offer, and most importantly, "do what is true for you". Opening a home-based business means an entrepreneur should be willing to separate business from home life, and discipline is needed to focus on work during work hours. If a person fails to do this, Freda says, they will be less organized and appear unprofessional.

To book your time for Freda Burke's Aesthetic Services, call 932-5203. ♣

## Improving seniors' lives: Shelagh Gaffney



Shelagh Gaffney, hard at work as the new coordinator for Community Care.



By Lori Cripps

**T**he best part of Shelagh Gaffney's new job as Community Care coordinator is being able to make a difference in the lives of seniors. The hardest part is letting elders know about the services on offer.

Shelagh Gaffney recently took up the reins of Millbrook and area Community Care from Heather Peachey - and is very familiar with the modus operandi of the organization and the community, due to a previous stint in the position several years ago. As the Community Development Coordinator, Shelagh coordinates Community Care Home Support Services in the Cavan-Millbrook area. The Millbrook-based Community Care office is one of ten sponsored by the Senior Citizens Council of Peterborough.

Services such as driving seniors to appointments, calls to check in on shut-

ins, home maintenance and meals on wheels are available to seniors and physically challenged adults in the area. Most services are free, with only a few requiring a small fee.

*Shelagh started volunteering in the community 25 years ago, with programs such as Meals on Wheels and the operating committee of Community Care.*

Unfortunately, many seniors in the township are not aware that they can access these and many more services through the Community Care office. Part of Shelagh's job is to find all the members of the community that really need the services of the Community Care program. She attributes this difficulty to the fact that some people in rural areas aren't aware of the services offered.

Shelagh started volunteering in the community 25 years ago, with programs such as Meals on Wheels

and the operating committee of Community Care. She loves giving her time to others, and the reward of her years of volunteer work has been making a difference to others. Knowing that her services and hard work are allowing seniors to stay in their home, and live life to the fullest, is what keeps this committed woman "coming back for more."

As a veteran volunteer, Shelagh feels volunteers are a "special group of people, because they give their time - and time is the most generous thing you can give." She encourages people to volunteer with Community Care by providing a family atmosphere and training, as well as plenty of recognition for their hard work. She encourages individuals to volunteer for the personal benefits, as well as making a contribution to the community - in her opinion, volunteering leads to greater insight, and learning about dedication.

For more information on the services Community Care offers or how to become a volunteer contact the Community Care office at 932-2011. ♣

**STARTING AT \$39<sup>95</sup>** Looking for rust protection for your automobile?

**CANADIAN RUST CONTROL** stops rust in its tracks, and penetrates existing rust to protect metal from further damage.

**CANADIAN** contains "NO SOLVENTS" and is "NON-TOXIC".

**CANADIAN** is an annual drip-free rust preventive treatment that does not harden, crack or peel. It has no odor, no mess, and does not harm rubber or plastics.

**Authorized Dealer:**  
**Clarke's ESSO Service**  
11 Tupper St., Millbrook, Ont.  
(705) 932-2450

**Stickling's BAKERY** From organic grain: All our breads have no preservatives, fat or sugar added.

*...because it tastes better!*

Try our traditional European Sourdough Breads our tasty Whole Grain Noodles or our delicious frozen Tortes and Cakes.

Visit our Factory outlet in the Heart of Springville (Hwy 7A & Cavan 11th line) 8 am-2 pm Mon-Sat or at 196 Charlotte St. or on Saturday at the Peterborough Farmers Market

**741-0777**

## EDITORIAL

There's something rotten in the state of Cavan-Millbrook-North Monaghan (sorry, Shakespearean scholars!), and it isn't really clear what's causing the smell.

But we're working on finding out the source of the stench, and hope to shed some light on dark corners that beg to be exposed.

As a keen observer of municipal politics throughout my 15-year journalism career, I have seen a lot of the good, the bad and the ugly. What's happening at council is ugly, and about to get worse.

It's evident something is up when a charge is laid against the Deputy-Reeve by his own council. Something that started out as a ratepayer filing a concern about the election expenses report of a candidate in last fall's election has grown into something else.

The something else is a precedent-making legal battle never before seen in Ontario's history - a council suing its own deputy-reeve for alleged misconduct under the Municipal Elections Act. Lawyers will end up debating the relative merits of members of council and the deputy-reeve's reputation. There's no clear way to sort out the mess legally.

If it was simply a case of prosecuting for violations of the Elections Act (and there's only \$1,500 in question), then why hasn't it been dealt with, fines or discipline given, end of story? Is there anything more to this story? Is the Deputy-Reeve being disciplined appropriately for the misdemeanor, or is this a vendetta on the part of some councillors to get rid of an outspoken critic?

And it will cost big bucks - one of the solicitors involved estimates over \$40,000 will be paid for by the taxpayer before insurance kicks in.

Why is council pursuing this matter when it will carry a hefty price, financially and politically? Ratepayers have been putting up a steady barrage of questions in presentations at council meetings - and by all accounts, they're determined to continue their investigation of perceived corruption or hidden agendas. Perhaps Council thinks itself safe from irate residents coming week after week because they have been elected for a term of office. I wouldn't count on this being a protection - if there's a way to get rid of municipal politicians beyond the electoral process, this group will probably find a way to do so.

I've heard some rather disturbing statements made recently by some residents that give me pause - to sum up, they are not interested in finding out for themselves what is going on, and assume the politician of their choice will fill them in on all the details. This complacency is what perpetuates the long-standing history of municipal corruption and weak governance in small communities. Don't assume anything.

And finally, to end this rant, one councillor pontificated at the last council meeting, slamming the media for smearing the good reputation of Council and creating controversy. Speaking for this media outlet, we are merely concerned with the facts, and leave the conclusions to our readers. If council chooses not to share openly and fully with media, then we cannot report on this position as part of our investigation into the issues at hand. And therein lies part of the controversy.

Council has only soiled its own reputation, and it's our responsibility as the "fifth estate" to ensure the public gets the full story, as accurately and ethically reported as possible. ♣



## Food Share launches Christmas Hamper Drive

Christmas is coming, and for many in our area, there will be no traditional turkey supper or gifts under the tree.

Millbrook and District Food Share will be coordinating the Christmas Hamper Drive this month, collecting non-perishable food, turkey vouchers, treats and gifts for children to be packaged up in festive boxes for those in need. Cash donations will be used to purchase any items still needed after the drive to fill up hampers with seasonal food and gifts.

Last year, a group of concerned residents and clergy organized a hamper drive when it was clear many would go without food at Christmas - and organized and collected food in a mere two weeks! There was a generous response on the part of individuals, churches and service groups, and more than enough food, toys and cash were collected for neighbours needing this kind of help.

Donations of non-perishable food items, particularly those listed below and anything to provide a complete Christmas dinner (cranberries, stuffing mix, vegetables, gravy, potatoes, etc.), Christmas candies, and unwrapped, NEW toys are needed.

What's different this year is that anyone needing this support, regardless of whether they have used the food bank in the past, will collect their hamper at the

Food Share location. Anyone requiring a Christmas Hamper is invited to come to the Food Share on the 2nd, 3rd or 4th Tuesday of the month, 3 - 6 pm, to register for their box.

Food or toy donations can be dropped off at any of the collection spots in area businesses, or call 932-7066 to arrange for pick-up. All donations must be made before Tuesday, December 15. If every business, recreational or service group, church community, and family were able to contribute a box of food and toys, Food Share would be able to provide a very merry Holiday Season to those who would do without. While you are doing your gift shopping, consider a toy or gift that would light up the eyes of a girl or boy between toddler age and teen.

Millbrook and District Food Share is currently assisting 28 families. Donations are always needed. For more information about Food Share, or the Christmas Hamper Drive, call 932-7066.

### Items needed for Food Share:

Ketchup, brown and white sugar, instant coffee, juices, hot chocolate, skim milk powder, canned stews, cooking oil, pancake mix, laundry soap, cleanser (comet), toothpaste, dish-washing soap, shampoo, hot dogs, hamburger (meat or patties), Christmas related food items, Christmas candies. ♣

## Letter to the Editor

Dear Editor:

Canada has been given a failing grade in a UN Human Poverty Index Report. Canada ranks 13th out of the top industrialized countries, when comparing the percentage of people living below the poverty line. This is a record of which we should be ashamed, considering that Canada is also spoken of as one of the best countries in which to live.

On Oct. 16th, to mark the International Day for the Eradication of Poverty, the Peterborough Coalition for Social Justice Presented some street theatre dramatizing the scandal of the poverty gap in Canada. Contrasted were the corporate agenda, and recipes for the eradication of poverty.

The corporate agenda included such items as the maximizing of profit, the use of the (un)employment insurance surplus to pay down the debt, downsizing, redundancy, efficiency, lower taxes with more tax loopholes, and the elimination of rent controls.

Among the recipes for the eradication of poverty were: people before profits, declaring hunger, poverty and homelessness a national disaster, reversing the 21.6% cut in social assistance, fair work, not workfare, new social housing by federal and provincial governments, and providing the new Federal Tax Benefit to families on social assistance without the reduction of provincial assistance. Social inequities can be overcome by reducing taxes for the poor and raising taxes for the rich. These are not impossible goals. All we need is political will to put them into practice.

Armine Yalnizyan, formerly of the Social Planning Council of Metropolitan Toronto has stated: "Over the past 20 years the richest 10% of Canadian households have seen their share of market income grow by nearly 15% while the poorest 10% saw their share plummet by nearly 50%". This is a national scandal that we can no longer tolerate. We need to demand that our governments declare poverty to be a national emergency and that they set in place policies to reverse the trend and move towards the total eradication of the plague of poverty.

Floyd Howlett,  
Peterborough

## NEXT DEADLINE

Deadlines for the December 17 issue of *The Gazette* will be as follows:

Monday, November 30 — editorial copy deadline  
Monday, December 7 — advertising deadline

Volume 1, Issue 10 **THE GREEN HILLS Gazette** Nov. 12, 1998

Published monthly by

**The Millbrook Media Group Inc.**  
69 King Street East, Millbrook ON L0A 1G0  
Tel: (705) 932-2175 Fax: (705) 932-4041  
E-mail: gazette@mexicom.net

**Managing Editor:** Deborah Luchuk

**Editorial Assistants:** Katherine Luchuk, Lori Cripps, Melanie Anderson, Michele Curran, and Sue Guthrie

**Sales Staff:** Bev Fisher, Margaret Sanderson, Nikki Dettman

**Design and Production:** Bill Slavin, Ted Dymert  
Illustrative genius thanks to Bill Slavin and Joe Weissman

**Canadian subscription: \$40/year.**



HEALTH & WELL BEING

## Beating cold/flu misery

**Q** We're deep into cold and flu season, and already everyone around me is coughing and hacking away. Help! I can't afford to get sick right now! What can I do to prevent getting any of these nasty germs, or deal with it if I do catch anything?

### Ask a naturopathic doctor...

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

**A** Spring and fall colds can be seen as adaptive changes our bodies make to the coming warm or cold season. Common flus can relate to a similar process, or along with more frequent colds, indicate a weak immune system or an allergic condition.

Spring and fall colds require a day or two of real rest, consumption of a lot of liquids (1/4 lemon in 8 - 10

oz. warm water 4 times per day, plus other plain water or vegetable juice (home made with a juicer is best and diluted 50% with water). Hot soaks with a hot drink are useful for temporary fever induction, the heat of which helps to kill viruses and bacteria, as well as promoting increased immune system activity and waste elimination. If you have high blood pressure or a vascular or heat sensitive condition, check with your health practitioner before trying this. Echinacea and other lymphatic and liver cleansing herbs are also useful. Food consumption should generally be curtailed except for raw vegetables and some fruit, unless another condition such as diabetes needs to be paid attention to.

Vitamin C can be used, e.g. 1 - 3,000 mg 4 - 6x/day for an adult. Too much C is NOT toxic, but if you get a lot of bowel rumbling, gas and loose stools you should cut down 1 gram/dose (if

your are taking 2 or 3,000mg) or per day (if you are taking 1,000mg at a time), as this indicates you have reached your maximum absorption of C. Beta carotene, acidophilus capsules and zinc internally can also be useful. Homeopathic allium cepa is helpful for the common symptoms of a cold.

Predisposition to colds or flus indicate a need for the immune system to be strengthened. This can be done with a variety of supplements, herbal and homeopathic remedies, prescribed specifically for the individual. With intestinal flus, more focus needs to be placed on diet restriction and changes. When better, gastrointestinal herbs, homeopathic remedies and friendly bowel bacteria such as the acidophilus types should be considered.

### Ask a chiropractor/naturopathic doctor...

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

**A** A healthy immune system will usually resist cold and flus with ease. To guard against illness, keep well rested. Eat a healthy diet including plenty of essential vitamins and minerals - vitamin C pro-

fects the immune system, and is found in citrus fruits, tomatoes, peppers and broccoli; vitamin A strengthens mucous membranes, and is found in liver, eggs, milk, spinach, carrots, canteloupe; and zinc boosts the immune systems, found in whole grains, nuts, mushrooms, pumpkin and sunflower seeds. Garlic is also helpful as it is anti-viral and antibacterial. Try 1 clove per day, or 2 capsules, 3 times a day.

*Remember to take your vitamin supplements, especially when you are under stress, and keep your home clean, humidified and well-ventilated.*

Remember to take your vitamin supplements, especially when you are under stress, and keep your home clean, humidified and well-ventilated. Wash your hands often, avoid smoking and alcohol, and excessive stress.

If you do get ill, remember colds often cause a stuffed up, or runny nose, sneezing, sore throat and cough. Flus exhibit similar symptoms, but are more severe and will cause high fever. Treatment includes 8 glasses of fluid per day (not coffee or caffeinated beverages), sleep and rest, keeping warm, inhaling steam with tea tree or eucalyptus oil, taking echinacea as directed, and moving around. If necessary, take simple pain-medications such as aspirin or acetaminophen. (However, do not give aspirin to children because of the link to Reye's Syndrome.) If you experience a stiff neck, excessively high or long-lasting fever, congestion in the chest or breathlessness and chills, see your physician.

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



RANDOM SAMPLING

## Teachers under the gun

By Margaret Monis

**T**he teachers are back in school and many parents seem glad of it. And while I can imagine how frustrating it must be to have your children denied entry to high school for any reason, I can't help but wonder how many of these people have seriously considered what their children are going back to.

The Provincial government has run a very clever television and radio campaign (paid for with our tax dollars) to persuade us that Ontario secondary school teachers are a sorry, insignificant lot who refuse to work as much as either their counterparts in other provinces or as their peers in our elementary system. Despite what the ads would have you believe, every single board which has settled so far has managed to accommodate the extra 25 minutes required per day under the new bill, with teachers and their unions working hard to attain this end while still providing the best education possible.

No, the extra time is not so much an issue for the teachers as it is a giant red herring for the government. If there's one pet peeve most people have about teachers, it's the amount of time they get off. Christmas, March Break, and the whole damn summer. Isn't that just galling? So it makes perfect sense for the government to capitalize on this societal grudge; despite all those holidays, our lazy teachers refuse to work a paltry 25 minutes more per day.

*Teachers get off Christmas, March Break, and the whole damn summer. Isn't that just galling?*

Imagine! But wake up folks, it's all a lie.

What teachers are really protesting is not time, but volume. If they have to work 7 periods out of every 8 that adds an extra class to their daily teaching load, meaning that instead of the 75 to 90 students they now see every day, they would be expected to deal with 100 to 120 of them. Remember what you were like in high school; your raging hormones, your smart mouth, your personal and scholastic problems. Now multiply that by 100 and you'll have a fair idea why teachers do not want to handle another class each day. How can they provide personal attention to needy students, when they are so burned out by fourth period that they can barely think straight? Add to that the extra marking and class time which averages out to about 5.5 hours per week (I'm basing this figure on information I got from a high school English teacher), and you can see how there might be a lot of crashing and burning in the teaching profession before too long.

But the really sad thing about all these changes is that the ones who suffer the most are the students. Extra curricular, library and guidance services are gutted, and teachers are overworked and under appreciated. Is that any environment in which to learn? All of which leaves me with just one thing to say, a reworking of an old adage which has been running through my brain like a mantra for several weeks now: those who can, teach; those who can't, run the Provincial government! Would that make a great bumper sticker or what? ♣

**BULGER & GRAY** INSURANCE BROKERS LTD.  
HOME • FARM • BUSINESS • AUTO  
Consultation & House Calls  
14 KING ST E  
MILLBROOK  
**932-2734**  
OVER 50 YRS OF SERVICE FAX 932-2735

**Women's Health Care Centre**  
Peterborough Civic Hospital  
411 Water Street  
Peterborough, Ontario  
*Information Support Counselling Treatment*  
**743-4132**  
or  
**1-800-419-3111**  
[www.kawartha.net/~whcc/wom.htm](http://www.kawartha.net/~whcc/wom.htm)

*Herbal & Traditional Healing*  
Everything YOU need for Natural Health.  
Herbs & Teas • Vitamins • Essential Oils  
Workshops • Treatments  
57 Walton Street, Port Hope  
Phone 905-885-3745 • Fax 905-753-1104

# IGNORE YOUR HEALTH & IT WILL GO AWAY.

**3 of every 4 deaths in Canada are due to Heart Attack, Stroke or Cancer**

- 1 out of 2 people die from heart attack & stroke
- 1 out of 2 people are 20% or more overweight
- 1 out of 4 women get migraines by the age of 40
- 1 out of 3 people get cancer
- 1 out of 2 people get arthritis
- 1 out of 20 people get diabetes

**Prevention & Optimum Health Requires a Good "Health Coach"**

We assess & monitor your individual health needs by utilizing an affordable laboratory test (Ream's urine/saliva test).

**Dr. Keith Thomson B.Sc., D.C., N.D., C.C.R.D.**  
Practice of Chiropractic & Naturopathic Medicine  
403 McDonnell St., Peterborough, ON K9H 2X5  
Tel.: (705) 743-5121 Fax: (705) 745-7812

**It's easy to find the right words. Just call Deborah Luchuk at 932-2175.**

Beginning as a journalist in 1983, Deborah has been employed by The Whitby Free Press, Oshawa/Whitby This Week, Peterborough This Week, and the Peterborough Examiner. She has recently published her first book and is researching another. And she is the Managing Editor of the newspaper you are holding.

Now, just imagine what she can do for your own communications materials.



SEEDS OF SOUL

By Christine Soligo

What do you call a boomerang that doesn't come back? A stick.

Sometimes I feel like being silly. In my profession, I spend a lot of time listening to others' problems and sharing their pain, anger, confusion, and fear. These feelings are very real and deserve expression, understanding, and respect. But sometimes we take ourselves so seriously. There's nothing like a good belly laugh to put things in perspective.

We often feel that we're "in the grip" of a powerful emotion. It is often more accurate to say we cling to our feelings. When we live in the moment, feelings pass through us with surprising frequency. All you need to do is watch a baby express emotions to see the truth of this - one moment she's laughing, then screaming, then looking surprised, smiling, fussing, and laughing again - all in a two-minute period! Releasing feelings is actually something that comes naturally to us. Yet as adults, we grab

# Cut loose with feeling!

onto a feeling and sink into it, or if it's a good feeling, we're so anxious to hold onto it that we end up diluting it with worry.

When you find yourself stuck in a feeling, take some time to be alone and imagine that you are a small child with all these same feelings. Pout, sigh, let your lip quiver, screw up your face for a cry like you did when you were young.

*Releasing feelings is actually something that comes naturally to us.*

Give yourself permission to feel sorry for yourself for just a few minutes. Maybe you need to have a temper tantrum; when you're alone you can really have fun with this. It's surprising how often a release of sadness, fear, or anger is followed by a smile, a giggle, or outright laughter. When you've really allowed a release, at the very least you feel an inner calm, less pressure, more perspective.

And from this place, your world looks different. Your senses awaken, colours are brighter, the air feels fresh - when you open to your feelings as a child, you discover your child-like sense of wonder. Go ahead, indulge. When you're not trying to avoid feelings, you're more in tune with the environment, more able to flow with life.

I'd like to relate a story by Christina Baldwin from her book, *Life's Companion*: "Driving with my niece Erin a few weeks before her fourth birthday, she asked from the back-seat, 'How did we meet?' I explained to her that I went to the hospital the day after she was born. 'Did you hold me?' she asked. 'Yes, I did. I was wondering who is this new person who's come into my life that I don't know yet.' 'Want to know what I was wondering?' 'Of course...' 'I was wondering how come I'm in a baby body and everybody else is already big.'"

Treasure the wisdom and the wonder of your light-hearted inner child. ♣

# Reflecting our past, inspiring our future

Notes from the 150th Millbrook Fair Committee

(Submitted by Holly Hall) What a wonderful surprise to have the long-lost Jay

Whittington Memorial Silver Tray for Heavy Horses arrive at our last Agricultural Society executive meeting!

Thank you!!

Millbrook and surrounding area farmers shared their achievements at every June's fair. The event brought the community together for a fun and friendly exchange of products and ideas, twice a year in the years after its inception. Some of the more seasoned amongst the agricultural community tell us of the winter fair and a Spring District Clydesdale horse field day.

In many ways, the longevity of the Millbrook Fair can be credited to the adaptability of organizers, recognizing and catering to the interests and work load

of exhibitors. In 1950, the Peterborough Yorkshire Swine Club conducted the Swine Show. However, in later years, the epidemic of Hog Cholera made it wise to discontinue this class. In 1980 Roger Hanbidge,

Historical display, we ask for your help. Are there any trophies out there from discontinued Hog, Jersey, Ayrshire, or Holstein competitions which could be shared with us for June 11, 12, 13, 1999? Like the

Whittington trophies and the Paterson Memorial trophy, we think they would give rise to many memories. What about your photos of years gone by at the Fair? Laser copying will leave your photo album undamaged and the original in your possession - and shares a valuable moment in history with the Agricultural Society and those who will visit the 150th Fair. We would even welcome a loan of trophies that were returned to winners when they retired, to share even more of the heritage of the fair.

Please contact Bob Hall at 932-2245 if you have information or can help with anecdotes. ♣

## CELEBRATING 150 YEARS OF THE MILLBROOK AGRICULTURAL FAIR



Carl Sargent, and Gerald Lowes organized the Jersey Show - with a Silver Tray donated by the Royal Bank. Karl Heeringa, Floyd Hogendoorn, and Gordan Earl presented the Holstein Show.

As we plan our 150th

## Counselling with Soul

Your feelings can be gateways to your life's potential and deep meaning.

Christine Soligo, B.I.S.  
Holistic Psychotherapist

(705) 745-3138

www.theartofsacredliving.com

also The Art of Sacred Living Workshop Series

295 Charlotte St., Peterborough

## Put your books in order.

Complete Accounting Service for small and medium-sized businesses

Tax Planning for Individuals and Companies

Tax Return Preparation



## Net Profit Accounting Inc.

Stephen S. Welbourn CMA

944-5855 Cavan

stephen.welbourn@sympatico.ca

## Give the world this Xmas!

End Christmas shopping insanity! This year, give the world to someone special with a full Internet service.

When you purchase a 6 month or annual package, Nexicom will include the free set-up software and a nifty Nexicom t-shirt. And the whole kit-and-caboodle comes gift-wrapped!

This great package is available at the Millbrook office, after November 23.



High speed, quality Internet access



749-0091

1-888-NEXICOM

www.nexicom.net



STOP!!!

## COMPUTER SOLUTIONS "PLUS"

715 Ford Crescent, Cavan, Ont.

Tel. (705) 944-5407 or (705) 932-2181 Fax: (705) 944-5423

FOR ALL YOUR COMPUTER NEEDS

SALES ~ SERVICE ~ UPGRADES ~ COMPONENTS

### SYSTEMS BUILT TO YOUR REQUIREMENTS

With System Purchase

Cyrix 233 MHz MMX  
Mid Tower Case  
32 megs SDRAM  
33.6 Voice/Fax/Data Modem  
SVGA Video  
3.2 GB HardDrive  
Win95 Keyboard  
32x CD-ROM  
Sound Pro 3D  
55 watt speakers  
Mouse & Pad  
15" Monitor

\$1180.00

Pentium II 266 MHz  
Mid TowerCase ATX  
32 megs SDRAM  
33.6 Voice/Fax/Data Modem  
4 meg AGP ATI VideoCard  
3.2 GB HardDrive  
Win95 Keyboard  
32x CD ROM  
Sound Pro 3D  
55 watt speakers  
Mouse & Pad  
15" Monitor

Windows 98 CD and Manual

\$1680.00

Printers  
Epson 440 / 640 / 700 \$225 / \$300 / \$380  
HP 692C / HP 6L \$280 / \$510

Scanners  
Umax 1200s / 610s \$345 / CALL  
Microtek E3 \$190

Software  
Microsoft SBE \$335  
Corel WP Suite 8 or OP7 \$95

14" /15" Monitors from \$215 / \$274  
17" Monitors from \$465  
33.6 V/F/D Modem \$51  
56K V/F/D V.90 Modem \$88

# Big lights... small Christmas village!

By Barry Larock

The future looks bright for another Old Tyme Christmas December 3rd, as organizers prepare to light up the downtown core in the village of Millbrook.

Perhaps the brightest project on the horizon for organizers will come in the form of the Christmas Lights Extravaganza, an event currently being planned by the tri-township Parks, Recreation and Facilities Department.

"We are working very hard on it right now, to put everything in place, but the plan is to decorate the mill with lights and ask other church groups, and perhaps children's groups, to build and light their own displays," said Maureen McElwain, the Township's Recreational Programmer.

"The Business Improvement Area Association has always put on a wonderful Old Tyme Christmas event, and this is simply our way of enhancing the program. We truly believe this will play a vital role in making this a 'you won't want to miss' family event." Maureen is meeting with potential sponsors to

*In the past, families have come downtown to shop for the specials, take part in the draws and listen to carolers while sipping hot chocolate.*

assist with the cost of lighting, decorations and display building.

"It could become the grand opening to our event each year," notes Shelly Manley, president of the Village Business Improvement Area. "The Christmas Light Extravaganza will tie in with our Old Tyme Christmas night nicely, which runs from 6:00 to 10:00 pm in the Millbrook downtown core. In the past, families have come downtown to shop for the specials, take part in the draws and listen to carolers while sipping hot chocolate. This event will certainly add to the feeling that we're all trying to recreate, and [reinforce the idea] that is Millbrook is a perfect community in which to celebrate an Old Tyme Christmas every year."

Shelly says the Old

Tyme Christmas concept began three years ago and has expanded each year since. The attendance has grown to include people from other communities.

This year, organizers hope to provide children with storefront space, to make small, quick Christmas crafts and decorations. Other events planned include Santa Claus visiting with children at the West Wind Building, complete with photographer, and sleigh or hay rides, depending on the weather.

"Without all of our sponsors and contributors an event like this just doesn't happen," notes Ms. Manley. "Especially our local merchants, who donate items for the Christmas Stockings, which are part of a draw for shoppers at the end of the evening. Our association and the event's organizers just can't thank them enough!"

For more information on how you can become involved in the Christmas Lights Extravaganza, please call the Parks, Recreation and Facilities Department at 932-2911. For more information on the Old Tyme Christmas Event, please call Shelly Manley at 932-2850. ♣

# Goodwill hunting: shopping for resales

*Whatever the reasons, vintage and resale clothing stores are being "raided" by the über-cool and trendy.*

By Lori Cripps

Maybe it's the thrill of finding a bargain, or of finding exactly what you want for work or a party in just the right colour.

Whatever the reasons, vintage and resale clothing stores are being "raided" by the uber-cool and trendy for something antique, one-of-a-kind, or simply tasteful wardrobe additions. Budget conscious moms have long relied on church rummage sales, Goodwill, the Salvation Army and other resale stores to hunt and gather great deals in children's clothing. Young adults with limited means create their own chic combining the old, the previously-worn and new by checking out the racks and shelves of the same stores.

Resale clothing is previously owned clothing still in good condition, but no longer of use to the owner. The clothing is usually less than two years old, and often looks new. Griffin's in Millbrook is an excellent example of a resale clothing store.

Owner Katie Griffin says that any clothing coming to them must be stain and flaw-free, and of course, freshly laundered. Buying resale clothing is a good budgetary choice, because it is still of high quality but available at a reduced cost. In particular, Katie says many of her customers are interested in children's clothing items, because



Lori Cripps and Arden Myers are ready for a night out on the town, decked out entirely in vintage finds from Moody Blue in Peterborough.

they grow so quickly and replacing clothes frequently represents a significant cost for families. Resale maternity clothing is popular with moms-to-be, because the new is so expensive, and only worn for a short period of time.

Both Patti Hynes of the Millbrook Library Boutique, and Lesley Tompkins of Kids Kastaways in Peterborough, agree with Katie and say resale clothing is not only high quality and price conscious, but often has a designer name such as Osh Kosh or The Gap.

Getting ready to find or start a new job? Resale separates, such as blazers, skirts and pants, and blouses can cut the cost significantly of a career wardrobe, while providing the style and quality of more expensive, new clothing. Lest you think the deals are only for women, there are some truly wonderful buys out there for guys, from the distinguished career suit to the more funky blazers, leather jackets, sweaters and pants

in a rainbow of colours.

Vintage clothing is a popular way to revisit another decade or era, or to create a unique look combining old and new clothing. Usually from a past decade (ie. from the 70's or older), these duds are trendy right now because they are one of a kind, in keeping with the current style influences from the past, and cost conscious. In particular, high school and post-secondary students look to stores such as Plum Loco, Last Tango, and Moody Blue in Peterborough for clothing items from the 30's to the 70's.

Arden Myers of Moody Blue, Peterborough, confirms vintage clothing is most popular among high school and post secondary students. Its popularity is "1/3 cost, 1/3 the diverse styles it offers, and 1/3 the fun it is shopping for it." He says the most popular items right now are clothing from the 60's and 70's or, in his own words, "Brady Bunch clothes". ♣

# A municipal soap opera

Continued from page 1

behalf." She said other municipalities view the "goings-on" at this council as a "soap opera."

Plumbe wanted to know who sent out the anonymous press release. Chief administrative officer Gail Empey admitted she had sent these, under the direction of a closed session of Council.

Plumbe also responded to a question from Councillor Tom Jones, at the October 14th Council meeting, asking whether or not she and David Wain had seen the compliance audit report. The three presenters replied they were unsure how to procure this document. However, Plumbe did have a copy that she received from the Millbrook Times. Her questions then focused on how former Cavan reeve Vic Norman was able to hand out copies of this confidential report to the Peterborough Examiner and The Green Hills Gazette.

She further asserted if

Vic Norman and Kawartha Downs' manager Dave Wood have a problem with Brian Squirrell, then this problem should have been dealt with privately, and not at the taxpayers' expense. Plumbe concluded, that according to the Deputy Reeve's lawyer, Tom Cole, taxpayers are responsible for the first \$40,000 worth of legal costs. She also circulated a letter she had received from the Reeve, explaining the Municipality's role in paying for the cost of the litigation.

At the conclusion of all three presentations, municipal counsel Pakenham reiterated what the Reeve had said at a previous Council meeting regarding the confidentiality of the compliance audit. He said that he had no control over what an individual [privy to this document] chose to do with their copy. The Reeve then called for a closed meeting.

During this public recess, Vic Norman was asked if he would comment on statements made by the

three delegations. He said, "I forgive them for the fact that they don't really know everything. The truth will come out in court."

When Council reconvened, the charges brought against Brian Squirrell were stated, and Council reaffirmed it will go ahead with the prosecution. These charges were laid in the presence of both the public and the lawyers. Municipal lawyer Russell Palin concluded this segment of council by asking the press or public to refrain from "trying this case" which is now before the courts. He also publicly advised Council not to make any more comments regarding this matter.

During discussion of correspondence, Council referred to a letter from Martin Pick. Pick wanted to know the cost of the compliance audit and Councillor Fallis voiced his willingness to make the information available to Pick. Councillor Jones disagreed, by suggesting that it would go against their solicitor's advice. ♣

**FINANCING AVAILABLE**

## JOHN TINNEY

### MOTOR SALES AND LEASING

Mon-Thurs 9am-8pm  
Fri-Sat 9am-5pm

**DROP IN TO SEE JOHN OR RICHARD**

## INVENTORY BLOW-OUT SALE

(705) 932-2747 MILLBROOK

<p><b>97 CHEV CAVALIER</b> 4 cyl, 4 dr, auto, del. wipers, air, am-fm cass, red, only 32,000 kms. <b>\$13,995</b></p> <p><b>95 PONTIAC GRAND AM SE</b> 6 cyl, 4 dr, auto, pw, pdl, p.mirrors, air, tilt, cruise, am-fm cass, alloy wheels, red with gray interior. One owner. <b>\$10,995</b></p> <p><b>94 BUICK CENTURY</b> 6 cyl, 4 dr, auto, white with blue int. Loaded! <b>\$9,995</b></p> <p><b>91 CHRYSLER DYNASTY LE</b> 6 cyl, 4 dr, auto, maroon. Loaded! <b>\$5,495</b></p>	<p><b>96 DODGE DAKOTA EXT CAB SLT</b> 6 cyl, auto, air, tilt, cruise, am-fm cass, pw, pdl, tutone paint, box liner, cap, only 58,000 kms. <b>\$18,995</b></p> <p><b>92 CHEV BLAZER SILVERADO 4X4</b> 8 cyl, 2 dr, auto, tutone maroon-silver, 94,000 kms. Loaded! <b>\$18,995</b></p> <p><b>91 FORD RANGER XLT EXT CAB</b> 6 cyl, auto, green-tan, 77,000 kms. Loaded! <b>\$10,995</b></p> <p><b>90 CHEV SCOTTSDALE 4X4</b> 8 cyl, auto, air, tilt, cruise, am-fm cass, rally wheels. Tutone maroon and silver. <b>\$11,995</b></p>
--	---

# Holiday Season Entertainment Guide

## Music

**Charlie Shomer with Fred Guignon**  
at Cosmic Charlie's Cafe  
190 Hunter Street  
Peterborough  
Sat. Nov 14, 10:30 pm.  
Cover is \$3.00.

**Yuletide Cheer with Canadian Staff Band Ensemble**  
At George Street United Church, Peterborough Sat. Nov. 28, 7:30 pm.  
Presented by the Peterborough Singers.  
\$15.00 for adults, \$8.00 for students. For more info, call 745-3430

**'Tis the Season Concert presented by Peterborough Symphony Orchestra**  
Showplace, Peterborough Sat. Dec 5, 8 pm.  
Enjoy Peterborough County Children's Choir performing seasonal music. For more info, call 742-1992

**"Brass at the Library"**  
C. Gordon King Centre, 200 Ontario Street, Cobourg  
Nov. 15, 7:30 pm.  
One of a three-part concert series presented by the Pine Ridge Brass.  
\$25 for the series or \$10 for individual concerts. For tickets call (905) 753-2111

**Bob Wiseman with Selina Martin**  
Traill College Dining Hall, Scott House, London St., Peterborough  
Sat. Nov. 21, 9 pm.  
\$5 at Stratton House and Moondance or \$7 at the door, \$5 with donation of canned food for Student Food Bank.

**New Orleans Jazz at the Welcome Inn**  
Hwy 401 and County Road 2, Port Hope  
Nov. 21, 8 pm.

\$5 cover charge. For more info, call (905)753-2111

**Grit Laskin**  
at the Give-a-Hoot Café  
Old Millbrook School  
Sat. Nov. 28, 8 pm.  
Admission is \$8, free if you sing at the Hoot.

**Musical groups "Late for Dinner" and "Shades of Blue"**  
The Welcome Inn  
Nov. 28, 6:30 pm.  
A dinner and cabaret night. Featuring acoustic blues from the 20's to present day.

**Morgan Davis - New Blues Medicine**  
The Welcome Inn  
Dec. 5, 9 pm  
Cover charge of \$5

**Trilogy: Two Thousand Years of Christmas**  
Capitol Theatre, Port Hope,  
Dec. 6, 2pm and 8pm.  
Jazz, Celtic and country music concert. Tickets \$18.50. Call (905) 885-1071 for info.

**The Steve Koven Trio and The Brian Dickinson Trio**  
Showplace, Peterborough  
Sun. Nov. 29, 7:30 pm.  
Kawartha Jazz Society fall concert season. For more info, call 742-7469

**"Baroque to Butterworth, A Musical Evening"**  
The Gordon Best Theatre, 216 Hunter St. W. Peterborough  
Nov. 15, 7:30 pm.  
Featuring music by Monteverdi, Purcell, Handel, George Butterworth. Free.  
For more info, call 876-8884

**Rehostactics**  
The Gordon Best Theatre, 216 Hunter St. W., Peterborough  
Nov. 27.  
Phone for concert time and

tickets, 876-8884

**Skydiggers**  
The Gordon Best Theatre, 216 Hunter St. W., Peterborough,  
Nov. 28, 10 pm.  
Tickets \$10

## Film

**"The Lost World"**  
Gordon Best Theatre  
216 Hunter St. W. Peterborough  
Nov. 14, 9 pm.  
A 1925 silent film presented by Nash the Slash.  
\$5 at door. For more info, call 876-8884.

**Films, at Wenjack Theatre**  
Otonabee College, Trent University  
Various dates, 7 pm.  
\$3 for non-students. Films include: Nov. 15 Jackie Brown, Nov. 20 Underground, Nov. 22 The Grifters, Nov. 27 Fire, Nov. 29 The Last Seduction, Dec. 4 Jesus of Montreal, Dec. 6 The Life of Brian.

**Toronto Film Festival comes to Peterborough**  
Trent Cinema, Water St., Peterborough  
Third Mon. monthly  
Presented by Peterborough Centennial Museum. Films from Toronto Film Festival run until May. Tickets at the museum or call 743-5180.

**Films at the Capitol Theatre**  
14 Queen St. Port Hope  
Starting Nov. 18, 8 pm.  
The first film is One True Thing, with A Merry War on Nov. 24. \$6 admission, more info, call (905) 885-1071.

## Theatre

**"Treasure Island"**  
Market Hall, Peterborough  
Nov. 26-28  
Sat. matinee 2 and 7 pm.  
Theatre for the whole family, presented by Friends of Market Hall. For more info, call 749-1146.

**"Once Upon A Mattress"**  
Showplace Theatre, Peterborough  
Nov. 13, 14, 20 & 21 at 8 pm or matinees on Nov. 15 and 21 at 2 pm.  
Presented by St. James Players, a musical comedy. Tickets \$18 adults, \$15 students/ seniors. For more info, call 742-7469.

**Yuk Yuk's Comedy Dinner Show**  
Welcome Inn, Welcome  
Nov. 14 at 6:30.

Tickets \$22, includes buffet dinner. For more info call (905) 753-2111.

**"Christmas Toy Magic"**  
Victoria Hall Concert Hall, 55 King St. W., Cobourg  
Dec. 11 and 12, 11 am and 2 pm  
Musical for the whole family, cabaret style. \$6 for children under 12 and \$8 for adults. For tickets call (905) 372-2210.

## Dance

**Dogs In Space**  
Market Hall, Peterborough  
Nov. 19 to 21 at 8 pm  
Presented by Peterborough New Dance Cutting Edge  
Modern Dance Performances. For more info, call 745-1146.

**Michael Downing & David Parker**  
Market Hall, Peterborough  
Dec. 6.  
For more info, call 749-1146

## Books

**Writers & Friends Horizons' Gala Literary Evening**  
Hillcrest Guest House, 175 Dorset St. W., Port Hope,  
Nov. 15, 4 pm.  
Event includes writers such as Farley Mowat and Linda Spalding, and readings, gourmet buffet, jazz music, book signings and a surprise auction. Proceeds to support community development in Mexico and Central America. Tickets \$65 (\$40 tax rebate), for info call (905) 372-5483.

**Ronald Wright**  
Traill College, Junior Common Room  
Peterborough,  
Wed. Nov. 18, 8 pm.  
This reading is part of the Trent University Writers Reading Series.

**The Barbara Rooke Lecture Series**  
Peterborough Public Library  
Thursdays 7:30 pm  
Guests explore the lives and works of authors. Nov. 19 is "Bryon and the Demon Biographer" by Phyllis Grosskurth & Dec. 3 "Catching the Tiger by the Tail: Writing a Biography of Robertson Davies" by Judith Grant.  
For more info, call 748-1733

## Galleries

**"From the Core: Laura Donefaer, Susan**

**Edgerley, Irene Frolic"**  
Art Gallery of Peterborough,  
Oct. 30 - Jan. 3.

This exhibit reunites these artists whose works originate from their experience working with glass. For more info, call 743-9179.

**Selections From the Pratt Collection: Pastels By Halfred A Tygesen and English Watercolours**

Art Gallery of Northumberland  
55 King St. W., Cobourg,  
Nov. 1 - Jan. 3  
For more info, call (905) 372-0333

**"Threshold(s): Paintings by Nicole Bauberger, Paul Fortin, Janet Howse, Michael Rogers, Sara Witalis"**  
129A Hunter St. W.  
Nov. 7-Dec. 22, Tues-Fri.  
12-6 pm.  
For more info, call 748-3883

**Journeys: An Exhibition of New Paintings by Jean Nind**  
Russell Gallery of Fine Arts, 138 Simcoe St. Peterborough,  
Opening Nov. 14 1-5 pm.  
For more info, call 743-0151

**Winter Light**  
Millbrook Gallery  
Opening Nov. 21, 1 to 4 pm.  
A group exhibition featuring smaller works, jewellery, books and crafts for the holiday season. For more information phone 932-5482.

## Holiday Special Events

**Christmas in the Country Open House**  
1384 Zion Line RR#4 Millbrook, Nov. 13, 14, 15, 27, 28 & 29, Fri. 6-9 pm, Sat. 10-5 pm, Sun. 10-5 pm.  
For more info, call 932-2733.

**Christmas Craft and Trade Show**  
201 Antrim St., Peterborough  
Nov. 14, 10-4 pm  
Presented by the Peterborough Family Resource Centre, admission \$2 (free for children).

**Hand of Man Christmas Craft Sale**  
Peterborough Memorial Centre, Nov. 20-22, Fri. 6-10 pm, Sat. 9-6 pm and

Sun. 11-5 pm.  
Including over 80 exhibits. For more info, call 745-7630.

**Holiday Craft and Gift Show**  
Vincent Massey Memorial Arena, Bewdley, Nov. 22 9-5 pm.  
Includes door prizes, a unique blend of handmade items, admission is \$1. For more info, call (905) 797-3017

**Festival of Trees**  
Peterborough Memorial Centre, Nov. 24-29, Wed. 9-4:30 pm, Thurs. 11-10 pm, Fri. 2:30-10, Sat. 10-6, Sun. 9-4. For more info, call 743-1705

**Art Lotto Evening**  
Art Gallery of Northumberland, Nov. 19, 7 pm.  
Win an original work of art and enjoy a presentation by journalism's most popular editorial cartoonist Andy Donato. Tickets are \$25 and are available by calling (905) 372-0333

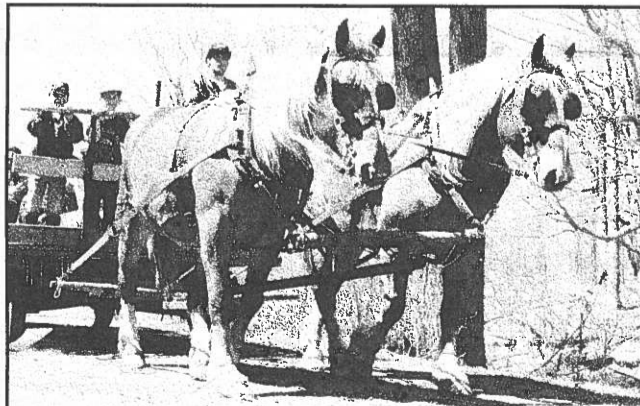
**Christmas Arts and Crafts Trade Show**  
Lions Den, County Rd. 10, Nov. 21 10-3 pm  
Sponsored by the Cavan-Millbrook Nursery School

**12th Annual 50/50 Fundraiser**  
Peterborough Public Library Auditorium, 345 Aylmer St. N. Preview Nov. 23 - 27, Gala & Sale Nov. 27 7-11 pm  
Presented by Artspace/Strike Three Gallery. For more info, call 748-3883

**Hutchison House Volunteer Festival Sale**  
270 Brock St, Peterborough, Nov. 28, 10-2 pm.  
Pick up delicious holiday treats and gifts, and buy tickets on a beautiful heritage quilt. For more info, call 740-2600

**The Nutcracker**  
Showplace, Peterborough,  
Dec. 8 & 9.  
Seasonal ballet has reserved seating, \$16 for kids under 12, \$22 for adults. For tickets call, 742-7469

**Lets Christmas Trade Fair**  
at All Saints Church Hall, Rubidge and Sherbrooke, Ptbo.  
Dec. 12, 11 to 4 pm  
Selling goods and services to both members and non-members. Free admission. Food donations collected for Kawartha Food Share.



## Horse-Drawn Rides

A fun activity for your business or family Christmas party.

**Kennedy's Sugar Bush**

Call **705-932-2653**

for info or to book your ride (rides by appointment only).

# New library to be cornerstone in revitalised Old School

By Lori Cripps

The long-held dream of a community centre to house a variety of services and programs in Millbrook is coming true, thanks to a financial boost from the federal government.

In the coming year, work will begin to renovate the Old Millbrook School to prepare it for library, food bank, and community group use with the help of a \$11,000 grant from the Canada Millennium Partnership Program.

And that's good news from a variety of perspectives. Library users will benefit from the expanded space, which will allow for a wider range of services such as a children's and adults reading area, Internet access, special library events

and workshops, wheelchair access, and, finally, a long-needed washroom.

The Millbrook and District Food Share will move into a sunny room to continue assisting those in need. Other groups, perhaps including some providing services for youth and children, will use the newly renovated facilities. And finally, the Old School will be used at its capacity.

The cramped library has remained in its King Street location for years because the cost of any relocation had been too onerous for the Library Board and municipality to consider. However, in recent years, with a rapidly expanding membership, and requests for services such as Internet and chil-

dren's programs, it became clear something had to be done. Circulation in the library has grown by 400% and the current collection requires a space, consultants say, of 1800 to 2000 sq. ft. Lack of space means discarding one old book for each new one - and there's no washroom for patrons or staff.

A definite date for the move has not been set, due to the undetermined amount of work needed for the Old School to accommodate the library and other user groups.

Along with the Canada Millennium Partnership Program grant, \$47,000 from the sale of the Millbrook municipal building and \$65,000 in library reserves will finance the renovations. ♣



Reconnecting with neighbours from "away": Councillor Stephen McAree, Mayor Willie McKenna and County Manager Joe Gavin of County Monaghan, Ireland were excited to see the Deyell family monument behind the old Millbrook school. John Deyell was from Drum, County Monaghan.

## Like a wee bit of home...

By Deborah Luchuk

It was kind of like "home away from home", with all the same family and place names, for Monaghan County Council delegates visiting Cavan-Millbrook-North Monaghan Township.

County Monaghan, Ireland's mayor Willie McKenna, deputy-mayor Stephen McAree, and county manager Joe Gavin reestablished links with the Irish diaspora in our area during a whirlwind tour from October 23 - 25.

In their tour of the Township, the trio visited Voyageur Canoe Company, the Deyell monument (behind the Old Millbrook School), Needler's Mill, the Community Centre,

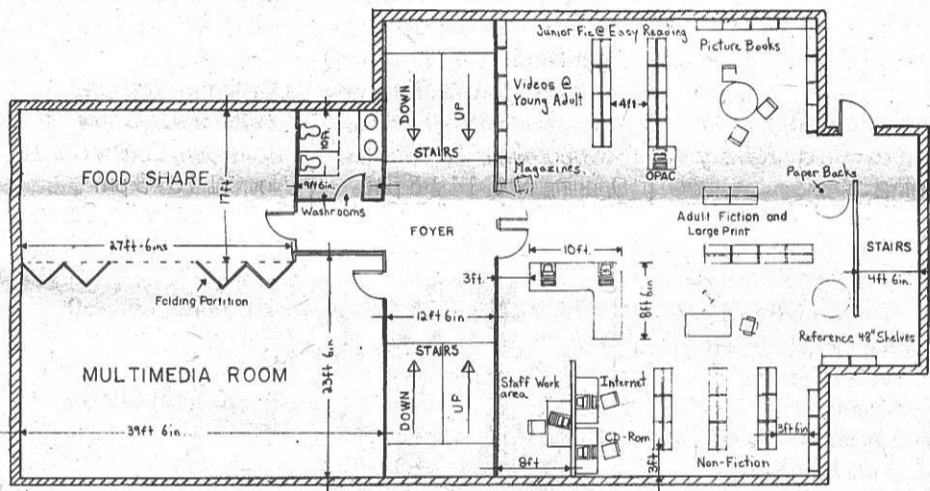
and the Township offices in Millbrook; Kennedy's Sugar Bush, Mel Morton's farm and St. John's Anglican Church, Ida in Cavan Ward; and a buffalo farm in North Monaghan Ward.

The monument and mill are visible reminders of Millbrook's founder, John Deyell, who came from Drum, Co. Monaghan, following the Napoleonic Wars - the monument being in memory of members of the Deyell family, and the mill being located on the site of the first mill built by Deyell. The visitors were also intrigued to see so many familiar names in the St. John's graveyard, members of families who had emigrated and their

descendants.

The balance of the weekend was spent at the Peterborough Irish Festival, where the delegation assisted with the unveiling of a plaque in memory of Famine Irish who perished in Peterborough. Willie McKenna assisted the Irish Club by auctioning off items to raise funds for the plaque at this event. Much dancing, music, visiting, storytelling and Guinness tasting topped off the day.

The Monaghan delegation returned to Ireland the following day, and hope to work with the County, City of Peterborough and the Township on further exchange activities in the coming months. ♣



Preliminary floor plan showing the first floor of the old Millbrook school, as it may be altered to accommodate the new library.

# Battle of the Bands may lead to more youth events

By Lori Cripps

Some great sounds have been coming from the Millbrook Arena on Friday nights.

Local youth and the Cavan-Millbrook-North Monaghan Recreation Committee have brought several bands to the venue for a series of "Battle of the Bands" contests, held in October and November.

The second of three Battle of Band performances on October 23 offered some rocking good tunes for an audience of young adults. Geared toward young members of the community, the event has achieved its goals: to give kids a positive environment in which to spend their Friday night, and to give local bands a chance to perform.

Brooke Turney, a young woman with a passionate interest in music, was involved with organizing the event. She said the main objective of band contest was to expand on youth events provided in the community, and felt the good turn out would bode well for future youth event plans. Mark Davidson, another member of the organizing team, said they hoped to expand past the three original dates, incorporating other youth activities. Parents of the participating youth have been very supportive of the event, and agree the Battle of the Bands was something positive for their children to be doing on a Friday evening.

The second installation in the "Battle" on

October 23 was held upstairs in the arena, and featured two bands competing for class A and B prizes. Bands participating had a chance to perform, often for the first time, for an appreciative audience of peers. Chris Higgins, a member of the audience, felt the show was "pretty good - better than that, actually."

The Battle of the Bands continued in its final night on November 6th. Stay tuned for further details of other equally exciting activities and events planned for and by young adults in the township. For more information about the Battle of the Bands, or to assist with upcoming youth events, contact Rick or Maureen at 932-2911. ♣



## Wealth and Libras

By Crystal Eves

I have never met a wealthy Libra (September 23-October 23). Of course, I don't think I know one single wealthy person, so this isn't saying much. But if I did, I strongly suspect they would not be born under the sign of Libra - especially the self-made millionaires.

Is Libra a star-crossed sign when it comes to money? Not really. Most Libras are quite good with the money that they do have. They are rational in their spending and investing. They usually make

sound, well-researched purchases. They are so personable that they get jobs they aren't even qualified for. Sounds like they shouldn't have a problem, but they do and it comes down to one thing - nerve.

The average Libra comes up rather short in the risk-taking department. Now there are exceptions to this rule. I know one Libra who regularly drinks full bottles of tabasco sauce, putting his digestive system in danger and running the risk of being committed by those who witness him in action. He's one Libra I know who will take a business risk. But they are few and far between. (He is also regularly hospitalized for bleeding ulcers, but I digress.)

As a rule, Libras have trouble gambling with their financial future. If they've got a good job they're apt to keep it. And it's not that Libras won't make a change, they will. It's just that they want to be certain

that the change they are making is the absolute best change possible. So this takes, to put it objectively, some time. If you live or work with a Libra (such as I do) you may refer to this 'time' as the twelve year research period or the excruciating decade of deliberation. You may in fact, find yourself with your hands around their throat, violently shaking them, repeatedly screaming MAKE UP YOUR MIND IT'S NOT THAT COMPLICATED! before drinking a bottle of tabasco sauce yourself just to divert your attention to something other than their agonizing pondering. But again, I digress.

The point is that while Libras are debating the merits of a money making opportunity, some quick acting Aries swoops in and takes up the venture, leaving the Libras to go back once again to their solid, average-income, middle ground. ♣

# Some great gift ideas to help ease you into the holiday season

By Melanie Anderson

The Holiday Season is just around the corner, and people are trying to think of what to give to their loved ones and friends. To make brainstorming a little easier, we have come up with a few suggestions.

Make a list of who you have to buy for. Beside their name, write down what you know about their hobbies, interests, things they may

have mentioned to you that they like. Do some detective work before you hit stores.

To save yourself some stress, try local or independent businesses first, or for a great day away, you might want to try Port Hope - take tea or lunch there, and enjoy the atmosphere shopping somewhere different. When you are not in the midst of a hot mall full of stressed adults and screaming children, shopping can actually be quite enjoyable. And you can visit with neighbours while you're at it!

You could buy, or even make, wine to give for Christmas. Give a little bit of relaxation to someone, with herbal teas, or aromatherapy candles or incense. Treat them to a really nice bubble bath, or other bath products. Taking the relaxation idea further, you could give them a brief vacation in the form of a gift certificate for a facial, manicure, pedicure or massage, an evening away at a restaurant, or for a night or two at a bed and breakfast.

As a real pick-me-up kind of gift, consider sending flowers, either at Christmas

*To save yourself some stress, try local or independent businesses first, or for a great day away, you might want to try Port Hope.*

or even pre-arranged for part way through the dreary month of January, when the bills start rolling in. Everyone needs a pick-me up then! You could also give food, I'm not talking carrots here, I mean stuff they wouldn't ordinarily treat themselves to, like mangos, or fancy jams, maple butter (the editor's favourite!), some quality steaks or seafood. If all else fails in the food department, chocolate is always a winner. (In fact, this probably tops a few Christmas lists!)

On the fancier side, there is jewelry, like diamond rings, Celtic or historically-accurate pieces, and of course, perfume. To those you know particularly well, you could give lingerie. Or if you don't know their finger size or scent preferences, or if you are not that intimately acquainted, you could buy them a figurine or some other unique china, pottery or crystal piece..

For the computer fanatics on your list, there are plenty of gift choices. From a new mousepad, through new software, right to an entire computer, all will be appreciated by techno-heads, er, the technologically gifted. Things like programs to help organize a home office, internet service, speakers or sound cards for computers would be well received by the rest. Other technology related gifts include alarm clocks, cordless phones, remote control cars, or radios.

If clothing is what you shop for best, and you can guess their size, sweaters, anything in polar fleece, a robe, warm comfortable pajamas, or slippers are always good Christmas choices. Give them warmth and comfort for the long winter. They'll still be thanking you for it in March as one more snow-storm arrives. Use your powers of deduction, and see what colours, patterns and styles the yet-to-be-gifted wears most. Carry a notebook, write down what they like or mention! Sneak into closets or steal a look at a label in a coat to find sizes.

Things like board games, science kits, knights and castle and wooden train sets, should make the young or the young-at-heart happy. And for the really little ones Teletubbies are very popular this year.

You could buy paint sets, drawing sets, starter sets, or other art supplies, or instruments, sheet music, or lessons for the visual or musical artists you know. And for a truly one of a kind gift you could give locally produced art, pottery, paintings, metal-work, etchings, etc. available at local art galleries, restaurants and shops in our area.

Books can be found for all ages and interests. Find out what they like to read, it will vary with reading level, age, maturity, and how much they actually like to read. If they're not big on books, you can always get them a magazine subscription.

*Hint: take a look at the advertisers supporting The Green Hills Gazette in your plans for shopping. These independent business people offer friendly, personal service, a wide variety of merchandise, and a relaxed atmosphere in which to knock off a long Christmas list in no time! ♣*

## Keeping sane during the holidays

By Deborah Luchuk

The hot malls, the screaming kids, the endless shopping lists for food and gifts....planning festive occasions for family, friends or the workplace....doing the "pre-season" house clean....

It's enough to stress out even the most serene person, sending them into anxiety attacks, naked aggression, or depression. However, you can survive "the season", and maybe even enjoy it. Here's some tips:

- the oft-recommended hot bath, replete with essential oils and candles at the end of the day.
- DELEGATE! shopping, card writing and cleaning to other family members.
- take a moment out of the busy day to indulge in tea, hot cider or a cappuccino - whether at home cleaning up, or out shopping.
- make a list of little things to do for yourself every day leading up to Christmas - and do them religiously! ie. taking a walk, visiting a friend, indulging in chocolate, etc.
- find quiet time, at

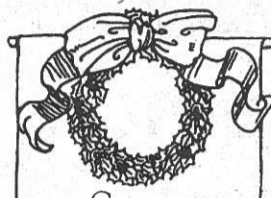
least 1/2 an hour a day, maybe upon waking, to journal, sit in silence and ponder the day, or to make a mental note of all that you are thankful for. The darkness of these days lends itself to thinking about why we are here, what we are thankful for, and what we want to make of our lives.

• if you are depressed, talk to someone about it, and don't feel badly because you aren't in the mood for festivities. It's okay to not love every minute of the holidays.

• set some new "traditions" - liberate yourself from anything that bogs your spirit (or body!) down!

• give something, your time, a smile, an unwrapped toy or non-perishable food item to those needing your support, assistance or encouragement. The best gifts of Christmas are those that don't require a credit card, and give back to the giver and everyone around them.

• consider your spiritual self. Explore your own religious tradition, or learn something new about others, in order to grow and learn more about yourself and the world around you. ♣



Come .. explore our collection of innovative gifts, historically-inspired jewellery, fascinating books, & great cards.

**Gothic Splendour**  
45 Walton St. Port Hope  
(905) 885-7078  
OPEN DAILY 'til Christmas

*Country Christmas at*  
**AA ART GALLERY**  
Specializing in Canadian:  
• Originals • Prints • Sculpture • Pottery • Jewellery  
• Folk Art • Custom Framing  
Weekends in Nov. and Dec. from 1:30 to 5:30  
(705) 277-2751 1402 King St. Bethany

**bibelot**  
91 walton st., port hope, ont. L1A 1N4  
tel & fax: 905-885-9682



**Aesthetic Services**  
offering  
Freda C. Burke  
932-5203  
Manicures • Pedicures • Facials  
Waxing • Lash & Brow Tint, etc.



*Always Something Special*  
**Florist & Gifts**  
Sandra C. Taylor  
Senior Designer • Owner Since 1984  
16 King St. E. Millbrook, Ont. L0A 1G0  
705-932-3151 • 1-800-603-8393


UNDERCOVERWEAR  
**Clothing & Lingerie**  
Gift Certificates  
Fun Home Shows  
Lynne Ridley  
(705) 939-2311



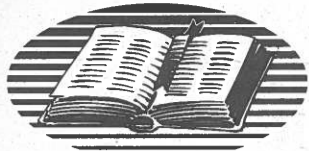
**Bear Essentials Clothing & Gifts**  
30 King Street,  
Millbrook L0A 1G0  
932-2850  
Cheryl & Shelly



**Armstrong's Village Florist & Gifts**  
\* FRESH & SILK FLOWER ARRANGEMENTS  
\* FUNERALS \* WEDDINGS  
\* ALL OCCASIONS \* GIFT BASKETS  
Delivery Available  
UNIQUE GIFTS FOR ALL OCCASIONS  
ASSORTED GIFTS  
32 King Street, Box 166  
Millbrook, ON., L0A 1G0  
932-2557 1-800-708-1172



**Doo Doo's Bakery & Gifts**  
Gourmet coffees  
Fresh baked donuts, bagels & breads  
Lunch specials  
Pies & tarts  
Mon.-Thur. 6am-10pm  
Fri. 6am-12pm • Sat. 7am-12pm  
Sun. 9am-10pm  
CALL AHEAD FOR ORDERS **939-2184** COUNTY RD. 28 AT BAILIEBORO  
ALSO:  
Photocopying, Faxing, Internet Access, & Gift Store



GOD TALK

## Marriage vows no license to abuse

**Q** I am really trying hard to keep my family together. It is very difficult. Sometimes I feel like I'm losing my mind and my self esteem. Periodically, my husband flies into mean, uncontrollable rages... last time, I ended up in hospital with four broken ribs. My husband promises me he will change. I'm not convinced he can. My marriage vows are important to me. How long should I hang in?

**A** It must have been difficult for you to write about such a painful experience... Your letter may be the first step toward your own salvation and liberation.

This is more than a question about keeping marriage vows. Marriage vows are not intended to provide anyone with a license to physically bully their partner. My immediate concern is for the future safety of you and your children. (From your letter, it was not clear if family included children.) When you went to hospital for treatment, you missed an opportunity to make sure that your husband receives treatment. He needs help, and medical practitioners are obliged to report any abusive behaviour to police. Don't hesitate to reveal the source of your injuries.

Should you leave the marriage relationship? Based on the information

you provided, your physical survival may depend on leaving that relationship. Staying put invites more abuse. When you leave, you show your husband that you are serious about changing the situation.

It sounds like it is time to think about when you will leave and where you will go. If you do not have family support to help you through these difficult times, I'm going to suggest some agencies that are out there with trained people to help you establish a healthier frame of mind, and if necessary, provide temporary shelter while you make future plans.

\* Telecare - 745-2273. This is a 24 hour emergency contact number to assist people when they feel overwhelmed or threatened in any way.

\* Women's Safety Network - (705) 778-3346. This is a crisis and support outreach service for women in abusive situations.

\* Crossroads - 743-8922, 743-4135, Peterborough County 1-800-461-7656. Offers a safe haven for a woman and her children, provides transportation to the shelter, offers a 24-hr. confidential counseling service by phone, and in the shelter. Telephone numbers do not show on call display and will not show up on phone bills.

You should know that our thoughts and prayers are with you at this time. **This month's question was answered by Rev. John Sloan, minister of Cavan and St. Andrew's United Churches. If you have a question or an issue that is concerning you in your life journey, write in complete confidence to The Green Hills Gazette (address on page 4). You don't need to supply your name or address. We hope you will feel free to contact the clergy or religious leader of your choice for more support in times of change and crisis.**

# A tempest in a teapot?

A recent history of Council's turbulent relations with Brian Squirrell

By Michele Curran

**C**onfused about how Council's turbulent relationship with Deputy-Reeve Brian Squirrell has deteriorated to the point of legal proceedings?

There have been a number of "flash points" over the last few months, moments of conflict in chambers and the wider community that have preceded Council's private charges against its own Deputy-Reeve.

Under the 1997 Municipal Elections Act, Brian Squirrell is charged by Council with failing to open one or more accounts at a financial institution for the purpose of an election campaign; failing to make all payments from the campaign public account; accepting campaign contributions of money in excess of \$25; filing a false or incorrect financial statement in form; and failing to deposit all campaign contributions of money into a campaign bank account.

Ratepayers insist legal proceedings are a result of the Deputy-Reeve's ongoing critique of Council's alleged secret meetings, and actions without public consultation. Ratepayer Pauline Plumbe asserts Squirrell "is being roasted as he has stood alone [and] spoken on the ratepayers behalf."

On April 7th, a few Council members met with land developer Bruno Schickedanz at the Otonabee Regional Conservation Authority offices, in what Squirrell referred to as a "secret meeting", because it was held without the full knowledge of Council. As Chair of the Planning

Committee, he wanted to know why he wasn't asked to attend. Councillor Tom Jones replied, "I arranged the meeting on behalf of the developer, and the information that was brought forward was not factual; it wasn't a special

*Ratepayers insist legal proceedings are a result of the Deputy-Reeve's ongoing critique of Council's alleged secret meetings.*

meeting." Squirrell believed councillors in attendance at that meeting contravened the Municipal Elections Act.

On April 26th, 1998, there was an unidentified request for an audit of the Deputy Reeve's election campaign. It was learned later that former Cavan reeve Vic Norman was the applicant requesting the audit, after noticing discrepancies on Squirrell's financial report. Norman received a letter from Kawartha Downs' General Manager Dave Wood, along with the financial statement. Wood had apparently obtained a copy of the bill for Squirrell's radio advertising from Country 105 in excess of \$1000.

Just after Norman made an anonymous request for the audit, Council approved a casino at Kawartha Downs Racetrack without public consultation. Owing to recent allegations of secret meetings, and unwillingness to consult the public on the casino issue, a ratepayers' group was born.

At the June 15th

Committee of the Whole, ratepayer Dan Smith asked about the Reeve's attendance at a meeting on October 27, 1997, between representatives and legal counsel of Kawartha Downs and the Ministry of the Environment. Allegedly both the meeting and two subsequent letters highlighted objectives to proceed with redevelopment of Kawartha as a motor vehicle racetrack, and/or settling an appeal to the Ministry of the Environment to permit paper sludge in a berm around the track.

*Just after Norman made an anonymous request for the audit, Council approved a casino at Kawartha Downs Racetrack without public consultation.*

The Reeve did not respond to Smith's concerns about this alleged secret meeting.

Ratepayers further expressed concerns that the racetrack was proceeding without Certificates of Approval.

On August 4th, Norman provided The Gazette and The Examiner with a copy of the Compliance Audit Report (a review of the Deputy-Reeve's election expenses and records), compiled by Wilkinson & Company Chartered Accountants. Under the 1997 Municipal Elections Act, this audit is a confidential document and only the applicant (complainant), Council, the Clerk and the candi-

date are privy to it. Council had no control over what applicant Norman did with his copy of the document.

Despite a review of the legal matters pertaining to the audit by the Crown Attorney, and that office's subsequent decision not to prosecute Squirrell, Council decided to privately charge him with the offenses. Ratepayers challenged the validity of Council deciding to proceed with legal action against Squirrell in a closed session.

At the October 14th and November 2nd council meetings, the ratepayers' group expressed outrage about Council's decision to prosecute, and the costs of legal proceedings to the taxpayer.irate delegations on both occasions perceived Council as secretive and unwilling to listen and respond to ratepayers' concerns. Council voted publicly in favour of legal proceedings against Brian Squirrell. (For details, see page 1.)

Costs for the Municipality's legal representation will be borne by the taxpayer, until insurance for such proceedings kicks in. Thomas Cole, legal counsel for Brian Squirrell told The Gazette the Deputy-Reeve has been denied his insurance for legal defense by municipal carrier Cowan Insurance. Mr. Squirrell will have to pay his own legal bill. The next court date is Dec. 2.

This will be a precedent-making legal case, the first time in Ontario that a council is prosecuting its deputy-reeve for alleged contraventions of the Municipal Elections Act. ♣



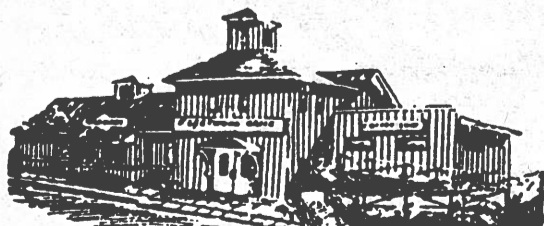
Restaurant, Bakery, Banquet Facilities, Catering (on & off site)

— Your hosts Grant & Reesa Fallis —

Friday, Saturday, Sunday

**BUFFET 4:30-9 p.m.**

A selection of ribs, beef, turkey, wings, vegetables, soup, salad bar, desserts and more. Over 50 items.



"Old Bethany Feed Mill (1874) moved to new site and renovated to modern post and beam dining room."

**SUNDAY BRUNCH 10-2**

Hours:

Thursday 11-9  
Friday, Saturday 11-10  
Sunday 9-9

Bethany:

**(705) 277-2291**

On Hwy 7A  
8 km west of Hwy 115  
Licensed under the LLBO



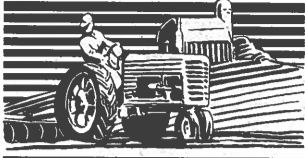
Dr. David W. Neale  
Dr. Kathryn D. Moore  
Patsy, Pat, Krista, Brenda, Arlene,  
Erin & Lesley

**Family Dentistry**

Day & Evening Appointments Available

Millbrook Medical-Dental Centre

**932-2828**



**A FARMER'S VIEWPOINT**

By David Brackenridge

Thanksgiving Day has come and gone, and now farmers are harvesting the last of this year's crops, mostly soybeans and corn.

The quality of these crops was great this year - soybean fields were free from weeds, plants were standing and the beans were dry. Consequently, the harvest was easy. Our only problem seemed to be a cantankerous combine - thanks to our neighbours Fred and Craig for helping us to get going! A broken (knife?) slowed us down as well, but Mark's welding saved the day.

*This has probably been the best ever season I've seen, with an early spring, lots of sunshine, heat and rainfall when we needed it this summer.*

The yield was tremendous, many fields with over 40 bushels per acre, and some with over 60! We just don't get that kind of yield in this part of Ontario.

Most corn seems to be coming off at less than 20% moisture, and requires little or no drying. The bushel weight of the corn is as high as I have ever seen it - we've been drying corn for 20 years and I've never seen

# Harvest hints and musings

*Where our columnist reflects on what a great harvest year it's been for local farmers.*

a crop like this one. So far, the only down side to this harvest are the prices we are receiving for the beans and corn - 10% less than in previous years.

This has probably been the best ever season I've seen, with an early spring, lots of sunshine, heat and rainfall when we needed it this summer. Do you suppose we can make it two in a row? A lot of people are talking about a hard winter coming up. They feel that abundant fruit on the cedars, mountain ash and other trees is a sign of a tough winter - I say it's a sign of great growing conditions this past summer!

Now that harvest is winding down and the plowing is almost finished, it's a good time to carry a pail and soil probe, so you can gather soil samples from your various fields. If you get your samples sent away before Christmas, you'll have the winter to plan your fertilizer program. This costs \$20 per sample, probably under \$300 to sample the whole farm. Soil sampling is not exact, but test results are helpful to determine what to feed your crops. The days of throwing on a quantity of fertilizer are gone, due to environmental considerations, yet we need to get enough plant food to the right spot in order to reap a

good economic yield.

Lastly, I want to write about safety. Steve suggested I mention safety with regard to road travel. This time of year, farmers are often on the road, pulling all sorts of different equipment. When you pop over a hill, come around a corner or travel a narrow road, you could catch up to or meet a farmer with equipment that is heavy and sometimes wide. It's best to slow down and give farm equipment a wide berth.

*A few years ago, there was less traffic on our rural roads, and people tended to drive with consideration.*

A few years ago, there was less traffic on our rural roads, and people tended to drive with consideration. Drivers would actually slow down or pull over when meeting someone on a narrow road. Today, everyone seems to be in too much of a rush to wait.

Farmers need to take extra care when moving equipment on the road. Do everything you can to help other drivers see you. And finally, be safe while harvesting - don't sacrifice safety to speed things up! ♣



**CREATIVE PARENTING**

By Trish Boyd-Reininger

Head lice are alive and well and looking for a place to be! Children are in close contact with each other while riding the bus to school, lying on or playing on carpet together, dressing up in the dramatic play centre or sharing ear phones. These are all potential ways for the spread of these unpleasant nuisances.

The tiny wingless insects live mostly in the hair on the head, around the ears and the nape of the neck. The adult louse is approximately 1/8 inch long, and, changes colour to match the hair. The oval, yellowish-white eggs, or nits, are usually found within 1/4 to 1 inch from the scalp, firmly glued to the hair shaft.

Adults live for just 10 days, but considering 5 - 15 eggs can be laid each day, a potential 150 of these critters can hatch and spread in less than two weeks. Nits attached to stray hairs can hatch away from their host, therefore, personal items must be cleaned.

Soak combs, brushes and hair accessories in a head lice product (R + C, Kwelada or Nix) or kerosene for at least an hour. Vacuum carpets, upholstered furniture or mattresses. Discard the vacuum bag in a sealed plastic bag, outside.

# Wanted: clean head for lice hatchery

Inspect bedding, towels and clothing used by an infected person within the last two weeks. If you find live lice on stray hairs that could hold nits, wash these items in very hot water and/or dry for 20 minutes using the hot cycle of the dryer. Stuffed toys or items that must be drycleaned should be sealed in a plas-

*The old-fashioned solution for head lice is kerosene, or lamp oil. When this is poured over the scalp or combed through the hair it will cause the lice to run.*

tic bag for two weeks.

Head lice products should be used VERY carefully! They are not a preventative. Check the ingredients for sensitivity, allergy and other restrictions on their use!

The old-fashioned solution for head lice is kerosene, or lamp oil. When this is poured over the scalp or combed through the hair it will cause the lice to run. So if you choose this method, best to do it outside, and do not get any near the eyes. It will have a burning sensation that may alarm a child, but it will not burn skin or cause

neurological damage. Another remedy is tea tree oil, or tea-tree shampoo, which can be purchased at a vitamin or health food store. These can be used as a preventative.

Comb the hair to remove tangles, then carefully and methodically go through the hair, by taking small sections at a time, pinning back the sections you've checked until all the hair has been thoroughly inspected. Head lice products come with a special comb - the comb may be quicker, but it is not as sure as using your thumb and index finger and sliding the nit off the length of the hair.

Keep long hair tied back, tied up and braided. Remind children not to share hats, hair accessories, or dress-up clothes. On bath nights, make it routine to check your children's hair - the sooner you find a louse, the faster you'll get rid of them. Find a friend to go through your hair, too.

My sister said once that it's a left-handed compliment in a way, how lice choose their hosts. Like any mother, the head lice choose a clean, warm, safe environment in which to raise their young.

*"A mother's role is to deliver children obstetrically once, and by care for ever after." - Peter De Vries ♣*



**HASH N' BEANS**

By Arden Myers

I like pate as an adult, hated it as a kid, but I think only because it was made of liver.

This recipe is a way to impress friends and do it inexpensively, perhaps as a great addition to your line up of festive treats and hors d'oeuvres for the holidays. The list looks long, but in the end, you'll find it's delicious and didn't really take that much work.

I find store bought pate expensive, for the thin plastic wrapped slice that I could eat myself in one sitting! With a nice bread or on your favourite cracker, this pate far outweighs chip dip in substance and taste satisfaction.

# Liver for grown-ups

*I find store bought pate expensive, for the thin plastic wrapped slice that I could eat myself in one sitting!*

Get ready for the kudos of family and friends!

**Terrine d'Herbes aux Foies de Volailles ou de Gibier**

- 1 lb. cleaned liver (pork, chicken, rabbit, goose or a mix)
- 1/3 lb. fine chopped ham
- 1/3 lb. bacon, diced, reserve 2/3 lb. for lining your terrine
- 1/3 lb. fresh pork belly, chopped
- 1 lb. spinach (stems

- removed, parboiled in salted water 5 min, then squeezed and patted dry)
- 1/3 cup fine herbs (at your bulk food store)
- 1/2 tsp. dried rosemary
- 1 bay leaf, crushed
- 1 clove garlic (or more, chopped fine)
- 1 medium sweet onion, diced
- 1 egg
- 1/4 cup whipping cream
- salt and pepper to taste
- 1/4 tsp. nutmeg
- 1/3 cup cognac (or bourbon)

Saute onions in butter till clear, add herbs. With a food processor, add onions, herbs and all other ingredients. Pulse until you come to the texture you like. Line a 5-cup terrine with streaky bacon, so that you can overlap what

will be the bottom. Fry a tsp. of mixture so you can taste to adjust the seasoning.

Fill lined mould and tap or fold over the bacon so the pate is covered. Find an oven-proof dish that you can fit into the terrine, to weigh it down.

Fill a shallow pan half-full of barley water. Place terrine in water in a preheated 300 degree fahrenheit (150 degrees Celsius), oven and bake for one and a half hours.

Allow to cool and settle overnight in the fridge. Invert on plate and

garnish, slice and serve with bread, crackers, cheese and a sweet pickle.

Next month, we'll talk about a New Year's Day breakfast, with a little "hair of the dog." ♣

**Need catering? Call Arden at 742-0325 or 705 292-5494.**



**FOOD EMPORIUM**

King Street East, Millbrook  
FULLY LICENCED

**"Thinking About Christmas?"**  
**Buy a Gift Certificate for that perfect stocking stuffer.**

Hours: Mon.-Tues. 8am-4pm • Wed.-Sun 8am-9pm

**TAKE-OUT AVAILABLE 932-2997**

**BOOK YOUR CHRISTMAS GATHERING NOW!**

**SPORTS AND RECREATION**



**Barry Larock**

**To be a good coach**

*Because a good coach recognizes that hockey is more than a game, it's a total life experience.*

By Barry Larock

Behind every good hockey player is a coach.

Millbrook Minor Hockey began a new season this past month - with twenty or so volunteer coaches taking on the responsibility of grooming hockey players and good citizens.

There are many fine men and women coaching, and the Green Hills Gazette spoke with two randomly selected Millbrook Minor Hockey coaches to find out why they have dedicated their free time to the sport.

Roy MacGregor is a dairy farmer and a hockey coach. As a youngster, he played the game as often as he could. As farm responsibilities expanded, time for hockey did not. Years later, and as a parent, MacGregor is back in the game. He started just three years ago following a separation from his spouse.

"To be perfectly honest with you, I started coaching hockey because I wanted to spend some more time with my children and this was the best opportunity I had," said MacGregor. "And it's been great. I have two boys and a girl, and I've coached both the boys' teams, including this season with

the OMHA Atom team. It's meant a little more traveling for all of us, and we're on the ice at least three times a week, but it's a lot of fun."

The Millbrook Atoms have already proven their talent, capturing two consecutive tournaments, the Peterborough Thanksgiving Tournament and Newcastle Atom Tournament. But the game is not about winning, adds MacGregor. Hockey is about being a part of a team.

Wayne Blaby, a six-year veteran of the Millbrook hockey programme, is what some would call a "players' coach". He thinks of the players first, and has tremendous confidence in their abilities. Wayne has also been known to refer to himself as a "house leaguer for life." And that's just the way he likes it.

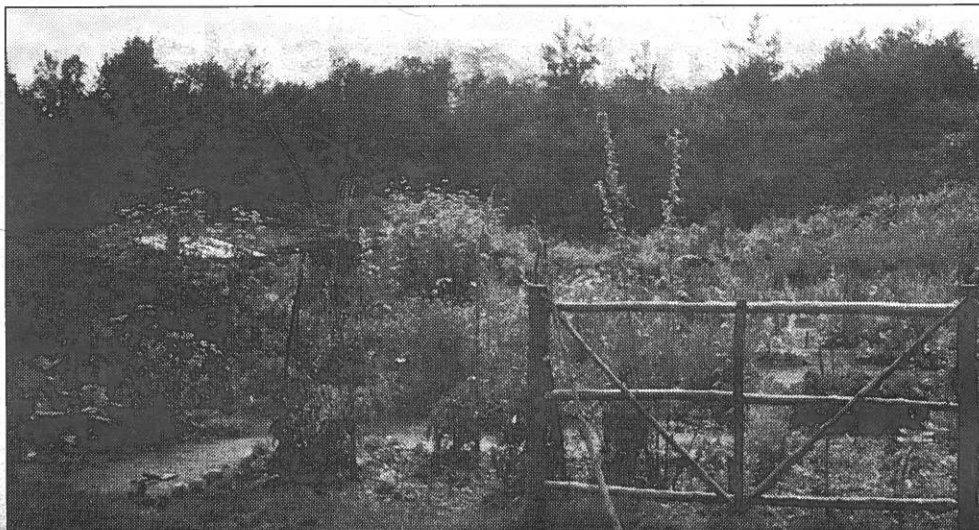
"A lot of centres tend to think that all-star hockey is all that counts in a community," Blaby explains. "I try to give the same opportunities to a house league athlete as a rep player. And that means as far as ice time, out-of-town tournaments and the skills for the game are concerned. I like to recognize my house league players for who they

are, athletes who want to participate, have fun and compete."

But what is even more interesting than his philosophy of the game is that Blaby does not coach a child of his own. As a majority of hockey coaches are also parents, Blaby is certainly unique. His team, the Millbrook Bobcats, play from mid-October through to the end of January, in area communities, and then playoffs. Blaby's toughest challenge this coming season will be to prepare a number of first year players for the physical game of body checking, which is implemented at the Peewee level.

"It's building the mechanism to take a hit that is important," notes Blaby. "It's a good idea to prepare the players early so they are ready for when it happens." Blaby and the Bobcats will host two of their own tournaments this season and play in a few out of town. "Like I said before, I treat my players to the finer things in hockey," he adds.

Because a good coach like Wayne Blaby recognizes that hockey is more than a game, it's a total life experience. ♣



Jill's garden in August, in the middle of a great growing season.



**COMMON GROUND**

By Jill Williams

As I write this on a sunny afternoon at the end of October, I can't help but think what beautiful fall weather we've had so far. It has been an exceptionally long season for flowers and vegetables, and everything else in the garden. California poppies, larkspur and calendula are still blooming away, in spite of several hard frosts.

Yellow and red primulas and dark purple delphiniums are giving a repeat performance. Even Shirley poppies, which are normally done by August, have been blooming again for most of October. Maybe the Shirley poppies know I was foolish enough to say in a previous column that they are usually reduced to ugly dry stems by midsummer.

In the vegetable garden, the spinach and lettuce I planted in August have both yielded a good crop. Planting in August isn't always successful, especially if it's hot and dry. This year, though, was rainy and wet, and a good season for a second planting of cold weather vegetables. Spinach planted in September and October will overwinter and give a headstart next spring. I don't bother to mulch it as we usually get lots of snow cover.

I experimented with planting lettuce and mesclun (mixed salad greens) in large clay pots in the vegetable garden. I used a soil mixture of two-thirds

**Preparing for the deep freeze**

compost and one third topsoil and covered the seedlings with row cover during hot August days. To harvest, I cut off most of the leaves of one section of a pot, leaving at least an inch at the bottom. Harvested this way, the

*I wouldn't so far as to pull every single weed, but it is true that cleaning up now saves you time in the spring.*

leaves grow back fairly quickly and you can alternate between several pots. You can grow a lot of greens in a small space this way. It would work well in a patio garden.

One more thing to do in the vegetable garden. This is a good time to buy a couple of packages of those half-price tulips to start a cutting garden. Plant them in wide rows so that you can plant vegetables in between once they start to fade. That way, you can make maximum use of space and have some nice tulips for bouquets. Have you ever noticed how parrot tulips look hideous growing in the garden, but somehow resemble an Old Master painting once they're stuck in a vase? They're a good choice for a cutting garden, and always seem to be on sale at this time of the year.

In the flower garden, bulbs have been planted or

divided and all that's left to do is cutting back and cleaning up spent perennials. I heard an interview with a well-known gardener recently who said he cleans up his gardens at this time of the year and pulls out every single weed. I wouldn't go quite that far for myself, but it is true that cleaning up now saves you time in the spring.

I try to cut down most perennials and pile them on the compost. This will allow the freeze and thaw cycles to break them down by next spring. Not only that, but this way, you avoid forlorn looking dead stems poking out of the snow. I know it's fashionable in some circles to leave these until spring, but to me, it looks too depressing!

One year I left my sunflowers - probably under the influence of one of those articles on winter texture in the garden - and they of course looked brown and ugly and awful. I guess that's what I get for allowing myself to be swayed by those "houses and gardens much nicer than yours" magazines. So from now on, I'll stick to old-fashioned fall clean-up, and leave the texture to those more trendy than me.

For those gardeners not tired of gardening yet, there's the Winter Garden Show at the Royal Agricultural Winter Fair at Exhibition Place in Toronto, Nov. 5 - 14. *Next issue: gardening books.* ♣

**Millbrook gets "A" for effort**

In Peewee action on Oct. 21, the Millbrook Bobcats played Ennismore in the L.E.O. League. Millbrook was defeated by Ennismore, 3 - 1. Goals were scored by Scott VanSchyndel and Andrew Couch. This was an excellent, exciting game, with plenty of end-to-end action. The first period was scoreless, but Ennismore was first on the scoreboard in the second period. Millbrook tied it up. In the third period, Ennismore knocked in the go-ahead goal and the insurance goal to win it 3 - 1.

On Oct. 28, the

Bobcats faced off against Ennismore again, and were defeated 3 - 2 on home ice. Goals were scored by Andrew Couch, with assists by Dustin Mayhew and Nick Heersink; and Andrew Jackson, with an assist by Mike Cowan. Millbrook played very well against this strong Ennismore team. Ennismore played a rough game, acquiring 18 penalty minutes, with Millbrook not getting a penalty the whole game. Millbrook's Michael McAnerin played an excellent game in net.

The Millbrook LEO Atoms took on Lakefield on Oct. 24, on the oppo-

nent's ice. Lakefield defeated Millbrook 11 - 2. Goals for Millbrook were scored by Cory Gallon, with assists from Emily Guthrie and James Galloher; and Justin Deriet, with an assist from Brandon Bigelow. The Millbrook team was overpowered by a much stronger Lakefield squad.

Atom action on October 25 saw Millbrook face off against Omemee, with Omemee defeating Millbrook 4 - 0. Millbrook played well on home ice, as coaches rearranged lines and players to determine the strongest combination. Andrew Noonan put in a good effort as goalie. ♣

**LICENSED ELECTRICIAN**  
RESIDENTIAL & COMMERCIAL  
PETER RENNIE  
(705) 932-2777  
MILLBROOK, ONT., L0A 1G0

**DAN WOODWARD'S GARAGE INC.**  
33 King St. E.  
Millbrook, Ontario  
L0A 1G0  
Tel.: (705) 932-2797  
Fax.: (705) 932-2008  
Dan Woodward

**BCT**  
Bryan Cathcart Trucking  
1161 CRAWFORD DRIVE  
PETERBOROUGH, ONT.  
K9J 6X6  
Bus: (705) 743-3519  
Toll Free: 1-800-363-2901  
Cell: (705) 741-6658  
Fax: (705) 743-9630  
Res: (705) 749-1821

## ARTS & CULTURE

# Hearn brilliant as Hagar Shipley

*Adding colour and depth to this emotionally charged Canadian classic, the 4th Line Theatre players were directed by Susan Spicer in their first ever "indoor" venue.*

Review by Michele Curran

Sounding more like the movie of the week, Margaret Laurence's novel, *The Stone Angel*, is full of rebellion, unrealized dreams, unrequited love, hubris, loneliness, sex and alcohol addiction.

In a departure from the usual farmhouse venue, 4th Line Theatre has ended its year by successfully staging *The Stone Angel* at Showplace Peterborough.

The stark, minimalist stage with the image of a stone angel projected on the backdrop, forced us to focus our attention on Hagar Shipley (Allie Hearn). As a proud prairie woman, from the turn of the century, Hagar reviewed her life story from a hospital bed, as she awaited her death. Despite her youth, Hearn brilliantly pulled off the tough role of the curmudgeonly old woman, convincing the audience of her elderly feistiness and

sharp wit.

Hearn's powerful voice and facial expressions transported us back through a series of memories and flashbacks, distorted and dysfunctional relationships with the men in her life - her stern, disciplinarian father, Jason Currie (Matt Gilbert), her seemingly good-for-nothing lout husband, Brampton Shipley (Robert Winslow), and sons Marvin (Ron Rooth) and John (Peter Ens). As in the novel, Hagar was unable to express her feelings and love for these men, in large part due to the fact that she had been so schooled to suppress everything about herself as a child. The exquisite pain and discomfort of being trapped inside such a suppressed life came through in Hearn's acting, much more so than in reading of the novel. While some reading *The Stone Angel* have come to the conclusion Hagar was the

victim of the men in her life, scenes from the play version have uncovered new dimensions in the old woman's character that certainly imply she had much more of a hand in her unhappiness!

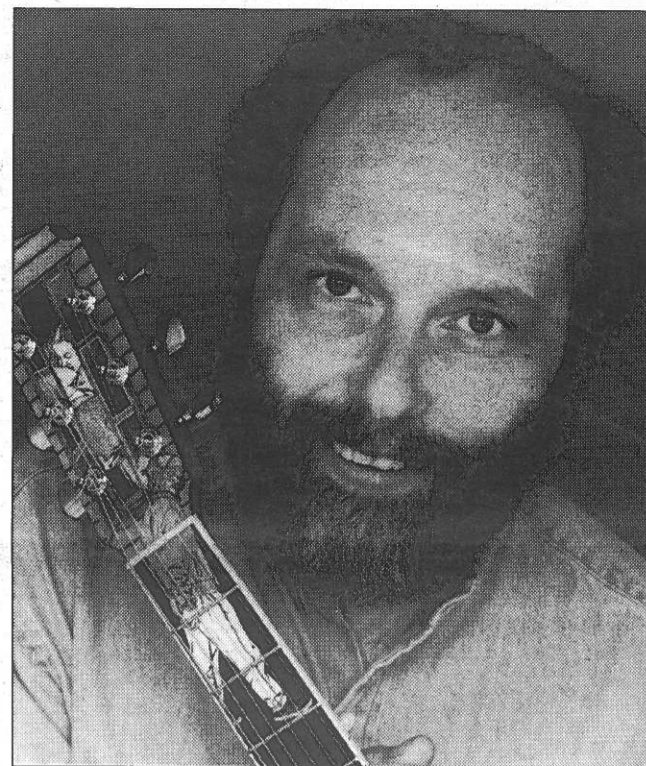
Robert Winslow's portrayal of Bram was of some one simple in nature, but belied a sensitive human being, full of dreams. Contrary to popular interpretations of Laurence's novel, Bram came across as a multi-dimensional human being - as Winslow portrayed him, it was easy to see this character had something Hagar didn't - the ability to live authentically. The all-too common scenario of a couple at cross-purposes came across clearly, each of these characters having their own flaws and inability to communicate feelings.

Ron Rooth and Peter Ens played Hagar's sons Marvin and John with

depth and vitality. Once again, the audience was left with the feeling "if only she could have said she loved them!"

The segue between scenes was well done, respecting the "stream of consciousness" style in which the novel was written. Solid performances were given by the rest of the cast, particularly by Kate Storey as Marvin's long suffering wife Doris.

Brilliantly directed by Susan Spicer, 4th Line added colour and emotional vibrancy to Laurence's Canadian classic. We think she would have been pleased with the result! ♣



Grit Lanskin will be the featured artist at the November Give-a-Hoot, held at the Old Millbrook School. Lanskin is well known for his topical songs and wonderful instrumentation. Multi-talented, he is also an author and renowned guitar maker. Lanskin will be at the Hoot at 8 p.m. on November 28. Admission is \$8, with special family rates and free if you sing in the Hoot.

## Alice Teichert - Expressing the inner music

By Lori Cripps

Painting in the midst of Millbrook's beauty allows artist Alice Teichert the freedom to express the inexpressible.

"I paint because it allows me to express an inner music; express what I can not say in words."

Teichert's expressions of what stirs her soul are included in the eclectic range of art shown at the Millbrook Gallery. A seven-year resident of the area, Alice recently joined the gallery collective. Her media of choice are acrylic paints and oil crayons, and she works on paper and canvas. Previously, Alice worked in print making and pottery, the latter being the medium she originally began with as an artist.

Following training in her native Belgium, Alice spent another five years in the South of France, studying a broad range of media. While she majored in print making at the Beaux Arts de Valence, she found herself drawn to the North American style of abstract painting. "I was drawn to abstraction because of the unconfined territory," she says of this period in her life, adding that the painting allowed her freedom as an artist. Abstract painting has an open meaning to Teichert, and offers people the possibility to build their own dialogue with her art.

The desire to explore this style of painting brought her to Canada, and



Alice at her studio in Campbellcroft.

eventually, Millbrook. Alice's work has been shown at Gallery One in Toronto for ten years, garnering a tremendous response. While still showing in Toronto, she is very pleased to be part of the Millbrook Gallery and community. Alice said she chose to move to Millbrook "because there is so much open space, Millbrook being one of those rare areas that is still green." The atmosphere created by the growing number of artists in the area has also helped cultivate a feeling of belonging.

Alice finds herself in a "wonderful groove" at the moment, and hopes it will

continue in the future. Encouraged by the appreciation she is receiving for her work, she plans to continue with the abstract art, and possibly explore or revisit the media of her history, combining paint and pottery or exploring print making.

Advice for the budding artist in our area? Teichert would encourage anyone interested in art to "go for it," and not be afraid of conventions. She advises learning from traditional methods and then following the individual muse into a unique artistic expression, "because everybody must find a balance in their own voice." ♣

## Bringing a bit of light to winter

If you are looking for a truly original gift for your loved one this holiday season, or just a bit of colour to break the dreary grey of November, come down to the Millbrook Gallery for a glimpse of Winter Light. This group exhibition, featuring smaller works by the gallery artists, opens Saturday, November 21 and runs until the new year. The show will feature works in acrylic on paper by newest gallery member Alice Teichert, George Raab's miniature etchings, and

new pots and ceramics by gallery potters. There will be ornaments and candle holders turned in wood as well as a series of small birds by wood carver Bruce Lepper. Original illustrations and illustrated books by Bill Slávin and a new series of small drawings and original greeting cards by Grace Glass will be just a few of the many new works to be featured in this exhibition.

New to the Millbrook Gallery for this show will be the works of Keene jeweller Valerie Davidson.

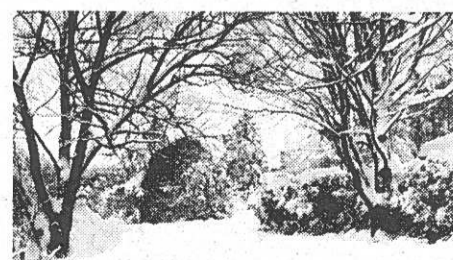
Also included once again in this year's exhibition is a special showing of children's artwork at the rear of the gallery.

All are encouraged to come and join the Millbrook artists for snacks and a cup of good cheer at the opening of Winter Light on Saturday, November 21, from 1 to 4 p.m. In the spirit of holiday giving a food drop off box will be at the gallery and everyone is invited to bring along donations towards the community Food Share. ♣

The MILLBROOK GALLERY

presents

# Winter light



*It's the Millbrook Gallery's fourth annual Christmas show. This group show features miniatures, books, cards and craft items, as well as our annual display of artwork by children. Show continues until December 20, 1998.*

**Opening reception:**  
Saturday, November 21,  
1998, 1 to 4 p.m.

19 King Street East, Millbrook, Ontario (705) 932-5482  
Hours: Saturday 10-5 Thursday to Sunday 12-5

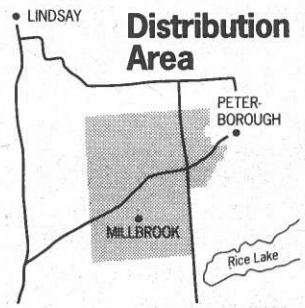
# Community Calendar

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.

## Reach every household in our municipality for as little as 1¢ apiece!

Every advertisement in The Gazette has a potential viewership of roughly 5800 adult residents (1991 Census), because *The Gazette* is mailed **free** to each household in Cavan-Millbrook-North Monaghan.



**Annual General Meeting of the Millbrook and District Chamber of Commerce**  
at St. Thomas Anglican Church, Millbrook  
Nov. 11 at 7 pm  
Brian Fallis, councillor, Cavan-Millbrook-South Monaghan Township will speak about the Baxter Creek/Medd's Mountain rehabilitation initiative.

**Turkey Supper**  
at the Cavan United Church  
Sat. Nov. 14 at 4 pm  
Sponsored by the U.C.W.

Adults \$10, children 6-12 \$5

**Kids' Introduction To Computers**  
at MADCAP site in Mt. Pleasant Library  
Thurs. Nov. 14 4-8 pm.  
MADCAP is hosting this free information night for kids, there will be games and much more! Call MADCAP office at 932-9317 to reserve your space.

**Under the Influence Workshop**  
at the Health Unit, 10 Hospital Drive, Ptbo.

Nov. 18 7-8:30 pm.  
A workshop on how to deal with your under-age teens drinking and partaking in risky behaviour. Call Jane Naylor at 743-1000 to reserve a spot.

**Kawartha Snowrama**  
at The Barn  
Nov. 29, 9:30 - 4:30 pm  
This is a snowmobile show & sale, admission is \$3 with children under 12 free.

**Christmas Arts and Crafts Trade Show**  
Lions Den, County Rd. 10,  
Nov. 21, 10 - 3 pm  
Sponsored by the Cavan-Millbrook Nursery School.

**Christmas in the Country Open House**  
1384 Zion Line,  
R.R.# 4 Millbrook  
Nov. 13, 14, 15, 27, 28 & 29, Fri. 6-9 pm, Sat. 10-5 pm, Sun. 10-5 pm.  
For more info, call 932-2733.

**Winter Light**  
at the Millbrook Gallery  
Opening Nov. 21, 1 - 4 pm.  
A group exhibition featuring smaller works, jewellery, books and crafts for the holiday season. For more information phone 932-5482. (see page 14)

**Grit Laskin**  
at the Give-a-Hoot Café  
Old Millbrook School  
Sat. Nov. 28, 8 pm  
Singer / songwriter Grit Laskin is this month's guest musician. Admission is \$8, free if you sing at the Hoot.

**Millbrook's Third Annual Old Tyme Christmas**  
at the Mill Pond and Downtown  
Thurs., Dec. 3, 6 - 10 pm  
Old Tyme Christmas is being combined with the Christmas Light Extravaganza. The pond area will be lit up at 6 pm sharp, followed by an evening of shopping and festivities, sponsored by the Millbrook B.I.A. Events include photos with Santa,

Giant Stocking Draw, carolling, in-store specials and draws, a performance by the 4th Line Theatre and more. (see page 7)

**Speaker Maureen Tavener, President, Lakefield & District Chamber of Commerce**  
at St. Thomas Anglican Church, Millbrook  
Dec. 9 at 7 pm.  
Sponsored by the Millbrook and District Chamber of Commerce.

**Calling All Angels: 1998 Millbrook Santa Claus Parade**  
Millbrook (King Street)  
Sat. Dec. 12, 1 pm  
The theme for this year's parade is "Calling All Angels". Floats can still register by calling the Millbrook Legion, or by arriving at the Millbrook Medical Centre (gathering spot) prior to the start of the parade. Prizes for the best organization, best family, individual child, business and best overall floats. Children are invited back to the Legion for a visit with Santa Claus and goodies. Hot chocolate will be served to those participating in the parade. For more information, call the Millbrook Legion.

**Lets Christmas Trade Fair**  
at All Saints Church Hall,  
Rubidge and Sherbrooke,  
Ptbo.  
Dec. 12, 11 to 4 pm  
Selling goods and services to both members and non-members. Free admission. Food donations collected for Kawartha Food Share.

### 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.

**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.

**MADCAP Millbrook** - Mon. to Thurs. 12am to 8pm, Fri. & Sat. 10am to 5pm Mt. Pleasant - library hrs.

## Community 2000 Festivities

The Parks, Recreation, & Facilities Department for the Township of Cavan-Millbrook-North Monaghan will commence planning for celebrations surrounding the arrival of the Year 2000 and the New Millennium.

These festivities will include the spearheading of the "Communities in Bloom Program". This project is organized around the efforts of our community to promote tidiness, urban forestry, floral arrangement, landscaping, heritage, turf areas, and environmental awareness.

To become involved in these programs, call (705) 932-2911

*Pond House Graphics*  
Desktop Publishing  
Graphic Design  
Writing  
**Catriona Sinclair**  
B.A., A.O.C.A.D.  
641 Zion Line  
R.R. 3 Millbrook  
Ontario L0A 1G0  
Phone/Fax: (705) 932-3558  
email: calsinc@nexicom.net

**WIDEMAN AND ASSOCIATES**  
Your Internet Business Partner  
**MAUREEN WIDEMAN M.A.**  
Writer/Consultant  
22 Main St., Millbrook, ON L0A 1G0  
Phone/Fax: (705) 932-2582  
e-mail: mw@wideman.net  
WWW.WIDEMAN.NET

**Rollin' Acres**  
The school where childhood is a journey, not a race.  
— children 3-8 yrs — mixed age grouping  
— small pupil to teacher ratio — self-directed learning with guidance  
— full or part-time — country home setting

**CHRISTMAS GOLF CLEARANCE SALE**  
We stock a wide selection of golf clubs, clothing, shoes, bags and many christmas gift ideas. Also in stock, 15 different animal head covers \$9.95  
**All clothing 20% off**  
Name brands such as Joff, AM Player, Ash City, Grand Slam, Penguin & Lady Player.  
**Regripping special \$2.95 per club**  
Come in and try our indoor hitting range and have your swing speed calculated by our radar.  
**EVERYTHING GOLF**  
165 SHERBROOKE ST. E.  
PETERBOROUGH  
**(705) 745-6952**

### CLASSIFIED WANTED

Country Home  
\$100,000 - \$300,000  
10 or more acres with trees  
Pond or Stream  
Private and Quiet  
Within 1 hour of Toronto  
(905) 853-4366

**DONN PIZZA SUBS**  
PIZZA  
SUBS  
CAESAR SALAD  
GARLIC BREAD  
MILLBROOK CAVAN 932-3220  
BETHANY PONTYPOOL 277-2222

**SAVE \$3.00 OFF**  
ANY Regularly Priced  
**Large Pizza**  
Or  
**\$2.00 OFF**  
ANY Regularly Priced  
**Medium Pizza**  
With the donation of a non-perishable food item for  
**MILLBROOK AND DISTRICT FOOD SHARE**  
(Christmas related items would be appreciated)  
offer expires Nov. 30, 1998  
This offer does not apply to specials and is not valid with discount coupons  
Please indicate your intentions at time of ordering

# LETS make a deal!

By Katherine Luchuk

Imagine a self-sustainable community where all residents have unlimited access to goods and services, businesses thrive from a supportive local clientele, and a mood of prosperity replaces one of lack and apathy.

This is the vision of the Peterborough Local Economic Trading System, or LETS. The Peterborough area LETS is one of many bartering systems cropping up since the economic downturn in the 1980s, a non-profit organization valuing people and their various skills. Open to anyone in the County, members trade either goods, services, skills, or time for an alternate local currency called Green Dollars.

With over 500 active traders, LETS members have access to a wide variety of goods and services they normally were denied with a limited cash income. Green Dollars are equivalent in value to Canadian dollars, however bills are not exchanged. Green dollars are simply generated through trading.

For example, Susan needs piano lessons. She looks in the LETS Directory and finds that Joe offers

*Before the onset of capitalism and industrialization early in the century, people engaged themselves in work that would result in a decent return of food, help from neighbours, or wood for the cold winter months.*

piano lessons for 15 Green Dollars. Susan receives five piano lessons and calls the LETS to transfer 75 Green Dollars from her account to Joe's account. Joe is shopping for a gift for his wife and uses his Green Dollars to purchase a necklace from LETS member "Jewellery Janet", and he calls the LETS to register the exchange.

Everyone has something of value to offer: time to run an errand, skills such as sewing, cooking, or counselling, services such as chiropractic or car repair... the list of possibilities is endless.

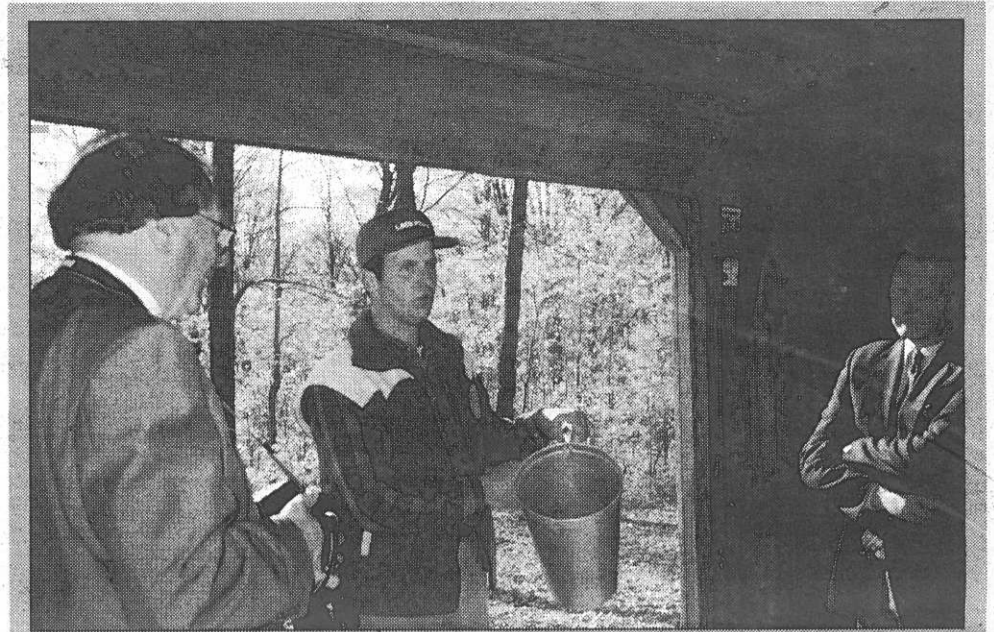
Participation in the LETS exchange refines an individual's skill set and may

improve job prospects. Through meaningful work, benefiting individuals and the community, a Green Dollar income is generated and cash is saved. Local businesses who are LETS members benefit from the immediate customer base, interest free Green Dollars, and increased cash liquidity and flexibility.

This concept of bartering is not new. Before the onset of capitalism and industrialization early in the century, people engaged themselves in work that would result in a decent return of food, help from neighbours, or wood for the cold winter months. Modern bartering systems borrow from the old to enhance and improve lifestyles in this era.

Launched in May 1994, the Peterborough LETS Exchange is modeled from a barter system developed in Courtenay, British Columbia in the early 80's recession. Since its inception, there are now 40 LETS systems across Canada, and 250 in the U.K., where LETS has been adopted as an official community development strategy. Annual membership fees are low, between \$10 and \$30.

If you would like more information about Peterborough LETS Exchange, either call 749-3910, email at ptbolets@pipcom.com, check out the web site, www.pipcom.com/~ptbolets, or drop by the office at 267 Stewart Street (between King and Sherbrooke Streets). ♣



Mayor of County Monaghan, Ireland, Willie McKenna and County Manager Joe Gavin (left) learn the finer points of maple syrup production from Peter Kennedy, of Kennedy's Sugar Bush, Cavan Ward. The delegation was in the municipality October 23.

## Clothing, supporting with loving care

By Katherine Luchuk

Bringing better-quality children's clothing to the market is a labour of love for a group of local moms.

Based in Peterborough, Babessentials is a collective of five women-owned companies, who together feature their unique products in one catalogue, including: Jake's Cotton Cove, Ptarmigan Kids Clothing Co., Heart to Heart Designs for Mothering, Endue Designs Inc., and Joshi's Bootie Business. Each line has been designed, tested, and manufactured by moms using modern, easy-care, and tactile materials such as polar fleece, unbleached cotton, and thick terry cloth.

Jake's Cotton Cove features nursing pillows covered in machine washable/dryable fabric in a variety of colourful prints. Designer Liz Sedge explains, "five years and three nursing babies later, I've managed to design a nursing pillow that is flexible enough to meet a nursing mother's needs well into her baby's second year." The crescent-shaped pillow holds the nursing baby on the lap, easing mom's back. It can also be used to support an infant just learning to sit up.

Ptarmigan Kids is a collection of polar fleece outerwear in bright colours and funky designs such as the "Wild Willy" jester hat that ties under the chin. Designer and mother of three Louise Campbell explains "I pay careful attention to the quality of the fabrics I work with... you can't cut corners when you're manufacturing clothing for kids."

Heart to Heart Designs keeps both baby and mom in mind in its fully adjustable, machine wash-

able baby slings for preemies to three-year olds. Available in a wide choice of fabrics, the sling is built for comfort and durability.

Health of the baby and the environment was considered when local mom, Monique Coll of Endue Designs, designed the reusable Cotton Baby diapers in 1989. Made of six layers of unbleached cotton flannelette and terry cloth, baby's bottom is sure to be happy. The replaceable velcro closing system makes for fast, easy changes and the product is guaranteed to last over 400 washings. A smart alternative to disposables that cost the consumer, environment, and babies' bums.

Easy-on, easy-off slippers made by Joshi's Booties keep little toes toasty warm. Styled as a boot, the slipper is lined with fleece and come in a variety of colours, plaids and an animal print for the wild one. The no-skid rubber bottom will prevent falls and the velcro closure makes it easy to slip them on.

Babessentials also features Bravado Design products such as comfortable maternity underwear and nursing bras. A selection of well-known books, such as Ann Douglas' *Baby Science and Herbalist* and Colleen K. Dodt's book *Natural Baby Care*, can be ordered from Babessentials' catalogue.

To take a peek at some of these products, Babessentials will have a booth at Peterborough Square in November and December. If you would like a mail order catalogue, call 741-2663.

Babessentials is a LETS member, as are all of the businesses on this page. ♣

### THE EARTH FOOD STORE



The Healthy Alternative

Our Herbal Pharmacy has a wide selection of:

- herbs • vitamins • food supplements
- homeopathic remedies • essential oils
- minerals • natural cosmetics

and much, much more! Herbal software available for use in our store. Member of the Lets exchange.

406 1/2 George St. N.  
Peterborough, Ontario K9H 3R5  
(705) 741-2313

### Tony Grady's Shoe Tree

FOOTWEAR & REPAIR

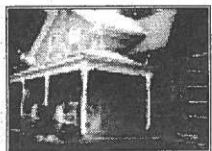
Clip this ad to save 10% off regular prices until Dec. 15, 1998.

386 George St. N.  
Peterborough, ON  
Downtown

www.shoetree.com  
tgs@pipcom.com  
(705) 743-5383

### Tranquility Bed & Breakfast

relax & be pampered



Maureen & Bruce Carson  
1364 3<sup>rd</sup> Line Rd. RR #2  
Lakefield, ON  
K0L 2H0, Canada

Phone: 705-652-1639  
Fax: 705-652-3861  
email:tranquil@oncomdis.on.ca  
http://www.telacom.com/tranquil

### The Daunt Healing Centre

a peaceful oasis away from the busy world



Lilli Swanson  
Dip.MHWR.P.P.,A.P.P.  
'I learned early in life that peace begins within'

**\$5.00 Energy Nights**  
1st Friday of each month - all are welcome!

Meditation & Polarity Classes  
Individual Cranial Sacral and  
Polarity Therapy Sessions

587 King St. (near Monaghan Rd)  
Peterborough • (705) 745-2738

## THE WINE FACTORY

Peterborough

It's fun and rewarding to enjoy wine that you have personally prepared.

Choose from over 40 varieties including:

**White** Chardonnay, Sauvignon Blanc, Riesling, Bordeaux, Burgundy, Gewurztraminer, Chablis...

**Red** Cabernet Sauvignon, Pinot Noir, Valpolicella, Cab/Shiraz, Bordeaux, Burgundy, Chianti, Zinfandel...

\$89-\$129 per vintage — Ice Wine: \$150



ASK US ABOUT:

- personalized labels
- gift certificates
- seniors discount
- wedding packages
- business promotions
- and much more!

**740-9463** 445 George Street North  
(Downtown Peterborough)