

# THE GREEN HILLS Gazette

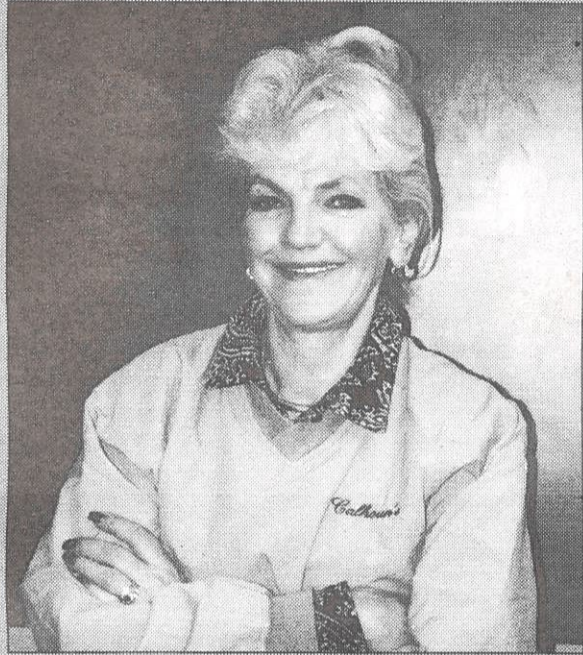
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Volume 5, Issue 1

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

## LOCAL ENTREPRENEURS



Didi Calhoun, of Calhoun's IGA, is one of many intrepid local entrepreneurs. See page 9 for full story

## Jail-workers demand negotiations

By Melodie McCullough

Ongoing union-led actions, similar to a noon-hour rally held outside the Millbrook Correctional Centre Jan. 17, can be expected to continue at Millbrook and across the province.

These demonstrations are in support of bargaining and the negotiation of a new collective agreement between correctional officers and the province.

"Morale is still pretty bad because we (the jail) are closing and we're trying to negotiate a new collective agreement — and that's a slow and difficult process with this government," said Tim Hannah, president of the Ontario Public Service Employees' Union (OPSEU) at the Millbrook jail. The union represents about 260 officers.

He said closure of the jail and the subsequent move to the new Lindsay "superjail" is scheduled for some time this year, but the union has received no definite information about it.

Its three-year collective

agreement expired Dec. 31. Hannah said the union sent its position to the provincial Management Board Secretariat (which handles negotiations for the government) Dec. 20, but has not heard anything back yet.

"The employer, the government, isn't talking to us right now," he said. "Our bargaining team is prepared at any time to discuss [our position] with them. It's unusual that they are unwilling to negotiate."

He said he believes it is because the union has taken the position it wants to negotiate on three issues — health and safety, contract workers and pensions — and management does not.

"That's the major sticking point right now."

No other demands, such as pay raises, have been tabled, he said.

A number of provisions have recently been removed from the Occupational Health and Safety Act by the province, he said, so his union is trying to negotiate those lost protections into

## \$10K noise bylaws rejected

By Michele Curran

After months and months of negotiating — during which costs grew in excess of \$10,000 for draft noise and licensing bylaws — and even after those bylaws were approved by the Ministry of the Environment, CMNM has not approved either bylaw.

Cavan-Millbrook-North Monaghan Chief Executive Officer, Bill Stockwell, with the possibility of law suits by racetrack owners looming, recommended Council not approve either bylaw.

On the recommendation of Chief Executive Officer Bill Stockwell, Council voted not to accept the two bylaws (created through the noise committee process) on January 21. The rationale given was that there were lawsuits from the owners of Kawartha Downs Raceway

and Peterborough Speedway looming.

According to Stockwell, in a report given to Council, "Two separate meetings took place with the operators of the racetracks. They both stated adoption of the two bylaws by Council would force them to challenge the Township in the courts. On the other hand, they both were agreeable to work with staff in an attempt to reach agreement on the future operations of the tracks that would satisfy Council and the majority of the surrounding residents."

He added after having discussions with both the acoustical engineer from J.E. Coulter Associates Limited and the new municipal lawyer, Edward Veldboom, it was possible neither bylaw would be enforceable.

Deputy-Reeve Brian

Fallis said, "It is unfortunate the bylaws the noise committee came up with were not enforceable; however, we were able to gather some good data."

"It would be pointless to put into place bylaws that are unenforceable," he added. "According to legal counsel Veldboom, who is still doing the research in Ontario, there has been no municipal noise bylaw that has been successful in the prosecution of race tracks."

However, Fallis said "We are not giving up on noise." He feels there has to be a better way to deal with noise issues.

Noise Committee member Bob Clark was disappointed by Council's decision and did not buy the argument the bylaws would be imposing financial hardships on business.

"If the City of Peterborough could take a

*"Morale is still pretty bad because we [the jail] are closing and we're trying to negotiate a new collective agreement..."*

its own agreement. On the subject of pensions, since studies have shown correctional officers die on average before age 60 due to shift work and stress of the job, the union wants to negotiate earlier retirement and a lower pension factor. Federal legislation has recognised correctional officers as one of the five occupations entitled to this, said Hannah.

"But we work for the provincial government, and they're unwilling at this point to discuss the issue with us."

The union also hopes to negotiate benefits and job security for contract correctional officers, who at pre-

sent make up 30% of the work force.

Ultimately, if negotiations are unsuccessful, it could lead to a strike or lock-out, Hannah said, but that would take place after workers vote on a final offer.

In early January, Hannah and the union's chief steward at Millbrook were suspended for one day for wearing buttons in the workplace supporting bargaining.

Julie Rosenberg, spokesman for the Management Board Secretariat, said it is not in a position to comment on bargaining matters or progress made at the negotiating table.

"Staff are negotiating with OPSEU and are very confident we're working towards reaching a negotiated collective agreement soon," she said. ♣

## Storm water still stopping Schickedanz

By Melodie McCullough

Bruno Schickedanz Homes is moving ahead with plans to start selling homes at Baxter Creek Estates, even though the municipality and Otonabee Region Conservation Authority (ORCA) have concerns about storm water management plans for the proposed

113-house Millbrook development. Final approval of the subdivision is still up in the air.

"We've actually requested no more homes go up because of storm water management issues," said Karen Ellis, township planner.

The developer built one model home in the  
*Continued on page 2*

stand on the smoking issue, even if it was unfavourable, and get business owners to comply through a two year phase-in period, why couldn't our Council get the race track owners to comply with the bylaws over a five-year phase-in period — spreading the costs over five operating seasons?"

"Although I, and other committee members, are disappointed by the recommendation not to accept the bylaws, I am cautiously optimistic Stockwell can do what Council has refused to do in the past — and that is to implement regulations on noise emissions from those facilities prior to the 2002 racing season," said Clark.

Council chose to regulate the two racetracks — Peterborough Speedway and Kawartha Downs — by negotiating individual operational agreements covering the hours of operation and noise abatement.

Stockwell informed Council during the 2002 racing season efforts would be made to test noise abatement procedures, as well as the continuation of the "hours of operation" restrictions now in place at Kawartha Downs. He believes the same type of agreement could be reached with the operators of Peterborough Speedway, leading up to the presentation of new operational agreements during the fall. ♣

## INSIDE

### Gallery closed!

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### Economic development (Part 1)

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### Valentine's ideas

Page 9

# Grants available for community organizations

By Melodie McCullough  
Once again groups and organizations in Cavan-Millbrook-North Monaghan Township will benefit from community grants, made available by the township using money from the Kawartha Downs slot machines' revenues. This year, the total to be distributed is \$100,000.

"It's to distribute some of the lottery corporation money to some of the various groups and activities that go on throughout the township," said Hazel Armstrong, treasurer for the township. "Basically we're looking for capital items and infrastructure."

Last year 67 organizations benefitted from the grants, she said. Applications

must be submitted by April 30 this year. Any group can apply, giving its mission statement and financial statements and stating what the funds will be used for, and amount requested.

*This year the grants will be divided into three areas: sports, arts and other...*

"But putting in an application does not guarantee funding," said Armstrong.

This year the grants will be divided into three areas — sports, arts and other — with committees for each area from Township Council reviewing applications. The committees will consist of the reeve, deputy reeve, a third member of Council and a township staff member.

In the sports category, for example, money could be used for uniforms or equipment, while in the arts category, it could be used to support exhibitions or new displays, said Armstrong.

Requests from non-profit groups for non-infrastructure items will be eligible for grants up to \$2,500, while organizations demonstrating a service to the community, such as Food Share, are eligible for grants up to \$3,000.

The maximum grant for special needs is \$10,000. Out-of-township requests will also be considered up to \$500 — or higher, for special needs approved by Council, such as the Peterborough Festival of Lights.

The amounts approved will be somewhat dependent on the number of applications received, said Armstrong.

"If we receive a high number of requests, the amounts may have to be adjusted," she said.

Before money from the slots' revenue came on the scene, there was some money available for community grants, but it was a much smaller amount, she said. In 1999, the province distributed grants through the Trillium Foundation.

After the distribution is completed this spring, if there is still money left over, there may be a second round of grants made available to those who did not receive them initially, said Armstrong. ♣

## Storm

*Continued from page 1*  
fall as a showcase for prospective buyers. The proposed subdivision has draft plan approval from the township for 81 single family detached homes and 32 townhouses. They will range from 1,050 to 2,700 square feet and are priced at \$150,000 and up. There is also a model home agreement in place which allows up to five model homes to be built, although none can be inhabited.

Ellis said the township has forwarded its concerns to Schickedanz Homes, and hopes to soon meet with the company.

At the same time, ORCA has sent the overall subdivision proposal to the federal Department of Fisheries and Oceans

(DFO), one of nine regulatory agencies that must approve it, said Robert Salter, chief administrative officer for ORCA.

"He (Schickedanz) has gone through a few and he's got a few more to go through," said Salter. "He's come a long way, but there's still a long way to go."

Storm water management involves the control of water that falls on an area, he explained, such as rain, snow-melt or water from people washing their cars. When an area is paved, the water that previously would soak into the ground, instead will run into the nearby cold-water stream, which in turn could cause flooding by the stream or raise its temperature.

ORCA has concerns about flooding while DFO has concerns because the cold-water stream is probably a spawning area for trout, said Salter.

*"It's not a benign little stream. It will be difficult for a developer to develop that property. If not done right, every house will be flooded."*

"It's not a benign little stream. It will be difficult for a developer to develop that property. If not done right, every house will be flooded."

But Gregory de Freitas, project manager with Schickedanz Homes, said he hopes to open the model home to the public soon and start selling. He has received the township's and ORCA's comments regarding the storm water management plans and is reviewing them.

"They wanted some more information about it. There weren't any major concerns. It's a formality making sure everything is addressed to their satisfaction," he said.

No more homes will be built until sales have been successful, said de Freitas.

Robert Salter said he cannot say how long it will be before the overall subdivision plan is approved, or whether it ever will be approved. DFO has just started its review, and is known as a "tough agency" to satisfy its conditions, he said.

"There's still a number of agencies to go through and these can go quite fast or quite slowly, and I have no idea how they will respond. At this point in time, no one knows what the results will be." ♣

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### Summer Jobs IMPORTANT NOTICE To Employers

Summer Career Placements is a wage subsidy program that enables employers to hire students during the summer for a period of 6 to 16 weeks. Private, public and not-for-profit employers are invited to submit their application by:

**April 2, 2002\***

The objective of the program is to provide students with work experience related to their field of study. Applications will be evaluated based on the quality of the experience offered, local and regional priorities as well as available budgets.

To apply or to find out more about this program, please contact your nearest Human Resources Development Canada office or call 1 800 935-5555.

Internet: [www.hrhc-drhc.gc.ca](http://www.hrhc-drhc.gc.ca)

\* Please note that the application deadline for the Northwest Territories and Nunavut is April 9, 2002.



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# NOTICE

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## Applications for Funding under the 2002 Community Funding Program

- Applications are available at the Township office
- \$100,000 has been made available for Community Funding
- Non-profit, non-infrastructure requests may be granted a maximum of \$2,500, or the amount requested if less
- Any organization that shows a definite need to the community may receive up to \$3,000
- Out-of-Township needs may receive \$500, with a higher grant awarded only for a special need approved by Council
- Council may grant up to \$10,000 given the nature of an approved request
- The application is to be completed in full
- Submission of an application does not indicate funding will be received
- Above amounts may be adjusted, depending on the quantity and total dollar amount of request

Forward your completed application to Hazel Armstrong, Treasurer  
Applications are requested to be submitted by April 30, 2002

**Julie M. Kirkpatrick, MA, LL.B**

barrister & solicitor

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## BUSINESS PROFILE



Katherine Ritzie, owner of the Village Food Emporium.

# New buffet at Emporium

By Melanie Anderson

Just before the Christmas rush in December, the Village Food Emporium in downtown Millbrook launched a lunchtime buffet to whet the appetites of business people, locals, and tourists alike.

This new dining experience is part of the ongoing challenge for owner-operator Katherine Ritzie to gauge exactly what people want and "getting the mix right."

The customers of the Emporium cover a "wide cross section of the public", from business people who work downtown to tourists, says Katherine. During the busy lunch hour it is impossible to cook for all ten tables at a time, so the usual lunchtime menu, even with specials, is a little slow for those "wanting a quick 30 to 45-minute lunch". The new buffet is the solution for those seeking a quickie, but satisfying meal. Between Monday and Friday a counter with steamers is set up, and customers can serve themselves lunch with the same kinds of home-cooked, hearty foods they can order from the menu.

Katherine says she got into the restaurant business

five years ago in a "moment of insanity." Prior to this endeavour she had been working as an educational assistant in Victoria County with children with behavioural problems, but by the time she left this career she was working in a kindergarten — and was "relatively unhappy" with her situation.

Originally Katherine started the business with a partner, who has since left the restaurant business. The Emporium now has 10 to 12 employees.

Fridays all day are very busy at the Emporium, and Saturdays and Sundays are busy on and off as well, she says. In fact, breakfasts on the weekends are really very popular, especially on Sundays when they serve breakfast until three in the afternoon for those who like getting up late and taking it easy. While Katherine says they mostly do "home cooking" and "nothing fancy or specialized (like pizza)," they do cook waffles for breakfast on the weekends.

The Food Emporium's hours are 8 am to 2 pm Monday to Wednesday, 8 am to 9 pm Thursday to Saturday, and 8 am to 7 pm Sunday. ♣

# Mutual Funds and RRSPs

Where will you invest your money?

The Investment Funds Institute of Canada, the national association of the Canadian investment funds industry, answers some commonly asked questions to help you figure out where to invest your RRSPs this year.

## What funds are available?

There are almost two thousand funds available in Canada offering a broad range of investment objectives and investing in a variety of securities and in a variety of geographical locations suitable for almost all investment portfolios. Not all are eligible for investment in an RRSP; however, many are eligible and you will find that there are plenty of options available for you. For example, there are funds that invest in Canadian common stocks, U.S. common stocks, and international common stocks. There are dividend funds, which aim to maximize dividend income. In addition, there are bond funds and mortgage funds. There are also various types of money market or savings funds based on fixed income or guaranteed investment. There are balanced funds, which balance their holdings between bonds and stocks, depending on how the manager perceives economic conditions at that time, and real estate funds that invest in real estate. Most of the funds available in Canada are open-end funds, meaning that they issue a continually increasing number of shares and subsequently purchase these shares back from investors on demand.

## How do the rates of return offered by mutual funds compare with those of savings accounts?

Generally speaking, savings accounts are the means by which banks and trust companies borrow money from the public and lend it to companies and individuals at higher rates. The financial institution makes money on the "spread", or the difference between the rate it pays on savings accounts and the rate it charges borrowers. On the other hand, mutual funds, and for arguments sake let's consider a "guar-

anteed" money market mutual fund, lends money directly to governments, corporations, and financial institutions, and anyone who invests in a money market fund earns the higher rate of return. There is no intermediary responsible for establishing a "spread".

The rates of return of return for "non-guaranteed" investments, such as common stock funds have historically been superior to that of a savings account with a financial institution. This is because in a free enterprise system investors who choose to "share" ownership of a public business by purchasing common shares are sharing in the fortunes of the business. If it does well they share profits — if it does badly there are little or no profits to share. They therefore expect, and get, a higher return for taking this risk. However, it must be borne in mind that the return on a common stock fund is not necessarily consistent from year to year since companies do better during some periods than others.

## How can I compare the rates of return between different groups of funds?

Before specifically answering this question it should be clearly understood that one should only compare funds of similar types to get an accurate picture of relative performance. You cannot compare the rates of return between different types or categories of funds — you have to compare apples to apples, and oranges to oranges. For example, it is pointless to compare the results of a fund that

invests in oil and gas exploration companies with one that invests in well-established companies. The risks are quite different, as are the possible returns on the investments. Fortunately, the financial press regularly reports the performance of Canadian mutual funds by type. These reports contain average results over a 1, 3, 5 or 10-year period and are categorized by the investment objective of the fund. This makes it very simple for the investor who is considering, say, a growth fund, to compare all similar funds.

## Are mutual funds risky?

It's impossible to compare funds "across the board". Mutual funds not only differ in their financial objectives but also invest in different kind of securities that reflect the ultimate objective of the fund.

Certified financial planners will be able to help you select the right mix of investments to suit your personal tolerance for risk while attaining maximum return on your investment.

For more information on these and answers to other common investing questions, visit IFIC's web site at [www.ific.ca](http://www.ific.ca) or contact IFIC at 888-865-4342. ♣



James Rusk



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**EDITORIAL**

**Bill and Neal's excellent adventure**

An interesting pattern is emerging within municipal administration. It seems, in their haste for progress, the Reeve and the new CAO, Bill Stockwell, have decided to dispense with the normal process of decisions by committee (and consultations with ratepayers) and make things happen as they see fit.

Over the last month, there have been at least three different issues where Neal and Bill appear to have bypassed the work or concerns of duly appointed committees and ratepayer opinion. The other rather negative aspect of these decisions has been the return of what looks like decision-making based on wards.

First of all, a proposed rate increase for water in the village of Millbrook – we were required to have meters installed by provincial mandate. We were told that in most cases, the cost of water usage would not change substantially. Now we are told that the average water bill will double.

Why? Because we are to pay for additional sewer capacity...which will benefit developers like AON, who require additional capacity.

These developments are to benefit the entire municipality. So why are Millbrook residents paying the bill – why isn't this cost coming out of municipal coffers or slot revenues? And why aren't the developers, who will benefit financially by their construction projects, paying at least half the cost? Attracting development to the municipality is important, but not at the expense of one ward.

Secondly, there's the ongoing issue of noise pollution in our municipality – specifically coming from Kawartha Downs and Peterborough Speedway. A couple of years ago, an intelligent, concerned group of residents were selected to work with municipal legal counsel on recommendations and bylaws to deal with the issue. Thousands of taxpayer dollars were spent to develop appropriate bylaws to restrict noise pollution.

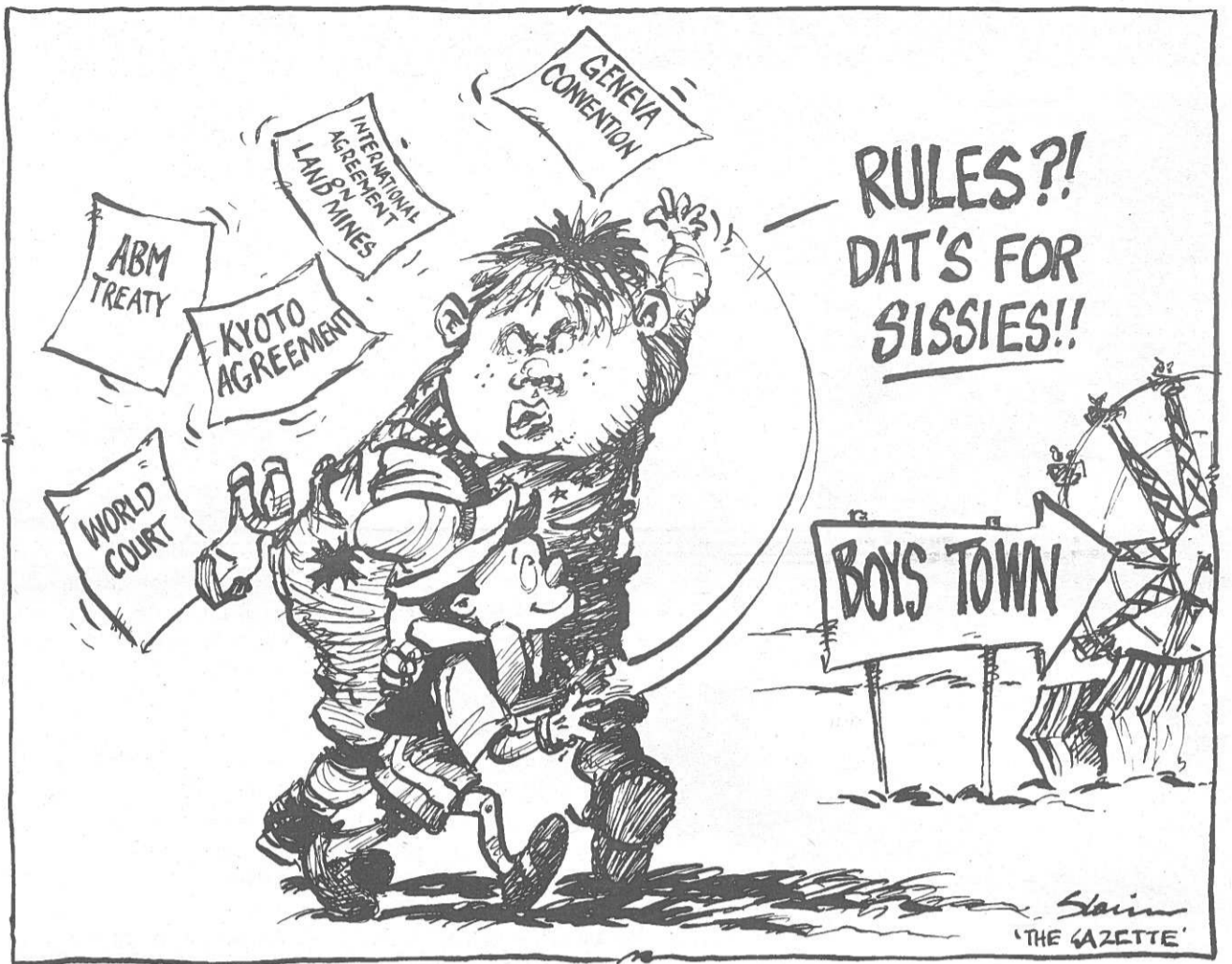
Recently, on the recommendation of Bill Stockwell, and in all likelihood, on the advice of Reeve Neal Cathcart (who has never been in favour of restrictions on Kawartha Downs), councillors voted to reject the proposed bylaws.

Why? Because they don't want to bite the hand that is perceived to feed the municipality -- even if these parties are ruining quality of life for a number of residents. Sustainable planning procedures (protecting people and the environment while creating economic growth) have been ignored in favour of all-out development at any cost.

The Bruce Johnston Memorial Library needs to be expanded, and it has been suggested that the \$25,000 given annually by the City of Peterborough for recreational purposes in North Monaghan Ward be used. A North Monaghan citizens' recreation fund committee must decide how this money is spent, and pass their decision on to Council.

However, we have heard that Neal and Bill don't want a mere library expansion – if there is to be any development approved for this location, they also want some other recreational purpose attached to it, such as a multi-purpose community meeting facility. Due to the library's location in the north of the municipality, it is likely many North Cavan residents are users of this library as well. Why is North Monaghan Ward alone to be tapped for the funds for this nebulous additional development?

Clearly, our official plan needs to be firmed up ASAP – before our rights as a community to determine our future – and what we will pay for it – are further eroded by development-mad politicians. ♣



**Reminding Mister Stockwell**

In a recent local newspaper story our new Corporate Administrator Bill Stockwell was quoted as suggesting that his policy of not permitting delegates to ask questions of their elected Council is "no big deal". Well, as a ratepayer, I suggest it is indeed a BIG DEAL!

Perhaps because he is not a resident in our township, and perhaps because he lacks the understanding of past difficulties with some members of a Council that seem determined to operate "behind closed doors", he does not realize the significance of his statement. Perhaps his idea of a democracy is somewhat different from that of others. I am given the impression that somehow he feels asking legitimate questions of those individuals elected to represent us is somehow wrong and is, as he stated,

the "third degree". Well, I believe the term accountability is applicable here — and I would think his focus should be to ensure we have a transparent government that truly serves us, the ratepayers.

I also find it interesting that at the Council meeting when Mr. Stockwell came forward with these "pearls of wisdom" he cited compliance with the Municipal Act as his reasoning. I did review the Municipal Act and I certainly did not see any section or sub-section that disqualified ratepayers from asking questions of their elected officials. When quoted later in the newspaper, he seemed to refer to "a program that most municipalities follow" as his guideline. Well Bill — which is it?

As ratepayers we need to remind Mr. Stockwell and Council that they are employees that we pay to service our municipal needs. They work for us and should be inclined to ensure we get our questions

and concerns addressed to our satisfaction!

Finally, in closing, a statement to Mr. Stockwell;

"Bill, might I suggest that you reconsider your apparent personal policy of "sniping" at ratepayers with what I consider to be your belligerent and inappropriate comments. Your quote "Clark was a candidate in the last election and I think he's still on the campaign trail" is amusing as you were not here during the last election and have no idea what my campaign was about. To set the record straight Bill, no I am not on the campaign trail, but I am still a resident with concerns about how we are being governed."

Bob Clark  
Cavan Ward

**Thank you, noise committee members**

Thank you, Bob Clark, Lesley Heighway, Sue Campbell, and Ray Mann for rising to the challenge put forth on March 6, 2000 by Cavan-Millbrook-North Monaghan Township Council – to put together a committee from the community to try to resolve the noise pollution coming from Kawartha Downs

Speedway and Peterborough Speedway.

Your 11 months of volunteered time and effort has been greatly appreciated, for noise is a contaminant and is listed as such under the Environmental Protection Act. Noise can cause hearing impairment, increases stress to the body (which weakens the body's immune system), can factor into learning disabilities, and increase levels of aggression.

Thank you again, Bob, Lesley, Sue, and Roy for caring and working for the health of our communities. A healthy ecosystem and a healthy economy can and must co-exist in the best interests of all of us.

Jan Rowland,  
Fraserville, Ontario

**Thank you!**

(We apologize for the delay in printing this thank you from Gail Smith, former Assistant Postmaster at the Millbrook Post Office, which she kindly provided before the December issue. We somehow missed it in our scramble to put the paper together.)




Thanks so much to everyone for all the good wishes on my retirement from Canada Post Corporation. The people I met throughout my career and my co-workers have given me memories I will always cherish.

Gail Smith

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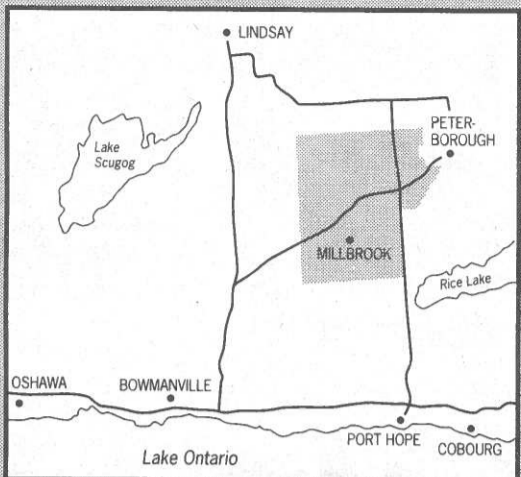
  

**NEXT DEADLINE**

**Deadlines for the March 7th issue:**  
Saturday, February 23 — advertising deadline  
Friday, February 15 — editorial copy deadline

### The Gazette Distribution Map

Delivered to every household within the municipality (shown in grey).



\* BASED ON A "BUSINESS CARD" SIZED AD AND MONTHLY DELIVERY OF THE GAZETTE TO 3615 CANADA POST ADDRESSES (AS OF 5/21/98). AN ADDITIONAL 385 COPIES ARE DISTRIBUTED VIA OTHER MEANS.

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OUTDOORS WITH GEORGE

## Tale of a New Year's cougar

By George Luchuk

Just when you think that we're back to so-called normal, along comes an unusual sight.

What am I talking about, you ask? It's my favourite conundrum, the eastern cougar – the one often reported as extinct!

Don't believe it. These so-called authorities will tell you that you were mistaken – perhaps you saw a large dog, with the same colouration and size as an adult cougar. However, if you insist you saw one, and demand to be taken seriously, the answer will come back that it could have been someone's escaped pet cougar.

But don't believe it. The eastern cougar was never extinct, and their numbers seem to be increasing. It's a major comeback, and I invite others who may also have a similar interest to

come together to talk. Wouldn't it be great if we could invite experienced cougar researchers from Western Canada to help us out? To perhaps capture and positively confirm what some of us already know? I know that there are people reading this article who have also had a sighting. If this is you, give me a call at 932-5402, and I will keep your name confidential if you'd like.

But back to the reason why we're revisiting this story. Sighting one is like an invisible veil has been removed from your eyes and you want to tell everyone – but the very people you want to convince will look at you as if you are off your stick. Then along comes someone – who for years was willing to listen but remained skeptical.

Eureka! This same skeptical person saw a cougar for himself on New Year's Day near his property. On the road, in full view, long tail and all! Is he excited? Am I excited? You bet! Now, finally I've got someone to talk to that has had the same experience. He invited me out to his place to check it out. Sure enough, there were the tracks in the snow.

It makes you wonder – do cats really have nine lives? Yes. I took pictures, and if you would like to see them, just give me a call. Let's talk cougar. ♣



CREATIVE PARENTING

## Seeing past the extremes to the heart

By Trish Boyd-Reininger

Here we are at the beginning of February – there's (some) snow on the ground, and we're well into our New Year. Christmas came and went in a blur, as usual. It was even too quick for our boys (they must be getting older).

During this fleeting holiday season I noticed two things. 1. I work too much. 2. Teenagers, including pre-teens, are extreme in all that they do. I have learned this by closely observing Adam's friends, who range in age from 11 to 15, as well as my nieces and nephews who are between the ages of 11 and 21. The more I watched, the more clear it became that all teens, in some way or another, go to an extreme.

They love us or they loathe us. They do wonderfully at school or they do not. Their hair is styled flat with gel or is in spikes. It's not just coloured – it's pink or blue. Hair is either long or heads are shaved bald. They have one piercing or ten (most of which are on or around the face). Their pants fit, or these are not only dragging on the ground – but would be showing a favourite pair of flannel boxers if it wasn't for the equally long t-shirt worn over top.

So what can we attribute this roller coaster of attitude, emotions, and fashion? Self-discovery. The beginning of the voyage into who they are, what

they look like, what they believe in (morally as well as spiritually), and not just where they are going but where they want to go. Wow. These are big questions. Really big questions for any one of us, let alone someone who, such a short time ago, was just a child that we could hold and comfort, whose tears could be kissed away, who came to us to tell us about his or her day, confided in us, and accepted our help.

Having children is hard work and time consuming. Having teens is harder work – but less time consuming because they're never home. So the time spent together is that much more important. See past the blue hair, the piercings, and their fashion choices. Take a look at the "child" crying out for acceptance – your child, who still deep down wants your care and comfort. Open your eyes and your heart, remember who this is – the little one you held in your arms, the one you cried tears of joy over when you gazed lovingly into that tiny face.

Remember, when none of their friends are around, to take them in your arms, hug them, kiss them, and tell them that you are there for them. Let them know you love them. ♣



HEALTH & WELL-BEING

## Resolutions

By Kimberley Keijzers

Here it is a New Year, but it starts with old resolutions. I resolve to practice what I preach. I resolve to keep health and fitness a priority in my life.

I must admit that I do get excited when I sit down to plan how I am going to shed these stubborn extra pounds and inches.

This year the stakes are a little higher though. My husband has challenged me to compete on a number of levels: girth measurements, weight loss, body fat, strength, cardiovascular and power. We will not be competing directly but rather on a percentage scale. That is, we will take our measurements in all categories now, then again in a few months. The one with the largest percentage change will win the prize.

My plans include diet, cardiovascular, strength, stress management, as well as career goals. Over the next few months, I will share with you a detailed description of my plan in

each of these areas. I am hoping that this may motivate you to follow my lead and either steal from my ideas or come up with your own plan of action.

To start, I plan to map out my goals in all five areas. This works great on a desk calendar, as there is just enough space to allot one goal per line. The first line will be dedicated to a meal plan for the month. I know this seems like a daunting task, but it's actually kind of easy. I will only write down my supper meal, as breakfast is usually cereal, waffles, oatmeal or yogurt. I try to alternate cereals and have five boxes

Continued on page 10

## Dan Woodward's Car ER



### Staying safe in bad weather

As we get closer to the end of winter, sudden snow storms and snow squalls can still happen in a blink of an eye making road conditions treacherous, so before setting out on the roads, here are a few gentle reminders:

- The number one rule when it comes to driving in hazardous conditions is to drive—SLOW. Adjust your speed to road and weather conditions.
- Be seen and be able to see by clearing all your windows and lights of snow and fog.
- Avoid passing when road conditions are poor.
- Always have enough fuel.
- Let someone know your planned route and expected time of arrival.
- Make sure you wear warm clothes.
- Keep an emergency pack with a blanket, candles, dried food, matches as well as a shovel, sand or kitty litter and a cell phone.
- Keep your radio turned on to hear weather reports.

■ Unfortunately, icy roads and bad weather conditions can lead to serious accidents, so upon seeing and hearing an emergency vehicle, police car, ambulance or fire truck with siren and blinking lights, irregardless of what side of the road you are on, slow down and pull over to the right side of the road and stop until the vehicle has passed—your courtesy may save lives.

■ If you are first at the scene of an accident, or have seen the accident happen, pull off safely and check on the status of the driver and any passengers. *Don't* attempt any first aid unless you have training, and even then, observe all standard first aid precautions and limitations. Call emergency services at 911 if you have a cell phone, or get someone else to do this or go to the nearest house for assistance. If nothing else, talk to the victims and reassure them that help is on the way, and make sure they are covered with a blanket if you can do this safely.



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## Rabies Clinics

Rabies clinics will be held at the Municipal Garage, 1470 County Road #10 (across from Maple Leaf Park) as follows:

- Saturday, March 2nd: 9:00 a.m. - 12:00 noon
- Wednesday, April 3rd: 6:00 - 9:00 p.m.
- Rabies Vaccination - \$10.00 per animal
- all animals must be restrained —

2002 tags will be available for sale at both clinics. Dog Tags will be sold for \$5.00 at all points of sale until April 4th

## ANNOUNCEMENT

*Peterborough Pet Hospital is pleased to announce that Dr. Kristy Hiltz is joining our veterinary staff.*



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## Economic Development Part 1: Seniors and quality

# Community services allow seniors to stay at home

By Melodie McCullough

When the Peterborough Community Access Centre was created five years ago by the province to serve Peterborough County, one of its goals was to help the elderly live in their own homes as long as possible — something most people agree adds to the quality of life of seniors.

But keeping people at home instead of in institutions means health care services are needed in homes, something that is harder to do now in Peterborough County than even a year ago — because provincial funding is not keeping up with the needs of the elderly population.

"Better services in the home mean more people can stay in the home and make less use of emergency and hospitals," said Stephen Kay, executive director of the Access Centre. "And if you reduce dollars to home based services it's much more expensive to provide the services in institutions."

Yet last spring the Centre, located in Peterborough to serve as a single point in the County for people needing access to long-term care or community-based health services, was told by the province its funding would remain at the same level as the previous year.

With higher demands for services and higher costs to provide services, the funding freeze meant the Centre had to make "dramatic" cuts in areas such as laundry services and meal preparation, said Kay, which caused problems — particularly for rural clients, where laundromats are not available.

Right now there is a [nursing home] waiting list of approximately 450 people in the county...

Peterborough County has the highest percentage of people over 85 in the province and the third highest number of people over 75, he said.

By November, the Centre had come up with savings in non-client areas so it was able to reinstate some of the lost services. Kay is unsure about funding levels for next year but is optimistic his office can continue to provide its home services such as nurs-

ing, nutritional, occupational, speech and physiotherapy, and caregiver relief.

As well as the Access Centre, non-profit Community Care organizations, like the one in Millbrook, also work to help seniors maintain independence. These community support agencies use mostly volunteers to provide valuable non-professional services such as transportation, friendly visits, household help, home maintenance, in-home respite, and Meals on Wheels.

When it is no longer possible for a senior to live at home, the Access Centre helps families find the best long-term care option, including applying to nursing homes. It will be

responsible for all applications for the new 128-bed facility expected to open in Millbrook in 2003.

Right now there is a waiting list of approximately 450 people in the county divided into categories such as choice of facility, type of care needed, and type of accommodation preferred (private, semi-private or ward). A list for the Millbrook home will not be created until about six months before it opens, and even when the facility is filled it is estimated there will still be a shortage of long-term beds in the area, said Kay.

Costs for living in nursing homes are set by provincial government formulas based on ability to pay. Private rooms cost more so they would be available to those in a better financial situation, but no one is denied access to beds because of money, said Kay. ♣

# Numerous services, recreation, & volunteer jobs for seniors

There are many good programs geared toward enhancing the lifestyle of seniors in the Cavan-Millbrook-North Monaghan area, said Brian Millett, recreational program promoter for the municipality. Life in a small town has positive advantages over city living for seniors, because many still have family and friends nearby.

"Seniors in the Millbrook area very fortunate to live in a small town environment where everyone knows them and looks out for them," he says. "The programs I promote in the municipality do not always originate and are not always run by the municipality, but I promote them in the area so interested seniors are informed of and can participate in these activities if they want to."

For seniors looking for something to do this spring and summer, here is the activity list which will be published in the Spring and Summer Leisure Guide.

Through dedicated volunteers and brokered workers, Community Care provides Home Support services to seniors and adults with physical challenges. Services available from the Millbrook office include hot meals on wheels, frozen meals, transportation,

friendly visiting, health clinics, information and referral, a diners' club, and personal distress alarms along with home help and home maintenance. To receive services or to volunteer, please call 932-2011 or visit the office at 26 King St. New To You clothing hours are Monday to Friday 9 am to 3 pm.

A full range of health equipment is available for short-term loans through the Red Cross, including wheelchairs, walkers, and commodes. Please call Judith Hickey at 932-3000, or the Red Cross at 745-8222. Personal emergency response systems installed by Red Cross volunteers help people stay in their homes and receive emergency help at the touch of a button. Knitters can provide mittens to those in need through the Red Cross, while its On Board certification program provides home study guides and examinations to meet new boating regulations and First Aid, CPR, and babysitting courses. For more information call 745-8222.

The St. John Ambulance therapy dog program involves volunteers and their dogs visiting nursing homes and hospitals, providing extensive benefits to residents and patients. To participate, contact Dianne

McMillan at (705) 652-7092.

The Community Choir is for adults who have a desire to "air" their talents through vocalization. Rehearsals are at St. Andrew's Church, King Street, in Millbrook on Wednesdays at 7:30 pm. New singers are welcome in September and January only. For information contact Marlene at 932-2566 or Donna at 944-8899.

Hosted by Yvonne Clarke at the Cavan-Millbrook-North Monaghan Community Centre, line dancing classes for beginners are every Tuesday from 7 pm to 9 pm. Cost for this 10-week program is \$40. Registration is March 19 from 6:30pm to 7:00pm. For information, contact Yvonne Clarke at 932-2067.

Flowyoga is a meditative flow of posture designed to cleanse, relax, invigorate, and rejuvenate. Cost is \$10 per class or \$48 for six classes, Fridays 7 pm to 9 pm. Private and semi-private classes are also available. For information contact Kelly at 932-5539 or flowyoga@nexi-com.net.

Experienced instructors offer fitness classes, designed especially for seniors, at the Old Millbrook School on weekdays — a great way to relax and get ready for the day. To register, call Barb at 277-3694 or Lynda at 799-6690. ♣



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## Nursing home construction set for spring

By Melodie McCullough

Although still in the planning stages, the new 128-bed nursing home recently awarded to AON Inc. of Peterborough promises to be a "first-class long-term care facility providing a high quality of life for residents in a village-like environment." It is scheduled to be built over the next year on five acres of land at Tupper and Centennial Streets in Millbrook.

Ross Smith, president of AON, said seniors will now have the opportunity to remain in their communities, close to family and friends.

The provincial Ministry of Health announced in

December AON was the successful bidder for the facility after Omni Health Care, the previous contract-winner, turned it back to the Ministry because of escalating costs.

AON will construct the building and own the facility, but has a management agreement with Specialty Care of Toronto to run its daily operations.

The facility will cost \$14 million to build and create 300,000 construction hours for local tradespeople, \$4 million for local suppliers, and when completed in the spring of 2003, will employ 100 full and part-time employees.

Specialty Care, in business for 25 years, owns and operates a number of nurs-

ing and retirement homes in the Toronto and Kingston areas, and has worked with AON on other projects. AON started as a family contracting and real estate business in the 1930s in Peterborough, and remains a family-owned business. Properties include three retirement homes in the city, as well as apartments, adult condominiums, and commercial and office space in Peterborough and Texas.

In its application to

the Ministry for the award on behalf of AON, Specialty Care said the two-storey building will be in the shape of a square number eight, with two 32-bed "resident home areas" on each floor. On the main floor there will be a specialized dementia care program, and an outdoor courtyard and Alzheimer's garden. There will also be a large open lobby serving as the "social hub", providing a village environment where resi-

dents can mingle. Other services will include a wellness centre, hairdressing shop, and chapel.

Specialty Care hopes to develop inter-generational programs between residents and nearby students, and the home will be available for co-op and volunteer placements. AON is also hoping to set up a shuttle bus service between the nursing home and Peterborough, said Ross Smith. The 24-hour nursing care, meals and

other activities will follow strict guidelines set by the Ministry, said Brad Smith, AON vice-president.

Environmental and geotechnical reports were conducted on the property last fall and found the site satisfactory, but because the site is sloping with some surface water, a storm water management pond will need to be developed. A traffic study done for AON found the area "will support the forecast traffic." ♣

## Millbrook Manor offers community atmosphere

By Melanie Anderson

Millbrook Manor is home to a "close knit group" of seniors who benefit from the community atmosphere at the seniors' apartment complex.

Anyone over the age of 60 can apply to live in one of the 44 units at the Manor, which is funded by the province and Canada Mortgage and Housing. The complex is administered by a board of directors to provide a mix of subsidized and non-subsidized housing for the elderly in the area.

The residents are a close knit group who "tend to keep themselves busy", said Millie Lunn, property manager. There are common rooms, like the large living room which residents use for many activities, and there are shuffleboard courts outside. A hairdresser offers her services in a room provided by the board of directors.

There are also foot care and blood pressure clinics and Millbrook Community Care has a telephone program to check on residents,

as well as a transportation service. Local doctors visit the Manor on a need basis.

The majority of the residents are pretty mobile, said Lunn, and many have home-care.

There are two sections of the Manor — the original 24 units referred to as Phase One, and an additional 20 units known as Phase Two. Residency is based solely on "whatever becomes available," said Lunn. Applications are available from either Lunn or the City-County Housing Authority in Peterborough. The length of time on a waiting list varies according to the number of people waiting, usually 15 to 30.

Heat, utilities, fridge, and stove are included in the cost said Lunn. A Phase One one-bedroom apartment is \$540 monthly; a two-bedroom unit is \$606. In Phase Two, a one-bedroom is \$568; a two-bedroom \$618. There is mix of subsidized and non-subsidized apartments.

There is a "No Pets" policy. ♣

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## Economic Development Part 1: Entrepreneurs drive our economy

# Business groups boost entrepreneurial spirit

By Melodie McCullough

For a number of years local volunteer groups have been working hard to develop the area's economy, each with specific interests, yet sharing the common goal of boosting the entrepreneurial spirit of the community.

The Millbrook and District Chamber of Commerce and the Millbrook Downtown Business Improvement Association (DBIA) are the oldtimers on the block, while the Community Action Network (CAN) is the baby.

The Chamber of Commerce has about 80

*"Small businesses are the heart of the community. I think if we weren't here then you wouldn't have the same atmosphere..."*

members from Millbrook and the surrounding area and its main purpose is to attract people to the area, said its secretary/treasurer Wanda Dillon. It sponsors Maplefest each spring and participates in many other events. For its members it provides

services such as business insurance, bank discounts, and health care benefits.

"Small businesses are the heart of the community. I think if we weren't here then you wouldn't have the same atmosphere," said Dillon, owner of Village Bulk Foods in Millbrook and a participant in the Chamber's work for 10 years.

The Community Action Network was formed 18 months ago as a collection of community leaders hoping to coordinate activities, improve the economic outlook of the district and "generally improve the community" said Dennis Pederson, CAN chairman and owner of Datakey Systems Ltd. in Cavan.

It meets monthly and includes, among others, members from the Millbrook DBIA, Chamber of Commerce, Millbrook and District Lions Club, Millbrook Ministerial Association, Township Parks and Recreation, and companies such as Nexicom and the TD Bank.

During its short existence it has organized Bethlehem at the Mill at Christmas and Millfest in the fall, and is putting together a new Visitor Guide. An exciting venture

it is now focusing on is the provincially-led Business Retention and Expansion program, which will examine current businesses in the area and determine what new businesses might be appropriate for the community.

The DBIA has been around for a number of years, with the role of maintaining and beautifying the Millbrook downtown.

"It's making the business area an inviting place to shop and trying to get people to shop locally," said Shelly Manley, past-president and owner of Bear Essentials on King Street.

It organizes Old Tyme Christmas activities and has planted downtown flowers and trees. While never a thriving organization, recently the DBIA has been struggling to find participants and a disheartened Manley even questions its existence.

Of the 25 to 30 businesses who are part of it, only three or four people have attended meetings over the past year; meetings are no longer held regularly, and there is no president, she said.

Bob Deacon, councillor for Millbrook ward, hopes the DBIA's fortunes will change with the infusion of new business people.

"It's difficult to keep a membership when they're volunteers. They're all busy running their businesses. For them to find time is a challenge," he said. ♣

# So you wanna start a business... but need help?

By Michele Curran

So, you want to start a small business but are unsure of how to start and where to look for assistance. Well, wonder no longer.

If you have a computer, the answers are as close as your keyboard and as fast as your Internet provider. For those with the entrepreneurial spirit, the federal, provincial and municipal governments offer opportunities and support both on line and in person.

The Greater Peterborough Community Futures Development Corporation is a non-profit organization, originally set up by the federal government to help develop employment in under-employed rural areas. Its mandate is to assist all entrepreneurs with business start-ups, development, investment and economic development projects. For more information call 705-745-5434 or email: [www.comdev@cdc.on.ca](mailto:www.comdev@cdc.on.ca)

Manager Lance Sherk of the Greater Peterborough Area Economic Development Corporation (GPAEDC) encourages entrepreneurs to visit their business advisory office at 210 Wolfe Street in Peterborough. There's plenty of information on how to start up a business and ongoing workshops. On Feb. 7, a workshop entitled "Marketing Your Own Business" will be held and on Feb. 21 a representative from the Ministry of Finance will speak on "free GST and PST". Contact 705-743-0777 or email: [llauzon@gpaecd.on.ca](mailto:llauzon@gpaecd.on.ca)

The Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) offers initiatives such as the Business Retention and Expansion Program; Rural Job and Strategy Fund, and the Rural Youth Job Strategy to assist entrepreneurs in rural areas. Ken Maltby, an OMAFRA rural business consultant, together with his two colleagues, an economic development consultant and a client account officer, are available to assist those in rural areas wanting to make a career change. They also work with other organizations on community projects. Call 705-324-6125 or email: [www.gove.on.ca/OMAFRA](http://www.gove.on.ca/OMAFRA).

One such sponsored project is the collaborative effort between OMAFRA and the GPAEDC in assisting the Community Action Network (CAN) in Millbrook. CAN's mandate is to bring together community, township and businesses to make Millbrook a great place to live, work and play.

The Cavan-Millbrook-North Monaghan Council does not have an economic development committee and so any questions concerning your business should be directed to the municipality's chief executive officer, Bill Stockwell.

According to Stockwell, the township's new Official Plan should be ready by March and then the secondary Fraserville plan will be dealt with, providing a possible boon for those entrepreneurs wanting to locate in the area.

The Community Opportunity and Innovation Network (COIN) in Peterborough is different from other local organizations as it deals with projects rather than individuals. It goes into an area, determines if it is underserved, assesses the need for the service, creates projects and then advertises for interested individuals who would like to work on these projects. Contact: 705-743-0238 or email: [info@coin-ced.org](mailto:info@coin-ced.org)

So, there you have it, just a few of the organizations more than happy to hear from you and assist you in making your own business a reality. ♣

## NOTICE

TOWNSHIP OF CAVAN-MILLBROOK-NORTH MONAGHAN

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## No regrets for local entrepreneurs

By Lorna Miller.

The face of entrepreneurship has changed. For example, 60% of small businesses are owned by women

Small businesses are driving our economy, and are creating jobs at a faster rate than larger businesses.

Local entrepreneurs have learned from personal experience that running a business often means trusting fate to guide their next steps.

Financial fluctuations are the biggest enemy of entrepreneurs as Wanda Dillon, owner of the Village Bulk Food store in Millbrook, discovered when she took over the business.

"When I took over the store in 1991 we were in a recession," she said. "I depend on the reuse, reduce, and recycle shopper, and now that there is more disposable income, people have returned to buying more packaged meals which are easier and faster to prepare. People aren't cooking and baking as much as they were."

Fern Armstrong, owner of Armstrong's Village Florist and Gifts said without the financial backing of her husband she wouldn't have made it in the business.

"There was a substantial initial outlay of funds to start the business."

Both of these women have stuck it out and say they don't regret the decision to own their own businesses.

Michael Walter, president of Sticklings Bakery, has seen the bakery expand from three people since start up in 1987 to 25 employees, and from two outlets in Peterborough and Port Hope to 130 outlets in Ontario, Quebec, and the northeastern United States."

Sticklings is constantly

*Financial fluctuations are the biggest enemy of entrepreneurs...*

researching the health food market, to incorporate the ever-changing and world of healthy eating into their products. But they never bite off more than they can chew.

"Financially, we do everything step-by-step," Walter said. "We don't go overboard... or expand too fast. This is very important when you are relying on big outlets like Loblaw's who can drop you like a stone if they want to."

Knowing your market is essential to good business, as Shelly Simmonds and Joanne Fournier, co-owners of the Rustic Rooster in Millbrook, know. They researched the market looking for a niche before setting up shop and this has paid off.

"It is so important you have a business plan that includes marketing and knowing your clientele before you start," said Simmonds.

Small business is the largest employer of local people. Calhoun's IGA in Millbrook employs 38, and although it was never Didi Calhoun's dream to own a grocery store, she has nurtured and improved it for 28 years, carrying on after her husband died.

"My husband died when our son Greg, now 21, was born," she says. "I never thought that my life would turn out this way. But I've always enjoyed my job and I like what I do."

The thread that binds all these people together is joy in their work—enriching the lives of all they touch. ♣



## Valentines for your sweetie

By Lorna Miller

Ah, love! Ever since St. Valentine went against political edict and married all those young Roman couples to keep the guys out of the army, for which act he was untimely hastened into the eternal army of the angels, we have celebrated his memory once each year on Feb. 14.

There are many ways to say "I Love You", whether love is a day or decades old, right here in Millbrook.

For the practically minded among us, there is the option of filling up the loved one's car with gas, and/or getting a tune-up at Clarke's Esso Station or Dan Woodward's Garage.

For the real big spenders, there is Tinney's Motor Sales who can put a car in your driveway with a big bow tied to the steering wheel. That's impressive.

Add style to your day with a "do" from Carew's Do's or Ber-Mar Boutique hair salons. Gift certificates for guys and gals would be lovely.

If your lady collects bears, check out Bear Essentials. They have bears in all sizes, plus a wide array of other neat stuff to please any taste.

Or why not brighten her day with tulips or daf-

fodils growing in a spring pot from Armstrong's Village Florist and Gifts? A single rose placed on her pillow is "tres romantique". Bouquets, baskets, and bud vases of flowers are also swell.

The Daisy Mart has chocolates in large and small heart-shaped boxes and bags of cinnamon hearts. If country is you, then The Rustic Rooster has hearts on strings and hearts on throws and candles to create that soft and loving mood.

Millbrook Pro Hardware has things for guys like lighted screw drivers, tool cases, electric nail and stapler guns, battery chargers, halogen work lights, ladder stabilizers that don't mark siding or wood, and license plate protectors.

Ladies, bake up something loving like a heart-shaped cake, or his favourite pie or cookies with pans and ingredients from Village Bulk Foods. You remember that old "stomach being the way to his heart" thing? A bottle of wine, or an apres dinner liqueur wouldn't be amiss. The LCBO has your favourites.

Millbrook IDA has cards from sentimental to snide, bath sets, perfumes, powders, magazines and

books. Also, check out the comfy slippers and the Whitman's Woodstock chocolates.

Hey, guys. Cook her a meal. Grab a steak, fresh veggies, and a flavoured coffee and cook up something special from Calhoun's IGA for your Love Goddess.

There's not a better place for a Valentine's breakfast, lunch, or supper than the Village Food Emporium. How about succulent prime rib of beef, salmon fillet with Bernaise sauce, seafood Alfredo, or chicken Oscar to indulge your sweetie's love of delicious dining? (These are specials available for

Valentine's Day, and with food this luxurious, you can be sure everyone is going to want to bring their special someone. Perhaps a reservation is in order to ensure your romantic dining experience!)

To renew those trysting times, dig out a picture of when you were dating and put it in a decorative frame for your old flame, play "your song", and dance the night away. How about a romantic night at the Westmacott House, Idle Inn, or Maple Field and Stream Bed and Breakfast?

You once promised to love each other forever—well now is part of forever. Happy Valentine's Day! ♣

### Celebrate Valentine's with gifts from

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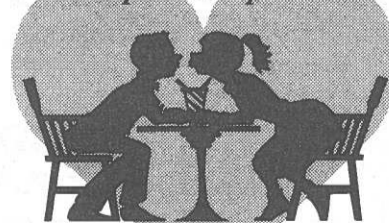
# 932-2850

30 King Street, Millbrook LOA 1G0



## Celebrate Valentine's Day with your Sweetheart!

Thurs, Feb 14, Fri, Feb 15, Sat, Feb 16  
5pm-8:30pm



Enjoy: Prime Rib of Beef  
Salmon Filet with Bearnaise Sauce  
Seafood Alfredo  
Chicken Oscar

Reservations Preferred

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## ARTS & CULTURE



The final party at the Millbrook Gallery was crowded with admirers and well-wishers.

# Gallery closed for now

By Lorna Miller.

The Millbrook Gallery has closed its doors this January after nearly seven years with an exhibit aptly named, "Gone Fishin'."

The Gallery has been an integral part of the downtown core of the village, drawing artists and audiences from across Ontario and beyond — and will be sorely missed.

"We're closing the physical space, but the Collective will stay together," says Sue Spencley, one of the Collective and an

exhibiting artist. "We just need a break."

The Collective consists of the following members: Pamela Barron, JoEllen Brydon, Valerie Davidson, Angelo diPetta, Emma Hesse, Ted Hodgetts, John Ireland, Bruce Lepper, Esperanca Melo, Michael Poulton, George Rabb, Bill Rowland, Bill Slavin, Susan Spencley, George Stewart, Barbara Walker, and Jane Wilson.

As with most enterprises where one group handles everything while trying to conduct their lives, the col-

lective found that they were dissipating their energies in administrative and other duties related to the physical well-being of the Gallery, rather than in artistic creativity.

"We all took part in the running of the gallery," Spencley says. "For instance, Barbara Walker was our accountant, I handled all the publicity and the press releases, while others took on the tasks of mounting and hanging the exhibits and looking after the leases. We all volunteered to do what we could

to keep the gallery running."

Over the years, the constant attention to the physical space demanded more and more of their time and the original vitality of the enterprise was lost.

"We are all active artists," says Spencley. "We need to get into new and exciting things."

During the nearly seven years the gallery was active, the Collective arranged for approximately seven shows per year featuring their own works or those of guest artists, each show having a run of five to six weeks.

The success of the gallery came as a surprise to the artists who began with a one-year lease to "see what would happen" to a two-year lease — which expanded until this January.

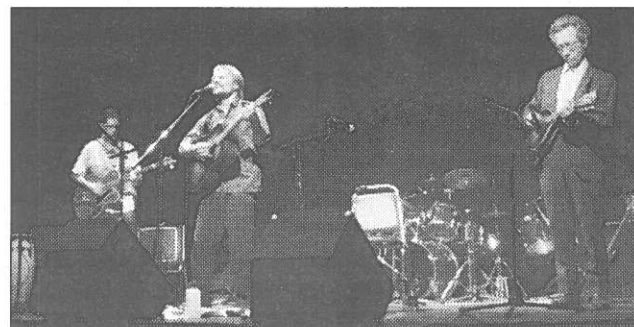
Part of the reason for their success was that the gallery captured the attention of the people who came to the 4th Line Theatre from across Ontario.

"We had a very good relationship with the 4th Line Theatre, and people who came to see the show would dine in Millbrook and then visit the Gallery," she says. "It was a very nice pairing."

However, after "Gone Fishin'" "has run its course, the group intends to take some time off and get back into doing individual work.

The Collective has no answers as to what the future holds, but they will continue to exhibit their works on their website: [www.millbrookgallery.com](http://www.millbrookgallery.com) until the future reveals a new route for them to take.

"It's been wonderful. But the vitality has waned and we need some time off from each other. This is not the end of the Collective, and we will all be creating. Eventually we will do something exciting together again. Just when and what I cannot say at this time. But it will happen." ♣



Jamie McKenty, Jarmo Jalava (centre) and Curtis Driedger.

# Jarmo live

Millbrook singer-songwriter and ecologist Jarmo Jalava spent the summer of 2001 in a canoe surveying the wilds of the Georgian Bay coast — inspiring an autumn of songwriting in the Old Millbrook School studio he shares with his partner, author Alison Wearing.

The inspired results of this work can be enjoyed in a laid-back, casual coffee-house type affair at the Millbrook studio this March, and Jalava's band is also scheduled to give a Gordon Best Theatre spring concert in Peterborough on Sunday, April 7 — at the family-friendly hour of 8 pm.

In advance of the Gordon Best performance, Jarmo is hosting the special Millbrook studio concert on Saturday, March 9 at 8 pm at the Old School (cost is pay what you can). Guest performers will include the exceptional talents of Jamie McKenty and Curtis Driedger.

The all-acoustic Millbrook event promises to be an intimate, relaxed affair with refreshments and limited seating. For more information on both the Gordon Best and Millbrook concerts please call 932-5369, e-mail [jjalava@yahoo.com](mailto:jjalava@yahoo.com), or check out the web site [www.jarmojalava.com](http://www.jarmojalava.com). ♣

## Resolutions

Continued from page 5 in my kitchen cupboard right now. I also drink soy, rice and 1% dairy milk alternately.

Lunch is simple too. I'm a real bread lover and so sandwiches are the standard. Again, like my breakfast foods, I try to have variety in my lunch. I vary from whole-wheat bread to english muffins. I've already cut out butter and prefer mustard on my sandwiches with turkey, chicken or tuna.

I plan to enjoy more fruit in my diet so I will add sliced apple, pears or oranges during these meals.

Also, I would like to try new varieties of fruit when in season.

I resolve to prepare a vegetable platter to enjoy after the kids return with their after-school munchies. Again, this may sound like a big job, but I plan to spend time on Sunday washing and cutting veggies to store in containers and pull them out of the refrigerator as needed.

Considering what I know a month in advance, I can plan my suppers. Again, I like to alternate my meats as well as my grains so that I do not serve the same food within the week.

I try to follow a simple formula of 75% vegetables

and grains, with 25% meat. Some days (like a McDonalds visit) we veer far from this standard, but I do strive for a balance over the month.

Balance is the goal. To enjoy life and not feel deprived but also to keep health as a priority.

I know that for my height and desired weight, I should eat between 1800-1900 calories, with 63g of fat per day. Although I'm not a fan of counting calories, I plan to be more of a conscious eater: no more munching in front of the computer.

I'll discuss my next step, to add in fitness, in next month's column. Here's to health! ♣

# NOTICE

TOWNSHIP OF CAVAN-MILLBROOK-NORTH MONAGHAN

## Maple Leaf Soccer Registration

Feb 23rd, 2002 9am to 1:30pm

### has been moved from the Millbrook Arena

to the Old Millbrook School from 9am to 1:30 pm Feb. 23rd in the Harry Williams Community Room.

*The Parks, Property & Recreation Department apologizes for any inconvenience this may have caused.*

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<b>93 GMC Sonoma SLE EXT CAB</b> 6 cyl, auto, air, tilt, cruise, AM/FM cass, box liner, blue w/grey int., rally wheels.	<b>\$6,995</b>
<b>2000 Chev Cavalier</b> 4 cyl, 4 dr, auto, pdl, air, tilt, cruise, AM/FM cass, red w/grey int. BALANCE OF FACTORY WARRANTY.	<b>\$12,995</b>
<b>99 Pontiac Sunfire</b> 4 cyl, auto, air, AM/FM cass, rear spoiler, blue w/grey int., BALANCE OF FACTORY WARRANTY — APR. 2002. Only 20,000kms	<b>\$11,995</b>
<b>94 Ford Taurus GL</b> 6 cyl, 4 dr, auto, pw, pdl, p. mirrors, air, tilt, cruise, AM/FM cass, green w/grey int., JUST TRADED!	<b>\$4,995</b>

## 4th Line Theatre calls for submissions

Once again, the 4th Line Theatre announces its annual new play competition. Applications make to the new play competition should reflect 4th Line Theatre's mandate and mission: "To preserve and promote our Canadian cultural heritage through the development and presentation of regionally based, environmentally staged, historical dramas AND to develop and present original Canadian works of the highest quality which explore regional themes, history and heritage."

There are two levels at which entries may be submitted: Seeding Emerging playwright who have not had a full length work for the stage professionally produced and established playwrights who have not had a work produced at 4th Line are invited to submit story

ideas, draft treatments or draft scenes of a play script for seed funding. Commissions Established playwrights who have had at least one work professionally produced by 4th Line are incited to submit play ideas, treatments or draft scripts to be considered for commission funding. Submissions will be reviewed by senior artistic staff and winners will be announced in March 2002. All submissions should include the artist's curriculum vitae and three samples of their work. For further information regarding the new play competition and 4th Line Theatre's New Play Development Program please contact the 4th Line office at (705) 876-7660, 193 Simcoe Street Unit #6 in the east end of the Charlotte Mews. The submission deadline is Feb 25, 2002. ♣

(705) 295-6337

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BARRY ELMHIRST

# 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.

**Darts for Hearts Dance**  
At the Royal Canadian Legion Br. 402, Millbrook  
February 9  
All proceeds to the Heart and Stroke Foundation  
For more info, call 932-2837.

**Darts for Hearts Tournament**  
At the Royal Canadian Legion Br. 402, Millbrook  
February 10  
All proceeds to the Heart and Stroke Foundation. For more info, call 932-2837.

**The Alzheimer Society Adult Child Group of Peterborough**  
February Meetings  
At the Alzheimer Society office, 183 Simcoe Street, Ptho.  
Wed. Feb. 13, 6-8pm;

Wed. Feb. 27, 6-8pm  
Call Sandi: (705) 748-5131 or 1-800-561-2588 for information on these or other discussion groups. All children, family, friends of persons with Alzheimer Disease or related welcome.

**Crestwood Secondary School Parents' Info Night**  
At Crestwood S.S., Sherbrooke St. West, Ptho.  
Feb. 13, 7 pm  
Info about transition to high school, course selections, tour of school, etc. for parents of grade 8 students. For info, call the school.

**Mount Pleasant Woman's Institute Annual Potluck Supper**  
At the Mount Pleasant Woman's Institute Hall (Old Library)

Fri. Feb. 15, 6:30 pm Come for an evening of fine fellowship, great food, and entertainment. Call Lynda at (705) 799-6690 for information.

**Fundraiser Dance — Royal Canadian Sea Cadet Corps (Howe)**  
At the Peterborough Naval Club  
Fri. Feb. 15, 8 pm - 1 am  
OPP Bear Hug Band provide music. Tickets \$22 couple, \$12 singles. Call Cathy Carter at 749-6630 or the Naval Club (749-3588) for information. Proceeds to Royal Canadian Sea Cadet Corps.

**Bowl for Kids Sake 2002**  
At the Millbrook Bowling Lanes  
February 16  
Fundraiser for Big Brothers/Big Sisters of Peterborough. To

sign up, pick up pledge forms, or for more info, call Laura at 743-6100. Challenges issued by businesses and organizations to encourage other groups to create teams and compete. Prizes and more.

**8th Annual ORCA Auction**  
At Knights of Columbus Hall,

Peterborough.  
Sat. Feb. 16, 8 pm.  
Tickets \$25 or \$15 for students; auction supports enhancements at Warsaw Caves Conservation Area. Tickets available at Otonabee Region Conservation Authority or call 745-5791.

**Maple Leaf Park Soccer Registration**  
At Old Millbrook School, Millbrook  
Sat. Feb. 23, Sat. Mar. 2, 9:30 am - 1 pm  
Cost \$45 per player.  
For info, call Nancy at (705) 277-3537.

## CLASSIFIEDS

### COMING EVENTS

Dwight Yoakam! Chevy Trucks Presents! Havelock Country Jamboree - August 15-18 - Camping. Neal McCoy - The Nitty Gritty Dirt Band - Natalie MacMaster - Mel Tillis - The Bellamy Brothers - Pam Tillis - Adam Gregory and many more. Buy your tickets before June and SAVE! Info 1-800-539-3353 or www.havelockjamboree.com

### BUSINESS OPPS.

CANADA'S # 1 HOME-BASED TRAVEL BUSINESS. Own & operate a full service travel business from your home. FT/PT. Training & support. Investment \$8,900 - \$12,900. Free info. 1-800-799-9910 www.tpi.ca

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### CAREER OPPS.

LEARN AUCTIONEERING. Classes held April 6-12, 2002. For information contact: Southwestern School of Auctioneering, R.R. #5, Woodstock, Ontario N4S 7V9. 1-888-673-6999.

### CAREER TRAINING

AUCTIONEER TRAINING. Canadian Auction College/Georgian College, Barrie, Ontario. Next session February 23-March 1. World champion instructors. For more info call 705-728-1968 Ext 1754.

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### EMPLOYMENT OPPS.

Have you thought about looking after foster children, but wondered who would be there to support you and the children in times of stress and crisis? There are hundreds of children in Ontario that are served through private, therapeutic foster care systems. Please feel free to visit our website to learn more www.connorhomes.com or you may phone (705) 653-2374 and ask Beverly or Kari for our information package.

LOCAL COMPANY EXPANDING: We require marketing, sales, training, phone & warehouse staff. Must be able to lift 50lbs. \$10/hourly, car required. Local 819-246-2929 or 1-800-838-4007.

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INDEPENDENT FILM CENTER STUDIOS. Research Dept seeks local P/T reps to screen new T.V. programming. Earn extra income. No exp required. www.independentfilmcenter.com

## ON-GOING EVENTS

### Flowyoga

At the Old Millbrook School  
Thursdays, 7 - 9 pm. \$10.00 per class. Tai Chi and Chi Gong Classes. At the Millbrook Arena, upstairs. Thursdays 7 - 8:30pm. For information call Sylvia at (705) 932-2041.

### Old Millbrook School Family Centre Nursery School

At the Old Millbrook School. Thursday mornings, Tuesday afternoons. Little people from 2-5 are welcome. Call (705) 932-3202 for information.

### Breastfeeding Support Group — La Leche League monthly meetings

At the Lions' Centre (rear entrance). Second Thursdays, 7 pm. Start off breastfeeding with confidence. Pregnant women encouraged to attend. Call 932-3129 for info or telephone help.

### Euchre Party

At Mount Pleasant Woman's Institute Hall, Cty.

Rd. # 10, Mt. Pleasant. First Monday monthly, 8 pm. Admission \$2. Lunch provided. Call 932-2175 or 932-4041 for information

### Community Care Blood Pressure Clinic

At the Millbrook Manor. Third Wednesday, monthly, 10:30 - 11:30 am. At the Royal Canadian Legion, Millbrook. Third Wednesday, monthly, 12:30 - 1:30 pm

### Toastmasters

Second, fourth Tuesdays, 7 - 8:30 am  
Call 876-5735 for details.

### Adult Skating

At Millbrook Arena. Tues./Thurs., 10 am - noon  
Call 932-2911 for info.

### Fraserville LOL 46 Dance

At Fraserville LOL Hall. Second Sat. monthly, to June, 9 pm start. Music by Harold Davidson Country, admission \$15/couple. Please bring lunch. For info, call Roy Best at 799-6482.



## Peer Mentoring for Youth in Sport and Recreation

March 9th, 2002, 8am-4pm  
Millbrook Community Centre



The Boys and Girls Clubs of Ontario, in partnership with the Provincial Consortium on Youth in Recreation and the Ontario Ministry of Tourism, Culture and Recreation, invites you to attend the following workshop hosted in your community by Cavan-Millbrook-North Monaghan, Parks, Property & Recreation Department

This workshop is targeted to recreation staff, sport coaches, youth workers, volunteers, program administrators & those involved in community programs for youth.

Workshop participants will have the opportunity to engage with peers in an interactive format and increase their understanding of:

- The benefits of peer mentoring (with youth ages 10-15 as mentors)
- The steps involved to integrate peer mentoring into youth programming

In addition, each participant will receive a Peer Mentoring for Youth in Sport and Recreation resource guide that will support implementation of peer mentoring.

The Workshop Fee is \$20.00 (payable by cheque to the Boys and Girls Club of Ontario) Lunch and resource guide will be provided.

As space is limited to the first 30, please register early. Participants are invited to bring along any resources or programs they may want to share with the group.

### To register:

Please mail completed registration form with payment by February 25<sup>th</sup>, 2002 to: Cavan-Millbrook-North Monaghan, Parks, Property & Recreation Department, 4 Needler's Lane, Millbrook, ON, L0A 1G0

OR please fax completed registration form by February 25<sup>th</sup>, 2002 to: Cavan-Millbrook-North Monaghan, Parks, Property & Recreation Department. Fax: (705) 932-3458  
Name/Title: \_\_\_\_\_

Organization/Group: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please describe your work with youth: \_\_\_\_\_

Please indicate your payment status by checking one of the following:

\_\_\_ \$ 20.00 cheque payable to Boys and Girls Club of Ontario enclosed/registration mailed

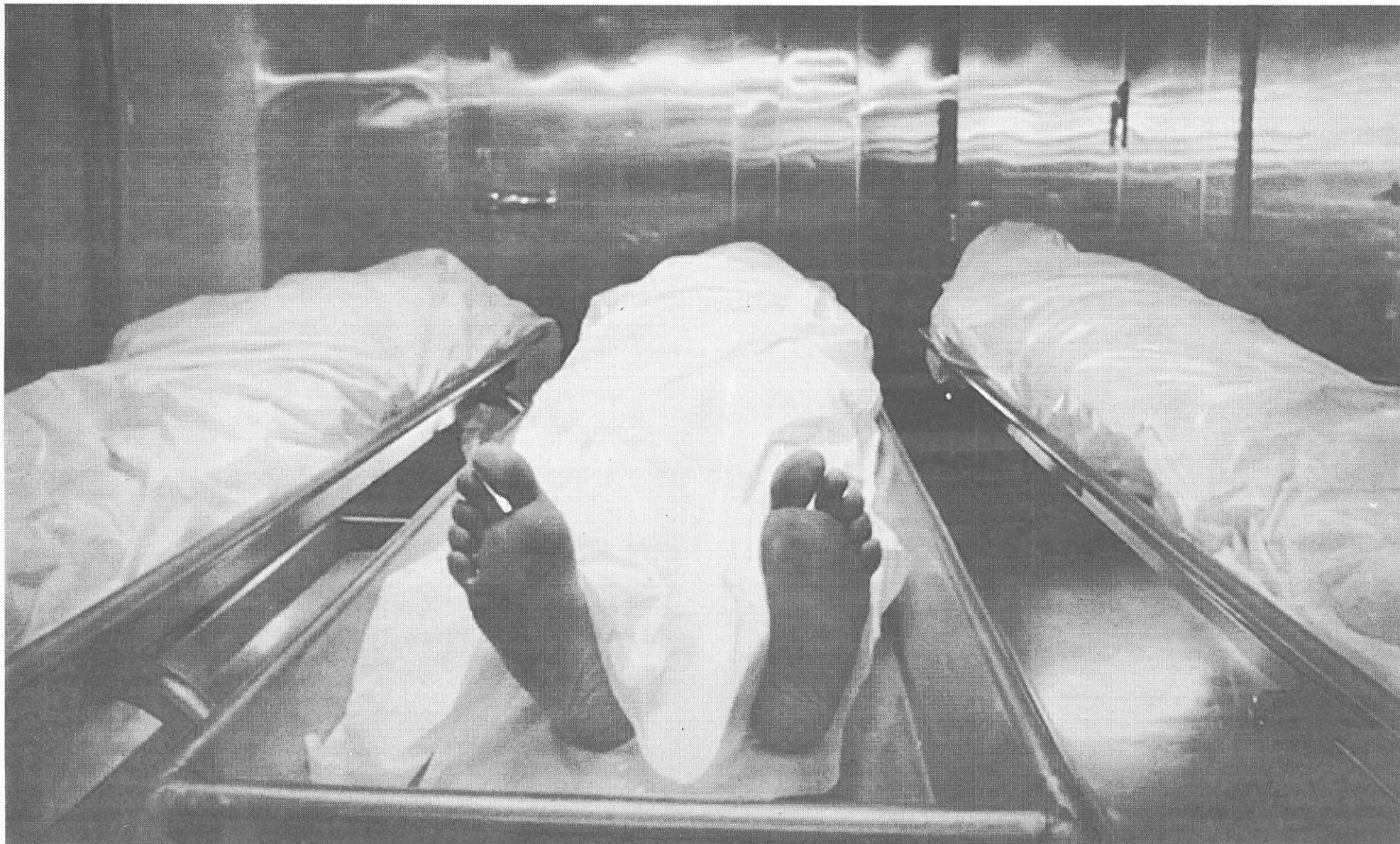
\_\_\_ \$ 20.00 cheque payable to Boys and Girls Club of Ontario will be brought to workshop/registration faxed



## The Lions Xmas Dinner Thank You

The Millbrook & District Lions Club wishes to thank the following businesses:

- Bill Clarke — Esso
- Kathy Lunn — Family Restaurant
- Enbridge, Consumer's Gas
- Nexicom
- Village Food Emporium
- Bear Essentials
- Armstrong Florists
- Village Bulk Foods
- William's Auto Centre
- The Rustic Rooster
- Bulger & Gray Insurance
- Sticklings Bakery
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- John Tinney Motors
- Convenience Store
- Pro Hardware



## **Over 45,000 Canadians die each year from smoking.**

**That's more than 45,000 reasons to get tough on tobacco.**

45,000 Canadians. That's five times the number of people who die from car accidents, murder, suicides and alcohol abuse combined.

What's even more tragic is every tobacco-related sickness and death *could have been prevented*. Smoking is Canada's #1 preventable health problem.

**Over 45,000 deaths a year  
is unacceptable. It has to stop.**

The Government of Canada is taking strong action to address Canada's #1 preventable public health problem. Over the next five years, we will invest \$530 million to reduce smoking in Canada.

Health Canada has a simple, three-part plan:

- Keep young Canadians from starting
- Help more smokers quit
- Raise awareness of the dangers of second-hand smoke

Our plan goes beyond just providing information. It offers real solutions. For real results. And whether you smoke or not, you can be part of the solution.

To find out more, contact:  
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TTY/TDD: 1 800 465-7735  
[www.gosmokefree.ca](http://www.gosmokefree.ca)

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# THE GREEN HILLS Gazette

Free!  
Published monthly

Thursday,  
March 7, 2002  
Volume 5, Issue 2

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

## Hayes Line residents opposed to gravel pit expansion

By Lorna Miller  
(with files from Michele Curran)

Hayes Line residents continue to have concerns about the expansion of operations at the McGee gravel pit, citing alleged violations of municipal and provincial regulations as well as health and safety concerns.

There was standing room only at the Old School in Millbrook on Wednesday, February 27 at the public information meeting held to discuss a proposed bylaw amendment to allow Laverne McGee to expand his gravel pit operation to include other uses.

At a public meeting in August 2001, residents near the pit voiced concerns regarding excess noise, dust,

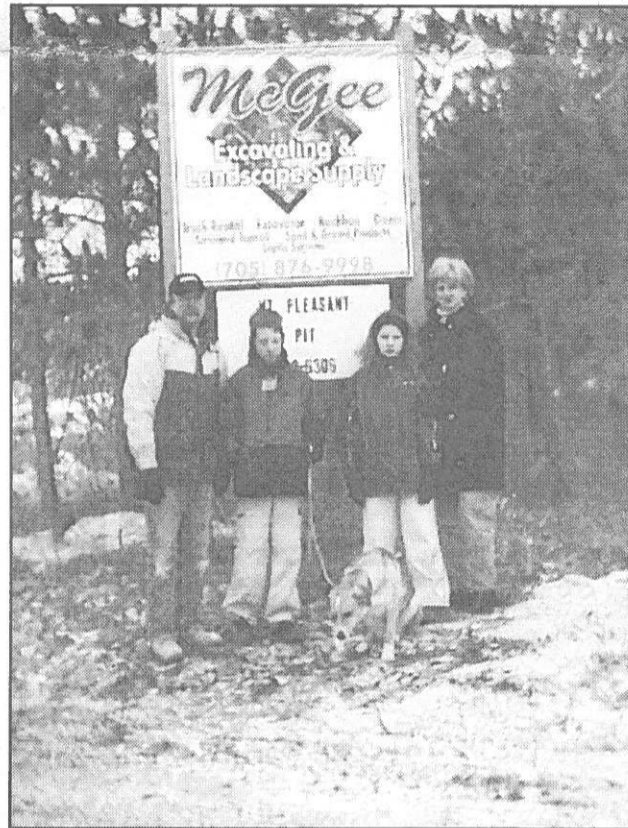
*"When we bought our property, we were told that the pit was worked out and was no longer in operation.... I now have chronic bronchitis from the dust raised by the operations, and the hay for my horses is contaminated with it."*

traffic, environmental issues, water quality and quantity, land use compatibility, and public safety. Following this meeting, McGee Excavating Ltd.

requested the bylaw be revised to restrict the new uses to the importation, screening, and stockpiling of topsoil; the importation, crushing and stockpiling of rock, stone, gabion stone, quarry stone, and limestone screenings; and the importation and stockpiling of hemlock and cedar mulch.

The proposed bylaw amendment includes definitions of the products, and places limits on the amount of product to be imported to the site.

Under the present municipal bylaw and the guidelines of his license from the Ministry of Natural Resources, McGee is allowed to excavate and truck 250,000 tonnes of gravel from the site yearly. However, McGee has only



Families such as the Hayes, shown here in front of the McGee pit, have expressed concern about the proposed expansion (left to right: Doug, Brad with Buddy on leash, Carly, and Donna).

excavated, on average, 1/5th and less of this tonnage per year since he took over the operation five years ago.

"This is a 30-year-old pit once owned by Fred Nelson," McGee said. "I realize that the residents

have legitimate concerns, but they have to realize that there would be more traffic on the road if I were to excavate more gravel. If I can incorporate ten small items [the new uses noted above] at the pit, then the truck traffic would be less."

McGee and his legal counsel, Tom Cole of Lakefield, were at the meeting to answer questions regarding the proposed bylaw amendment.

However, it was municipal planner Karen Ellis who was in the hot seat fielding the questions, with McGee and Cole adding a few words when personally addressed.

The confrontational mood of the meeting was quickly set as neighbours of the McGee Pit voiced concerns over alleged infractions of the bylaw, and alleged licensing regulation violations already committed by McGee at the pit which had not been addressed by the municipality or the Ministry of Natural Resources.

Infractions residents noted include threats to the water quantity and quality by the stockpiling of tonnes of manure and other materials for recycling, and failure to safely control run-off from washing operations; concerns about traffic on Hayes Road due to the location of the pit entrance; failure to maintain proper fencing along site boundaries; failure to rehabilitate the site to prevent erosion; constant, dawn-to-dusk noise from the operation of the stone crushers.

Nobody monitors what is going on at the pit," said one concerned neighbour, Laura Wright. "I had to call

*Continued on page 2*

## Millbrook water and sewage rates going up

By Michele Curran

Ever since the crisis at Walkerton, the government has been under public pressure to come up with safe drinking water guidelines — which include the creation of a fund to work more effectively with, maintain, and replace water and sewage plants.

In keeping with this initiative, Township Council passed two bylaws on Feb. 18 that will see Millbrook's residents water and sewage bills rise dramatically.

The increase is retroactive to Feb. 1 and fortunately, the first bill, according to Parks and Recreation manager Rick McGee (who has oversight of the project), won't be that bad. However, residents should brace themselves when the next bill for water and sewage arrives at their homes — as they will be seeing a 50% increase in their bill.

So, if your fixed rate for water was \$19.16, you would add on the volumetric charge of \$0.254. The resulting amount you would pay is \$24.10. If your fixed

rate for sewer was \$44.81, add the volumetric charge of \$0.371, and you would pay \$50.60.

The rates will be increased by 50% this year, 75% next year, and 100% in 2004.

Deputy Reeve Brian Fallis said at the meeting there was a lot of misinformation going around the village and he wanted people to know the municipality spent \$750,657.00 on this project. He also suggested a press release, and Bill Stockwell, chief administrative office, said with the first bill in March, residents will receive one and an information letter as well.

Fallis also said he attended a conference dubbed Simply Water that convinced him the increases in Millbrook are minor — compared to what other communities are facing. He also said it is a big myth that we have an abundance of water resources and don't need metering. Allegedly, aquifers in the Millbrook area are depleting, and water is often overused and misused. ♣

## Council delegations limited by CAO

By Melodie McCullough

In an effort to improve communication between the Greater Peterborough Area Economic Development Corporation (GPAEDC) and township municipalities, GPAEDC staff spoke before every township council in the county last fall — every council except Cavan-Millbrook-North Monaghan.

Lance Sherk, hired by the GPAEDC in October as manager of business retention and expansion, made the rounds to introduce himself, explain his job and let municipalities know what the GPAEDC can do for them. But when the GPAEDC requested a chance to speak in CMNM it was told the township prefers that he speak with Bill Stockwell, chief administrative officer.

"We have been advised

*"We have been advised by the reeve of CMNM that his preference is working through an information exchange (between staff) as opposed to actually having an audience with Council,"*

by the reeve of CMNM that his preference is working through an information exchange (between staff) as opposed to actually having an audience with Council," said Susan Cudahy, president of the GPAEDC. "I would prefer that CMNM councillors hear it directly from us, but if that's not the

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