

THE GREEN HILLS Gazette

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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 midwifery 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

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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Local farmers not taking any chances with foot and mouth

By Michele Curran

By now, most of us have seen the disturbing photographs of burning pyres of dead sheep and cattle in England. The losses are in the millions — both financially and in the sheer number of dead animals. Many an English farmer's livelihood has gone up in smoke, due to a highly contagious disease — which, while not harmful to humans, reduces livestock productivity, resulting in

Closer to home, local farmers are taking the threat seriously, by posting signs warning visitors who have been to affected countries to stay away.

economic hardship or ruin.

Closer to home, local farmers are taking the threat seriously, by posting signs warning visitors who have been to affected countries to stay away. Many veterinarians who have to visit farms have taken the added precaution of wearing plastic boots when entering a barn, and use a footbath upon leaving. GENCOR, a provincial insemination unit, goes one step further, by donning plastic suits when entering barns, and upon leaving the area disinfect themselves,

before visiting the next farm.

Susan and John French, local dairy farmers, have posted signs and are using other preventative measures. Susan said losing a herd has more than economic ramifications for their farm, because there is also an emotional attachment, and as Susan pointed

The Millbrook Fair may also be affected and will make a decision by general consensus whether to hold livestock exhibits this year.

out, "You work hard to develop a herd and so you begin to have an attachment with them." To avoid possible contamination from visitors they had to cancel their involvement with Maple Fest this year.

Councillor Alex Ruth, who owns cattle and is the host of the Cattlemen's Association annual barbecue this year, said he would be extra diligent in ensuring zero contact with his animals during this event.

Both the dairy board and the cattlemen's association have provided members with signs in an attempt to control possible infection.

The Millbrook Fair may also be affected by the recent turn of events and just after our press time, the

Fair Board will have made a decision by general consensus whether to hold livestock exhibits this year.

For those still unsure of what Foot and Mouth (or Hoof and Mouth) disease is, the Ministry of Agriculture and Rural Affairs defines it as a highly infectious disease in animals, usually found in cloven-hoofed animals such as sheep, cattle and swine as well as in wild animals such as deer. It poses no harm to humans. It is easily spread by air, soil, and hay, shared animal shelter or transport, and even by humans carrying it on their shoes or clothing.

Animals who contract the disease usually suffer extreme weight loss by developing a fever, and ulcers and blisters in their mouths, on their teats, and in hoof tissues. Their milk production drops. The disease destroys herds, killing the young, and causing older animals to abort spontaneously.

To combat the disease, animals infected or those thought to have come in contact with infected animals are immediately slaughtered and burned. Animals are not vaccinated against the disease, because the antibodies produced by vaccines give false-positive results on tests — making it virtually impossible to detect a real outbreak. ♣

For more information on this disease, visit the federal government's website at www.inspection.gc.ca

Omni

Continued from Page 1

residents and school children.

"It (the property) is part of a neighbourhood within the community. Our residents are going to feel at home here, that they're part of the community," he said.

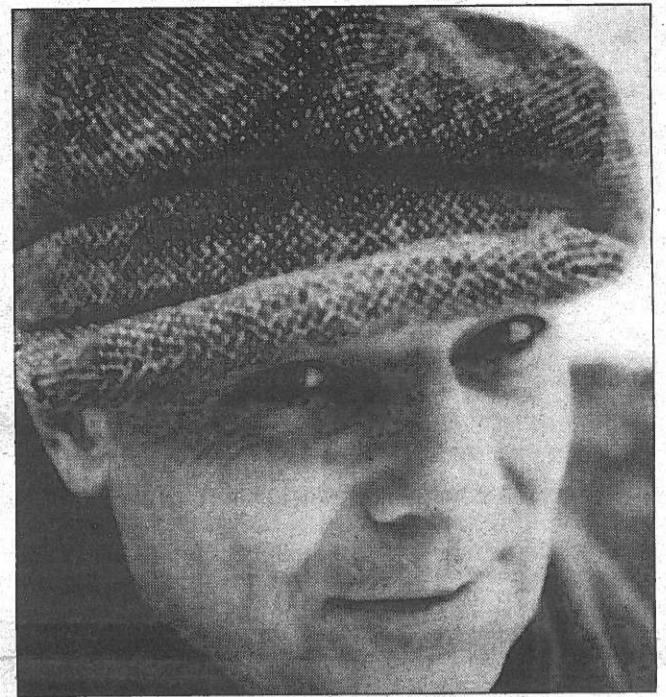
He is waiting to hear from the Ministry regarding the number of beds he will be allowed to build, either 128, which would require a two-story building, or 96, which would require only one story.

Cavan-Millbrook-North Monaghan Township Council has sent a letter to the Ontario Ministry of Correctional Services requesting it give up some of its sewer and water capacity from the Millbrook Jail (scheduled to close next spring) to the Omni site, he said. Soil and environmental tests have begun on the property, and results are expected soon.

The property is now zoned "development" and would need to be changed to "institutional", to allow a nursing home, said Gail Empey, chief administrative officer for the township. A public meeting is required as part of the rezoning process, she said.

Mr. Wilson said he expects the rezoning will take three to four months, and he does not know if neighbours will object to a long-term care home in their area.

"I am hopeful they won't." ♣



Multi-instrumentalist and singer/songwriter Robert David will be the featured performer at this month's Give a Hoot at the Old Millbrook School. David will be appearing May 12, at 8 pm.

Changes to Council meetings in May

By Michele Curran

Starting in May, area residents will have a choice of four Council meetings to attend if they want to catch up on what is going on in the Municipality.

Hoping to make the Committee of the Whole structure more effective, Council passed a motion allowing for four Monday night Council meetings.

According to Chief Executive Officer Gail Empey, the reason for the change was to eliminate the works and development, fire and recreation committee meetings, and in doing so, streamline the administrative structure. The old system had some councillors chairing various committee meetings and then presenting reports and recommendations for Council members to vote on at the Committee of the Whole meeting. In the new system, the committee meetings will be eliminated and all-councillors will take part in the decision making of various departments. On the first and third

Monday night of the month, Council will hold regular, full-Council meetings.

Council also passed a motion limiting delegation time from the previous 15 minutes to ten minutes, with five minutes for delegates' presentations, and another five minutes available for questions from Council.

On the second Monday of the month, Council would hold a Committee of the Whole meeting including planning and development. On the fourth Monday of the month, another Committee of the Whole meeting with administrative or corporate services will begin the evening, on a rotating system: protective services (fire), works, and recreation. Delegates would be permitted at the last meeting, but they would be restricted to two per department.

A motion was also passed that each councillor will chair these meetings on a three-month rotating schedule. ♣

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BUSINESS PROFILES

Is that a treasure hiding in your attic?

By Michele Curran

Is your 1950's dining room set not fitting in with your renovation plans? Are thinking of selling it — but are unsure of its value? Are you looking for a unique piece to give your dining room that finishing touch — but don't want to pay retail prices?

Then look no further — Rusland and Monk Auctioneers and Appraisers will appraise that dining room set and assist you in getting a fair market price for it. They also deal in antiques and estate auctions, where you might pick up that 'one of a kind item.'

With years of experience behind them both, Rob Rusland and Keith Monk can assist clients — both buyer and seller — to get the best value and price for their merchandise. And, according to Monk, "Furniture of the 1940s and 1950s are becoming collectibles, (so your set may be worth a) substantial amount of money."

But why call an auctioneer, when you can as easily sell the item yourself?

Monk explains, "Calling an auctioneer is the fairest way possible for selling surplus items, because we sell to more than one person at the same time, who are all competing for ownership by offering their own opinion (bid) which makes the auction successful... Everyone

has their own opinion on what they are willing to spend," added Monk.

For first timers, Rusland suggests coming early, looking around and asking questions of the well-trained and knowledgeable staff.

Rusland and Monk Auctioneers preside not only over estate sales, farm sales, on-site sales, and partial sales, but run antiques sales every second Tuesday at the Evinrude Centre, and also deal with clients who have one piece of merchandise for sale. Rusland said, "If you are a home owner who wants to down-size, we offer a no obligation consultation; and if you are satisfied, we can appraise what you want sold, and pack and store the rest... Don't throw anything out until we look."

Monk agreed with this latter statement, explaining how he spied in a barn an old cupboard in disrepair with peeling paint and full of rats' nests — but when sold at auction to an antique dealer, this piece proved to be extremely lucrative for the owner.

This gentleman would have never known this cupboard was so valuable had he not asked for an appraisal.

In farm or estate sales, the partners run two auctions simultaneously, one for household items and the other for farm machinery, making for a quicker and more categorized auction,

while satisfying everyone at the same time. As a value-added component of the business, a computerized office trailer is used during on-site sales to prevent people from running in and out of an owner's home.

The partners have found the Internet has increased their business tremendously, with serious buyers now coming from southern Ontario and the United States. The computer has also streamlined the business by assisting in itemizing merchandise and clients' bids, making the process run more quickly and efficiently.

Rusland and Monk Auctioneers also provide their services to the community, and recently Monk was the auctioneer for the Starlight Dreams Gala for The Old Millbrook School Family Centre. For more information, you can either visit their websites www.ruslands.com or kmonk@home.com or call 705-745-4115. ♣

Nexicom hosts Mexican development fundraiser

A group of youth and adults from Norwood Pentecostal Church will work with the disadvantaged in Monterrey, Mexico this summer on development projects — thanks to the support of many individuals and businesses, including Nexicom Inc.

Nexicom hosted a car wash and barbecue event on Easter Monday in the lot next to the Nexicom Systems building in Millbrook — a total of \$350 was raised through \$20-25 car washes, a raffle, and the sale of delicious food. While the church group washed and vacuumed cars, Nexicom staffers barbecued lunch and provided other goodies and a range of raffle prize items.

Kimberley Pope, a Nexicom employee, will go with the group to Mexico in June, as her husband is away. Owner is delighted with the new, larger facilities, where Fraserville Auto Body will continue with its reputation for quality, fair-priced workmanship.

Call to book your appointment for a free quotation. ♣

Emission testing available in Millbrook

By Melodie McCullough

Business is booming at the new Ontario Drive Clean emission testing facility at Clarke's Esso, Tupper Street in Millbrook — the only facility of its kind in the township.

Bill Clarke, owner of Clarke's Esso, opened the inspection and repair facility in April after building a new 26 ft. by 55 ft. shop to house the testing area and buying new government-regulated equipment.

The Ontario Drive Clean Program was recently implemented by the provincial government to reduce smog-causing pollutants from vehicle emissions. Vehicles made in an even year that are more than three years old and less than 19 years old must be tested this year, and vehicles made in an odd year must be tested next year, said Mr. Clarke. Also, if a vehicle is being sold it must be tested.

"It's definitely a good thing. The vehicles will run better, with better fuel economy. It's going to be good for our kids and grandkids, because vehicles do pollute," said Mr. Clarke, who has been

in business for 29 years.

He said during a test there is a visual inspection of the catalytic converter, and the tires, steering linkage, and carbon monoxide exhaust are also checked. They also check for fuel leakage, and that the engine is not over-heating.

The emission test costs \$30 plus \$2.10 GST, and takes about 20 minutes. Test results are sent to the province. "They're the ones

that okay it or fail it, not us," explained Mr. Clarke. If the vehicle does not pass, the shop will then do diagnostic work to determine the cause. The customer can either spend up to \$200 for repairs to obtain a conditional pass, or choose not to drive it any more.

Clarke's Esso also does all mechanical repairs. Besides Mr. Clarke, there are two other licensed mechanics: Michael Clarke (his son) and Troy Newell. His other son, Kevin, is government-licensed to do the emission testing and repair work. ♣

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EDITORIAL

Gifts of spring

Ah, the sweet sounds, sights, and smells of spring!...the greening grass... daffodils, crocuses, and tulips poking up through the earth... and steaming piles of dog doo on the sidewalk...

Every single year I get really, really irked when I step in it, or have to walk a wide arc around it. Every year, I vow to write about it in my editorial.

Well, urged on by other similarly disgusted readers, here it is - my plea to dog owners to please scoop up after their pooch.

Having owned a dog for many years in the past, I know how hard it is to control where and when Fritzie decides to do his business. I remember trying, in vain, to drag our beagle into a ditch to relieve himself, off the sidewalk where my neighbours walked. When we were caught short, I'd look around for a stick or something to scoop it off the sidewalk and out of the walking range of people. I definitely should have carried a couple of plastic bags — one to pick up the offending pile, and the other to stow it in until we got home.

Gross but true, I guess some dog owners think their dog's excrement is pure and untainted, and as such, should not be worried about. However, when Fido's deposit is left where others walk — in, when it gets warmer, sandals! — we walk in it and are exposed to all sorts of bacteria and parasites. This is nasty stuff that can affect our health, that in some cases is transferable to humans.

The health risk is not just to humans. I'll refrain from discussing how dogs come in contact with other dogs' duty, but will say that parasites and bacteria are transmitted quite easily.

But besides that, leaving a dog's excrement shows disrespect for your neighbours, and is against a municipal law that states dog owners are responsible for picking it up.

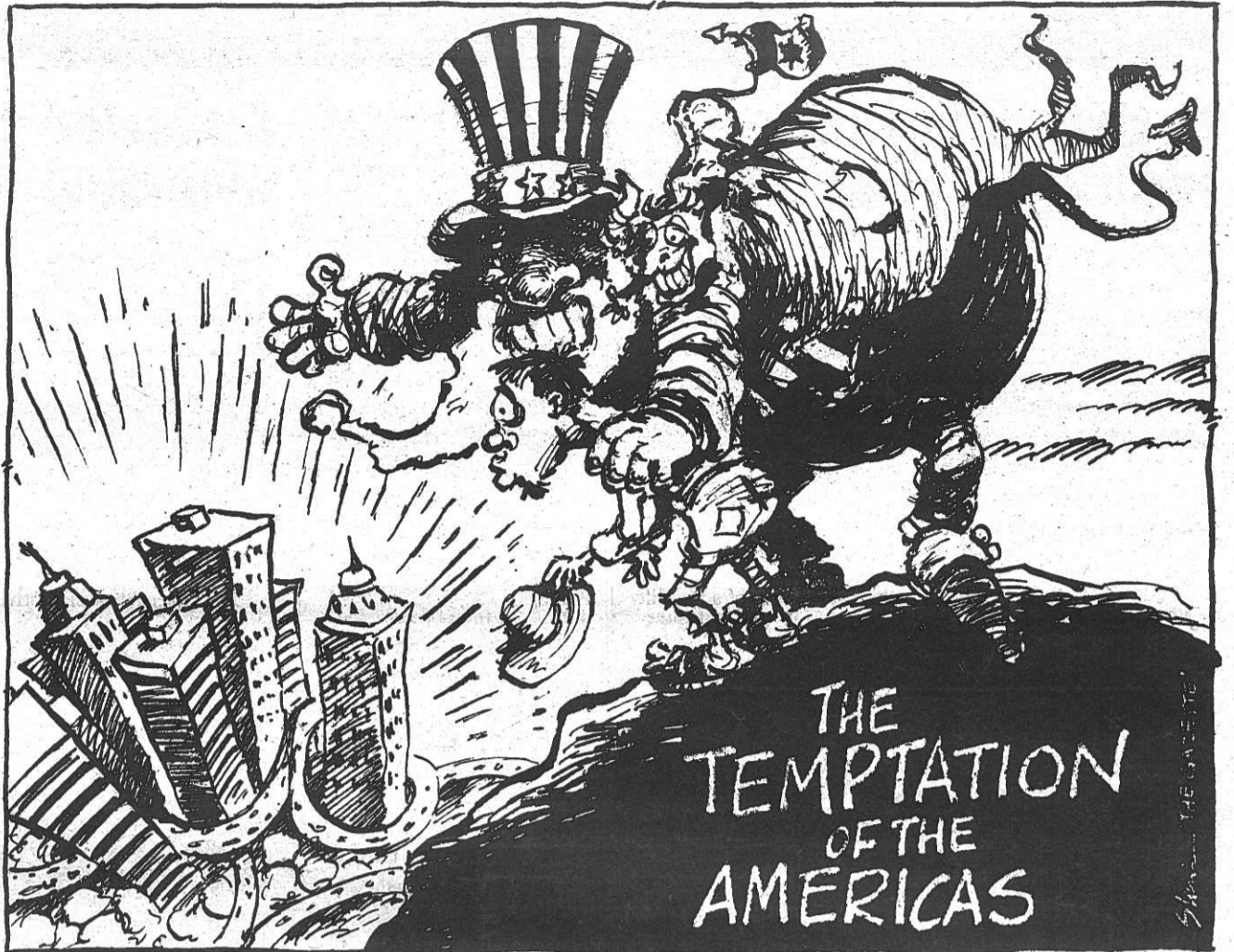
While I've thoroughly disgusted you (hope you weren't reading this at the dinner table!), it's also important to remind pet owners to take care of Fido or Fluffy's annual immunizations (such as rabies, parvovirus, feline leukemia, etc.) and get a check for parasites such as round or tapeworms. Another important consideration is heartworm prevention — which, as I recently found out, not only affects dogs, but less frequently, cats. Your vet can advise you on all of these preventative health measures for your critters. Not taking care of your pet's health can cause them untold misery and pain (or death), and can transmit disease to other people's pets — or the people themselves!

And finally, there's the issue of dumping animals in the countryside. If the thought even crossed your mind — that you could dump your cat or dog on the side of a country road because they are no longer cute and fluffy, or have made one too many messes — may we remind you that "some kind farmer" or country dweller may not be able to take your pet in, and that it WILL die a horrible death from abuse, mutilation, fights with other animals, disease (rabies) or starvation.

Please don't do this. Please take your cat or dog to the Humane Society in Peterborough, or have someone else do it for you. Please take care of your pets with appropriate veterinary treatment. And please, when nature calls, pick up after them. Let's make our community a healthy and happy place for both human and animal neighbours alike! ♣

NEXT DEADLINE

Deadlines for the Thursday, June 7 issue:
 Saturday, May 26 — advertising deadline
 Monday, May 21 — editorial copy deadline



Biosolids and mud-slinging

Since our well water is affected by the ground water flowing down upon us from the Allin pig farm, we read with interest (and dismay) Michele's report on the fiasco at the March 19 Council meeting.

It is inconceivable that Environmental "Protection" Division Manager Zbig Bukala could demonstrate such audacity in replying to questions posed by taxpayers! His rudeness was exceeded only by the ambiguity which he demonstrated as he replied to questions concerning his guidelines, which he himself did not follow. As well, he seems to have been contradicted by EPD officer Patrick Devlin on the class-quality of the biosolids, wherein pathogens are indeed contained! But Zbig Bukala insists that (and I quote) "he is the only one that can give out the information." Need we wonder why?

In our area, last summer most of our neighbours received "unsafe drinking water" reports from the Health Department. Some of us were obliged to install ultra-violet lights in our water systems, since the ground water containing coliforms had contaminated even the deep wells.

We are facing a very serious situation in our area, and the spreading of biosolids on neighbouring farms must be closely monitored by a system which will hopefully administer its duties with a competence worthy of an Environmental "Protection" Agency.

Our thanks to Anne-Marie Scheuneman, Bob Clark, and all concerned citizens who are so ably pursuing this problem — which greatly affects all of us.

— Shirley Leduc
 43 Deer Avenue,
 RR#1 Fraserville

Chemical free lawns

The Millbrook-Cavan Environmental Watch is proposing that Neighbourhood Natural Lawn Care Agreements be circulated around the township.

The agreement would acknowledge the health and environmental hazards of chemical lawn care products, and ask people to join others in agreeing to use organic lawn care methods instead.

If you would like to circulate an agreement in your neighbourhood, or if you would like a "Pesticide Free Naturally" sign for your lawn, please contact Alison at 932-5369.

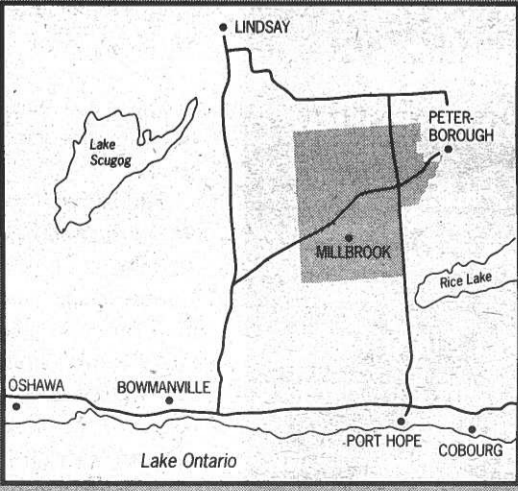
— Alison Wearing


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COSMIC COMICS

Cosmic vibrations of the "stars"

By Crystal Eves

Most people can identify their astrological sign, and even tell you a little something about its characteristics. Quite a few people could tell you the astrological sign of their loved ones and close friends, but not many people could name someone in each of the twelve astrological categories.

There are two reasons for this. Firstly, it is difficult to remember the dates for each of the signs. They change from the 19th to the 24th, depending on which months

is in question. Most people can tell you when their friends' birthdays are, but are not interested enough to refer to an astrology book to look up the sign.

The second reason is that we are often attracted to the same types of people. (Perhaps you have noticed this yourself, that all of your friends' birthdays seem to lump together in a certain month or season.) In this way, we are not able to name a person in a particular sign, because we simply don't know one.

Well, for those of you who can't think of a real life example for all of the signs, I will provide you with the next best thing — a list of television characters that I think embody the characteristics of each sign. This way, you can get the flavour of each of the signs without having to look up any dates, or having to hang out with people you don't like. Keep in mind that I have no idea what the astrological signs of these characters really are, but this is the sign they act like:

Aries (Mar. 21 - Apr. 19) — Richard Fish of Ally McBeal

Taurus — (Apr. 20 - May 20) — Archie Bunker of All in the Family, Homer Simpson of the Simpsons.

Gemini — (May 21 - June 21) — Eyes Only of Dark Angel, Ed Stevens of Ed

Cancer — (June 22 — July 22) — Maxine Gray of Judging Amy

Leo (July 23 - Aug. 22) — Suzanne Sugarbaker of Designing Women

Virgo (Aug. 23 - Sept. 22) — Niles Crane of Frasier

Libra (Sept. 23 - Oct. 23) — Paul Buckner of Mad About You

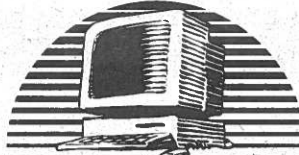
Scorpio (Oct. 24 — Nov. 22) — Max of Dark Angel

Sagittarius (Nov 23 - Dec. 21) — Kramer on Seinfeld

Capricorn (Dec. 22 - Jan. 20) — Frasier Crane on Frasier

Aquarius (Jan. 21 - Feb. 18) — Phoebe of Friends

Pisces (Feb. 19 - Mar. 20) — Ally; Ally McBeal ♣



TECHNOLOGY TODAY

Internet Safety

By Wayne Blaby
Computer Solutions "Plus"

Do you know where your kids are, where they have been, or who they are talking to on the Internet?

The Internet offers both adults and children an almost unlimited universe of content and information. However, Internet access can also expose us to hackers, viruses, and many sites containing inappropriate content.

Today's column will deal mainly with Internet concerns as they relate to children, and what we as parents can do to educate ourselves — and our kids — to ensure the enjoyable use of this amazing tool.

A recent survey done by the Media Awareness Network showed that over 50% of parents had concerns about their children's use of the Internet. Worries of children not being able to judge the reliability and truthfulness of online information, access to pornography and or hate literature, and not knowing how to protect their privacy were among the major concerns.

Many organizations have created web sites to help parents and children feel more comfortable surfing the net. Most of these sites echo the same precautions.

1. Locate your computer in an easily supervised, family area.
 2. Learn about computers and the Internet with your children.
 3. Openly discuss with them where they should and shouldn't go, and why.
 4. Teach them to never give out personal information.
 5. Investigate the use of parental control or filtering software.
- Items 1 - 4 shouldn't need any explanation; however, you may not be familiar with filtering software. Parental control software such as Norton Internet Security Family Edition

allows you, the administrator, to control which web sites can be visited, and can be set up to prevent children from sending confidential information such as credit card or telephone numbers to unsecured sites. Parents can block access to Norton's list of objectionable sites, as well as adding ones of their own. The software also allows you to set up different levels of control for each member of your family. Each user or group of users has to enter a password that allows them to get on the Internet and explore within the boundaries you have set for them.

Filtering programs may keep children from seeing or reading something disturbing, but they have no instructive value.

In the administrator's section, a log is kept of every site visited, by every user of the system. This log is only accessible through a password that you, the parent administrator, sets up. This history log of visited sites, unlike those in Netscape or Explorer, cannot be deleted by the user to hide where they have been. Sorry kids — if you try to go somewhere you aren't supposed to, you're going to get caught with this software.

Parents, keep in mind however, that no software program is going to be foolproof. These programs are not intended to be a substitute for parental involve-

ment. Filtering programs may keep children from seeing or reading something disturbing, but they have no instructive value to teach your kids good judgement or sound thinking skills — that's up to you.

I haven't room to get into concerns about chat rooms, bulletin boards, and other on-line traps, but have provided some sites that you may want to visit for more information.

Go to www.gov.on.ca/OPP/proj/english/safety.htm, www.netsmartz.org, and www.safekids.com.

For an interesting story showing how easy it is to unknowingly give someone personal information, visit www.peterboroughpolice.com, click on enter, click on Crime Prevention Tip, click on Chat Rooms and Bulletin Boards, and read the story about Shannon.

Yes, there are many dangers on the Internet. But there are also many wonderful things to explore. Just as you taught your younger children to be street-wise in our community, now is the time to street-proof them on the Internet. To do that, you may have to familiarize yourself with computers and the Internet. Your on-line trips may be frustrating at first, but with a bit of practice, and some help from your kids, it will be well worth the effort. Another way to brush up on your skills or start from scratch is to visit one of our local libraries and ask about MADCAP (Millbrook & District Community Access Program).

Got any questions? Email me at wblaby@nexicom.net. ♣



OUTDOORS WITH GEORGE

Shoppers anonymous?

By George Luchuk

Shopping, I must confess, was never my favourite pasttime. In fact, on a scale of 1 to 100, it falls at 99 — with 100 being watching grass grow.

I don't feel alone though, because I know most men hate shopping. So it is with absolute amazement, since I retired four weeks ago, that I find myself with an insatiable appetite for bargains.

Of course, this means some heavy duty shopping. This phenomenon came on me without warning. Everyone warned me — "George, you will need things to do. You need to get a hobby or something." But no one told me to watch out for the shopping urge.

Am I alone in this? It's not like I'm really worried about it, because fishing season is now upon us — and I'm planning to get involved with a vengeance. (Save me the seniors' price. On other days, if I wear stylish clothes, a smart baseball hat, and some hip sunglasses, stand up straight and speak with confidence, I pay full price. Anyway, it's just one of the crazy games

I enjoy of late. (Hey, it can get boring sometimes!)

So, where is the best place to shop? Well, I believe that as far as men are concerned, Home Depot beats everyone.

Their prices are usually cheaper for many items, but their big advantage is that they seem to sell everything to do with building and renovation. Their salespeople are knowledgeable and very helpful in adding insight to your particular project. They will also cut wood for you for free (the first five cuts). Canadian Tire, however, is sadly slipping. Some of the prices are outrageous, when compared with the competition.

Everyone warned me — "George, you will need things to do.

You need to get a hobby or something."

But no one told me to watch out for the shopping urge.

As an example, I was looking for some hold down straps with a ratchet feature to hold down my canoes on my trailer and van. The Canadian Tire price was \$12 each, while at Home Depot, you could buy a set of four of exactly the same thing for \$20. I needed a set of light gauge battery booster cables — CTC price \$15, Zellers, \$10. Yes, Zellers is out there really trying to compete, but some of their products, in their

zeal to be competitive, tend to be lesser in quality.

However, if you're looking for outdoor furniture, Zellers has the best prices with good quality. Compare Zellers' outdoor furniture prices with what's offered by Home Hardware (Peterborough), and you will be astounded. The quality is similar, but you will pay, in some cases, twice as much for essentially the same thing. I hate to say it, but if the corporate guys at Home Hardware don't open their eyes, the reality is that they will ultimately be surpassed by their competition. (It's not really important, but at the store I visited in Peterborough, their products were really dusty.)

Then there's Wal-Mart. What can I say? They are the most successful retailers in the world from a consumer's point of view.

I hope the battle for market dominance never ends. In the meantime, it's shop, shop, shop until I drop — or at least until those northern lakes become free of ice. I ask you, does anyone know if there is such an organization called Shoppers Anonymous? ♣

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Emily Winslow: municipal ambassador to El Salvador

By Melodie McCullough
 Although she's only 20 years old, Emily Winslow has known for a long time her goal in life is to visit — and help the people of developing countries. That goal became reality this month when she left for El Salvador with the international development organization, Global Youth Network.

"It's something I've been wanting to do for a really long time," said Emily, who is the daughter of Don and Margaret Winslow, and grew up on the 11th Line of Cavan. She now attends the University of Ottawa, where she has just finished her

"We're not trying to go in there and tell them what to do, but work with them ... We don't want to offend anybody."

second year in the nursing program.

It was at university that she met Emily Shuh, a woman in one of her classes, who visited Guatemala last year with Global Youth Network, and this year organized the trip to El Salvador. Five others from the university will be part of Emily's team which left April 30 and returns May 30.

El Salvador faces problems trying to rebuild its country after the war that lasted from the early 1980's until 1993, said Emily. There are also numerous problems, such as waste disposal, following the recent earthquake.

While there, the team will be traveling to rural areas and the city of Cojutepeque doing volunteer work with Salvadorean organizations such as SALVAID, a human rights and war-relief group and CISPES, a committee working in rural areas in solidarity with the people, and the Association for Democracy and Development.

"We're not trying to go in there and tell them what to do, but work with them and maybe help them do some community clean-up. We don't want to offend anybody."

The team will work at an orphanage, visit schools to speak about literacy and environmental issues, and visit a health clinic.

The trip will be a two-way learning experience, hopes Emily, that won't end when her plane lands back in Canada. She wants to continue the work at home by raising awareness of the needs of the area. After graduation, she also hopes to continue working in some way with developing countries.

"We're going to gain a lot of knowledge about the culture and hopefully share a lot, too," she said. "That way it won't be just a trip that is over on May 30th. We can hopefully continue to help out."

Emily has had to

fundraise to come up with the \$2,000 needed for airfare and accommodation. She would like to thank the municipality of Cavan-Millbrook-North Monaghan, St. John's Anglican Church in Ida, and the Millbrook and District Lions' Club for their donations and help. ♣

Global Youth Network is a sub-organization of Youth with a Mission, an international, non-profit Christian humanitarian organization founded in 1960 that does a variety of practical work in areas of agriculture, health, education, vocational training, and disaster relief work.

Community Care celebrates volunteers

Submitted by Shelagh Gaffney, Community Care Millbrook

National Volunteer Week is a special time set aside in April to honour the people who donate their time and energy to their fellow citizens. It is also meant to raise awareness of the vital contribution volunteers make to our communities and to the identity and values of our country. This year that week is April 22 to 28.

Once again, each Community Care office will set aside special time to say thank you to the volunteers who support the delivery of the many services we offer. In Millbrook, we will be

gathering on Thursday, April 26th, to provide lunch and good company — and to show our appreci-

In this community alone, 55 volunteers have provided 5053.9 hours of service to help address the needs of 182 clients!

ation to the many dedicated men and women of this community who help us fulfill our mission — to provide services for seniors and for adults with physical challenges. These services help people remain more independent in their own homes.

In this community alone, 55 volunteers have provided 5053.9 hours of service to help address the needs of 182 clients! Throughout Peterborough County and City, 831 volunteers have provided a whopping 63,931 hours of service to 3,797 clients.

This year has been declared International Year of Volunteers (IYV) by the United Nations General assembly, in recognition of the enormous social and economic contribution of volunteers worldwide. In Canada, the slogan "The value of one. The power of many" is being used throughout the year to draw attention to volunteer contribution to society.

At Community Care, we look forward to this special opportunity to celebrating the value of volunteers throughout the year. ♣



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YOUR ADVENTURE STARTS HERE



Little flowers and a top-hatted gentleman officially opened the Old Millbrook School Family Centre Friday, April 6.

Family Centre opens for families of the community!

After much hard work on the part of many volunteers, children, youth, and their families will be able to enjoy their own facility in Millbrook.

The Old Millbrook School Family Centre was officially opened on Friday, April 6 to the community. The Centre, comprised of two beautifully renovated rooms, an office, kitchenette, and child-friendly washrooms on the lower level of the school, will be available for a variety of relevant programming in the next few months. An elevator is also being installed for better access by those who are mobility-challenged.

Still others contributed by buying a brick in the "Buy a Brick" campaign — these bricks have been installed in a wall at the entry to the Centre.

A very successful Starlight Dreams Dinner and Auction was held the next night at the Millbrook Community Centre, with a plethora of wonderful items to bid on, terrific jazz, and delicious food provided by the Old Smokehouse in Ennismore. Over \$10,000 was raised in total, with 131 people in attendance. (See our thank you ad in this issue to the many donors of the auction.)

There have been many,

many donors to the cause from the community — too many to mention here — as well as support from the Ontario Trillium Foundation, the Independent Order of Oddfellows — Millbrook Lodge 308, St. Thomas Anglican Church Women, Millbrook Business Improvement Association, Charles R. Smith, and the Municipality of Cavan-Millbrook-North Monaghan. Still others contributed by buying a brick in the "Buy a Brick" campaign — these bricks, complete with plaques, have been installed in a wall at the entry to the Centre.

A big thank you to everyone who donated services in kind, money, or the many volunteer hours needed to make this vision a reality. There's more work to be done — and a new operating board will take over from Wilma Armstrong, Pam Barnet, Earl McLeod, Shelley Powell, Angela Penello, Rhonda Pecena, Julie Kirkpatrick, Rick McGee, and Mary Sutherland. Our most sincere, indebted thanks to these very hard-working individuals who pulled it all together and kept the volunteers going.

Stay tuned for further details of exciting programs, workshops, and opportunities to be hosted in the shiny new Centre — and for your opportunity to support this initiative as it progresses into serving the community! ♣

Turtle time — please proceed with caution

By Michele Curran

With nesting season just around the corner, the annual migration of turtles will soon become a common sight in and around Cavan-Millbrook-North Monaghan.

Seeing turtles on the side of the road may encourage some to want to help but Kids 4 Turtles hopes motorists will slow down and proceed with caution.

Seeing turtles on the side of the road may encourage some children to want to help them cross the road safely, but Kids 4 Turtles hopes motorists will slow down and proceed with caution when approaching a



Kids 4 Turtles and their adult facilitators, Dr. Kristy Hiltz (left) and Jan Rowland (right), held a fundraising draw at Earth Day celebrations April 22 in Millbrook.

teach respect for the road. We also teach our youths to stay clear of wild animals, especially any animal like a dinner plate-sized snapping

get a nasty bite... we do not allow (or encourage) children on the roads nor do we allow them to handle adult snapping turtles. The chil-

heard rumblings regarding possible salmonella contamination from the handling of turtles, but added this information is completely erroneous. However, if the children involved in the campaign do come in contact, Hiltz reassures parents they are well supervised in the handling of turtles and understand the importance of good hygiene.

In related news, the Turtle Draw and barbecue held on Earth Day collected over \$2000 and \$450 respectively to the fund. At the draw, Hiltz had nothing but high praise for the children and "teachers and leaders" as she called them. She added corporate sponsors told her it was the children's selfless hard work and determination that encouraged these businesses to donate to the Kids 4 Turtles campaign.

If you would like more information or want to volunteer call either Jan Rowland at 932-2107 or Kristy Hiltz at 932-2122. ♣



Fisherpeople, both young and young-at-heart, enjoyed a sunny day in Millbrook at the millpond during the Lions' Club Annual Fishing Derby. These young fellows had some success!

turtle. They want to reassure the public they do not advocate reckless endangerment of human life in order to save a turtle.

Though turtle crossing signs have yet to be posted, one of the organizers, Dr. Kristy Hiltz (a veterinarian) reiterates this point, "The Kids 4 Turtles initiative is a road hazard campaign aimed at motorists."

Fraserville resident Andrew Gryg, while applauding the road sign initiative in a recent letter to a Peterborough paper, expressed concern regarding the wisdom of allowing children on roadways to rescue turtles, especially snappers.

"Most of the children in these areas are rural, and not as street wise as urban youth. We work hard to

turtle, which would easily disregard my children's continued need for 10 toes... These people didn't do their homework. If these signs compel anyone to do something erroneous as run out into the road, this group has a moral responsibility to steer an educational campaign directing youths away from that premise or take away the signs," he said.

Offering an in part response to Gryg's concerns, Bob Johnson, Curator of Reptiles at the Metro Zoo in Toronto and head of the snapping turtle program said, "Snapping turtles do not remove fingers and toes, but rather gives a nasty pinch when they bite that may break the skin." Hiltz added, "None of us would like to see a child get hurt or

children are well versed in safety and caution."

Hiltz said she has already

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Harmony on the highway

By Michele Curran

For those of you who have to make the daily commute down the #115 to the #401, take a few minutes to answer these three questions and see if you are road wise:

Where do you stop at an intersection that has the solid white line across your lane?

When you enter a multi-lane highway (more than one lane in one direction) do you drive in the passing lane (left lane)? Yes or No?

Who has the right of way when merging onto a highway? The vehicle merging, or the vehicles on the highway?

These are just some of the questions taken from an educational pamphlet called Highway Harmony. The author is Ontario Provincial Police (OPP) Constable and part-time transport driver Bettina Schwarze (aka "Goldielocks").

"I created this pamphlet to educate people about trucks and certain laws of the road that are usually not discussed, [which] people don't even know exist. For

example, the answer to question one is behind the white line — and if you stop anywhere but before this white line you are subject to a \$105 fine."

She subtitled her pamphlet, "This is your community," because as she said the highway is a type "of community everyone uses, from commuters to professional drivers."

Highway Harmony is a labour of love, financed solely by Bettina, who worked on it for six months simply because, as she said, "I believe in it." So does the OPP detachment where she is posted — who supported her whole-heartedly.

As long as Bettina can remember, being a law enforcement officer and professional driver has been her dream. This vision became a reality in 1990 when she joined the OPP, and in 1995, the dream was complete as she earned her transport-driver credentials.

In her role as OPP officer, Bettina's job includes

enforcement of both passenger and commercial motor vehicles regulations. She believes the number one problem on the #401 and many highways is the lack of education and knowledge in specific areas. Knowledge is power, said Bettina, who firmly believes before motorists are issued a licence, driving schools should make it mandatory that all students take a course on trucks.

"You should be aware of your surroundings, and trucks are very much part of your surroundings when you are travelling the highways. If you are not aware, you may find yourself in an accident."

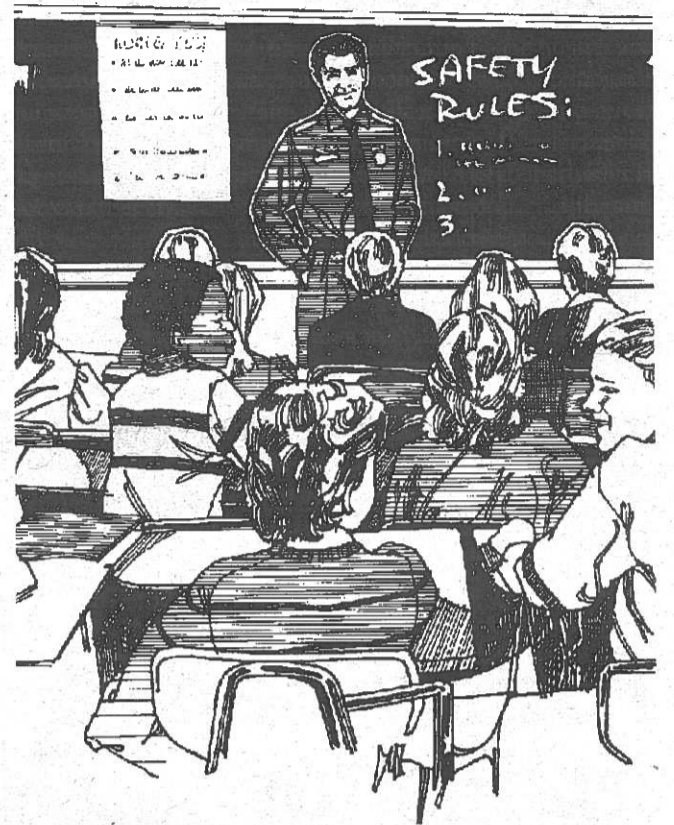
Purchasing a CB for her cruiser has helped Bettina build and foster a positive relationship with transport drivers. She said drivers assist her in catching speeders by calling her when they see one. "I then put on my radar and tell them the speed reading. They love when I do this because it

makes them like they have done their part in (preventing a possible accident)."

It is going the extra mile that has helped Bettina to forge good relations with all highway users, both professional drivers and motorists alike, through using a combination of empathy and education.

* The answer to question 2 is no, because the passing lanes are any lanes to the left of the driving lane (right lane). If you are not actively passing a vehicle, you should stay in the driving lane. It is an offence to prevent the movement of traffic, and if you are finding vehicles are passing you on both sides you are causing a severe traffic problem and are subject to a \$105 fine.

* The answer to question 3 is the vehicles on the highway, or when you see a vehicle on a multi-lane highway move from the right lane to make room for merging traffic. Keep in mind this is only a courtesy. Adjust your speed to safely merge into highway traffic without taking away someone's safety zone.



Law enforcement A family affair

By Michele Curran

One aspect of a successful relationship, is the sharing of a common bond and nowhere is this more apparent than in the partnership of Nicole Bird and Dean Vincent, whose common bond manifests itself in their passion for law enforcement. Nicole is posted with the Lindsay City Police and Dean is involved with the Federal Enforcement Section (FES) of the Royal Canadian

Mounted Police.

The couple, who met in high school, chose to live in the Millbrook area owing to its close proximity to their work, and because, as Dean said, "We found our near dream home."

Nicole joined the Lindsay Police force eleven years ago and has been with it ever since. When just out of high school, Dean followed in his father's footsteps by becoming a police officer.

And like most two-



Thanks!

The Green Hills Gazette wishes to thank the members of our local law enforcement community for their daily commitment to our collective safety.

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"[The Investigations Unit is] where you spend more time... delving into cases trying to solve them... you are using your brain in a different capacity than when you are out walking the beat."

career families first starting out, they faced the challenge of trying to juggle conflicting work schedules, but through perseverance and determination were able to make the best of the time they had together. Nicole said they also have had plenty of days when they barely see each other — one would pass the other on the way to work, with the other on the way to bed. These days, their work schedules are more in sync, enabling them to spend more time pursuing leisurely activities such as travelling and working out together in the gym.

Dean's first job entailed the protection of diplomats and building security and from there he moved onto the Custom and Excise Division as a plainclothes detective dealing with the smuggling of cigarettes and liquor into Ontario in the 1990's. Today he is with FES, who oversees everything from the aeronautical

act to the canine act, as well as drug smuggling, immigration, and commercial crimes.

Recently Dean was posted in Quebec City during the Summit of the Americas, but saw little of the violent confrontations between police and protesters because he was primarily occupied with site security of a hotel, where delegates were staying.

Nicole, who chose law enforcement because it "encompassed aspects that were important to me, such as analytical thinking, physical fitness challenges, and being looked up to and respected in the community," loves her job. Enthusiasm for her career is obvious from the tone in her voice, as she relates how she began as an officer walking the beat, and advanced to a detective constable in the general investigative unit of the detachment.

"This is a unit where you spend more time — such as six weeks delving into cases trying to solve them. I find it rewarding, because you are using your brain in a different capacity than when you are out walking the beat."

When asked if she has seen a dramatic increase in crime over the last 11 years, she said for the most part, not really, but she did say crimes involving property damage, mischief, and drug use (especially marijuana) has been steadily on the

rise. Nicole also said alcohol continues to play a major factor in many crimes.

As for domestic abuse, she said there hasn't been that much of an increase, but it is one call police do not like getting. Since 22% of all police officers killed lose their lives responding to a domestic violence call (traffic stops kill more officers), it is mandatory for two officers to enter the home.

"People have a misconception we are robots just doing our jobs, but we do use discretion on the job, and contrary to popular belief, we do take into

"People have a misconception we are robots just doing our jobs, but we do use discretion on the job... we do take into account people's explanations and feelings."

account people's explanations and feelings." Respect is a two-way street for Nicole. She said they do get complaints of people complaining of being treated like a common criminal, and in some cases, the complaint may be legitimate. However, most of the time, the officer is trying to ensure safety first.

"The public has to understand, though, if a situation looks like it is getting out of control, we have no choice but to deal with the situation expediently before someone gets hurt." ♣

Ensuring community safety: Police Services Board

By Michele Curran

In the community there have been many misconceptions about the role of the Police Services Board and what it can and cannot do. To set the record straight, board member Bruce Laverty explained, "Our job is to ensure the OPP are doing their job."

He suggested if any resident witnesses a crime they should call the OPP immediately. The board is not set up to deal with criminal acts, and this is why it is important to deal with the OPP directly.

"In a nutshell, the police servicing board is responsible for providing adequate and effective police services in the community of Cavan-Millbrook-North Monaghan." Their role is purely an administrative one.

This three-person board was created as a result of a government law requiring all communities with a police force to have a police services board. Comprised of Council appointee Laverty, general attorney appointee Bill Clark, and Council representative Bob Deacon, the board makes decisions concerning the hiring of OPP officers on a yearly contract basis.

The board also receives reports from OPP Inspector Jack Watkins — and was recently "presently surprised" to learn crime has not increased with the addition of the Kawartha

Slots gaming operation.

The Board holds its meetings every second month in Council chambers, and if residents have complaints or concerns about the OPP, they can present their concerns in the form of a delegation to the board.

Since its implementation, the board has received only two complaints, one of which involved property damage at the Cedar Valley playground last fall. The

recommendation of the board was to install lights in the area to cut down on further acts of vandalism.

Laverty also explained if someone requests the installation of a stop sign, the final decision would still have to go through Council, because in order for a sign to go up, a bylaw must be passed.

The next Police Services Board meeting is slated for June 13 at Council Chambers. ♣

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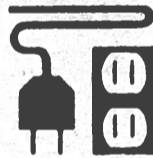


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R. GARY STEWART, MPP
PETERBOROUGH

By Deborah Luchuk

When we were considering what we would do in this issue to celebrate Mother's Day, I immediately thought of Melodie McCullough, one of our tireless and dedicated reporters.

Melodie is a busy mom with a lot on her plate — I'm sure many of our readers can relate when I say besides her interviewing, research, and writing, she also serves as social secretary for a busy family, chief cook and bottle washer, and is very involved in her children's lives. Such a whirlwind schedule does not allow her much time for herself, we thought, so the best Mother's Day gift for someone like Melodie would be a day away of indulgent pampering.

What about a mother and daughter makeover? Melodie's daughter Erinn, 12, would be thrilled with the opportunity to have a professional work with her

youthful good looks and make the most of them. (What teenager would object to a little experimentation?)

They agreed — for the sake of journalistic curiosity?? — and went to Carew's Dos in Millbrook for the transformation on Saturday, April 28.



Melodie before makeover

Both women were open to change, but weren't quite sure what they wanted to do with their hair. Stylists Heather and Debbie helped with the decision by taking a look at their hair's texture and colour, and reviewed a number of hairstyle magazines and books before



A transformation for Mother's Day

deciding to do highlights and a cut for both Melodie and Erinn.

Melodie's hair was below shoulder length, often worn up in a ponytail, because she said she didn't want to get it in anything sticky (there's lots of opportunity for that to happen when looking after children!). It was a dark brown, with grey throughout. She and Debbie decided on a few coppery-brown highlights to brighten up her look, and a shoulder-length cut with layers around the face and throughout.



Erinn before makeover

Erinn decided she would like to grow her hair out, so a good shaping up was in order. Since her hair has a lot of natural wave

and curl, Heather made the most of it with a very trendy bob cut. Erinn also had highlights of a subtle coppery blond, and gold blond to brighten up her dark blond hair, applied using a plastic "foil" method.

"The ladies were extremely attentive and friendly, and were interested in discovering what styles Erinn and I wanted. They gave us advice for after today, as well — for example, how to style it, and tips on future colouring," Melodie said.

Makeup artist and esthetician Paula matched make-up with the shape of Melodie and Erinn's faces, taking into consideration their skin, eye, and hair colour — as well as their personality. Both women preferred a light application of makeup. Erinn was advised to use a light moisturizing lotion every day, to avoid the imbalances of teenage skin, which could lead to problems with acne, and to skip foundation — because her skin was already so wonderfully even

looking. Instead, Paula used an iridescent powder to highlight her glowing skin. The colours used in

"I've never really done anything like this before. It was a wonderful way to spend a Saturday afternoon, being pampered and having fun with my daughter."

eye and lip makeup were vanilla, blush, and a wee bit of mauve for definition. Once the mascara was applied, we saw just how long Erinn's eyelashes really are!

Melodie's makeup included foundation/concealer, sheer periwinkle, liner and mascara on her bright blue eyes, a little rosy blush, and a custom-mixed lip colour which blended pink and a currently trendy coral shade. The eye makeup brought

out her eyes, and the lightly applied foundation and concealer evened out skin tones.

The results of the makeover were fantastic. The pictures don't really show it, but I could tell Melodie was pretty delighted with the transformation throughout the process by the look on her face. What Debbie, Paula, and Heather did was magic, bringing out the natural beauty of mom and daughter, and offering them new ways to enhance their looks and self-image in the future.

"I've never really done anything like this before. It was a wonderful way to spend a Saturday afternoon, being pampered and having fun with my daughter. When we got home, my little boy said I should do this all the time," Melodie said. "I enjoyed the experience, because of the attention I received. It was great being treated in such a special way," Erinn concluded.

Moms and daughters reading this article can win their own makeover session at Carew's Dos!! Simply tell us, in a page or less (handwritten or wordprocessed), a little about yourselves, and why you two should have a makeover. Please include your telephone number(s) — business and home, so we can call you if you win. Send us your letter by email: gazette@nexi-com.net, fax: (705) 932-4041, or regular mail: The Green Hills Gazette, 69 King Street East, Millbrook, Ontario, L0A 1G0.

Deadline is Friday, May 21, so get your letter in today!

Gazette staffers and the staff at Carew's Dos will review all submissions and contact the winners by telephone. We will ask you when you would like your appointment, and schedule it accordingly. Your pictures (before and after) will be used in Carew's Dos advertising following the makeover session. ♣

The Old Millbrook School Family Centre, Inc. has leased space from the Township of Cavan-Millbrook-North Monaghan (CMNM) to allow for Child Care Programs and Services

at the Old Millbrook School, 1 Dufferin Street, Millbrook, Ontario.

Interested applicants who wish to sub-let the space to provide before and after school and/or summer day camp programs are invited to submit applications by April 17th 2001.

Applications may be obtained from and must be returned to: CMNM Township, Millbrook Arena, or by calling 932-7088.

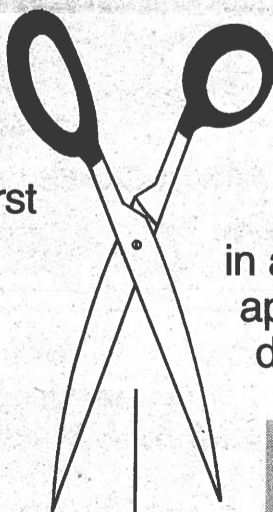
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Keep Carew's Do's in mind when booking appointments for Mother's Day, formals, and graduations. We are offering a special gift certificate package



for Mother's Day — a manicure and pedicure for \$40.00.

Call 932-5339 in advance for an appointment — to avoid disappointment!

See the article on this page for a chance to win our makeover!

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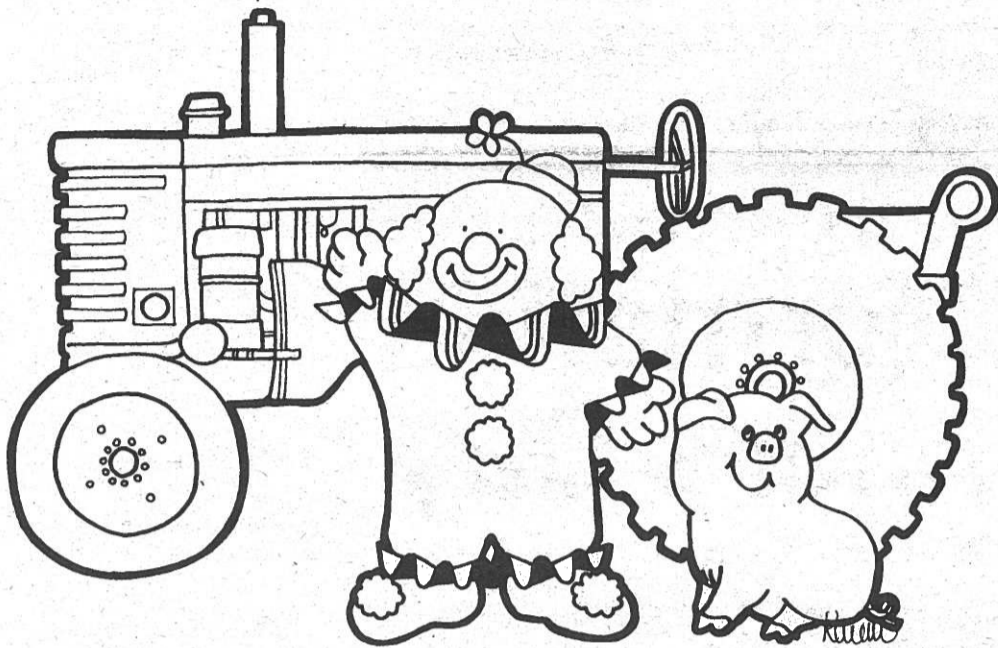


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Celebrating agricultural and rural life
in our community...

The 152nd Millbrook Fair

June 8-10, 2001



PARADE SCHEDULE

Come help us celebrate our 152nd Millbrook Agricultural Fair with a PARADE!

The Millbrook Agricultural Society welcomes the Peterborough Cadet Band.

'Fee free registration' begins at 9:30 a.m. on Saturday June 9, from the arena parking lot. Just a reminder, we ask any participants with horse trailers to park at the 'Old School' for convenience and safety reasons. Once again, the parade will begin going west on King Street at 11:00 a.m. SHARP. Judging takes place during the line up. Following the parade's finish inside the Fairgrounds, we will officially open this year's Fair with the traditional Opening Ceremonies and dedication.

The following classes are available for entries this year:

- ✓ Best decorated float
- ✓ Best decorated boys' bicycle
- ✓ Best comic entry
- ✓ Best decorated girls' bicycle
- ✓ Best parade group
- ✓ Best horse and rider
- ✓ Best clown
- ✓ Special entries

This year's theme for the parade is
'Back to the Future'

For more information or to pre-register, contact Kathy Shaughnessy at 932-3150

ADMISSION FEES

- on-site parking \$2.00
- THURSDAY: Loonie Rides, Loonie Games & Loonie Candy Floss from 6:00 p.m. - 9:00 p.m. Frederick St. Gate open only admission \$1
- FRIDAY: donation admission until 3:00 p.m.

REGULAR DAY PASS:
\$5.00 adult, \$3.00 sr., \$2.00 12-under

WEEKEND INDIVIDUAL PASS:
\$12.00 adult, \$5.00 12-under

Patrons leaving the Fairgrounds on Saturday before 5 and return after 5 pay again

SUNDAY SUPER SPECIAL:
\$15.00 unlimited pay one price per person: "ride for the day"

— Gate Volunteers Needed —
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FAIR SCHEDULE

THURSDAY JUNE 7, 2001

6:00 p.m. MIDWAY will be open - LOONIE rides and games until 9:00 p.m. - loonie admission at main gate

FRIDAY JUNE 8, 2001

9:00 a.m. Children's Day - open to invited area schools and to the public - donation admission until 3:00 p.m.

4:00 p.m. Beer Tent - MIDWAY - Concessions - Petting Zoo

7:00 p.m. Truck and Tractor Pulls - new this year - Powder Puff local 4X4 P limited to first six entries -

9:00 p.m. Entertainment - "QUICKSILVER" - sponsored by the MILLSHIRE HOUSE

SATURDAY JUNE 9, 2001

9:00 a.m. MIDWAY - Concessions - Homecraft Division - School Exhibits - Petting Zoo

9:30 a.m. Parade Registration - theme: "Back to the Future"

10:00 a.m. Open Horse Show - 4-H Beef Show - Beef Cattle Show - Heavy Horse Hitches

11:00 a.m. PARADE - Draft and Pony Halter Classes

12:00 p.m. OFFICIAL OPENING OF THE MILLBROOK FAIR - Introduction of 2001 Fair Ambassador

12:00 p.m. Beer Tent

12:30 p.m. Children's Sheep Display - Heavy & Light Horse Pull

1:00 p.m. Pig Races - organized by Millbrook Agricultural Society Junior Directors -

4:00 p.m. Pony Pull

7:00 p.m. Truck and Tractor Pulls - running the Highway Tractor class first this year -

9:00 p.m. Entertainment - "Quarterline" - sponsored by the MILLSHIRE HOUSE

SUNDAY JUNE 10, 2001

9:00 a.m. MIDWAY - Concessions - Homecraft Division - School Exhibits - Petting Zoo

10:00 a.m. Hunter & Jumper Show - Classic Farm Tractor Registration

11:00 a.m. Roadsters, Hackneys, Shetlands and Saddle Horses

11:30 a.m. Pet Show Registration - Pet Show to follow -

12:00 p.m. Goat Display - Youth Horse Show - Judging of Classic Farm Tractors - Poultry

12:00 p.m. Beer Tent

1:00 p.m. Entertainment - "Home Town Fiddlers" - Step Dance Performance: Cassandra Olan & Allison Doig

1:00 p.m. Prize-Winning Baking Auction - donations of baking contest submissions -

2:00 p.m. Demolition Derby — time change this year —

Health through aerobics Stretching for health!

By Kimberley Keijzers, Certified Personal Trainer

How do you create optimum health? Through a diet, exercise, and relaxation program you can stick with for the rest of your life. In past columns, I've discussed diet and strength training basics. Now let's review aerobic exercise.

Aerobic exercise is almost any exercise that speeds up your heartbeat. This includes brisk walking, jogging, dancing, cycling, skating, swimming or rowing.

Your optimal heart rate for exercise lies between 60% and 80% of the maximum rate for your age and level of fitness. There are three popular ways to monitor your exercise intensity.

1) Heart Rate Monitoring: Calculate yours with the following formula:

- Subtract your age from 220
- Multiply the result by 60%

(0.6) then by 80% (0.8)

• The first figure is the bottom of your intensity range; the second is the top

• Then, divide by 6 to find your 10-second heart rate. Let's consider a 30-year old woman. First subtract her age from 220 to equal 190. Next, multiply by 0.6 to equal 114 and 0.80 to equal 152. Then, divide by 6, which is 19 and 25.3 respectively. Therefore, if she is a beginner she should work at the low end of the range, or 19 beats in 10-seconds. Only competitive athletes should work as high as 85-90 percent of their maximum heart rate.

2) A simpler method is the Rate of Perceived Exertion (RPE) Scale, as the heart rate does not have to be measured. This scale uses the numbers 0 to 10 to describe the effort you perceive as a result of aerobic activity; 0 being no perceived exertion, to 5 being strong, to 10 being

very, very strong.

3) Taking your pulse may seem complicated, and the RPE is a judgement call, which may be difficult for beginners, so a simpler way to monitor your exercise intensity is to use the Talk Test. This is based on the understanding that you should always be able to hold a conversation while exercising. Exercise intensity should be adjusted so that two to three-word phrases are possible.

Pay attention to signs of overexertion, such as pounding in your chest, dizziness or faintness, or profuse sweating. If any symptoms persist, see your doctor.

Full benefit comes when you exercise enough to make your heart pound faster for at least 20 minutes at a time and between three and five times a week. Exercise for energy – not to exhaustion. And enjoy yourself on the road to health! ♣

By Kimberley Keijzers Certified Personal Trainer

On the road to health, you are striking a balance between the number of calories you consume and the number you burn. You are eating a sensible low-fat, nutritious diet. You are burning calories through aerobic exercise and strength training. But what's missing?

Flexibility, the ability to move your joints through their full range of motion, is one of the key elements of fitness, along with cardiovascular endurance and muscle strength.

The way to maintain or improve flexibility is to stretch. Stretching is not just for runners, ballet dancers and athletes. All people can benefit from the relief of muscle tension and stiffness that stretching provides. Stretching is important for a number of reasons:

- Stretching is the key to maintaining your flexibility and increases the range of motion of joints – how far and how easily you can move your joints
- Stretching helps increase blood supply and nutrients to joint structures
- Stretching may help prevent muscle strain, injury and soreness
- Stretching may correct muscle imbalances and improve postural awareness
- Stretching may help you perform better – the ability to move freely in a wide variety of directions makes you a better athlete
- Stretching may be an excellent relaxation method and stress reducer

Tips for a stretching program:

- Always warm up before you stretch – slow, rhythmic exercise of larger muscle groups for 5 to 10 minutes (walking, jogging or biking).

Stretching while muscles are cold may sprain or tear them.

- Don't bounce – ease into a stretch and gently hold it for the entire time. Stretching should be gradual and relaxed.
- Stretch to where you feel a slight, mild tension, never to the point of pain. If there's any pain, stop!
- Stretch all your muscles and hold each stretch for at least 10 seconds, working up to 20 to 30 seconds.
- Besides a general stretch of major muscle groups, stretch the specific muscles required for your sport or activity.
- Don't hold your breath – take long, deep breaths.
- Stretching every day is ideal, but at the very least, stretch before or after you exercise.

Stretching, when done the right way and regularly, feels good and is good for you. Treat yourself to a stretch today! ♣

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- Persons who need extra support following surgery or illness, to regain the strength required to return home.



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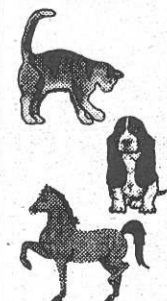
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Choosing the right long-term care facility for you!

Here are a few tips on to help you make the critical decision about where you will spend your most golden years, supported by others.

Eventually, we all need help to sustain a happy, healthy, and full quality of life. Now is the time, especially for those who are middle-aged, to consider what you will need for long-term care or sup-

port. Some readers will already be at that point, and others will be arranging for such care for family members.

Here's a few tips on to help you make the critical decision about where you will spend your most golden years, supported by others.

What are your first impressions when you get past the front door of a long-term care facility? Is the

home bright and cheerful, and free of unpleasant odors? Do residents appear well cared for, neatly dressed, and well-groomed? Is the staff friendly? Do you sense an atmosphere of warmth and caring? Are residents treated with respect and dignity, in accordance with their individual character and experience?

There are a host of other criteria to consider in

order to ensure the facility will be a good fit for you or your senior family member:

- Do the rooms look comfortable? Can you bring any of your own furnishings, including televisions?
- Where are the bathrooms? Are there call bells in each room?
- Is attention given to safety? (ie. handrails, secure carpets)

- What equipment does the facility provide?
- Is the residence convenient for family and friends to visit?
- How is family involved in the resident's care?
- Where do you eat meals? Is there a choice? Can you eat in your room, if ill?
- Is the facility able to meet the religious/cultural/language and dietary needs of residents?
- What is the policy regarding smoking and alcohol?
- Is there an Activity Director? What activities are available?
- Can you keep your own doctor? How is medical care provided in emergencies?

- What happens when a resident is hospitalized?
- How is billing arranged? What are the extra charges?

It's a good idea to come up with a checklist of the services, facilities, programming, and supports you will require of any long-term care facility long before you need one, or if you are in the situation of having to find such care for a loved one. Prioritize your needs and wants, and take your time touring facilities, and asking questions. Talk to residents and caregivers and staff as well as the management to get a better picture of what's on offer.

It's going to be your home, or the home of someone you care about. Take the time and be sure it's the place for you! ♣

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A mother's love is like a circle, it has no beginning and no ending. It keeps going around and around, ever expanding, touching everyone who comes into contact with it. Engulfing them like the morning's mist, warming them like the noon time sun, and covering them like a blanket of stars. A mother's love is like a circle, it has no beginning and no ending

— Art Urban

Mother's Day

Sunday, May 13

Celebrate Mother's Day with brunch or dinner!

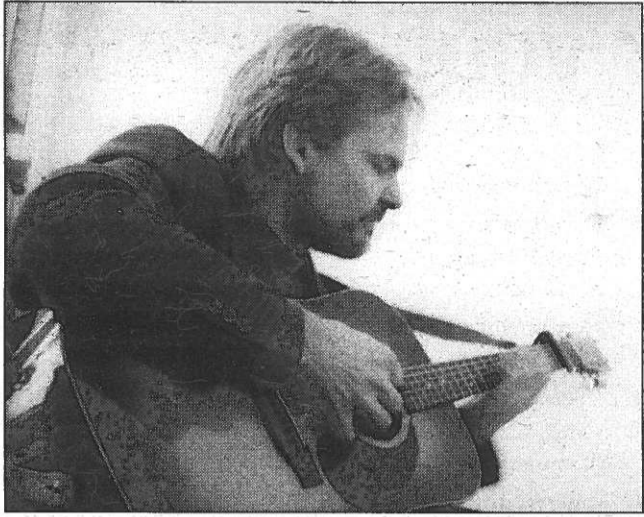
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Children's Menu & Seniors' Portions

ARTS & CULTURE



Millbrook's Jarmo Jalava launches his first CD May 5.

Millbrook musician to launch CD with concert

"Jarmo Jalava writes songs rich in whimsy and wonder. There is a recognizable sound here—think of Bruce Cockburn's crisp melodicism and Daniel Lanois's low-burn intensity—but there is also a fresh voice. Jalava has edge and intelligence, heart and soul. His music stays with you."—Charles Foran, music reviewer for *The National Post*.

Millbrook resident Jarmo Jalava has been compared to artists as musically diverse as Bob Dylan, The Pogues and J.J. Cale, but he's undeniably an original. After three decades of songwriting, Jalava has teamed up with some of central Ontario's most talented veterans to produce his first CD.

Jalava first performed his original material solo at age 12 on the big stage at Toronto's Nathan Philips Square. Since then he has played in cafés and pubs from Ontario to Oregon. He's earned a living picking lemons, driving a cab, as a literary editor, and by reintroducing endangered Peregrine Falcons to the wild. He's squatted in

derelict buildings in Vancouver, and has drunk tea with Tibetan refugees in Nepal. Today, he's a professional ecologist, and is invited to places like Washington, D.C. to lecture on conservation issues.

Jalava's band, The Vagrant Spirits, are Jocelyn Grills (of The Heretics) on drums, and J.P. Hovercraft (of Max Mouse and the Gorillas and Joe Hall and the Continental Drift) on bass, grooving along with the gifted Jamie McKenty on guitar. The debut cd also features Curtis Driedger on fiddle and piano, Matt Fines on steel guitar, best-selling author Alison Wearing on vocals, and Saskia Hummel on accordion. Martin Gallop, first prizewinner in last year's Canadian National Songwriters Contest, helped produce *Hole in the Sky*.

Singer-songwriter Jamie McKenty will open the May 5 show. Improvisational-pop band Shelter (which includes Mark Davidson and Sue Nelson of Keene) will bring diverse influences and a unique sound to the stage. Catherine Hume, another

fine local songwriter now living in Toronto, will also be a special musical guest.

Tickets (\$10) are available in advance at Moondance (425 George St. N., Peterborough), or by phoning (705)932-5369. ♣

Piano Mini-Festival

The hills are alive with the sound of music... some very special music evenings will take place on the evenings of June 4, 5 and 6.

The annual Millbrook Piano Mini-Festival, a concert of music performed by noted performer and teacher Dr. George Ingham and his students, is a rare opportunity to see and hear a little of the tremendous musical talent in this community.

Dr. Ingham will perform three individual pieces, and the students will showcase their talents throughout the concert. A highlight of the student recital will be a performance by a senior student of the piece "Farewell", composed by local musician Emma Fee (Lamb-Reynolds).

During his teaching years in Millbrook, Dr. Ingham has facilitated the musical development of many excellent pianists, including Michael Cripps, Michael Stevens, Kathy Heffernan, Lisa and Caitline Burkholder, Tiffany, Adrienne, and James Franck, Jill and Luanne McKinlay, Sarah Abbott, and many others. In other words, expect to be carried away by excellence at this year's performance!

Admission is free. Dr. Ingham would appreciate a loan of chairs for the evening (75 are needed). Call him at 932-2662 if can help out in this way. ♣

New season opens at Capitol Theatre

Capitol Theatre in Port Hope has an entertaining slate of plays on offer this season.

You might just want to make an evening of it, and enjoy dinner at one of Port Hope's many restaurants.

Whistle Stop

By Gordon Portman

In this funny, warm-hearted gem of a play, relationships are formed, discovered, re-discovered, and interwoven between four fascinating characters. A delightful story about finding "that special person" when and where you least expect it. Showing on the evenings of May 10, 11, 12, 17, 18 and 19, with matinees on May 10, 15, and 19.

Baby Makes Two

By Corrine Hurley

Take a young woman with an exciting career and a blossoming romance and introduce a new baby into

the mix and you've got the bittersweet predicament of *Baby Makes Two*. Showing on the evenings of June 6 - 9, 13 - 16, 20 - 23, with matinees on June 9, 12, 14, 17, 19 and 21.

Over the River and Through the Woods

By Joe Dipietro

A hilarious family comedy about the agony of having to leave home for the first time. Nick is a single guy who is about to be promoted to his dream job - unfortunately it's in another city. This play shows on the evenings of June 27 - 30, July 4 - 7, 11 - 14, with matinees on June 30, July 3, 5, 8, 10, and 12.

Ivanka Chews the Fat

By Jo-Ann Waytowich

Prepare yourself for an afternoon of laughter, music and pure entertainment as "Ivanka" returns to the Capitol stage in her latest

comedy incarnation. Our polyester diva and her identical twin sister wake up one morning to find themselves in the midst of a mid-life crisis. Showing the evenings of July 18 - 21, 25 - 28, August 1 - 4, with matinees on July 24, 26, 29, 31, and Aug. 2.

Noises Off

By Michael Frayn

This wonderful Broadway hit is a farce about farce that takes the clichés of this genre and shakes them inventively in a series of fast-moving kaleidoscopic patterns. It's as crazy a farce as you're ever going to see! Showing evenings of August 9 - 11, 15 - 18, 22 - 25, with matinees on August 11, 14, 16, 19, 21, and 23.

Tickets are on sale now. A Five-Play Series is \$80; a Four-Play Series, \$68; a Three-Play Series, \$54. Call the Capitol Theatre for more information or tickets. ♣



Come out and enjoy the Community Choir's Spring Sing June 1 & 2 featuring "Carousel"!

Spring concert features "Carousel" music

Audiences will be treated to a medley from the musical "Carousel" at this year's annual spring concert of the Millbrook Community Choir Friday, June 1 and Saturday, June 2 at 7:30 p.m. at St. Andrew's United Church in Millbrook.

There will be a variety of other selections including selections of "that good old country music" featuring fiddle and percussion.

Joining the choir will be Joyful Noise, the Millbrook youth choir, featuring music from Mary Poppins, under new director Donna Whatly, with

piano accompaniment by Wendy Dumits.

New to the spring concert is a new costume for the adult choir — sparkles is a good description — and a new director, Eleanor Bailey. Eleanor has shown great enthusiasm, talent and dedication in her first year with the choir and has given it the new experience of participating in the Kiwanis Music Festival. On April 24, the choir performed at the Festival and came home with a second place with a mark of 83. Continuing with the choir is piano accompanist Ann Rich. Master of Ceremonies for the concert

is Ken Purdon.

The 30-member choir is in its 11th year and enthusiasm for the music and performances is high. New members are welcome to join the choir when it reassembles after the summer. No auditions are necessary and choir members have two to three weeks with the choir before making a firm commitment. For more information on joining the choir or the upcoming spring concert, call Bill Plewes at 944-5904.

Tickets are \$5 and are available from any choir member or at the door. See you there! ♣

SIXTH ANNIVERSARY SHOW

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 Spencey, George Stewart, Barbara Walker, Jane Wilson.

Gallery Hours:

Thursday, Friday and Sunday 12-5
Saturday 10-5

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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.

Healing Herbs

At Millbrook/Area Garden Club. St. Thomas' Anglican Church Hall, Millbrook Wed. May 2, 7:30 pm Guest speaker Candelle Mallon from Richters' Herbs in Goodwood. Talk on herbs, slide presentation, items for purchase. Call Wendy Olsen at 944-8912 for info. Admission \$2 at door, everyone welcome!

6th Anniversary Show

At the Millbrook Gallery Featured until May 27 A group exhibition celebrating six years in the community. Call 932-5482.

Grand Opening of Fraserville Mechanical & Autobody

At new location, south of Kawartha Downs, Hwy. #28, Sat. May 5. Join owner Dave Wigmore and G&D Masonry for a day of celebration — balloons, hotdogs, more!

Jarmo Jalava and The Vagrant Spirits

At the Market Hall Theatre, Ptbo. Sat. May 5, 8 pm Celebrating the release of their debut CD, "Hole in the Sky". Opening acts Jamie McKenty, improvisational pop band Shelter, Catherine Hume is a special guest. Tickets (\$10) available at Moondance (425 George St. N.), or by calling 932-5369. See story this issue.

Millbrook Farmers' Market Opening

Next to Needler's Mill, Millbrook. Sunday, May 6, 9 am - 2 pm. Come on out and purchase fresh and tasty homebaking, fruit and veggies, locally raised meats, crafts, and more - all supplied by area farmers and residents. Special events will be held throughout the summer, to be announced!

4th Line Theatre

Volunteer Information Session/Interviews At the Old Millbrook School Sun. May 6, 10 am - 4 pm 4th Line Theatre looking for volunteers for 2001 summer season: performers, sets/costumes/props, ushers/greeters/box office, buildings and grounds upkeep, mailings/phone work, special events/opening nights. Performers (adults or children) call 876-7660 to arrange a 15-minute interview time or for more information. Info on other volunteer opportunities available at Info Session.

Spring Gardening Market

At Mark St. United Church, Ptbo. Fri. May 11, 6 - 9 pm. Featuring bedding plants, gardening services

and accessories, Mother's Day gifts, aromatherapy and skin care products, demonstration of members' services, and more. Sponsored by the Peterborough LETS exchange. Free admission, donation to Kawartha Food Share appreciated.

Robert David

The Give a Hoot Café At the Old Millbrook School Sat. May 12, 8 pm Join Montreal singer-songwriter Robert David at the Give a Hoot for an evening's entertainment. Well known for his multi-talented instrumentation, David plays the accordion, saxophone and harmonica. \$10 at the door, \$5 if you sing in the Hoot, special family rates. Proceeds to the Millbrook Cavan Environmental Watch.

Singles Dance

At Keystone Links. 2452

Clifford Line, Ptbo. Sat. May 19, 9 pm - 1 am Admission \$5 per person, smoking section. 932-2740.

Pottery & Painting Exhibit

At the Lindsay Gallery, 190 Kent St., Lindsay. To May 19. Featuring works by Fran DeActis, Dorothea Weise, and Ed Longueville. More info, call (705) 324-1780.

Valerie Davidson/George Stewart Exhibit

At the Millbrook Gallery Fri. June 1 opening. Featuring the beautiful, whimsical jewellery of Valerie Davidson and George Stewart's one-of-a-kind pottery.

Spring Sing Concert

At St. Andrew's United Church, Millbrook Fri. June 1, Sat. June 2, evenings. Annual concert of the Community Choir and the Joyful Noise youth choir. See article this issue; call Phil at 745-2623.

Millbrook Piano Mini-Festival

At the Ingham residence, 46 Tupper St. Millbrook June 4, 5, 6, evenings Piano recital by noted teacher and performer Dr. George Ingham and his students. See article this issue for more info.

Youth Activity Nights

At the Millbrook Arena To Sept. 1. Every night, 5 - 10 pm. Lots of fun activities, including basketball, skateboarding, floor hockey, rollerblading. Bring your own music! Call 932-2911.

Perennials

At Millbrook/Area Garden Club. St. Thomas Anglican Church Hall, Millbrook Wed. June 6, 7:30 pm Speaker Kay Roberts, perennials expert. Admission \$2 at door. Call Wendy Olsen at 944-8912.

ON-GOING EVENTS

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

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

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

Baileboro 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 Baileboro Library.

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

Creative Card Making Every Mon., Community Care Office, 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 944-8912.

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.

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SOCIAL SERVICES CAREERS - BOSTON USA. Counsel troubled adolescents. Interview Toronto on May 6, 7, & 8, 2001. Bachelors/ Diploma/Car. Call Toll-free 1-800-863-0076. FAX: 781-340-5257. Website: www.hamsher.com

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Spring fashions for your home

It's that time of the year we've all been waiting for — when the last of the *\$(%#) snow melts and we bare starkly white skin at the first hint of heat!

While you're packing up the winter woolies and pulling out shorts and t-shirts, it's time to consider a new look for your home as well. Something lighter, more "springy"...

Why not check out decorating magazines for inspiration and decor ideas?

It seems pink is everywhere — in clothes and in decor. (Interior decorating trends tend to follow fashions we wear.) While baby pink may be too saccharine-sweet for you, there are many more bold and strong versions of it to mix and match with neutrals (brighten up your oh-so-sensible, non-committal off-white, Scotchgarded couch). Use it as an accent —

don't go over the top with it unless a really girly look is what you are looking for.

1940s and 50s furniture and decorative pieces are all the rage. Before you chuck out grandma's furniture set from the 50s, take a look at the construction of the pieces — are they solid, well-made? While you might not appreciate the sickly green fabric they are covered with now, you could either slip-cover or re-upholster furniture. If you are out and about in Toronto, and happen to take a look in some of the trendy furniture shops or antique stores, you will see either the real thing or a knock-off of the original — for a truly chi-chi price tag! Why not check out auctions to get this look?

As can be expected, lighting and lamps from this period are also very trendy. What was once considered to be tacky

and best left at the cottage is now to adorn the most stylish homes!

Of course, beautiful textiles of any vintage are popular, particularly when mixing and matching textures, patterns, and materials. Pick a colour scheme — using shades of the same colour can be restful, while more drama can be achieved by using a mix of brighter and neutral colours. The current interest in all things Asian or Indian continues, with sari fabric-covered cushions and wall-hangings, or brilliant silk or paisley-patterned material and accents.

Whether the look you're after is lush and extravagant, bohemian, romantic, or minimalist, there's plenty of scope for your decorating imagination out there. ♣



While decorating is fun and a great way to put off getting more practical things done(!), there are a few things you should do to restore your home to its pre-snow glory.

Check all your home's internal systems, like heating/cooling and air circulation. Tend to any plumbing or structural issues that may have arisen over the winter.

Chances are, with our long winter past, you have not done much in the way of work on the outside of your home unless it was an emergency. Clean out eavestroughs — and consider

putting chicken wire or similar on to keep leaves and other debris out, water moving through. Tend to window repairs — and wash them to let the sunshine in! Check for any places where water may be seeping into your basement. Make a checklist of all your home's systems and exterior features, to determine what needs doing and in what order.

Summer's a great time to paint or refinish your siding, do roof repairs or re-shingling, and in general, do any renovation or addition construction.

Remember to get your building permits before you start work! You want to pay attention to resealing your driveway, if paved. And then there's your lawn and garden -- there's a big

job! Make a plan on paper as to how you'd like your "outdoor home" to look!

Organize yourself with shelving and storage boxes. Nothing quite like dealing with your clutter to make yourself feel better, and it's great to be able to find what you want, when you want! Clear out the junk and stuff you don't want anymore — take what's useful to the Salvation Army, Goodwill, Community Care (clothes only), or the Re-Use Centre at the recycling depot. Get ruthless! and then have a yard sale.

These are but a few suggestions that come to mind when considering the many jobs to be done around the house. You will have your own priorities! ♣

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