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THE GREEN HILLS Gazette

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Volume 4, Issue 5

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

SPRING SING



What a way to welcome spring! The Joyful Noise youth choir and The Millbrook Community Choir put on delightful evenings of song on June 1-2 at St. Andrew's United Church in Millbrook. Pictured here are the young people performing excerpts from *Mary Poppins*. Choir directors are Eleanor Bailey and Donna Whatley. Thanks, all of you, for this musical treat!

Dombind opposed in Otonabee-South Monaghan

By Melodie McCullough

With the need to keep the dust on gravel roads to a minimum, Otonabee-South Monaghan Township Council is once again facing opposition from residents to use of dust suppressant Dombind.

"From what I've heard, there is a fair amount of evidence suggesting it's a carcinogenic," said Greta Bennett, a resident for the past 18 years on Scriven Drive, who recently asked Council not to apply it in front of her property.

"I'd rather suffer with dusty roads. They're a nuisance, but if it's going to kill species we shouldn't use it."

Two years ago, a group of residents led by local veterinarian and organic farmer, Dr. Charlene Rostkowski, made a presentation to Council about the harmful effects of Dombind, a by-product of the pulping process at the Trenton Norampac pulp and paper mill. When the presentation didn't work, the same group presented a petition against its use the next year.

"It's just bad news all the way around," said Rostkowski, who also lives on Scriven Drive, in a recent interview. "It's water soluble, so when

they place it on the roadways eventually it goes somewhere — and the things we are concerned about are the variable contents of dioxins."

"We all know what happens with dioxins. They don't disappear. They build up in your body. The amount that's in Dombind on the road may not be high, but who wants any level of it?"

The township has agreed not to apply it in certain areas if requested, said Mike Leveck, chairman of the roads committee. A map showing those opposed to it is supposed to be followed, he said, although he can't explain why Greta Bennett's road received it last year even though she asked it not be done.

Leveck also hopes to have a Dombind sample analysed at an independent laboratory. If something harmful is found, the township will "definitely" stop using it, he said.

In the meantime, it will continue to be used on some roads because it is cost-effective, he said, noting it is approved by the Ontario Ministry of Environment (MOE). Guidelines for use include not applying it near waterways and marshes, or during rainfalls.

Lloyd Nelson, superintendent of public works, said it is only used on 23 km of gravel roads, compared to 237 km where the alternative, calcium chloride, is used. Dombind costs .001 cents a litre; the township only pays for its trucking from Trenton. Calcium chloride, however, costs .1577 cents a litre.

Norampac calls Dombind a syrupy organic substance with little or no harmful ingredients. The company says it provides a stable road surface, improves visibility for drivers, and reduces crop and livestock damage from dust. The company has until Oct. 2002 to phase it out and come up with appropriate waste treatment at its plant instead.

Rostkowski isn't sure what else residents can do to persuade Council of its dangers and stop its use. She suggests residents send the township a formal written complaint by fax or letter if they disapprove of its use.

"These people are my neighbours and I care about them, and obviously my own kids. I've seen too many old people die from cancer, and I care too much about farmland and about people and the environment," she said. ♣

Skateboard area nixed

By Melodie McCullough

A group of young people, led by local resident Myrna Burke, recently asked Cavan-Millbrook-North Monaghan Council to help finance an outdoor skateboarding area near the Millbrook Arena, but Council has decided the area is too close to traffic to be safe.

At a May 7 council meeting attended by Ms. Burke and about a dozen youth, some with skateboards in hand, councillors praised their efforts towards the skateboard project. Council members asked recreation staff to look at such issues as liability, impact of traffic, and property titles before it approved the group's request for \$6,500 to grade, sand, gravel, and pave a 50 by 65 ft. area (where a coal building formerly stood, near the Arena).

"I think the village needs this to get them off the street," said Alex Ruth, councillor for Cavan Ward. "The initiative you have taken is excellent."

But at its May 28 meeting, Council members decided they could not support the site because it is

too close to a parking lot and street.

There were also concerns expressed that the Otonabee Region Conservation Authority, which owns the land in question, would not approve the project — although nothing definite has been heard from it.

Council invited the skateboard club to come back with alternate sites, even though it received a letter from Ms. Burke saying, "we have no other choice but the Arena." Other possible locations are too isolated, she said.

Bob Deacon, councillor for Millbrook Ward, supported the Arena location, suggesting a fence could be built to reduce safety concerns.

The site was also supported by Rick McGee, manager of parks and recreation, in a report to Council. He said the municipality engages in many activities where safety and liability are concerns, and the municipality has insurance coverage for them. The premium for a skateboard park would amount to \$650 a year, he said.

"I believe the benefit to

the [municipality] and the community may be significant, as the concern surrounding children hanging out on the main street appeared to be the primary concern at the Town Hall meeting on April 30," he said.

Ms. Burke said she became involved in the project a few months ago when she noticed youth near her Distillery Street home skateboarding on the road.

"They're good kids. They just need some place to skate that is paved," she said.

The Arena provides indoor skateboarding time only from May 1 to September 1.

Ms. Burke said Millbrook businesses supported the idea of a special skateboarding area, and local churches and the Royal Canadian Legion promised financial help. Parents volunteered to build the necessary equipment, which would be dismantled each autumn. An outdoor skating rink for the whole community was suggested for the site in the winter. The skateboarders planned to fundraise for equipment and were also willing to rake leaves, shovel snow, and help with local events to earn funding. ♣

Book illustrated by local artist wins award

Adventures in the Middle Ages, by Linda Bailey and illustrated by Millbrook artist Bill Slavin, was recently the winner of the 2001 Silver Birch Awards.

The book was chosen by a province-wide vote of over 40,000 grade 4, 5, and 6 students who selected it as their favourite non-fiction title.

The book was selected from a short list of 11 books by Canadian authors.

Adventures in the Middle Ages is the second in The Good Times Travel Agency series that tells, in comic book format, the adventures of the

Binkerton twins, Josh and Emma, and their little sister Libby. Astute readers will recognize that the dilapidated store front of the Good Times Travel Agency bears an uncanny resemblance to the facade of the Millbrook Gallery in downtown Millbrook.

Also in the series are *Adventures in Ancient Egypt*, the just-released *Adventures with the Vikings*, and a fourth title currently in the works, *Adventures in Ancient Greece*. Bill's books are available through children's and general bookstores. ♣

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Greater waste reduction in Otonabee-South Monaghan

By Melanie Anderson
The official launch and one-month anniversary of the curbside-recycling program in the Township of Otonabee - South Monaghan took place on May 1st, with a ribbon cutting and the arrival of the recycling truck.

In April 30.97 tonnes was collected, representing an increase of 25.4%

"Demand for this kind of service has gone up", as "more and more people move to the country," according to Reeve David Nelson. Curbside recycling is "certainly one of the best ways to work towards waste reduction," in the words of Ronald Gerow, Chair of the Peterborough County's Waste Management Steering Committee.

Operated by the Environmental Services

Department of the County of Peterborough, the curbside service will be offered in addition to a somewhat reduced depot system. Reeve Nelson considers it an "evolution [built] on the success of the depot system." The recycling bins at the Drummond Line Transfer Station and the South Monaghan Landfill will remain open, while the other depots in the township will close.

Polystyrene is not currently collected in the blue box program, but can be taken to the available depots or the recycling facility at 390 Pido Road, Peterborough.

During the month of April 2000, four recycling depots in the township collected 23.1 tonnes of recycled material. In April of this year, with curbside recycling plus the two remaining depot sites, a total of 30.97 tonnes was collected, representing an increase of 25.4 percent.

New officers to assist in youth policing issues

By Melodie McCullough
The eight municipalities in Peterborough County have agreed to co-operatively fund the hiring of two OPP youth officers in an attempt to cut down on youth vandalism, gangs, loitering, and "general nuisance activity" of young people in communities throughout the county.

Peterborough County OPP detachment commander, Inspector Jack Watkins, hopes the officers will get to know the youth in each community, learn "who's hanging out with whom," and work with parents, schools and police services boards. They will be experienced "hand-chosen" offi-

cers already working for the Peterborough County OPP who know the communities.

A "youth justice committee" could also be set up, comprised of community members who would decide appropriate punishments for crimes of theft or vandalism, instead of sending first-time offenders through the youth court system.

The two constable positions, one male, one female, come at a cost of \$200,000. Inspector Watkins is fairly confident the The province is expected to pay half, municipalities the other.

Otonabee-South Monaghan will contribute \$28,000; Cavan-Millbrook-N. Monaghan, \$32,000.

Noise by-law needed now

By Melodie McCullough
Members of the Cavan-Millbrook-N. North

Monaghan's noise and licensing committee are upset Council has not yet acted on a draft noise bylaw presented to it April 2nd.

They fear another racing season will pass with nothing in place to regulate hours of operation and noise levels at Kawartha Downs Raceway and Peterborough Speedway.

"It's a virtual free-for-all," said Lesley Heighway, committee member, speaking as a delegation at a May Council meeting.

She said the committee worked hard for the past ten months, providing 150 volunteer hours to try to resolve residents' concerns about noise pollution from the speedways. Members hoped Council would adopt the bylaw before the beginning of this spring's racing season, but Heighway was told Council wished to seek further advice from its solicitor, the Ministry of the Environment (MOE) and the acoustic engineering firm hired by the township.

However, Bob Clark, another member of the committee, feels this may be a continuing "stall" approach of some members of Council who are not serious about resolving the issue.

"You and your predecessor council have had angry constituents for over three years wanting some resolution to noise concerns, and yet you dare appear to ignore the solutions when they are handed to you," he wrote in a letter submitted to Council.

On April 2, the committee presented Council with the draft bylaw, along with recommendations from facilitator Ross Raymond. They also asked for an open

house to explain the complex process used to draft the bylaw, and give the public a chance to make comments before a final bylaw is drawn up, but Council has not acted on that request, either.

"Without an open house, how does Council expect to understand how these drafts were developed?" asked Heighway.

She said the committee recommended the speedways be required to reduce their sound levels to 45 decibels over the next five years, recognizing it would be a financial hardship for them to be expected to do this in one season only, but calling it "the cornerstone of the bylaw".

Average readings taken over a day by J.E. Coulter Associates Ltd., a consulting firm hired by the township, recorded 63 decibels at Kawartha Downs Raceway and 60 decibels at Peterborough Speedway. Heighway said committee members made concessions to the owners regarding hours of operation with the understanding they would accept the 45 decibel phased-in target. J.E. Coulter clearly said there was excessive noise and recommended in a meeting the 45 decibel target, which is the MOE standard, she said.

Bob Clark said he has contacted the Canadian Environmental Law Association and the Canadian Environmental Defense Fund, "and both organizations have suggested that litigation may well be the solution to this environmental breach."

"This is absolutely ridiculous," he said, in an interview. "We're right back where we started. It looks like litigation will end up resolving it. We're hoping that will finally put this to rest."

Council members told Heighway they intend to seek legal advice regarding the requirement for the 45 decibel target, and seek further advice from J.E. Coulter and the MOE, because it may not be a reasonable target.

Reeve Neal Cathcart suggested it would be too much of a hardship on the operators, and he noted they offered to reduce levels by 10 decibels, a "rather substantial" amount.

"We just can't take away their livelihood. I think you are, if you're requesting 45 in five years. It's senseless to us to put a limit they can't meet," said Cathcart.

Dirt bikes banned

By Melodie McCullough
A number of residents attended a May 7th Cavan-Millbrook-North Monaghan Township Council meeting to speak out against an off-road motorcycle operation.

The business offers tours and instruction for dirt bike riders on 100 acres near the end of the Carmel Line, by the entrance to the Ganaraska Forest in Cavan Ward. A petition presented to Council cited increased traffic, noise, and pollution from the bikes, lack of safe-

ty on trails for horseback riders and hikers, and a negative impact on the forest's ecosystem as reasons for their disapproval.

Residents were told the area is not zoned for that kind of use, and the township plans to have its bylaw enforcement officer stop the operation. However, if the owners apply for rezoning, the township may not be able to enforce a stoppage until all planning options run out, Deputy-Reeve Brian Fallis advised the group.

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Council Briefs

Protection for fish habitat discussed

At the May 14th Planning Advisory Committee Meeting, ratepayer Bob Clark presented an Official Plan update in which several text revisions were discussed, including possibly more stringent enforcement of the Federal Fisheries Act.

With "increasing emphasis on the protection of fish habitat," the basic policy approach at this stage would be to restrict building/development within 30 feet of a stream, cutting that number to 15 for a warm water stream, and further decreasing

this distance as determined by other conditions.

"15 to 30 (feet) are not magic numbers" though; something could be "further back and have an impact."

Water rates increase

Millbrook residents will see an increase in water and sewer rates June 1, as approved at the May 7th council meeting of Cavan-Millbrook-North Monaghan Township.

The minimum water service rate is now a flat rate of \$24.13 bi-monthly for domestic users; \$13.52 bi-monthly for

low commercial users such as stores, banks, churches and small businesses; \$26.37 bi-monthly for high commercial users such as beauty and barber shops, gas stations, car washes and large commercial users. If the water service is metered, the rate is \$3.48 per thousand gallons of metered water consumption.

The sewage service rate is now \$50.57 bi-monthly for domestic, low, and high commercial purposes. The village of Millbrook is only area in the township that has serviced water and sewage.

Honourarium increase for councillors

At its May 7th meeting, Cavan-Millbrook-North Monaghan Council gave its members a raise in the honouraria they receive.

The reeve now receives an annual honourarium of \$15,000, up from \$10,000; the deputy-reeve receives \$12,000, up from \$8,000; and councillors receive \$10,000, up from \$7,500. This is the first increase since 1998, said Gail Empey, chief administrative officer for the municipality.

Flyer takes aim at foot and mouth disease carriers

Foot and Mouth disease was discussed as a concern in the coming cottage and vacation season at the Regular Meeting of Council on May 22nd.

A suggestion had been made at a meeting between different local municipalities and MP Peter Adams that the municipalities distribute a flyer detailing steps to take to prevent an outbreak to those living and especially cottaging in the area. A major concern is those people who may vacation in Europe or Brazil, and then come to the cottage, possibly with contaminated shoes or clothing.

Council has generously offered to fund such a flyer for the whole county.

Slots money keeps taxes down

Thanks to large revenues from the Kawartha Racetrack

Slots last year, taxpayers in Cavan-Millbrook-North Monaghan will not see an increase on the municipal portion of their tax bills, unless their property values have changed due to recent provincial reassessments.

"Through lost revenue our budget would have called for a 10% increase (in taxes), and that increase was stopped by the use of the lottery funds," said Hazel Armstrong, treasurer for the township.

"In our budget there's no increase, but reassessment has just taken place so that may affect the final result for individual homeowners," said added.

The township is also waiting for provincial education rates and county rates before it can set the actual residential, commercial and industrial rates that will show up on tax bills, she said.

The budget, passed by Council May 7, has operating expenditures of \$5,427,288 and capital expenditures of \$2,766,873 for a total of \$8,194,161. The largest expense is for roads at nearly \$3 million. Administrative operating costs come in second at just over \$1 million.

The municipality received \$2,805,171 in revenues from the slots last year, and this money is earmarked for a number of projects in 2001 such as: \$100,000 grant for the new hospital; \$15,000 for a medical

students' scholarship; \$2,500 for BIA promotions. Over \$1 million from lottery funds will go towards road projects and capital equipment for road work.

Armstrong said Reeve Neal Cathcart put forth a motion

during budget discussions to decrease taxes this year, but was voted down. Ms. Armstrong said Council decided to maintain tax levels to plan ahead for the cost of a proposed municipal services complex in Millbrook.

Public to comment on concerts at Kawartha Downs

Residents of Cavan-Millbrook-North Monaghan will have an opportunity on June 11th to learn more about Kawartha Downs' application to change the race-track's zoning to allow outdoor concerts.

At the public meeting, comments will be received in regard to the application for a temporary stage in front of the grandstand, according to municipal planner Karen Ellis.

Deputy-Reeve Brian

Fallis, acting as Chairperson, put forth the idea of increased publicity for the Public Meeting because of the amount of interest such an application might have for the public. Reeve Cathcart, however, felt that additional publicity was unwarranted, as it has not been provided for public meetings for other zoning by-law amendment applications. The motion for the Public Meeting passed without the additional publicity.

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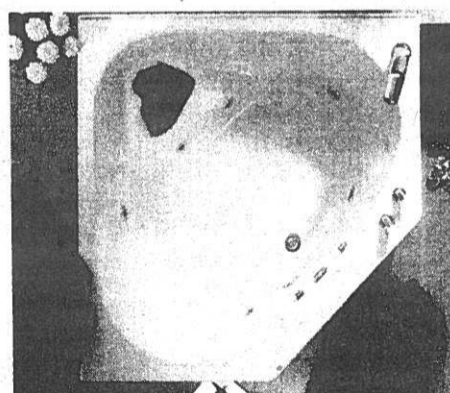
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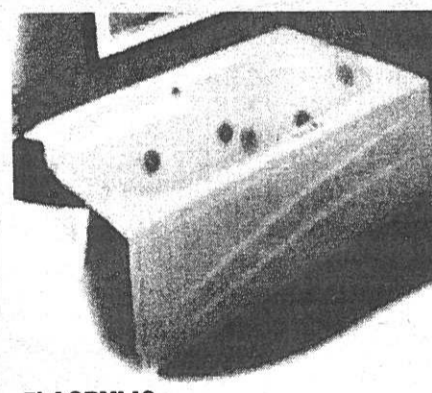


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EDITORIAL

Can youth really live here?

I can't imagine what it's like to be a teenager living in the Village of Millbrook these days. Without a car, access to public transportation to Peterborough, a facility to hang out in or programs (not just sports!) to take part in, or willing parents to drive, life must be pretty boring and soul destroying.

I always swore I'd never preface any comments with "When I was young, a teenager, a youth, a girl..." especially in reference to younger people. However, here goes - and I hope I don't sound condescending or patronizing.

When I was a teenager, growing up in the village, life was, naturally, slower than in the city. Actually, I kind of liked it, because there weren't so many pressures to fit into a clique or go along with a variety of social activities I really preferred not to take part in just to fit in. That's the great part about living here.

On the down side, I remember having to beg and cajole my parents for a car to go out on the weekends - a week in advance. Before I had a license - and believe me, as soon as I turned 16, I started driver's ed and got my license! - I had to make similar entreaties to my parents to drive me and my friends to Peterborough for a movie or roller-skating. They were pretty good about it, and traded off with other parents on chauffeuring duties. In other words, I was lucky - I got to go pretty much anywhere I wanted, when I wanted - with a little advance planning and/or bugging my parents.

With the high school in the community, young people had a place to go, and there were plenty of activities both athletic and otherwise to keep us busy after school. Even without a gymnasium, we had a good time.

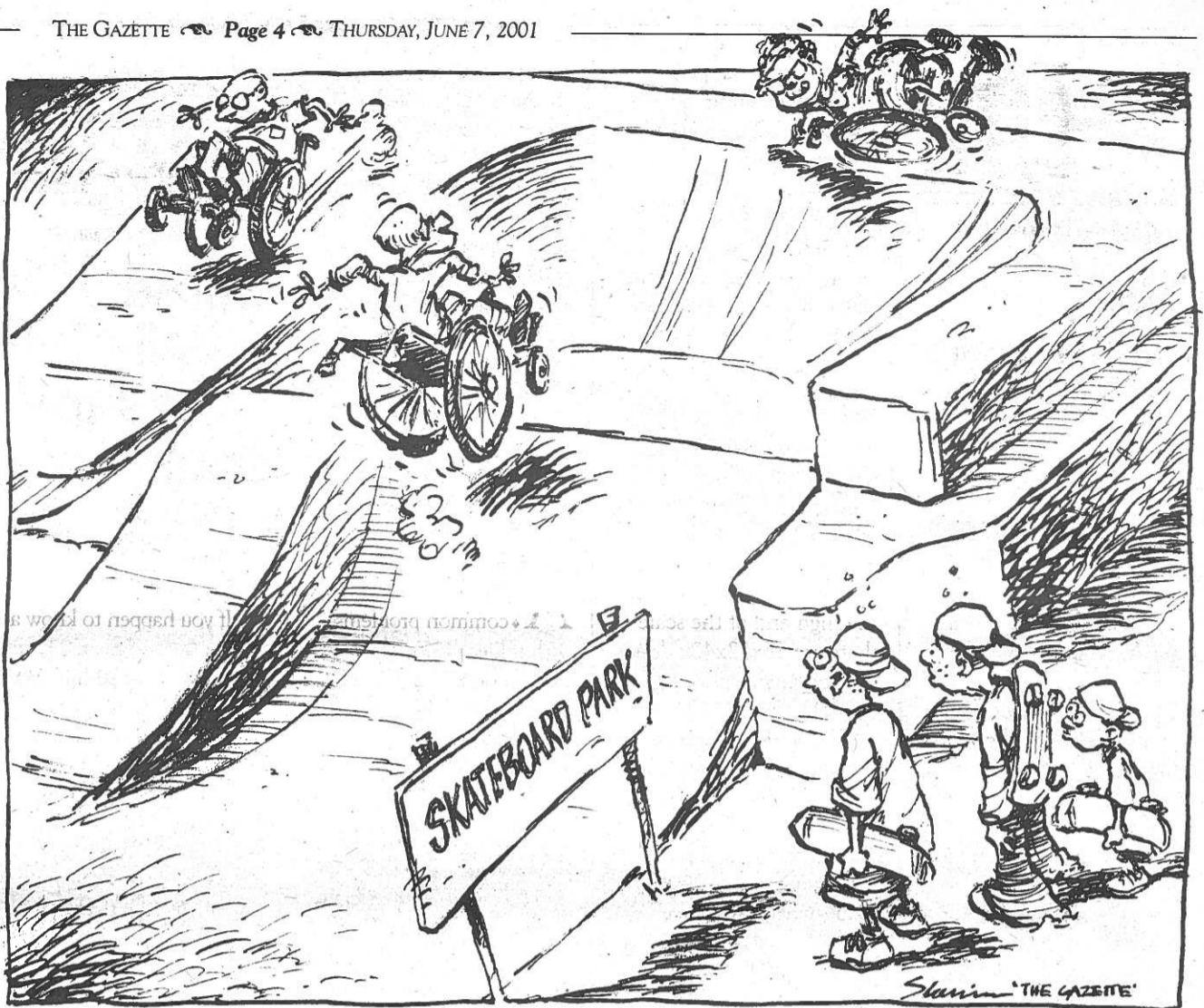
Now there's no high school, and no close-to-home extra curricular activities. There's no youth or drop-in centre where teens can hang out, take part in activities THEY WANT TO participate in, no place to just be other than on the street or at home. And some youth, sadly, can't really go home to hang out because their home life is pretty negative. Not all parents can fit in chauffeuring in their daily struggle to work to pay the bills. It seems the community, by and large at least, sees youth as a menace, hanging out on the street and up to no good.

Now Council has decided that, to all intents and purposes, it will not be able to accommodate what many thought was a very well prepared and thought out proposal for a skateboard rink. I feel badly that these young people, who are probably already wary of adults, really took a risk letting Council know what they need, only to receive a patronizing "we know what's best for you" response. I hope the group, and their spokesperson, Myrna Burke, doesn't give up on their dream.

The thing is - WE DON'T KNOW what youth want. We aren't youth. Full stop. It's time we started working with the youth of our community to provide a better quality of life - basically, we've ghettoized our young people. They are vastly underserved and respected, and discriminated against. We can't decide what's needed or right for anyone else - and why would we? - but yet we think we can create programming - or not - in our adult "wisdom" for youth.

We need action now - let's work to HEAR youth, and then together act to create some spaces and programs young people can really buy into. They are not just our future - they are an important part of our community TODAY, just as seniors, children, and adults are.

How about a youth-led, adult facilitated and supported action committee? How about hiring a recently graduated social worker or recreationist as an intern (there are federal government programs to help fund this) to work solely with these young people to develop a short and long term plan for youth programming and facilities? We've got slot money, and I can't think of a better way to use this money. What's more important - a large tax break, or a smaller tax break and a much better quality of life for our families and children? ♣



Nobody else wants your dog's excrement

I agree wholeheartedly with your editorial [May 3/01].

As the owner of two dogs, I am constantly annoyed by the irresponsible dog owners who either let their animals run free or walk them on a lead past our house (or any house come to that) and allow them to deposit their excrement on the front lawn or

driveway.

There are many responsible owners who take a bag with them and clear up after their dogs but, as usual, it is the few who give the many a bad name. I hope the guilty parties read your paper and that they might have a conscience that is pricked!

— Jackie Franco
15 Anne St.
Millbrook, Ontario

Enforce truckers' dangerous driving

The comments by OPP constable Bettina Schwarze (aka Goldielocks) in the May 3rd edition of the GHG, underscores the disturbingly cozy relationship between truck drivers and traffic enforcement that makes travelling the 115/401 to Toronto much more hazardous than it should be.

In six years of commuting to Toronto from Millbrook, I have yet to observe a truck being ticketed on Highway 115. While the majority of truck drivers (like the majority of automobile drivers) are professional and law abiding, an aggressively driven truck represents a much greater hazard to the average motorist than an aggressively driven car. A common problem is the truck that has to slow to 70 kph on an upgrade, and speeds at up to 130 kph on a downgrade, with the result that vehicles maintaining the speed limit are required to alternately overtake and be overtaken. On snowy and wet roads, this creates highly dangerous conditions, and without doubt, causes drivers of automobiles to drive faster.

At this time of year, aggregate haulers compound the problem. These are often A-train doubles, and when driven at speeds above 100 kph, these present tracking difficulties that tax driver control and menace any vehicle near the rig. Trucks are seldom pulled over for speeding because of CB networking which enables truck drivers to know exactly where a speed trap is located.

That the OPP should be complicit in this arrangement should provoke shame, not plaudits.

Overall, apart from the licence granted by the OPP to truckers, my impression of enforcement on this route can be summarized as follows:

1. During the Southbound/Westbound rush hour between 5 am and 7 am, road speeds on the 115 and 401 are at their highest. There is never any evidence of enforcement during this time period.
2. There is seldom any evidence of enforcement on the 401 at any time. Consequently, it is not unusual to see vehicles driven at speeds well over 140 kph.
3. There is plenty of evidence of enforcement on the 115 after the morning rush hour - almost always in the direction opposite to rush hour traffic. This snags occasional users of the highway, not the regular speeders.
4. The only type of enforcement is [for] speeding.

My recommendation would be to educate enforcement officers such as Bettina Schwarze to identify the root causes of dangerous driving, and develop strategies to really make our roads safer. You don't need a radar gun for that - just good, and sometimes covert policing. A great beginning would be to take a serious look at how a small but very prominent number of trucks are handled on our roads.

— Sean Bennett
RR #3, Millbrook, Ontario.

NEXT DEADLINE

Deadlines for the July 5 issue:

Monday, June 25 — advertising deadline

Monday, June 18 — editorial copy deadline

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Tel: (705) 932-2175 Fax: (705) 932-4041

E-mail: gazette@nexicom.net

Managing Editor: Deborah Luchuk

Assistant Editors: Melodie McCullough, Dean Vincent

Reporters: Melanie Anderson, Michele Curran, Melodie McCullough.

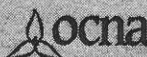
Sales Coordinator: Cathy Grass

Sales: Margaret Sanderson, Michele Curran

Design and Production: Bill Slavin, Ted Dymant, Murielle Weissmann

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TECHNOLOGY TODAY

You asked, we answer!

By Wayne Blaby, Computer Solutions "Plus"

Q I am considering the purchase of a CD-rewriter and would appreciate your thoughts on the various brands and speeds on the market today.

A CD-recordable drives, or burners as they are often called, have become extremely popular in recent months. Most major component manufacturers offer a line of CD-R drives. Panasonic, HP, LG Goldstar and Plextor are brands we have installed with success.

As with most compo-

nents, brand and speed of operation determine the price. You have to decide how much performance you want to pay for.

If we define standard CD-audio speed as 1x and we are recording a 74 min. blank disc at 8x speed, we can burn a CD in approximately nine minutes. Today's most common burner speeds are 8x4x32. That means the drive can write at a maximum of 8x, re-write at 4x, and read at 32x. These drives, including software, sell in the \$175 - \$225.00 range. At the high end of the scale there are 16x12x40x drives, ranging in price up to \$400.00.

In addition to speed, you must also consider technology. Many problems can occur while burning a CD. The most common is a buffer under-run. This occurs when the source drive is not able to provide the data fast enough for the CD writer to copy. When the data buffer is empty, the

burn process stops — and you have just created a decorative coaster. Some manufacturers like Plextor, offer what they call "burnproof technology". Their technology compensates for slower performing source drives, and allows you to burn a CD while continuing to work in a multi-tasking environment.

Q The quality of printing from my Epson 660 inkjet printer isn't as good as it used to be. Is there anything I can do to get it printing like new again?

A One of the most common problems with inkjet printers is clogged nozzles in the print head.

Sometimes we go several days without printing anything or only printing black text and ink left in the print head nozzles dries. The print head contains hundreds of nozzles. When dried ink partially clogs the nozzles the spray of ink to your page is no longer uniform and colour mixing may not occur properly. First, check your cartridges to make sure all the ink levels are ok and that your cartridges are not outdated (usually good for 6-8 months). If everything seems ok, follow the directions in your manual or under the lid of your printer for "Print Head Cleaning". After each cleaning, print a nozzle check pattern to see if there is any improvement. It might take three or four cleanings.

Other adjustments you could try include:

1. Alignment of the print head (see your manual)
 2. Check paper thickness lever and set for "0" for regular paper
 3. Check printer properties dialogue box and make sure the settings match the type of paper you are using.
- Sometimes print heads get damaged or plugged beyond repair. Be careful with out-of-warranty repairs. Inkjet printers have come down in price so much that it is often better to purchase new with a warranty again, than invest in repair. This is especially true if you are at the point of needing new cartridges. The cost of a pair of cartridges and a \$75-\$100.00 repair bill can quickly add up to the cost of a new printer.

Questions have come in requesting discussion on high speed DSL Internet sharing, DVD vs. CD-Rom drives for a new system, various options for system back-up and home networking. These topics and any other questions you may have will be covered in future columns. If you have any other questions, email me at wblaby@nexicom.net, for a quick response. ♣



COSMIC COMICS

Some small things to think about

By Crystal Eves

If you happen to know a Virgo (Aug. 24-Sept. 23) or a Gemini (May 20-Jun. 21), then you probably already know that both signs have a tendency to focus on small details. Virgos will balance their books to the penny, just to ensure that everything is in order. A Gemini will usually stop to chat with people no matter how much of a hurry they are in.

Both can get caught up in these 'little things of life' sometimes missing the larger picture. And although the details that catch the attention of these two signs might at first seem trivial, I must say in their defense that perhaps they understand something that the rest of us don't: small stuff matters.

The reason small stuff matters is that small stuff

adds up. Here's an simple exercise to prove it. For one week, ask for and save up receipts from all of your under \$5.00 purchases. Add up said receipts to determine what you spend weekly on little unimportant things, then multiply this number by 52 to get a yearly figure. Last step: stand back in amazement.

What would your life be like with 500 extra dollars a week? Ask a Virgo or Gemini.

You probably didn't know that if you bought a coffee and muffin for \$2.00 each day on your way to work, that you were spending over \$500 on this little habit each year. That's a big purchase. When you buy anything else for \$500, say a piece of furniture or clothing, you seriously consider whether it's worth your

money. Somehow though, \$2 at a time it is less thought provoking.

Of course this principle doesn't only work with money. Most people have heard the calculation that if you consistently eat 100 calories more than you burn off each day (which by the way is approximately a cookie) you will gain around 10 pounds in one year. Do that for 5 years and you have a serious weight concern — and it's just a cookie!

If you tape your favorite television show and watch it without the commercials, you gain 16 minutes of free time for every viewing hour. If you watch ten hours each week, which likely is a low estimate for most people, then you have gained close to three hours that you were just wasting before.

What would your life be like with 500 extra dollars, ten less pounds, and three more hours a week? If you want to know, just ask a Virgo or Gemini. ♣

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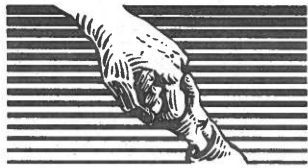
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CREATIVE PARENTING

By Trish Boyd-Reininger

The search for personal identity is the life task of a teenager.

He or she is not sure what he/she wants to be, but definitely knows he does not want to be. She is afraid of being a nobody, an imitation, or a "chip off the old block". He becomes disobedient and rebellious – not so much to defy his parents or teachers, but in order to experience his identity and autonomy.

A teenager's task is huge and the time is short. So much is happening at once – there are physical changes, psychological urges, social clumsiness, and painful self-consciousness. Television, radio, and magazines all bring attention to their physical and social inadequacies. Clear skin,

On a tumultuous journey to identity

straight teeth, great hair, lean physique, and the right clothes are just a few of the necessities for a teenager to be happy and feel accepted.

Not to mention our expectations of them. Good grades, acceptable fashion (acceptable for us, our parents, and our peers), social obligations (going to Grandma's every Friday night for dinner) and the "right" friends. With so many expectations from society, their parents, peers, and themselves, teens are lucky if they can escape feeling defective.

A teenager needs our help, but our help must be subtle and sophisticated. As Anna Freud put it in "Adolescence" from *The Psychoanalytic Study of the Child* (New York: International University Press, 1958):

It is normal for an adolescent to behave in an inconsistent and unpredictable manner; to fight his impulses and to accept them; to love his parents and to hate them; to be deeply ashamed of acknowledging his mother before others and, unexpectedly, to desire heart-to-heart talks with her; to thrive on imitation of and identification with others, while searching for his own identity; to be more idealistic, artistic, generous, and unselfish than he will ever be again, but also the opposite: self-centered, egotistic, calculating.

Such fluctuations between extreme opposites would be deemed highly abnormal at any other time of life. At this time they may signify no more than that an adult structure of personality takes a long time to emerge, that the ego of the individual in question does not cease to experiment and is in no hurry to close down possibilities.

It is not helpful to ask a teen "What's the matter with you? Why can't you sit still? What's suddenly gotten into you? These are unanswerable questions. Even if he knew, he could not say "Look, I'm torn by conflicting emotions, I am engulfed by irrational urges, and I am burning with unfamiliar desires." Parents can help by tolerating her restlessness, respecting her loneliness, and accepting her discontent. We can best help by not prying. ♣

The parent-child relationship is paradoxical and in a sense, tragic. It requires the most intense love on our side, yet this very love must help the child grow away from us, and to become fully independent –
— Erich Fromm

Art camp brings out children's creativity

Kids interested in art, musical instruments, magic, jewelry, animation, or even creating their own magazines or comic books have something new to do this summer in the Millbrook area.

Organized by Jessica Rowland of Cedar Valley Road, an Art Camp is taking registrations now. Sessions are a week long, 9 am to 5 pm each day, and cost \$100 dollars (plus materials) each. A wide variety of arts-related activities, including drama games and general mixed media classes, are being offered, with the set ratio of children to leaders being 5 to 1.

Having spent several years in art school Jessica has been thinking about having a studio-based camp for a while now, because she wished she had been able to explore many of the media she is now working with earlier. Years ago, Ms. Rowland did a mask making workshop at the Old School, and enjoyed hearing later about kids finishing their masks and making new ones, or changing the ones they had made in workshop. But this past

March Break, when she tried to organize a similar Art Camp, plans fell through.

There will be multiple classes running each week, and classes are either mixed media — allowing for a wide variety of activities to take place — or more specific, for more in-depth exploration of magic, or jewelry making, or animation for instance. While Jessica organized the Camp, there are a number of other people involved. Marieke Lee, a sculpture student coming from the Nova Scotia College of Art and Design will be running some of the mixed media classes. David Gifford is a magician who will be instructing youthful tricksters is right now doing a tour of schools in fly-in communities up north. He will also be doing landscape painting, as his alternate career is as a painter.

Jessica's brother and sister will also be involved. Her sister Katrina, a student at PCVS will run drama-related games to get the kids moving, and their brother Benj, a musician, will be in charge of the

classes creating musical instruments, and doing animation.

She would love to run this camp program again next year, have it be "kind of a family business" with her siblings' assistance, and holding it at Rollin' Acres on Cedar Valley, an independent, child-based school and summer camp run by their aunt Jan Rowland. As a business, the art camp would work well with her schedule, as she intends to take her Master's degree during the school year.

Open to children aged 9 to 14, the Camp is being paid for entirely by Jessica until registration and material fees are paid – including printing of brochures and any advertising; it is a totally unsubsidized venture. Brochures with schedules for the summer are available at the Millbrook Art Gallery, the Arena, Village Bulkfoods, and Cossar's Art Supplies in Peterborough. Otherwise those interested can call Jessica at 932-3214 or email her at jessstuff@hotmail.com. Registrations after June 15 will cost an extra \$20, so sign up early! ♣

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Keeping imaginations and hands busy!

No need to hear your kids say "I'm bored!" this summer – there's plenty to do at the Millbrook and Bruce Johnston (North Monaghan) libraries this summer!!

Beat the summer blues with Cyber Camps! These are held Saturday mornings, 9:30 – 10:30 am at the Millbrook Library, and welcome children ages 5 and up. There are sign up sheets at the library, or you can tele-

phone to register. Cyber Camps will also be available at the Bruce Johnston Branch in July.

Encourage your children to explore their world through reading! The Summer Reading Club will be held in both the Bruce Johnston and Millbrook libraries. The theme this year is Summer Sleuth, and there will be posters and stickers to encourage young readers. Registration will begin the

last week in June. The program's generous sponsor is the Toronto Dominion Bank.

Keep little hands busy, and imaginations active at Craft and Story Hours during the first five weeks of summer (after Canada Day). June Forrester, the libraries' program co-ordinator, will be facilitating this programming – and no doubt, this year's slate of activities is sure to delight as in years past!

For more information, or to register, call Millbrook Library at 932-2919 or Bruce Johnston Branch at 741-1253. ♣



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Library volunteers needed

Bruce Johnston Library is grateful for the efforts of Judy Churcher, Barron Crawford, Francois deGourville, and Alaina Leslie, and Millbrook Library would like to thank Edna Visee, Emily Walsh, and Tamara Burns for their help. These helpers come in regularly to shelve material, work occasionally on the circulation desk, straighten shelves, and cover books.

Without the work of these volunteers, it would be difficult to meet the needs of library patrons – especially during busy times! It would be terrific if a few more people, particularly young people, could volunteer a few hours a month to either library.

High school students are required to volunteer for 40 hours over their secondary school years – and several of the volunteers in the libraries are meeting that commitment! Anyone interested in volunteering in the fall (particularly at the Bruce Johnston Branch) should speak to the librarians.

Call Millbrook Library at 932-2919 or Bruce Johnston Branch at 741-1252 for more information. ♣

"Bank" to link volunteers with community

By Melanie Anderson
 Anyone who has ever organized a community event or celebration knows the hardest part is finding volunteers to help out. With so many people leading extremely busy lives, the pool of volunteers seems to be getting smaller and smaller.

With the aim of matching up willing hands, hearts, minds, and bodies with community groups and events needing volunteers, the CMNM Parks and Recreation Department is setting up a volunteer bank.

Spearheaded by Recreationist Kelly Brennan, the idea is to establish a list of people wishing to volunteer in the community, along with their skills, interests and hobbies and any annual events that they would like to participate in. (Similar banks exist in other communities across Canada.) Organizations wishing to use the Volunteer Bank will have to pay a \$40 annual fee, plus the cost of postage for request letters, and explain to the Parks and

Recreation Department what the event is, what kinds of duties need to be filled, and how many volunteers will be needed.

Request letters would then be sent to the appropriate volunteers, and these people would then let the Parks and Recreation Department know whether or not they are interested in participating. After an event, the volunteers participating will provide an evaluation of their experience and the event.

The idea is to establish a list of people wishing to volunteer in the community, along with their skills, interests and hobbies.

Each group or organization is "responsible for the safety of each individual," and for providing their own liability insurance. They also have the option of asking volunteers for references or to go through their own interviewing and screening process. Volunteers may also be

asked to provide a pledge of confidentiality if the group feels this is necessary, and the volunteer bank protects the confidentiality of people registered in it.

Fees collected for use of the bank would "provide funding, enabling the municipality to show their thanks and appreciation to the volunteers of our community," Brennan says. This will be accomplished through an annual volunteer recognition day and other promotional events, she added. Volunteers from outside the municipality are more than welcome to join the bank.

There will be sign-up sheets at the Volunteer Recognition and Community BBQ, in the Leisure Guide, on the township website at www.twp.millbrook.on.ca, and in the local newspapers. Also anyone interested in joining the volunteer bank, or with questions or input regarding the volunteer bank, can contact the Parks and Recreation Department at 932-2911, by fax at 932-3458, or email at recreation@nexicom.net

Two days of Canada Day celebrations!

Canada Day is a big deal in our municipality – with celebrations spread over two days!

Kick off Canada Day with a bang – at a spectacular fireworks display on Saturday, June 30, 8 pm. This amazing display of pyrotechnics will take place at Cavan Maple Leaf Park at dusk, and will be complemented by live entertainment and a barbecue put on by the Lions' Club. The rain date for this portion of the Canada Day celebrations is Sunday, July 1.

On Canada's Birthday, Sunday, July 1, events and activities will take place at the Municipal Hall and around the mill pond in Millbrook. Opening ceremonies will begin at 2 pm at the Millbrook Cenotaph/Municipal Hall, to be followed by activities and entertainment sure to please the whole family!

Have fun with your family and friends at a magic show by The Great Giffoni or a puppet show by Fiddly Fingers. Enjoy the music of Danny Bronson as you indulge in

some delicious food and free Canada Day birthday cake. Children will particularly enjoy the bouncy castle and clowns, making balloon animals, face painting, train rides – and watching local "notables" getting soaked in the dunk tank (mom, dad, and grandparents will no doubt enjoy this as well!).

Events are sponsored by the Parks, Recreation, and Facilities Department, Cavan-Millbrook-North Monaghan Township. For more information, call 932-2911.

Your garden could WIN!

Got a green thumb? Addicted to improving, "tweaking" your vegetable garden, flower bed, or container garden at home or work?

Don't let all your hard work and dedication to producing beauty go unheralded! Enter your garden "work of art" in Cavan-Millbrook-North Monaghan's Communities in Bloom Garden Contest.

Categories for the contest include balconies in bloom, and most beautiful vegetable garden, flower beds, and storefront.

Categories for the contest include balconies in bloom, and most beautiful vegetable garden, flower beds, and storefront. There are prizes to be won, and we'll be publishing the winners (along with, we hope, some pictures of the winning gardens!) in our August issue.

The judging will be held the week of July 9 to 14, and will be conducted by members of the Millbrook and District Garden Club (as was the case last year).

Register NOW! To do so, or for more information, call the Millbrook Community Centre at 932-2911. This event is organized and sponsored by the Cavan-Millbrook-North Monaghan Parks, Recreation, and Facilities Department.

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Judging to be held week of July 9 – 14. Sign up TODAY!

932-2911 To register or for more information, call the Millbrook Community Centre





LAVERNE GIBSON

The Millbrook/Cavan Old Boys and Girls Reunion at the Fairgrounds, August 1923. This is what the Fairgrounds looked like back then. Only the drill shed still exists, of all the buildings seen here.

By Melanie Anderson

The 152nd Millbrook Fair is almost here! The fun is starting a day early this year, this Thursday, when the midway will be open with rides and games for a loonie each until 9 pm. As usual, the Fair will run through the weekend until Sunday.

Other new attractions include pig races (organized by the Fair Board Junior Directors) taking place on Saturday, and the Powder Puff local 4X4 (limited to the first six entries) division in the Truck and Tractor Pulls on Friday. The Pig Races are scheduled for 1 pm to 4 pm, with races every half-hour; kids up to age nine will be able to pick a pig and try to verbally encourage it to the finish line first.

Friday until 3 pm is Children's Day at the Fair,

which this year has a "Back to the Future" theme — in addition to the agricultural-ly educational experiences one would usually expect. Pigs, horses, chickens, and at least one cow will be present for the students to learn more about. Students will also be invited to build a 10-foot canoe and participate in Internet races, among other activities.

Registration for the Parade begins at 9:30 am on Saturday, in the Millbrook Arena parking lot. The parade begins at 11 am sharp, and judging will take place during the lineup. The official opening of the Fair will take place once the parade has finished inside the fairgrounds, with the traditional Opening Ceremonies and Dedication. The winner of the Millbrook Fair

There will be live entertainment Friday and Saturday.

Ambassador competition will also be announced.

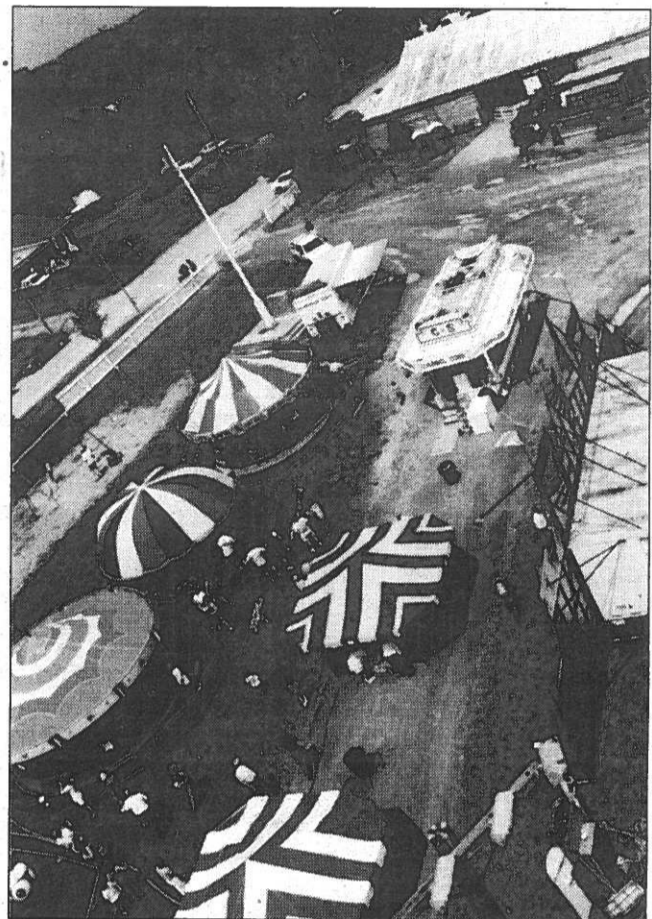
On Friday, the Beer Tent will be open from 4 pm to 1 am, and on Saturday and Sunday it will open at noon (on Sunday it will close at 8 pm). There will be live entertainment at the Fair on Friday and Saturday from 9 pm to 1 am, with the band Quicksilver on Friday, and local band Quarterline on Saturday.

Sunday at 2 pm will see the return of the Demolition Derby, which last year was rained out. Over in the Homecraft Division, you'll have a chance at prize winning

treats, as the Annual Bake Auction will be taking place right before the Derby, at 1 pm on Sunday. And a little before then, the Fair Pet Show will start registration at 11:30.

There truly is something for everyone at the fair this year! For more details, see the full page ad in this issue (clip it out and stick it up on your fridge!).

The Millbrook Agricultural Society is still taking registrations for the Fair's annual mixed three-pitch tournament to be held August 11th. There will be an open beer tent and evening entertainment at this event, with all proceeds going to the Millbrook Agricultural Society. Ask for more information at the gate on your way into the Fair! ♣



Here's what the midway at the Fair looks like today, as we begin a new millennium — from atop the ferris wheel!

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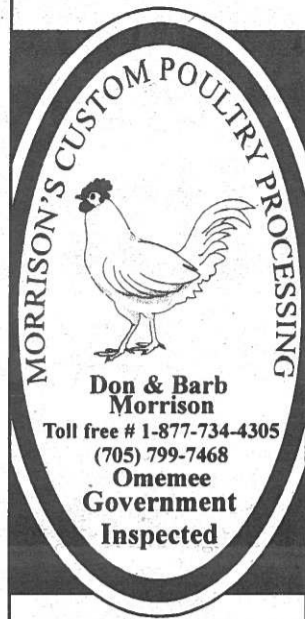
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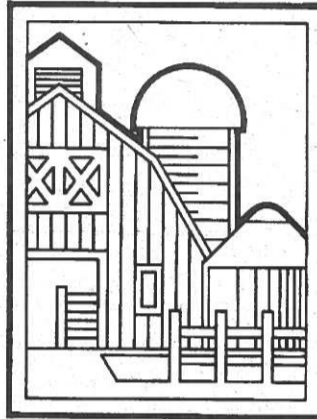
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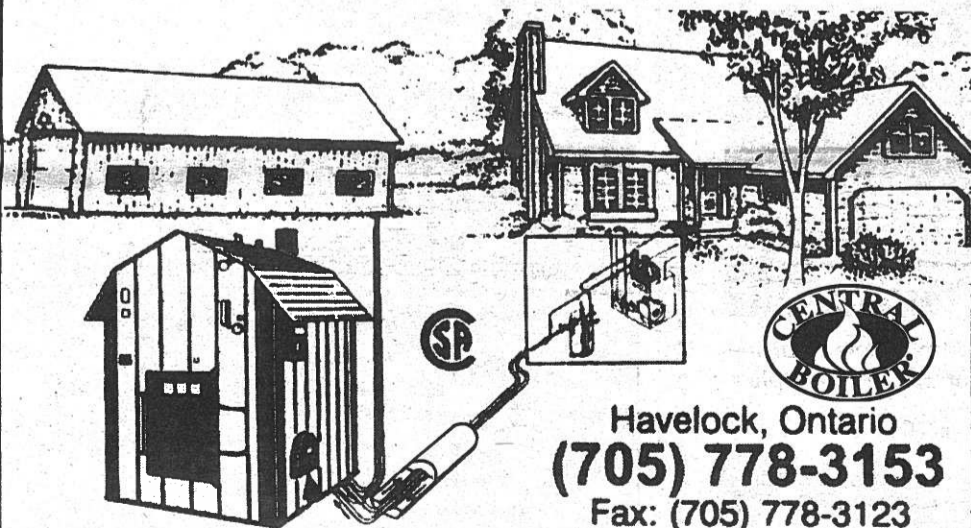
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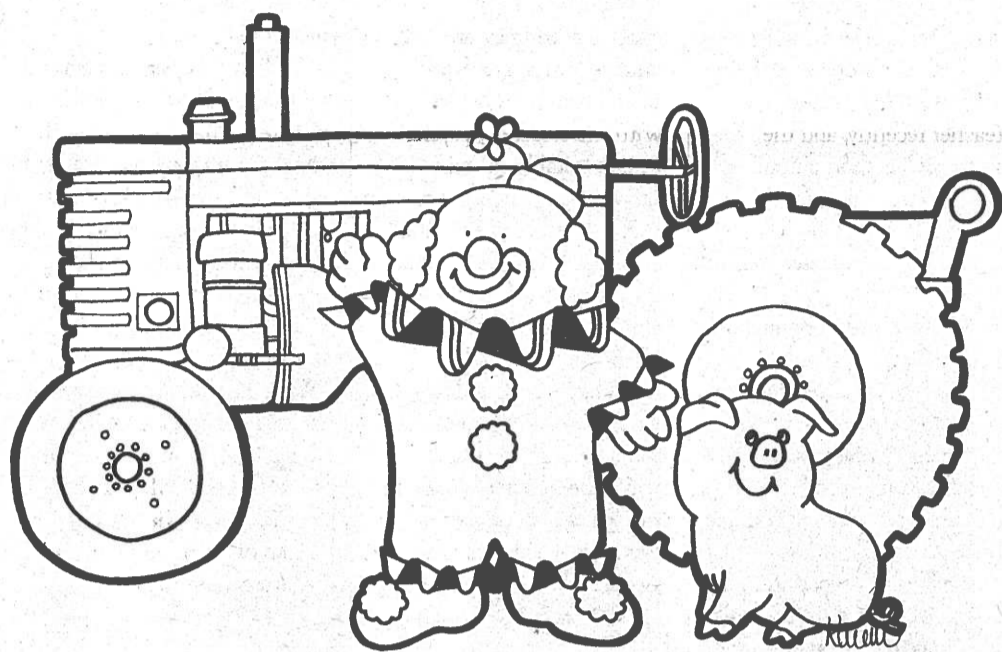
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'Fee free registration' begins at 9:30 a.m. on Saturday June 9, from the arena parking lot. Just a reminder, we ask any participants with horse trailers to park at the 'Old School' for convenience and safety reasons. Once again, the parade will begin 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
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- ✓ Best comic entry
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- ✓ Best clown
- ✓ Special entries

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- FRIDAY: donation admission until 3:00 p.m.

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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 —



OUTDOORS WITH GEORGE

Learning to live in balance with nature

By George Luchuk

In some ways, I hope that not too many outsiders come to know what most of us already know about the geographical area we live... especially the area served by this newspaper.

The only thing we don't have is mountains, and let's face it - mountains, once you get used to their presence are just obstacles to getting around. It's perfect around here; we're just close enough to everything, and at the same time, just far enough away from everything. There are times in my life when I crave social interaction, and other times I seek solitude. We have it all.

However, because of the great diversification of our communities, there's bound to be some overlap - most of the time with positive outcomes, but sometimes with serious consequences. I'm referring now to what appears to be some bear attacks in and around our communities. I took the opportunity recently to interview Joe Longo, of Cavan Ward, about his angst in first suffering some livestock losses, and then encountering an almost cavalier response by most authorities, including the Ministry of Natural Resources to his genuine concerns. To say the least, Joe is not a happy camper.

Aside from normal concerns about getting some financial compensation, Joe finds himself frustrated by

what he suspects are suspicions by some authorities that he is exaggerating and is overemotional. I've known Joe for about 25 years now (he is also the Millbrook barber), and while I don't know him personally, I can attest that he also loves the area - especially the people and the close contact with the environment. Joe would be the last person to advocate changing the balance of the ecosystem, and particularly wildlife, occurring in our area, including bears.

Basically, as I understand it and would agree, Joe believes the authorities should be more vigorously involved. I love nature and all the wildlife within it, and would never advocate upsetting the balance we're all enjoying. I suspect, though, that what's actually happening here is that we have one bear that is very aggressive in its pursuit of food. Some would say that because this bear is overlapping its range into agricultural land that it should be classed as a rogue.

A lot depends on who and where you are in our communities. I know if I were Joe Longo witnessing a bear attack on my cows, I would do everything possible to chase it away, including even shooting it dead. In the meantime, I'm told that bears learn to avoid electric fencing and would specially suggest that if your farm borders a large swamp or bush, you should consider some electrification. For the rest of us who might only rarely even see a bear, we should exercise some good old common sense. After all, these wild animals were around long before we came on the scene. We just need to find new and innovative ways to live in harmony.

And yes, just one last word. Please don't tell too many people how great we have it here. Just like the children's story of Goldilocks and the Three Bears - not too hot, not too cold, but just right... ♣

Morale low, stress high at Millbrook Correctional Centre

By Melodie McCullough

With the threat of closure hanging over their heads, life has changed at the Millbrook Correctional Centre over the past five years - creating what some are saying is undue stress and poor living conditions for both staff and inmates.

It was Sept. 12, 1996 when the Ontario government announced the future closure, at an unknown date, of the Millbrook Correctional Centre. Two and a half years later it began construction of a "superjail" in Lindsay, which, when completed, will house Millbrook's inmates. Officials at the Ministry of Correctional Services say the date for closure is now set for next spring, but it is only "an estimate".

The resulting uncertainty, plus changes in government correctional policies, has led to decreased programs at Millbrook for inmates, short-staffing and increased overtime for correctional officers, and increased stress all-around, says Tim Hannah, a correctional officer and vice-president of OPSEU (Ontario Public Service Employees' Union) at Millbrook Correctional Centre.

"Morale is low right now," he said, in a recent interview. "Since the announcement, we've received no information as to when we will close. There are no specifics, no numbers announced for staffing levels at the new institution in Lindsay. Because of that, no one knows with certainty about their future employment."

Millbrook Correctional Centre was built in 1957 to hold 260 inmates and is the only provincial maximum security correctional centre, housing offenders not held at other centres due to security reasons.

The present inmate count is about 350, which includes a

number of immigration detainees, plus inmates with psychiatric problems in a special 26-bed treatment unit. There is a full-time staff of approximately 200. Double-bunking (two to a cell) began five years ago, and is now the situation in about half of the cells.

The Centre has lost both a librarian and a school teacher recently, and the institution is short a number of social workers, said Hannah. The teacher's position is being advertised for replacement, but no one seems interested in signing on at a jail slated to close.

Inmates used to be able to visit the library regularly, but now their only access to books is from a small cart that goes weekly to each unit, he said.

Millbrook's superintendent, Bill Minion, referred all questions to the Ontario Ministry of Correctional Services, where spokesperson, Julia Noonan, said the library is still operational and inmates have access to education through correspondence courses.

"It's not unusual for that (programs) to be changed or altered. The types of programs that are offered at facilities are monitored on a regular basis to see whether they're effective," she said.

But what program cuts mean to inmates is simply "more dead time", says Dwayne Dunlop, a top-level correctional officer who has seen "a lot of stuff gone by the wayside" in his 15 years at Millbrook.

"Imagine yourself locked up in a room with nothing to do. Are you going to become a better person, or start blaming people for how your life is going?"

Changes at the Centre are also affecting correctional officers, and one of the biggest changes they've seen in the last five years is that now the institution seems to be chronically short-staffed. With the impending closure, many staff have moved to other jobs. Nine correctional officer positions were recently reduced, said Tim Hannah. As well, management has refused to fill management vacancies, he said, instead replacing them with correctional officers in "acting" positions. The correctional officers are then replaced by "unclassified" contract workers. With 1,400 predicted lay-offs in the next few years, recruitment of new correctional officers is difficult.

"This creates a domino

effect of short-staffing our institution," said Hannah, which leads to increased overtime, with people working 8-hour, 12-hour and even 16-hour shifts.

Dunlop, who now works in the psychiatric treatment unit, also worries about the effect of recent government changes on inmates with mental health problems. With the closure of psychiatric hospital beds and halfway houses, judges are forced to send some mentally ill people who have committed crimes to correctional facilities who don't really belong there, he said.

"They've closed down so much, now they get pushed onto us. They don't have nearly the number of beds for those guys and for a lot of them, their only crime is they're sick."

Noonan said she could not comment on this situation or on staffing issues.

For officers like Dunlop, it's a tough job with little recognition of the tensions and dangers faced daily. Instead, "money seems to do all the talking" in government offices these days.

"That's the way it seems to a lot of us. It's all cost per inmate per day. Do more with less. Look after more inmates with less staff. They keep saying you're closing, but they keep pushing more on you."

"There's got to be a better way to be dealing with what's going on," he continued. "We're not union activists, we're not management. We're doing a job, trying to raise our kids. We know what's right and we know what's wrong. We know what works, and it's just frustrating." ♣



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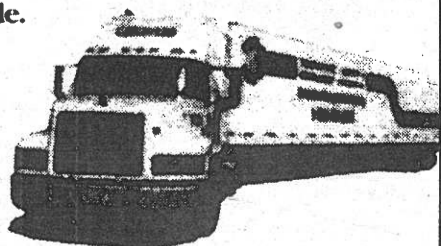
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The sweet rewards of summer

By Deborah Luchuk

A hot summer day, covered in sun-screen and topped off with a hat, quart box or basket in hand. The occasional light breeze refreshes, wafts the scent of the ripe, red treasure we are seeking. Giggles and chatter about the neighbours, the flower garden, upcoming summer holidays...

I'm sure you have your own memories of picking strawberries, and of the illicit - yet sweet - taste of the odd one you popped into your mouth while doing so! We always used to go to Farmer's Dell in Campbellcroft for strawberries, along with our neighbour Eva Howson, and sometimes-other neighbourhood kids. I have the best memories of Eva in her large brimmed straw hat, picking away diligently and methodically alongside my mother - bittersweet, since Eva

passed away a year and a half ago.

It certainly taught me a lot as a child about delayed gratification (mostly!), with the picking, then sorting, hulling, and freezing most of the berries. I highly recommend taking your children along for the picking - and the fruits of the labour!

Strawberries are best when eaten fresh, either whole or sliced up (but frozen is next best when fresh is either too expensive or not available!). Unlike other fruit, they don't ripen further on your counter or in the fridge - so don't pick the slightly red or green ones! The berries you want are the bright red, shiny, firm ones.

Okay, so you want to dress up the strawberries a bit for dessert for family or friends - or maybe a personal indulgence! Here are some ideas for add-ons:

- sweetened whipped cream

- lightly sweetened sour cream (try brown sugar!)
- custard or custard sauce, hot or cold
- melted chocolate
- sprinkled balsamic vinegar
- with orange liqueur - and a little fresh ground pepper!
- ricotta cheese and a little maple syrup
- rice pudding (Cozy Shack brand, sold at Calhoun's IGA, is pretty great!)
- ice cream and meringue nests (Loblaws sells these pre-made)

The berries partner up well with orange sections, kiwi fruit, mango, slivered almonds, blueberries, and raspberries, to name a few combinations!

Here's one of my favourite recipes - which draws rave reviews when served to company. They think I am some sort of pastry chef (silly people!).

Summer Pavlova (Giant Meringue Crust/Nest)

- 6 egg whites
 - 2 cups sugar
 - 1 tbsp. vinegar
 - 1 tsp. vanilla
- Line a baking sheet with waxed paper up over

Unlike other fruit, [strawberries] don't ripen further on your counter

the edges - don't grease the pans. Beat egg whites until stiff, add sugar gradually, then vinegar and vanilla, beating constantly. Gently plop the mixture into a circle on the pan; gently create a bit of an edge all the way around, so it looks like a shallow bowl. Bake for one hour OR until lightly browned. Remove from oven and allow to cool slightly. Lift out by the edges of waxed paper and continue cooling on wire rack. Peel off the paper when cooled. Place on large serving plate.

Filling:

Well, anything you like, really. I like to whip whipping cream (one small carton) and then add, whip in 1/2 an average tub of ricotta cheese, with a dash of

vanilla or orange or almond flavouring or liqueur and sugar to taste. This makes a reasonably firm filling, kind of like a cheesecake. Harry Home's (or as we used to call it, Horny Horns!) custard powder, made up into custard, is a great filling when cooled thoroughly and sweetened to taste. Lemon pie filling, or a mousse (especially lemon) is also a great filling. Fill your meringue shell with whatever you like.

Garnish:


Sliced and/or whole strawberries - of course! You can also add any of the suggested "go withs" above! For a really decadent finish, you could drizzle some melted chocolate over the top - or even arrange chocolate dipped strawberries, with their stems, around the edges!

Get ready for the kudos of your guests! Next month, we'll showcase a few more Gazette staffers' favourite strawberry and raspberry recipes! ♣

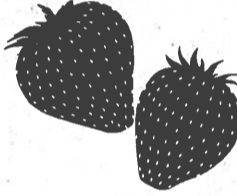
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SENIORITY



By Kimberley Keijzers, Certified Personal Trainer

There is a direct relationship between exercise, diet and stress. When you exercise, you raise your energy level, which burns calories, reduces appetite, and consumes stress chemicals. Good eating habits make it easier to relax, and increase your energy level for exercise. When you are relaxed, you feel calmer — which makes it easier to exercise and reduce anxiety-related eating.

You know how to exercise, and you know how to eat properly, but how do you reduce stress?

What is stress? Stress is the body's nonspecific

response to any demand placed upon it, either real or imagined. Any stress causes a physiological response in your body, producing chemicals (like adrenaline) that prepare you for action. Having enough stress, but not too much, is the secret to optimum health. Having too much stress can result in:

- lowered resistance to infection, leaving you open to colds and other illnesses
- an increase in thyroid hormones, making you grumpy, nervous, and exhausted

- depletion of the endorphins, making you more sensitive to pain
- reduction of sex hormones, leading to anxiety and tension in relationships
- chronic shutting down of the digestive system, leading to nausea and diarrhea

Stress management is not a natural ability; you need to learn it. Because it's impossible to get rid of all the stress in your life, the challenge is to keep it under control. Some ways to manage stress include:

Recognition

First, recognize your symptoms of stress. Then look at your lifestyle and see what can be changed in your work situation, your family situation, or your schedule.

Meditation

Block out the outside world and concentrate on inner calmness. Close your eyes, breathe slowly, and silently repeat a comforting word or phrase with each deep breath.

Relaxation

Soak in a bubble bath, or hop into the Jacuzzi and let the hot water soothe you. Enjoy a massage. Get plenty of sleep. Sleep is essential for your body to relax, grow, and heal.

Watch your diet

A balanced diet of fruits, vegetables, whole grains, and foods high in protein but low in fat will help create optimum health. Avoid alcohol, caffeine, sugar, fats, and tobacco as stress reducers.

Comedy break

Laughter releases endorphins that appear to reduce tension and stress and thus increase your overall sense of well being. Rent your favourite comedy video or read a funny book.

Any stress causes a physiological response in your body, producing chemicals (like adrenaline) that prepare you for action.

Seek pleasure

Build time into your schedule to enjoy hobbies on a regular basis. Volunteer to do something you enjoy. Enjoy nature.

Aerobic exercise

Participate each week in at least three aerobic exercise sessions (such as walking, dancing, or cycling) that maintain your heart rate in your target range for at least twenty minutes.

Breathing exercises

You can calm yourself by consciously controlling your breathing. Practice 15-20 minutes of deep relaxation at least three times a week.

It's important to incorporate activities in your lifestyle that strengthen and build upon the connection between exercise, diet, and stress for a better quality of life! ♣

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ARTS & CULTURE



Relationships, dances of past days: *Two Rounds and a Square*.

Cavan Blazers return!

By Melodie McCullough

What better setting to tell the rich historical tales of a people's past than a peaceful 100-acre family farm in the heart of those people's own community?

Back in 1992, Robert Winslow was a determined, energetic young man with lots of theatre experience as a director, actor, and playwright. He had also recently inherited the family farm, where he grew up, on what was then the 4th Line of Cavan Township. But with no knowledge or interest in farming, how could he keep alive the farm he loved?

With help from enthusiastic neighbours, friends, and the entire community, Winslow took the overgrown farmyard — then in disarray with falling-down barns and abandoned machinery — combined it with his love of the arts and a dream to recreate the stories of Ontario's past, and turned it into the setting for one of the region's leading professional theatres, the outdoor 4th Line Theatre.

The only play that first summer was *The Cavan Blazers*, written by Winslow and bringing to life the "folksy kind of legend" of the animosity between Catholics and Protestants in the township in the 1850s. The play was a resounding success, and brought wide-spread recognition and success. This sum-

mer, the Blazers will once again ride on the Winslow Farm Aug. 16 to Sept. 2, as 4th Line Theatre proudly celebrates its 10th season with the return of its most popular production. (It was also performed in 1993 and 1996.) A few of the original 50 cast members will take part, including some children who were babes-in-arms in the 1992 version.

As well, a new play, *Two Rounds and a Square*, written by Winslow and Rob Fortin, telling the story of four young couples on the dance floor at a typical old Ontario dance hall, will be presented July 7 to Aug. 5. It will be the 12th new show the company has done since it started.

As founding artistic director, Winslow, 48, says it's been hard turning history into entertaining drama, but people have now come to expect they will learn something about the community's past and be entertained at the same time.

"Being from this community, I'm very sensitive to the way the characters are portrayed, so they don't sound like a bunch of people from Toronto," he said in an interview.

The original mandate of the theatre group was to preserve and promote Canadian culture, he said, and over the years the plays have told the stories of famous Canadians such as Louis Riel, Catharine

Parr Traill, and Susanna Moodie — as well as the tales of simple, ordinary folk spending the day at a country fair.

"I think if anything has changed it's been to widen what that (our mandate) means, widen that notion of what it means to be Canadian," said Winslow.

To follow that focus, the future will include plays about immigrants, women, minorities and First Nation people, he said, with the aim of two new works each year. A musical theatre production might be on the books or perhaps a winter play on the Millbrook pond about hockey 100 years ago, he said.

The other change seen by 4th Line Theatre is that it now has a play development program, with several plays in various stages. Three of these will be previewed during "First Look", casual staged readings presented Sept. 1 and 2 at the Farm.

A special 10th Anniversary Gala will follow the premiere performance of *Two Rounds and a Square* July 7. Square dancing, a silent auction, costume displays, and special appearances by longtime 4th Line favourites should make it a birthday party to remember.

Tickets for this summer's plays are available by calling the Box Office at 876-6323, online at www.4thlinetheatre.on.ca, or at Village Bulk Foods in Millbrook. ♣

Swirling, sensuous silver and earthen goddesses

By Melanie Anderson

The latest exhibit at the Millbrook Gallery is a celebration of the stages and rhythms of life, borrowing from nature and humanity.

Opened June 1, *Metal and Clay -- A Material Romp* features the work of George Stewart of Cavan, and Val Davidson of Keene. The show will run until July 8.

Val Davidson creates jewelry, and a variety of other items mostly in silver — some have gold, copper, and/or a little bronze incorporated for effect. For this show, she has been creating tiny silver and gold bowls and some jewelry (earrings and brooches mostly).

She apprenticed with Libby Smyth twenty years ago, continued studies at Sheridan College, and then ventured to Harbourfront Craft Studios where she gave classes to beginners. Since then, Val has been making a living creating metallic objects.

She finds her influences in other artists' work in various media and in nature. A large part of her work is taken from children's artworks. She also finds that she tends to go back to the same lines, clean shapes, and that her work tends to follow certain rhythms and patterns.

Her work is sold in galleries, gallery boutiques, and smaller jewelry stores in Kingston, Ottawa, Montreal, Toronto, and of course, Millbrook.

George Stewart works in a small barn converted to a studio in Mount Pleasant, beside the former church that serves as a showroom for his work.

He started in pottery 26 years ago. It was a course at a YWCA that his wife gave him for a birthday gift that got him started. At the beginning he was doing pinch and coil pots with gargoyle faces, but since then, he has moved toward doing simple, functional pottery. The work he has done for this show is, in a lot of ways, going back to the beginning — many of the vessels are god/goddess-like, he calls these "idols," and others resemble "dragon boats."

He considers everything to be an influence on his work, including other potters' work, "nature, people, and the nature of the clay itself." He says "I'm not shy about letting anything influence my work" because it "becomes your own, you

absorb it into yourself."

The combination of tiny metal bowls and large clay idol figures, among other works from each artist, came about because Val wanted to do a show, but found the idea of "filling the entire gallery with

earrings" daunting; George volunteered to make it a joint show. The resulting alchemy of designs and works in pottery and metal affords the gallery visitor a tour through the influences of nature and humanity — a must see! ♣



Mount Pleasant potter George Stewart at work in his studio.

Baby Makes Two at Capitol Theatre

Take a young woman with an exciting career, a blossoming romance and introduce a new baby into the mix and you've got the bittersweet predicament of *Baby Makes Two*, by Corinne Hurley.

This Port Hope Festival Theatre (Capitol Theatre) production is a charming romantic comedy which immerses theatregoers in the complications of being

a single mother. From pregnancy to parenthood, from dating to diapers, this is a warm-hearted look at a woman who tries to juggle it all. It's a humorous look at the trials and tribulations of one woman, one baby, and a whole lot of love.

Great seats are still available. For further information, contact the box office at 1-800-434-5092 or (905) 885-1071.

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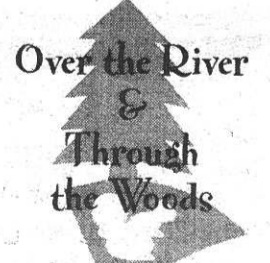


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Season TWO ROUNDS AND A SQUARE JULY 4 - AUGUST 5

Set in a local dance hall, this nostalgic romp revisits the simple life of rural society in the summer of 1945.

THE CAVAN BLAZERS AUGUST 14 - SEPTEMBER 2

A perennial favourite returns! This critically acclaimed play focuses on Irish immigrants who settled Ontario's Cavan township. Religious tensions erupt in bloodshed, in spite of shared roots.

FOR MORE INFORMATION or TO BOOK YOUR TICKETS, CALL 876-6323 OR 1-800-814-0055

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.

A Material Romp
At the Millbrook Gallery
Until July 8. Featuring the beautiful, whimsical jewellery of Valerie Davidson and George Stewart's one-of-a-kind pottery. Phone 932-5482.

Millbrook & Area Garden Club
At St. Thomas Church Hall, 16 Centre St., Millbrook. Wed. June 6, 7:30 pm
Guest speaker Kay Roberts - Perennial Expert. Topic will be perennial garden designs & garden maintenance. Plants available for purchase. Admission \$2 at the door.

Everyone welcome!
Next meeting Wednesday, July 4th, 2001, at the garden of Esther Giroux, Millbrook at 7 pm. For info, contact Wendy Olsen at 944-8912.

152nd Millbrook Fair
At the Millbrook Fair Grounds
June 7-8-9-10
See full page ad in this issue or story for details!

125th Anniversary - Trinity the Marsh Anglican Church
Sunday, June 10, 7 pm.
Guest preacher Archbishop Terrence Finley. All wel-

come to join in the celebration!

Family Folk Dancing Night
At Havelock Legion, Hwy. #7
Sat. June 16, 7:30 - 9:30 pm
No partners needed! Intro to various types of folk dancing; caller/instructor Debbie Drummond. Light snacks. \$4 adult, \$2 children, under 6 - free. Sponsored by Havelock Community Care.

Seniors' Picnic
At the Millbrook Legion Patio
Thurs. June 21, noon - 2 pm
Tickets \$7, available at Community Care/Legion. Lunch, entertainment, games.

Singles Dance
At Golden Wheel Restaurant, Hwy. #7A, Springville
Sat. June 3, 9 pm - 1 am
Admission \$5 per person, smoking section. 932-2740.

Menopause - Passage Into The Wisdom Circle
June 23, 9 am - 7 pm
Workshop on the physical, mental, emotional, spiritual changes of menopause. Cost \$75, \$25 non-refundable deposit by June 15 to register. Call Wendy Kura at 932-2697 for info/to register.

Fraserville Cemetery Decoration Service
At the Fraserville Chapel, Cty. Rd. #28
Sunday, June 24, 2 pm

Olde Tyme Strawberry Supper
At Springville United Church, Highway 7A (Cty. Rd. #28), one mi. N. of #115

Friday, June 29, 4 to 7 pm.
First come, first served.
Adults: \$10, 6 - 12 year-olds: \$5; 5/under - free.

Canada Day Celebrations
At Maple Leaf Park, Cavan and Medd's Mountain/Millpond, Millbrook
June 30 - July 1
Fun begins at 8 pm June 30 with fireworks and entertainment at Maple Leaf Park; Canada Day celebrations on July 1 in Millbrook. Musical entertainment, clowns, magicians, games, and activities, free birthday cake, and much more! Sponsored by Parks, Recreation, and Facilities Department.

4th Line Theatre - Two Rounds and a Square
At the Winslow Farm, 4th Line of Cavan
July 4 - Aug. 5
Play tells local legend and lore through song and dance. See story this issue for details. Tickets \$20 adults, \$18.50 seniors/students, \$10 children. For tickets or info, call the box office at 876-6323.

Communities in Bloom Contest
Throughout Cavan-Millbrook-North Monaghan
Categories include balconies in bloom, most beautiful vegetable garden, flower beds, and storefront. Prizes to be won. Judging held week of July 9 to 14, to register call Parks and Recreation at 932-2911.

10th Annual Ontario Craft Market
At Millbrook Community Centre
Sat. July 14, 10 am - 4 pm
64-booth show specializes in excellent variety of quality craft vendors, food and refreshments.

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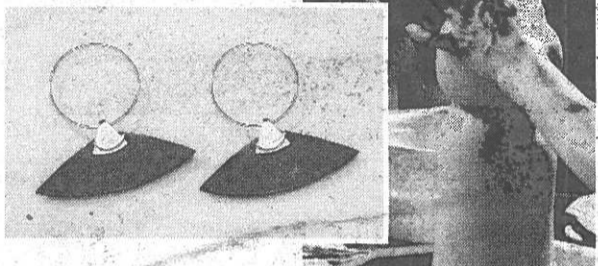
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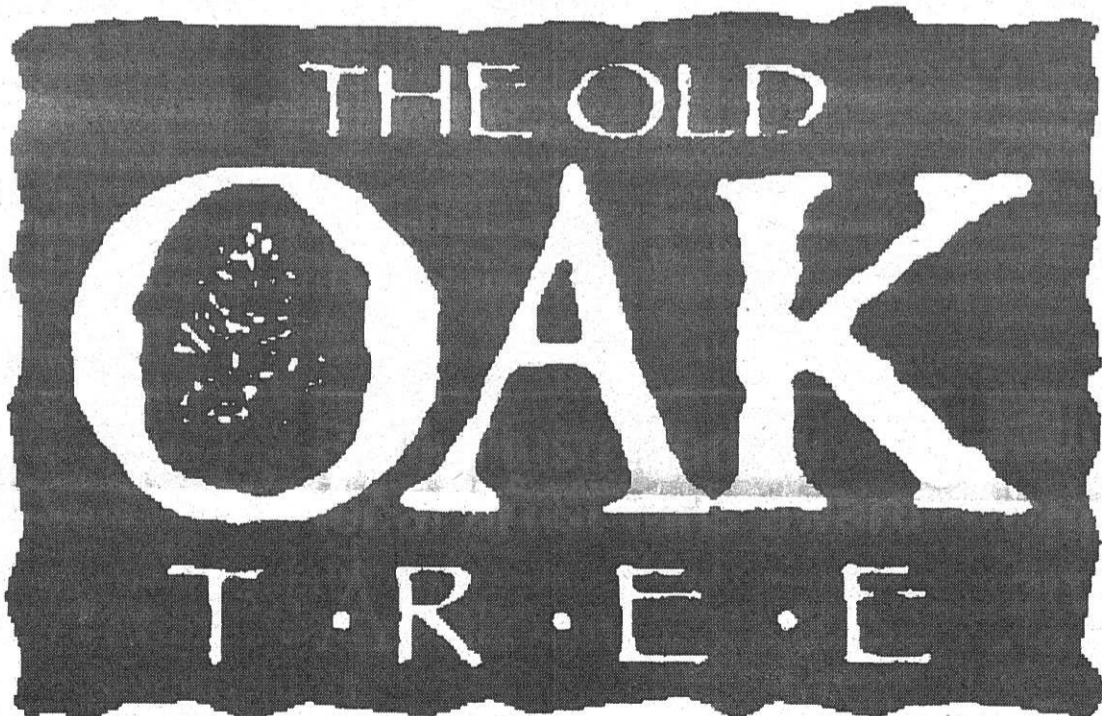
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