

Our 3rd Anniversary!
How do you like us so far?

THE GREEN HILLS Gazette

Free!
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Volume 4, Issue 3

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

EMILY GETS FINAL WORD



Emily Doyle — at just the beginning of her fame!

Local girl wins at public speaking

By Melodie McCullough
Local student Emily Doyle has been able to combine her love of drama with her love of writing and come up a winner.

The 10-year-old girl who attends Grade 5 at Millbrook-South Cavan School recently placed first in the junior level category in the Legion's Public Speaking contest Feb. 18 in Millbrook, competing against 17 others, and then went on to compete in the regional level in Wilberforce March 24.

While she didn't place at that competition, this bright young woman has gone beyond that level in previous years — and won't let the disappointment hold her back from trying again next year!

"I like doing it a lot because I want to be an actor when I'm older. That's why there's a lot of drama in my speeches. And I like writing, too," said Emily.

For her topic she chose "The Life Cycle of a Salmon".

"I thought it would be interesting and I could throw some comedy into it," she said. "And they'd be able to learn something

about it also."

This is the second time that Emily has won awards for her public speaking. Last year she won at the Millbrook level with her speech about "Being a Pre-teen", and then won second prize at the regional level in Havelock.

"The only time I'm nervous is when they're saying what place I came in, but before that or after that I'm not nervous at all."

Emily wasn't always so outgoing and confident. In fact, it was because of her shyness that her parents, Brant Doyle and Deirdre Quinn, encouraged her to try out for a part in the 4th Line Theatre a few years ago.

"So I joined the 4th Line Theatre. Before I started acting, I was really quiet and didn't like getting up in front of an audience."

But it proved to be a turning point, and she's never looked back. She's had parts with the 4th Line the past two years and that has led to parts in Christmas plays put on by Misfit Productions in Peterborough. She hopes to continue acting whenever she can. Congratulations, Emily! ♣

Superbuild application goes to next stage

By Melodie McCullough
Cavan-Millbrook-North Monaghan Township is moving ahead with plans to submit a full detailed application to the province's SuperBuild fund for construction of a central "municipal services complex," now that its initial letter of intent has been accepted and approved.

The application, with a deadline of April 12, seeks \$4.81 million in funding to replace "in some way, shape or form" the existing single-pad arena and multi-purpose hall in Millbrook. The application will also recommend various other services be included in the plan, said Rick McGee, manager of Parks and Recreation.

These will be based in large part on the information obtained at a "search conference" held in Millbrook March 7.

The conference brought together more than 100 people from the community, chosen by township staff to represent recreational groups plus a general cross-

section of people of different ages and backgrounds, and from different areas within the township.

The conference was organized by township staff and Rethink Group, an Ennismore consulting firm hired by the municipality to help with the SuperBuild application.

Participants discussed their vision for the complex in groups. What came out of the evening's discussions was the consensus that in the future, most major township facilities should be centralized at one location close to major transportation routes and available to people in all three wards.

It should be accessible to the disabled, with sufficient space for parking and future expansion, and access to sewer and water services.

Mr. McGee said the township hopes to build a complex in the near future to replace the arena, but other services might not be built until later.

"We brought together a diverse section of the community and worked together to ... develop this project."

"Whatever happens at this municipal services complex could take 50 years to evolve, and that would be built in many different phases."

These phases could include a swimming pool, auditorium, gymnasium, theatre, pool, health and fitness club, indoor walking track, curling rink, skateboard park, lawn bowling facility, youth and senior relaxation centre, library expansion, banquet and conference centre, outdoor multi-purpose areas for soccer, ball and fairgrounds, and municipal offices.

Some participants at the search conference expressed concern for Millbrook businesses if the

complex is built in an outlying area; others hoped it would not "urbanize" the township too much.

Rob Lockhart, president of Rethink Group, said the township has one of the youngest populations in the province, and it will remain younger than the provincial average; it will age as baby boomers move into the 55-74 age range. This will affect the need and type of leisure activities in the next 20 years.

Mr. Lockhart said in a later interview he was impressed with the amount of "common ground" at the conference. He intends to use that information, as well as past surveys and community profiles, when deciding what to include in the 47-page SuperBuild application.

Mr. McGee said the township might hear back from the province within four months. If unsuccessful this time, there is a second round of SuperBuild money available, for which the municipality could apply. Also to be investigated is the possibility of public and private partnerships, and fundraising. ♣

Family centre opens this weekend!

We, at The Green Hills Gazette, are delighted that the doors of the Old Millbrook School Family Centre will be flung open for the community to see — after all the hard work of many volunteers and supporters — this weekend!

On Friday, April 6, the official ribbon cutting will be held at the Old School, with the usual dignitaries in attendance, as well as several of the children who will benefit from this fantastic new facility. In the evening, there is also an open house, for those of you who were either working or attending school.

Come on out and see what has been done by our community, on behalf of families, children, and youth. Trust us, it's absolutely beauti-

ful — and really something to see, especially if you were once a student at Millbrook Public School. You won't believe how much the lower level (aka basement) has changed! The Wall of Recognition, with bricks purchased by members of the community and businesses, will also be unveiled.

Already, interest has been expressed in possibly providing a variety of programs and activities in the newly renovated space. Suggestions include a licensed before and after-school program for children 6 - 12; courses focusing on the care and well-being of infants; parenting courses for parents of young children; an early literacy skills program (in partnership with the library); a computer explo-

ration program, and day camps. Of course, the space will also be available for use by various groups and organizations. (The OMSFC board of directors is interested in hearing from you in regard to your ideas! Call 932-7088 and leave a message.)

The OMSFC Gala Dinner and Charity Auction, to be held this Saturday, has been sold out! There have been many wonderful donations by area businesses, families, and individuals, and we will thank these people and the many volunteers specifically in our May issue.

Thanks to everyone who has contributed in some way to the founding of this important facility for our community! See you at the opening and the gala! ♣

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Library hours to be extended

By Michele Curran

To reflect the community's demand for longer and more convenient hours, the Millbrook Library and the Bruce Johnston Public Library (North Monaghan) will be increasing their hours of operation, commencing April 3.

Hours for the Millbrook Library will be Tuesday, Wednesday, and Friday from 11 am to 8 pm, and Saturday from 9 am to 2 pm. The Bruce Johnston Library will be open Tuesday and Thursday 12:30 to 8 pm, Wednesday 12:30 to 4:30 pm, and Saturday 10 am to 3 pm.

Also beginning April 3, the fines in both libraries for overdue print and audio material will rise from 10 to 15 cents per day. Maximum fines for all overdue material will be raised from \$7 to \$10. There will be no increase in the rates for overdue videos, which will remain at \$1 per item per library day.

During March Break, both libraries enjoyed youthful crowds at their respective craft days; a sin-

cere thank you is expressed to children's program coordinator, June Forrester, for all her hard work in making the day so successful.

In a recent budget meeting Council approved an increase of \$26,000 to assist the libraries.

In related news, Council approved an increase of \$26,000 to assist the Library Board with their operating costs, during a recent Council budget meeting. According to chairperson Bill Slavin, "This money will go a long way to rectifying the added demands and expectations operating two buildings brings, especially with the reduction in provincial government grants... Though the majority of the increase will go toward bringing the local librarian salaries into line with their municipal counterparts, there will be a significant amount of money allotted for new books as well." ♣

The way we were

By Michele Curran

Every year, many of us make resolutions to volunteer or become more involved with the community -- but the demands of everyday life prove too overwhelming, and any thought of getting involved is left for another day.

However, in Millbrook you will find a group of women who are taking the time to commit to community betterment. These women belong to worldwide organization, The Women's Institute, which began in 1897, when Adelaide Hoodless and Erland Lee first organized the Women's Institute at Stoney Creek, Ontario. It is an educational, non-sectarian, non-partisan, non-racial organization, open to all women over the age of 16.

It was on March 22, 1901 the Millbrook Women's Institute came into being, and for the past 100 years they have proudly upheld their motto "For home and for country," through sponsoring local grade school spelling matches, to assisting their country in making items for the war effort.

On March 22, 2001, the Millbrook Women's Institute celebrated their 100th Anniversary at St. Thomas Anglican Church. The women received a plaque commemorating this momentous occasion from headquarters and municipal council, and nine members each received a life pin. These members include: Jessie Larmer, Helen Corfe, Maxine Hopkinson, Hermie Jandrisits, Jean Larmer, Barbara Muneke, Opal Nelson, Dorothy Olan, and Lola Thexton.

As part of the celebration, 4th Line Theatre previewed a play involving the Women's Institute, which will be part of their repertoire for next season. The play explores many themes,

including the physical isolation of early pioneering women and the importance of friendship.

The Institute's objectives were, and still are, to help women acquire sound homemaking skills; to stimulate and develop leadership; to help define and resolve all problems in the community; to promote the use of all available resources; and to help develop better informed and more useful citizens.

Their work in the community began in 1904, with the yearly planting of flowers around the cenotaph -- until evergreens took their place. In 1926, they erected signboards at the entrance of the village, and as a Millbrook Fall Fair exhibit, gave donations to every boy and girls entering the public speaking contest. In 1935, the Girls Homemaking clubs were started with the assistance of the Institute, which are now known as 4H Clubs. In 1951, the Millbrook Chapter celebrated its 50th anniversary with a banquet at the Millbrook Town Hall. The members also took short courses to increase their knowledge of sewing, cooking, decoration, and millinery. In 1967, Canada's Centennial year, they purchased shrubbery to be planted around the ground of South Cavan School. Today, the members continue to do work such as sewing quilts for fire victims or nursing donations to worthy causes.

There are just over 1000 branches with approximately 20,000 members. Local chapters of the Women's Institute include Bailieboro, Elizabethville, Cavan, Bethany, Mount Pleasant, and Millbrook.

If you would like to know more about this organization contact Dorothy Olan at 932-5242. ♣

Biosolids Public Relations becomes mud slinging contest

By Michele Curran

A presentation on sewage biosolids by the Environmental Protection Division (EPD) of the City of Peterborough at the March 19 Council meeting met with mixed reviews from local residents.

Deputy-Reeve Brian Fallis said at the Allin farm in Cavan ward, biosolids were spread in the rain; according to the EPD presentation, this is not permitted. He asked Zbig Bukala, EPD Manager, "How do you enforce your own rules?"

Bukala replied, "The guidelines don't forbid spreading in the rain. Guidelines mean we still may if we want to. Guidelines are only guidelines and not regulations."

Bukala assured Fallis the quality of biosolids is far better than traditionally treated manure by farmers, and alluded to the product being of a Class A quality. Class A refers to the elimination of pathogens, whereas Class B refers to the reduction of pathogens in biosolids. After the meeting, Patrick Devlin an EPD Environmental Officer, said the biosolids are actually a class B but the quality is very high, and they are just off a class A rating. To achieve this rating, the biosolids would have to go through a fairly expensive process.

Anne Marie Scheuneman, neighbour to the Allin farm, asked Bukala, "Why did the Allin farm receive three times the amount of biosolids over a five year period, and on a tiled field, (causing) a large amount of runoff making people sick?" She also wanted to know why, when she visited Bukala's office for the second time to view the records of Allin farm application, she was told to go through the Freedom of Information Act.

Bukala said spreading of biosolids is very strictly monitored and controlled. He also said he is the only one that can give out the information -- and can't spend hours on what he calls a frivolous request.

Ratepayer Bob Clark asked if he could request the records. Bukala replied, "You should arrange a time, set up an appointment, and I will show you whatever is available. My staff and I don't have time for repetitive, hostile, and irrelevant questions."

At the end of the presentation, Council learned there would be no more reel spraying, that can shoot biosolids up in the air at least 50 feet -- and may have contributed to the odor coming from the Allin farm.. They also learned if biosolids are to be spread on area farms, neighbours will learn about it through door to door notifications. ♣

No to motorized vehicles on trails

By Michele Curran

Though the snow is almost gone, the marks left by a few snow mobilers on an access route of the Millbrook Valley Trails has resulted in the Parks and Recreation Department requesting no motorized vehicles be

allowed on the Trails.

This recommendation flies in the face of Council's earlier March 5 decision permitting snow mobile riders to use the area known as CP 101 for the balance of the 2001 season subject to the approval of the affected property owners.

The turnabout came at the March 19 Council meeting, when Councillor Bob Deacon brought two letters to the attention of Council members. The correspondence was from property owners who objected to snowmobiles being allowed on their land. It was at this meeting that Council deferred the matter to the Parks and Recreation Committee, where it was decided a bylaw should be drawn up restricting all motorized vehicles on trails, including ATVs, motorcycles, and mountain bikes.

At press time, the recommendation has yet to come before Council. ♣

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NOTICE

TOWNSHIP OF CAVAN-MILLBROOK-NORTH MONAGHAN

Application for Year 2001

Community Funding

Any group or association in the Township of Cavan-Millbrook-North Monaghan which would like to be considered for community funding Grants in 2001 should file a Community Funding Application form with the treasurer, not later than **Thursday, May 31, 2001.**

Council has set aside \$40,000.00 in funding in the budget to be allocated to various groups. The 2001 application is available upon request at the Office of the Township Treasurer, 1 King St, East, Millbrook during regular business hours. Applications will be subject to evaluation and recommendation to Council.

Applications for over \$1000.00 should be accompanied by a fund raising plan.

Hazel Armstrong, Treasurer
Township of Cavan-Millbrook-North Monaghan
1 King Street East, Millbrook, Ontario. LOA1G0
Telephone 932-2929 Fax 932-3458
E-mail treasurer@nexcicom.net

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BUSINESS PROFILES



The outside is an enticement to see the cozy rooms inside!

Welcome to Olivia's Garden

By Melanie Anderson

They decided to name their bed and breakfast after the Grecian statue in the garden.

Olivia's Garden Bed and Breakfast was established last summer in the home of John and Mary Anne Staples, on 7A just west of Cavan. They decided to turn their home into a B&B after both their kids had gone to university, and because they have enjoyed staying in B&Bs during their own travels.

The house has quite a history, according to a former owner. On a "long hundred" lot, the house used to be in the middle of the farmland. During the early 1930s, the owner dis-

assembled the house, and moved it to where it is now. It was rebuilt in brick, which he drew in by sleigh from the railway station in Bethany, and then he presented the house to his fiancée as a wedding present.

The Staples have lived in this house, across the road from John's family home, for 25 years. During their years in the house, the Staples have enjoyed "trying to keep its character" in the process of renovating. Using an "eclectic decorating style", they have used treasures discovered at auction sales and flea markets to give each room a charisma all its own.

Imagine sinking into

the comfort of a fluffy quilt, in a quiet room, surrounded by homey touches such as photos, and antiques -- reminding you of the happy history of this house. The views out of the back of the house are magnificent, and further enhance the feeling of serenity. Of course, you can also go for walks, and visit with the Staples' horses and dogs.

As the name would suggest, there is breakfast included in the overnight accommodations. John does the cooking, and for good reason, I was told. His specialty is blueberry buttermilk pancakes, served with fresh maple syrup from his brother's sugar shack next door. You can also order buttermilk scones, part of the hearty breakfasts they serve with lots of variety, before which there is early morning coffee and muffins served in the sunroom. Their guests are truly well fed before they leave.

Olivia's Garden is part of the Lakefield-Peterborough B&B Association. They advertise in the brochure for the 4th Line Theatre, so that theatre-goers have a place to stay locally. And they have a good working relationship with the other B&Bs in the area, who refer guests to each other when they are full.

Most of their guests are travellers to and from

Toronto or Ottawa, or people visiting family in the area needing a place to spend the night. Guests are encouraged to make reservations.

Probably the best reward of operating a B and B is the interesting people met, and the friendships made. Over last Thanksgiving weekend, a family from Columbia, South America, stayed with them, according to Mary Anne. The family's daughter was having a birthday on one of the days they were there, so they decorated the dining room, everyone sang Happy Birthday in Spanish, and enjoyed birthday cake. Before the family left, they gave the Staples their e-mail address... and if they ever want to visit the Amazon Basin, the couple has an open invitation!

Historical surroundings, breathtaking views and countryside, and a scrumptious breakfast -- not to mention great stories! -- close to home. Why not consider taking a break, giving one to a stressed out family member, or setting up visitors in comfort? Olivia's B and B is located at 381 Hwy. #7A, Cavan (just west of the village). Bookings can be made by calling 944-5554, or toll-free (877) 537-7701. ♣

New Millbrook shop offers country look

By Melodie McCullough.

There's a great new shop opened in Millbrook's downtown area -- just in time for shoppers heading out the door to enjoy the spring air.

The Rustic Rooster is located at 16 King Street, and offers an abundant supply of home decor and gift items, all following a country theme. "Basically, it's country accents for the home," said Shelly Simmonds, who opened the store March 1 with co-owner Joanne Fournier.

You'll find tablecloths, tea towels, napkins, pillows, and lamps, all at great prices.

"Everyone is really liking our products and our prices."

You'll find items such as tablecloths, tea towels, napkins, pillows, and lamps featuring roosters, other farm animals, and country scenery in a range of colours, especially terra

cotta and other earth tones. They stock wrought iron items, because of rustic appeal. The women are also hoping to expand their inventory soon to include gardening items, Simmonds said.

Mrs. Simmonds and her partner chose Millbrook for their business because they live here with their families and enjoy the atmosphere of the small village. Her roots are here, too -- her mother grew up in the area. Shelly moved to Millbrook from Peterborough about two years ago. She has retail experience, having studied merchandising and design, and then managing a store at Portage Place in Peterborough.

Joanne Fournier brings a knowledge of the community to the business, as she has lived in Millbrook for thirteen years and has been involved in community affairs. "She's definitely a people person," said Shelly.

Business has been good so far, with both local and not-so-local customers visiting the store, she said. People have come by from Cobourg and Lakefield, and they hope, by word of mouth, to draw from other areas as well. "They'll find gift items, but they'll also find things for themselves too, useful items and affordable," said Shelly.

The Rustic Rooster is open 9:30 am to 5 pm every day, except Sunday. ♣



Joanne and Shelly with some of the unique gifts on offer!

Olivia's Garden
Bed and Breakfast

John and Mary Anne Staples
381 Hwy 7A, RR#1
Cavan, Ontario
LOA 1C0
(705) 944-5554
Toll Free: (877) 537-7701

Choosing your financial professional

Submitted by Brian Nashman of Edward Jones, Peterborough

There was a time when managing your money was simple. Savings were kept in the local bank, and stockbrokers sold securities.

Today, investors have access to a wide variety of financial professionals offering all kinds of services. There are more than 30,000 stocks worldwide, thousands of different corporate and government bonds, and more than 3,000 different mutual funds available in Canada.

The media is filled with advertising about investments, many of which may or may not be right for you.

All of your investments should be co-ordinated to work in harmony toward your financial objectives. That's why it's important to find a full-service financial professional who not only can help you establish sound financial goals, but also has the training and expertise to implement a proper investment plan.

Choosing that person is no simple task. It demands the same attention as hiring an accountant or lawyer with whom you plan to

establish a long and successful business relationship. You should only consider qualified investment professionals who offer product knowledge, convenience, and a commitment to continue working with you as your financial objectives change.

The media is filled with advertising about investments, many of which may or may not be right for you. An investment professional who knows about a variety of investment products can help you to select investments that meet your financial objectives and your need for safety. Salespeople with access to only a limited selection of investments cannot offer this level of service.

In addition, because successful investing is a long-term relationship, your investment advisor should be eager to establish a long-term relationship. This means helping you build a customized plan to meet your objectives. When you speak with your investment professional, he or she should have your records available, understand your long-term objectives, and be able to act quickly on your behalf.

Given today's global economy, changing tax laws and the tremendous number of investment choices, a competent, full-service professional can be the key to meeting your financial goals. ♣

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EDITORIAL

What will he do next?

It kind of crept up on us, even though he was counting down the days over the last month. Dad's retirement, that is. Some of you may know him as "yet another Luchuk" who writes Outdoors with George for the Gazette; others from either St. Thomas, Millbrook or St. John's, Ida Anglican Churches; a few from General Motors; perhaps some from his involvement in minor hockey; and still others from the days when we were fighting to save the high school.

As I wrote down all the organizations, projects, issues, and people my father has been involved with over the years, I am somewhat awestruck. Despite the fact that he worked shift work when my brother and I were small, he still had time to spend with us, and even to take some university courses at Trent! (Now that I've been to university, I can only imagine what kind of hell that was trying to study and write with two, then three little kids around, and with a sleep deficit from shift work!) Dad was always working — but when he wasn't, we travelled around Canada and to Florida on many road trips and camping vacations. Oh, and around this time, he had an invention patented...

Then came the era when we were active in so many school and church activities — and he and Mom were actively involved and interested in our education and development. So much so that Dad ran for school trustee (lost out to Stu Calberry), and later played an active part in saving Millbrook High School in the board of ed's second-last attempt to close it. He attended Council when he thought it important to speak up, and was on good terms with the neighbours, helping out our senior friends in particular. He put in many hours as a Sunday school teacher, sidesman, and on the executive at St. Thomas. I even remember being in a parish play with him at one point (I think I was eight at the time).

And all this time, he was putting in long hours at GM — 37 years to be exact. I figure he probably spent 3/4 of his waking adult life at GM, with all the overtime worked.

It's evident, as I write this editorial, that he bloomed where he was planted — as the guys from the plant at GM where he worked as a millwright couldn't seem to let go of him today. They all wanted to hang around, hug him, say goodbye in many, varied gruff and humorous ways. People apparently went out of their way to come and say goodbye, or to take him out for a beer, fete him in their homes, or to come to the house for his retirement party. I can only imagine the legacy he has left, the lives he touched by being a fair, decent, and caring guy — as much as you could be in a large institution like GM.

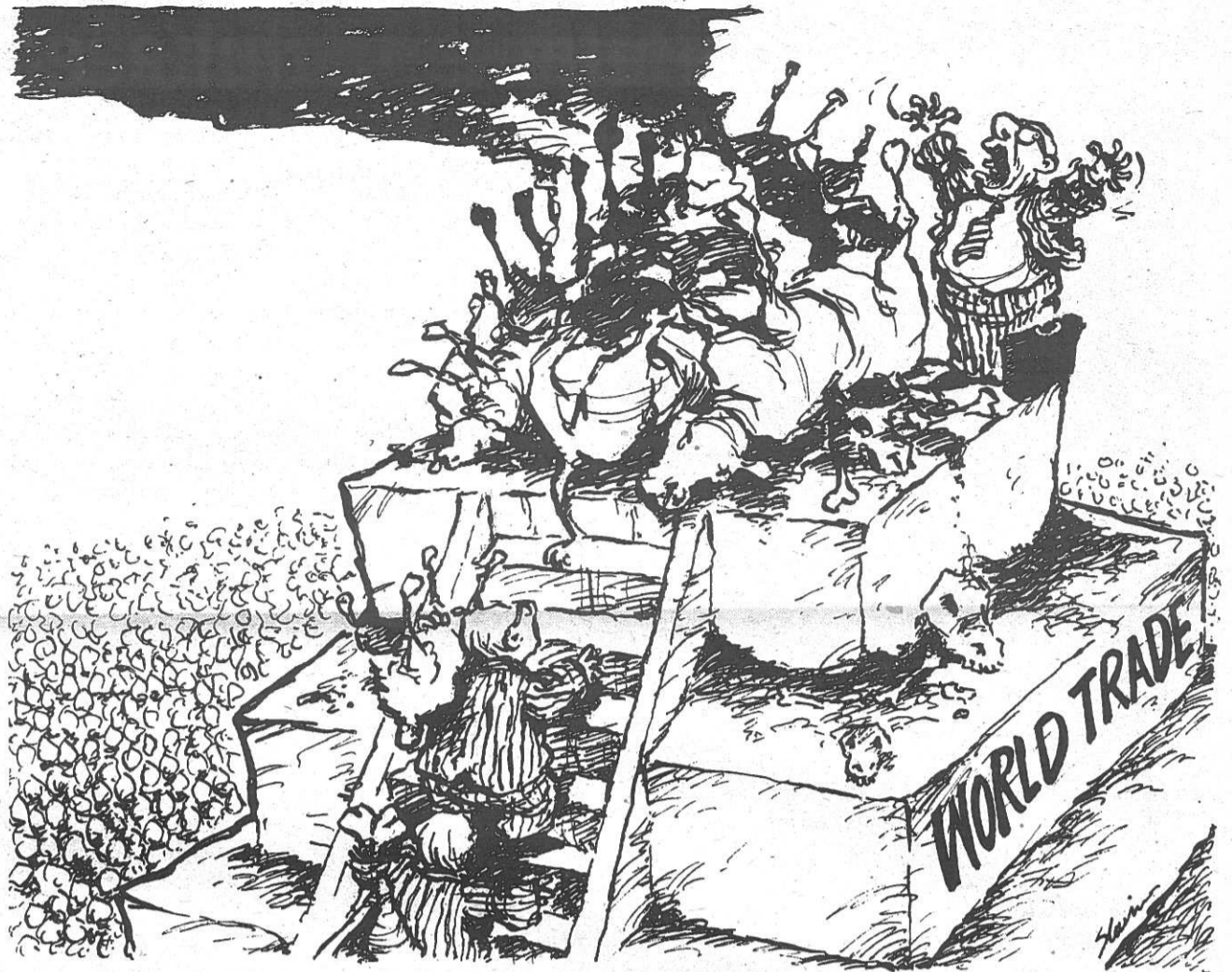
He sure has made his mark on us, at any rate. And now he can ride off into the sunset, into another day, and another adventure. We're really awestruck, Dad, at how much you've achieved in the last 37 years, and how many people you've touched. How many more will it be now you that you have more time on your hands? You've been an inspiration, and certainly have raised the bar for us to achieve, spread goodwill and caring in the community, and make the most of every moment.. Thanks! ♣

NEXT DEADLINE

Deadlines for the Thursday, May 3 issue:

Monday, April 23 — advertising deadline

Monday, April 16 — editorial copy deadline



Save the Old School... from what?

Save it from the people who actually have school memories of chums and activities, and playing hide-and-seek in the long grass?

Save it from being the first to have the snowplow or sander, or improved sewers visit its subdivision?

Save it from the need to improve its view for its neighbours, rather than for passersby downtown?

Save it from providing harried parents with less hassle in the daily shuttle from home to daycare to work?

Save it from the knowledge that its hillside was chosen by its founders as the best building site within its former village?

Save it from understanding that its new friends lack appreciation of the historical value of every inch of land when such a small area has hosted settlement for approximately 175 years?

Save it from realizing its new friends disregard its founder's vision of a place of opportunity for its rural and urban community together?

Taxpayers who elected our Council counted on them to promote our newly-formed joint corporation of Cavan-Millbrook-North Monaghan. We counted on them welcoming new businesses with the best that we can offer, just as they did for the Reformatory. We counted on them for action to save our future.

So they promoted our area with all its sand to South and West — all the silt in the valley, all its woods, springs, brooks, hills, and stones — and everywhere else. They encouraged a business with up-front actions concerning a sound building site. They felt

their actions would be justified a) to keep a reason for people to come to Millbrook; b) to keep our doctors and medical centre (so we aren't another Keene), if and when well-deserved retirement time arrives; c) to keep our pharmacy if we have fewer people and doctors retire; d) to keep our bank from becoming an ATM machine; e) to keep our IGA which "due process" cost thousands of dollars before its expansion, only to learn that a significant part of its customer base would disappear with the Reformatory.

However, whatever was awful that Council did, seems to be applauded when the same process applies to a second best site. The real challenge for the next five years for Millbrook is not a site or better sewers for all our residents. It is living without the Reformatory jobs.

Now Council has to decide if the conscience of all their taxpayers can rest by asking kids to give up their ball diamond, and their four country 4-H cattle show as a second-best site. Do all taxpayers support asking OMNI's CEO to give up a beautiful dreaming spot for seniors, for a second-best site? If the fair relocates, it will represent another area, and this ignores Otonabee-South Monaghan (Twp.), a 90-year supporter of the fair.

How can the Chamber of Commerce tell tourists that we have more history than other towns? How will the arena bring people to Millbrook if it relocates? After the big blast in the seventies, the Fair Board invited the arena to share its site, but now it's being asked to sacrifice a 152-

year old event, and let the deed specifying our grounds for agricultural use be violated. All this for a second-best site that not even the geese visit — just dogs, trespassers, cyclists, and four-wheelers zipping up and down the bank and over the unusable flood plain. Are we to bury a Millbrook tradition to save an already saved school? Who can be proud of this?




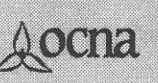
It is to be hoped that most people come to Millbrook because of people they trust or respect and care for. Thank you, Council, for rewarding the trust of many by investing in the three-plus acre Needler site to facilitate fair expansion. Thanks for trying to secure the best site for OMNI. Thank you, OMNI CEO, for respecting diverse opinions — you did pick the best site. Thanks to the seniors and our youth, like Sarah Farrow, who really care about each other and our future. You make it the reason to re-think, revisit, and re-

negotiate the best site for OMNI and the future of Millbrook.

Now if the Friends of the Old Millbrook School still need suggestions for funds they collected, here are four suggestions:

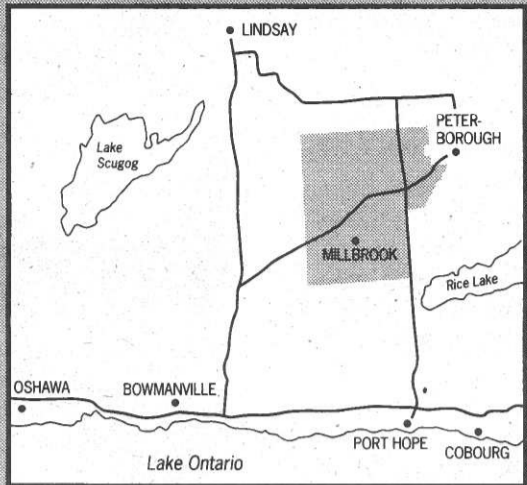
1. Put your money in a trust fund to provide perpetual care to the wee family cemetery on your doorstep overlooking Baxter Creek — which is historical.
2. Use your money to fund free transportation at least once a week for Millbrook Manor residents, for whom easy access to the library has been forfeited.
3. Put it towards better sewers.
4. Promote renewing the Toronto-Peterborough Via connections — for without your help to provide the best building site for this project, all roads will lead through or away from our "soon to be" bedroom community of starter homes — not matter how much your support the idea.

— Holly Hall
Cavan, Ontario


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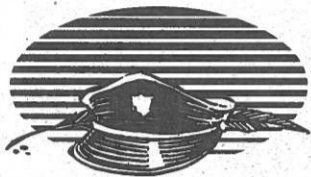


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DEEP BLUE INK

Confessions Part Three

By Dean R. Vincent

Page Seven, Day Three (February 21, 01-Payday) Before I even finish my Globe & Mail quick clue crossword I'm struck by a dichotomous thought – two objects in contrast – the cockroach and literary economy. Does the cockroach magically appear in the dank air of greasy corners? Are they the eighth, more lasting, plague upon the Egyptian and we are all from Egypt? Never left? More likely they are the insistence of whatever it is they represent, which brings me to the thought of literary economy. I use the word 'economy' until I can come up with something, some word, line, statement, or unsaid that adequately can replace it. Not financial or commerce – forget that, for the moment (just like I must insist you forget yourself as you scan this these unlined pages – act of impossibility. Suspend!) what I mean is that whatever you read, view, hear (taste?) is just a splinter or fraction of the medium's thoughts*.

Brevity, concision, irreducibility are the signs of artistic accomplishment. Do you think that the writer, artist, etc. can "literalize"*** what they have done as if with blinders? Whatever the cockroach means as it skitters across the wall or over your boots is as the product produced by the artist as your eyes do the same over the page. The cockroach is the essence – not just metaphor, but the irreducible symbol of a whole set of rules, values, senses, et al, for which as it has been manifested as its agent. That is the poetry of the cockroach. It carries on it back

the chance to know so much more. We praise the artist, we should, but they are just handing us the key, scope, whatever you will, to the 98% of thought that is not contained in the work itself. Perhaps we're now getting to why the artist (one reason) is traditionally known as being miserable, unsatisfied. They may be miserable because of their belief that whatever they create, no matter what scope, is so small in relation to their unwritten thoughts (those jiggling around in their gifted heads). So much more to say. Is the energy or talent or desire lacking? How about the ego? Poets can only go unread for so long. What they create may also be abhorred, and stamped on as quickly as the eternal cockroach! Think about Gregory Samsa.

*I've just now, due to the column boundaries of the G. H. Gazette, invented a poetical form, which I will call the "GazzCinq". The form consists of three-line stanzas, each line consisting of five syllables, with a total of 300 (or so) words.

**It is worth noting that the above confession, as all that will be presented, is printed exactly how it appears in my 'Bienfang' Sketch book. Part Three was rendered in its entirety in purple ink. ♣



CREATIVE PARENTING

A parent's finest hour

By Trish Boyd-Reininger

As promised, I've delved into the world of "Between Parent and Teenager," by Haim G. Ginott, and have hopefully extracted the beginnings of some helpful information.

When the realization comes in any parent's life that his or her child is no longer a child, it is a unique moment of elation — and fear. There is happiness in knowing that our children are growing toward adulthood, and apprehension in knowing we can no longer protect them fully from outside forces. From now on, our child must face the unavoidable challenges of life, largely unaccompanied by us.

It's therefore understandable that we, as parents, face a conflict. As parents, our need is to be needed; as a teenager, our children need to not need us. We experience this daily as we help those we love become independent of us.

It isn't easy to watch a pleasant child turn into an unruly teenager.

To let go when we want to hang on requires the utmost generosity and love. Only parents are capable of such painful greatness. This can be our finest hour. This can bond us with our children for life.

Teenagers resent attention and advice they haven't asked for. They want to look grown-up, self-sufficient, and independent. Help is perceived as

interference; concern as babying, advice as bossing. Teenagers are like a person who needs a loan, but wishes he/she was more financially independent.

So how do we help when help is resented? How do we guide when guidance is rejected? How do we communicate when attention is taken as an attack?

First, we get tough. When this fails, we switch to kindness. When no result follows, we try reasoning. When gentle persuasion falls on deaf ears, we resort to ridicule and rebuke. Then we return to threats and punishment. Funny... isn't that how we dealt with our children when they were much younger? Say five or six?

Adolescence is a time of stress and turmoil for the child as well as the parents. It isn't easy to watch a pleasant child turn into an unruly teenager. Old battles are revived. The fight of going to bed at night and getting up in the morning is back. Homework and chores take a backseat.

The teenager is full of contradictions. Her language is crude, her fashion is a statement (to say the least), but she's too shy to ask a salesperson for help, or shower with classmates after gym. He talks about

love, but a hug from mom will send him running. She will quarrel and quibble, and ignore our words, but will be genuinely surprised when we feel hurt by her antics.

Don't despair! His or her behaviour fits this developmental phase. The purpose of adolescence is to loosen up the personality. His or her personality is undergoing the required changes, from organization (childhood), to disorganization (adolescence), to reorganization (adulthood). Adolescence is a time of curative madness in which every teenager has to remake his or her own personality. He/she has to free him/herself from childhood ties with parents, establish new identifications with peers, and find his/her own identity.

They do not know that their anxieties and doubts are universal and timeless. They must attain this information on their own. It takes time and wisdom to realize that the personal parallels the universal — and what pains one person also pains humankind. ♣

The toughest part of motherhood is the inner worrying and not showing it

— Audrey Hepburn

Free Skate with the Easter Bunny

Sunday, April 8 1-3pm

Millbrook Arena

Easter treats and refreshments will be served.

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Easter Celebrations

The Anglican Church Welcomes You!

- 9:15 a.m. St. Paul's, Bethany
- 9:30 a.m. Christ Church, Bailieboro (at Emmanuel United)
- 9:30 a.m. St. John's, Ida
- 11:00 a.m. St. Thomas, Millbrook
- 11:00 a.m. Trinity Church, The Marsh
- 11:15 a.m. Christ Church, Omeme

Sunday, April 15

The Rev. Mark Murray: (705) 749-1328 — Canon Susan Sheen: (705) 932-2233

Celebrating spring in the country!

Get your taste buds, walking shoes, and family ready – Maplefest is bigger and better than ever!

This annual weekend event is scheduled for Saturday and Sunday, April 21 – 22, and features activities at Kennedy's Sugar Bush, in the Village of Millbrook, and at the Lions' Den, just north of the village.

This year, there are a couple of extra-special events and activities to round out your Maple Fest

experience! Saturday, April 21 is Dairy Day – an opportunity to discover where that white stuff in the carton really comes from (not just the IGA!). You'll learn more about farm safety, milking equipment, cattle care, milk production and standards. (A great outing to take your city friends on!) This event is graciously hosted by John and Susan French, and is sponsored by the Peterborough County Dairy Producers. The French farm is on the 4th (Zion) Line, just south

of Millbrook, east of Cty. Rd. #10, and activities will run between 9:15 am – 3:15 pm.

On Sunday, celebrate Earth Day with trail walks on the Millbrook Valley Trails, live musical entertainment by Brookside, and puppet shows. These activities take place/start off around the mill pond in the village.

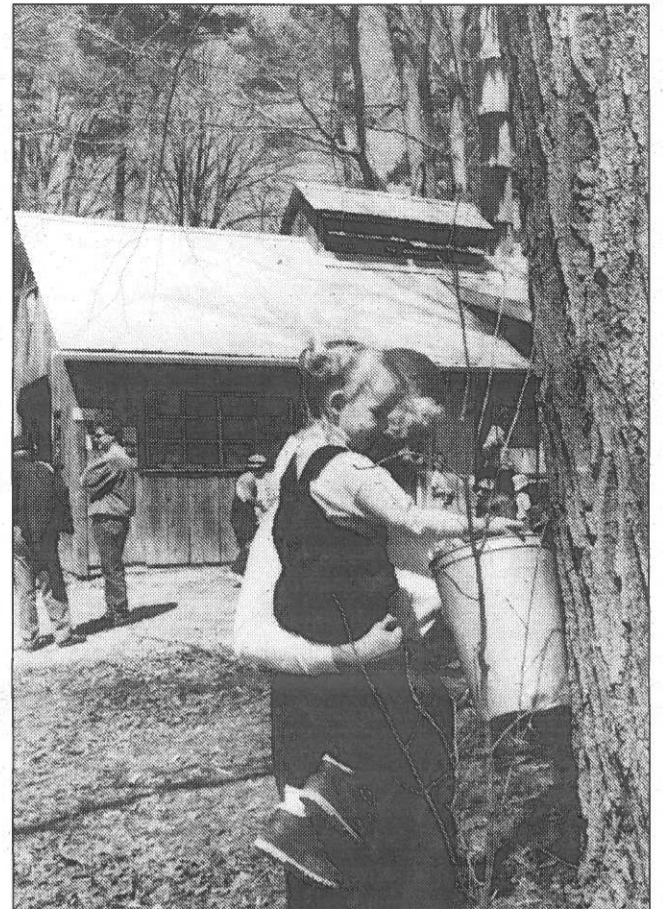
We personally recommend you start the day off right with a hearty breakfast – because there's so much to do and see, you'll need your energy! The Lions' Club puts on a delicious pancake breakfast between 8 am and 2 pm for the low, low price of \$5 for adults, \$3 children 6 – 12, and under 6 free. The Lions' Den is located on County Road #10, north of Millbrook (between the village and Hwy. #115).

At the sugar bush, take a tour, and learn how maple syrup is made between 9 am – 4 pm. Admission is \$2 per person, families \$6. While you're there, enjoying the great outdoors, take part in wagon rides, taffy pulls, sugar shack tours, walks on trails, and syrup-making demos. Of course, no visit

is complete without at least one Fritter from Heaven, a delicious treat featuring some of the liquid gold you're celebrating. While noshing on these treats, enjoy fiddle music provided by local musicians!

Leave your car at a parking lot (sponsored by Tinney Motors) in the village, and eliminate the stress of finding parking elsewhere! There's a free shuttle bus between all Maple Fest locations, including the bush. There's also a guided bus tour of historic sites, to learn more about what Canadian Living magazine dubbed "the best town in Canada for history buffs".

Saunter around the village itself to enjoy a variety of activities for all members of your group. For the kids (or the kid in you), there's midway rides, pony rides (courtesy of Maple Creek Ranch), a free miniature train ride, clowns, and face painting. Make a journey into the past, and investigate the Old Fire Hall Museum, or watch blacksmithing demonstrations. Delight those taste buds again (you were getting hungry, weren't you!?) with good-



Checking where the syrup comes from with grandma, in 2000.

ies from the bake sale, and other treats on tap throughout the village and in our wonderful restaurants. Enjoy the artistic sensibilities of our community, and the award-winning art of local artists at the 6th Anniversary Show of the Millbrook Gallery on both days. If that isn't enough, there are all-day events at the Millbrook Arena, and a silent auction!

Advance tickets (\$8) include all events! Call the Millbrook Chamber of Commerce at (705) 932-7007 for details. MapleFest is sponsored by The Millbrook and District Chamber of Commerce, and the Municipality of Cavan-Millbrook-North Monaghan. For more information, call (705) 932-7007, or visit www.kawartha.net/~milbrook.

Easter's on its way!

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MILLBROOK MAPLEFEST 2001

A family country affair

Saturday and Sunday, April 21 – 22, 2001

Advance tickets \$8 for all events! Available at most retail outlets in the district. Call the Millbrook Chamber of Commerce at (705) 932-7007 for details!

Sugar Bush Tours

9 am – 4 pm
At Kennedy's Sugar Shack
Admission \$2 per person, family \$6

- Free horse drawn wagon rides
- taffy pulls, sugar shack tours
- fiddle music by Messey Ferguson
- Fritters from Heaven
- Ecology walks
- syrup-making demonstrations

Delicious Pancake Breakfasts

At the Lions' Den
8 am to 2 pm
Adults \$5, Children 6 – 12 \$3, under 6 free

Free shuttle bus between all MapleFest locations, with guided bus tour of historic sites

Free parking courtesy of John Tinney Motors on Center Street both days and the South Cavan School on Saturday. Free shuttle bus every 30 minutes 9:00-3:30 both days.

Sunday – Earth Day

2:00-4:00 at the Arena

- traditional cake ceremony
- trail walks on the Millbrook Valley Trails
- live musical entertainment – Brookfield
- puppet shows
- Barbecue
- final door prizes awarded
- Silent Auction results revealed

In the Village:

- midway rides
- live entertainment/music including QUARTERLINE
- blacksmithing demonstrations
- side walk sales including bake sale
- pony rides (by Maple Creek Ranch, Cavan)
- Old Fire Hall Museum
- Free miniature train rides
- 6th Anniversary Show, Millbrook Gallery (both days)
- clowns, face painting, balloons and the Great Giffoni
- silent auction at the Arena
- craft sale and flea market at South Cavan School Saturday
- Skate Board Demonstrations and contests
- Line Dancing demonstrations... and more!!

MapleFest is sponsored by The Millbrook and District Chamber of Commerce and the Municipality of Cavan-Millbrook-North Monaghan. For more information, call (705) 932-7007, or visit www.kawartha.net/~milbrook



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COMMON GROUND

By design

By Jill Williams

A friend of mine was joking recently about garden design. She said, "Well, you know, you put the tall plants in the back and the short ones in the front. That's basically it, isn't it?"

And then we both laughed at this seeming truism. Tall ones in the back, short ones in the front is one of the basic principles behind the classic English herbaceous border. In this type of garden, one is supposed to balance different colours and textures of foliage, and stick to a tasteful subdued palette of pink and blue flowers. No vulgar oranges, please!

I have to admit to a certain fondness for the traditional herbaceous border.

But I also have to admit that my favourite gardens bend or break the rules of traditional design. Sometimes a garden may start out formally, and then evolve into something quite different and more relaxed over time. Rules, after all, are made to be broken.

A few years ago, I remember watching one of those English gardening shows where a cottage garden was built from scratch. An empty lot was transformed into a wonderful mass of flowers and herbs that looked like it had always been there. The shape of the garden was as simple as could be: several large rectangles, separated by wide paths. So, although the structure was formal, all of the straight lines were softened by informal groupings of low plants spilling over the edges, giving the garden a wilder and longer established look. The colours were a riotous mass of purples, blues, pinks, reds, yellows, and yes, bright oranges.

Hollyhocks grew where

they had seeded themselves, along with other tall flowers like foxgloves and cosmos. Masses of bright coloured, low growing nasturtiums, moss phlox, aubretia, and soapwort were used along the edges, and finally, the bulk of the garden was filled with mid-height plants like sweet william, columbine, and poppies. Somehow, it all worked together, even though it went against many of the traditional rules.

Once the basic structure was laid out (in this case, simple rectangles), the only rules were that there were no rules. The overall effect of this philosophy was a garden that looked natural and spontaneous, a kind of controlled chaos.

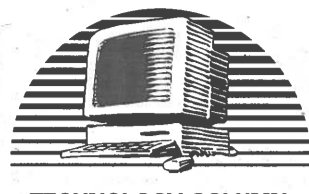
With this in mind, I've been thinking over the winter about what I want my own garden to look like this year. Each year's garden is a little different, of course, depending on what survives the winter, and what's added or taken away. We've had so much snow this winter, though, that I think

everything I planted or moved around last fall will be alive and well when the snow melts.

As for what I'll add to this year's garden, I like the idea of more self-seeded annuals, biennials, and fewer labour-intensive perennials. So with apologies to the herbaceous border, maybe it's time some of these perennials were replaced with something that's a lot less work. Looking over the seed racks in the grocery store the other day, I saw lots and lots of different, easy-to-grow annuals that could take their place: night-scented stocks, coreopsis, California poppies, love-in-a-mist, nicotine...

I read somewhere recently that the best gardens imitate nature with its different sizes and types of plants, massed happily together. Nature, after all, doesn't put the tallest plants at the back. ♣

Jill will be teaching how to make cold-process soap at a workshop Apr. 22. See calendar for details!



TECHNOLOGY COLUMN

Virus Protection

The days of simply being careful about e-mail files you open, not opening attachments, or only opening e-mail from senders you know, are long over.

In the last few months, many received e-mail containing the "Snow White/HAHAHA" virus. More recently, the "Anna Kournikova" worm was discovered, and on March 6th the "Naked Wife" worm made its debut.

You may have noticed that I have referred to some of the above as viruses and others as worms.

Viruses are programs that are designed to spread themselves from one file to another within a single computer. Although a virus can eventually infect many applications on the host system, it does not intentionally try to spread itself from one computer to another. That is where we, as users, come in. By sending someone an e-mail document attachment or trading programs on diskettes the virus is transferred to the second system and so on.

Computer worms, on the other hand, are programs designed to copy themselves from one computer to another over a network (ie. by using e-mail). A worm automatically sends copies of itself to everyone in the recipients address book. The larger the network or address books, the faster the virus spreads.

Knowing as much about viruses as we do, why do we continue to open suspicious e-mail? In most cases, the creator of the virus has skillfully created a temptation that we can't resist. The "Snow White" virus had a subject line - "see what the Seven Dwarfs gave Snow White for Christmas". The "Naked Wife" worm contained a message - "my wife never looked like that".

Some viruses/worms carry simple nuisance payloads that may cause annoying audio or video clips to pop up on your screen. Others can delete or rearrange files or even erase entire hard drives. Beyond just damaging the host systems, worms can cause enormous problems for networks because of their ability to automatically send out large quanti-

ties of e-mail overloading and crashing servers. The "Anna Kournikova" worm overwhelmed e-mail servers throughout Europe and North America. Within a few hours, the virus had spread almost as fast as last May's "I Love You" virus which caused tens of millions of dollars damage worldwide.

So what do you think? Do you need virus protection? Is your existing protection up to date? Are you interested in a different type of protection to compliment your existing anti-virus software?

There are several anti-virus products on the market. A trial version of Norton Antivirus is available at (www.symantec.com). Once installed, scan your hard drives for existing viruses and repair or delete the damaged files. Then make sure you up-date the protection regularly. Most anti-virus programs give you an option that lets it automatically link to the Internet to download new virus detection code as necessary.

Programs like Norton Antivirus are considered as reactive software. They rely on databases of existing viruses. This means we are vulnerable to new viruses until they are discovered and added to the database. A company called Finjan Software offers a patented, proactive software solution to compliment other forms of database protection. This software inspects the content of incoming code. If a known virus is compressed or a new variant is released, the code's behavior and actions are still being monitored, and when the virus reaches out to do something illegal, like access your e-mail list of contents, Finjan disposes of it.

Finjan software is available in a variety of protection levels. Their program, "SurfinGuard Pro" is a free personal security utility for PC users. For more information on Finjan, or to download this program, visit them at www.finjan.com.

For more information on viruses in general, check out www.canadacomputes.com. Go to "search articles", type in virus and click on search.

The information at www.sexyfun.net is devoted to helping those infected to clear their systems, and has links to several anti-virus software programs.

Next month's article will touch on Internet security as it relates to family use and control. As always, if you have a general interest topic you would like us to discuss in a future column, please email your suggestion to wblaby@nexi-com.net. ♣



OUTDOORS WITH GEORGE

Of mice and men...

By George Luchuk

It has long been a rule in our house that should a mouse be discovered, it is not to be harmed. Rather, it is to be live trapped and released outdoors to face its own natural fate.

My problem, right now though, is that we have a mouse running around — not actually IN our house, but above the ceiling. My daughter, Katherine, first noticed some drywall dust on the kitchen counter, and yes, directly overhead, there was a neat, round hole about 1 1/2 inches in diameter — chewed through by Wonder Mouse.

So far, it's the only hole I've discovered, and as far as I can figure, Wonder Mouse has still not been able to join us down below. The dilemma now, though, is that even if we do live trap the wee beastie, my daughters have insisted that it not be put outside to await a sure, freezing death. My only option now is to pray for an early spring (is it ever going to come?), and expect my little friend will move out.

At this point, once we're sure he's left his win-

ter condo above the sink, I can stop up all the likely entrance points for next winter. I'm going to sign off now, and let a Mr. Robert Burns enrich you with his own poetic insights:

TO A MOUSE

(On turning her up in her nest, with the plough, November 1785)

Wee, sleekit, cowrin,
tim'rous beastie,
O, what a panic's in thy
breastie!
Thou need na start awa sae
hasty,
Wi' bickering brattle!
I wad be laith to rin an'
chase thee,
Wi' murd'ring pattle!
I'm truly sorry Man's
dominion
Has broken Nature's social
union,
An' justifies that ill opinion,
Which makes thee startle,
At me, thy poor, earth-born

companion,
An' fellow-mortal!
I doubt na, whyles, but
thou may thieve;
What then? poor beastie,
thou maun live!
A daimen icker in a thrave!
'S a sma' request:
I'll get a blessin wi' the lave,
And never miss't!
Thy wee bit housie, too, in
ruin!
Its silly wa's the win's are
strewin!
An' naething, now, to big a
new ane,
O' foggage green!
An' bleak December's
winds ensuin,
Baith snell and keen!
Thou saw the fields laid
bare an' waste,
An' weary Winter comin
fast,
An' cozie here beneath the
blast,
Thou thought to dwell,
Till crash! the cruel coulter
past
Out thro' thy cell.

That wee bit heap o' leaves
an' stibble
Has cost thee mony a weary
nibble!
Now thou's turn'd out, for
a' thy trouble,
But house or hald,
To thole the Winter's sleety
dribble,
An' cranreuch cauld!
But Mousie, thou are no
thy lane,
In proving foresight, may
be vain;
The best-laid schemes o'
Mice an' Men
Gang aft a-gley,
An' lea'e us naught but
grief and pain,
For promis'd joy.
Still thou are blest, com-
par'd wi' me!
The present only toucheth
thee:
But, Och! I backward cast
my e'e,
On prospects drear!
An' forward, tho' I canna
see,
I guess an' fear! ♣

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Water springs eternal or does it?

"Water, water every-
where, nor any drop to
drink."

— Samuel Coleridge

By Michele Curran

Though we haven't had problems with our water yet, the Walkerton tragedy has heightened the public's awareness and demand for safer drinking water. In most cases, municipal and city water supplies are strictly monitored and are considered safe; however, people are seeking alternative methods of obtaining water for daily consumption.

If you are concerned about well contamination, a test from the local Health Unit, a private company such as Lakefield Research or a reputable water company can make that determination. Depending on the results of the test, your options may include the purchase of a water purifying system, or having home delivery of bottled water by companies such as Culligan, Rocky Ridge, or a new local company, Cavan Springs.

If your choice is the latter, you should be aware although the federal government established the Canadian Drinking Water Guidelines, they have only been legislated in two provinces and remain legally unenforceable elsewhere. Bottled water regulations are legally enforceable throughout Canada.

Bottled water products labeled as spring water, well water, artesian water, and mineral water must come

from protected sources, monitored frequently.

According to the Canadian Bottled Water Association (CBWA), "Bottled water is extensively regulated as a food product by Health Canada under the Food and Drug Act, the provincial government, and by the bottled water industry itself through our organization. Tap water, by contrast, is monitored only by the provinces as a utility."

Bottled water is protected by a multi-barrier approach, including source protection referring to areas not "susceptible to environmental contaminants or any agricultural or industrial pollutants."

Most bottled water companies including those mentioned above utilize all or a combination of the following processes when purifying their water. Reverse osmosis forces water under pressure through membranes, removing virtually all dissolved minerals. It is then put through micron filtration -- an extremely fine filtration removing most types of particles or contaminants, including surface water organisms.

Distillation is a process where water is initially vaporized, leaving most of the heavier dissolved minerals behind. The vapor, free of dissolved minerals, is then condensed to a liquid state. Ozonation uses ozone gas, a form of oxygen to disinfect the water. Ozone is used instead of chlorine and does not leave a residual taste, colour or

odour to the water.

Ultraviolet light uses UV wavelengths from 240 to 280 nanometers to rid water of bacteria.

Rocky Ridge's David Green, Cavan Springs' Martin Leahy, and Culligan's Greg Southorn feel the process and the monitoring to produce bottled water make it far superior to tap water.

If you are on a well and would prefer to purchase a water purifying system, Southorn advised first pre-treating hard water with a softener and then using a combination of reverse osmosis to get rid of chemicals and an ultraviolet light to get rid of bacteria.

He explains, "Reverse osmosis will rid your water of chemical impurities, small particles, bad odour and taste, but it won't kill bacteria. An ultraviolet light system won't kill bacteria if the bacteria is behind a hard particle, and so it is important to use a water softener to take minerals out of hard water before using an ultraviolet system."

Water is essential to our well-being, and so it is important to weigh all the options when deciding on what is best for you. ♣

Calories!

By Kimberley Keijzers
Certified Personal Trainer,
Certified Fitness Consultant

In February, I discussed diets and how they just don't work. So what does work?

For weight control, you need to strike a balance between the number of calories you consume and the number you burn. The way to do this is to focus on both food and exercise. This month I want to focus on food. How many calories should you consume?

First, you need to estimate the number of calories your body needs simply to sustain itself, called the basal metabolic rate (BMR). To estimate BMR, divide your weight by 2.2 — to translate pounds into kilograms. Then multiply your weight in kilograms by 0.9. This is approximately the number of calories per hour your body would burn if you did nothing but lie in bed all day. Next, you need to add calories for daily activity, dependent on how active you are. If your daily calorie intake drops below your BMR, you are starving your body.

Let's consider a 145-pound woman. First, divide 145 pounds by 2.2 to equal

66 kg. Multiply this 66 kg by 0.9 to equal 59 calories burned per hour at rest. Multiply by 24 hours and she burns 1,416 calories per day. Then, add in the minimum calories burned in daily activity, let's say 400, to equal 1,816 calories needed daily. A normally active woman trying to lose weight should consume 1800-2000 calories a day (about 2,700 calories for an average man).

Every calorie you eat falls into one of three categories: carbohydrates, protein, or fat. No more than 30 percent of those calories should come from fat. Since one gram of fat has nine calories, that means the woman in our example above should consume about 60 grams of fat in a day. Approximately 58% of total calories should come from carbohydrates, and the remaining 12% of calories should come from protein.

Since food labels don't provide fat percentages,

here's a formula to help you figure out what percentage of calories come from fat. Look for the number of fat grams on the label, and then multiply that number by 30. If the result exceeds the total number of calories, you're over your 30 percent limit. Keep in mind that even if your food gets more than 30 percent of its calories from fat, that doesn't mean you can't eat it; all types of food fit into a healthful diet.

Keeping a daily food journal, including calories and fat grams, may help you to lose weight. More than just keeping you from mindless snacking it can help you see patterns in your eating. Check out the free website www.diet-watch.com for a nutritional calculator that makes calorie and fat counting easy.

The important thing is to develop eating habits and an exercise program you can stick with for the rest of your life. ♣

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Lions' Club Fishing Derby day of fun for community

By Melodie Mccullough
Kids and adults alike are invited to come down to the mill pond in downtown Millbrook on April 28th to share in the fun of the annual Millbrook and District Lions Club fishing derby.

Dig out your fishing lines, grab some bait, and come early for the best spot at the pond.

"It's definitely a fun day," said Terry Bloom, organizer and first vice-president of the Lions Club. "It's something for the community, by the community. We just want to give something back to the people of Cavan and Millbrook for helping us with other fundraising projects throughout the year. The derby has been held every year now for about 11 or 12 years."

The pond will be stocked beforehand with about 500 trout, the same number as last year, he said. There will be first and second prizes in categories for children and adults. Refreshments will be available. Enbridge Consumers Gas makes a donation to help stock the fish, said Mr. Bloom, and local merchants are always generous with donated prizes.

There are usually about 400 or 450 participants and they come from as far away as Oshawa and Peterborough, he said.

Entry fees are \$1 per child and \$2 per adult and this goes to help stock the fish. As well, everyone receives a prize when they sign up for the derby.

So dig out your fishing lines, grab some bait, and come early for the best spot at the pond April 28th.

The derby runs all day from 8 am to 4 pm. ♣

Justice issues to be addressed

By Melanie Anderson

George Addison would like to see consequences of law breaking dealt with in the community.

A United Church minister, Mr. Addison will speak about restorative justice at a community justice forum April 7 at Mount St. Joseph, 1545 Monaghan Road, Peterborough.

Several months ago the Outreach Committee of the Peterborough Presbytery of the United Church heard the concerns of the Lakefield-based minister, who has also been chaplain in a variety of correctional facilities for over 15 years. The workshop will explore many justice issues.

In September, Mr. Allison was seconded to work on reintegration programs, training members of different congregations and religious groups to work with former inmates. In his initial presentation to the outreach committee, Mr. Addison said justice has become increasingly professionalized — but at the same time, more removed from society.

While the trend

toward professionalization was necessary to give the system legitimacy, "we've come to the point where it is so far removed that people don't have a lot of respect for it," he said.

When a crime takes place, it breaks the order of the community — "like a stone thrown into a pond," said Mr. Addison. Criminal activity affects a wide variety of people, not just the offender — who is the only person dealt with by the justice system.

Restorative justice, an "idea rooted in almost all major faiths," is meant to be a way to "intervene to make the justice system more responsive."

As an example of how the current system is failing all involved, he related the following story. At a high school, a 16-year-old male student raped a 15-year-old female student. She reported the incident to the police and a male was arrested. Despite the fact that the identities of the two students were not released to the media, other students at the school heard about the incident and those involved.

Months later, a male

student was tried and received a suspended sentence. In the meantime, his friends victimized the girl at school. She eventually moved to another school. Addison related in the larger community, the families of the students involved in the incident stopped talking to each other, and there was a division between friends of the two students.

Had a restorative justice program been in place, Addison attested, the

offender would have been made to understand what he had done, and how he had affected those around him. The victim would have received counselling and support.

At the April 7 forum, beginning at 8:45 am, guest speakers will discuss basic approaches of restorative justice, and local agencies and groups will talk about their experiences.

The session will end with music by local gospel singer and choir leader Ada Lee. ♣

Local baseball player Team Ontario

By Melanie Anderson

A local baseball player will be up to bat for Team Ontario this season.

Mark Bebee, of Cavan Ward, recently returned from a week of training in Florida with Team Ontario. He made the team early last fall, and this is his second trip with the team, the first being to Tennessee. On this trip he played four games, and had about ten practices.

To make the team, there are eight camps around the province every year, to which 30 or 40 players between the ages of 15 and 18 are invited. From those camps, approximately 110 get invited to another in Toronto; approximately 80 players are selected from this camp.

Mark started playing ball at age four or five, but says he got into "real baseball at around seven or eight." He says that he enjoys baseball because "it's one of the only major sports I'm good at." He adds that it is a lot of fun to play with a good team, and he's making lots of friends on Team Ontario.

Team Ontario, along with a few family members, stayed in a hotel for the week, and spent what little free time their busy schedule left them going to beaches and shopping.

Mark would like to thank Didi Calhoun, owner of Calhoun's IGA, Millbrook, who sponsored his trip. The team has a yearbook in which various sponsors buy ads to support the team's efforts. ♣

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ARTS & CULTURE



Author Rosemary Sullivan signs copies of her book during her last visit to the Millbrook Gallery.

Rosemary Sullivan reads at Gallery

On Sunday April 29th at 8 pm, The Millbrook Gallery presents celebrated Canadian author Rosemary Sullivan for an evening of readings. Her latest work is *Labyrinth of Desire: A Story of Women and Romantic Obsession* which includes stories of Simone de Bouvoir and Frieda Kahalo. Her latest biography is of Margaret Arwood titled *The Red Shoes*, and other works include the Governor General's Award winning *Shadow Maker: The Life of Gwendolyn MacEwen, By Heart: Elizabeth Smart / A Life*, as well as collections of poetry. Sullivan is an editor of anthologies of poetry and prose, including the *Oxford anthology of Poetry by Canadian Women* and *Stories by Canadian Women*. Rosemary Sullivan is a CRC Tier One Chair Holder, and a Professor of English at the University of Toronto. She resides in Toronto.

Please join us at The Millbrook Gallery, Sunday April 29th at 8 pm for this much anticipated event. Books will be available for sale and signing. There will be a \$5.00 admission at the door. ♣

Gallery celebrates sixth year with community

The Millbrook Gallery invites you to the opening of the 6th Anniversary Show, Friday April 6th at 7:30 pm to 9:30 pm. This is the time each year when the collective of 18 artists reflects on past achievements and future goals; a time when there is celebration of being part of a community which challenges, nurtures and supports the creative process in all of us.

This year's anniversary show features three highlights:

First, Ted Hodgetts of the Carmel Line will exhibit three woodturnings from the Wenge Series, one of which is a partner piece to a turning depicted on a recent Canadian Postage Stamp.

Second, we take great pleasure in introducing our newest artist member to the collective. Sheila Laidlaw Radford, a colour etcher explores biblical themes concerning women. In her work she reinterprets the story of Eve from a contemporary viewpoint. Through

Laidlaw Radford's redefinition of women's role in history, we are able to view women in a new light. Sheila lives in Buckhorn, Ontario.

Bird carver Bruce Lepper garnered a flock of awards, including Best of Show, first in Miniature Division, and two firsts in the Purchase Awards category.

Also on display will be some of the prize-winning bird sculptures of Millbrook artist Bruce Lepper, recently returned from the Central Ontario Wood Carving Championships in Kitchener-Waterloo. Bruce garnered a flock of awards, including Best of Show for a White-Throated Sparrow, first in Miniature Division for his Eastern Meadow Lark and two firsts in the Purchase Awards category for a Saw-Whet Owl and an Evening Grosbeak. Bruce will soon be off to Ocean City, Maryland for the Olympics of bird carving, the World Carving Championships.

Friday April 29th, from 7:30 pm to 9:30 pm, come out to The Millbrook Gallery to meet and talk to Sheila Laidlaw Radford, Ted Hodgetts, Bruce Lepper and other members of the collective -- and take this opportunity to view their ongoing work. This exhibition continues until Sunday May 27, 2001.

For more information, telephone the gallery at (705) 932-5482. ♣



Singer/songwriter Stephen Fearing wowed the crowd at a recent Give A Hoot Café. Fearing's remarkable guitar playing, thoughtful lyrics and good humour combined to create another magical evening at the Old Millbrook School.

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April 6 to May 27, 2001

Opening Reception: Friday, April 6, 7:30 p.m.

Works by: JoEllen Brydon, Valerie Davidson, Angelo di Petta, Grace Glass, Emma Hesse, Ted Hodgetts, John Ireland, Bruce Lepper, Esperança Melo, Michael Poulton, George Raab, Sheila Laidlaw Radford, Bill Rowland, Bill Slavin, Susan Spencley, George Stewart, Barbara Walker, Jane Wilson.

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

The MILLBROOK GALLERY

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Sculpture: Esperança Melo

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.

Paintings – Fran DeActis

At The Melting Pot, 408 George St. N., Ptbo. Until May 15th Fran's interesting artwork, described as abstract expressionism. Five per cent of all sales to Peterborough Group of Painters; to promote the arts locally. Call 749-6462.

To Begin With: A River and A Tree

At Artspace, 129 A Hunter St., Ptbo. To April 21, Tues. – Fri. 12 – 6, Sat. 11 – 3 Montreal based media artist Andrew Forster featured. Visual art, sound, lighting effects.

Prenatal Childbirth Classes

Kawartha Birthing & Lactation Consultants, Ptbo. Six-week course started Apr. 3, 7:30 pm Call Melisande for info, 932-3129. Toddler Breastfeeding Support At Family Resources Outreach, Ptbo. Square. Fourth Thursday, monthly, 10 am - 2 pm All women, children welcome. Call 740-6188.

Information/Registration Meeting

At Cavan Community Hall - # 7A)west Thurs. Apr. 5, 6:30 pm Youth competitive fastball in the Kawartha Rural Softball Association league, Bantam/Midget levels. May expand to younger players and Intermediate girls team if interest, and qualified vol-

unteer coaches available. For info call: (Bantam - under 16 years on January 1, 2001) Wayne Blaby, 944-5407; (Midget - under 19 years on January 1, 2001) Barry Challice, 944-5545. Team sponsorship, coaching assistance or other volunteer enquires are encouraged.

Grand Opening – Family Centre

At the Old Millbrook School Fri. April 6, 1 pm — ribbon cutting, evening open house. All members of the community invited to celebrate opening of Old Millbrook School Family Centre either in the afternoon or evening time slot. Call 932-7088.

6th Anniversary Show

At the Millbrook Gallery Opens Fri. April 6, 7:30 pm, until May 27 A group exhibition celebrating six years in the community. For more info call 932-5482.

Ham Supper

At Cavan United Church, Hwy. 7a/Cty. Rd. 10 Sat. April 7, 4:30 pm start Delicious supper, sponsored by the Cavan United Church Women. Adults \$10, children 12/under \$5.

Easter Bunny Skate

At Millbrook Arena Sun. April 8, 1 - 3 pm Easter treats and refreshments will be served. Free admission.

Organic Pest Management

At Marshfield Centre, Lakefield

Tues. Apr. 10, 7:30 pm Guest speaker and environmentalist/horticulturalist Andrea Clarke will help us battle pesky aphids and earwigs the environmentally friendly way!

Maplefest

In and around Millbrook Sat. Apr. 21, Sun. Apr. 22 For details, see article and ad in this issue.

Soap Making Seminar

At Westmacott House Bed and Breakfast, 60 King St. W., Millbrook Sun. April 22, 1 - 4 pm Jill Williams of Foxglove Botanicals will demonstrate cold-process soap making. Learn how to create your own beautiful, scented, vegetable-based soap. Limited class size — book early. For info/reservations, call Jill 768-0698 or Ann 932-2266. Cost \$35 at time of booking.

National Volunteer Week

April 22 - 28. Enjoy various activities, including a luncheon, organized by Community Care. For more information/ specifics, call Community Care at 932-2011.

Annual Lions' Club Fishing Derby

At the Millpond, Millbrook April 28, 7 am - 1 am Enjoy a BBQ, lots of prizes to be won. See article this issue for more info.

Rosemary Sullivan

At the Millbrook Gallery Sun. April 29, 8 pm Author Rosemary Sullivan will be reading from her latest book, Labyrinth of Desire. Discussion and signing following. \$5 at the door.

Youth Activity Nights

At the Millbrook Arena Starting May 1, to Sept. 1, every night, 5 - 10 pm Activities include basketball, floor hockey, skateboarding, rollerblading. Call the arena at 932-2911 for more info.

Bent-Willow Furniture Weekend Workshops

At Willow View Farm, Douro. May and June, Saturdays/Sundays Experienced instructor Gina Peers offering Bent-Willow Chair Construction Workshops at her farm. Make your own bent-willow fan-back chair. Limited registration. Call Gina at (705) 743-4583. gpeers@kawartha.com www.peerscaning.com

Canadian Softball League

At Cavan Maple Leaf Park Sign up today for mixed softball, ages 5 - 16 yrs. Spots still available, no walk mite baseball. Play one night a week. For more info, call Donna 932-2607 or Brant 932-3772.

ON-GOING EVENTS

Regular Council Meeting First Monday monthly, 7:30p.m.

Millbrook Playschool Tues. & Thurs. (except 3rd Tues.). Millbrook Christian Assembly, call Wilma at 932-5547.

New to You Used clothing at Millbrook Community Care office, Mon-Fri 11 am - 3 pm, Sat 10 am - 1pm.

Baillieboro Library Boutique 199 County Rd. 28. Tues noon-4:00 pm, Thurs. noon-4:00 pm, Sat 10:00 am-3:00 pm. Proceeds to the Baillieboro Library.

Municipal Planning Mtg. Second Mon. of the month, at 7pm.

Creative Card Making Every Mon., Community Care Office from 9:30-11:30am.

Millbrook and District Food Share at the Old Millbrook School, 2nd, 3rd, & 4th Tues., 3 pm-6 pm

Euchre Every Wednesday at the Legion at 1:30 pm

Committee of Whole Council Meeting Third Monday monthly. 7:30pm.

MADCAP Millbrook — Same hours as library.

Millbrook Cavan-Historical Society Every third Wed. at St. Thomas' Anglican Church Hall

Garden Club at St.

Thomas' Anglican Church, Millbrook. First Wed. of each month, except Jan.-Feb. Call 932-2028.

Euchre in Springville at Springville United Church. Every 2nd wk, 8 pm, \$1. Call Jim Payne at 745-6088.

Bingo at the Millbrook Legion, every Thurs., 7:30 pm. Call 932-2837.

Cavan-Millbrook Nursery School at Cavan Community Hall for children 2-5. Co-operative school for children 2-5. Mon.-Thurs. mornings. Call Doris Scott 944-5717.

Toastmasters at Mapleridge Plaza Seniors' Rec. Centre 2nd, 4th Tues. monthly, 7am. Call Tom 944-4012

Youth Activity Nights At Millbrook Arena. May 1 - Sept. 1, Mon.-Sun., 5-10 pm includes skateboarding, rollerblading, basketball.

Millbrook Farmers' Market at Mill Pond every Sunday, 9am - 2pm

Blood Pressure Clinic 3rd Thurs., Millbrook Manor - 10 am, Millbrook Legion - noon

Peterborough Good Morning Toastmasters Club In Peterborough 2nd, 4th Tuesday monthly, 7 - 8:30 am Call 876-5735 for info

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Published monthly

Thursday,
May 3, 2001
Volume 4, Issue 4

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

MAPLE TOFFEE-PULL



Many adults and children alike enjoyed the tasty treat of maple taffy at Kennedy's Sugar Bush during MapleFest, April 21 & 22. Hundreds attended the annual event, which included attractions, activities, and a midway in the village of Millbrook and environs. See story this issue for details.

Omni to build on Tupper Street property

By Melodie McCullough
After six months of trying to find a suitable site for its proposed long-term care facility in Millbrook, Omni Health Care now hopes to build on a vacant 4.8 acre piece of land "in the heart of Millbrook", said Fraser Wilson, chief executive officer and owner of Omni.

He said there is a signed conditional agreement to purchase the land, located on the northeast corner of Tupper and Centennial Streets, from owner George Ingham.

"We're pretty excited. We're starting to make progress. This is a big step

The purchase hinges on the availability of water and sewer services for the site, as well as rezoning and results of soil and environmental tests, said Mr. Wilson.

forward," said Mr. Wilson. "And we continue to get positive support from the town."

The purchase hinges on the availability of water and sewer services for the site, as well as rezoning and results of soil and environmental tests, said

Mr. Wilson. If all goes well, he hopes to begin construction in the spring of 2002 and open a year later. This is six months later than originally proposed because of problems obtaining a site.

Last fall, when Omni was awarded the contract from the Ontario Ministry of Health and Long-term Care for the nursing home, its first choice for a location was on property adjacent to the Old Millbrook School. In February, Mr. Wilson dropped plans to

and objections from some residents of Millbrook over heritage concerns. At that time, he expressed interest in building on part of the

Millbrook Fairgrounds. However, after further examination of the Fairgrounds, there were concerns about ground water being close to the surface — which would make it difficult to get proper footing to support the building, said Mr. Wilson.

"So noting that, we continued to look for other property."

He said he is excited about the Ingham property, because it is across the street from

Public School, and there may be opportunities for intergenerational programs between the home's

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Another successful year for Maplefest

By Melodie McCullough
Cloudy skies couldn't dampen the spirits of the organizers of Maplefest 2001, or those of the crowds who turned out to enjoy a "family country affair" April 21 and 22 in Millbrook and area.

"It went pretty well," said Dennis Pederson, of the Millbrook and District Chamber of Commerce, which sponsored the event. "We didn't get as many people out Saturday, but we finally got some good weather on Sunday."

Bonna Walton of Millbrook was one who did make it out Saturday. She was at the arena in the afternoon to hear Quarterline perform, and before that, to the pancake and sausage breakfast at the Lions' Den. She said she also enjoyed the Historical Society's display and the sidewalk sales.

"Maplefest is great. It helps build community spirit, and I think there's people coming in from out of town, too," she said.

Genise Grant, 8, came from Peterborough with her mom, little sister Celeste, 6, and friend MaryBeth Miller, also 8. The girls were looking forward to a ride on the Scrambler, part of the midway attractions in the village.

While there was not a lot of participation at the midway site, according to Mr. Pederson, there were lots who enjoyed the breakfast and visited Kennedy's Sugar Bush for horse-drawn wagon rides, walking trails through the bush, and treats of fritters and taffy-in-snow at the sugar shack.

Mr. Pederson said the skateboard demonstrations and competitions held Saturday at the arena were a big attraction.

"I didn't realize there was so much interest in skateboarding in

Millbrook."

A silent auction, held for the first time this year, also went well, he said. About \$1,000 was raised for Community Care in Millbrook. And the magician, The Great Gaffoni, was a big hit with the kids.

On Sunday, Earth Day events were held at the arena and Millpond, and Kids 4 Turtles had a successful barbecue. A number of merchants were open on Sunday, and the Millbrook Gallery was open for its 6th Anniversary Show both days.

Joanne Fournier, co-owner of The Rustic Rooster, found business on Saturday to be exceptional, thanks to the Maplefest crowds.

"It just brings everybody out, and everybody gets to know everybody. We get to meet our customers and talk to them. It's nice to see familiar faces." ♣

Superbuild application includes new municipal offices

By Melodie McCullough
The final draft of Cavan-Millbrook-North Monaghan

Township's application for SuperBuild funding, sent in April, asks the province to fund a \$9.3 million project which would house a replacement arena, multi-purpose space, small fitness area, performance presentation area with a stage, and a central gathering area.

In addition, space for new municipal council chambers and offices has also been included in the overall plan. However, the township would be responsible for the full costs of these facilities (estimated at \$1 million), as they are not eligible for SuperBuild funding, said Rick McGee, corporate manager of Parks and Recreation's for the township.

"It's a great positive process for this community to engage in," he said. "If we're successful in receiving SuperBuild funding and forging ahead with this project, it's going to be a significant

asset for the residents of this municipality and any visitors that come to the township."

No site has been chosen for the complex yet, but "the municipality has been working diligently towards procuring a site based upon the site criteria that was developed at the search conference, but they've been unsuccessful at this point," continued Mr. McGee.

Mr. McGee was referring to a meeting held in March at which over 100 people, representing a cross-section of the community, came up with ideas for the project and criteria for its location. They identified a need for a very large piece of property, up to 100 or 200 acres, as close to Millbrook as possible, he said.

The actual building accounts for about half of the total costs in the application, and the rest is needed for architectural and engineering fees and outdoor site servicing, such as parking lots, storm water management, landscaping, roads, hydro, water and

sewer. As well, there is a \$1 million contingency allowance to cover unforeseen costs.

Mr. McGee said he has no idea when the township will hear back from the province, but it has been suggested it will be six to nine months. ♣

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