

THE GREEN HILLS Gazette

Free!
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Volume 5, Issue 7

CELEBRATING LIFE IN CAVAN, MILLBROOK AND NORTH MONAGHAN

JAZZ ON KING



Downtown Millbrook enjoyed jazz in August, supplied by Michael Monis & Christopher Crossan; thanks David Tong!

Biosolids under investigation

By Melodie McCullough

An application by the City of Peterborough to spread biosolids on a Cavan farm, approved in May by the Ontario Ministry of Environment (MOE) but suspended in July, is currently under investigation to see if charges are warranted, says an MOE official.

However, both the City and the owner of the farm, Hugh Allin, say the problem is a simple administrative error over lot numbers.

The suspension was handed down and spreading was stopped on the Allin farm on the Tapley Line when it was discovered by the Ministry there was incorrect information on the application, said Bruce Hancock, district manager of the Peterborough MOE.

It is now investigating "to determine whether charges are warranted and what the charges should be", he said.

In May, the farm was given a Certificate of Approval by the Ministry as a site where the City could send its treated sewage biosolids to be spread on cornfields as fertilizer. Part of the criteria for approval is that the property owner where the biosolids are being spread must give permission, and on the application Mr. Allin gave a written statement providing that, said Hancock. Biosolids were spread on fields in the early summer, but near the end of July the MOE suspended approval when other property owners in the area informed the Ministry a portion of the

approved fields were not owned by Allin.

"I think, in fact, what has happened is they own part of the property but lease some of the property from land-owners," said Hancock.

Mr. Allin told The Gazette he inadvertently put the wrong lot number on the application and is planning to send a correction to the Ministry.

Patrick Devlin, chief environmental officer with the City of Peterborough, said the early summer spreading was correctly done on property owned by Mr. Allin, not someone else's. On the application Mr. Allin wrote down the wrong lot number, mistakenly identifying the property, he said.

"The biosolids that were applied were applied correctly, but it was just an administrative error. It's unfortunate because it really raised a lot of panic and fear in people and I don't blame them," said Mr. Devlin.

He said the city has been sending municipal biosolids to farms in Peterborough County for over 25 years and farmers find them beneficial for crop yields. About 70% goes to farms in Otonabee-South Monaghan and 30% to farms in CMNM. No money is exchanged.

"As long as it's done properly and the rules and guidelines followed, it's a good thing."

He said any charges laid by the Ministry would not be against the city because Mr. Allin signed an affidavit saying the information provided was correct to the best of his knowledge.

The suspension remains until the matter can be resolved and the City can provide information regarding the land ownership, said MOE's Bruce Hancock. ♣

Expansion of Sysco held up

By Lorna Miller

The ongoing saga of negotiations between the City of Peterborough and the Township of Cavan-Millbrook-North Monaghan to provide services to Sysco Foods has not yet been resolved.

Sysco Foods (Ontario) is located in North Monaghan Ward. The company needs additional water and sewer services as part of an approved \$7 million expansion to its facilities; CMNM cannot yet provide these services within the existing water and sewer set-up. The proposed expansion would see 400 jobs brought to the area.

The City of Peterborough was approached by CMNM to provide the needed water and sewer services for a fee -- until the latter municipality could provide these services itself to Sysco.

The Township Council decided that the quickest way to supply Sysco Food Systems with the services it requires for its proposed expansion would be to purchase water and sewage systems from the City of Peterborough at a cost of \$800,000, which would be covered by revenue from Kawartha Downs and Intersports, until the Township can provide the needed services through its Secondary Plan for the Fraserville area.

Peterborough indicated that it wanted to annex Sysco to provide these ser-

"The introduction of annexation discussions to the need to deliver services to the Sysco site will only impede the progress of negotiating a servicing agreement..."

vices; however, CMNM would not agree to annexation.

A request by the City of Peterborough for a commissioner from the Ministry of Municipal Affairs to sort out the matter was declined by the Ministry. What this meant was that Peterborough and CMNM were once again at the bargaining table by early September.

So far, the Township has turned down every proposition including annexation, and the City has responded in kind to proposals put forward by Cavan-Millbrook-North Monaghan.

"To this point we have always been successful in negotiating a beneficial annexation," notes Ron Chittick, CAO of the City. "But the Township has not been receptive to any proposals we have put forward. We arrived at a mutually beneficial arrangement with the annexation of the Townships of Smith and Otonabee in 1997."

The purchase of services is encouraged by the

provincial Smart Growth policies, and would be at no cost to the City.

However, the City outlined a plan in which it would provide immediate services to Sysco Food Services, providing the Township agrees to a "staged programme" which would result in the annexation of part of the North Monaghan Ward by the City:

- Phase 1 in 2003: industrial land expansion west of Major Bennett Industrial Park bounded by Hwy. 115, the bypass and Elmdale Road, and a modest squaring of the boundary line near Fleming College
- Phase 2 in 2012: the airport intervening wetlands, a modest industrial

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Roads, park projects soon to be completed

By June Jacklin

It's been a busy summer for CMNM's parks and roads departments – and apparently, a frustrating one for motorists.

Thankfully, the driving on many municipal roads will improve in the next few weeks, and many other projects have been completed. Expect continued construction and improvement work at the following locations.

Cedar Valley Road has had its road bed rebuilt and the ditches cleaned, and is slated for asphalt in a few weeks. Cedar Valley Crescent is slated for double chip surface treatment before the end of the year.

Zion Line culvert replacement is complete and the barriers will be constructed by mid-September. Residents registered complaints that the municipality did not inform them about the road work scheduled for this location, and the municipality has agreed to inform residents about roads work projects well in advance in future.

Engineering is being done to rectify the Carveth and Zion intersection, and plans are in process. The Sharpe Line culvert replacement project should be completed by mid-September.

After initial complaints of major disruptions and poor traffic control, Tupper Street in Millbrook is now proceed-

ing on schedule. The project was behind by two weeks, but an additional crew has been on site since mid-August. Completion is expected in October. Tenders are out for the sidewalks for work to be done in October.

Keith Couture, Roads Department manager, is also in charge of work at the soccer fields at Maple Leaf Park in Cavan. He says the existing field is being re-engineered, and that drainage problems at Maple Leaf Park are being ironed out. Work on the new soccer field will be started soon – providing what is hoped to be an improved experience next spring for the municipality's many soccer enthusiasts. ♣

Road works on Whittington Dr.

By June Jacklin

The intersection of Whittington Drive and Airport Road has been the location of numerous traffic accidents in the past.

The City of Peterborough is constructing a 10 metre turning circle on the east side of Whittington just before Airport. It would like to construct a similar turning

circle on the west side of Airport.

However due to the large culvert at that locale, the most suitable place for the circle is approximately 100m west of Airport on Township property. The roads manager has been asked to contact the City due to work commencing prior to consultation, and because the frontage of farm property owned by

Don Campbell may be affected.

Mr. Campbell, who was present at a recent Council meeting and who had expressed his concerns to Reeve Neal Cathcart, is not opposed to the work being done. He just wants to ensure an entrance is available for him west of the proposed turning circle and that the frontage is maintained as much as possible.

Pending further consultation to ensure there will be no adverse effects to CMNM in the future, it is anticipated the work will proceed. ♣

Port Hope residents fight sludge

By Melodie McCullough

In the municipality of Port Hope, a group of rural residents who believe the spreading of sewage biosolids as fertilizer on farms poses health and environmental hazards, has been successful in limiting the practice in that area.

"I would say we were more successful than we thought we'd be, but I still have my reservations," said Marlene Hungerford, spokesperson for Port Hope Residents Against Sewage Sludge. Hungerford lives in

a rural area northwest of the town of Port Hope and downhill from a proposed spreading site in the former Hope Township.

In the spring, three applications were received by the Ontario Ministry of Environment (MOE) to spread biosolids from the municipal sewage plant on farms in the area. The MOE informed the township and asked for comments. The township asked for a hearing on the issue, but the MOE chose to approve the applications.

Following that decision, and a township council meeting where many residents expressed concern about the spreading, the township passed a bylaw in which a number of comprehensive criteria must be met by property owners and suppliers before spreading takes place.

"And as far as I know nothing has been done since then," said Mike Rostetter, chief administrative officer for Port Hope. "I don't know what the (farm) property owners are doing because they haven't been in touch with us."

Now the onus is on landowners, suppliers and haulers, believes Hungerford.

"Our biggest issue at the time was who is accountable? We wanted some kind of protection. (The bylaw) put so many restrictions in place that it makes it not as viable for the farmer."

But both Hungerford and Rostetter are not sure what impact the new provincial Nutrient Management Act, now in draft form, will have on the local bylaw.

It's important for local municipalities to have a say, says Hungerford. She is concerned about polluted run-off from fields entering wells and ground water, and the health risks of breathing biosolids.

"Nobody owns the water, how dare they pollute it? Do we have to have another Walkerton? They (provincial legislators) don't live in my backyard. Don't tell me how I'm supposed to live my life," she said. ♣

Sysco

Continued from page 1

expansion west of Elmdale Road (Including Sysco and Kelly), and a residential expansion north of bypass

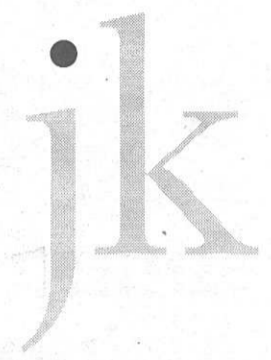
In addition, the City offered to grant the Township access to city water and sanitary sewer services for the equivalent of 700 residential units, to service growth, meeting the long-term needs of the Township and County.

In terms of payment, the City offered to:

- Make a one-time pay-

ment to the Township and County of \$150,000 each and fully offset the first five years of tax loss for Phase 1 Boundary Adjustment.

- Phase in the tax increase (if any) for affected ratepayers over four years
- Provide an annexation payment tied to new residential development in the annexed area over the next 20 years. (Approx. \$500.00 per lot)
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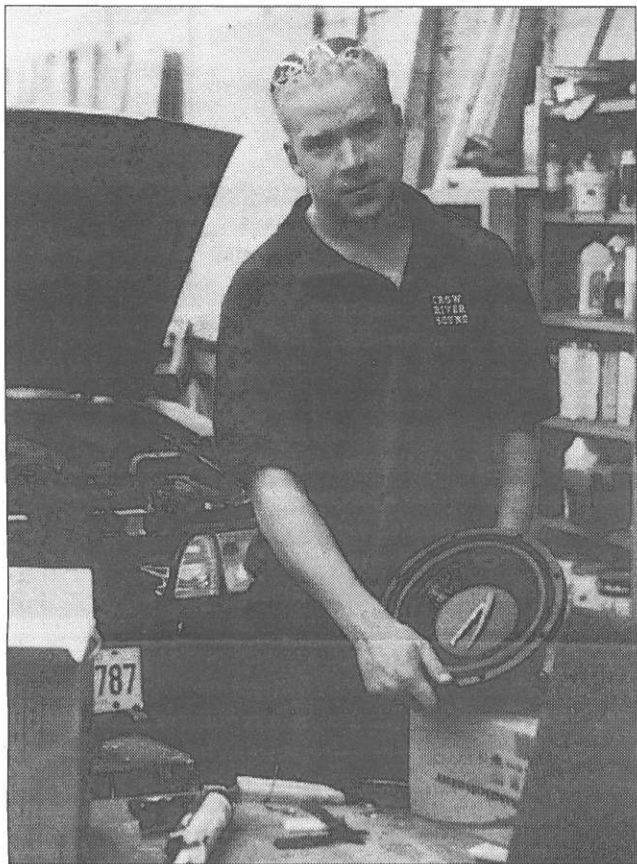
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Crow River Sound mixes business with pleasure

By Melodie McCullough
A keen knowledge and strong passion for both music and cars is what makes Crow River Sound stand out in the retail sound system business, believes co-owner Dave Smith.

“Basically, the people who work here all like the products we sell; we like what we do, we like music, and we like cars. We understand music. We’ve got a good grip on it, so what we do here falls into place.”
 Smith, along with co-owners Dan Willis, David Sage, and Michael Smith, started the business out of a family basement north of

Campbellford over six years ago. (Its name comes from the Crowe River in that area.) It then moved to Havelock in its second year, and to the present Peterborough location on Lansdowne Street West at the Parkway a little more than two years ago.

All of the six full-time and two part-time employees are familiar with the music industry, continued Smith, and three are musicians. He is a drummer who has played with local bands in the past, but now only “woodsheds”. But his experience in the field provides a good handle on the business world of sound.

The company sells and installs home and mobile audio and video systems, using standard products, as well as a large number of alternative mid to high-end product lines. While their bread and butter is standard upgrades of factory CDs and speakers in family vehicles, about 30% of the business is custom installation of mobile audio systems in cars, trucks, and boats. It also sells and installs home theatre products, and does a lot of troubleshooting to repair electrical problems with vehicles’ sound systems.

It was named Canadian Retailer of the Year 2001 by Eclipse, an extremely high-level product line, said Smith. Quite a few customers have won in-car audio awards and trophies for vehicles they’ve worked on.

Another strong point is the excellent customer service. It is open seven days a week, until 7 or 8 pm to serve those who want to come in after their work day, and it answers all email promptly (crowriversound@crowriversound.com).

“We believe that when people come into our store, they’re spending time and money to do something to enhance their life, as opposed to just shopping for a price.”

Crow River Sound has a website at www.crowriver-sound.com; call 749-2550. ♣

Currie Tire: more than tires

By Lorna Miller

Is your car your baby? Is it more to you than just “transportation”? Do you have a reliable service centre to look after its care and feeding? Or, do you just take a chance when it starts coughing, hiccupping, or refuses to get up and go?

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“We’re very busy. But your car will be given top priority when you bring it in,” John says.

John is a graduate of the Sir Wilfred Laurier University with a degree in Business and Economics. He is married to Carol, a nurse at the Peterborough Health Care facility, and has two sons, Tim, 26, and Matt, 17, and a daughter, Jessica, 14.

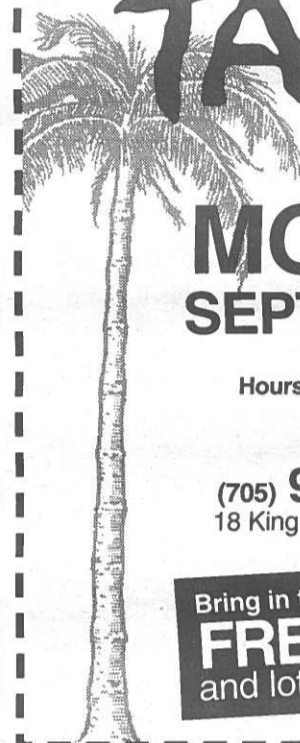
“I don’t know whether the children will want to take over the business or

not,” John says. “But I love it and never wanted to do anything else.”
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car care, there’s no better place than Currie Tire to care for your car from tune-ups to transmissions and everything in between. Your baby couldn’t be in better hands.

Currie Tire is at 6 Lansdowne Street West, Peterborough, phone 745-4675. ♣

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Donna's Pizza

By June Jacklin
Jeremy Bates officially took over as owner of Donna’s Pizza July 29, and is happy to be back in his hometown. Jeremy, born and raised in Millbrook, until he was 16, has lived and worked in Peterborough, where he learned the craft of pizza making, working at Pizza Pizza for 10 years.

“It is good to be in Millbrook. I love this town. When this opportunity came up, I decided to go for it. Why make money for someone else, if you can make it for yourself? Business has been fair since we took over, but we are here for the long run. I want to build the business slowly,” says Jeremy, while busily working the pizza dough, getting ready for the lunchtime rush.

Jeremy and his wife, Tabitha, who also does the book keeping for the business, and their two daughters, Jaden, 8 and Tiarah, 4, are in the process of looking

for a house on the outskirts of Millbrook. After owning a triplex in Peterborough for last 12 years, they cannot wait to have their own house in the country.

Donna’s Pizza offers subs, chicken wings, garlic bread, Caesar salad – and, of course, their famous pizza. They have a full menu, either for pick up or delivery, in the Bethany, Pontypool, Mount Pleasant to Garden Hill delivery area.

“We have a great deal with our coupon book,” Jeremy adds. “It is a great value. You pay \$19.95 for the book, but the value of the coupons is well over \$200. For example, we have two for one specials and specials on wings and salads, and you have until Dec. 31, 2003 to use up the coupons. It’s a great deal!”

If you want to know more about the menu, call 932-3220, Jeremy will be happy to look after you, as he says “I’m looking forward to serving Millbrook for the next 15 to 20 years.” ♣

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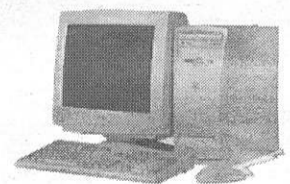
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EDITORIAL

Road rage

It's hard to imagine in a small, sleepy village, but I nearly became a statistic while crossing the road in downtown Millbrook.

I'm not sure what variety of STOP sign the young male driver was looking for, because he certainly didn't recognize the large one at the four corners. I narrowly missed being hit as he looked right through me. I made what I hope was angry, indignant eye contact with him, but his face registered nothing as he took off with enough speed to screech tires.

It seems everyone has noticed a lot more of this kind of thing happening: cars racing through town and not stopping at stop signs or paying zero attention to pedestrian crossing areas. If you spend any time in downtown Millbrook in a late evening, you can hear cars racing up and down the street — with no hint of stopping at either of the two stop signs on King Street.

One day soon, one of our elderly neighbours out to do some errands will be the first victim of one of these careless, aggressive drivers.

Where are the police in all of this? I have heard many complaints about these drivers, but have never seen a police officer or car in the vicinity. What is Council doing to see that pedestrians — and other drivers — are made safe from these fools on wheels? Council must act and request that police monitor this kind of fundamental traffic violation and hand out appropriate penalties.

I suggest we implement "traffic calming zone" speed bumps. These cheap asphalt lumps would not only provide a deterrent to speeding, they would provide satisfying entertainment for long-suffering bystanders — as aggressive drivers find themselves airborne. Nothing like the feeling of your stomach rising up your throat to put a damper on aggressive behaviour...

Speaking of roadwork, the project on Tupper St. in Millbrook has endangered pedestrians and drivers alike. There has not been any consistent presence of real, live flag "persons" to direct traffic as sections are worked on. As a result, there have been many near accidents. No one knows where or when to drive, and most are trying to avoid the dangerously rough holes and bumps in the road. Why isn't a grader being used as each section is completed to improve the road surface as the crew goes along?

Driving and walking should not be fraught with such hazards in a responsibly developed community. As we move forward into a bright economic future, we must ensure the maintenance of an infrastructure to keep everyone safe and healthy. ♣



Food fight over Sysco

Obviously Reeve Cathcart doesn't care a flying fig if Sysco Food Services moves out of our township. "Let (Sysco) go — they've had cheap land all this time," Cathcart reportedly snorted to Mayor Sutherland. "You can quote me publicly on this" (Examiner Sept. 7).

This is not the first time Cathcart has displayed arrogance and contempt toward ratepayers, neighbouring municipalities, and local businesses. In this case, it was more important for Cathcart to win a political tug-of-war with Peterborough than to satisfy Sysco's requirements and protect 450-850 well-paying jobs.

This needless game of brinkmanship was encouraged by North Monaghan Ward Councillor Brian Bartlett. "We figured the City would come around. They have as much or more to lose than we do" (Ptbo This Week, Sept. 6). Contrast Cathcart's and Bartlett's pugnacious attitude with that of the Mayor. She stated, reasonably, "We have to recognize the critical importance of Sysco. We have jobs to retain" (Examiner, Sept. 4).

The August 2002 installment of *The Reeve Reports* features a picture of Cathcart but is written by an anonymous township employee — local betting favours CAO Stockwell, our \$85,000/year PR rep. The Report is 800 words long,

justifying the Township's position whilst disparaging Peterborough's — highlighting a predisposition toward political conflict.

To be clear, I do not believe the matter of servicing Sysco should have been encumbered with an annexation proposal by the City. Nor do I believe our Township should have capitulated to Peterborough's initial demands. I do, though, strongly object to Cathcart's confrontational, uncaring, and counterproductive approach to controversial issues.

The Greater Peterborough Chamber of Commerce deems the dispute "appalling" and "really wonder[s] about the decision makers." (Examiner, Aug. 21). MPP Gary Stewart sums up the dispute bluntly, "The people who work (at Sysco) are being used as pawns" (Examiner, Aug. 15).

Our reeve's lack of diplomacy and sensitivity has already made our township the butt of many county jokes. He's brought us within a whisker of forced amalgamation with the City. The citizens of this area trust Sysco will not follow Cathcart's asinine suggestion to relocate. Now, if only Cathcart would relocate...

— Ken Greenberg
Millbrook, Ontario

Thanks for the help

At the request of the 2002 House Tour Committee, it gives me pleasure to report that, with the promotional assistance of *The Green Hills Gazette*, the Millbrook and Cavan Historical Society realized a net profit of approximately \$6,700 from the June 23rd Tour. Through you we gratefully acknowledge the support of the 465 visitors, the house owners who so generously opened their homes and the more than 80 volunteers who staffed the various venues.

At the Society's most recent Board meeting a motion was passed unanimously which recognized with appreciation the dedicated work of the House Tour Committee members Susan French, ReGina Jasaitis, Nancy Kincaide and Fran Lowery were under the chairmanship of Judy Hickey.

This watershed success has inspired and stimulated our membership as we resume activities. Buoyed by our 2002 success, plans for the

2004 House Tour are already well in hand under the same leadership and committee, all of whom also donate much time to our Heritage Centre greeting visitors, selling antiques consigned by members and non-members, books and tickets for upcoming events.

As with all non-profit organizations, the business of fund raising never stops. For your part in all this, please accept this expression of our appreciation.

— Mary F. Sutherland,
Corresponding Secretary

Thank you

On behalf of Brant Doyle, I would like to thank you for your sponsorship of the 5th Annual Scoring for Kids Charity Golf Tournament held on July 27 at Keystone Links Golf and Country Club.

Your continued support has allowed the program to assist with registration fees for over thirty Millbrook area children who otherwise would not have been able to participate in our community's organized sports programs. The tournament raised almost \$3500 this year. One-hundred golfers enjoyed a great day on the links, a superb buffet dinner, and won many great prizes.

Your generosity and kindness is truly appreciated. Many thanks for helping to make this year's tournament the most successful to date.

— Maureen McElwain
Millbrook, Ontario

NEXT DEADLINE

Deadlines for the October 17 issue:

Friday, October 4 — Advertising deadline

Monday, Sept. 30 — Editorial copy deadline

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THE GREEN HILLS
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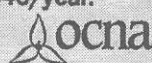
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OUTDOORS WITH GEORGE

Making peace with the West Nile virus?

So now we have the West Nile virus in Canada! I'm writing this article on September 6, on the very date that the first confirmed human case has been verified by a Winnipeg lab. The victim lives in the Toronto area, is male, and 51 years of age. I'm sure this news, by the time of reading, is not all that new to you, but if you're like me, this threat to our collective health and health care system poses a whole new set of questions — if not suspicions — about what is going on.

Let's face it. What could be more Canadian, with the exception of hockey and maple syrup, than a hundred and one mosquito bites in any given year? If you want mosquitoes, we Canadians have 'em in spades (so to speak). How many? Well, we know that the number cannot reach into infinity and it would be equally foolish to write the number down with zeros (there isn't enough space on this page and maybe the whole paper).

The grim fact is that the mosquito is the carrier of the West Nile virus. So, okay, the virus has arrived.

What now? What should we do or indeed can we do? Our health authorities tell us not to worry (what, be happy!?!?) as the threat is actually quite minimal, with only 1% of those infected suffering serious consequences (death?). The trouble with the 1% estimation is that it applies across our whole population. The real danger applies to those over 50, and especially so if you're over 65 years of age. So, what are the odds if you're in this vulnerable group? No one seems to know, but I can guess it will be a lot higher than 1%. We're told that if your immune system is not healthy and you're in the vulnerable group you may suffer a premature death.

We live in an era of not just change but exponential change — and this new virus threat is just another very visible adjustment to the way we Canadians go about our daily lives.

While I'm writing this article I'm really trying to lighten up a bit on this story. I'm thinking it can't be all that bad, and about the only positive I can come up with thank goodness for winter and a zero threat of infection.

If you're in the vulnerable group, do you really want to go to the cottage? What about gardening, fishing, hiking, walking, sitting, swimming, running, camping, cutting the grass, farming, etc. etc. Now that you're thoroughly depressed (sorry about that!), you must stop worrying about it. Be happy. It's going to be okay. Everything is changing — get used to it. It's going to be okay. ♣



CREATIVE PARENTING

Children need to be needed

By Trish Boyd-Reininger

Well, for the first time in my life I've broken a bone — my ankle, to be exact.

At first, I really didn't think that it was broken, but after x-rays were taken and a cast applied, I had to admit that it was. As many of you know, my hubby is a truck driver, and home only on weekends — so what was I going to do? Who was going to do the housework? How as I going to get around? Who was going to get the boys to karate three times a week? And even if I could drive to work, I couldn't do my job anyway!!!

Once again, it was "the boys to the rescue".

Once again, it was "the boys to the rescue". Adam and Kyle were awesome. Not only did they do their regular chores, but they took care of me too. Adam was in charge of the laundry, and after it was washed and dried, he brought it into the living room (where I spent two weeks on the pullout couch) so I could fold it. He would then take it to respective rooms and each person would put their laundry away. Adam also took care of the vacuuming. Kyle took care of the dishwasher and our dog, Pete. Both my boys took

care of me. They made me light meals, brought me yogourt and fruit, and learned to make a cup of tea that my Nana would have enjoyed! After the first two weeks, my step-daughter came for her annual summer vacation, and we went to the cottage the next day for the following two weeks. Two days after we arrived at the cottage, I got a rubber sole that strapped onto the bottom of the cast so that I could start applying some pressure to my injured ankle.

I sat down and thought about the fact that children never cease to amaze me.

The boys now had a bit of a break because not only was their sister with us, but I could get out of bed and hobble around on crutches. Richelle helped in different ways. She spent time with her brothers together and individually when they needed alone time, she helped with conflict resolution, and she offered to fill the watering can with warm water so I could sit on the deck and

wash my hair while she rinsed it. Aaaahhhh! What a luxury!

When we came home from holidays, I got an air cast put on — and now I was mobile! The next day I took the three best helpers of the summer for a much-needed day of fun and frolic at Wonderland. I sat on the grass by the water park, reading my book, while they floated down the lazy river and screamed down the black hole. We arrived at 11 am and left exhausted at 11 pm — what a day! After tucking them in for the first time

in a month, and kissing them goodnight, I sat down and thought about the fact that children never cease to amaze me. Their skill level and level of caring will certainly shine through, especially when they know that we trust and count on them. Their need to be needed is strong, and when we show them that we do need them, they take their responsibilities seriously. ♣

The best things in life aren't things
— Author Unknown

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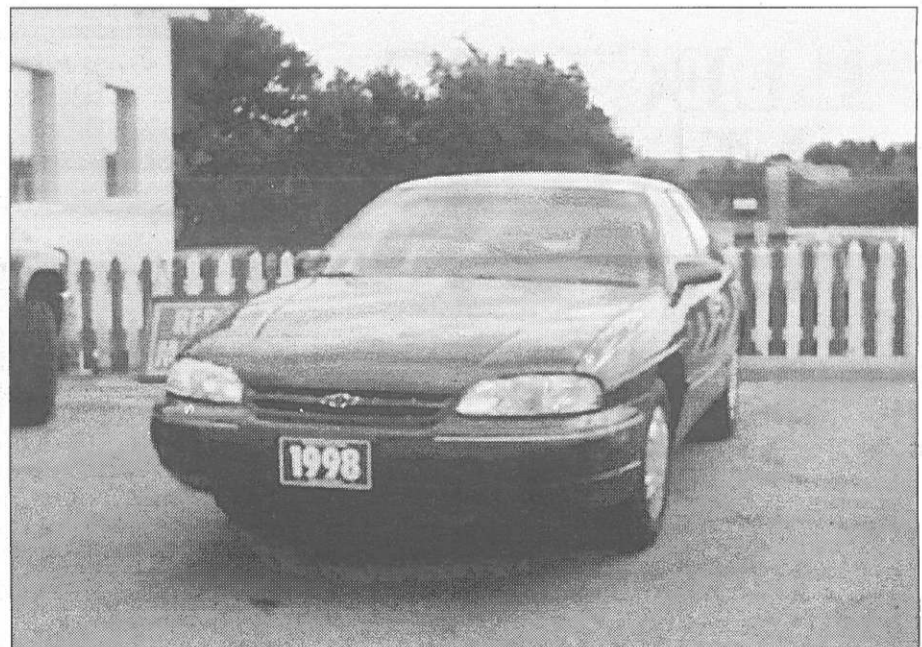
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— Deborah Luchuk, Managing Editor,
The Green Hills Gazette



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Local woman recalls Ground Zero experience

By Lorna Miller

Brenda McCarrell is living proof that a determined spirit combined with an unquenchable desire to help mankind will overcome any and all obstacles.

Born in South Monaghan Township, Brenda began working at the Peterborough Clinic even before she had completed her education at Crestwood Secondary School in Peterborough, starting at the bottom doing filing, and other administrative tasks. After ten years at the clinic, her hard work and dedication paid off and she rose to the position of supervisor in charge of the computer operations.

When she married Wayne McCarrell in 1968, neither could foresee that 13 years later, he would be totally incapacitated by multiple sclerosis. Their one son, Brent, 27, has been a great support to her.

"Brent has always just told me to 'go for it' whenever I decided to move onto something new," she says.

Go for it, she did. She became an insurance broker for nine years, then an underwriter for five years, and although she enjoyed this position, she missed dealing on a one-to-one basis with the clients. Then, believing there were other avenues in life she wanted to explore, Brenda went back to school.

"I took time off to go to the Canadian College of Massage and Hydrotherapy in Sutton," she says. "I wanted to do something that would help people. I fast-tracked the courses and graduated in 18 months."

So as a full-time caregiver to her husband, and armed with her degree in massage therapy, Brenda began a new career bolstered

by the support of family and friends. "When Wayne became ill, people told me not to give up," she says. "That gave me the strength to go on and accomplish what I wanted to do."

"We didn't see the site on our flight down as all air traffic was diverted. Later, when we looked over the site from the Empire State Building, the enormity of it hit me."

After setting up an office in Peterborough, she became a Red Cross and Multiple Sclerosis Society of Peterborough volunteer, as well as a Lioness in the Keene chapter.

When the refugees of Kosovo arrived in Trenton, Brenda, who had been trained in disaster response with the Red Cross, was sent to Mountain View to supervise the distribution of clothing, food and medicines to the 5000 people who arrived with no understanding of the language, no belongings — and almost no hope. "They were grateful for everything we did for them," Brenda says. When they arrived in buses from Trenton, they were so glad to be able to lie down on a cot and get some hot food and a shower."

Unknown to her, Brenda was being prepared to help in an even greater disaster closer to home — the terrorist attacks of Sept. 11, 2001 in New York.

"I applied to go and I was chosen by the American Red Cross to go to New York," she says. "We were given 24 to 48 hours to book our flights and get down there."

After much paper work on both sides of the border, she arrived in New York in November. But nothing in her life had prepared her for what she encountered.

"When I saw Ground Zero I was overcome with an overwhelming sense of loss," she says. "We didn't see the site on our flight down as all air traffic was diverted. Later, when we looked over the site from the Empire State Building, the enormity of it hit me."

From Red Cross headquarters in Brooklyn, Brenda took on the task of interviewing and dispatching volunteers. "We had approximately 100 people a day, from all walks of life, offering their services and we had to interview and deploy them by shuttle buses to locations where they would be most effective. There were 150 Canadian volunteers and 33,000 from the Tri-State Area, New York, New Jersey and Connecticut."

Brenda was in New York for three weeks, and during that time talked with

police, firefighters and ordinary citizens, finding them all friendly, yet awakened to the most important things in life — family, friends and freedom — and determined to get on with living.

"I talked to a lot of people and they all realized there were more important things than their jobs and themselves. They were going shopping and to the theatre, getting on with their lives," she says. "I made friends there that I still keep in contact with by telephone."

Brenda also was grateful for the generosity of the people of Canada and the Peterborough area in particular. "They were so generous in their donations, financial and otherwise. They are a truly giving community."

On Sept. 11 this year, Brenda attended memorial ceremonies at the Sherbrooke Fire Station in Peterborough in tribute to the firefighters who sacrificed themselves to save others in the 9/11 disaster. "There was a reading of a beautiful poem by John Koning, a Peterborough firefighter, written in honour of the fallen firefighters in New York," she says. "The firemen of Peterborough sold T-shirts and worked hard raising funds to help the families of the lost firefighters. At the ceremony, there were speeches and two minutes of silence in memory of the bravery shown by the New York firefighters."

One year later, Brenda still thinks about the disaster and how the people showed strength and courage through the devastating events that shattered the security of a city, a country and the world and altered our thinking forever.

"I've gone over that day in my mind since then. At first, the pictures on TV looked like a disaster movie promo, but when I realized it was real I couldn't believe it. I was just glad there weren't more lives lost. It also made me realize we have to think of our war veterans, and what we owe them for giving their lives for us so we can live as we do today. We must never forget them."

To Brenda, and those like her, we owe constant debts of gratitude. Every day these tireless volunteers do their best to bring comfort and hope to our community. They step in and do what is necessary to alleviate suffering and provide hope in practical and spiritual ways that so few of us can. There could be no better person to represent Canada wherever and whenever she is needed.

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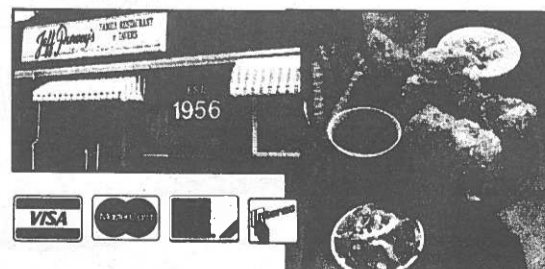
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Celebrate Legion Week

September 22-28

Millbrook Legion bridges past to future

By Melodie McCullough
As thousands of soldiers returned home to Canada from World War II, they felt the need for a place they could meet, share their stories, and remember the good and the bad experiences of war with others who knew what they were talking about. The veterans of Millbrook were no exception.

At a meeting early in 1946 in the Cavan Township Council Chambers, a group of vets formed Branch 402 of the Royal Canadian Legion. On May 29, it received its charter, and 56 years later, the climate of camaraderie they hoped to create is as strong as ever.

"No matter where you go, you can always drop

"No matter where you go, you can always drop into a Legion and meet people. There's always a friendly face."

into a Legion and meet people. There's always a friendly face," said Fern Armstrong, in her third year as the Millbrook branch's president, and who became a member a number of years ago under the sponsorship of her uncle, Henry Jakeman of Bethany. "And, of course, the Legion does an awful lot of charity work."

Its charity work began with the 1940s' national Foster Fathers program for

boys who had lost a father in the war. From this, it realized its potential as a community service and today is one of the busiest and largest service groups in the country. In Millbrook, for example, the 361 members of Branch 402 along with the Ladies' Auxiliary, raise funds which are in turn donated to numerous community groups and causes from the food bank to youth travelling abroad. They provide bursaries for post-secondary education and help seniors in many ways.

Across the country, there are Legion Remembrance Day poster and literary contests for youth, public speaking contests in schools, sponsorships of cadet organizations,

support for sports programs and for the Terry Fox Centre in Ottawa, which brings youth together from across the country. It also acts as a powerful lobby to governments for the interests of vets and seniors.

"...a lot of the vets have passed on, so to keep it viable it's become necessary to open up the membership to the broader groups."

"First and foremost its role is the care and well-being of the vets," said Armstrong. "Also, there are community helpers, whose role is to teach young children about the vets and the important role of peace-keepers today and the support that should be given to all the men and women in services, not only in

Canada, but worldwide."

The local group also holds annual events such as the Maplefest pancake breakfast, the Legion picnic, the Turkey Roll, and the Ladies' Auxiliary's Santa Claus parade in December. Of course, the major event of the year is Remembrance Day and the poppy campaign that leads up to it.

And the Legion is also a great place to go for social events, sports and recreation like darts, euchre and bowling, she said.

Through the years, the Millbrook Branch has seen many changes. It started out in a small freight shed beside the railway station at the west end of the village, then raised enough money to erect a larger two-story building on Distillery Street in 1948. In 1965 the government demobilized the militia unit in Millbrook, leaving the armoury empty and unused. It became the

Legion's new home and continues as it today, with numerous alterations and upgrades over the years. Variety Shows were produced in the early years to raise money, and a special pageant performed for Centennial year in 1967. It had its first Drumhead in 1968 and got its liquor license in 1969.

The Legion has always been able to change and keep up with the needs and demands of the times, and will continue to do so, maintaining the legacy left behind by its early founders, while looking to the future.


"The Legion is changing in the sense that a lot of the vets have passed on, so to keep it viable it's become necessary to open up the membership to the broader groups," explained Armstrong. "But with these changes, it becomes more and more community-oriented and youth-oriented." ♣

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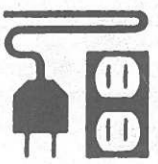
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CELEBRATE LEGION WEEK ■ September 22-28

Rex Park: Sgt. at Arms for 37 years

By Melodie McCullough

Forty-four years ago when Rex Park was a "restless" young ex-serVICEMAN wanting to leave his native Scotland, he could have headed to Australia, New Zealand or California, all places where he knew people who could help him start his new life.

But instead, he chose Canada because he wanted to make it on his own.

"I decided to come where I didn't know anyone. I'd rather come here, be myself, and either fall flat on my face or make it," he said, in a recent interview.

As time has shown, Mr. Park, now 73, did indeed "make it". He's been retired since 1989, after working 30 years as a guard at the Millbrook jail and lives on Anne Street in Millbrook with his wife Betty, a proud father of three, and grandfather of seven.

And while this country has been good to him, he's given just as much back in return, serving his community as a member of the Royal Canadian Legion. When he arrived in Millbrook in 1959, the local branch was the one of the first places he turned.



He has had small stints as its membership chairman and building and maintenance chairman, and participated in the Variety Shows the organization put on in the 1960s to raise money for its new building. But it's his position as Sgt. at Arms for the past 37

years for which he is probably best known.


In charge of protocol, he organizes the parades held each year by the Legion at Fair time, Canada Day and Remembrance Day and leads the column, and he carries out the orders of the president and executive of the branch.

"I joined the Legion because I liked the idea. I like the work they do and the comradeship of the branch," said Mr. Park.


During World War II, he was not old enough to join the regular forces but was able to join the Home Defence and then eventually the British Army. He served with the Royal Horse Artillery, King's Troop, and with the occupation army in Germany in the late 1940s. He left the service in 1950, and then was quickly recalled for stand-by for the

Korean War, but was not needed. In 1955, he married Betty, also from Scotland, and in 1958 came to Toronto, then Millbrook. For about five years, he served with the local Hastings and Prince Edward militia regiment. He always found a welcoming spirit at the local Legion.

"The role of the Legion is a great one in the community because it's very community-oriented. I get enjoyment from belonging to it and helping them in all the different things they do." ♣



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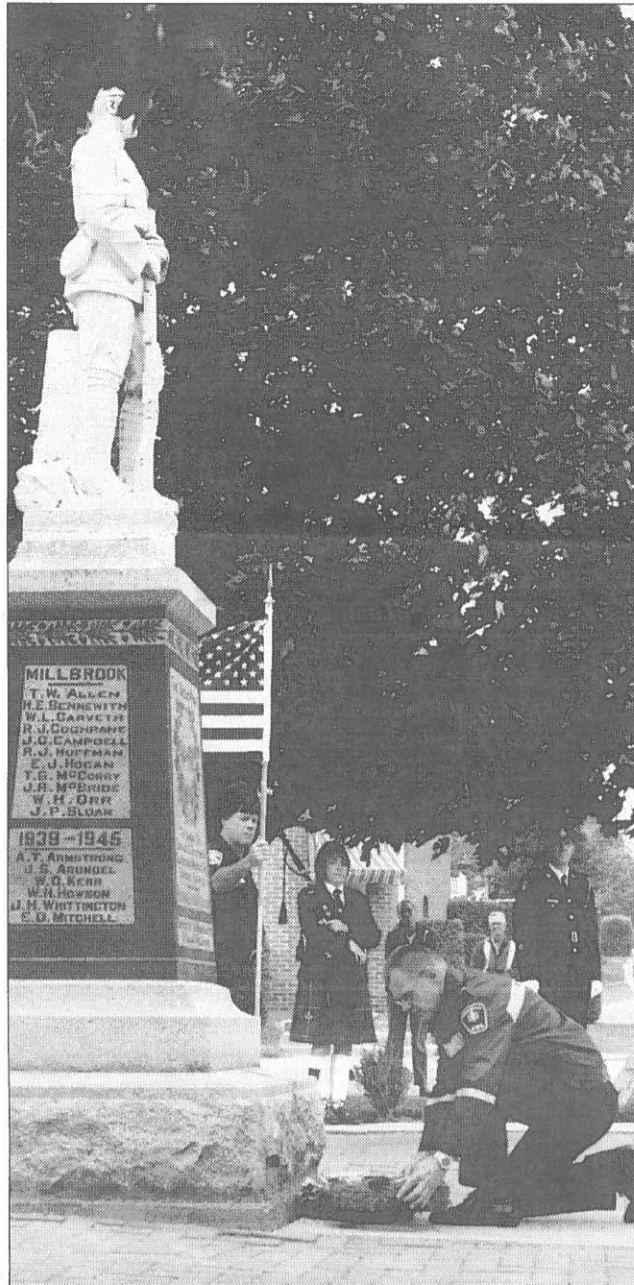
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CELEBRATE LEGION WEEK

Citizens remember September 11th

By Melodie McCullough
 As a tribute to the men and women who lost their lives in the Sept. 11 tragedy a year ago, the Millbrook and Area Ministerial Association held a brief, but touching, memorial outside Millbrook's Town Hall last Wednesday.
 "We wanted to give people an opportunity to gather and remember the events of a year ago and to pray for the families and others who had been affected by them, and also to pray for peace and the future," said Rev. Susan Sheen of St. Thomas Anglican Church in Millbrook. Rev. Sheen participated in the remembrance

service along with representatives of the United, Presbyterian, and Pentecostal churches in the area.
 The 20-minute service drew close to 100 people. Wreaths were laid at the cenotaph by members of the Cavan-Millbrook-North Monaghan Fire Department, Peterborough County OPP, Peterborough EMS Ambulance Service and the Royal Canadian Legion — Branch 402, Millbrook. Piper Susan March performed the Piper's Lament, and Biblical readings of peace and love were recited. The assembly observed a moment of silence, recited The Prayer of St. Francis, and then solemnly parted in silence. ♣



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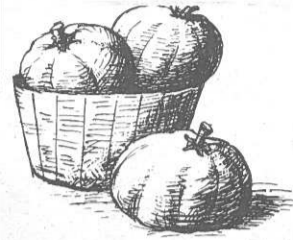


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HEALTH & WELL-BEING

Purposeful fitness

By Kimberley Keijzers
Certified Personal Trainer

As the end of summer and start of school. On a day like today, I look forward to autumn. The air is crisp and refreshing, perfect for planning. The turn of the seasons always invites change. When the relentless, stifling humidity of summer gives way to energizing, fresh days of autumn, my thoughts turn to planning a health program for the "new" year.

Summer fitness is unstructured. It's open to nature hikes and family bike rides; spur-of-the-moment volleyball games on the back lawn, and lots of swimming. Summer is gardening and bug-catching with the kids. There are no rules. There is no clock. Movement just comes with the moment. But autumn fitness calls for more of a plan. Alarms must be set and schedules adhered to.

My challenge to you

this season is to not exercise for the sake of exercise, but instead to incorporate fitness into your everyday. Like brushing your teeth, try to make fitness a natural extension of your daily plan. Make your fitness "purposeful".

This autumn fitness plan can be very simple. If

you are up early to rouse the children for school, you may want to walk them to the bus stop and then continue your walk around the block as a kick-start to your day. If you normally rush off to work after a quick morning coffee, add your walk on your way to work. Park your

Continued on page 16

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Sysco

Continued from page 2

a serviced airport and a serviced Sysco until 2012, without any financial contribution to the cost of infrastructure

The Township countered that Peterborough consider selling surplus services to the Township to accommodate the Sysco expansion plans.

In the spirit of "smart growth", the Township would prefer to enter into a coordinated approach in dealing with cross-boundary issues including infrastructure and public service facilities, as it can see no future benefit to the Township if the City annexes the North Monaghan Ward. Taxes on both industrial and residential properties in North Monaghan Ward could go up as much as 97% with annexation — and tax revenues to the Township will decrease significantly after 2012.

However, Reeve Cathcart indicates that they have now resumed negotiations with the City to hammer out a deal to purchase water and sewer services.

"We are now working on a joint venture," says Cathcart. "If we could

come to an agreement for the Township to purchase interim services from the City and work on a shared co-operative project to develop Township lands in the Major Bennett Park and the Airport for industry with no change in the ownership of the land — it would benefit the entire Peterborough area." Part of the deal proposed by CMNM would see the City of Peterborough benefit from a "signing bonus" of \$150,000 for entering into the agreement to provide surplus sewage capacity - no more than 1% of the City's present excess capacity.

Part of the deal proposed by CMNM would see the City of Peterborough benefit from a "signing bonus" of \$150,000

Cathcart also says that the Municipality has to take a serious look at the unresolved storm water management issue. "Last fall we began meetings with Sysco regarding storm water management. To date, we have had three meetings to discuss the issue."

As a result of those meetings, Cathcart believes the Township

offer to purchase a large portion of land in the area for a 40-acre storm water management pond, as well as a "buy back" clause for Township to sell the land back to Sysco, would benefit the Municipality.

"It is in the best interests of the Municipality that we purchase a large portion of land in that area to create a 40-acre pond which will address the outstanding storm water management issues in that area," says Cathcart. "The land we acquire would then be sold back to Sysco when they continue with their future plans to expand their operation by 350,000 square feet."

If the City accepts the conditions of the Township's proposal, the latter will not be held financially responsible for extension of services. The Township and Sysco will absorb the costs.

If the Township and the City of Peterborough cannot come to some mutually beneficial decision, and Sysco Food Services of Ontario should decide to relocate, the area would lose projected tax dollars and employment opportunities.

As CMNM Councillor Alex Ruth correctly comments, "The bottom line is jobs, jobs, jobs." ♣

Dan Woodward's Car Clinic



Got that bouncy feeling?

In case you haven't noticed, summer driving has meant going over rough road surfaces under construction (and we've sure had our fair share of this in Cavan-Millbrook-North Monaghan). Have you noticed your car is squeaking and bouncing oddly — even banging — as you go over these bumpy, lumpy roads?

Maybe it's time to get your suspension system checked out. It's not just because you are tired of hitting your head on the roof of your truck or car, or feeling every hole in the road in your bones — if your suspension system is not well maintained, then you risk major damage to many of your car or truck's components.

There are several parts to be found in a suspension system:

- shock absorber — a mechanical cylinder that dampens a wheel's up-and-down movement caused by bumps in the road
- coil spring — a circular steel spring that minimizes up and down motion
- leaf spring — a group of flat steel springs which also minimize up-and-down

- MacPherson strut — component of most front-wheel drive vehicles, combination of coil spring and shock absorber in one unit
- stabilizer bar — bar linking suspension systems on two wheels (front or rear), stabilizes steering and turning
- independent suspension — suspension system which allows two wheels on the same axle to move independently of each other

Take a look at these parts as directed by your owner's manual. It may also suggest a replacement schedule for these parts. Older cars may need new parts every 25,000 miles, but newer cars could go as many as 100,000 before needing a change.

If your car or truck doesn't corner smoothly, steering is more difficult, or it's generally sagging more than you think it should, bring it in for a professional assessment. And let's hope the road work going on in our community is done soon!

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A CALL FOR LEAD AGENCY PROJECT PLAN PROPOSALS FOR THE ONTARIO EARLY YEARS CENTRE IN THE RIDING OF HALIBURTON-VICTORIA-BROCK

An Ontario Early Years Centre is opening in Haliburton-Victoria-Brock for April 1, 2003. As part of the Ontario Government's Early Years Plan, the Ontario Early Years Centre will ensure that all families, universally, across the riding, regardless of where they live, have access to the same set of effective, core early years services.

The Haliburton-Victoria-Brock Ontario Early Years Centre Planning Table is inviting agencies to submit Project Plan Proposals in order to be considered as the Lead Agency to operate the Haliburton-Victoria-Brock Ontario Early Years Centre.

Lead Agency candidates should have a current provincial or municipal funding relationship, a track record of excellence in planning, integration and delivery of early years services, ability to manage funds and staff, and to provide effective leadership. In addition, other criteria apply. The Centre must be fully operational for April 1, 2003.

Completed Project Plan Proposals from potential Lead Agency Candidates must be submitted by October 25, 2002 no later than 4:00 p.m. to John Macklem, RR#1, Box 408, (18 Suter Drive) Kirkfield, ON K0M 2B0

Completed Project Plan Proposals will be reviewed by the Haliburton-Victoria-Brock Ontario Early Years Centre Planning Table who will then make their recommendation to the Minister of Community, Family and Children's Services regarding the agency to operate the Centres.

Submissions must conform to the Project Plan Template provided with additional information submitted as necessary. For details concerning submittal of a Lead Agency Project Plan Proposal, or a copy of the Project Plan Template, please contact John Macklem, Community Champion at (705) 454-3043 or Joanne Redfern, Coordinator at (905) 373-7008, or visit our website at www.hkprearlyyears.ca





This Old House – Part I Renovating hardwood

Re-doing floors is a long, hard, and messy job. How do I know? Because over the years we have been foolish enough to take on the laying of new linoleum, tiles, and hardwood. Lately, we have just completed the restoration of the floors in a 1888 schoolhouse. We're nuts — and we admit it.

When we bought the house three years ago, we were determined to remove the carpets and linoleum that had been put down in layers over the years. We thought it would be simple — we were simpletons.

We discovered that the first layer of underpadding had been glued down for so long that the rubber had deteriorated and combined with the glue, creating a substance which was impervious to scraping and various glue removers. After vain

attempts with solvents, we resorted to Murphy's Oil Soap and warm water. We poured the soapy solution on a 4' x 4' square, let it sit for 15 to 20 minutes and scraped it off with our trusty putty knives. The floor area was approximately 25' x 15', so it took a lot longer than we had anticipated.

However, when we were finished, the old solid 2" x 2" maple floors underneath looked to be in great shape. The rest of the room, the kitchen, which was approximately the same size, had linoleum laid over plywood.

Before we could get down to work, we had to remove the baseboard. If the baseboard was sound, we marked each piece as we removed it so that it could be re-placed without a trial and error process. (In the end, we bought all new baseboard anyway.) We pulled up

the linoleum and then spent weeks pulling hundreds of six inch nails out of the darn plywood, so we could pull it up and get down to the floor.

The plywood was so old, it splintered. But we persevered, and discovered that the wood here was in great shape too. Next, we removed the plywood in the halls. Same story.

We ran into trouble in the downstairs bedroom. When the carpet and plywood were removed, we discovered that some bright light had laid tarpaper underneath it all. To remove the tarpaper, we cleaned the floor several times with Varsol. When all the tar was dissolved and the stains bleached out, we sanded and applied six coats of varathane. Looks pretty good now.

Before we sanded the entire floor, we had to insert several strips of new maple to fill in gaps caused by previous structural changer. We bought unplanned maple, cut it in strips, pounded it into the gaps, and planed them down.

After renting a sander and trying to sand the floors, we discovered that there had been a finish applied to them at some point, which caused the sander to slide around as if it was on ice. Nothing would touch this finish. On to plan #1005.

We had to use paint stripper and putty knives, and crawl around scraping off the finish. When we rented a sander again, and got down to sanding, we discovered that amateurs, like ourselves, had sanded it previously and left hills and valleys that we had to smooth out by hand.

Finally, we applied three coats of varathane, sanding lightly between each coat. A tip here. When the directions say "let dry for eight hours",

double that time. We didn't — and rushed the last coat, with the result that the varathane bubbled; we had to hand sand the entire floor again and apply two more coats of finish.

Today, the floors look like a feature in House and Garden. The time involved turned from weeks into months, and the dirt, dust, and disruption were almost impossible to live with. Add three large dogs who didn't understand why they couldn't check out the fridge, and the fact that both bathrooms were on the far side of the floors we were working on, and you

have some idea of what we were coping with. Still, we did not have to replace any rotten, broken, or worn boards — so we were lucky in that regard.

DIY flooring can be a major triumph or a total disaster. If you are unsure, get a professional for

advice. (No, your cousin's friend's neighbour is not an expert unless he installs floor for a living. Do not call him!) Or hire a reputable firm, get an estimate for the tough part of the job, and finish it up yourself.

Happy flooring! ♣

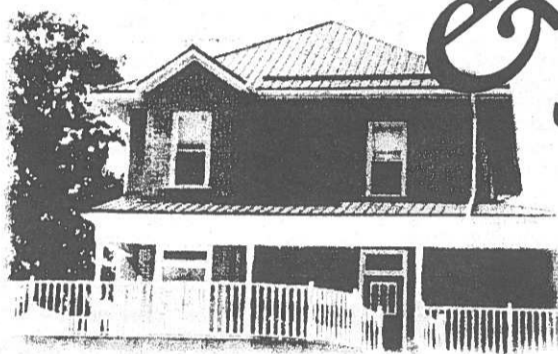
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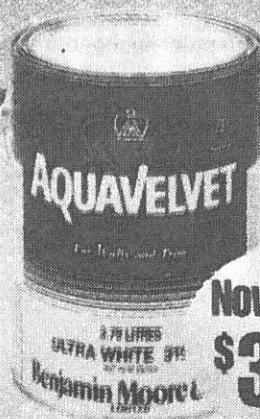
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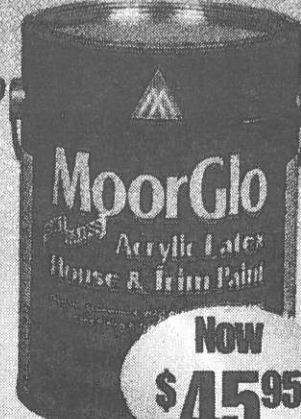
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Artist's work tells stories

By June Jacklin

For JoEllen Brydon, anecdotes and stories that are passed along from storyteller to storyteller are key inspirations for her paintings.

"I love stories that change in the telling. How a story is told is sometimes more important than the story itself. I love to listen to people. 'Told' stories preserve a feeling. Sometimes they are just small stories, but there is something in the story that is an idea for a painting."

JoEllen has been painting since she was 10 years old, when she was given some paints. Even then, she loved to do detailed paintings with everything in them. When she painted farms, every detail was there, and this love of detail is infused in all her works today.

"Painting has always been the most important thing for me to do. My mother encouraged me a lot. Then, at boarding school, in Grade 10, there was a huge art room, and I was lucky to have an art teacher who let me spend my spare time there. She was very encouraging and even allowed me to teach some of the younger kids. I

was really engaged, and I thought that this was something I could do. There was nothing I could do better."

Lucky for the art world, JoEllen pursued this talent. Her work has been exhibited not only at the Millbrook Gallery, of which she was the curator and co-founder, but also at Artspace and the Art Gallery of Peterborough, as well as galleries in Lindsay, Toronto and Montreal, and most notably The Canadian Museum of Civilization in Ottawa. This latter exhibit, 'The Pride of Peterborough', was inspired by an old newspaper she found in the floor of her 1867 farmhouse, and consists of a series of 18 paintings, depicting the story of a man who, in 1936, tried to canoe from Peterborough, Ontario to Peterborough, England, but was presumed drowned in the attempt.

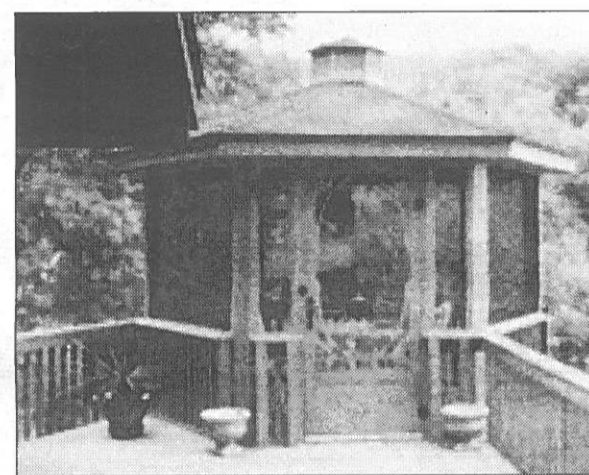
JoEllen recently showed her work at the Toronto Outdoor Show at Nathan Phillips Square on Labour Day weekend and also in the Port Hope, Northumberland: The Eye of the Beholder, and other Important Things, which opened September 14. She works in different sizes, and

even in her smaller works it is always the details that tell the story, faces peeking out from behind curtains, or the expression on faces, the stance of the characters or the fact that each house has its own personality

"For the people who buy my paintings there is usually some connection. They identify with the story — which is why they buy. One woman said to me, 'In every painting, every house looks as though someone lives there'."

The farmhouse in Mount Pleasant is not only home to JoEllen's loft studio, but also where she lives with her two daughters, Eva and Georgia, both of whom are talented in painting, drawing and writing, and for Georgia there is some musical talent. Obviously a proud Mom, JoEllen says of her daughters, "They are the greatest!"

If you are interested in seeing her work but cannot get to any of the shows you can call JoEllen at 799-5153 to arrange a visit, and if you have an unusual story to tell, or a quirky family history, you might just end up the inspiration for a JoEllen Brydon painting. She is always listening for her next work of art! ♣



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Submitted by
Shelagh Gaffney,
Community Development
Coordinator, Community
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What is the difference between the Peterborough Community Access Centre and Community Care?

The Peterborough Community Access Centre (sometimes referred to as the Community Care Access Centre) offers professional services such as: Case Management; Visiting Nursing; Physiotherapy; Occupational Therapy; Speech Language Pathology; Shift Nursing; Nutritional Therapy; social Work; Homemaking/Personal Support; Laboratory Services; Medical Supplies & Equipment.

You may access these services if you have a valid Ontario Health Card and you are assessed to be in need of health and personal support services.

A case manager will assess your needs and eligibility for services, plan & coordinate the services, equipment and medical supplies that you may need at home. The case manager will monitor this plan and make changes as your needs and condition changes.

The case manager will discuss the details of your service plan with you: who will provide your care and how often. The case manager may also refer you to other services in the community that may be more appropriate to meet your needs. This may be where Community Care is suggested.

Community Care is a non-profit, charitable organization that provides volunteer-based support services and programs of the

Community Care is a non-profit organization that provides volunteer-based support


highest quality for seniors and for adults with physical challenges.

Community Care offers the following services: Caregiver Relief; Caremobile (specially-designed wheelchair accessible vehicle); Diner's Club; Drop-In & Outreach; Friendly Visiting; HELPME Medical Registry; Home Help; Home Maintenance; Income Tax Clinic; Information & Referral; Meals on Wheels; Medical Equipment Loan Cupboard; Personal Distress Alarm; Telephone

Reassurance Checks; Transportation; Wellness & Health Clinics (Blood Pressure clinics, foot clinics, hearing aid clinics etc) Workshops and Seminars.

Community Care is managed by a board of directors, staffed by a small number of employees and supported by a team of more than 800 volunteers throughout Peterborough County & City.

For more information about these two agencies call the Peterborough Community Access Centre at 743-2212 or Community Care — Millbrook office at 932-2011 or the Community Care office in your area. ♣



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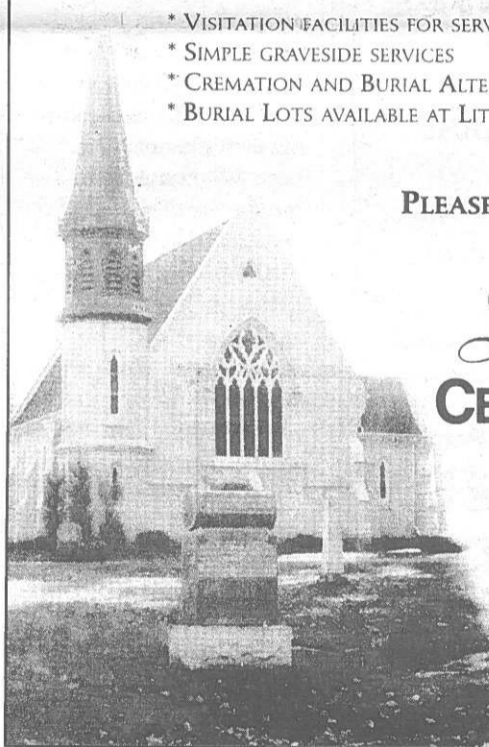
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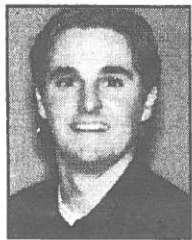


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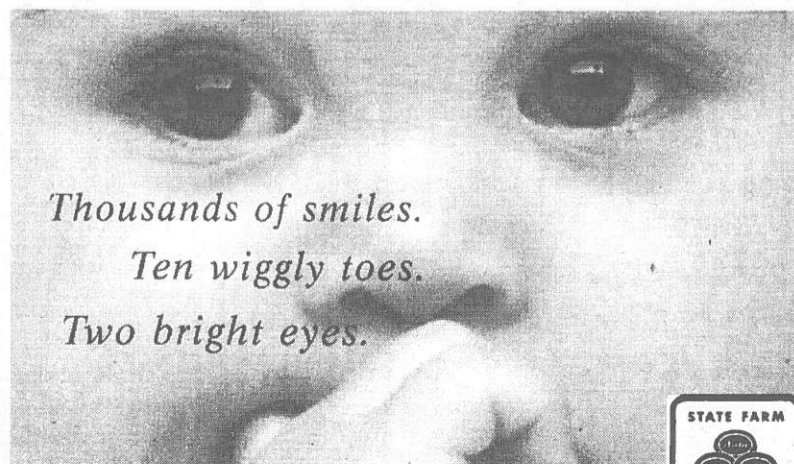
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ARTS & CULTURE

Fun abounds at Green Turtle Art Camp

By June Jacklin

Energy and excitement was high as parents gathered at the Green Turtle Art Camp July 19 to view the much anticipated puppet plays designed, written and produced by the seven camp participants. The camp, hosted by Jessica

Rowland, is a combination of creativity and outdoor fun and activities for children.

We were greeted at the door of the studio, shown to our seats, and offered Gramma Rowland home-made cookies, while last minute details were being ironed out. The children, all

aged about 10 years, chose different puppets to make.

"It was Rolo's birthday, so I made a puppet of my dog," says Solana Liska, proudly showing off a puppet that did bear a striking resemblance to her Jack Russell. Her brother, Mason, made Mr. Snake, while Makala Chapman had the idea for making Mr. Clam. Her sister, Talitha, wrote a play for the puppet she made for herself. Others also made exotic choices. Alex Osborne made a griffin that was featured in one of the plays and Amanda Manley created a duck named Ali.

This year I made a multi-coloured dinosaur, but the dog almost chewed it!

"I was going to make a dolphin, but it ended up looking like a bird."

There was no shortage of imagination at this camp. Holly Morrisey says, "I was at the camp last year and I loved it, so I came back. This year I made a multi-coloured dinosaur, but the dog almost chewed it!"

The audience was treated to plays written by the students, with titles ranging from a mystery entitled 'Something Missing' to 'The Argument' and 'The Operation has Gone Wrong'. At the end of the productions, after enthusiastic applause, each of the children received a medal to commemorate their participation. They each also received a copy of a video of the highlights of their work, a great reminder of a wonderful time, and maybe a keepsake to show their children what they did during summer holidays when they were young!

When asked what they enjoyed about the week, there was no shortage of tales to tell, "We swam in the creek. Swimming was the most fun." "We had a cook out, We made hot dogs and marshmallows with berries inside them. We built a fire, and found sticks from pine trees," says a very bubbly Solana. Stories were still being told and friends were already planning to come back next year as parents tried to pile children and puppets and theatres into cars and trucks. One of the parents said, "This is what summer is all about for children, creating memories they will treasure when they get older." Certainly sounds as though Green Turtle provided that in spades! ♣

Something fun for everyone this fall

By Sheri Fiegehen

Well, another summer is over. Summer holidays are just a memory, the kids are back at school, and everyday life has become more scheduled. But that doesn't mean it has to be humdrum. No way; in fact, there are a whole ton of fun activities to get involved in this fall - right here in our township.

"No matter what your age is, from babies to seniors, there's something fun for everyone," says Brian Millett, recreationist for the Township of Cavan-Millbrook-North-Monaghan (CMNM).

A wide range of programs, activities, and events are offered this fall, from computer courses for toddlers, to bowling for seniors. "Not only can people learn something new and develop their skills, but they can also make new friends, laugh, and simply have a good time," says Millett.

Following are just some of the events and activities taking place in the township this fall:

Millbrook Dance School at the Old Millbrook School. Call Stefani, (905) 885-7001.

Tech for Tots, an introductory computer course for children ages three to six at the Millbrook Library. Call Angela Penello, 944-5789.

Ongoing **computer courses** (group instruction) available at the Millbrook Library. Microsoft Word, Power Point, E-Commerce, the Internet, web page design, and more. Most

courses are two hours, costing \$25. Sign up at the library.

Ongoing **one-on-one computer instruction** at the Millbrook Library and at the Bruce Johnston Branch in North Monaghan. Call to book a time, 932-2919.

Community Choir sign-up is in September. Call Bill Plewes, 944-5904.

The Millbrook Bowling Lanes Seniors League and Mixed League start in September. For information, call Larry, 932-3070.

Girl Guides at St. Thomas Anglican Church Hall in Millbrook and Cavan United Church. Call Cathy McIntyre, 932-3124 after 5 p.m.

Cavan Scouting registration takes place in September at St. Thomas Anglican Church Hall in Millbrook. Call Mark Edgerton, 799-2197.

Millbrook Scouting registration takes place in September at the Lions Den. Call Sherri O'Hara, 932-3562. Adult leaders needed.

Judo classes begin in September at the CMNM Community Centre. Programs run for 10 weeks. Call Don, 932-3437.

Ladies' and men's fitness classes began in September at Old Millbrook School. Call Barb, 277-3694 or Lynda, 799-6690.

Volleyball for adults at the Millbrook School Gymnasium has begun. Call Yvonne Clarke, 932-2067.

Line Dancing for Beginners. Call Yvonne Clarke, 932-2067.

Tai Chi at CMNM Community Centre. Call

Sylvia Hirt, 932-2041.

Genealogy workshop starts Sept. 23 at the Millbrook Library, for six weeks; Mondays, 6:30 to 9:30 pm. Cost is \$65. Call 932-2919.

Ladies' Friday Afternoon Hockey starts Sept. 27. Call Laurie, 932-3041 or Annie, 944-8953.

Reg Sloane Memorial Cribbage Tournament Sept. 28 at Millbrook Legion. Call 932-2837.

Millbrook Sunday Night Hockey League begins Sept. 29, 7 to 11 pm. Call Kyle Gordon, 939-2709 or Marion Olan, 932-3153.

For information on the following hockey and skating, call the CMNM Community Centre at 932-2911.

Business Lunch Skating starts Oct. 1; Tuesdays and Thursdays, noon to 1 pm. Admission is \$2.

Kids' Pick-up Hockey starts Oct. 1; Tuesdays and Fridays, 4 to 5 pm. Register at the CMNM Community Centre. Cost is \$50. Register early, as space limited.

Adult Skating begins Oct. 1; Tuesdays and Thursdays, 10 am. to noon.

Free Parent and Pre-Schooler Skating begins Oct. 1; Tuesdays and Wednesdays, 1 to 3 pm

Senior Puck and Stick starts Oct. 2; Mondays and Wednesdays, 10 am. to noon at \$2.

Public Skating starts Oct. 3; Mondays and Thursdays, 3 to 4:20 pm. (\$1), and Sundays, 1 to 2:30 pm. (\$2).

Adult Pick-Up Hockey begins Oct. 4; Fridays 10 am to noon. Cost is \$5.

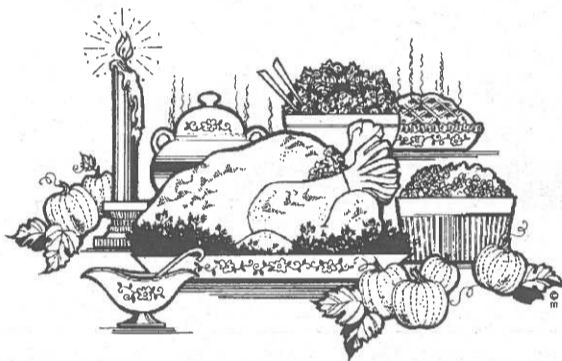
Movie Nights, Oct. 7, Oct. 21, Nov. 4, 7 p.m., at the CMNM Community Centre.

Millfest 2002, October 12, in Millbrook. Fun activities, food, music and displays for the whole family. Call Cathy, 932-3001.

The Halloween Haunted House is at the Mill behind the CMNM Community Centre, Oct. 12, 1 to 3 p.m., and Oct. 18, 25 and 31, 6 to 8 pm hosted by the Parks & Recreation Department. Call CMNM Community Centre, 932-2911. It's free, but donations to the food bank are appreciated.

The Millbrook and District Lions Club Turkey Dinner is Oct. 19. Call Terry Bloom, 932-8913 or Skip Hulcoop, 944-5478.

Whew! Never let it be said again there's nothing to do! For more information about recreation opportunities, call the staff at the CMNM Parks and Recreation Department. ♣



Thanksgiving Dinner

Sunday, October 13th, 2-9pm
Turkey, ham & all the "fixins".

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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.

The Enchanted Forest

At Wolverton Hills, 196 Waite Rd., Pontypool
Thurs.-Sun. Sept. 19-21, 7:30 pm
Patria Music/Theatre Projects presents R. Murray Schafer's acclaimed environmental drama; includes actors, singers, dancers, children's choir. Walking shoes, warm clothing, insect repellent advised. Tickets \$40/adults, \$25/students — call (705) 741-4488 or 1-888-750-8222. Information — visit www.patria.org.

Millbrook Fitness Centre Classes

At Old Millbrook School
Mon., Wed., Fri. 9:15 am
Join at any time. Call Barb 277-3694 or Lynda 799-6690.

Seniors' Fitness Classes

At Old Millbrook School
Mon., Wed., 10:45 am
Join at any time. Call Barb 277-3694 or Lynda 799-6690.

Breastfeeding Class

At Family Resource Centre, Peterborough Square
Thurs. Sept. 19, 6:30 pm

Learn from a certified lactation consultant. Free. Info/registration: 748-9144.

Third Annual Little Lake Cleanup

Sept. 21
Beavermead Park, 10 am
Refreshments, entry fee of \$20

Divers needed to clean up Little Lake to improve fish habitat.

Non-divers welcome for shoreline improvement activities. Call Adventure Divers in advance at 740-9990 or register on the day.

French-Language Golf Tournament

At Hamilton Bay Golf Course, Stoney Lake
Sat. Sept. 21, 9 am - 1 pm
Cost \$30 — \$35, including lunch. Info (705) 741-0295 or franptbo@pipcom.com. Sponsored by Club Connexion Francaise.

Evening Fitness Classes

At the Old Millbrook School
Mon., Wed., 7 - 8:30 pm
Starting Sept. 23 - Dec. 2

Low impact, muscle endurance, combination stretch with yoga. Call Cindy 932-2062 for info.

Three-Pitch Baseball Tournament

At Cavan Maple Leaf Park
Sat. Sept. 28
Each team must have a min of 4 girls. Entry fee \$200.00, cash prizes awarded. Only 8 teams — enter early. For more info/registration, call (705) 932-2531. Fundraiser for the Millbrook Euro Stars - 2003 European Tour.

1st Millbrook Scouting Registration

Programs for Beavers, Cubs, Scouts, Venturers, Rovers (ages 5 to 26)
Outdoor camps, environmental projects, community events and activities, and more! Call Sherri 932-3562 or Andy 944-5928 for information about Scouting programs and to register. Volunteer leaders needed; only a few hours per month and free training/opportunities in outdoor sports, etc.

ON-GOING EVENTS

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

Dads Drop-In
At Peterborough Family Resource Centre
Saturdays 9:30 - 11:00 am
Dads bring children for children's activities, breakfast, chance to meet other dads.

Euchre Party
At Mount Pleasant Woman's Institute Hall, Cty. Rd. # 10, Mt. Pleasant. First Monday monthly, 8 pm. Admission \$2. Lunch provided. 932-2175

Toastmasters
Second, fourth Tuesdays, 7 - 8:30 am
Call 876-5735 for details.
Toys, crafts, snacks, circle time; \$2/one child, \$3/multiple children.

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.

Toddler Breastfeeding Support
At Family Resource Centre, Peterborough Square
4th Thursdays, 10 am - noon
All women, children welcome Info: 740-6188

Create A Family Heirloom Workshop
At Old Millbrook School
4th Tuesdays, 6:30 - 9:30 pm
Cost \$5. Group gathers to create scrapbooks to record family history, events, etc.; facilitated and supported leader and full-colour hand-outs, layouts, scrapbooking supplies. Call 944-5692 for info.

CLASSIFIEDS

COMING EVENTS

TRAIN & TOY SHOW, SEPT.21-22, 10 a.m. - 5p.m. Nepean Sportsplex, 1701 Woodroffe Ave; Nepean. Operating Layouts, Huge Meccano Display, Train/Toy Vendors, Parking Lot Train Ride, Interactive Airbrush Clinic, Military Miniatures, Airplanes, Cars & More!

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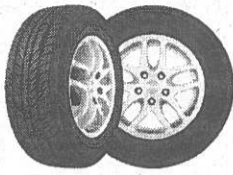
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Purposeful

Continued from page 10

vehicle in a lot over a block away from work. And once at work, favour the stairs over the elevator. It really is simple.

Once you start to form the habit of thinking of purposeful fitness, you will see how easy it is to incorporate it into everything you do. For example, you may need to pick up your mail from a box far from your home, so pull out your bicycle and ride to pick up your mail instead of the standard car drive. Or you may walk, bike or even roller-blade around the neighbourhood with the family pooch. Since Rover needs his walk anyway, make it part of your day with purpose.

Millbrook and the surrounding area have some gorgeous trails to explore. Here is an opportunity to give a child an appreciation of nature and teach them about plants and animals. Just think of it as an extension to their formal education. Or you may hike through the fields and pick wild flowers to make floral arrangements for Christmas gifts. Again, a thoughtful gift for both yourself and your gift-receiver.

Joining the children

Like brushing your teeth, try to make fitness a natural extension of your daily plan.

after-school for a session of jump rope skipping is an awesome cardiovascular workout. Or smashing a birdie over the backyard badminton net is a great way to spend quality time with your family and friends.

If your schedule is full of everyone else's extra-curricular activities, you may want to fit in purposeful fit-

ness during these times. For example, kick the ball around the field at your child's soccer tournament. Or toss a ball on the sidelines at your spouse's baseball game.

You may want to help out a worthy cause by joining a walk-a-thon. A Mother-daughter walk is an example of one way to combine purposeful fitness with family bonding, while contributing to your community.

The best fitness plan is one that you can most easily incorporate into your busy autumn schedule. It must become an extension of you, not just another thing to add to your "to-do" list. See you on the trails! ♣

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