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THE GREEN HILLS Gazette

Free!
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CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

AON PREPS SITE



By Melodie McCullough

AON Inc. has begun clearing trees and brush from its property at the corner of Tupper and Centennial Streets in Millbrook in preparation for building a 128-bed two-storey nursing home there. The property was sold to the company earlier this year by George Ingham.

Ross Smith, president of AON, said the company hopes to break ground within two weeks, and if all goes well, the facility should be completed by July 2003. He said the property has been rezoned by the township, and that he expects a site plan agreement from the township very shortly. The township has informed him that water and sewer services will be ready by September, Smith said.

He said, unfortunately, they were not able to save many trees on the property as they were half-dead, crooked, and scrub brush.

"But we'll be replanting a whole bunch more." ☘

Attention, citizens of River City!

By June Jacklin

The Music Man is coming to town and, starting June 12th, Millbrook will be transformed into River City, Iowa in 1912, for the Disney/Touchstone Television remake of the 1962 movie, *The Music Man*, starring Robert Preston and Shirley Jones. This new version will be aired as an ABC Sunday Night movie in the spring of 2003, and will star Matthew Broderick, who recently starred, along with Nathan Lane, in the Tony winning Broadway musical, *The Producers*, and Molly Shannon of *Saturday Night Live*. Other stars are still being lined up for other roles and we can expect more announcements shortly. Local auditions for extras will be held in the

Location managers... scouted all over southern Ontario for the right location. Millbrook was selected after months of searching.

next few weeks, so stay tuned to your local newspapers for notices.

Location managers worked with the Ontario Media Development Corporation and scouted all over southern Ontario for the right location. Millbrook was selected after months of searching. One of the deciding factors was that King Street has a number of three storey buildings that resemble the River city of the original movie.

It is expected the Pro Hardware and the Masonic Lodge on King Street will be given facades, other buildings may get awnings and 'window dressing' and you might expect to see horses and buggies and vintage cars from the era, all to recreate Main Street, River City. The transformation will also include the interior of the Millbrook & Cavan Heritage Centre building that will become an ice cream parlour. While there is expected to be some inconvenience, the intent is to keep this to a minimum, for example some of the shops may only be accessed from the back during filming. Flyers will be sent out in advance to let people know what to expect.

Mark Logan from Toronto, Location Manager

hired by Disney/Touchstone, has been very visible in Millbrook, walking up and down King Street 2-3 times a week, working directly with local merchants, dealing directly with any issues or problems. There have been three public meetings so far, and the response to the production has been very positive. Yvette Hurley of the GPA EDC, who has an intermediary role, says, "It has been a pleasure to work with Mark and the film company. They have been extremely professional to deal with, they are very respectful of the needs of the community, and want to have a positive impact on the economic performance of the area". As the 'middle person' Yvette not only works with Disney/Touchstone, but is also a member of the local committee, other members include: Shelley Simmons, Ralph Plaskett and Cathy Bond, Chairperson.

The committee has the primary role of intermediary between the merchants and the film group, they also

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Inmate found dead at jail

By Melodie McCullough

A death at the Millbrook jail Saturday might have been prevented if trained correctional guards were on duty, says the president of Ontario Public Service Employees' Union (OPSEU) Local 341, representing striking jail workers.

"If the trained correctional officers had been inside on site working it could have been prevented. We could have probably found the inmate in time," said Tim Hannah.

The inmate, Baljit Deol, 52, was found in his cell alone about 8 am unresponsive, said Julia

Noonan, spokesperson for the Ontario Ministry of Correctional Services.

Nurses working in the jail provided medical attention, and an ambulance, police and coroner were called. About 9:30 am the coroner declared him deceased. She could not say the cause of death, but did say initial investigation does not suggest anyone will be arrested in connection with it. A coroner's inquest will be held, as required by law.

"They tell us it's an apparent heart attack, but we're not sure," said Hannah.

He said since the strike began seven weeks ago

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Crossing guard for school children

Will there be a crossing guard to escort children to and from school at the corners of Tupper Street and Centennial Lane for the safety of children attending Millbrook South Cavan Public School?

The answer is yes.

At the March 18 meeting of the Committee of the Whole, Township Roads Manager, Ronn MacDonald, was instructed to contact Chris Bradley, Peterborough County Public Works Director, and request a

three-way stop be erected at the corner — a request that was subsequently denied by the County.

The decision to hire a crossing guard was prompted by this refusal to support the installation of a three-way stop at the corner.

Deputy-Reeve Brian Fallis attended the County meeting where the suggestion was denied.

"There was no discussion," he said. "The three-way stop was denied, as the site did not meet traffic

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INSIDE

Spring home fix-up

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National Police Week

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George Raab

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OMSFC welcomes you to their first ever Baseball Tournament

held Saturday, June 22 at Cavan Maple Leaf Park. Gather a team of friends, co-workers and colleagues, neighbours, or family members, and divvy up the cost of entry amongst yourselves. For a mere \$200 per team, your team is guaranteed three games, great

prizes, and an all-you-can-eat roast beef BBQ with all the fixings.

The details? Your team has to register with Margaret Aldsworth (932-3427), and get her a non-refundable deposit of \$100.00 by June 7. All teams must supply their own balls and bats. Spots for eight mixed teams are available, and those first to confirm with a deposit will be guaranteed a spot within the tournament.

OMSFC will not liable for any damage or injury that may occur during or following this tournament. A waiver will be signed by each player upon registration the day of the tournament. ♣

Grinds, flips and ollies

By Melodie McCullough
A year of hard work and determination has paid off for a group of young teenaged Millbrook boys and a helpful senior citizen.

Last week the boys, members of the Millbrook Skateboard Club, headed for the first time to try out some serious tricks on the new cement rink built by the township next to the playground at the Old Millbrook School.

"The kids have done most of the work. They're really the guts of this whole project," said Myrna Burke, the senior who became involved with the boys a year ago when she saw them skateboarding on the streets and sidewalks of Millbrook near her Distillery Street home.

She and the boys went to Township Council to ask it to pay for the paving of an area near the Arena. But councillors thought it was too close to traffic to be safe and told the group to come up with alternative sites. The boys, aged nine to 14, and Ms. Burke thought the Old School site would be ideal. They then went and knocked on doors in that neighbourhood, telling residents of the plans and about a planned public meeting.

"We got 100% approval from every door we

"If we can get them at this age, by the time they're 17, 18, or 19, they're good role models for the other kids coming up."

knocked on. The people were wonderful," said Ms. Burke.

Council approved \$20,000 for the cost of building the 104-foot by 40-foot rink.

But the group wasn't sure until a few weeks ago that everything was a go for the project for this spring, said Ms. Burke, due to communication mix-ups with Council.

Asphalt was originally considered, but cement which is more expensive, was recommended because it is more durable. This meant most of the \$20,000 would go towards the rink surface, with not much left over for skateboarding equipment.

But Ms. Burke says she and the kids are quite happy with the results, and there is still some money for equipment. So far they have rails, a fun box (incomplete), and a quarter pipe.

"So we're more than pleased with how this has turned out."

They held a spaghetti dinner at St. Thomas Anglican Church in Millbrook last week to raise funds for more equipment. The hall and dishes were donated free of charge to the group, an example of how the community has supported the boys since their quest began.

The boys, in return, have shown their appreciation. Last fall they swept the streets of Millbrook in preparation for Millfest. When their equipment arrived two weeks ago, they painted it themselves.

"And I never heard one of them complain that I made them do it," Ms. Burke, who admits to having grown quite fond of the group.

"If we can get them at this age, by the time they're 17, 18, or 19, they're good role models for the other kids coming up. There are images of skateboarders out there and they may deserve it, but these kids are just kids and they're really nice kids." ♣

Inmate

Continued from page 1
rectional officers have not been in the jail, and management "is not following normal rules and procedures doing regular patrols and checks on inmates."

He said managers from other ministries have been brought to Millbrook and are doing the jobs of guards, but with no training.

"They're letting inmates run around free, things unheard of in normal circumstances. It creates a very dangerous situation for the institutions and the public."

Noonan, however, said safety and security are being

handled by managers from the jail and normal procedures are being followed, including regular checks of inmates.

"Several times an hour they would be checked," she said.

At *The Gazette's* deadline no agreement had been reached between OPSEU and the provincial government on wages, pension issues, job security and better health and safety protection. Relations between union and management at the Millbrook Correctional Centre are tense and will probably remain so even after the strike, said Hannah.

"It will be a difficult time

due to the way we've been treated by management throughout this strike."

One of the main issues is the question of why essential workers have not be working inside, with both sides blaming the other.

Hannah said they have been turned away by management, and there have been delays of a union search of the facility. He said inmates have been allowed to work in the kitchen, possibly giving them access to knives. They also have not been properly supervised, meaning a lot of time on their hands to make homemade weapons, he said. Before the guards return, the union insists on doing a search of the institution.

Noonan said essential workers were being turned away because they and management agreed the workers would not return until repairs were completed at the jail, following a riot March 31, which caused \$35,000 worth of damage. Repairs were completed Friday, but she said the union contacted management and said it did not have enough emergency workers to conduct a search that day. During this time, the essential workers are being paid, she said. ♣

Attention

Continued from page 1
want to ensure everyone is kept up to date and receives accurate and timely information, meeting with Mark on a weekly basis. Since the initial approval of this project by Neal Cathcart and the Council, a key focus for all concerned is to look at the long-term benefits and advantages to the Municipality.

The production company will bring a crew of about 125 people, some of who will start arriving in

the next few weeks, and up to 30 cast members, all of who will stay in the area. "We are pleased to be coming to the Greater Peterborough area and appreciate all the assistance we've received from the local community. Millbrook's setting is ideal for the production and we're looking forward to our stay in the area", comments Mark Logan.

It should be an exciting time for all concerned. Is that the sound of 76 trombones I hear in the background? ♣

Crossing

Continued from page 1
warrant standards. There is not enough traffic on either Centennial Lane or Tupper Street."

"Did you let the County know that it puts our children at risk?" asked Councillor Bob Deacon.

"It is not necessary to stop traffic 24 hours a day," Fallis said. "But if the accent is on our children's safety, we should hire a crossing guard."

"We have problems with speeders," commented Councillor Brian Bartlett, "and we need a stop sign or something to slow them down."

It was recommended by the Roads Manager that the municipality proceed with hiring a school crossing guard in the event that County Council accept County staff's recommendation to refuse the installation of the three-way stop at the corner. ♣

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BUSINESS PROFILE

Deals at Active Aquarium hold water

By Melodie McCullough
Have you always admired aquariums brimming with brightly-coloured fish lazily swimming to and fro? Have you always wished you knew enough about them to have one in your own home?

Well, stop wishing and start calling Active Aquarium Services, the Cavan business of owner Michael Mendelson that helps customers, either in the home or office, with every aspect of aquariums and fish.

"We specialize in designing, setting up, and maintaining aquariums, both fresh water and salt water," he said recently from his home on the Larmer Line where he operates the business.

There, on display, you will find beautiful tanks filled with fish, live plants, coral and live rock, and you will also find Michael, 27, overflowing with enthusiasm for his job. His aim is to help people enjoy aquariums of any size and any expense.

"It's not difficult to do. It's not hugely expensive and it can be a lot of fun. Really, any size is possible. It just depends on a person's budget," he said.

Sizes range from five gallon tanks to "the sky's the limit", but an aquarium

doesn't have to be large to be attractive, he points out.

He is presently working on introducing a new division to the business called "Tiny Tanks" featuring five to 10 gallon saltwater tanks (Seascapes) and fresh water tanks (Fresh Water Fantasies), each with its own tiny ecosystem. These mini aquariums will fit into any room, reception area, or on top of a filing cabinet in the office.

"We try to reproduce as closely to nature as possible. We take the natural habitat of a streambed or ocean and put that right in your living room. It's not the easiest thing to do, but it's healthiest for the fish."

A large part of his business is cleaning tanks. He offers regular maintenance, short or long term holiday care, 24/7 emergency service, all with a professional attitude. Seniors receive a discount.

"We're just like a retail store without the retail prices. We have low overhead, so we can keep costs low and pass the savings on to the clientele," he said.

Mr. Mendelson, who was raised in Toronto, was an aquarium hobbyist for about 10 years before buying the clientele list and inventory of an estab-

Continued on page 15



M.Y.O.B.

Visualization as business tool (Pt. 1)

By June Jacklin
 Natural Systems Consulting

Having recently been an avid viewer of the Winter Olympics, watching snow boarders and free style skiers ready themselves before launching into their routines, seeing them visualize, and mentally nail, back flips and landings, reminded me of the potency of having strong mental imagery in creating the result you want to achieve.

It is already the end of the first quarter of 2002, have you achieved what you intended in your business to date? Do you have a strong mental model of what you want to achieve, or are you

like many of us, going through the motions, not sure exactly where we want to end up? According to the Cheshire cat in Alice in Wonderland, "If you don't know where you are going, any road will take you there".

Creating a vision for your work and your life, has become much more commonplace, it is no longer in the realm of 'airy fairy', but is a legitimate business tool in the Boardrooms of large and small businesses. Well thought out, visible vision statements galvanize employees and drive business decisions. A powerful, shared image creates energy, draws people into action and helps build momentum. John Kennedy propelled people into action in the sixties when he described putting the first man on the moon, since then, there have been visions created and realized by people as influential as Jack Welch, of GE fame, and as heartfelt as Terry Fox.

At the beginning of the year I attended a Women's Business Network dinner in Peterborough, at which Elaine Minacs was the guest

speaker. Elaine is the President and CEO of Minacs Worldwide, a company she founded in Peterborough in 1981, which provides customer relationship management outsourcing to Fortune 500 companies. She talked about how the company came into being, and the power of having a vision. Elaine is determined to become a \$500 million CDN company on five continents by 2003, there is no doubt from her employees that she will make it, and she left everyone in the room with a strong sense that it is already a reality for her.

So, how do you create a vision for yourself, and what is visualization? It is a technique of using your imagination to create what you want in your work, and your

life. You already use visualization and creativity every day. It is your natural power of imagination, whether you are aware it is at work, or not. We are all thinking, imagining, all the time, so it is important that we become conscious and mindful of what it is we are paying attention to. Gandhi said "You become what you think on", Marianne Williamson says "Cause and Effect is one of the natural laws. The external results are the effects of your thoughts, which are the cause." So, even more reason for us to carry positive thoughts and visions of our work and business.

Next month, read on for the how-tos of visualizing success and achievement as June discusses strategies and techniques. ♣



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EDITORIAL

Opposite sides of the same coin

It's hard to know who learns more, the teacher or the student. As some readers will know, in addition to editing and managing this newspaper, I also teach part-time at Sir Sandford Fleming College, as well as non-credit writing courses and seminars on entrepreneurship.

For the past few months, I have taught Language for Law and Justice and Technical Writing.

I appreciate my students for what they teach me every term. Each class is different, composed as it is by so many unique individuals. My Law and Justice classes, made up of students who had previously failed to pass this mandatory course, included many students who were eager to succeed this time around. We worked together on the causes for failure, and in the process, learned a lot about each other and ourselves.

I like the "brats" — because they are so full of life and spunk. Contrary to popular opinion, they are not unteachable. Perhaps we teachers are the unteachable ones — the answer to the frustrating question of why people aren't learning is right in front of us.

I believe, most strongly, that anyone can overcome barriers to learning. Sometimes it's procrastination; other times, a deeply ingrained message from earlier schooling that we are stupid — or it's just that we are not terribly interested in what's on offer. As teachers, we CAN reach even the most "difficult" students — just by respectfully asking them to share how they feel about the subject matter, what is holding them back from success, and how they think we might work together to overcome these barriers. In this way, both teachers and students learn together how to overcome "blocks" to understanding each other and the task at hand.

I also learned a lot about how preconceived notions of others' capabilities can get in the way of great teaching. I admit, I wondered if the Drilling and Blasting students would be up to the rigors of technical writing, given their rather mechanical and trades-focused career choice.

Thanks, class, for causing me to learn, once again, that you can't judge a book by its cover, or in this case, a student by his/her career choice. My Drilling and Blasting class not only participated enthusiastically, but presented competent, professional technical reports AND taught me a great deal about the many aspects of their trade. My educational horizons have been expanded, and I now have a great deal of interest in everything related to drilling or blasting. Heck, I even went out and bought proper work clothes so I could go out and see just what they were up during their experiential classes!

My term also included a dream class, the Cartography program students, who are learning the ancient craft of mapmaking in the modern, technologically sophisticated context. I am grateful to these students for exhibiting such grace and understanding when I was not always on top of a curriculum that was new to me. I was fascinated by what they taught me about their craft, and particularly, its history — but most of all, about eagerness and enthusiasm of the learner.

Teaching and learning are but two sides of the same coin — we are all in both places at different times in our lives, whether or not we are pursuing education in the formal sense or in the "university of life". The key to learning and growth, no matter what role we find ourselves in, is to ask questions, and seek out answers — even in seemingly unlikely places. ♣



LETTERS
Travesty on Tupper Street

The hideous model house on Tupper Street, which disgraces our picturesque and charming village, should earn Schickedanz our everlasting disdain. It is shameful that such a vulgar disconformity will greet incoming residents and visitors.

Several local realtors have expressed their horror of this incongruous slab of a Brampton-like subdivision. It cheapens our village and depreciates our attractiveness. As any recent family arrival

will tell you, Millbrook's greatest asset and draw is its small-town quaintness and architectural beauty.

A February 16th article in the Toronto Star, (which reads like a press release), states: "The village signage refers to 'Historic Millbrook.' There are more than 45 designated historic buildings in Millbrook, more per capita than any other Ontario Town." In what must be the pinnacle of absurdity, the on-site advertising billboard boasts: "Your heritage begins here."

A succession of councils, and our current elected officials, are stuck in the 1950s with their outdated development-at-any-cost attitude. Their motto seems to be: "Erect anything, anywhere, anytime." Too bad.

Astute municipalities specify certain design regulations and prohibitions in their building by-laws. But not our township; it's cater to the developers above all else! Heaven forbid jeopardizing a project by demanding architecturally sympathetic styling.

The model house is so ugly that it even refuses to

face the street. It hides its embarrassment behind a brick wall. Or perhaps Schickedanz is purposely tweaking our collective noses by giving us a figurative "cold shoulder." Who knows? Meanwhile, I dread the coming 80 houses and proposed 32 townhouses.

— Ken Greenberg
Millbrook, Ont.

NEXT DEADLINE

Deadlines for the June 6th issue:

Wednesday, May 29 — Advertising deadline

Monday, May 27 — Editorial copy deadline

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Publisher/Managing Editor: Deborah Luchuk
Copy Editors: Melodie McCullough, Dean Vincent
Reporters: Melanie Anderson, Michele Curran, Melodie McCullough, Lorna Miller.
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Tips to indulge your green thumb

By Melodie McCullough

It's that time of year again, time to get out your gardening spades, pull on the gloves and starting digging. Unfortunately for some of us, it can be a time to look enviously and longingly at our neighbour's garden

instead of proudly at our own. It can be frustrating if you don't have lots of sun and the perfect soil. But take heart, there are beautiful flowers that do well in not-so-perfect spots.

While most flowers do best in full sun, there are many perennials that can withstand or even prefer shade. For spring blooms, try Solomon's Seal, a tall plant with

creamy-white bellflowers edged in green; lily-of-the-valley, a sweet-smelling spring flower; or elephant's ears, a low-maintenance plant with red or pink blooms. For later spring, there's bleeding heart, with long, arching stems of deep pink or white-tipped flowers; primrose, with blooms in a wide range of colours. For all-summer-long blooms in

purple and blues, try monkshood. Masterwort blooms with clusters of starry red, pink, and white flowers through most of the summer, too.

If wet soil is a problem, try these perennials. The iris is tall with flowers in all colours that bloom late spring to early summer for a few glorious weeks. Creeping Jenny is a low-growing plant that grows well in difficult areas all summer. For mid-summer blooms, there's meadowsweet, tall, pink or white, and goatsbeard, also tall and white.

There are also flowers that will do well in poor soil, such as hens and chicks, or fleecflower, a beautiful, fast-growing ground cover with pink flowers from early summer through fall, and black-eyed Susans, medium-height with yellow blooms, also from summer to early fall.

If you have acidic soil, such as under spruce trees where few other plants will survive, the perennial Ostrich Fern will live long, rarely troubled by insects or disease.

And here's some tips for Millbrook gardeners recently faced with metered water charges—a great deal of the water bill can end up going towards watering lawns and gardens. Some of that water is wasted through evaporation and inefficient watering techniques. Making some changes can reduce your water bill. Organic matter, like compost or peat moss, acts as a sponge to hold water in the soil; add before planting and again in the spring and fall.

Group perennials according to water needs. Put drought-tolerant plants in one flowerbed and ones that need more water in another. This avoids wasting water on plants that don't need it. You can also build a rim of soil around plants to create a saucer-like depression that holds water. Whenever possible, water early in the morning or on a calm, cool evening. Trap rain in barrels. A good watering tool is a water-wand because it allows you to direct water where it is needed.

Happy gardening! ♣

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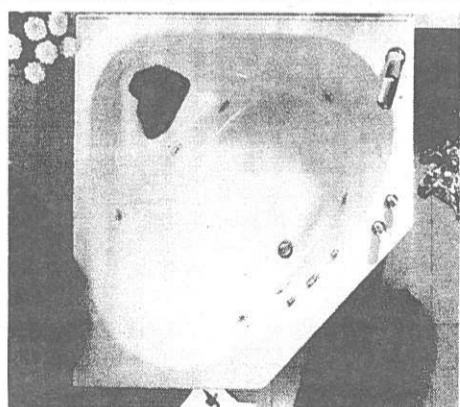
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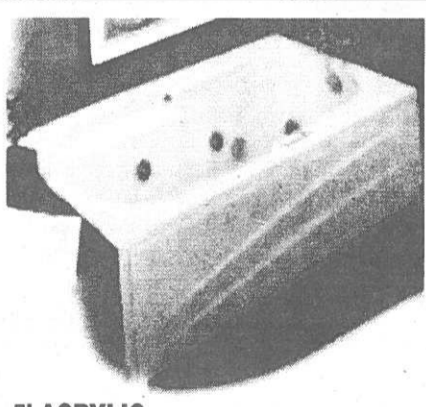
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Time for a fresh new look

Spring has sprung, the grass has risen...and, with the change of season, you are probably thinking about how to spruce up and/or repair your home and property.

Start outside-rake up and compost dead leaves and other biodegradables, and pick up garbage. Assess your lawn, now that most are greened up - and see if you need to replace the sod and/or re-seed a section or two. Once the soil is drier, you can fertilize. You'll also want to tidy up your flower and vegetable garden beds (see article in this issue).

The outside of your home has probably taken a beating, even though we didn't get much snow this past year. Inspect, and clean if necessary, your eavestroughs and other drains. Check your roof for loose shingles, and the house for cracked masonry or bricks, or paint flaking off siding. Porches and other outdoor buildings or structures may also need sanding and/or a coat of

new paint or varnish. Clean those long-neglected windows - and let the sunlight in!

Your home's systems should also be inspected - much like you would have a physical on an annual basis. Electrical, plumbing, heating/cooling, and air circulation/ductwork systems should be assessed by a professional if you are having any problems - or better still, before the problems

really get ugly! Make sure that air conditioning, the cold shower needed in a heat wave, and the refrigerator (full of your favourite cool drink!) are all ready to go for the steamy days ahead!

You may be looking around your home's interior and thinking - I need a change! It may be time for some new home accessories, furniture, or just a new coat of paint in one of

the bright new colours so popular in decorating magazines at the moment. Perhaps you are even considering a major do-it-yourself redecorating project, or want to engage some contractors to renovate a room or two. If you aren't sure what to do, but know the time has come to make a change, why not call in the professionals for an assessment of the space in question, and take a look at the many wonderful decorating books and magazines available in bookstores for inspiration?

Spring is a great time to conquer clutter - to weed

out what's useful or wanted from the stuff you don't need any more. Gather up the still-useful items and set up a yard sale on your front lawn on the sunny Saturdays to come - and put the money you make toward your decorating projects, perhaps! Or maybe spring for some shelving or

organization units to keep any future, multiplying clutter at bay!

Psychologically and emotionally, you will feel better living in a space and environment that has been well-taken care of and organized, with whatever you feel is lovely and harmonious around you. ♣

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Selling your home? Get a head start on spring cleaning



JUDY S. SMITH, Sales Representative

Here is what I tell my sellers about home improvements and cleanliness:

The kitchen is often the most important room in the house. Do all you can to make the kitchen look its best. Paint the room a neutral color and if your countertop is old, chipped, grungy or outdated, think about installing a new top. Loose the clutter in all rooms, make sure blinds are open and the rooms are well lit. Very important! Make sure the kitchen is odor-free, unless you just baked some wonderful smelling cookies.

Having a clean home and everything working for example doors opening smoothly, light switches actually turning lights on, stairway handrails secure, etc. are the most important least-costly things clients can do to enhance their home's presentation.

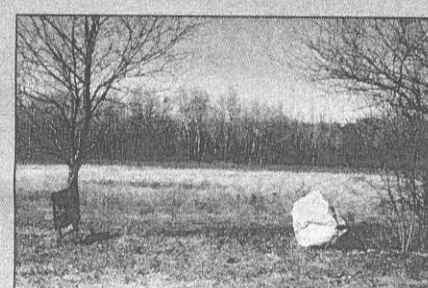
Clean all carpets and deodorize. Re-caulking can improve the look of a bathroom immensely. Spend the extra \$250 to have a bathtub repainted especially if it is a distracting color. Women have a tendency to gravitate to the bathroom right after the kitchen, so make sure it is spotless.

Here is an interesting concept. Look at your home from across the street and decide how it looks to a homebuyer looking at its curb appeal. Trimming trees, bushes and shrubs is a good idea around the driveway or deck area. And most importantly, de-clutter. Cleanliness is also an important factor.

A good Real Estate agent generally will look at how the market is likely to respond to the home and then ask ourselves which projects would yield at least \$2.00 in a higher selling price for each \$1.00 spent. This helps us prioritize and justify the projects to our clients.

Finally, How you live in the home and the condition in which you sell it are two different things!

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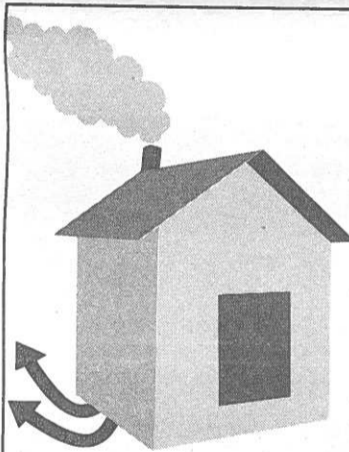
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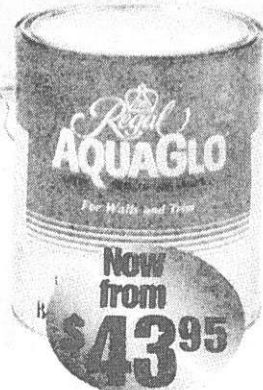


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Butterfly gardening is latest trend

Butterfly gardening is a new trend in specialized gardening, with the goal of planting flowers and shrubs that attract, feed and host the butterfly through its entire life cycle from pupae to adult. These gardens are very popular in England and the United States and the trend is spreading in Canada.

Butterflies are dwindling in numbers, and some species are on endangered lists. A butterfly garden can help reverse this trend. Beautiful butterfly gardens can be started with just a few nectar sources and larval host plants, and thrive in both cities and the country. The

gardens can be any size, and are easy and inexpensive to start and maintain.

Nectar producing plants are the butterfly's food source. Happily, most of these plants are available at your local nursery, but if you know of a field that is pesticide-free where you can gather seeds, you can create your garden from nature. Seed gathering is best as seeds thrive when well planted and tended.

Wild plants such as alfalfa, asters, butterfly bush, butterfly weed, daisy, dandelion, goldenrod, ironweed, lilac, lupine, mallows, milkweed, mint, echinacea or cornflower, Queen Anne's lace, red clover, thistles, verbena, violets, yarrow, and zinnias, to name a few, pro-

vide nectars and most will self-seed.

Butterflies will take up permanent residence in your garden if you also include larval host plants.

These include alfalfa, apple, beans, cabbage, cherry, false foxglove, hollyhock, lupine, mustard, parsley, milkweed, and sweet pea. These provide food for the larval stage of the butterfly's life cycle.

Establish your butterfly

garden as you would any other. Begin as soon as the last threat of frost in the area is over. Decide on the size of garden you want. Outline the garden's perimeters, then overturn soil to a depth of 15". Remove any rocks, roots or debris. Work the soil with a garden fork or shovel. Then cultivate until well aerated and even in texture. Using your garden fork, work an inch of com-

post, manure or environmentally friendly commercial fertilizer into the prepared soil to a depth of approximately 12", then level off. Plant your seeds and plants.

Fertilize every two weeks with a 6-6-6 granular fertilizer or a 20-20-20 liquid fertilizer. If you choose

local plants, no further fertilizing will be necessary until next year. Water as necessary and watch your garden grow. Several pie plates buried to the rim in the soil and filled with water provide a water source for the butterflies.

When your garden is in

Continued on page 15

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MAPLEFEST '02: SUGAR BUSH RIDES



Celebrating the lives of local truckers: Keeping our highways safe

By Deborah Luchuk

Ah, summer! Time for road trips of all kinds, and long-haul family vacations.

To ensure everyone's

safety, and an enjoyable journey, the Ontario Trucking Association has a few tips for us non-truck drivers to keep in mind.

Drivers of four-wheelers

know they have longer stopping distances, wider turns, and bigger blind spots than the average passenger vehicle to contend with, and the vast majority are scrupulous about allowing for extra time and space, and watch closely for passenger vehicles and other trucks on the road before passing.

Here's some tips to help the drivers of these big rigs see you, and drive safely along with you on busy summer roadways.

Stay visible: When you

are behind a truck, keep to the left of your lane so the driver of the transport can see you in the truck's mirror. Remember, if you can't see the truck driver in one of his/her mirrors, then he or she cannot probably see you!

Pass trucks carefully: Always check to see if it's safe to pass first. Are you sure the trucker can see you? Signal, move into the passing lane, and then pass as quickly and smoothly as you can. Return to the right hand lane when you can see the truck's headlights in your vehicle's rear view mirror. By doing so, you will be well away from the truck, and will help the driver to keep a safe driving – and braking – distance away from you.

Give 'em a wide berth: In other words, stay out of blind spots; the spots where the driver will not be able to see you. Make sure the driver can see you, and then move as far away from the transport as possible.

Trucks make wide right-hand turns: Always pay attention to truck turn signals; some drivers will move to the left to avoid running the trailer over the curb. Don't try to squeeze in on the right hand side, because you may find yourself in a "squeeze" when the truck swings into its right turn!

Be patient when enter-

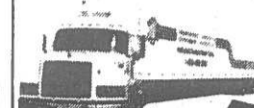
ing expressways: Don't pull out in front of trucks when entering an expressway to save time – you, and the truck driver, may end up in a nasty situation.

Remember, trucks need extra space to stop, and forcing the truck to quickly brake to avoid hitting you could possibly cause the

truck to jack-knife – putting the truck driver and other motorists at risk. Better to get somewhere late than to not get there at all!

For more information about safe driving and the trucking industry, contact the Ontario Trucking Association at (416) 249-7401. ♣

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Motor oil has viscosity, or slipperiness, to keep the moving parts in your engine lubricated and free of damaging friction. Over time, the viscosity breaks down, and can leave your engine vulnerable to wear and tear. That's why regular oil changes are essential to keeping your car's engine running smoothly and effectively.

While today's oils are better manufactured – many include some form of wear protection additive – and last longer, it's still a good idea to change your vehicle's oil at 5,000 km intervals. As oil is a relatively cheap solution to keeping your car going, especially if it's aging, it's a reasonable investment to make.

What should you look for in a good quality oil? In winter months, many vehicles benefit from 5W30 oil, which has more viscosity for cold weather starts, while in summer, 10W30 is generally a good choice. However, you need to check your vehicle owner's manual for the correct oil SAE (the "numbers" we've mentioned already) for your particular car, truck, or van.

If you can't remember the last time you got your vehicle's oil changed, it's best to err on the side of caution – no harm has ever been caused by changing oil before 5,000 km, and you may be saving yourself major expense and hassle by preventing engine problems.

While we've got your car up on the hoist, we also check for leaks and wear, other signs of potential problems you might not be able to see yourself, and check other vital fluids. Other fluids worth checking as a preventative measure would be hydraulic oils, such as the automatic or manual transmission oils. If these haven't been changed in five years or more, depending on the make and model of your vehicle, it may be a good time to change these. We can also take a look at your tire pressure and wear, and check the windshield washer fluid.

In short, an ounce (or a few litres) of prevention is worth a pound of cure! Oil changes will prolong the life and health of your vehicle's engine for a low cost.



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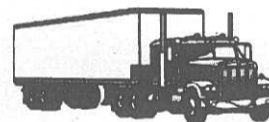
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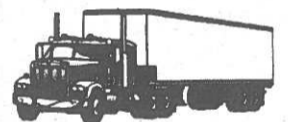
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Support for new moms comes to OMSFC

By June Jacklin

Melisande Neal, also known as Mel, is a wonderful bundle of energy who is passionate about her work. Mel is a La Leche League Leader, birth educator, doula, and lactation consultant. In May, she will be bringing her special care and expertise, as a drop-in resource person, to the Old Millbrook School Family Centre, to meet and offer support to new moms. Mel will be available to offer guidance, how-tos and hands on help with any breastfeeding or early childhood issues.

Mel has been a La Leche League volunteer for 20 years and is a co-leader in Peterborough. The mission of La Leche (milk, in Spanish) League is "to empower women to breast-feed their babies."

Breastfeeding is an important contribution to the health of children, families, and society. As Mel says, "Breastfeeding should get off to a good start early, to facilitate a good supply of milk, and so that it can be a wonderful experience. It is

not supposed to hurt; if it does hurt, there's something wrong that needs to be fixed."

When asked about the benefits of breastfeeding, Mel has a lot of positive evidence. "Babies are huge-ly protected when breast-fed. They have much less experience of ear, nose, throat, and respiratory ailments, diabetes, cancers, and stomach illnesses—because breast milk provides immunities and essential fatty acids that formula does not contain. Breastfed babies have 40–80% less overall illnesses and allergies than do their formula-fed counterparts, and an average of five I.Q. points more. For the moms, there are also proven benefits: less chance of breast cancer and all other female cancers, less osteoporosis, better return to the pre-pregnancy figure."

La Leche League in Peterborough offers bi-monthly meetings for moms with newborns and with toddlers, breastfeeding information, and support, as well as telephone counselling, a lending library,

and special events. For more information, call (705) 740-6188.

Mel is also a doula (a Greek word meaning 'woman's slave'). In this role, she meets with pregnant couples to find out what matters to them in their birthing experience. She offers the couple comfort and support during the birth. Pain management, coping techniques, and birthing strategies are all used to ensure a physically and emotionally satisfying birth. As Mel says, "Whether you have a hospital or home birth, your doula will be in attendance as you labour, deliver, and recover. Staff in hospitals cannot always 'labour sit'. That is the

Continued on page 15



CREATIVE PARENTING

Living with loss

By Trish Boyd-Reininger

It has been two years since my girlfriend's daughter Cora was killed by a car during March Break. She was 15.

I just got off the phone with Joanne, and I still don't know how she handles it. She asks me about our family, and about my niece Emily, who was Cora's childhood friend. As a parent, I wonder how she survives. How can she do it? How can she live from day to day, never being able to hug her child again?

I know of other families who have to deal with this kind of terrible loss. They have my admiration—because of the strength it must take just to carry on with their

daily lives, and because of the strength it takes to help their other children cope and carry on as well.

One of our sons has a friend who lost his big brother just over a year and a half ago; he was 19. This friend mentions his brother from time to time in conversation, sharing memories of him with us. Last time we talked, our friend was recalling how big his brother's hands were, and how one of his brother's hands could cover both of his own. I said, "You must miss him," and he replied, "Yeah, I do. We didn't get along all the time, but I sure miss him." I'm glad I had my sunglasses on. I said, "I can kind of understand. I miss my dad every day, but I can't imagine missing my brother or sister like that."

I realize that nothing compares to the loss of a child, whether for the parents or siblings. We are all destined to deal with death, as it's a part of life; my dad was 52 and I was 25 when he died—he was a young man still.

The death of a parent is devastating, and I'd trade almost anything to have my dad walk through the front door and say, "Hi, sug-arplum," but parents are supposed to die before their children, not the other way around. My dad was young, yes, but he wasn't 19.

So how do families get through such a shattering experience? Recently, I was hired by the Peterborough Family Resource Centre. We offer many services and programs to aid all kinds of families and all kinds of family situations, including a toy lending library and a mobile outreach program (with drop-ins all around Peterborough County). We also offer a large selection of parenting courses and support groups—and special programs for parents who are grieving the loss of a child.

I believe strongly in support groups, because a group of people who are all going through a similar situation can really relate to each other. A group of people who, through the tragedy of losing a child(ren) can draw strength from each other. It's important, and definitely more helpful for healing to have people around you who can really empathize—and truly understand what you and your family are dealing with.

I can only hope and pray that I will never have to experience this kind of loss first-hand, and will continue to marvel at the inner strength and fortitude of those who must. ♣

Hold your dear ones close
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Remember just how lucky we are

— Trish Boyd-Reininger

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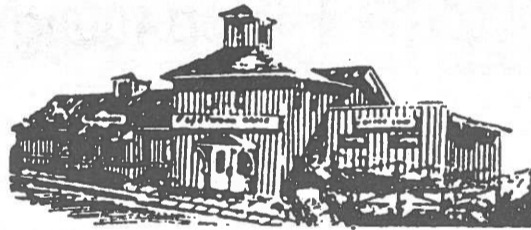
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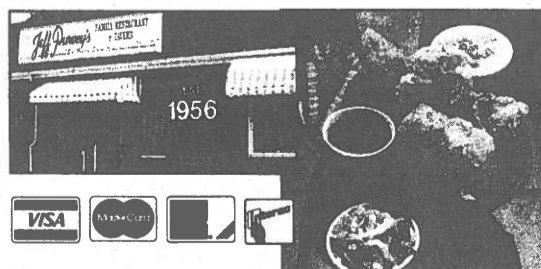
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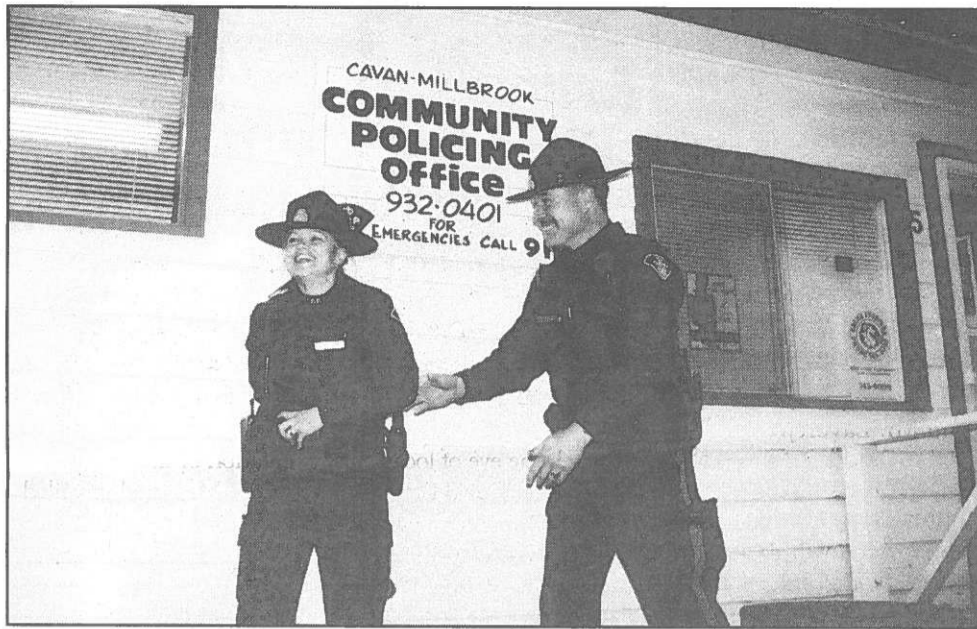
By Melodie McCullough

After nearly three years patrolling the Cavan-Millbrook-North Monaghan (CMNM) area by foot and car, Acting Sgt. Jeff Lavalley of the Peterborough County OPP has become quite familiar with the local community.

Downtown merchants of Millbrook, volunteers who help out with police work, members of the township's police services board and, last but not least, the individuals he meets every day know and enjoy working with Jeff. It's all part of the overall plan of the OPP to engage the community as stakeholders in police servicing.

"It's a visibility thing. You're meeting people on a day to day basis. You get to know them through community events and responding to calls every day," he said in a recent interview. "That's the whole philosophy of the OPP now. Community policing in partnership with the community."

At any given time there are two or three full-time OPP officers assigned to Zone 1, which takes in CMNM Township and



PCs Tina Maier and Jeff Lavalley are two of the friendly faces you can find at the new Community Policing office.

OPP in partnership with community

Otonabee-South Monaghan Township. Lavalley, along with eight other OPP officers regularly assigned to the zone, works 12-hour shifts from 6 am to 6 pm, or vice versa.

He is a 17-year OPP veteran who has been in charge of Zone 1 policing since September, 1999, and

says it is one of the busiest in the county because of the high traffic volume on Highway 115, which accounts for most of their calls. But assaults at the Millbrook Correctional Centre and domestic disputes add to the challenge. When not responding to calls, the officers attend to

problem areas which have been identified by the township's Police Services Board. One of these is aggressive driving on County Road 10 and the Tapley Quarter Line. The other is mischief and vandalism and youths hanging around downtown Millbrook.

"I don't see it (vandalism) as a big problem, because we don't get a lot of calls in Millbrook," he said. But the officers perform 10 hours of foot patrol in Millbrook a week to meet these concerns, something requested by the Police Services Board.

The officers perform 10 hours of foot patrol in Millbrook a week

The recent addition of a skateboarding rink at the Old Millbrook School is a definite asset for the community, he thinks, although he points out skateboarders are not necessarily responsible for downtown problems.


"Any kind of activity for youth helps us out, because they're not loiter-

ing downtown. It gives them something to do."

There is also an unmanned community policing office on King Street just west of the Municipal Office and next to Voyager Canoe, where a computer and telephone are available to officers 24 hours a day. Often volunteers can be found there also, part of the volunteer program each area of the county has. These volunteers help out at the office, at community events and functions or with seatbelt and child restraint operations and sometimes even operate radar boards checking for speeding.

They are just another example of how the community and the OPP work together to meet the mission statement of the OPP seeking a "sensitive, community-oriented and accountable police service." ♣

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PETERBOROUGH

Police Services Board helps citizens & OPP

By Melodie McCullough
The township's Police Services Board was created about three years ago by the provincial government to look after the police budget and direct the OPP.

"It's a two-way street. We work together," said Bruce Laverty of Cavan, chair of the Board since its inception.

There are two other members on the Board, Councillor Bob Deacon, appointed by Township Council and Bill Clarke, appointed by the province.

Mr. Laverty represents the general public.

"It's the Board's job to see the police do their job, and it's all very co-operative," he continued.

The Board holds bi-monthly meetings, open to the public, and receives delegations, and discusses any problems or concerns of either citizens or the OPP.

For example, Millbrook's community police office moved on April 1 to larger quarters on King Street, due to a request from the OPP for more space, said Mr.

Laverty.

While there have not been a lot of complaints from citizens in the past three years, two stand out.

"There had been a request from the citizens of Millbrook, due to vandalism and other things of that nature, that they would like to see a police presence in the village," said Mr. Laverty.

So the Board formalized 10 hours per week of foot patrol.

"We find that a police presence alters the situation. There's more orderly conduct and that's what the police are for."

The other area of concern with citizens has been speeding and aggressive driving in the township, and these have been directed to the OPP.

"If there is a danger or concern to the community and if we are informed of it, we investigate the reasons why it happened and try to take steps to see it doesn't happen," said Mr. Laverty.

"[This] is very interesting work. There's a lot to be learned from it."

Police memorial Local OPP officer researches lives of fallen officers

By Melodie McCullough
A single paragraph buried in a 1930s police file is enough to catch the eye of local OPP officer David Brown and send him on an intense "cold case" investigation that could keep him busy for the next year. He'll be doing a lot of it on his own time, though, because it's not official police work. To him, it's just as important.

Sgt. Brown, a member of the Peterborough County OPP since 1995, is vice-president of the Ontario Police Memorial Foundation and since 1988 has been doing this type of historical research to make sure all police officers killed in the line of duty are recognised and remembered.

"Some of the stories are very, very interesting," he said in a recent interview. "Some of the officers were killed by chicken thieves."

already there, which include two from the Peterborough police force and three from the Peterborough County OPP

When Sgt. Brown is told of an incident or given a name, he enthusiastically begins his research using historical documents such as the Ontario Archives, Toronto Reference Library and other old documents and records such as small-town newspaper obituaries which can be very helpful, he said.

"The key thing is try to find a date or name and work from there."

He has gone back as far as 1804 and, through correspondence between Canada's Lieutenant-Governor of the time and the King in Britain, found a report of the first officer killed in Canada. The case

Continued on page 15

To Our Police: Thank You!

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Thanking our Local Police

Pre-planning your funeral: a gift to your family

By Melodie McCullough

Jane was a young woman with small children to look after in her own home and aging parents to care for in another city. She shuttled back and forth to her parents to care for them. Then her parents died, three weeks apart. She was in shock, emotionally drained and physically exhausted.

But in one way, she was very fortunate. Her parents had both pre-planned their funerals, thinking ahead and lessening the burden for those they left behind.

"It's one of the kindest acts you can do for your



family," says Christine Shannon, funeral pre-planning director at Nisbett Funeral Home and Chapel in Peterborough.

Jane, by the way, is fictional, but her story could

easily be real. When someone is faced with grief and emotional stress, it can be a great relief to not have to worry about funeral and cemetery arrangements.

"Let's face it.

"Death is going to visit every house," says Linda Budd, branch manager at Rosemount Memorial Gardens. "We're preparing for something we know is going to happen. The decisions can be made together, with no emotional stress."

Most funeral homes and cemeteries offer pre-planning. This can mean choosing the cemetery lot, cremation or interment, a traditional or memorial service, the casket, urn, burial vault or monument, and planning the reception. All major decisions are thought out beforehand, not made in a short hour or two under stress by someone who may have no idea of your wishes.

As well, insurance money may not be immediately available after a death, or bank accounts may be frozen, Ms. Budd said.

Kryn Vandermay, general manager of Little Lake Cemetery, says funerals are an important part of the grieving process.

"The funeral is really for those who are left

behind. It's something you don't get a second chance to do, so it has to be well-thought out, considering all those involved," he said.

An added bonus of pre-planning is that it means less tension amongst siblings, he continued. When someone comes to his

office, he first gives them a list of all the decisions that have to be made.

Your pre-planned arrangements are usually kept on file at the funeral home and cemetery of your choice, with a copy given to you as well, said Christine Shannon of Nisbett's. She agrees it is a

good idea to pay ahead, because those costs are usually guaranteed. And, she adds, pre-planning is not just for seniors, although death is not something younger people may like to think about.

"But we never know when we're going to pass away." ♣

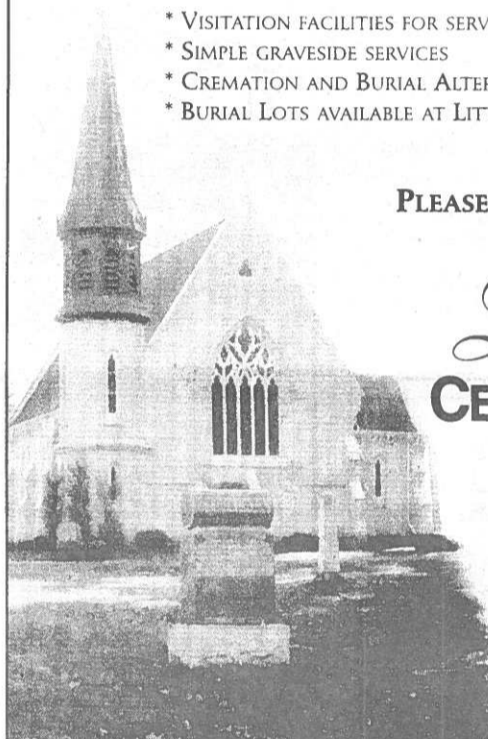
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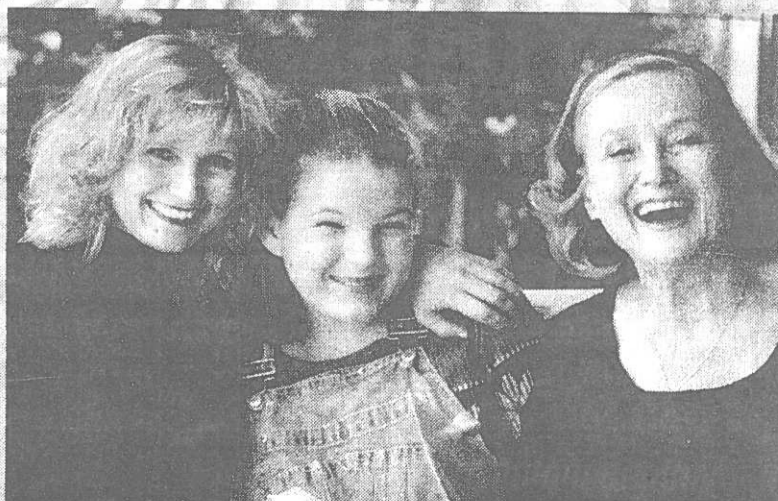
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HEALTH & WELL-BEING

Resolutions IV: The end result

By Kimberley Keijzers, Certified Personal Trainer

It is now time to review and evaluate my original New Year's resolutions that were mapped out over

the past few months. Keeping balance as the key goal, I had mapped out a meal plan, fitness plan, strength plan, mental health plan and career plan in a very neat, manageable package. How did I do, you ask?

Meal Plan

I stuck very closely to my plan. Although it was a lot of work in the beginning, it did relieve me of daily stress trying to think of what to serve every evening.

I tried new recipe; sometimes a new drink or a new snack. My favorite new recipe was tuna and white beans. The weirdest new food I tried was sardines. I tried new fruits including mango, kiwi, and grapefruit, and new veggies including radish, yellow peppers, and grape tomatoes.

The daily veggies helped to alleviate the guilt of the inevitable less-than-nutritious macaroni and cheese dinner. I was surprised by the need to constantly remind myself to buy veggies and cut them for storage in the refrigerator. With the colder weather I tended to eat more comfort food like canned stews. I also did not use the barbecue nearly as much as I had intended.

Fitness Plan

I treated myself to a new low-impact aerobics video but have to admit that I didn't do the videos I had intended. In my defense, it was a blustery few months and many days I easily spent 30 minutes shoveling snow. Plus, I put in some good hours building snow forts with my kids.

I plan to buy a motivating and fun video, such as belly dancing, to do at home.

I discovered that it is important to record not only what I planned to do but also what I actually did, otherwise I found myself feeling unsuccessful. When

I looked at my past successes I was motivated to keep going.

I learned that my walking was not providing the cardiovascular workout necessary to lose weight, and so I decided to start wearing a heart-rate monitor. This helped me to keep my heart rate within the range to see

cardio benefits.

So you see that at the end of a few months, although I have been in the health and fitness field for over 10 years, I STILL had things to learn. Next month, I will share with you my observations concerning my strength, mental health, and career plan. ♣

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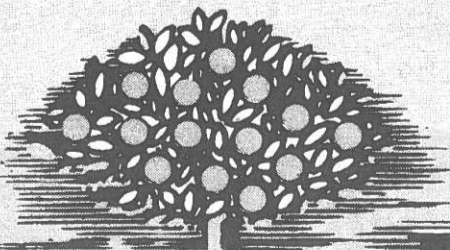
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ARTS & CULTURE

The airing of the quilts

by Lyn Lepper

"Airing of the Quilts" will be a show and sale of some of the work of the Cross Country Quilters (CCQ), and will coincide with the House and Garden Tour on June 23rd 2002, 11am — 5pm.

This close knit group was formed in 1995, gathering together like-minded women who had all moved from Toronto. Five of the seven members of CCQ are also members of the York Heritage Quilters Guild in Toronto; these are no amateurs, as you will see by the work on display at the show!

CCQ meet on a bi-weekly basis to share and participate in their mutual love of quilting. The group works on individual projects, but everyone is available to help each other when problems arise, or when many hands are needed.

CCQ will be displaying works that demonstrate techniques such as appliqué, piecing, colour-

CCQ will be displaying works that demonstrate techniques such as appliqué, piecing, colourwash, painting, and photo transfer.

wash, painting, and photo transfer. Quilting is by hand and now, also by machine. If you have been fascinated by the process of quilting, have any questions, or just want to view the beauty of the craft, the CCQ will be happy to talk with you about their work.

Dedicated members of the CCQ are Win Burry, Lyn Lepper, Jeanne Moran, Marsha Plewes, Janet Spindloe, Marlene Thompson, and Thelma Wilson.

The quilts will be blowing in the breeze in the garden of Lyn Lepper, 8 Dufferin Street, Millbrook. This will be a special sight, so bring your cameras! ♣

By Melodie McCullough

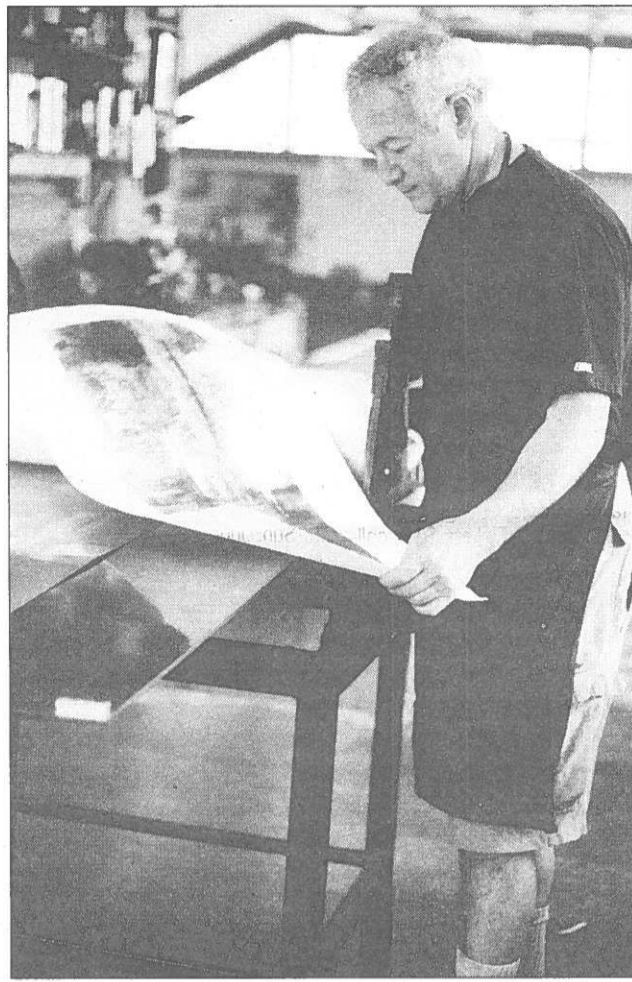
Millbrook artist George Raab is internationally known for the intaglio style of original printmaking he uses to create wilderness landscape etchings, and his work incorporates techniques from Rembrandt's days to the digital technology of the 21st century. But, he says, it's not the medium that's significant in the work of an artist — it's the message it sends to those who view it.

"What's really important is not the technique used to create a work of art, but rather the content," he said in a recent interview at his studio. "It's very important as an artist to have something to say, and if you don't have anything to say, it doesn't matter how you say it."

And what is he hoping to say?

"It would be trying to portray the subtle beauty and importance of appreciating and protecting natural areas. My hope, too, is that my work imparts a sense of peace and solace and also perhaps rings a chord of familiarity amongst the viewers."

It is his love of nature



George Raab: It's the message, not the medium

that draws him to the bush country of the Kawarthas and elsewhere to gather his images, and then keeps him at work combining drawing, photography, etching and painting to create about a dozen original prints a year with rich tonal and textural qualities.

"I was always daydreaming and doodling as a child, but I never thought I would be an artist. As I grew older and tried different things, nothing was as much fun as doing my art work..."

The love of nature goes back to his youth. His family came to Toronto from France when he was seven, and while growing up in Toronto, he spent his summers in the Haliburton area. After stints at the University of Toronto and Ontario College of Art, and eventually graduation from Sheridan College where he discovered printmaking and photography, he bought some property north of Bancroft near Algonquin Park. There he built a studio in the bush, a home base while he trav-

elled the world and worked in the Canadian Arctic at jobs like diamond drilling, geological exploring, and as a bulk oil pump man.

"I was always daydreaming and doodling as a child, but I never thought I would be an artist. As I grew older and tried different things, nothing was as much fun as doing my art work, so eventually that's what I did. My time up north was a really good incubation period. That's where I honed my voice, and developed my technique that I continue to use to make my original prints."

In the isolated setting, with low overhead, and lots of inspiration around him, he was able to develop a body of work and found he could make a living at it. He married his

wife, Evelyn, and decided to head for the more civilized atmosphere of Millbrook in 1980 to raise a family. They have two teenaged sons, Dustin and Jared.

Raab now has numerous exhibits throughout the year, mostly in the United States and also has a number of dealers and galleries that handle his work. He has taught in many places and was artist in residence at Trent University. He recently held a studio show during Maplefest weekend to give local people a chance to view his new work.

He explained that "intaglio" is an Italian word meaning to carve or cut. His images are made by creating grooves and textures below the surface of zinc and copper plates.

"Because each print is hand inked, wiped and painted, they are recognised as original," he said. "One of the reasons I really liked intaglio printmaking right from the beginning

"It's very important as an artist to have something to say, and if you don't have anything to say, it doesn't matter how you say it."

was because it requires a lot of different skills and I enjoy the different demands that each of these areas make upon me."

Raab has two helpers at his studio. Darlene Tibbles of Millbrook is his studio assistant and helps with all facets of his artwork, and Rhonda Pecena of Cavan has recently been hired for administrative, bookkeeping, and promotional duties. For anyone interested in purchasing some of his work, the studio is open by appointment and the phone number is 932-3221. As well, information is available at his website at www.georgeraab.com ♣

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Police

Continued from page 11 lished aquarium service, shortly before moving to Cavan about three years ago. His mother, Barb, helps out in the office. He still has a majority of his customers in the Greater Toronto Area. He recalls servicing one particularly large system of three tanks in a Toronto restaurant that together held 3,800 gallons of water.

"I had actually to physi-

cally dive into the aquarium to clean it."

He recently donated a 35-gallon aquarium to a class of learning disabled students at Otonabee Valley School after reading a request in the newspaper, and he continues to maintain it.

"It was a huge success."

Mr. Mendelson can be reached at 416-988-FISH (Toronto) or 944-2211, for more information and free consultation. His email is fishguyis@nexicom.net. ♣

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, 59 KING STREET EAST, MILLBROOK, ONTARIO, L0A 1G0.

The Mikado
At Showplace, Ptbo.
May 3, 4, 8 pm
May 5, 2 pm
May 7, 8, 9, 10, 11, 8 pm
Call Showplace for tickets and further info.

Kawartha Quilt Makers Guild Show
At Evinrude Centre, Ptbo.
Sat. May 4, 9 am - 5 pm
Sun. May 5, 12 noon - 5 pm
Prizes, tea room, exhibits, demos, products for sale, etc. Admission \$5, includes door prize entry. Call 742-9850.

Mother's Day Italian Dinner
At Manvers Arena Hall, Hwy. #7A/#35
Sat. May 11, 5:30 and 6:30 sit-downs
\$25 per person, six courses. Call 277-2774 or 277-2030 for info and tickets.

Youth at Risk/Legal Services Community Meeting

At Ptbo. Public Library
May 7, 7:30 pm
Public meeting to identify problems young people face in accessing affordable housing and obtaining legal support. All welcome to share observations, ideas, and input. Admission free, refreshments provided.

Karen Price - Mezzo Soprano
Concert at St. Andrew's United Church, Ptbo.
Sat. May 11, 7 pm
Old and new Broadway favourites, folk songs, inspirational music. Tickets \$10, call church office 745-2722 in mornings.

2002 Canadian Olde Tyme Fiddle/Step Dance Contest
At Douro Community Centre, Hwy. #34, n. of Hwy. #7
Fri. May 31, 7 pm
Sat. June 1, 9 am - evening
\$10 per show; \$12 Sat. night finals; weekend pass \$25; 12 & under \$3, preschoolers free.

Call Michael at (705) 652-7776 or www.nexicom.net/~mle-mirore for info.

Millbrook Fair
At the Fairgrounds, Millbrook
Thurs. June 6 - Sun. June 9
Agricultural fair, midway, livestock shows, crafts, children's activities, baking auction, and more. Stay tuned for specific details in next issue!

2002 House and Garden Tour
At homes and gardens around CMNM
Sun. June 23
Sponsored by the Millbrook and Cavan Historical Society
Tour eight properties and enjoy our heritage and beautiful gardens! Also part of event, 'The Airing of the Quilts' show, Lepper Residence, 8 Dufferin Street, Millbrook, and refreshments at Old Millbrook School (across the road from Leppers'). See article this issue for details!

Police

Continued from page 11
he is now working on stems from a paragraph in an historical Criminal Investigation Bureau file from the 1930's which reported the murder of a Sudbury police officer, but also mentioned the murder of a nameless railway officer whose identity he hopes to find.

"Actually we've been able to add quite a few names this way. A lot of this is very interesting, because it deals with the history of Ontario before it was even a province."

He said he got hooked when he worked at District 12, North Bay. He discovered an officer from Kirkland Lake detachment had been killed, but when he worked at that detachment there was no record of his death.

"There was nothing to remember him by. I thought it was a bit of a disgrace."

This year two new names will be added to the Memorial in Toronto at a ceremony on May 5. The police officers to be honoured will be Constable Laura Ellis of Toronto, and Brennan Millard, a Kingston officer who died in 1951 - his death by a heart attack was recently determined to have been directly linked to his foot chase of a prowler just before he died.

Sgt. Brown personally knew many of the officers whose names now appear on the Memorial's Wall of Honour.

"When you've got 20 years on the job, you know a lot, but seeing any name on there, whether you knew them or not is immaterial. It still hurts." ♣

Butterfly

Continued from page 7
full bloom, you can sit back and enjoy butterflies fluttering by, and maybe sight a hovering hummingbird or two. Other birds will frequent your garden, and although you may lose a butterfly now and then, this is part of the balance of nature.

There are approximately 765 species of butterfly in North America, and several species should be attracted to your Butterfly Buffet. During the first year, observe which plants do well and which attract the most butterflies and watch to see if they are laying eggs in the larval plants. If they are, you're doing something right.

Butterfly gardening is a return to nature in your own yard. It adds a new dimension to gardening and will afford you hours of pleasure and less work than the conventional garden. To find out more about it, check your local garden centres and local library. ♣

Support

Continued from page 9
doula's job." The doula works in partnership with the doctor or midwife to provide continuous support.

Mel so obviously loves what she does, and her enthusiasm for her chosen work is infectious. She also enjoys her life with her family on their 65-acre farm on the Fallis Line. She made a decision early in her life as a parent that she wanted to find work that would allow her to spend time with her family, give her deep personal satisfaction, and a way to make some money. It certainly looks like she has found her niche.

Happy Mother's Day, to all moms, both new and "experienced"! Mel Neal also offers support through childbirth classes. A full range of classes and support is available. Classes are small and congenial, and she welcomes couples as well as single moms. For more information, call Mel directly at 932-3129. ♣

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ON-GOING EVENTS

Flowyoga
At the Millbrook Arena
Thursdays, 7 - 9 pm. \$10.00 per class. Tai Chi and Chi Gong Classes. 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. Call (705) 932-3202 for information.

Breastfeeding Support Group - La Leche League monthly meetings
At the Lions' Centre (rear entrance). Second Thursdays, 7 pm. Call 932-3129 for info/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

Fraserville LOL 46 Dance
At Fraserville LOL Hall. Second Sat. monthly, 9 pm start. Music by Harold Davidson Country, admission \$15/couple. For info, 799-6482.

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.

Millbrook Preschool (formerly Millbrook Playgroup)
At Old Millbrook School Family Centre
Tues./Fri. 9:30 - 11:30 am
Toys, crafts, snacks, circle time; \$2/one child, \$3/multiple children.

Mobile Outreach - Peterborough Family Resource Centre
At OMSFC 3rd Tues. monthly, 9:30 - 11:30 am
Free morning of toys, crafts, snack, songs for parents/caregivers and their children.
First Monday monthly, 8 pm

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Summer Day Camp Programming Wanted

Interested applicants who wish to sublet the Old Millbrook School Family Centre's (OMSFC) space to provide summer day camp programs are invited to submit applications by May 29, 2002.

Applications may be obtained and returned to:

OMSFC
1 Dufferin Street,
Millbrook, Ontario
L0A 1G0



House and Garden Tour 2002: Inside our local architecture

By June Jacklin

Have you ever wondered what the inside of some of the wonderful heritage homes are like, or wanted to take a closer look at the lovely gardens?

Well, now is your chance, as the Millbrook and Cavan Historical Society present their 2002 House and Garden Tour! On Sunday, June 23rd, you will have the opportunity to tour eight properties and chat with the owners about their decorating or renovation ideas, and get some of those gardening tips that we could probably use at that time of year.

The House and Garden Tour has been hosted since 1980, and is the main fundraiser for the Historical Society, it runs every other year, and this year promises to be as good as ever. With 43 designated heritage homes in Millbrook alone, there is certainly no shortage of places of interest. Some people volunteer their homes for the tour, others are invited to participate, and all are usually very receptive. All the homes on the tour have distinct points of interest, whether it is their historical, architectural, or decorative qualities; each property is a gem in its own right. On the last tour,

one of the homes even boasted the added attraction of spirits ... of the ethereal kind!

This year there will be an opportunity to drive through some of the most beautiful countryside in southern Ontario. There are more homes on the tour, including Olivia's Garden B&B 1920s, French Residence 1858, Challice Residence 1856, Ramsay Residence 1863, Robinson Residence 1905, Taylor Garden, Pick Residence 1886, and the Robbescheuten Residence. This will take you from the 12th line to Hwy. 7 through Millbrook to the



Smell that Gemini!

By Crystal Eyes

Some people can recognise your astrological sign by looking at you. They'll say things like, "I knew you were a Scorpio because your eyes are intense," or "I can tell you are a Libra because you are dressed so nicely." That they guess correctly, is amazing when you consider most people couldn't name your astrological sign, while looking at your driver's licence.

You'd think professional astrologers would be good at this kind of guessing game, but that's not necessarily true. In my experience, I have found that it's usually the amateurs who excel at this type of recognition. But whether you are a professional, amateur or someone completely uninterested in astrology (and of course if

you are the latter, why are you reading this column?) I have a great way to help you recognise at least one sign, namely, Gemini.

Since Geminis are known for their strong communication skills, you might think that this involves listening to them. Perhaps the method would be to observe conversation in a crowded room to learn who is most eloquent, and then proudly pronounce, "You sir, must be a Gemini."

Sounds feasible, but that's not my method.

I smell them. In fact, I can usually smell a Gemini from quite a distance. Yes, I literally sniff them out of a crowd and now, at absolutely no cost, you can too. Just be aware of the scent of fresh laundry. Once alerted to this smell, follow it to the clothing that carries it and inquire as to who laundered that item. The answer will be your Gemini.

Simple, isn't it? Useless perhaps, but at least it's not complicated.

Now, I'm sure there are exceptions to this rule.

However, if you try it out I believe you will be impressed with its accuracy

rate. The reason it works has something to do with the very keen sense impressions of the Gemini. Geminis usually have good eyesight, superb hearing, discerning tastebuds and a nose that could rival that Froot Loops bird. (Not in size of course, in effectiveness; however effective a cartoon bird's nose might be.)

Because their sense of smell is so pronounced, Geminis won't usually wear anything that is even minutely malodorous. They can smell dust on a shirt that has been sitting in the closet too long and when they do, they toss it back into the wash to 'freshen it up'. So you can imagine how they feel about anything sweaty or smoky.

The odd thing about this method of spotting Geminis is that the people who are best at it are often Geminis themselves and that can be a little redundant. For in trying out this trick, they usually end up sniffing one of their own children, leading to the eventual and might I add correct conclusion that, "Hey, I'm a Gemini!"

I never said this was rocket science. ♣

Zion Line; tours are from 1 am to 5 pm, so plan to spend the day!

People can plan to visit the homes in any order, a map comes as part of the ticket. Also, to make it easy for people, you don't even have to take off your shoes, hospital booties are handed out, that just fit over your shoes!

"The Tour has usually been blessed with great weather. Last time it poured with rain all the night before; however, at 11am on the Sunday, the sun came out just in time for the tour, and we had a glorious day," remembers Judy Hickey, one of the five Historical Society Committee members who organize the

event. "We have a lot of local visitors, but we know already we have people coming this year from Fergus and Toronto, so it does attract visitors from other parts."

An added attraction this year could also be the filming of 'The Music Man' that will be underway in Millbrook, you will be able to experience River City as part of the tour. The filming schedule should not impede your tour.

You will also want to make a point of visiting 'The Airing of the Quilts', the work of the Cross Country Quilters, on show in the garden of the Lepper Residence, 8 Dufferin Street, Millbrook, (see arti-

cle on Airing of the Quilts). Then stop at the Old Millbrook School Family Centre for refreshments.

Look for the posters of the House and Garden Tour in some of the local businesses; tickets are on sale, \$15 per person in advance, \$18 on the day. Tickets can be purchased at the MCHS Heritage Centre 17 King Street East, Village Bulk Foods, 12 King Street East, both in Millbrook, Knock on Wood, 440 George Street N, Peterborough, or call ReGina at (705) 932-2137.

Remember, June 23rd, 2002, 11a.m. - 5p.m. House and Garden Tour, mark your calendar for another memorable event! ♣



OUTDOORS WITH GEORGE

Squatting to conform

By George Luchuk

I don't know just when it happened, but somehow my wardrobe inventory has changed without my being totally conscious of the process. I think it evolved over many years of gift exchanges — you know, birthdays, Father's/Mother's Day, Christmas, etc.

However, it happened though, I'm beginning to suspect I'm being manipulated into the unisex style — you know, the emancipation of women thing. I found it initially curious, years ago, when women decided they would also wear men's jeans. Women's zippers used to always be located on the hip, and men's, of course, had to be located at the most obviously practical location.

All of this would have remained, for me, just another very small curiosity of how our culture is changing. Just before Easter, though, I got a call from my mother in Florida. Because of her deteriorating health, she would no longer be "snowbirding", and would have to sell most of her possessions. Would I come down and pick up her personal effects? (After all, I am retired now, with lots of time and a van with suitable capacity!)

I proceeded to prepare for the trip by first getting my van ready, obtaining maps, and organizing and packing suitable clothing. Because I wanted to be as comfortable as possible for the 1500-mile trip, I wore and packed, appropriately, track pants.

So you might ask, what's the deal? Well, just after I'd crossed through Customs and proceeded south, I had a sudden need to do a pit stop. When I entered the crowded washroom, I suddenly became conscious of the fact that my pants did not have a fly. The toilet stalls were all occupied, so one must do what one must do. After all, men do not wet their pants!

In a similar way that men were weaned away about 100 years ago from spitting in public places, we are now experiencing a similar prejudice.

So as soon as a urinal became available, down went my pants, to the appropriate level. The thought went quickly through my mind — does the United States have laws against mooning? Anyway, I escaped as quickly as possible, and as far as I know — no harm done.

This whole topic,

though, begs further discussion. Basically women need to squat, and men are taught otherwise. There's a bit of a dichotomy here though, because it was our mothers that taught us men to do otherwise. It is also our mothers who complained (chastised) about lack of accuracy. Most of us have seen the cute plaques located at eye level just above the toilet such as "we aim to please". I suspect that slowly, but surely, we men are being weaned away from men's right to stand while doing otherwise.

You don't think so? Go right now and check out your wardrobe! In a similar way that men were weaned away about 100 years ago from spitting in public places, we are now experiencing a similar prejudice. The fact is, men, eventually you will also be squatting. What is also rushing us men along this path of conformity is the reality that more and more housework is being shared more equally between men and women. In other words, cleaning and sanitizing toilets.

So get used to it, men. It's going to happen sooner than you think. Learn to squat. ♣

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