

# THE GREEN HILLS Gazette

Free!  
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Volume 3, Issue 1

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

## MAUREEN KENNEDY TO PERFORM



Vocalist Maureen Kennedy is renowned for her warm and accessible style and lyricism -- and is coming to Give-A-Hoot Jan. 22 (see page 10 for details).

## Citizen unhappy over handling of noise issue

By Michele Curran

"It is not a witch hunt," says Cavan resident Bob Clark, referring to his concerns about Council's decisions on noise issues at the Kawartha Downs car race track.

Clark, a recently returned resident, lives not more than five kilometers from the race track. He says he moved here to enjoy the pleasures of country living — not the roar of engines and the squealing of tires — and would like Council to address the situation.

In a presentation on Jan. 3, Clark asked Council why noise issues were not addressed in

either the Kawartha Downs site plan or operating agreements, both of which were signed by the municipality. According to Clark, of the 29 conditions in the site plan agreement, not one refers to noise or noise controls. The operating agreement fares no better under close scrutiny, as there is only one item out of 14 terms and conditions that speaks to the noise issue. The condition involves the use of specified mufflers on race cars; it is worth noting that the specific model of muffler deals more with performance issues, rather than sound level controls.

The Cavan Ward resident's other concerns involve the numerous in-camera or closed sessions Council has had when dealing with Kawartha Downs issues. He has requested Council provide him with minutes of all in-camera meetings where the issue of auto racing at Kawartha Downs has been discussed. To conclude, Clark requested that Council consider the concerns of their constituents when determining how to adequately address noise control legislation, and that any proposed controls should clearly identify quantifiable levels of noise that are enforceable.

Clark feels the noise coming from the raceway is a deterrent to enjoyment of his property, and would like Council to take a serious look at his requests in order to find positive solutions for those affected by racing noise. ♣

## Medal of Bravery awarded to heroic Corrections Officer

By Raphaël Thierrin

A Corrections Officer from the Millbrook Correctional Centre will receive a Medal of Bravery from the Governor General at a ceremony to be held in Ottawa later this winter.

As the announcement was made on December 22, 1999, Daniel Stricko can already put the initials M.B. after his name. The announcement was accompanied by letters from the Governor-General, the Hon. Adrienne Clarkson, Prime Minister Jean Chretien, and Ontario Lieutenant-Governor, the Hon. Hilary Weston.

Dan Stricko put his life on the line in June 1998, while shopping at the Peterborough Canadian Tire store. Employees had found someone who had shoplifted, and were escorting him to the office to detain him until the police arrived. Dan Stricko recognized the suspected shoplifter as someone he had dealt with in the past, and advised Canadian Tire employees to be cautious.

This assessment proved correct very quickly, as the suspect pulled out a knife and started to brandish it in front of him. Fortunately, the store manager trusted the corrections officer to handle the situation. In an interview, Dan Stricko mentioned this was a critical element, as this trust meant employees did not interfere with what proved to be a difficult negotiation with the shoplifter.

As a Corrections Officer since 1984, Dan has much experience in han-



Stricko stated he and his colleagues do not carry weapons while working at the Millbrook Correctional Centre. "Brain and mouth working together" is how they handle responsibility as the third arm of the justice system, assuming custody, care, and control of those who have passed through the police and court systems. Dan feels what he did at Canadian Tire is in keeping with his work at MCC. Passionate about his chosen profession, Stricko deplores the fact that the important work done by Correctional Services is generally unappreciated, in part thanks to sensational television shows originating south of the border.

He feels his bravery was an act of conscience — no more, no less. ♣

dling critical situations. In an interview, he said it is best if such situations can be resolved simply by talking, and persuading the other person that nothing can be gained through hurtful behaviour.

Unfortunately, in this particular case, things escalated when the suspect started to slash his own arm. Dan's interpretation was that the man had a lack of concern for himself, and therefore, would not have much concern for others, such as employees or other witnesses at the scene. He decided the use of physical force was needed then to immobilize the suspect. This caused slight injuries to the latter, but not much more than he had already inflicted upon himself.

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# Squirrell's Council seat saved by judgement

By Michele Curran

Deputy-Reeve Brian Squirrell is to remain on Council, despite a request for his removal by Cavan-Millbrook-North Monaghan township lawyer, Russell Palin.

Squirrell was found guilty of five violations of the Municipal Elections Act on Dec. 7. Justice of the Peace Joan Glover did not find the charges warranted removal of Squirrell from his seat on Council. She said Squirrell was elected by his constituents, and it was not appropriate that he be removed.

In an earlier court hearing, Palin had requested the removal of Squirrell from Council, "to send a clear mes-

*"I am relieved it is all over... relieved to be able to do my job. I hope they [voters] don't hold any grudges as I plan to run again [in the next election]."*

sage to all future candidates."

Glover did, however, fine Squirrell a total of \$600 plus GST for failing to open a campaign bank account, accepting campaign contributions in excess of \$25, and filing an incorrect or false financial statement for his campaign. The other two charges of

failing to deposit all donations to his campaign account and to pay campaign expenses from that account were stayed.

Reading from a brief statement, the Justice of the Peace also noted the complainant in the legal proceedings, former Cavan Reeve Victor Norman, did not make an effort to check the other candidate's financial campaign documents.

Although both legal counsels and Deputy-Reeve Squirrell were not available for comment immediately after the trial, in a recent interview Squirrell said, "I am relieved it is all over... relieved to be able to do my job. I hope they [voters] don't hold any grudges as I plan to run again [in the

next election]."

At press time, the total cost of the municipality's lawsuit against Squirrell is yet to be determined by the municipality. At a recent

Council meeting, Cavan Ward ratepayer Martin Pick requested an accounting of all costs related to the trial, including any extra hours worked by municipal staff,

telecommunications and incidental expenses. Municipal clerk Gail Empey expects the legal bill will arrive at the end of January. ♣

# Miniscule amount of paper sludge on Reeve's property

By Michele Curran

Reeve Neal Cathcart will not be prosecuted by the Ministry of the Environment for paper sludge on his property — as the amount turned out to be miniscule.

As reported last month in *The Green Hills Gazette*, Reeve Neal Cathcart stated he had paper sludge on his property during a Council meeting.

As a certificate of approval is required for sludge, a complaint was made to the MOE, who proceeded with filing an occurrence report. An MOE official followed up with a telephone call to the Reeve to ask for an explanation.

According to MOE District Manager Bruce Hancock, the Reeve told the investigating officer he had gone down to Kawartha

Downs, took a handful of paper sludge to feel the texture, and then when he arrived home, threw it on the lawn. Upon hearing the explanation, the MOE decided not to pursue the matter; no charges will be forthcoming against the Reeve.

On a related note, Hancock reported the investigation into paper sludge at Kawartha Downs is still ongoing. ♣

# The procrastinator's guide to tax preparation

There's two things that are inevitable in life — death and taxes. The first is something we have little control over; the latter, we can get through as positively as possible — with a little planning and assistance.

Yup, tax season is almost upon us, and many dread the paper work and a possible bill from Revenue Canada. Like many of us at *The Gazette*, you may be in the habit of procrastinating to the point of panic. However, preparation is basically common sense, and can save a lot of headaches when it's time to file tax forms.

Whether you are employed by someone else, or are self-employed, get

*...if you have a computer, get your hands on Simply Accounting, MYOB or similar [program]...*

your records and receipts in order. It's time to dump out the shoe boxes or other bulging containers of papers and sort them. Get some envelopes (8 1/2 x 11" is probably best), and label them from January to December; label some smaller envelopes with various headings that make sense to you: heating receipts/bills, office supplies, medical expenses, tele-

phone bills, etc — you will need twelve of these for each category. Set up a similar system for pay slips, T4 slips, retirement income slips, and so on.

Set yourself up with something enjoyable — ie. some soothing or energetic music, a cup of tea or hot chocolate, even your favourite old movie. Put all the papers and envelopes on a table, and dig in. Sort according to month and type of receipt/invoice/bill per your envelope system. Depending how many you have, this will probably take a few hours. Reward yourself when you are done.

Record all your expenses and income in a ruled book (get one at an office supply store), and do a trial

*If it looks like you will have to pay taxes, there's still time to buy an RRSP or other tax shelter to reduce or eliminate taxes to be paid.*

balance of your both. Better still, if you have a computer, get your hands on Simply Accounting, MYOB (Mind Your Own Business) or similar, and input the numbers. It's simply magical how the program calculates things like GST, PST, and other taxes payable, and shows you just how much you did spend last year. Hey, once you get started using this program, you could do this in an hour or two every month — and maybe even enjoy it... in some sort of perverse way.

If you have a small business, or are self-employed, go to Revenue Canada (King Street in Peterborough) and pick up all the literature on taxation for small business/self-employment to see what deductions you can claim. Pick up the supplemental tax forms for Professional Activities, and ask about what else you might need for your situation (it seems to change every year). (It's good idea to pick up at least

a couple of each form, to do a trial run on one copy!) If you are incorporated, get the info needed — and then go straight to an accountant who can help you to navigate the corporations tax forms. (There are a few very reputable accountants advertising in this newspaper we can vouch for!)

Do a trial run using the forms and instructions supplied by Revenue Canada, or get your accountant to do this for you — well in advance of the deadline, as in RIGHT NOW! If it looks like you will have to pay taxes, there's still time to buy an RRSP or other tax shelter to reduce or eliminate taxes to be paid.

If you need to invest in an RRSP or similar, get in touch with a reputable financial services company or a bank. It's probably a good idea to visit a few, to compare who is offering the best deals, and it's also a great idea to read up on this subject; there are books out

there that are reasonably enjoyable to read, such as the Dummies series, that would help in the process of learning the critical differences between RRSPs and RESPs, mutual funds and GICs and everything else in between.

Once records are sorted and recorded, a trial tax return has been filled in, and you've dealt with any tax bill that might come at the end of April, relax! And then set up a system to organize your receipts for this year, so that next year's tax season will be less daunting! The final word we can offer is that you don't have to go it alone — when in any doubt or anxiety, get in touch with an accountant or financial adviser — before the whole job gets out of hand!

This advice in no way replaces the professional guidance of an accountant, banking or other financial organization. Consult one of these professionals for all taxation or financial questions. ♣

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# Township bylaw reduces Council to five members

By Raphaël Thierrin

Cavan-Millbrook-North Monaghan (CMNM)

Township residents will place five Xs on their ballots, rather than eight, when voting in the municipal election this fall.

On November 15, 1999, Council endorsed a bylaw to reduce the number of elected officials from seven to five, effective in the fall of 2000. The five representatives will be the Reeve, Deputy-Reeve, and one representative for each of Cavan, Millbrook and North Monaghan Wards, according to municipal clerk Gail Empey.

The decision was made possible through Section 29 of the Ontario Municipal Act, which allows municipalities to reduce council

*A majority of CMNM inhabitants live in Cavan — yet they will be represented by only one councillor, as residents will no longer have the opportunity to vote for councillors-at-large.*

size or change the composition of council. Section 29 provides for a minimum of five council members, including the head of council. In addition, subsection six states that municipalities can enact bylaws indicating whether members,

other than the head of council, are elected by a general vote, by ward, or by a combination of the two.

Ms. Empey estimates that the new bylaw will facilitate savings between \$17,000 and \$20,000 per year. The cost reduction comes from the salaries, mileage and incidental expenses associated with the two councillor positions eliminated.

The new bylaw brings CMNM Township in line with the other rural municipalities of Peterborough County, all of which have had only five councillors since the municipal restructuring of 1997.

The township's new bylaw has evoked a mixed response from its residents. Cavan Ward resident Dan Smith is concerned about the degree of representation on council. A majority of CMNM inhabitants live in Cavan — yet they will be represented by only one councillor, as residents will no longer have the opportunity to vote for councillors-at-large.

Another Cavan resident, Susan Spencley, feels the township is losing something special through the reduction. While she appreciates the fiscal prudence of the current council in establishing the new bylaw, she and her husband feel it is very important to hear a variety of opinions at council meetings. Such vigorous debates produce the fresh and innovative ideas needed to resolve difficult issues. With quorum being set as three out of five council members, they fear that council will make decisions based on a limited discussion of options. This may not meet the needs of a township whose residents represent a spectrum of traditional and progressive views.



COSMIC COMICS

## Bad hair millennium for Leo

By Crystal Eves

Well, it's finally here! I bet you think I'm talking about the new millennium. Wrong. I mean the Age of Aquarius. Yes, we've mused about it, we've sung about it, and now it is here at last. Don your space suits and tangle yourself up in the World Wide Web, a new age is upon us.

For those of you who are unfamiliar with astrology (and really, how could that be, since you faithfully read this column!), I should assure you that this Age of Aquarius thing does not mean that you must now re-experience the Sixties, a time that gave us the lovely Age of Aquarius song. You should, however, back-comb your hair in a 1960's Felicity Shagwell sort of way to avoid the danger of not being "with it". (I'm serious, I've witnessed a couple of drive-by back-combings — and it's not pretty. Picture a tight comb, speeds up to 50

km per hour, and a confused pedestrian with a mangled knot of hair atop her newly chic head!)

*Does the age of Aquarius scare you? Then you're probably a Leo.*

The Age of Aquarius is a "Great Year", a period of 2000 years (give or take forty-three seconds) characterized by the traits and tendencies of the sign of Aquarius. Does this scare you? Then you are probably a Leo (born July 24 - August 23) who has just realized that your sign is not compatible with Aquarius, and is likely to spend the next 2000 years having a bad hair day whether you back comb or not!

So what, other than suicidal Leos, might we expect from this exciting era? Well, we are likely to find society focused on Aquarian issues such as technology, animal rights, universal friendliness, and respect for individuality. Feel free to embrace these principles any time now. In fact, jump right in there and experience them all at once. Go surf the Web to find a dog to adopt, save it from euthanasia, walk it around your neighbourhood (wearing any darn thing you want!) and warmly greet

the first human you encounter. It's that easy.

Having mastered the behaviours of this new age, we now come to our responsibilities — one of which is to write a song in preparation for the next Great Year, Age of Capricorn. We need to include relevant information in the song like advice about dog overpopulation, which is inevitable after two millennia of animal rights activities, and helpful tidbits about dismantling what will have become the militant dictator Furbies.

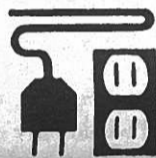
Our other responsibility in preparation for the Age of Capricorn would be to change the term from "Great Year" to "Pretty Good Year". Capricorns are ultra-conservative, you know, and would not want to raise expectations.

So we have a few tasks at hand, and we'd better get right to it, because we all know how fast a millennium or two can sneak up! Happy 2000! ♣

*Crystal Eves is a professional astrologer, and teacher of her craft when not doing charts for clients and tickling funny bones in The Green Hills Gazette. Want your own astrological chart/directions for 2000? Call Crystal at (905) 895-0985, or visit her web site: www.crystaleves.on.ca*

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## EDITORIAL

## Better not get deathly ill!

Unless you are at death's door, under no circumstances should you go to the emergency room — unless you really want to sit in a waiting room full of coughing and hacking, flu-riddled folk for an entire day.

I usually avoid going to the emergency at Civic Hospital (Peterborough Regional Health Centre) unless I am absolutely unable to deal with whatever ails me myself or with the help of my doctor or alternative health practitioner. However, I found some discomfort in my left eye had not eased over several days, and wondered if there was a foreign body of some sort under the lid. My doctor was not available, having a well-deserved holiday with her family, and neither was any walk-in clinic in Peterborough.

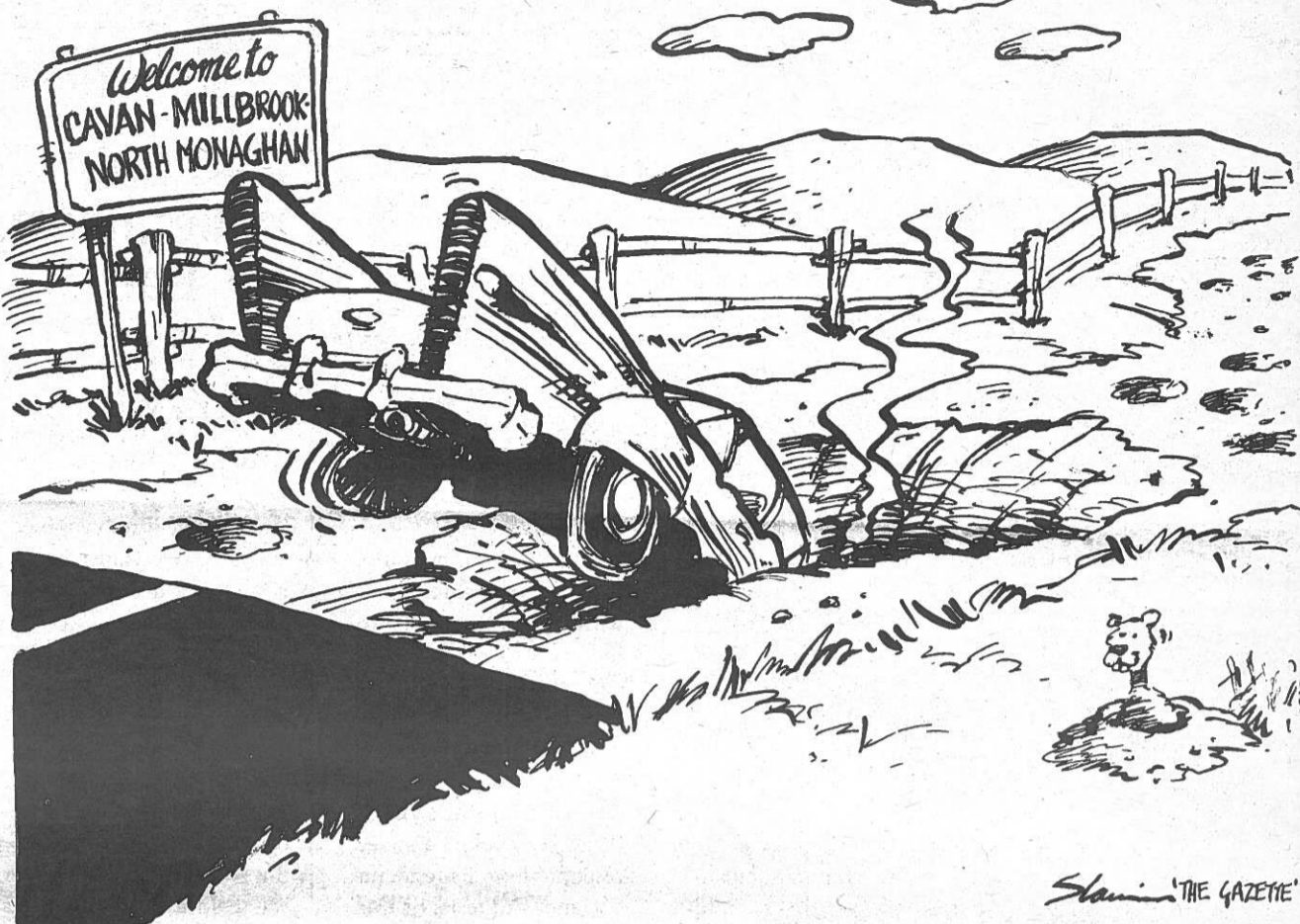
Apparently you have to be a patient of one of the doctors in the walk-in clinic in order to be seen on an off-hours basis.

I waited four and a half hours in a hallway — thankfully, not in the waiting room, but then there weren't really any places to sit on December 27. Eventually, a somewhat cranky and abrupt doctor, not the promised ophthalmologist, dawdled into the exam room and rather roughly yanked down my bottom lid and deposited some dye to see if there was any scratch or material on my eye. He then said a lavage (washing) of the eye was the best approach, in case there was anything there, and thankfully, I think the flooding of my eye did help.

This was, thankfully, not serious, but I'm still glad I did go in to see what the problem was. However, what about all the other folks, such as the baby who could barely breathe, and the elderly gent with chest pain? How long did they wait? All the downsizing under the Harris government has led to this shortage of staff and resources to deal with problems. Yes, the flu arrived early this year, but it comes every year, and each year the shortage of staff and resources is ever more evident. We have an acute shortage of doctors in Peterborough County to start with, and recent cuts to health care services have only deepened the misery for anyone needing assistance. It's time to let our MPP Chris Hodgson know that we deserve more timely, effective health care — not after a day-long wait to be seen by a burnt-out ER staffer who is beginning to resent all the folks that are coming through.

And maybe, just maybe, we need to take better care of ourselves. Instead of soldiering on with the flu or a cold, take the time off to sleep and rest. You won't win any medals for bravery by going to work, and instead you pass on the germs, and stay sicker longer to the point where you need the emergency room. Sleeping, taking liquids, and a herbal remedy such as echinacea really does help to limit the length of flus or colds. There's really no quick cure for these seasonal miseries — antibiotics don't cure viruses, and probably you are just prolonging your misery taking them.

Let's stock up on vitamin C, echinacea, ginger tea and other comforts, such as chicken soup, and let our bodies heal themselves with rest, and let Harris and Hodgson know that we deserve better — and more — access to quality health care. ♣



## Some councillors don't see noise as a problem

After my encounter with the Cavan-Millbrook-North Monaghan Council this past January 3rd, it seems clear in my opinion certain members don't honestly believe that extreme noise levels are a problem. The Reeve, Neal Cathcart, made reference to a lawnmower being a comparable type of sound to stock cars, which I feel is ludicrous and seems to belittle the issue. I reside approximately 5 km (by the crow) from the Kawartha Downs facility and when a race is underway, I can easily hear the noise inside my home with all windows and doors closed. By comparison, if my son is cutting the lawn beside our drive shed 350 feet away from our home, I cannot hear the noise from the lawnmower.

If this is how some of our elected officials feel about a serious concern that can have various health impacts, then I think we as the constituents should demand they remove themselves from guiding this community. I must add that some members of this council DO see the significance of this

NOISE problem, and are attempting to act responsibly but are being defeated in their efforts.

In addition, the process by which this council addressed the Kawartha Downs Speedway proposal was questionable at best. This is a very public issue that has acquired a great deal of interest from the residents of this municipality and despite this fact, I understand that our council elected to do much of the discussion about the Speedway BEHIND CLOSED DOORS. When asked why it has been handled this way, Reeve Cathcart explained that council was directed to do so by Mr. Robert Pakenham, solicitor of record for the municipality on this issue. When I asked if council would authorize me to speak with Mr. Pakenham about the closed sessions, Reeve Cathcart stated that THEY would speak with the solicitor. I then asked if I would be given an explanation, to which I did not receive a response.

Council is placed in their position by us the taxpayer, paid by us, the taxpayers, and are accountable to us the taxpayers, and it is about time they start being accountable on the Kawartha Downs issue. I welcome a response from council!

— R.W.(Bob) Clark  
Larmer Line, Cavan

## Apology to ratepayers

To all the ratepayers in the Township of Cavan-Millbrook-North Monaghan:

Now that the court trial is over, it is time to publicly admit to my stupidity. As human beings, we all make mistakes, and I believe that as long as we learn from them, we become better people. I feel in my heart that it was a very valuable lesson, but let me assure you if all politicians reading this are honest, they would admit to small indiscretions in their political careers, even though they didn't receive attention for them. Politicians will always be judged on "what they do right" for their community, and will be tarred and feathered if they make a mistake. But we are human... remember that!

Ask yourself, for a moment, what was this really all about, and what would the community have to gain by my removal. In some eyes, it would have been that "pesky" Squirrel is gone. I never ran for municipal council for any financial gain or for any benefits, and when you step on toes, you have to be prepared for the consequences. I ran because I believed there was not an equal playing field in this community, and I'm sure this plague is in other communities as well. It is with this thought that I turn to this great community that I am so proud to represent. It would have been so easy after the loss of my dear wife, a strong supporter and believer, to throw in the

towel. But it was because of the treatment of her and other ratepayers that were wronged that I kept fighting. She kept fighting, right to the end. A poll taken with 96% saying they supported me kept me going... had it been the other way around, I would have gladly resigned, because without the belief of the people I am a nothing politician.

This fight may have been the death of me, and I know that and can accept that come the next election. I also know very well that this has hurt me financially. So what did I gain... a valuable lesson, in a nutshell. I have never been a quitter, and I have been wrong in some of my logic and reasoning, but I have tried to the best of my ability to do what was right, never saying I wasn't capable of mistakes, nor that I am perfect.

The benefit dance held on Dec. 11 reinforced my strong, loyal love of this community I call home, and my purpose became quite clear. I am truly humbled by the generosity and caring of this township, because I will always be the underdog, fighting for the little guy, but being fair to the big guy as well. I want to thank the following people, and if I left someone out, it is an honest mistake and oversight, because I want to thank you all from the bottom of my heart: Terry and Pauline Plumbe, Sue Taylor, Dan and Jane Smith, Kim and Karen Wallace, Rob Clarke, Dieter and Darcy of No Frills, Barry and Betty Bunn, Mel Harvey,

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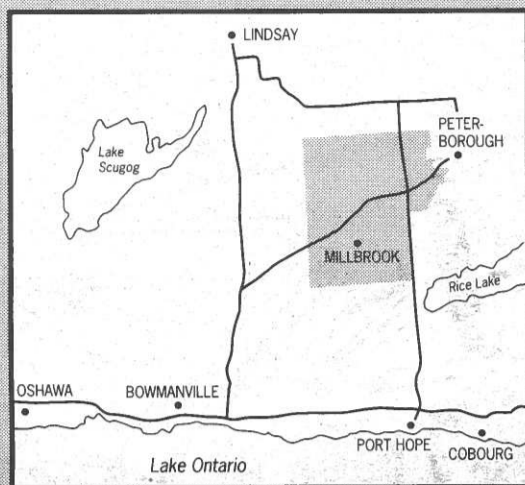
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## Y2K and all that

By Margaret Monis

So what ... were they Y2Kidding? After all the hype, all the hoarding, all the hysteria, absolutely nothing happened at the change of the millennium. I don't mean to sound like a smarty pants here, but I didn't do a single thing in preparation for the Y2Crash because I never believed it would come.

The Y2Craze started in 1994, giving computer geeks six years to eliminate the problem, and to their credit, I have to say they did an excellent job. It seems to me that we missed the point of the whole Y2K phenomenon. There is an old Chinese saying that every crisis is 50% danger and 50% opportunity, and as per usual, we chose to concentrate solely on the former. Sure, there was some potential for serious consequences were the problem not addressed and overcome, but we completely overlooked the larger issues and possibilities entrenched in this episode.

*While many "experts" claimed that Third World countries could withstand Y2Chaos better than us, no one took this observation to the next level, which is to say, "Maybe we have become too wrapped up in our machines."*

While many "experts" claimed that Third World countries could withstand Y2Chaos better than us, as they are much less technologically dependent, no one took this observation to the next level, which is to say, "Maybe we have become too wrapped up in our machines. Maybe we should re-evaluate this whole com-

puter thing and put some responsibility back in the hands of capable humans who will not crash, regardless of the date."

Aside from this gripe, however (what can I say - it's my nature to complain), this New Year's celebration was the best I ever had. I was just astonished and so very pleased to see the incredible outpouring of goodwill and expectant joy which crested around the world, one time zone after another, like an unstoppable, heady wave. The CBC did an excellent job of bringing this once in a lifetime event into all of our homes, and Peter Mansbridge shone as our seemingly inexhaustible tour-guide on the journey. (I caught him about sixteen hours into the broadcast and was amazed at his continued poise and coherence. He's the best anchor the CBC has ever had the good sense to employ.)

But our wonderful national broadcaster was not alone in bringing us this up to the minute, worldwide coverage — CBC had the help and cooperation of fifty seven other networks around the planet. People talk a lot about the global village, about how the internet and fibre optics are making the Earth smaller and more cohesive, but I hadn't seen any empirical evidence of this utopian scenario until I turned on the TV last Friday night. There I saw our species, regardless of race or sex or religion or colour, celebrating as one the potential of a new age. How uplifting, how overwhelming to witness the power of human beings, the destroyers and saviors of this planet, willfully and joyously forming a unified community, even for just one twenty-four hour period.

The year 2,000 is an arbitrary date, and those who do not adhere to our calendar are in a different millennium entirely, but these are trifling considerations. Regardless of how you keep time, there is no denying that any peaceful coming together of people like the one we were all privileged to experience on December 31st, 1999, is always timely. I wish you all health, happiness and success in the coming year! ♣

Quarterline, Steve and Nancy McPherson, the disc jockies, Country 105 Radio, Jill Williams, and the local media for reporting the facts. I also want to thank Gail Empey and the Township staff who had to deal with all of the stress, Millbrook-Cavan Fire Chief Nels Edgerton, the Township Roads Department, Transfer Station staff, and Rick McGee and the fine staff at the Community Centre. Thanks to all who wanted to be there but couldn't, as it was such a busy time of the year. May God bless each and every one of you, and all the best in 2000.

Just one closing thought — I will continue to get into political controversy because I say what most people think but are afraid to express, and because I represent each and every one of you with a vengeance. As long as I am asked for my opinion, you will get it, and that may not be what you

want to hear. This has been a very hard year in my life, I love each and every one of you, and I finally have some peace and quiet — until the next fight!

— Brian Squirrell  
Deputy-Reeve  
Cavan-Millbrook-North  
Monaghan

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## Variety show to benefit Community Care

Showcasing local musical and theatrical talent, a variety show fundraiser for Community Care promises something for everyone.

Slated for Saturday, February 5, the show will be held at the Millbrook-South Cavan Public School at 7 pm sharp. According to organizer Jim Chaplin, this two to two and a half hour show will be veritable cornucopia of local talent, including rock and country music, and theatrical vignettes. Some of the confirmed acts include Quarterline (country/rock), 4th Line Theatre, Jim Flood, Donny Anderson, and Nancy Richards. Chaplin expects many more local acts to confirm their involvement in the next few days — the show promises a lively variety.

For a full line-up of acts participating in the variety show, or to purchase tickets, call Jim Chaplin at 932-5487, or the Community Care office (9 - noon daily) 932-2011. Several local businesses will also sell the tickets — call one of the above numbers for locations.

Community Care is a non-profit organization of the United Way, and provides home support for seniors and adults with disabilities in this area. While raising money for Community Care is important, the organization also needs volunteers to help with transportation services. If you would like to offer your time helping seniors or the disabled, call 932-2011. ♣

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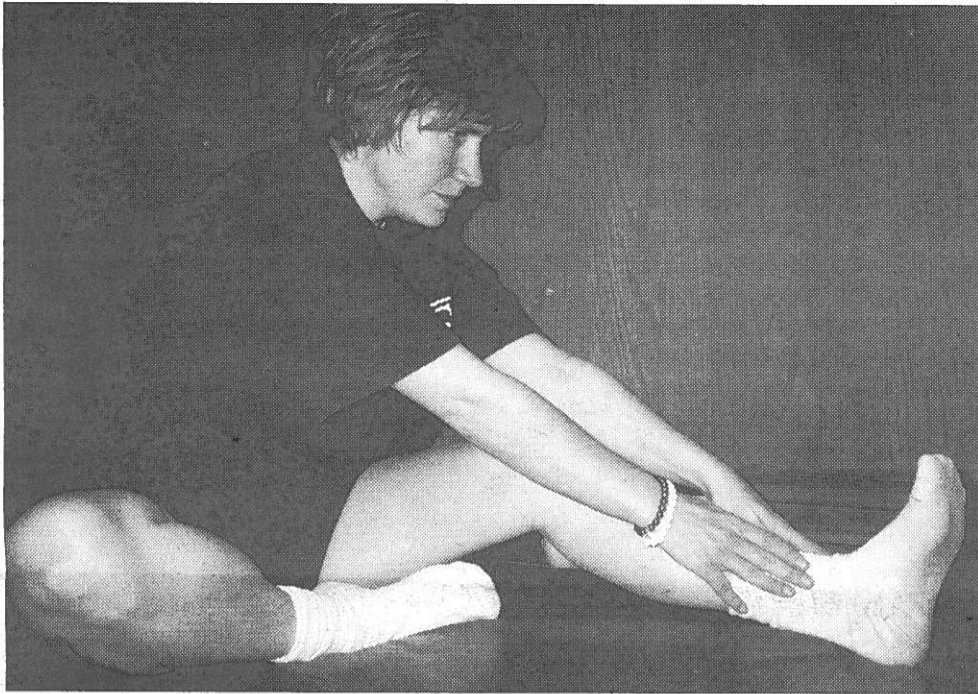


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Dan Woodward



## Building a stronger editor

By Deborah Luchuk

It was like a horror story — where aliens take over a human body and transform it.

Looking down at dimpling flesh on thighs and hips, I sadly reminisced about days when these same trusty limbs were jiggle-free, and able to run for an hour with-

out tiring. In a sleeveless top or dress, the loose flesh on the upper arms, to my chagrin, began to look like what we Luchuk women call "chicken arms". But what was to be done? Where in heaven's name would I find the energy or the time to exercise, with a frantic schedule of editing, administrative

duties and a million details at *The Gazette*, writing a book, editing and writing for other clients, and teaching writing and communications at Sir Sandford Fleming College and Trent University?

It seemed an insurmountable obstacle — way too much to do in far too little time. In this vicious circle, I was getting more and more fatigued, less and less able to deal with stress, and therefore, even less inclined to tie on a pair of running shoes for a walk through the village.

I was desperate, and something had to be done. Is the prime of life to be spent exhausted, achy, and winded? Or should we spend our time here enjoying life to the full, with plenty of vigour and zest for living?

Enter Kimberley Sheppard of Within Reach, a personal training company. I had always poooh-pooohed the idea of a trainer — something oh-so self-indulgent, and only for celebrities. I could do it on my own! But I wasn't. So I met with her to discuss a plan to rebuild me, to build the world's first bionic editor (dating myself here!).

Following several meetings with Kimberley to discuss what my goals are, and several lifestyle questions, I had a fitness test...my once

### Month #1:

BMI - 25 (fit is 20 - 25)

Activities: some walking when doing errands, occasional walk around Millbrook, lots of sitting in cars and at computers

Planned activities: exercise one hour per day, five days per week including stretching, strength training, and cardio work. Stretching routine every day. Stick to schedule; delegate more; organize time more efficiently (for less stress).

very fit body had fallen into a nasty state of disrepair. My flexibility is probably less than a healthy elderly person's, never mind the fact that I got to 12 push-ups before I started drooling — and then laughing so hard I fell down.

However, the good news is that my core strength is still pretty good and I have above-average cardiovascular fitness.

The prescription has several parts. First of all, I had to write into my daytimer every single fitness date with myself. I have to work out at least five times a week, an hour at a time, and this can be a combination of cardio (ie. walking/walk-run, or exercise videos), stretching and strengthening (free weights, resistance band, or exercise ball workouts).

Diet isn't too much of a problem — I eat a mostly vegetarian diet anyway, with some chicken and fish. However, I need to beware of eating on the run, which happens when stressed or juggling too many tasks. On the stress side, I need to delegate more, and slot in downtime for myself.

My goals include losing three inches from my hips, at least two from my waist, and in general, a few on all the extremities. I would like to be relatively jiggle-free. But most importantly, I would like to start my day with enthusiasm and zest, with energy to spare for the many projects and people that are a part of my life. Having a buff bod is not necessarily a

goal, but would be a nice by-product of all this sweating. After all, I'll never be 18 again — just the best I can be at 33. Lowering my body fat, or body mass index (BMI) from 25 to a low 20's figure is more important than losing weight, because muscle weighs more than fat anyway.

So far, I plan on walking or walk-running when the weather is fine, with or without friends in tow; doing some taе-bo and kickboxing videos for variety; doing stretching exercises and maybe fitting in a new power yoga video at least once a week; and pumping some very light iron. I will be meeting with Kimberley twice a week until the end of

February, and thereafter, once a month until June.

Part of staying on track is going to be writing this story month by month, and taking a new photo. Readers are welcome to write in any suggestions, comments or encouragement, and the challenge is for everyone to set some goals for fitness (not to look like Cindy Crawford or Brad Pitt) in keeping with their limitations and schedule. Starving oneself on a diet is not going to help, nor is excessive exercising. Such extreme measures aren't practical or sustainable. Making lifestyle changes, however, can be a lasting thing.

Let's be the best we can be in 2000 — that's the challenge! ♣

## Residents win big with Xmas light displays

It would be fair to say the municipality, and particularly Millbrook, was lit up beautifully for the Christmas season. Between the many lights on municipal buildings and the extraordinary lights on many homes and farms, we were a festive sight to behold!

Many residents entered the Township of Cavan-Millbrook-North Monaghan's 2nd annual Christmas Light Contest, and rose to the challenge by decorating their homes to the nines. Unfortunately, judges could not award prizes to everyone, although all the homes and businesses entered were spectacularly lit.

Joe, Kim, Karey and Becky Dulewicz won first place, and a gift certificate

from Canadian Tire; Kathy and Jim Seymour in second place, won a gift certificate from The Morning Glory Tea Room; Pat and Hugh Little in third won a certificate donated by CJ's Restaurant; Lorraine and Ray Challice won fourth prize, a cash donation from Millbrook PUC; and in fifth place, Diane and Harvie Orr won a family pass for four to Santa's Village.

Nexicom Telecommunications took first place honours in the business category, and in second was Millbrook Food Emporium.

Many thanks to everyone who registered, and to Tinney Motor Sales for donating the van for judges to drive. ♣



HASH N' BEANS

## A winter warm-up

By Arden Myers

Hello, I hope everyone had a happy holiday. My Christmas was very good — no one fought, no one got embarrassingly drunk, and the food was, as always, delicious — thanks, Mom! By the way, I did give out the presents again this year.

The only odd spot, and no Christmas can be without one, was when Bruce and I went to light the wood stove. With wood cut and papers crumpled, we opened the door. Then what to my surprise, down the chimney had come a huge, fat black squirrel. This little wood nymph decided to run rampant through the house. So I dashed up the stairs and what did I see, but a fish net for me. Well, we caught him, and let him loose outside. The whole event was like an episode of "I Love Lucy"!

It's flu season now (and seemed to be over the holidays for many people!), and time to hibernate, so here's something to warm you up and put a smile on your face.

### Sausage and Potato Soup

In a soup pan, heat 2

tblsp. olive oil over medium heat. Add 2 cups diced onion, with salt and pepper to taste. Take 1 lb. smoked or spicy sausage, cut in thin slices, and add to the onions, cooking for 2 or 3 minutes.

Add 2 tblsp. chopped garlic, 2 sprigs of thyme, and 2 bay leaves. Add 2 lbs. peeled, diced potatoes and top with 14 cups chicken stock (Mr. Goudas works best if you don't have home-made). Simmer till potato is fork tender. Add 1/4 cup of fresh, chopped parsley, season to taste. Serve with salad and warm, buttery bread. ♣

Arden Myers is a professional chef — recently catering The Green Hills Gazette Christmas party with great aplomb and raves all around. Call Arden at 750- for delicious food at your next party or event.

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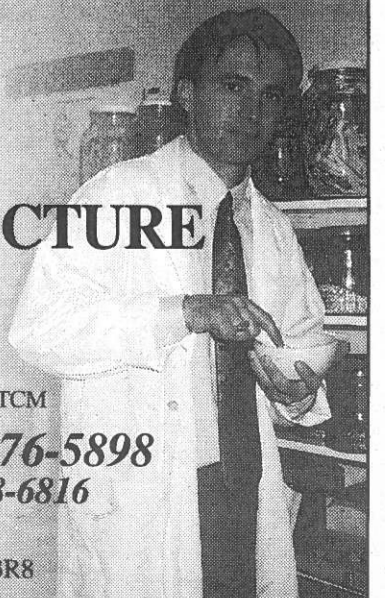
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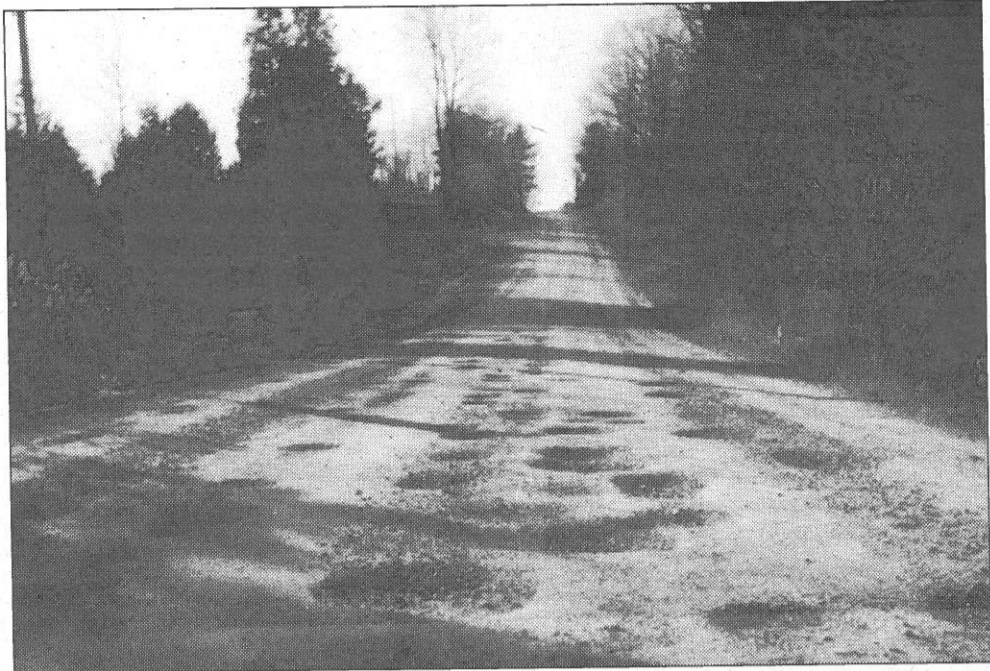
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A minefield for automotive suspensions: the road surface on 4th Line between Carveth and Elgar Dr.

## Tax revolt threatened over potholed roads

By Deborah Luchuk

While life may be a highway, residents of Cavan-Millbrook-North Monaghan are going nowhere quickly on their roads.

Residents of Elgar Drive, Carveth Drive, Houston Street and the 4th Line in Cavan Ward and on the outskirts of Millbrook are fed up with pothole-riddled roads and otherwise unsafe driving conditions. A delegation attributed poor maintenance of these roads and others to infrequent and ineffective grading and poor quality gravel on the part of the Roads Department at a recent Roads Committee meeting.

*"In our travels in Third World countries, we have never seen roads in such a condition."*

Agda Davies, one of the spokespeople for residents, asserted "In our travels in Third World countries, we have never seen roads in such a condition." Ms. Davies and her husband, Jim Carpenter, said the roads department has promised repairs and grading every year, but has not delivered on their promises unless a complaint was levelled. Both pointed to the coincidence that grading on their road occurred the day after Ms. Davies complained to Councillor Dean Cutmore about the state of Elgar Drive. However, she did admit that she had called Roads Superintendent Rod Marshall before calling Councillor Cutmore. Mr. Cutmore said he hadn't contacted anyone in the interval between her phone call and the grading. Residents reported

increased wear and tear on their cars and trucks, particularly the suspension and brakes, and that their shopping habits had been altered due to the state of Carveth Drive in particular. "We avoid shopping in Millbrook because of the roads," Ms. Davies said, adding that many people are now travelling along the 4th Line to County Road #10 or County Road #28 (formerly Highway #28) and on to Peterborough. Concern was expressed that drivers are forced over to the wrong side of the road in many places to avoid deep potholes.

Much discussion ensued about the quality of gravel used to fill potholes — Mr. Carpenter said he was "fed up with the dust when it's dry, and the mud when it's wet. It's a direct result of what is being put on the road. This is sand, and not gravel (and the roads department needs to use better quality gravel)." Roads Superintendent Marshall said the material used for potholes is classified as an "M" grade gravel, suitable for road repairs, and that it is not sand.

Other residents present told the committee of their concerns with the width of the roads in question, and the ditching. Apparently a school bus slid off the road into the ditch in the winter of 1999 when travelling on the 4th Line; some residents feel the ditching has caused an unnaturally high road surface on what are narrow, forced roads, leading to many cars or trucks sliding off the road in icy or muddy weather.

"Every time we try to do something (to address road width), property owners won't give up land to widen the road," Reeve Neal Cathcart responded. He added that although

Council has the right to appropriate needed land for such widening, it is not in the habit of invoking such draconian measures. One of the residents in attendance attested that if "proper" gravel was used on the roads, there would be no need for ditches to deal with run-off (a cause of a lot of the mud in the spring time). Still another resident on Carveth Drive said the problem wasn't what was put on the road surface — he had seen many different substances used over his years of living on that road; rather, the problem was the road bed itself, as there are springs under Carveth Drive that weren't properly accounted for in the engineering of the road. He suggested that the Roads Department needs to dig up the entire road, and estab-

lish a more effective road bed in consideration of the natural environment in that area.

Discussion ensued about when and how the road situation would be dealt with. Residents urged Council to pave the roads in the municipality using tax monies from Kawartha Downs' slot machine operation; the Reeve and CEO Gail Empey reported they had received no money from Kawartha Downs to date. Several pointed to the Tapley 1/4 Line between County Road #23 and the #115 as the ideal road surface. Apparently such hard-top surfacing is quite expensive, and in various places throughout the municipality (such as on the Syer 8th Line) where paving or hard-surfacing has been done, significant federal or provincial grant money has assisted in the cost.

Ms. Davies asserted residents would withhold taxes and submit their auto repair bills if something was not done immediately to rectify the situation, and asked the committee for a commitment in writing on the dates when resurfacing and/or repair would commence. Mr. Marshall replied that the roads department was in the process of creating a budget, which would include a prioritized list of roads to be repaired or surfaced, and that this would probably be completed by the beginning of February.

Councillor Dean Cutmore assured the delegation he would not forget about the problem, and that it would be on the top of the list for the committee to deal with when considering the budget. ♣



### CREATIVE PARENTING

## Eat slow, eat lots, and let the kids play

By Trish Boyd-Reininger

Well, here it is, January 10 in the year 2000! Christmas and New Year's zipped by in a flash with, so it seems thus far, no Y2K glitches.

We had a warm, small family gathering in Toronto Christmas morning with my husband's family. Gros Oma, Oma, Uncle Rudy and his two children, Rick and I, and our two boys made up the cozy group. My mother-in-law is a wonderful woman, and an amazing cook. Recipes from the old country fill her home with delicious aromas, and cover her table with mouthwatering morsels. Kipfle, Neut Torte, and celery root salad are a few of my favourites.

"Eat slow and eat lots," is her grace before we begin. Any meal starts with a "good soup", which all the children love, and is sometimes after two or three bowls, all they eat. They're excused from the table and allowed to go and play. My mother-in-law believes in the free spirit of a child, AND the peace an adult needs!

There are rules and limits at Oma's, but different ones than at home. In my books, this is okay. Children will, with their ever growing social circle, experience different rules at different homes and will learn to act accordingly. Once the children are playing the guitar or the piano, watching TV or building Lego, the

adults can sit and enjoy our meal. It's not quiet, don't get me wrong, but the children are happy and so are we. We have supper downstairs in the family room, because there's more room for everyone, so all dishes, food and utensils must be carried up and down the stairs.

This year with the children being 10, 7, 7, and 4 years of age, clean up was quick and efficient. I informed them that as soon as we had cleared away the dishes and so on, we could open the rest of the gifts. (They all get to open one each before "Essen".) Before we knew it, all that needed to be taken upstairs was, and the children were ready and waiting in the living room by the Christmas tree. Wow! My father's words ring out to me: "Of course you should help, what do you think we had you for?!" (I know where I get my sense of humour from!)

Gifts are opened in turn so we can all enjoy the excitement together. After the paper is picked up and the bows given to Tante Trish (I always recycle them), desserts are set out and we once again sit together and eat. The children seem to sit longer at this table!!

Once again, the children are off. Rick and Uncle Rudy take the children and the dog for a walk, and Mam and I wash up and talk about anything and everything. She even laughs at my jokes — I told you she was a wonderful woman. Dinner takes place around one-ish, so we usually eat again at 5 or so. Then pack up a doggy bag for everyone, the children all get a can of pop for the trip home and off we go. Tradition, family and food build strong bonds, healthy children and warm memories. ♣

*Children are strong, they have fought wars and built nations. Never treat them less than they are.*

— a native warrior



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Millbrook's Amanda Klarer learned the finer points of provincial procedure as a provincial page - along with some fancy footwork!

## Civic education and tango at the Legislature

By Melanie Anderson

A Millbrook teen has had the opportunity to see, first hand, just what goes on in the provincial legislature.

Thirteen year-old Amanda Klarer, a student at Westmount Public School in Peterborough, recently spent five weeks participating in provincial politics. No, she didn't run for any by-election — instead, she worked as a page in the legislature, along with 19 other grade seven and eight students from all over Ontario. Her provincial stint began November 22.

Five days out of every week were spent in Toronto, where she stayed at a relative's house. Amanda's daily duties involved updating the binders of bills and inserts that would be needed for the day by MPPs, walking a delivery route to and from various offices and the chambers, and completing schoolwork, all in addition to duties when the legislature was sitting. When working in the Chamber, Amanda was required to sit on the dais around the speaker until someone requested assistance. Such assistance might be getting a

member some water, or delivering a message.

The learning curve of a page, as one might imagine with all that is scheduled for them, is impressive. Amanda learned a lot about the who, what, where, when, and why of our legislative system, met a lot of friends she plans to stay in touch with, and learned to tango at the same time! While her tango was not with Mike Harris, she learned her fancy steps during afternoon free time; the pages had a choice of either art or dance for this time period.

While the scheduled time for a page is usually a session of five or six weeks, the session Amanda worked was supposed to run for only three weeks — giving everyone an extended Christmas holiday. However, the planned activities for that session ran longer than expected, and pages stayed on for the full five weeks.

Although Amanda will have some catching up to do this month on returning to school (she hasn't used French since her first day as a page), she encourages any young person who has the opportunity to be a page to go for it. Anyone interested in this program should contact their MPP (Gary Stewart in Peterborough riding, Chris Hodgson in Victoria-Haliburton-Brock riding).

On returning to school in January, Amanda expected to be behind in some subjects (such as French, which she hasn't used since her first day as a page, but she did not think it would be too hard to catch up. ♣

## Do you love to sing?

(Submitted by Jovanna Soligo, Millbrook)

I attended my 25th high school reunion the summer before last. It was the first time I'd seen most of my classmates since I moved away from my hometown after graduating. We had lots to talk about, including the many experiences we'd shared while singing in the choir.

We had gone to competitions, and performed a variety of concerts, including an annual musical. In retrospect, I realized singing with a group was one of my best high school memories. It was one of the things that helped me cope with the turmoil of those years. Some of my classmates as adults had joined community choirs, and they wondered why I wasn't singing. I couldn't answer that ques-

tion, but I decided that I wanted to. The perfect opportunity arose that fall when the Millbrook Community Choir welcomed new members, and I enthusiastically joined.

*We work hard,  
we laugh a lot,  
and I return home  
every Tuesday night  
with a smile.*

The Millbrook Community Choir is a dedicated group of people who get together every Tuesday night from 7:30 - 9:30 at St. Andrew's United Church in Millbrook to "make beautiful music together". We are such a diverse group, with varying degrees of musical experience. Some of us have lived in

Millbrook all of our lives, while others are newcomers. Some of us have small children, while others are grandparents. Some are professionally trained musicians, while others can't read music, but we all love to sing and we enjoy each other's company. We work hard, we laugh a lot, and I return home every Tuesday night with a smile. (My husband can attest to that.) In fact, I think being part of the choir is what helps me cope with the challenge of raising a small child and teenagers.

So... if you love to sing, and you can carry a tune most of the time, join us. We are welcoming new members during the month of January. For more information, contact me, Jovanna Soligo, at 932-2856, or any other choir members. We're all anxious to share the joy we've found in singing! ♣

## Strikes and spares to benefit local children

By Melanie Anderson

Now's your chance to do your best Fred Flintstone bowling impression, and make a difference in the lives of many children right here in the municipality!

Whether you are the star of one of the bowling teams at the Millbrook Bowling Lanes, or someone who hasn't quite made it from the bowling-from-between-the-legs stage, anyone can give it their best shot — and have a great time — to raise money for Big Brothers and Big Sisters! The 24th Annual Bowl for Kids' Sake will be held at the Millbrook Bowling Lanes on Sunday, February 20th between 1 and 2 pm.

Having been involved in the Bowl for Kids 20 years ago, Larry Keates, owner of the Millbrook Bowling Lanes, is pleased to be involved with this worthwhile cause. This fundraiser for the Big Brothers and Big Sisters Association of Peterborough will also be hosted the previous Friday at Lakeview Bowl in Peterborough. Or, if you are part of one of those brilliant bowling leagues, your team can participate at the usual bowling day and time.

The long-term goal of Big Brothers/Big Sisters is to provide one-on-one positive relationships for single parent children who have need of person-

al guidance, under the direction of professional staff. Money raised will support programs such as in-school mentoring, occasional Big Brothers or Brothers, along with the traditional Big Brothers/Big Sisters activities. The mentoring program matches volunteers with children in school who meet for an hour every week to play games, do homework, or whatever the two choose to do. This builds the child's self esteem, and gives those who otherwise dread going to school something to look forward to. The traditional programs take place outside of school. The volunteer is there to be a friend, and do fun things with the Little Brother or Sister for two or three hours a week.

For those who want to volunteer, but cannot work either of these two options into their schedule, there is also the Occasional Big Brother or Sister program. Every now and then, the Occasional Volunteer is called in to do something extra special with a child. Activities might include going to a hockey game or Canada's Wonderland. While based in Peterborough, the Big Brothers and Sisters are involved in the lives of children in this municipality, and they are in need of all the pledges and volunteers they can get.

The Honourary Chair of the Bowl for Kids' Sake

2000 is Steve Larmer, winner of the 1993-4 Stanley Cup with the New York Rangers. Larmer concurs enthusiastically with Larry Keates, that this fundraiser is a worthwhile and enjoyable opportunity to give back to the community. Despite having been in grade school in the latter part of the '60s, the hockey star is having fun already with this year's '60s party theme... so get out your best Hawaiian or vintage bowling shirt, and psychedelic wear! Also participating in The Bowl for Kids this year will be several of the Peterborough Petes.

The goal for this fundraising campaign is \$30,000, with pledges to be made per game, and prizes to be won for high scores by an adult and by a child. Everyone is encouraged to get involved, either by playing or pledging. As in past years, it is expected that a number of businesses will raise money through challenges to see who can raise the most. There is an Early Bird Draw participants will be automatically entered into if registered before January 21st at 5 pm. The Peterborough Arms has donated a dinner for six as the Early Bird Prize.

Anyone with questions about Bowl for Kids' Sake 2000, or wanting to register or volunteer, can contact the Big Brothers and Big Sisters Association of Peterborough office at (705) 743-6100. ♣

## Family Centre committee planning exciting events for 2000

Why not buy a brick to support the Centre? What a great way to remember someone special, to celebrate your family, group or business!

Funds for the Old Millbrook School Family Centre continue to raise the temperature on the thermometer at centre-ice in the Millbrook Arena.

In the months to come, many exciting and enjoyable fundraising events for the whole family are being planned. Spokesperson Angela Penello says the committee is organizing a benefit concert to be held in Peterborough in April, with more details to come in February's Gazette.

The train sponsorship campaign was a success this past Christmas season, with room for many more sponsors next year! The train display, which was a part of the municipality's celebra-

tions and decorations. To participate in this programme, businesses, groups and individuals could sponsor a car.

1999 sponsors included CMNM Parks and Recreation; Cavan, Prince and Anne Street residents; Nexicom; and Andy Gryg of Artscape Landscaping and Maintenance Services. Andy was also responsible for creating and initiating the wonderful display!

This train will be set up in years to come, and it could always use more cars! Anyone wishing to "purchase" a train car for the next Christmas season can call the Family Centre. Train sponsorship will benefit the Old Millbrook School Family Centre, the

DBIA Old Tyme Christmas, and the CMNM Parks and Recreation Lighting Display.

Why not buy a brick to support the Centre? As mentioned in last month's Gazette, each brick is \$100, and has an engraved plate (engraving of your choice) attached. These bricks will be included in a "wall of support" to be situated in the entry area of the Family Centre. What a great way to remember someone special, to celebrate your family, or your group or business! These can be purchased for \$10 per month on an installment plan over 10 months, alternatively — so give the Family Centre a call (see the ad in this issue for