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Thursday **21 June 2012** | Issue 37

Survey measures poverty

Findings provide a snapshot of barriers

By Mark Arike

The results of a two-part survey reveal that poverty continues to be a problem in Haliburton County. However, it also uncovers the barriers those in poverty face and is designed to engage agencies and local government to find solutions to the ongoing dilemma.

"The health unit and other organizations in our region are doing a good job of capturing statistics, capturing the problems, describing what the problems are..." said Heather Reid, director for U-Links Centre for Community-Based Research. "We really wanted to shift the questions to 'what can we do about it?'"

Reid presented a snapshot of the findings of a recent study at the Poverty to Possibilities Forum held at Haliburton's Fleming College campus on June 19. The event ran to June 20 and included workshops with members of services agencies and other groups.

The study, which got off the ground last summer, was conducted in partnership with U-Links, the Technology Alliance Group for Kawartha Lakes and The John Howard Society.

"It's really exciting that we have this database, which is a collection of voices," said Reid.

Questions for the first online survey came together through focus groups led by The John Howard Society. After the results of the first survey came in, the steering committee felt they needed to do more.

"The survey was [completed] mainly by service providers, which again is a valuable voice to bring to the table," she said.



Photo by Mark Arike

Games, art and one big parachute had kids from Minden's Ontario Early Years Centre (OEYC) jumping for joy on June 20 at Rotary Park in Minden. The annual event is the OEYC's summer kick-off party. The centre is now closed until Sept. 4.

"But the steering committee felt very strongly that we needed to make another effort to reach people that were experiencing poverty in our communities."

A second, shorter online survey was then distributed to 434 people in the region who live under the poverty line. Of those surveyed, 107 were from Haliburton County: 40 per cent from Dysart et al, 26 per cent from Minden Hills, 30 per cent from Highlands East and four per cent from Algonquin Highlands. Those surveyed ranged in age from 18 to 65-plus.

One of the biggest obstacles those surveyed face turned out to be affordable housing.

"When we asked people whether they thought housing was an issue in our area, over 90 per cent said 'yes,'" said Reid.

The numbers show that 25 per cent of those surveyed in Haliburton are living in an unaffordable housing situation. Discussions around shared housing came up when looking at possible solutions.

Another considerable challenge is healthy eating. Less than 50 per cent of respondents feel they are consuming an adequate amount of healthy food – all the time.

"Over 50 per cent of our respondents are using food banks in both of our areas. It's a bit higher in Haliburton County, close to 60 per cent."

Over 75 per cent said they would be interested in accessing

a community gardens if one was within a kilometre of their home.

Questions about employment were also included in the survey.

"We did ask people questions about where people are working, where they would like to work, what types of apprenticeships would be most important and viable..." said Reid.

Fifty-five per cent of those in Haliburton County said transportation would help them get employment while the same percentage identified lack of childcare as a barrier to employment.

Many suggestions were received around job training and the need for more industry.

Transportation was also a reoccurring theme in the results. "This [transportation] is a perennial issue in rural areas across Canada," she said.

Reid pointed out that the survey only reflects the voices of participants.

"You can't necessarily extrapolate that to the whole of the community," she said.

The full report will be presented to the municipalities and townships this fall.

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Municipality considers solar energy systems

Offer comes with 21-year income guarantee on new installations

By Mark Arike

The owner of a solar energy company is looking for underutilized properties owned by the municipality of Highlands East on which he can install solar energy systems. In return, the municipality can expect a \$16,000 per year revenue stream on each property for up to 21 years.

"It's \$16,000 per year per site, which is about \$5,300 per acre per year," said Rees, owner of Renewable Environmental Energy Services (REESinc.), at a June 12 council meeting. Rees attended the meeting with Renee Schmidlechner, the company's vice president of sales and marketing.

Rees asked council if the municipality would be interested in leasing out properties that are at least three acres in size for the installation of ground mounted solar energy systems.

"The systems are fairly simple," he said. "There are 2,400 solar panels."

An eight-foot fence is put around the system. A transfer is used to connect the system to the grid.

The systems are 500-kilowatts and cost \$2.5 million.

"It's a significant size, but not too big that we're getting into issues with the Ministry of Environment or Hydro One," he said.

Rees has used banks in Canada and outside the country to finance the solar systems. His aim is to use a Canadian financier for this project so the money stays in Ontario.

"I have a lot of connections with some of the bigger banks," said Rees.

According to his website, Rees has more than 20 years of experience in the utilities industry as a Toronto Hydro employee. He said he started developing solar projects – like the one being proposed to Highlands East – eight months ago.

Rees is on the lookout for commercial and residential properties. He made it clear that not all properties are suitable for such installations.

"It's not a high-pressure sales scenario," he said. "If it's not a good site or [is] too small a property or it's too close to the road and people can see the system, we're not even interested in doing it because we don't want to have these things in front of everybody."

Rees's other request to council was that they pass a resolution stating they support the solar industry.

"That helps us get points," he said, referring to the points system in place under the Ontario Government's Feed-in Tariff program (FIT). According to the Ontario Power Authority, the FIT program is geared toward renewable energy projects that can generate more than 10 kilowatts of electricity. Small projects that generate 10 kilowatts or less fall under the microFIT program.

Ward 3 Councillor Cecil Ryall asked if the municipality would be subject to any fees should they decide to participate.

"Your only expenses would be your legal fees," answered Reed. "Our program is zero out-of-pocket."

Ward 4 Councillor Joan Barton inquired about what would happen to the systems at the end of the 21-year period.

"It's a bit far down the road," said Rees. "We don't exactly know what's going to go on."

The hourly price of energy will likely be a factor, as will the condition of the system.

"If the system hasn't degraded too badly, the financier might elect to sign another contract for another 10 years," he said.

He explained that the lease is set at 21 years less a day because anything longer results in a right of ownership.

Reeve Dave Burton suggested that Rees make a presentation to the environment and green energy committee on July 12.

"They can make a recommendation to council," said Burton. "I'd like them to be brought up-to-date on what's happening."

I know there are other people involved in projects much like this that have been around."

Between now and then, council agreed to produce a list of potential sites for Rees's consideration.


Should the municipality enter a lease with Rees on one or more properties, it will take some time to complete the application process.

"In the best case we're talking six to eight months," he said. "In the worst case, 18 [months]."

In a phone interview, Rees said a system could be installed within a month.

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Highlands news

Diving into lake plan

By Matthew Desrosiers

Mike Thorne, chair of the Gull Lake Plan steering committee, made a formal presentation to Minden Hills council at the Committee of the Whole meeting on June 14 in an effort to gather their support for the lake plan.

"This is our initial contact with council to get your support for the lake plan," Thorne said. "We're undertaking the data collection phase now."

He said the lake plan is a set of actions the community takes to protect as many of the environmental values of the lake as possible.

"In some cases, the process of establishing a lake plan is as important as the product in the end," he said. "It's important we involve all members of the community that have an input to the lake."

The committee has involved all 500 owners on the lake, as well as people on the river. The plan will address forest management, environmental planning and fish management, he said.

"We're also hoping to look at what is the capacity of the lake," said Thorne. "[This] may affect some land use decisions which council may be faced with in the future."

The steering committee has engaged an

environmental consultant to assist with the plan, but not to complete it for them.

"We're all volunteers," said Thorne. "We need some guidance in the things we should do."

They have also consulted the Ministry of Natural Resources (MNR) and U-Links.

Thorne said the group has several requests for council, including encouragement of the plan, permission to talk to planning staff and the environmental manager about gaining access to data from the sewage treatment plant, and if, once the lake plan is approved, it could be attached as an appendix to the official plan.

"Ultimately, that would be our goal," he said.

Reeve Barb Reid said the group has made good progress, and that in the future, the lake plan may become more than just an appendix.

"It is our hope [that] we're going to be elevating lake plans from appendix status to actually incorporated in the official plan," she said. "We need to incorporate the vision and goals of these lake plans, because they are compatible with what we're doing in this municipality."

Reid referred Thorne's requests to staff for written confirmation.

Volunteer event a go for 2012

By Matthew Desrosiers

Minden Hills staff and volunteers will likely receive separate recognition events starting this year, after recommendations from Rick Cox, director of community services, were presented to council at the Committee of the Whole meeting on June 14.

In 2011, staff and volunteers were invited to a Christmas party to recognize their hard work throughout the year. However, due to the growing number of volunteers, it was recommended the event be split in two.

Cox also wrote into his recommendation the volunteer event be pushed 2012, so a "proper" event could be planned in 2013.

"The discussion at the department was not an unwillingness to support the two [events], it was around who is going to be the organizer of the volunteer piece," he said. "There's nobody at this point to stand up to that."

Cox also had concerns regarding budgeting for two events.

Reeve Barb Reid said she was unaware the recommendation excluded the volunteers for 2012.

"I understand the social committee doesn't want to organize it, and that's fine, but I still think we should be doing something for our volunteers," she said. "I'm not supportive of not doing anything."

Reid said the current budget already incorporates money for this event, but they may need to look at what scope it will take this year.

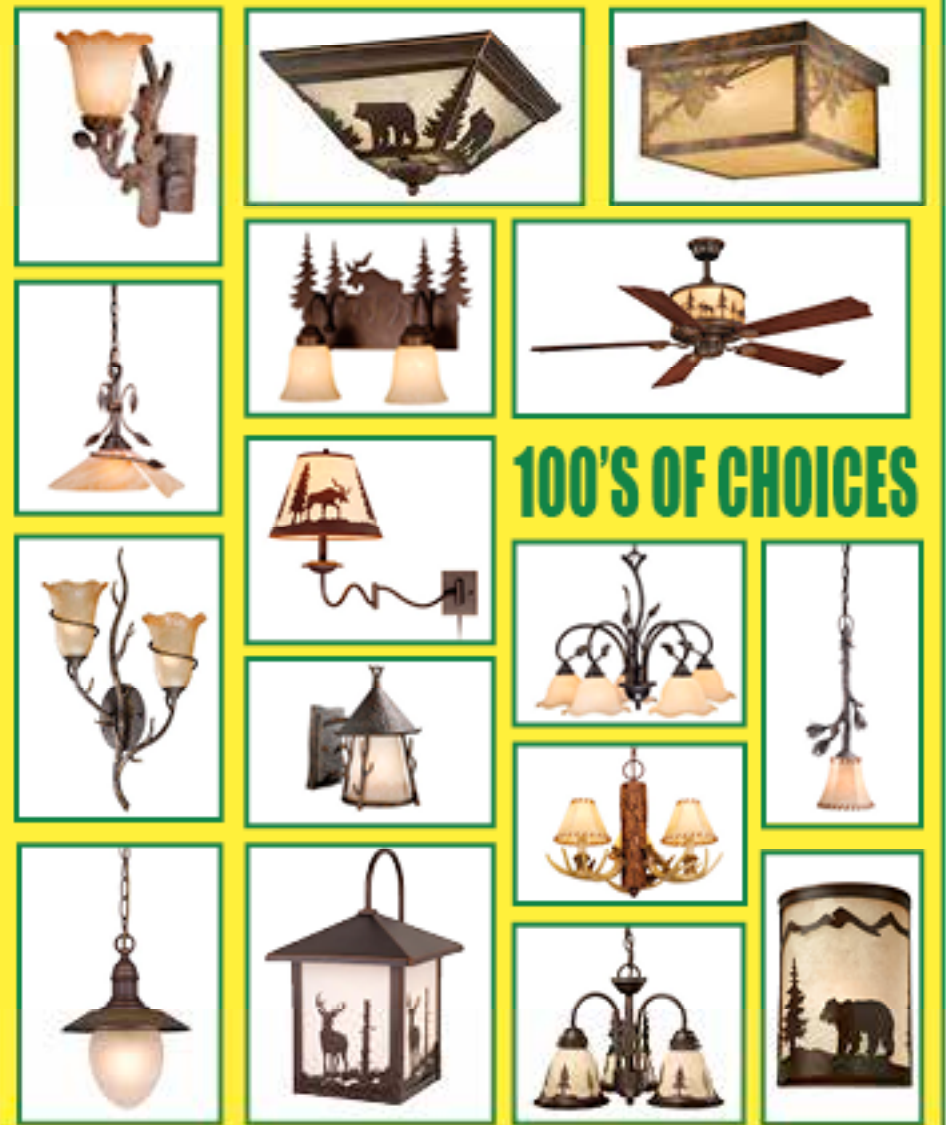
Councillor Cheryl Murdoch said if organization of the event falls down to council, that's fine.

"Small communities do not run without volunteers," she said. "I don't think there's any way we could not do something in 2012."

"I wouldn't even hazard a guess at how many volunteers are involved, so I think this is a very important piece."

Reid requested the issue be referred back to staff for budget implications.

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Editorial opinion

Poverty issue needs real fix



By Matthew Desrosiers

A two-day forum was held in Haliburton this week to discuss poverty in the region. Statistics presented at the forum highlighted what we already know: affordable housing continues to be a major issue, as does proper nutrition and employment. And, one of the major barriers for employment is transportation. Is this news to anyone?

The term 'creative solutions' was tossed around. How can we, as a community, be creative and solve the poverty issues in the Highlands? Creative solutions are well and good, but without specifics, and money, we're chasing our own tail.

Real problems need real solutions.

It's true, the usual fixes just aren't going to work here. Public transportation across the entire County is cost-prohibitive, and with many employers outside of major towns, totally impractical.

Affordable housing is happening, slowly, however the usual model for affordable housing (as found in most cities), doesn't quite fit the Highlands mould. Towns in the County are simply not big enough for scaled-up affordable housing or subdivisions. The infrastructure and the money aren't there. To develop affordable housing in the more remote areas where land is cheaper just leads us right back to the transportation issue.

Despite our unique challenges, we have made some progress. Places for People, for example, is a local not-for-profit that purchases run down properties and renovates them, renting them back to in-need families at an affordable cost. The team at SIRCH has programs where volunteers drive meals around the County

and teach young families how to cook and feed themselves in a healthy and affordable way. And let's not forget the various community gardens scattered through the Highlands.

These types of programs are great because not only do they improve the living conditions of families across the County, they also create an opportunity for those same families to give back in their own way. By adding to the volunteer force and raising the quality of life for people across the Highlands, we will start to see the payoff. These activities are rejuvenating the Highlands.

But we still have a problem.

The people who run *these* initiatives are the same people who run *those* initiatives. What I mean is, I've met the same group of people over and over as I've made my way around the County, covering various groups and events.

And wouldn't you know, the same group of people was found again at the poverty forum this week.

If you want to eliminate poverty in the Highlands, we need the entire County behind it, including politicians, community leaders, educators, business people and those actually experiencing the hardships we work to alleviate. Creativity without clarity, without money, and without action, is meaningless.

Perhaps more involvement from all levels of the community, from the haves to the have-nots, could lead to some real progress for a change.

Powerless



By Bram Lebo

If you were in the Highlands on Tuesday evening, you might have experienced one or more brief but ferocious storms. For me, it happened around 5:30 p.m. and, as is usually the case, the power went out; annoying, especially when Hydro One's automated voice system tells you the power will come back at a certain time, only to tell you an hour after that time has passed that the estimate has moved well into the next day.

In an area where every power line is always just a few feet away from a tree, it's almost inevitable that high winds will cause problems. We should be prepared with supplies of food and water, and a backup generator if possible. We should also exercise more, which is why when there's a power outage many are left, literally, in the dark. We don't always do as we should.

But rather than complain, perhaps it's better to focus on the positive: the availability of frequent updates, even if they are not to our liking; and the dedication of hydro crews who are usually on the scene quickly to fix the problem. Compared to just a few years back, the reliability of the power system is much higher.

It got me thinking about how reliant we are on infrastructure for the health of our community — not just on our electricity supply but also on access to the Internet. Nearly every business needs and uses it, whether home-based or from an office; much of our social lives and contact with distant relatives now depends on it.

In 1996, I was working for a company that wanted to do business with the Swedish telecom giant, Telia. When I asked my contact there where she was located, I was surprised to learn that it was not Stockholm but at her home in Lulea, a town nine-hundred kilometres northwards. It was surprising because her telephone and Internet connections were just as good as ours, and we were in a big urban centre. At that time, many people elsewhere didn't even have Internet connections at home, and those who did were

using dial-up.

Sweden has a population distribution much like Canada's; nearly everyone lives in the south, with many small communities scattered across the northern regions. The difference between us is that the government of Sweden sees its rural communities as equal to the big cities when it comes to investment. That is why a small place in the far north of Sweden got high-speed Internet before many in major cities around the globe, and why people in a small place in the far north of Sweden can work for companies just about anywhere, boosting the local economy and reducing the need to migrate for employment. The Internet, the Swedes understand, powers business and empowers rural communities and their residents.

Fast-forward sixteen years, and a lot of people here in the Highlands are still waiting for high-speed Internet. The delay means many cottagers must limit their visits to two days; they can't add a day or two by working remotely. It creates a barrier to moving here for people with home businesses or those who are semi-retired and therefore is impeding the growth of our local economy.

So while the reliability of our power grid has been greatly improved and our highways are (mostly) in good shape, high-speed Internet — possibly just as important as electricity and roads these days (they do call it the information superhighway after all) — lags in the Highlands. It will be here in the next couple of years. We're told. Charlie Brown, meet football.

Unlike Sweden, Canada's infrastructure investments all too often are decided by the potential for votes or profits. Unfortunately, with only 15 per cent of our riding's population, when it comes to Internet connectivity we Highlanders are virtually powerless.

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PHOTO OF THE WEEK



Photo submitted by Louise Ewing

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Letters to the Editor

Photo of the week



Photo by Valerie Robinson

A seagull takes a break and enjoys the warm Highlands weather.
Submit your photo of the week to matthew@haliburtonhighlander.ca

Post office woes

To the Editor,

Am I the only one annoyed with current postal practices? Last week I was notified (by phone) that my "Firearms Acquisition Licence" had expired because the renewal form had been returned. My wife was also informed that a DVD she had ordered could not be delivered. My tax bill was also returned to Dysart et al (causing much unnecessary cost to the tax payer). A cheque to my mechanic was also returned to me. Rural route numbers are no longer recognized. Baloney.

Turn back the clock forty years. My sister-in-law had sent me a Christmas card. I was living in Wilberforce at a boarding house. I had no mail box. She thought it was Wilberforest. I received the card. The postmaster put the letter in the school's mailbox as I was a teacher at the time. The same year I sent my brother a card. Not knowing his actual street address in Port Hope, I wrote, "In the new subdivision on the hill beside the 401..." He got the card in 3 days.

Is it any wonder we see an expansion of courier service and e-mail use? So much for the old adage "The mail must go through."

While I'm in a complaining mode, I would like to give my opinion about the new phone books. They are useless. The old books had communities alphabetically listed. In each community individuals and companies were together. Recently, I attempted to find the number for a potato farmer in Pontypool. I was unsuccessful. I could have paid Ma Bell \$2.50 for the number but fortunately we still had a 2009 phone book that had listings for Pontypool and even Millbrook, which I will need when I try to reach the 4th line theatre, or Bailieboro if I needed to call my brother's next door neighbour.

My heart yearns for the Good Old Days.

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Where's our money going?

Dear Editor,

Last September *The National* broadcasted that 25 per cent of Canada Pension Plan money was invested in the establishment of a mall in England. Needless to say I e-mailed MP Barry Devolin voicing my objection to such a ridiculous investment considering the unstable economic situation in European countries.

The lack of growth in England and their unstable economic picture only added to my request for an explanation from our conservative federal representative. I received a return e-mail from MP Devolin's office stating he was so busy and thank you for my query. Since that initial e-mail I submitted a follow up response asking why my question has not been

addressed and to-date have not received a reply. There has been no further reporting via *The National* and it appears it has vanished into the abyss.

So, what has evolved pertaining to this 25 per cent of Canadians' money? Why has there not been further media reports, thereby leaving Canadians in the lurch? Why didn't MP Devolin respond to my query? Why so much secrecy? Will this become another Conservative blunder as seen with the jets, ornge, and election overspending which was not declared? Where and who is the leader of the Conservatives – appears he has also fallen into the abyss.

Beverly MacDuff
Gooderham

The Outsider — Fish, farts and folklore

Anyone who reads this column at least sporadically will know that every aspect of rural Canadian life is new to me. However, this idyllic existence is punctuated by two events that have become indelibly marked on my calendar. There's the day we slaughter our chickens and the spring fishing camp. I enjoy both. I'm currently trying to work out which I like best.

Last weekend was not the fateful day for the chickens but it was fishing camp, and, on returning home to my lovely wife, Little Z and a hot shower, I contemplated it. While soaping up and scraping off fish scales with a blunt filleting knife I made mental note of the events required for a successful spring fish with the barber and chums and here's what I believe are the must-haves and milestones of the weekend.

1. Make Chaz angry: This is a relatively simple exercise as Chaz has a fuse the approximate length of a black bear's tail. Short. One derisory comment about the cooking, the drink, the parking of boat trailers, the weather... and there's an explosion of expletives to rival the sound I imagine would come from a bull moose if you kicked him in his privates.
2. Serious discussion of the relative fishing merits of Kennisis and Redstone lakes: And, I should add, the deluge of wisecracks and put-downs that emanate from two country fellows who disagree on which lake is best.

3. Speaking of deluges, rain: It's bound to happen and it's always when you are in the middle of a lake in a boat with no cover. This applies to all boats that leave from camp apart from that owned by the legendary Antoine Salvatori. And, no sooner than the first cloudburst is upon us, the radio crackles into life; it's Antoine, smug as he reminds his fellow anglers of their predicament.
4. Comparison of size and girth: It's the hot topic. Who's got the biggest and what does it measure. Fishermen are like that you see; we just have to know who is the most blessed, with a big fish. What did you think I meant?
5. The fish fry. Freshly caught lake trout, dipped in Joan's homemade batter and deep fried, the taste is difficult to beat. As is the amount that these chaps eat! The MNR puts a limit on fish caught because these greedy sons of... would eat the lake empty if given a chance!
6. Rum and coke: Or beer. Even wine on occasion. An alcoholic beverage or four is required to loosen the jaw muscles and muddle the brain just enough for #7.
7. Telling stories: Yep, and old ones at that. I'm relatively new to camp but I can already lip sync to the barber's rendition of many a hunting tale. This is good because I can pop out for a pee without fear of missing anything. It also means these tales are passed down as folklore. Just imagine the puzzled expressions of future

- generations who hear tales of Bob Misalotski or Sean's suicide deer.
8. Two sets of earplugs are a must in hunt camp sleeping quarters: Being bunked with eight large men who have eaten enough to feed an army and had a drink or two as well is a torture that would have been employed at Guantanamo Bay had the UN not stepped in. The first set of plugs is for your ears, to drown out the deafening snoring. The second set, for your nose... moose stew induced methane is a killer.
9. The race for the john: It's six o'clock in the morning and the coffee is hot. Get a cup, get it drunk and be first to the loo; that's the mission. The reason; the rustic bathroom set up has no extraction fan. If you still don't get my drift please reread #5, 6 and 8!

Many other memorable events happen in the fish camp but these are the ones you can be certain of. And the best thing, they all happen on Friday, so when Saturday and Sunday roll around you get to experience them again!

Tight lines, chaps.



By Will Jones

Highlands news



Photo by Mark Arike

Stanhope museum garden where tomato plants were stolen for the second time in three weeks.

Plants stolen

By Matthew Desrosiers

Staff at the Stanhope Museum are having a hard time keeping their plants.

Literally.

Over the last three weeks, someone has infiltrated the museum's gardens twice, both times making off with plants.

Betty Moffatt, Stanhope Museum chairperson, said it's a sad affair.

"We live in a community where people grow things to give to others who can't afford their own," she said.

Questions were raised at their meeting on June 18 as to why the thief wouldn't just leave the plants, wait, and steal the fruit later on.

Two weeks ago, someone stole both tomato plants and eggplants from the museum, Moffatt said.

"You can tell it wasn't an animal because they chomp the tops off," she said.

The entire plants, including roots, were taken from the ground. The same happened again this past week with the replacement tomato plants. They had been in the ground for three days.

Previous to the original theft, someone helped themselves to some asparagus from the garden as well. Moffatt said they were glad the person knew enough (or was lucky enough) to not cut too much of the asparagus so it would grow back.

The Stanhope Museum's garden is of particular concern as they are preparing it for Heritage Day on July 21. This will be the museum's 10th anniversary, so the staff are trying to make the garden extra special this year.



By Terry Twine

we need a bigger patio, or we want to cut down on maintenance or we would like... well you get the idea.

Third, set a goal. A goal is often unachievable, yet the attempt to reach it is often reward enough in itself. So set a lofty goal (an outdoor living room with fireplace, BBQ and hot tub where we can enjoy the Haliburton experience), and magnetize it to the fridge door for inspiration and then consider the realities of how to attain it.

With your inventories in hand you have completed the first two steps of the design process, and with a goal firmly in mind you can move further along the process and look at ways to achieve your goal, what will get in the way and the all-important art of compromise.

Next time: Landscape Design 101: The journey continues. Have your pencil and paper ready (recycled of course).

Landscape matters

Beginnings

Landscape Tip# 1:

Weekend visitors make great and inexpensive labourers for those upcoming landscape projects.

We all know and welcome the road sign that resides on the side of Highway 35 just above Norland that says Welcome to Haliburton Highlands, "A Natural Work of Art." As we rush up from the south to cottage, to visit friends or to return home, each of us derives special meaning from the word "natural" in that sign, be it a pastoral experience, water-based recreation, renewal of soul or re-acquaintance with friends. I am one of the fortunate ones who is returning home as I rush up 35, yes, a permanent resident of the highlands, albeit only one year removed from the southern regions of our great province. I am a naturalist at heart and have, over the years as a practicing landscape architect, endeavoured to bring nature into my work as a designer.

This landscape design-related column will allow me to share my knowledge and experience with readers to hopefully develop their own landscape experiences. It's about how landscape design can improve, redefine and personalize the quality and function of your outdoor spaces. Be you a cottager,

or resident like myself, you can benefit from the insight and experience that I have acquired over the years. Whether you have a rural, urban or waterfront property, certain design elements are common. In future columns we will look at the key components to successful design and, on the flip side, what can go wrong.

Let's get started

First, all design starts with an inventory of what you already have to work with, be it good or bad. Part of this inventory involves assessing what you keep and what you discard, or better yet, what goes into that yard sale you were planning. There must be someone out there in need of a slightly used garden gnome, circa 1954 – it might even be a weekend guest.

Second, take an inventory of your personal wants – what do you like, what do you dislike (and I don't mean brother-in-law Fred sleeping in the hammock) – which allows you to define some very simple benchmarks for your future projects. For instance:

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Next week: THE DOCKSIDE EDITION

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Highlands news



Photo by Matthew Desrosiers

Matthew McTrash, co-owner and manager of Haliburton Just Wine & Beer, is the winner of four international winemaking medals.

Local winemaker wins international medals

By Matthew Desrosiers

The Highlands have just earned another claim to fame: home of an award-winning winemaker.

Matthew McTrash, co-owner and manager of Haliburton Just Wine & Beer, has won four medals at the 2012 WineMaker international amateur competition in Finger Lakes, New York.

McTrash submitted six wines for consideration. Of those six, four were announced winners on June 4.

"[They] were all made on premises in Haliburton," he said. "This is the first year we sent anything from Haliburton."

Bancroft Just Wine & Beer, of which McTrash is a co-owner, has also won medals in previous years of the competition.

McTrash's six wines competed against 4,312 other entries. Judges tasted wines from across seven countries.

"A lot of work went into each individual process," he said. "We've [spent] years developing how we make wines."

Of the winning wines, McTrash's favourite is the Oregon Pinot Noir.

"It's my go-to wine," he said. "I like the taste. I like the body. I like the sweetness and that little bit of fruitiness."

McTrash said the wines were not created or conceived specifically for competition.

"I just basically make the wine for myself," he said. "When it comes to next spring, I'll take a couple [bottles] out of my cellar and submit them."

All of the winning wines are available for sale at Haliburton

Just Wine & Beer. McTrash said he's already looking forward to the next competition.

"This was our first year, [but it] won't be our last."

Winners:

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Hazelnut Chocolate Port

PINOT NOIR
Oregon Pinot Noir

BLENDS
Grenache Quartet

FRUIT WINES
Niagara Mist Blueberry
Pomegranate

Council to purchase financial software

By Matthew Desrosiers

Minden Hills treasurer Lorrie Blanchard presented recommendations to council at the Committee of the Whole meeting on June 14 to approve the purchase of new financial software at a cost of \$146,000.

She also recommended an additional \$25,000 to start data conversion and the purchase of a building permit module for the software for \$4,000.

Three different software programs were evaluated to determine which would best suit the township's needs.

Each would improve functionality for taxation, receiving, accounts payable and receivable, general ledger, reporting, payroll and budgeting.

"We wanted companies that could deal with issues that we're currently having, as well as

recognize we're a small [township] and have limited resources," said Blanchard. "All three companies were superior to what we have."

Vadim Software was recommended to council because they had superior functionality around payable entry, tax inquiry and reporting, which is one of the main issues the township is experiencing at the moment.

"We felt, not only was it a stronger system, but also a system more people could probably adapt to better," said Blanchard.

The transition of the new software would be phased in over time, as training will have to happen in the fall when the financial department calms down, she said.

Reeve Barb Reid said the project is essential to the township.

"This is an expensive project, but ultimately it is a capacity builder for us."

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by Ian Johnson

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Highlands news

Canoe FM launches over-the-air bingo

By Matthew Desrosiers

Canoe FM's newest fundraiser will have listeners grabbing for their dabbers and yelling bingo at their radio.

Listeners will be able to tune in every Tuesday from 6 p.m. to 7 p.m., beginning July 10, to play bingo over the radio.

"It will be an interesting undertaking," said Roxanne Casey, Canoe FM station manager. "We needed to look at other ways of fundraising, so we thought we'd take a chance to see how it goes."

Valley Heritage Radio, a station out of Renfrew who also runs radio bingo, told Canoe FM the game is a fabulous way of engaging the community and bringing in new listeners, she said.

There were concerns about Haliburton Legion Branch 129's Wednesday night bingo, however Casey said while the people

who attend enjoy socializing and being out amongst friends and family, there must be others who don't like to go out at night.

"There are probably a bunch of people who would like to play bingo from home," she said. "Hopefully, we (Canoe FM and the Legion) can work together and encourage people to take part in bingo fundraising."


Casey said they hope to promote the Legion's games, while in turn hope the Legion is able to promote the radio games as well.

Canoe FM has a single, six-month license to run the bingo. During this license period, 50 per cent of all proceeds go to the radio station, while the other 50 per cent will be split between the Haliburton and Minden food banks. If the station chooses to get a second license at the end of the six-month period, the benefactors will be changed at that time.

Listeners will be able to purchase bingo sheets, each of which contains six cards, for \$6. On Tuesday nights, numbers will be called out over the radio. Each sheet has a serial number that can be double-checked by the station to confirm the bingo when winners call in. The game must be played within one hour to be in compliance with their license, Casey said.

Multiple winners are possible. The winnings will be split amongst them, to a minimum of \$6 each. Each week, the radio station will award \$800 in prize money.

Bingo sheets go on sale beginning July 4 and can be purchased at the following locations: Todd's Independent, Haliburton Foodland, Dollo's Foodland (Minden), Haliburton Jug City, Minden Jug City, Agnew's General Store, Eagle Lake Country Market and West Guilford General Store.




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Photo by Jacquie Jahr

Lorraine McNeill paints a set for one of the upcoming summer festival theatre productions. Shows open on July 1 at 2:30 p.m. For more information visit www.highlandssummerfestival.on.ca or call 705-457-9933.

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Photo by Matthew Desrosiers

From left, Brenda Robinson, Mary McCrae, Jan McCrae, Cathy Lofgreen, Rozanne Hynard and Elly Malcomson pose at the Giant book sale on June 16.

Book sale raises \$1,500 for library

By Matthew Desrosiers

The Friends of the Haliburton County Public Library held their giant book sale on June 16 in partnership with the Rails End Gallery and Arts Centre's Trash 'n' Treasures sale.

"We partner with the library in as many things as possible," said Laurie Jones, Rails End's executive director. "It's nice for them, and nice for us."

Mary McCrae, co-chair for the book sale committee and director for the Friends of the Haliburton County Public Library's executive, said the sale was a big success.

"It's been exciting," she said. "We like to do

this, specially to tie into Trash 'n' Treasures. They draw and we draw, so you get a good-sized crowd."

This year, the book sale featured a number of inexpensive, themed book baskets.

"We sold quite a bit today," said McCrae. "There was a lot of interest."

Patrons of the book sale could spend \$10 on a book bag which they could then fill up with as many books as would fit.

"People loved that idea," she said. "They walked away with bags filled to the top."

The sale raised \$1,500. Proceeds go towards a library wish-list.

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Highlands events



Photos by Mark Arike

Top left: A rider battles the mud as he nears the end of the track. Top right: Minden resident Geoff Bunn shines up the rims on his 2012 Avalanche for the car show. Above: A vintage car show was part of the event.

Ridin' dirty for health services

By Mark Arike

Tough trucks, fresh exhaust and loads of mud made for one jam-packed day of fun at the annual Minden Kinsmen Truck Pull, Show and Shine.

Held on June 16 at the Minden Fairgrounds, the event featured an ATV mud bog with a 120-foot-long track, truck pulls, a truck and antique car show and a Youth Education Awareness Program (YEAP) for young ATV riders.

The Haliburton ATV Association (HATVA) ran this year's mud bog and the YEAP event. Harold Clayton, one of the organization's directors, said the monies from mud bog participants' registration fees would be donated to the Haliburton Highlands Health Services Foundation's x-ray campaign.

The Minden Kinsmen Club will also be making a donation.

As of press time, it is unknown how much the event raised.

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Highlands events



Photos by Matthew Desrosiers

Left: Terry Craig, of Artech Glass-blowing Studios shapes glass for onlookers. Centre: Karen Sloan demonstrates papier maché. Right: shoppers seek hidden treasures.

Trash and Treasures doubles vendor registration from last year

By Matthew Desrosiers

This year's annual Trash 'n' Treasures sale, put on by the Rails End Gallery and Arts Centre, was the biggest in its 15 year history.

The event, held on June 16, brought in 48 vendors, double the number from last year.

"That's a big jump," said Laurie Jones, Rails End's executive director. "It's the biggest one we've ever had. It's great to have."

Jones said there were vendors waiting to set up as early as 5:30 a.m.

"We have a buzz going about [this sale]. I think people are

feeling confident it's a good event."

Several events throughout the day, including a butter tart contest, kept patrons engaged as they walked around the grounds, finding buried treasures.

Artech Glass-blowing Studios, out of Tory Hill, set up a station to demonstrate their artwork. Passersby could draw a picture for the artists, who would then attempt to re-create the drawing in glass.

Papier maché artist Karen Sloan also demonstrated her art form throughout the day for kids and adults alike.

A new attraction for this year's sale was the introduction of a beer tent. While the tent wasn't as busy as Jones would have

liked, she said the concept will probably stick around for next year.

"The patio is a nice spot to have that [beer tent]," she said. "It brings that party feel."

This is the sixth year the Trash 'n' Treasures sale has been held in Head Lake Park. Jones said it used to be on the boardwalk, but the organizers preferred it be closer to the gallery.

"We want people to understand the community public arts gallery runs this," she said. "It's the community's gallery, so that's important. We spend the bulk of the money we bring in from the booths right back out [in the community]."

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Highlands events

Catching a buzz with pollinators

By Mark Arike

At a June 17 workshop, pollination biologist Sue Chan taught a small group how to help protect the wild bee population in Ontario with their garden and a bit of effort.

“If you make some small efforts, you can create big benefits in respect to pollinators,” said Chan during the event held at Abbey Gardens.

Chan explained the differences between wild bees – of which there are over 400 species in Ontario – and colonial bees. The biggest distinction is that wild bees do not sting, whereas the two colonial species – the honey bee and bumblebee – do.

Participants were shown how to make a bees nest using the Phragmites plant. Chan encouraged the group to only use native plants when constructing such a nest (Phragmites is an invasive perennial grass).

Chan led the group around the property as she showed them signs of potential nesting areas. Participants also planted a 60-square-



Photo by Mark Arike

Workshop participants pay attention as Sue Chan, centre, explains how a flower receives pollen.

foot garden using 12 different species of wildflowers.

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Photo by Mark Arike

Owners of the Haliburton Highland Pharmacy and Daisy Mart, left to right: Ketan Dekiwadiya, Kalpesh Patel and Banit Budhiraja.

Pharmacy and Daisy Mart open for business

Fundraiser barbeque on June 30

By Mark Arike

Three friends have joined forces to open two new businesses in downtown Haliburton.

Kalpesh Patel, Banit Budhiraja and Ketan Dekiwadiya are the proud owners and operators of Haliburton Highland Pharmacy and Daisy Mart, both of which are located in the same building at 211 Highland St.

"We are here to provide the next level of service for patients," said Budhiraja when speaking about the pharmacy, which opened on June 6.

Budhiraja and Dekiwadiya have a combined 25 years of experience as pharmacists. Both grew fond of the Highlands while working for other local pharmacies.

"While we were here, we really liked the community," said Budhiraja.

Patel soon met Dekiwadiya and before long all three became acquaintances.

They began leasing the space in March and undertook renovations in May.

"We renovated from the top to bottom," said Budhiraja.

The full-service pharmacy has many products in the store as well as a catalogue of 6,000 items. A delivery service is also in the works.

"We plan to cover the entire area," said Budhiraja.

The new business owners say they are not only placing an emphasis on service, but patient education as well.

"We would like to spend as much time as we can with the patient," said Dekiwadiya, adding they are willing to visit a patient in their home when necessary.

Dekiwadiya's wife is also a pharmacist and will be helping out during peak times.

The Daisy Mart, which is being managed by Patel, can be found in the second half of the space. The store features a variety of convenience items and a slushie machine containing Coke products.

"You can't find these kinds of slushies within a 70 or 80-kilometre radius from here," said Patel. The slushies are carbonated and come in Coke, strawberry passion, orange and Sprite.

Daisy Mart is an affiliate banner program developed by Mac's Convenience Stores Inc. for independent convenience store operators in Ontario.

The owners will host a charity barbeque on June 30 from 11 a.m. to 4 p.m. in support of the Haliburton hospital. Proceeds from the barbeque as well as coffee and slushie sales will be donated.

The Haliburton Highland Pharmacy and Daisy Mart are open seven days a week. For more information call 705-457-9669.

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Highlands business



Photo by Mark Arike

Karen Sloan multi-tasks on the job. Sloan was hired by the Haliburton Highlands Chamber of Commerce to fill the administrative assistant position in the absence of Kendra Kellett.

Meet Karen Sloan

Admin assistant focuses on networking

By Mark Arike

She's the new face (and voice) at the Haliburton Highlands Chamber of Commerce.

If your last visit to the Chamber office was before the middle of April, you may not have known the organization hired a new administrative assistant on a one-year contract.

Her name is Karen Sloan and in the local arts community her work is well-known. An Algonquin Highlands resident, Sloan brings relevant work experience to her newfound position.

"I worked at the Toronto Botanical Garden," said Sloan. "It [the job] had many similar duties."

As the horticultural assistant she was required to look after mailings, maintain member contact, run a retail store and organize workshops.

Since Sloan started at the Chamber, she took on the responsibility of managing the website and all aspects of social media marketing. As an artist, she's found tools such as Twitter and Facebook to be invaluable.

"I've always been computer-orientated," she said. "I was on Twitter and Facebook before they were that popular... I was teaching myself."

Her goal is to engage Chamber members and keep them informed rather than push products or services on them.

"It's about engaging people and sharing tips on businesses, growing your business, how to promote your business, how to use social networking..." she said. "That's where I've been having good success."

Sloan has been working with Chamber manager Rosemarie Jung on workshops that will teach members and non-members how to use social media. These are to take place sometime in the fall.

The administrative assistant position became available when Kendra Kellett went on maternity leave. The Chamber's hiring committee selected Sloan for the position.

"Karen's a real treasure and we're all happy to have her on-board for this one-year contract," said Jung in an e-mail. "Her approach to customer service combined with her entrepreneurial spirit and social media expertise have already been a huge asset to us in building on how we help businesses in the Haliburton Highlands grow and thrive."

Jung said as a business owner, Sloan brings a refreshing "member perspective" to the position.

"I can relate to a lot of what these people require for their businesses," said Sloan.

The Chamber office is located at 195 Highland St. (lower level of the Village Barn). For more information visit www.hhchamber.on.ca.

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ARE YOU FROM MINDEN HILLS?

WHO ARE WE?

We need to clearly identify who we are culturally, so that we can brag about who we are - collectively.

In order to do that, we're asking you to help identify what makes us, Minden Hills, unique.



(FIRST COUNTY COUNCIL 1898)

- What do you value most about Minden Hills?
- What kind of cultural activities define who 'we' are?
- What kinds of activities should we focus on developing?
- What are our top five priorities?

Help craft a Municipal Cultural Plan like no other.
Read the background document on the Minden Hills Website at:
www.mindenhills.ca under 'What's New'.

This is your chance to say your piece, identify our strengths and share a meal.

Date: Wednesday, June 27th, 6:30pm.
Location: S. G. Nesbitt Arena, Minden Hills
Light refreshments will be served.

Please RSVP at: <http://guestti.st/108399>
or call Shannon Prentice @ 705-286-1260 ext. 313

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Highlands food

Food for thought The Great Scape

By Will Jones

Garlic is one of those kitchen must haves for the majority of households today, but garlic scapes... What are they? When are they? What do you do with them?

Garlic scapes are the flowering stalk of garlic plants and they begin to appear in mid June. If left to flower they look lovely but take valuable nutrients away from the growing garlic bulb down below: far better to pinch them off and make something fabulous tasting with them.

If you don't grow garlic, scapes can sometimes be bought in the grocery store but it is much better to get them truly fresh from one of our local growers – checkout farmers' markets for them.

Gail Grainger, of Highland Garlic, is treasurer of the Haliburton County Garlic Growers' Association and an avid garlic grower – she and husband Todd have planted 10,000 plants and 18 different varieties this year! She has all kinds of recipes for scapes including pastes, pesto, hummus, jellies, and pickles. Here are two simple ones that will be a delight to try during our warm summer days.

GARLIC SCAPE PESTO

2 cups of cleaned scapes
4-5 tbsp of extra virgin olive oil
2 cups of basil
¾ cup of parmesan cheese
A good squeeze of lemon
½ cup of toasted nuts, optional (pine nuts are traditional)

Finely chop the scapes and basil in a food processor. Add the oil slowly, blending to form a paste. Add the cheese and give the processor another buzz to combine. Squeeze in the lemon and add the nuts. Stir to mix everything together.

To serve toss a good sized dollop onto freshly cooked pasta. Mix well and enjoy.

The pesto should be kept in a refrigerator and eaten within three days. However, it will freeze well, so if there is some left over pop it in the freezer.

SCAPE AND PEA DIP

3 cups of peas (fresh or frozen)
1 tbsp yellow mustard
2 tbsp extra virgin olive oil
¼ cup lemon juice
1 cup of chopped garlic scapes
¼ cup of sea salt
½ cup of water

Combine all of the ingredients in a food processor and blitz until they are smooth. Bung it in a bowl and serve with fresh, crunchy raw vegetables or as a sandwich spread.

Gail will be demonstrating garlic scape recipes at the Haliburton County Farmers' Market on June 22, as well as at the Garlic Scape Workshop, on June 23 (1-4 p.m.) at the farm of Cheryl and David Bathe – 1425 Francis Road, Gelert.



Photo by Mark Arike

Vendor Kevin Fisher bags some fresh produce for Paul Stone.

Getting off to a fresh start

By Mark Arike

Vendors got in the swing of things at the opening of the fourth annual IncrEdible Haliburton County Farmers' Market on June 15.

Held in Carnarvon beside the restaurant That Place, the event placed the spotlight on the Rhubarb plant. Vendors with Rhubarb for sale had a green balloon at their booth, making it easy to spot them. The market also features seasonal vegetables, berries, locally-raised beef and lamb, preserves, art and more. For the first time this year, a set of questions

were given to vendors to create vendor profiles. Once completed, information about them and their products were posted at their booths. The initiative is part of the market's new marketing campaign, led by Mike Jaycock.

The market will run in Carnarvon every Friday from 1-5 p.m. until Aug. 3. From Sept. 7 to Oct. 5 it will be located at Haliburton's Rotary Beach Park.

For more information about the market email incrediblehcma@gmail.com or call 705-457-0991.

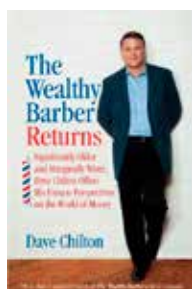
Haliburton County's Hot Reads

The following are the top five fiction and non-fiction titles as requested this week at the Haliburton County Public Library.



HCPL's TOP FIVE FICTION

1. *Fifty Shades of Grey* by E.L. James
2. *Stray Bullets* by Robert Rotenberg
3. *The Hunger Games* by Suzanne Collins
4. *Forgotten* by Catherine McKenzie
5. *Calico Joe* by John Grisham



HCPL's TOP FIVE NON-FICTION

1. *Quiet: The Power of Introverts In A World That Won't Stop Talking* by Susan Cain
2. *Thinking, Fast and Slow* by David Kahneman
3. *The Wealthy Barber Returns* by Dave Chilton
4. *Drop Dead Healthy* by A.J. Jacobs
5. *Under An Afghan Sky* by Melissa Fung

It is always exciting when a new Canadian book becomes popular enough to become one of our top requested titles. In this case, it is *Forgotten* by Catherine McKenzie. This is the story of a promising young lawyer that is stranded in rural Africa for six months after an earthquake strikes while she is on vacation. When she finally returns home to western civilization, she discovers that everyone thought she was dead and life had moved on without

her. It sounds like a depressing premise but in actuality this is a good example of chick-lit. If you are on the library's waitlist for *Forgotten*, try *Chai Tea Sunday* by Heather A Clark or *The Jane Austen Marriage Manual* by Kim Izzo – two other examples of new Canadian chick-lit that are, like *Forgotten*, perfect for laid back summer reading.

Library News

Haliburton County Public Library introduces the Summer Fun program starting July 3. There will be stories, crafts, games, songs and fun for children aged 2 and up. This program runs free throughout the summer on Tuesdays and Thursdays at the Minden Branch (10 to 11 a.m.) and Wednesdays & Fridays at the Dysart Branch (10 to 11 a.m.).



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Highlands arts

Dr. Foth: a man of controversy

Long-time Maclean's columnist goes on the record

By Mark Arike

Allan Fotheringham, or "Dr. Foth" as he's known, is simply a straight shooter with the guts to dig deep and strip away the layers of lies, deceit and grandeur. Has he taken heat for his musings? On many occasions. *Time* magazine once described him as "Canada's most consistently controversial newspaper columnist... a tangier critic of complacency has rarely appeared in a Canadian newspaper."

"I own the world record for libel suits," said Fotheringham in a recent phone interview with *The Highlander*. "I've been sued 26 times and I've won 24 of those."

A columnist for 34 of his 48 years in journalism – with several prestigious accolades to his name – Fotheringham has been known to push the envelope and get under the skin of those he deconstructs. Politicians, royalty and other high-profile figures have come under his analytical crosshairs.

Fotheringham's first threat of a lawsuit came when he wrote a column for his high school newspaper in Chilliwack, British Columbia. Although Fotheringham vaguely remembers the details, his piece criticized an advertising campaign Coca Cola had embarked on, which encouraged young people to drink their product.

"They threatened to send me an official letter to sue me when I was 15," he said.

The editor of the *Chilliwack Progress* saw Fotheringham's work in the school's paper and invited him to write a column called Campus Chaff.

"That's where I started and got a lot of attention – and the teachers were very much beside me," he said.

As a kid, Fotheringham spent his summers at various odd jobs before turning to journalism.

"I earned my money during the summers packing plants. One summer I tried to be a steelworker, but as a five-foot-six

kid I wasn't very strong at that."

The Hearne, Saskatchewan native went on to get his Bachelor of Arts degree from the University of British Columbia (UBC). While there he became the editor of *The Ubysey*.

"It was a take-off on the Odyssey," he explained. "They had people like Eric Nicol, who went on to Toronto and big-time journalism."

One of his first assignments at the university's paper was for "some stupid meeting," he recalled. After the event he went home to write a column that lambasted UBC engineering students.

"It described the engineers, who were the hell raisers of the campus. They were always doing drunken, crazy things. I called them fools and idiots."

The column ended up on the front page of the following day's paper and led to a regular column that ran for three years.

What happened to the engineering students? They found him.

"One day I was in downtown Vancouver and three big thugs jumped out of a car, grabbed me and tied me to Birks clock," said Fotheringham.

His first 'real' job was at the Vancouver Sun, where he earned \$45 per week as a sports reporter. But it was from those humble beginnings that Fotheringham's career took off.

His flair for politics led him to Washington, where he spent five years covering the Reagan and Bush administrations. He was the first columnist to get the back page of Maclean's magazine – a gig he kept for 27 years.

"I got national clout that way," he said as he explained how he "invented Brian Mulroney," the 18th Prime Minister of Canada.

"When Robert Stanfield announced he was quitting, and they were looking for new leadership for the Conservative party, I had listed the current candidates," recalled

Fotheringham. "I said this guy was too dumb, this one too small, this guy couldn't speak French... and I had been following the career of this bright guy [named] Brian Mulroney."

In a column, Fotheringham challenged the Conservatives to pick a candidate who could turn the tide and bring them into power. Mulroney, a bilingual speaking lawyer, was the "perfect answer to their dreams," he said.

"A week later my phone rang at the Vancouver Sun. My secretary said it was Mr. Mulroney on the phone. I didn't even say 'hello.' I asked, 'when did you decide you were going to announce your leadership?' He said, 'the second time I read it in your column.'"

Fotheringham developed a passion for politics, because like sports it pitted rivals against one another in a colourful showdown.

"They hated each other, for unknown reasons or reasons they made up," he said. "Like star athletes, they were always looking for the spotlight."

With visits to 91 countries, Fotheringham's career has allowed him to see the world. And if it weren't for journalism, he doesn't have a clue

where life would have taken him.

"What would I do, starve to death," asked the soon-to-be 80-year-old who continues to write for a number of media outlets. "It's the only thing I can do."

Fotheringham has written nine books, most of which focus on his journey covering politics. His memoirs can be found in his latest release titled *Boy from Nowhere, A Life in Ninety-One Countries*.

To celebrate this release, Fotheringham will attend a book signing at Harmony Farm in Burnt River on July 14 from 1-4 p.m. The event is free to the public.



Submitted

State of the Arts — Pride and Prejudiced

My lawn is a sea of yellow this time of year. Dandelions return more brilliant and multitudinous each time we mow, they seem to find their cutting as a challenge to get more resilient. I like them and don't see them as weeds so until they seed and become balding, screechy versions of themselves, we let them grow. We don't use pesticides because we drink from the ground and regardless of what you believe; pesticides end up in ground water.

Unfortunately dandelions are a kind of metaphor for how being alternative in this world plays out. Most people think they are a sign of someone who doesn't take care of their lawn, but I think that being judgmental about someone else's lawn can become a kind of mild fascism.

Thinking someone else's lawn isn't up to par, or blight on your neighbourhood, or just plain wrong isn't unlike thinking someone else's lifestyle is inappropriate. One could argue that lawns are seen by others while lifestyle choices can be hidden. Really? How does one hide their life partners exactly?

This is a very round about way of talking about homosexuality. Many of my dearest friends in the world are gay, and I am sorry to lump all of you into the category of 'gay' but it's the shortest route I could take to make my point. I could not imagine not having these people in my life, in fact, in many respects they have helped my life become a more joyous place to be. So, of course I was thrilled that President Barack Obama eloquently said that he believes in same sex marriage.

Gay people have long been an enormous economic driver of the arts around the world. They are what hip marketers call

'the pink dollar'; lots of disposable income and openness to the alternative realm that is the arts. Every arts organization on the planet has either a gay person running it, sitting on its board or championing it throughout their community. Frankly, I don't think we would have the civilization we do without the contribution from the gay community.

Ok, so I'm queer friendly. That can't be a surprise. I do think however we have seen the openness to our gay friends in our society also inspire an unfortunate backlash. This can be seen very clearly in the actions of Toronto Mayor Rob Ford, the Republicans south of the border, the Church of England and many misguided people who think that homosexuality somehow threatens the family.

Out of all my friends I have known for decades now, some of the most successful and domesticated couples are my gay friends. I know one couple that has been together faithfully for twenty-five years and attends church every week. How this threatens the status quo and the family is beyond me.

What so many people don't realize is how much time and money the gay community has contributed to our culture. Walk into an art friendly gay person's home and it is stacked with art. These are people who put their money into art, all the time. I know it's a cliché but it is actually true, many, many gay people love the arts and are happy to pay for it.

It isn't a coincidence: writer Christopher Reed and his recent opus *Art and Homosexuality* states that "modern culture conjoined the kinds of individualism represented by the "artist" and the "homosexual" so that these were seen as closely interrelated types: outsiders, sensitive to aesthetics,

who gravitated to cities and shocked conventional sensibilities by acting on their unconventional impulses."

I began my professional art career because of a gay man, Sky Gilbert. Sky ran Buddies in Bad Times Theatre. For a long time it was the only gay theatre company in North America. Sky came to see a performance of mine when I was just fresh out of art school. Over the next several years Sky mentored me, told me I could write, helped me choose projects and encouraged my engagement in politics and the media. His help was invaluable and I honour him every time someone asks how I got into this art thing.

If you take a small stroll through the history of western art you will stumble upon countless episodes of questioning sexual identity. From Socrates to Da Vinci to Warhol, sexuality is but a mercurial marker; it's a part of us and can be defining or not. Art and its geniuses came into being regardless of it, even though there was probably great individual struggle.

Today we can be very proud of a culture that is inclusive of this section of humanity. Although my dandelions aren't the greatest of analogies, and I apologize to those who would rather I used posies or roses; we are beginning to look at them differently, not just a weed but plant that makes great tea, has healing properties and makes a great salad fixing. Let them *continue* to thrive without stigma and injury.



By Victoria Ward

Senior highlanders

Pain in the knees Aging Well

Dear Penny,

I have a bad knee and recently the pain makes walking difficult. Climbing stairs is even worse. I want to put off having a knee replacement as long as possible and my doctor suggests taking Aleve every day but I don't like taking pills. What can I do to make my knee less of a problem?

Creaky Knees

Dear Creaky Knees,

You didn't say what the problem is with your knee, but if you're like many of us as we age, our knees just seem to wear out.

The knee is a complicated joint with cartilage for resilience and bony surfaces that must align perfectly for smooth and painless movement. As we age, the surfaces may become rough as the cartilage wears thin, gets torn or erodes. Then too, as muscles weaken and we lose some muscle bulk, the joint may become slightly unstable or susceptible to injury.

Still, there are several things to try which may decrease the pain in your knee.

Your doctor's suggestion to take Aleve is a good one. It's an over-the-counter anti-inflammatory drug many people find extremely helpful, especially if taken before an activity rather than after.

You'll probably find your knee is less of a problem when you take two Aleve before setting out on a walk or beginning other strenuous exercise.

Ask your doctor to suggest a minimum and maximum dose for you—and take it to prevent inflammation which is often an added source of pain.

Applying cold to a painful knee may also help. A bag of frozen peas works well when you drape it over the affected knee and rest for 20 to 30 minutes.

Some people find the application of heat works better than cold. A heating pad wrapped in a towel, or a hot water bottle over your knee may do the trick for you. Try cold for several days. Then try heat and see which you prefer.

Knee exercises strengthen the muscles around the knee which helps keep the knee

aligned when the joint is faulty.

Straight leg raises are excellent for bad knees. To do them correctly, lie on the floor or bed and roll up a small towel.

Place the towel under your knee. Tighten the muscle in the front of your thigh to make the leg straight, and then lift the leg. Ten repeats twice a day should be enough.

When you are climbing stairs, the trick is to treat the afflicted knee differently for ascending and descending. When you are going up, use your good leg first to move to the upper step. When you are going down, use your "bad" leg first to go to the lower step. Put another way: the good go up; the bad go down.

Being overweight is a serious problem for anyone with bad knees. If you've got some weight to lose, do yourself and your knees a favor and get rid of the extra pounds.

And while I've left it for last, I believe the most important thing you can do to take care of your knees is to wear proper shoes with a soft heel strike. Good running shoes are best. Other shoes with a soft crepe or rubber sole are good too. Whatever you do, do not wear hard soled shoes or expect to suffer for it.

For my readers who want to try these suggestions, I have an important reminder. While there are many good anti-inflammatory drugs, always check with your doctor before trying any new medication, no matter how benign you think it is.

Readers, if you have any other questions—about your mobility, your comfort, or just about getting through your day more safely and easily, I want to hear them. For real-life answers you can use, write to Penny at penny@haliburtonhighlander.ca.

Penny Brown graduated from the University of Toronto's School of Rehabilitation Medicine as a Physical and Occupational Therapist.



By Penny Brown

Jim McMahon: Life after politics

Former Reeve of Minden Hills still keeping busy

By George Farrell

Jim McMahon, the former Reeve of Minden Hills, had a lot on his plate in 2010. It may have contributed to his defeat in the municipal elections that year.

"At the time I was disappointed, but I was mentally and physically drained," said McMahon. "As well as being responsible for the municipality, I was also looking after the farm and the store, so there was no time left for me."

"I'd made up my mind, win or lose the election I was going to sell the store. It's a younger person's ball game."

The store McMahon was referring to was McMahon's Feeds 'n' Needs in Minden. He moved to that location in 1985 after two years operating a store in Moore Falls.

"The business was originally a bait and tackle shop, but later I added feed and horse tack equipment," McMahon said.

In April of this year, the store was sold to Kelly Pearce who has renamed the business the Minden Mercantile and Feed Company Inc. She plans on selling some of the same pet and livestock feed items that McMahon did, as well as some home grown produce.

Selling the store proved no easy matter.

"There was a lot involved," McMahon explained. "Things like informing suppliers, terminating several non-transferable licenses like propane and the livestock medicine act license. I also stayed on for two weeks to help Kelly [Pearce] get adjusted, which was part of the agreement purchase."

"It was 29 years, and not having the store feels like a shock to my system," he said. "I'm going to miss it. You see everything that goes on in town. You wave to the people, and I'll miss my loyal customers. But it's a big load off my mind."

McMahon spent 22 years in municipal politics, including positions as Deputy Reeve of Lutterworth, Reeve of Lutterworth, Deputy Reeve and then Reeve of Minden Hills, where in 2006 he was elected for his last term. When that political door closed with his defeat in 2010, it didn't take long for people to come calling, seeking out his expertise.

"In February of 2011, I got a call from sitting MPP Rick Johnson asking if I'd be interested in an appointment to the Board of Monitors for the Central East Correctional Facility in Lindsay," McMahon said. He completed the application and was accepted.

"The three main functions of the board are to provide advice to the Minister of

Community Safety and Correction Services, to communicate our observations on an ongoing basis to the senior management of the facility, and to provide the Minister and the senior management with a 'community' or citizen perspective on the operation of the facility," he said.

"I can put in as much time as I want to," McMahon continued. "They don't want a pattern and I can show up at any time to observe the operation and speak to the guards, the staff, and to the inmates as well. I devote two or three days a month, plus the monthly board meetings where we discuss issues that we feel need attention. It's a non-paying position, but they pay our expenses, and it keeps my mind active."

In December of 2011, McMahon received another call.

"I received an 'Order in Council' from the Governor General, on behalf of Minister Diane Finley of Human Resources Canada," he said. "It was for the position as Chair for the Board of Referees for Employment Insurance."

"It's a paying position," McMahon said. "It's a big job and they sent me to school for a week in Toronto for my Level One training, and in six months

time I'll be sent for Level Two training."

"If people are turned down by the Employment Insurance (EI) Commission, for whatever reasons, they have the right to appeal. I chair that appeal board."

"There are two of us who chair this entire catchment area which covers Peterborough, Kawartha Lakes, Haliburton and Brock, and we rotate the two or three hearings a month. The hearings take place in Peterborough and last all day. We receive the court dockets one week prior to the hearing date, and it takes two or three hours of reading material for every case. There are usually four or five cases per hearing."

"It's a full-time part-time interesting job that keeps me busy," McMahon said. "It's a three year appointment."

So once again McMahon's plate is filling up.

"Who knows [what the future holds], it's one day at a time, and I'm living each day to its fullest," he said. "I have my health and I'd like to pull out the golf clubs and also do a bit of fishing."

McMahon still has the farm, where he raises and sells miniature horses and donkeys. He is also involved with the 'Time Travellers.' They are a group of friends who frequently get together to discuss and display vintage cars. McMahon owns a '64 Buick Skylark.

As to whether he's truly through with municipal politics, McMahon said he won't rule it out.

"I'm not saying I'd never run again because you never know. But right now, I've got my life back and I'm enjoying it."



Photo by George Farrell

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Highlands technology

Do we really need Windows 8?

As a person who suffered through Windows ME and two years of Windows Vista, I am an absolute fan of Windows 7. My thought was that Microsoft was headed in the right direction. So, when Windows 8 Preview came out I downloaded and installed it that day. Here is my assessment of Windows 8.

Like most Microsoft downloads, downloading Windows 8 Preview was quick for a 4 GB download. I chose to install Windows 8 on a separate empty system, since installing it on Windows 7 overwrites your system and requires you to purchase the product when it is released. Installation was easy, requiring minimal user input.

Windows 8 is built around the “metro” interface, which is what you see on your Windows smart phones. Metro seems to be the major visible «innovation» of Windows 8. It is built around a tablet model with large buttons representing your commonly used programs. It begs for you to buy a touch screen.

I must admit I am somewhat prejudiced, since I love the Windows 7 interface and its innovations. I particularly use the jump lists (set at 20 items) constantly, since I tend to

work on a lot of different documents in a lot of different applications. However, the classic start menu is now gone in Windows 8, so in order to access the jump lists for a particular application, you must pin the application to the task bar. Also right clicking on the Metro buttons gets you nowhere with regard to jump lists.

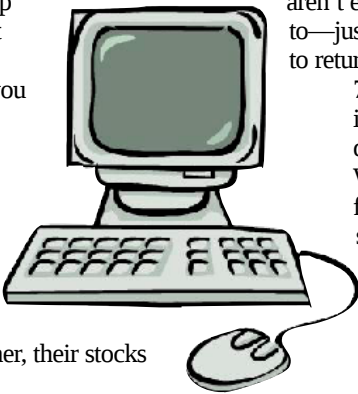
From my perspective, it would seem that Microsoft is now following the lead of Macintosh and the tablet makers, in making something that appeals to the computer novice. For the novice, Windows 8 is a simple interface that allows them to click on a big button to do productive things like check the weather, their stocks or their Facebook page.

Does Microsoft really expect businesses to adopt Windows 8?

As you can probably tell, I hate Windows 8. A lot.

For the average, somewhat proficient user, Windows 8 hides all the things that make Windows 7 so useful. All the

The Computer Guy



functions and settings for Windows 7 are hiding behind Metro. They aren’t extremely difficult to get to—just click the desktop button to return to the familiar Windows 7 interface. My thinking is that if you’re going to do that, then why buy Windows 8? It seems to be designed specifically for tablets, for which it will be a great operating system. However, for those of us who want to use computers to make documents, presentations, spreadsheets and graphic editing, Windows 8 will annoy us to no end. Designing software like this to work with a keyboard and mouse is like designing a fridge and toaster to work together. I am glad my computer is a high end gaming system that should last for years. For me, I will be waiting for Windows 9.

Any comments or questions email me at computerguy@haliburtonhighlander.ca. Happy Safe Computing!



By David Spaxman

Boys develop their writing skills

By Erin Lynch

“I want to be a writer. Do you have any advice for me?” my 10-year-old son, Seamus asked nationally acclaimed children’s writer and literacy activist David Bouchard when he visited Haliburton in April.

Bouchard told him to write. And that is what Seamus has been doing.

Writing is something my family just does. A rare feat in Victorian times, my great grandmother is known to have published at least one book, *The Tales of Curly Kate*. Besides being a commercial artist, my grandfather was a commercial writer. And as many people in the Highlands know my mother, Sharon has written a narrative column for over 25 years. So Seamus’ interest in books and reading is naturally in the genes and something I happily encourage.

As a result of his question to Bouchard, Seamus had the opportunity to participate in the Boys’ Writer’s Conference hosted by Trillium Lakeland District School Board. The conference took place last week in Lindsay at Jack Callaghan Public School. Seamus and Zack Williams, a Grade 6 student from JD Hodgson Elementary in Haliburton were two of a 115 boys from Grade 4 to Grade 8 to participate in the day’s seminar.

In its third year, The Boys’ Writing Conference’s promotes literacy for boys. School librarian and event organizer, Leslie Ogilavie has noticed that boys often think that reading and writing is for girls.

“I want them to know they have a story to tell,” says Ogilavie.

Throughout the day participants enjoyed a series of workshops hosted by male writers and storytellers with a goal to inspire. This year’s facilitators included keynote speaker Bouchard, acclaimed storyteller Jamie Oliverio and writer and illustrator Rick Beaver.

“What is writing about?” Beaver asked a large group of boys as they created a story with symbols in the school yard’s gravel. “It’s about thought, creativity and imagination. The secret ingredient in a story is you.”

At the end of the day boys were encouraged to share their writing. Ogilavie still remembers the first year when a boy approached the microphone announcing he would be reading the tenth chapter of his third novel.

“I like to write stories to get people interested in a topic or give them a different perspective,” says Williams, sharing his story, *The Assassin* to an audience of boys in the school’s gym.

Much of the content shared at the conference focused around fantasy, action, sports, toilet humour and the macabre, all endearing subjects for boys young and old. But the great thing is these young guys are writing and sharing their work.

“I have a new story idea Mom,” Seamus tells me as we ride in the car. “It’s called *Strangers in the Dark*.” He has just finished writing a ghost story entitled, *The Encounter* so I am surprised he has already moved on. Sometimes I wonder if I am living with a young Stephen King or a budding Tim Burton.

Haliburton mixed lob ball standings

TEAMS	W	L
McKecks Blue Line Blue Sox	7	0
Brew Jays	5	2
ODC Stone Sluggers	5	2
Foodland Dandy Lions	4	3
Independent T-Bones	4	3
Loose Mitts	4	2
Village Donuts Brewed Awakenings	1	5
Ronald Sisson Crayon Crew	0	6
Century 21 Land Sharks	0	7

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Highlands environment

The Enviro-Heroes of the Highlands

And this year's winners are...

EDUCATION – Karen Phipps, Grade 4 and 5 teacher

ARTS – The Rails Ends Gallery & Arts Centre

YOUTH – The Archie Stouffer Elementary School Eco Team

STEWARDSHIP – Paul MacInnes

HEALTH – Dave Bathe

BUSINESS – Abbey Gardens



By Mark Arike

Those who appreciate the natural environment and work towards protecting it found themselves receiving recognition at the Haliburton Highlands Land Trust's fifth annual Wild About Nature fundraiser gala.

One-hundred-and-twenty-five people attended the June 16 event at the Haliburton Legion to see who would take home one of the six custom-made awards created by local artist Mary Anne Barkhouse. Enviro-Hero categories included: health, business,

stewardship, education, the arts and youth.

Prior to the hand out of the awards, those in attendance dined on food catered by Rhubarb. The event netted approximately \$8,000 for the not-for-profit Land Trust through silent and loonie auctions, ticket sales, sponsorships, donations and other fundraising initiatives.

The gala also saw the release of the first-ever Wild About Nature magazine – a free publication highlighting the work of the Land Trust as well as past Enviro-Hero nominees and award winners.



Photos by Mark Arike

Above left: Dan Bajorek makes sure he gets in the running for a stained glass piece featuring the Land Trust's logo, held by board member Simon Payn.

Above right: Enviro-Hero award winners, left to right: Karen Phipps with her students (education award), Dave Bathe (health award), Janine Papadopoulos and John Patterson of Abbey North (business award) and Vickie Sisson of the Rails End Gallery & Arts Centre (arts award). Absent: The Archie Stouffer Elementary School Eco Team (youth award) and Paul MacInnes (stewardship award).



OPEN HOUSE DYSART MUNICIPAL CULTURAL PLAN

The Council of the Corporation of the United Townships of Dysart et al invites interested persons to an open house to discuss the Dysart Municipal Cultural Plan. The purpose of the meeting is to provide the public with the opportunity to review the draft Municipal Cultural Plan and speak with the consultant and members of Council.

The Municipal Cultural Plan is an economic development plan, which is focused on arts, culture and heritage. The approved plan will be implemented through the actions of the Municipality and supported and advanced by the actions of our community partners and stakeholders.

Date: Tuesday, July 3, 2012
Time: 4:00 p.m. to 5:30 p.m.
Location: The Council Chambers at the Municipal Office
135 Maple Avenue
Haliburton, Ontario

The meeting will begin with a formal presentation by our consultant at 4:00 pm. This will follow with an informal question, answer and discussion session.

The draft Municipal Cultural Plan will be posted to the Municipal website (www.dysart.ca) following the June 25th Council meeting.

For further information, please contact Patricia Martin, Director of Planning and Development, during regular office hours (8:30 a.m. - 4:30 p.m., Monday to Friday).

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NOTICE OF POSTPONEMENT VILLAGE DEVELOPMENT PLAN

The public meeting scheduled for June 23, 2012 regarding the Village Development Plan has been **postponed** until later in the summer. Please watch for future Notices regarding the public meeting in the local media and www.mindenhillsg.ca.

WWW.HALIBURTONHIGHLANDER.CA



Gull Lake & Gull River

Residents & Stakeholders

Have Your Say on what you Value about Gull Lake and what We as a Community should do to Protect those Values in the Future

Gull Lake – Lake Plan Focus Meeting
Saturday, June 23 10 AM to Noon
Minden Community Centre

Highlanderclassifieds

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THE KITCHEN GUY home improvements, renovations, cottage maintenance, tile/ flooring, kitchen, bath, plumbing - call 705-489-1875 (TFN)

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K9 KLIPPERS & KENNELS - professional grooming & a home away from home, 2153 Harburn Rd, 705-457-3614 (TFN)

CANOE RESTORATIONS & MAINTENANCE - restore that heirloom. Check out Facebook page - Ben

HELP WANTED



Designated Early Childhood Educators

Under the Principal's direction, you will partner with the classroom teacher to plan and implement a full-day early learning program, and provide supervision and age-appropriate programming for groups of students as part of the extended day program. You will also collaborate in designing programs and environments to enhance children's cognitive, physical, social and emotional development.

For a full description of the positions at Archie Stouffer Elementary School (Haliburton Area) and at Bobcaygeon Public School (City of Kawartha Lakes Area), including the qualifications required and application process, please visit the careers section of our website www.tlde.ca. Deadline for applications is 4 p.m., Friday, June 29, 2012.

Larry Hope - Director of Education Karen Round - Trustee Chair

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ANIMAL PROBLEMS WITH YOUR GARBAGE – Check our Canadian made steel garbage containers, Youtube “TyeDee Bin” and watch polar, grizzly & black bears testing them! ALGONQUIN TEAK 705-457-8020 (A30)

GRASS CUTTING - residential and commercial servicing Haliburton Highlands, reasonable rates, fully insured, call Paul Hicks toll free anytime, 1-855-399-1100 - WE SHOW UP! (JN28)

SAW SHARPENING - hand saws, blades, carbides, knives, etc. , quick, even turnaround service,1787 Barry Line, Algonquin Highlands, Garry Cooper, 705-754-3954 (JN30)

EVENTS



GUN SHOW & SALE

Sunday June 24th

8 am ~ 2 pm

Norland Community Centre

We buy, sell & trade old & new guns

(416)454-8177 or (705)341-5486

EVENTS

CANOE FM RADIOTHON, July 6 & 7, support volunteer community radio by calling 705-457-1009 to make your donation, song request or challenge. Bid on 5 amazing auction packages and win one of our 22 hourly prizes. ♪TURN YOUR RADIO ON ♪ (JL5)

FOR RENT

2 BEDROOM HOUSE in Haliburton, walk to stores, washer/dryer/fridge/stove included, car port, no pets, first & last required, \$600/ month plus hydro, 705-489-2198

2 COTTAGES

Maple Lake, 3 bedroom with sandy beach AND Halls Lake, 2 bedroom with sandy beach, summer availability and fall permanent rental, 705-489-2050

2 BEDROOM APARTMENT, Maple Lake area, recently renovated, clean, well maintained building, heat & hydro included, first & last, references, non-smokers, no pets, \$775/month, 416-771-7114 (JN28)

COTTAGE – Maple Lake, 3 bedroom with sandy beach AND Halls Lake, 2 bedroom with sandy beach, summer availability and fall permanent rental, 705-489-2050 (JN28)

5 BEDROOM HOME on Soyers Lake, available immediately, \$1175/month plus utilities, first/last required, no smoking, 705-306-0918 (TFN)

EVENTS

SUMMERFEST –Saturday, June 30, 9 a.m. to noon, a unique combination of bake sale, yard sale, book sale and a display of arts and crafts produced by the members of the association Fort Irwin Resident’s Association, 5821 Haliburton Lake Road, 4 kms north of the Fort Irwin Marina (JN 28)

YARD SALE – Saturday, June 30, 9 a.m. to 3 p.m. NEXT TO NEW items, golf clubs, skis, Christmas decorations, household items, and more, 10536 Hwy 118 between West Guilford & Camarvon (JN28)

ESTATE SALE, apartment contents, corner Harburn Road & Hwy 118 across from Northwood’s, Saturday, June 23, 8 a.m. to 1 p.m. (JN21)

FOR SALE

SNOWBEAR UTILITY TRAILER, 4.5’ x 6’ extends to 9.5’, like new, 1600 lb capacity, 4 yrs old, plated, lights \$500; 2 antique rocking chairs \$125 each; 2 curve top antique trunks \$35 each; exercise elliptical glider, gentle on joints \$125, 705-286-2504 (JN28)

18” ELECTRIC LAWNMOWER, 2 yrs old \$165, 705-286-2429 (JN 21)

FIREWOOD - 60 face cords of dry hardwood, maple & beech, will deliver, due to poor health it all must go, 705-455-9186 (TFN)

MAHOGANY PRE-HUNG DOORS – 3 (30” x 79”), 4 (30” x 78.5”) complete with hardware \$30 each PLUS child’s safety gate \$15 PLUS assortment of garden tools. Can be seen at 1889 Eagle Lake Road (JN21)

MOTORCYCLE - 2001 Yamaha 1150 cc V Star Classic, full windshield, leather bags, pegs & touring seats, 44,690 km, never dropped, mint condition, \$4250, call Terry, 705-286-0832 (JN21)

14’ ALUMINUM CANOE \$250, metal detector \$30, upright vacuum cleaner \$30, 6’ aluminum ladder \$30, new Epsom colour printer \$40, Bell satellite dish & receiver \$40, chrome diving board \$50, 4HP Johnson’s motor \$250, GE electric lawn mower with cord \$30,

FOR SALE

wooden snow shoes \$30, call 705-457-1006 (JN21)

SCREENED TOP SOIL - \$16.95/yard, call 705-286-5076 and ask for Gord (JN28)

2004 POLARIS 600 4X4 with winch and windshield, new chrome megas and tires, yellow, low kms, \$4500, 705-457-1307 (JN21)

2003 BOMBADEER 400 with winch, low kms, \$3500, 705-457-1307 (JN21)

340 ENTICER SNOWMOBILE PARTS, boxes and boxes, hoods, suspensions, clutches, carbs, motor and motor parts, lots of DCI’s and much more, \$600, 705-457-1307 (JN21)

3” GAS WATER PUMP with soft discharge and 6’ solid intake, used once, \$200, 704-457-1307 (JN21)

TRACTOR - Massey Ferguson 255 diesel tractor with Allied loader, new rear tires, chains, manure forks with bucket, \$8000 OBO, 705-741-6097 (JN21)

TRAILER - GOLDEN FALCON - 29 foot, new awning, new electric jack, heavy duty hitch, two new batteries, one slide out, excellent condition, \$9000 OBO, 1-800-954-9998 (JN21)

GENERATOR - portable 50 KW diesel generator on trailer, 6.2 litre Ford engine, 120-240 single phase now, also set up for 208 or 480, \$10,000 OBO, 1-800-954-9998 (JN21)

CHIPPER THREDDER used 3 times - \$400, Troy Built Tiller, 8hp, rear tynes - \$400; HD Log Splitter, 2 cycle,

FOR SALE

18hp - \$1600; mini Rotor Tiller, used twice - \$225; grass seed spreader - \$35, call Bob or Greg, 705-286-2455 (JN21)

NICELY SEASONED fire wood, call 705-754-3034 (A30)

WANTED

CONSIGNMENT ITEMS for AUCTION to be held at Haliburton-Stanhope Airport, Saturday, July 21/12, 11 a.m., rain or shine, everything from vehicles to household items and anything in between welcomed, 705-754-1124 (JN21)

OLD WHEEL HORSE lawn tractor for parts, 705-286-2798 (JN21)

HELP WANTED

SIMPLY GOOD HOUSEKEEPING requires a cleaner for weekends starting July 1st, call Deborah, 705-448-1178, dogpawlodge@gmail.com (JN28)

WORK AT THE COOLEST PLACE IN HALIBURTON – Smokin’ Jakes BBQ Shack is looking for a cook for the summer, students welcome, call Chef Sean, 705-447-3308 (JN28)

SATURDAYS during summer & intermittently at other times – duties include raking beach, arranging dock furniture, sweeping deck, cleaning BBQ, watering flowers to prepare Maple Lake cottage for rental guests, \$11 per hour – must be in Maple Lake area and provide own transportation (walking or biking would be best) – contact Carolyn, carolyndartnell@gmail.com, 647-401-7321 (JN21)

ANNOUNCEMENTS

LINDA READE, MA, RSW opens new business - Life Passages Counseling-June 2012, offering individual/ couples counseling, grief/loss issues, caregiver workshops/ groups, women’s group on Native teachings. Linda has 20 years of experience in health/health care, fees covered by insurance, for information/appointments call Linda, 705-854-1635

ALCOHOL PROBLEMS - call Alcoholics Anonymous - we care, 705-324-9900 (TFN)

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Community events

Tribunal helps make end-of-life decisions

By Mark Arike

When someone is not well enough to make decisions about their own care or has family fighting over whether they live or die, it's often the physicians and other hospital staff who end up in the middle of it all.

Lora Patton, a lawyer with the Consent and Capacity Board (CCB), has heard the details of these cases before and is one of the people responsible for helping to reach a difficult decision when physicians can't.

"When you are talking about admission to a care facility or end-of-life decision-making, everything is a little more difficult," said Patton in a June 8 presentation to hospital staff and community health care partners at the Haliburton Highlands Health Services (HHHS) board room.

"Everything is heightened, emotions are a lot higher."

She explained that estranged family members end up not talking to one another when their loved ones need them at a critical point in time. Conflicts often become more serious when a crucial decision is required.

"All of those things are what health practitioners, evaluators – you guys – have to deal with," she said.

The CCB is an independent provincial tribunal that aims to balance the rights of vulnerable individuals with public safety. They hold hearings throughout the province, most of which are psychiatric-related, said Patton.

According to their website, over 80 per cent of applications to the CCB involve a review of a person's involuntary status in a psychiatric facility under the Mental Health Act, or a review under the Health Care Consent Act of a person's capacity to consent to or refuse treatment.

Patton says the CCB is seeing a rise in the number of cases that deal with end-of-life decision-making and admission to care facilities.

One of the difficult treatment cases Patton recalled involved an unconscious woman who was taken to hospital with two different bleeds and a low hemoglobin count. The suggested treatment, which was a blood transfusion, caused a dispute between family members.

"Her son, who they believed was the substitute decision-maker, felt very strongly that she was a Jehovah's Witness and would be opposed to that blood transfusion," said Patton. "The rest of her family strongly believed that she was not a Jehovah's Witness – that she had left that faith. And they couldn't understand why the doctor wasn't doing anything to save this woman's life."

After hearing the evidence in the 13-hour trial, the board decided to approve the woman's treatment.

"She hadn't been active in the congregation in 10 years, her beliefs had changed," said Patton.

Through the Health Care Consent Act, which according to Patton is fairly new in the province, individuals are able to outline their wishes prior to the deterioration of their health and mental state.

"Everyone is legally presumed capable of making their own choices – and that's a critical point that can't be underestimated," she said.

Age isn't a barrier if the patient is deemed capable of making a decision.

A substitute decision-maker, on the other hand, has to be at least 16. The substitute decision-maker is someone legally entitled to make decisions on behalf of the incapable person.

As long as someone hears it, a prior capable wish can be made in conversational dialogue before the person becomes ill.

"If the substitute decision-maker knows of a wish – and it doesn't have to be written or a power of attorney, it can be a discussion over Thanksgiving when they said 'I never want to be on a feeding tube. I don't want to live my life that way.'"

Throughout the presentation, doctors and healthcare partners asked questions and addressed their concerns about certain parts of the act.

The event was organized by the HHHS Ethic Committee.

June 2012



Like them on Facebook! Haliburton.hIGHLANDS

sponsored by Haliburton
Highlands Tourism

For more event listings, visit
haliburtonholidays.com

TheHighlander Community Calendar

UPCOMING EVENTS & NOTICES

JULY 2-6 – Catch the VIBE,
Haliburton United Church half day
summer camp, ages 4-12, 9-noon
daily, \$5 per week per family, 705-
457-1891

**JULY 6-7 – 4th ANNUAL CANOE
FM RADIOTHON – Turn Your
Radio On!**

THIS WEEK'S EVENTS

Thursday – 21
Giant Yard Sale, Lochlin Community
Centre, 9 a.m.-3 p.m., vendors
wanted – call 705-286-6078

**Bid Euchre, Minden Community
Centre, 1-4 p.m., Bev, 705-286-3085**

Friday – 22
Haliburton County Farmers' Market,
1-5 p.m., intersection of Hwy 118 &
35

**Cribbage, Community Care,
Haliburton, 1 p.m., 705-457-2941**

**Haliburton Highlands Writers'
& Editors' Network AGM, Red
Umbrella Inn, 1075 Red Umbrella
Road, salad luncheon (\$20), speaker
Ava Homa, reserve by contacting
Kay Millard, 705-286-6635,
kathleenmillard61@sympatico.ca**

Saturday – 23
Gull Lake & Gull River Residents

**& Stakeholders Lake Plan Focus
Meeting, Minden Community Centre,
10-12 noon, 705-286-2644**

**Shifting Gears Cycling Festival,
Head Lake Park, 11:30-1:30 p.m.,
call the Health Unit, 705-457-1391
for information**

**Strawberry Supper, Ingoldsby United
Church, 4-7 p.m., craft and bake
tables set up at 9 a.m., everyone
welcome**

**Strawberry Supper, Highland Grove
Community Centre, 4-7 p.m., adults
\$12, children & under \$6
Sunday – 24
Discover Mountain Biking, Sir
Sam's, 1:30-3:30 p.m., to register
email dave@sirsams.com or call 705-
754-2298**

**Group road bike ride, Boatworks, call
store for details, 705-457-3737**

Monday – 25
Monday Morning Walking Group,
OEYC Minden, 10 a.m., 705-286-
1770

**Haliburton County Table Tennis
Club, 6-9 p.m., St. George's Church,
617 Mountain Street, Haliburton,
Mary or Jeff Martin, 705-457-2260**

**Celebrate Recovery, Lakeside
Baptist Church, 7-10 p.m., admin@
lakesidebaptist.ca**

Contract Bridge, Community Care,

Haliburton, 1 p.m., 705-457-2941

Tuesday – 26
Ontario Early Years Centre, First
Ride School Bus Program, Minden
OEYC, 10:30 a.m. – if you have a
child starting school in September,
join us to meet a bus driver, learn the
bus safety rules and take a bus ride
around town, rsvp 705-286-1770

**Wii, Community Care, Haliburton,
9:30 a.m., 705-457-2941**

**Yoga at the library, Howard Roberts
Room, 4-5 p.m., admission by
donation**

**Adult Soccer, HHHS field, 6:30 p.m.,
waiver & rules available at www.
haliburtonsoccer.com,**

**Group bike ride, meet at the York
Street parking lot in Haliburton, call
705-457-3737 for more information**

Wednesday – 27
Weekly bike rides, every Wednesday
Spring to Fall, Boatworks, everyone
welcome

**Minden Hills Who Are We?, SG
Nesbitt Arena, 6:30 p.m., we're
asking you to help identify what
makes Minden Hills unique, we
need to clearly identify who we are
culturally so that we can brag about
who we are – collectively, help craft
a Municipal Cultural Plan like no
other!**

WHAT'S HAPPENING AT YOUR LOCAL LEGION?

**HALIBURTON Branch 129 - 705-
457-2571**
Wednesdays - Bingo 7 p.m.
Last Thursday of month - Ladies
Auxiliary 1 p.m.

**MINDEN Branch 636 - 705-286-
4541, rclbranch636@hotmail.com**
Monday to Friday - Lunch Menu
12-2 p.m.
Mondays (2nd & 4th of each month)

**-Rug Hookers 10 a.m.,
Tuesdays - Bid Euchre 7:30 p.m.
Wednesdays - lunch time meat draw
Thursdays - Euchre, 7:30 p.m.
Fridays - Radio Club 10 a.m.; Fish/
Wings & Chips dinner 5-7 p.m.**

**WILBERFORCE Branch 624 - 705-
448-2221, jandreamweaver@aol.com**
Saturday, June 23 - Harold Floden
Memorial Small Mouth Bass

Tournament
Mondays - Bid Euchre 7 p.m.
Wednesdays - Darts 7:30 p.m.
Fridays - Pool 1:30 p.m.; Jam Session
7 p.m.
Saturdays - Meat Draw 2 p.m.
Sunday - Pancake/Sausage Breakfast
8-11 a.m.

Veterans – if you require assistance completing any DVA forms, contact your local Legion Branch
(membership not required) – we are here to assist you.

E-mail louise@haliburtonhighlander.ca to have your local event advertised.



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