

February 2014 ~ FREE!

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www.connectionnewspaper.com



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Cottage Country

# CONNECTION

Uniting Peterborough County & the Kawartha Lakes

## Art Show by Patrick Fitzgerald

Peterborough artist Patrick Fitzgerald's paintings of rural landscapes and portraits will be featured at the Douro Dummer Public Library Art Gallery from Valentine's Day to March 28, 2014. For your study and enjoyment be sure to drop in to the library to take in this stimulating display. There is an opening reception with the artist from 7 to 8 PM on February 14th. The Library and Gallery are located at 435 4th line, Douro.

Patrick Fitzgerald grew up on a farm in Douro and received his early education at St. Joseph's Elementary School in Douro and Thomas A. Stewart Secondary School in Peterborough. In 1988 he graduated from the Ontario College of Art and Design in Toronto, and has also studied with American artists Steven Assael at the Gage Academy of Fine Art in Seattle, and Max Ginsberg at the Art Students' League in New York City. Patrick's work has been



shown at the Art Gallery of Peterborough, Trent University - Champlain College, Peer Christensen Gallery, Peterborough, Red Sable Gallery, Toronto and in the Kawartha Autumn Studio Tour.

Patrick explains, "My paintings focus on abstract compositions in realistic contexts. I'm drawn to an earth-toned

palette, paint from life, and an equally influenced by my naturalistic rural upbringing, and more modern urban experiences." He prefers to paint from life "in an endeavor to capture the essence of a subject's beauty through its innate imperfections".

Submitted by the Douro Dummer Library

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# GARDENING TIPS: Planning for Spring

During the doldrums of winter, the folks at your friendly local garden centre do some research and present to you some of the best new garden ideas for 2014. With the information in hand, you can plot, plan and dream about your own plans for Spring.

**TREES:** So many limbs and full trees have been lost this past year in storms and this

reinforces the message that we should all plant trees and/or care for our



existing trees for ourselves and for future generations.

**BEEES:** Gardeners need to be conscious of planting for a continuous supply of nectar and pollen in our gardens. Your local garden centre will have native plant options for you that will provide nectar throughout the seasons.

**SUSTAINABLE GARDENING:**

Gardeners, especially the younger generation, are interested in reducing the amounts of inputs they put in the garden, from fertilizers to chemicals and more. The healthier soil and plants will further benefit from the sustainable practices of composting and collecting rainwater.

**GROWING AT HOME:** Veggie and herb gardening continues to be on the rise with the desire to know the origin of your food

and to make your dollar stretch, but added to this trend are growing super-foods (like quinoa) and fruit to use in drinks (grapes for wine, hops for beer, blueberries and raspberries for smoothies).

**MINIATURE GARDENS:** Small plants, small furniture, pebbles and moss all collide to create whimsical gardens that will attract and house fairy friends.

**SUCCULENTS / AIRPLANTS:**

Water conservation and time conservation are popular with busy gardeners. Overflowing pots of sexy, plump succulents are spot-on trendy and now air plants are adding to the mix to pop onto decorative and funky sticks gracing elegant container gardens, indoors or out.

**PLANTS OF THE YEAR:** One way to keep on trend is to add must-have plants. This

year the Perennial Plant Association has chosen Panicum virgatum "Northwind", a tall, native switchgrass, as the must-have plant for 2014. It is a graceful, zone 4 grass that turns golden yellow in the fall. The Hosta of the Year is "Abiqua Drinking Gourd".

**COLOUR OF THE YEAR:** Radiant Orchid is described as a "captivating harmony of fuschia, purple and pink undertones". Luckily there are many wonderful mauve-y blooms that will add a splash of this colour to your gardens or containers, keeping you spot-on trend this year: annual verbena, geraniums, petunias, new guinea impatiens, perennial geraniums, ligularia and the foliage of some heuchera.

Submitted by Griffins Greenhouses  
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## Pulling-For-Patients Challenge

Saturday, June 21  
Peterborough Airport  
705.740.2645

Canada Registered Peterborough Canadian Charity

Volunteers Needed



# Working Toward Being There When You Need Us

Often when someone is ill and in need of care away from their community, family and friends rally around them offering physical, financial and emotional support. This is not true in so many cases; a high percentage of people are unable to glean this kind of support in their time of desperation, even in our own communities. Not everyone lives near a healthcare facility that provides the life-saving treatment for their illness; not everyone has a strong support group of family and/or friends to help them through "the worst time of their lives."

For those in need of medical care away from home, the task is daunting. Not everyone has the financial resources or community connections to guide them through an often complex process of travelling to where they need to go, to get the help they need and being cared for medically in the process.

Statistically, less than 1 % of these stories of hardship, suffering and difficulties appear in public newscasts.

"If communities only knew of the hardships of these people, often they would receive an outpouring of support as you'll find that people actually do really want to help. For every one person that we know of needing support, there are ninety-nine more families you have never heard of that are also in need of our support" says Gail Courneyea of Global Angel Charitable Organization, a local Peterborough registered charity.

Whether for medical transportation to access care away from home or a patient wanting to be with family one last time, Global Angel works toward the goal of being there when you need them.

On June 21st a Plane Pull Challenge event

will be held at the Peterborough Airport.

Teams of 10 will compete to pull a plane the farthest for Global Angel Charitable Organization and the money raised will go to help those in need of medical transportation services provided by the organization.

It is our hope that many in our region will feel compelled to get a team of ten together and join us and pull a plane to help others. Together we can do so much" said Courneyea.

Team Sponsorships are \$1,000 for a team of ten people and the money goes to the charity.

Interested participants and volunteers can complete the necessary forms on their website at www.globalangelcharity.com

Here is a link for the event:  
www.globalangelcharity.com/events

Submitted by Global Angel Charitable Organization

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# Renting Part of Your Principal Residence



the expenses using square metres or the number of rooms you are renting in the building, as long as the split is reasonable.

Unfortunately, CRA's usual position on this area is that you have changed the use of that part of your home from personal-use to rental property. In order to avoid having to pay capital gains tax when you sell, for part of the profit you earned in the sale, you must ensure that:

- the part of the home used for rental purposes is small in relation to the size of the whole property,
- you do not make any structural changes to the property to make it more suitable for rental purposes, and
- you do not claim any capital cost allowance (depreciation) on the part you are using for rental purposes.

Most of us own one house at a time and the fact that we can sell our home without any tax on sale profits is an assumption we are not even conscious of making. A gain on the value of our home is one of the few ways we can profit financially without paying income tax on those profits. This, naturally, results in some creative arrangements by people trying to take advantage of that rule and extra rules by Canada Revenue Agency (CRA) to avoid just that.

One of the ways you can make home ownership more affordable is by renting out part of your home. You must declare the rental income as taxable, but you can claim the amount of your expenses that relate to the rented part of the building. You have to divide expenses like heat, hydro, property tax and mortgage interest that relate to the whole property between your personal part and the rented part. You can split

While CRA does not define the meaning of "small in relation to" it seems logical that if you lived in one bedroom and rented out the rest of the house you have turned your home into an investment property. Accordingly, if you do keep most of the house for your family's personal use and only rent out a small part of the house you will have a good argument that capital gains tax should not be payable when you sell.

Gwyneth James MBA CGA is a partner at Cody & James CGAs which has been providing accounting services for over 20 years to individuals and small businesses throughout Peterborough City and County. (705) 876-6011.

# GOING GREEN on a Whole New Level

Advanced Technology gives this company a Global advantage in Healthcare as a "green" business. On February 4, 2014, a member of Green Business Peterborough, Angels of Flight Canada had the opportunity to display and discuss their green initiatives with the business community at Trent University. Over the past few years, new technology was incorporated into the health care business such as HIPPA compliant electronic medical records. This not only protects client's medical data, but allows case managers to review sensitive health information and share the data with staff that do not share the same office or even the same country. E-training for their employees with the addition of an online learning management system further reduced paper and printing costs by as much as eighty percent along with improved employee job satisfaction and productivity, states Vickie Coulson, Manager. Streaming

incoming faxes directly to a computer and forwarding them to appropriate personal rather than printing reduced waste and improved efficiency in communication. The addition of many sustainable practices at Angels of Flight have resulted in long term cost savings, improved efficiency of operations and given the company a competitive edge in the Global Market. The next time, someone asks for a business card, Gail Courneyea, CEO can provide a green alternative. An App for your smart phone is available giving their clients the advantage of having the contact information and key data accessible anytime and anywhere they travel with their smart phone. Going Green is good for their customers and good for the company's bottom line.

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FROM THE EDITOR

# Welcome to the New Connection

## Uniting Peterborough County & The Kawartha Lakes

You have probably seen this newspaper before. It has been published in the areas of Lakefield and Bridgenorth for 20 years and distributed by mail to locations to the north and the east by Canada Post. The Connection has been a reliable source of community information and interesting reading and will continue to be that.

A new enthusiastic ownership and management group has taken over and we are now the Cottage Country Connection. Our focus is to serve country people and cottagers in Peterborough and the Kawartha Lakes areas. We are going to be all the Connection was before and MORE. With our new look comes not only the new name but also higher quality graphics and design printed on better paper for a crisp, cleaner look. We are also improving the quality of the content with our devotion to proper spelling and grammar and a higher standard for writing. Visually we hope our images and photos are of interest and are attractive to

you. Our distribution is expanded so this may be your first view of the Connection and we hope that you, along with our long time readers enjoy what you see and look forward to seeing it again.

Some people think the days of the printed newspaper are over. Certainly newspapers are on the decline as people seek immediate news and information from the Internet. We are aware of the role of the Internet and have integrated our printed newspaper with it. Our website or blog as some call it is an immediate and standing source of information which we constantly update and it is integrated with our newspaper. Visit [www.connectionnewspaper.com](http://www.connectionnewspaper.com) regularly. We also use a wide range of social media accounts to spread the word but it all comes back to this newspaper. Many people want a permanent record of events and enjoy holding a newspaper or magazine in their hands. Many people, particularly in the rural areas we serve, do not have, or do not use the Internet and

rely on printed newspapers. Our goal is to unite the rural and urban people who have one major thing in common, which is a love for the Peterborough and Kawartha Lakes areas.

I, Murray Miskin, the new Cottage Country Connection Editor and Publisher, was born and grew up in Toronto. I came to Peterborough in 1973 when I was 18 to be a student at the new and innovative Trent University. Trent brought me to nature and to the Peterborough community, which became part of me. As a student, I often rode my bicycle up the river road to Lakefield for ice cream at Hamblin's and on to Pine Grove to pick up a large block of old white cheddar and some curds to bring back to fellow students who shared the pleasure of such high quality cheese. I camped at Warsaw Caves and enjoyed hiking and exploring all that the area had to offer. I went back to Toronto to become a lawyer and then gravitated east to the Durham Region and then back to the Peterborough area. In 1987 I became a cottager in the area with a small water access only primitive cottage which at first did not have electricity. The desire for running water and easier access brought my family to Stoney Lake in 2004. I met a number of fine people who were year round residents and over time became one of them. With my move to the east side of Stoney Lake in 2004 I became a

regular reader of a high quality monthly publication called the Connection, then under new ownership. We have come full circle and the Connection is renewed again. We hope you find our publication refreshing and helpful in your every day life.

There are many sources of instant news and we know our printed newspaper is not one of them. The Cottage Country Connection will deal with some issues like the environment, which is so important in our lives here. We will not be a place of political debate and controversy. We will tell you where and how to vote but not who should get your vote. I have strong opinions and you may see them elsewhere, but not in this newspaper. Our goal is to inform not to argue or change people's political views. Our goal is to have a newspaper you can sit back and enjoy reading with good news, ideas on things to do locally, and to an extent be literary and artistic. We hope to bring our readers pleasure and relaxation. Life is fast enough and hectic enough without us adding to it.

We invite you to be part of the New Connection. We welcome letters to the Editor, short stories, poems, drawings and photos. We will print some at our discretion and some will find a place at our website. We are the Cottage Country Connection and we really want to connect with you.

Murray H. Miskin, Editor

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Whether you are looking for your first vehicle or your last, finding the right one is important to all of us.

Purchasing a pre-owned vehicle can be a daunting experience. As prospective buyers we want to know if the vehicle has ever been in an accident.

**Other questions are:**

Has it ever been repainted? Does it have a Valid Safety Standards Inspection Certificate? If it does not, will it pass a Safety Standards Inspection? Has the vehicle passed the Emissions Test? Be aware that licensed Dealers must disclose the history related to the car and accidents and anything over \$3,000 will be made known to you. Is a "Car Proof" or equivalent history available? What is the service history if there is any available? What maintenance has the dealer done to prepare the vehicle for sale? What can I

expect to spend on maintenance in the next year? Will the car have an oil change before I pick it up? Do I need snow tires? Does the vehicle have any remaining factory warranty? When was the warranty on the vehicle started? How much is left and what does it cover?

When shopping at a new or used car dealership you may want to ask if they offer additional warranty that you can purchase and if they offer financing. What is the monthly payment, interest charge and term they can offer you? Rust proofing is often a major concern and some dealers will be able to offer this service to you as well.

Knowing your budget is key. What can you afford to pay monthly or on a cash basis? What will my insurance cost? Making the call to your Insurance Agent before you commit to buy is a wise move,

particularly if you are a young driver.

All are good questions to ask and armed with your list of questions, you will be well on your way to get on the road in a vehicle that will be the right one for you!

Submitted by Brian Norman, President Peterborough KIA, 238 Lansdowne St East at Ashburnham 705-741-1188 www.peterboroughkia.ca

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# News From The Station

From all of us at the Smith-Ennismore Community Policing (SECP) office, we hope that you have been managing this winter season! Mother Nature is definitely testing us with the amount of snow, extreme weather temperatures and very unsafe driving conditions that we have been getting during this winter season!

**GET WELL:** First and foremost we would like to wish our OPP Advisor Sgt Gerry SMITH a healthy recovery. Sgt Smith is currently taking some time to recover from surgery; and the SECP team is wishing him a speedy recovery and looking forward to having him back! From all of the SECP team, WE MISS YOU SGT SMITH! GET WELL SOON!

**RECENT ACTIVITIES**

**Jan 13th - Car Seat Clinic:** Thank-you to our volunteers, car seat instructors and educators (the new term for technicians) for their assistance at this recent clinic. It is important to recognize the hard work and dedication that is put forth by each of our certified instructors and educators. Without their commitment we would not be able to offer this program to our community members and for that, we thank them! We would also like to applaud the community members that wanted to ensure their children are safe as passengers, and attended the clinic to get their car seats inspected and/or installed. It's always a good idea to have one of our educators inspect your car seat and educate you on how to properly install your seat. Please remember, you don't have to wait for a clinic to have your questions answered. You can always log on to our website at www.secp.ca and fill out a request form for a certified car seat educator to contact you. The next scheduled car seat clinic is Monday March 10, 2014 - 3:30p to 6p - location to be announced.

**Feb 2nd - 34th Annual BEL Rotary Polar Plunge:** We would like to take the time to applaud and thank our VERY BRAVE JUMPERS who braved the "icy" waters of Chemong Lake and took the plunge! Thank-you to everyone who came out and supported this event. This is an amazing cause; and for the plungers, an experience of a life time! 60% of the money raised by SECP goes to our SECP Community Project Fund; and 40% raised goes to the BEL Rotary Club to help fund their community projects. A "WIN-WIN" community event! Well done BEL Rotary - THANK-YOU!

**ROAD SAFETY**

**A) SAFE WINTER DRIVING**  
Have You Heard?: Smith-Ennismore Police Services Board, Smith-Ennismore Community Policing and Peterborough County OPP have partnered together to deliver important Safe Winter Driving radio messages, especially applicable to this winter's weather and driving conditions! Be sure to take time and listen to the 6 informative safety messages! Special thanks to Bell Media and Corus Entertainment.

**Important OPP Message:**

OPP Commissioner Chris Lewis issued a very important media release on Jan. 30, 2014 stressing the importance of safe winter driving during this harsh winter season: Drivers must adjust their driving to the weather and driving conditions. You have to SLOW RIGHT DOWN in order to maintain control of your vehicle and avoid a collision! It's also very important to be highly visible in daylight hours when visibility is poor - drive with the full set of headlights on - daytime running lights only is not enough! Vehicles can be totally invisible to drivers approaching from behind when the snow is blowing or during a heavy snowfall.

**B) HELP KEEP OUR ROADWAYS SAFE!**

**CALL 911 IMMEDIATELY!** Every day individuals continue to make the wrong decision and drive after consuming alcohol! Even though the consequences can be fatal and the penalties severe, people still continue to drive on our roadways while impaired! Distracted driving continues to have fatal consequences; and similar to impaired, there are those that are continuing to ignore the seriousness and safety warnings about distracted driving! We need the community to help get these drivers off our roadways! CALL 911 IMMEDIATELY if you are witnessing a possible impaired / distracted driver or a driver demonstrating dangerous driving that could be putting yourself and others on the roadway in immediate danger!

**www.roadwatch.ca:** ROAD WATCH is in effect 365 days of the year. ROAD WATCH allows the public to confidentially report bad driving habits and non-emergency aggressive driving behaviour. Capture the licence plate # and report! Concerned citizens can fill out a form and deposit them in the new DROP BOX located OUTSIDE our Bridgenorth office at 826 Ward St.. You may now drop off a completed form on any day, at any time!

We encourage everyone to use the ROAD WATCH website option to report unsafe drivers with bad driving habits. Website is easy to remember: www.roadwatch.ca. IMPORTANT NOTE: ROAD WATCH is NOT to be used for reporting 911 Immediate Danger driving situations!

**SECP WEBSITE:** We have updated our website! Log on to www.secp.ca for more information on upcoming events such as Car Seat Clinics, "Lock it or Lose it" Blitz and much more.

**WANT TO VOLUNTEER?:** If you are interested in joining the SECP team, please contact our chairperson Anita HAYES, at 705-292-7283 or ahayes1@sympatico.ca. Join a volunteer team that cares about keeping our community safe!

**GET THERE IN A SUBARU THIS WINTER, EVEN WHEN OTHERS CAN'T.**

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# Fitness Resolution 2014

## Community Care Can Help



Other services include Frozen Meals on Wheels. The convenient \$4.50 entrees provide 1/2 of the daily dietary nutrients, are low in sodium and suitable for special diets. Hot meals on Wheels are offered to those in Lakefield and area on Tuesdays and Thursdays. Each hot entrée is delivered to the home, ready to eat, with a soup or salad, rice and dessert for only \$6.50, perfect for those wanting some help with meal preparation.

If improving fitness is on your resolution list for 2014, Community Care can help. For those wanting an hour long class, try the sessions held on Mondays and Fridays, September through June, at the Lakefield Intermediate School. Classes begin at 9:15 am and are open to all levels. You are also welcome to attend a half hour seated class beginning at 3:30 pm on Tuesdays and Thursdays at 40 Rabbit Street. Both are free of charge, register by calling 705-652-8655. Fitness is just one of a wide variety of home support services that provide seniors 60+ and adults with physical challenges the power to enjoy their independence in their home and community.

All services are provided by a team of trained volunteers. If you have some time to volunteer or would like to learn more, contact your local office in Apsley 705-656-4589 Chemung 705-292-8708, Harvey 705-657-2171 or Lakefield 705-652-8655 today. Our website [www.commcareptbo.org](http://www.commcareptbo.org) will provide more information and offices throughout the City and County of Peterborough, as well. Community Care can be found on twitter and facebook page.

Submitted by Lorri Rork  
[www.commcareptbo.org](http://www.commcareptbo.org)



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### Races for 2014

- 10 Km Run **NEW!**
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- 5 Km Team Challenge
- 1 Km Individual or Family Fun Event

Register at [www.runningroom.com](http://www.runningroom.com) or at the Running Room or any Community Care Peterborough City or County office

This event would not be possible without the generous support of our sponsors:



Applewood Retirement Residence, Brian Mulligan - State Farm, Carlson Wagonlit Travel, Castle Communications Inc., Deck Transport Ltd., FCI Windows, McKenzie Denture Clinic, Renegade Apparel, The Village Inn, Trent Security Systems

Proceeds help support & sustain essential services offered by Community Care in the City & County of Peterborough



# Silk Tie Quilt Raffle

\$5 Ticket to win this Double Size Quilt:

Drawn March 3, 2014 at the  
Community Care Diner's Club Lakefield United Church

Proceeds support the provision of home support services for seniors & adults with physical challenges.

Call 705-652-8655 for tickets. License #M672138



### Taoist Tai Chi Classes

**Benefits include:** improved circulation, balance and posture; increased strength and flexibility; reduced stress and improved sense of well-being.

**OPEN HOUSE** Wednesday, February 19th, 10:00 a.m. - 12:00 noon.  
Ennismore Library, 551 Ennis Road, Lower Level.

Regular classes every Wednesday, 10:00 until 12:00  
For more details call Deb - 705 292-1075

# Health & Wellness

## Love your Heart with Healthy Love



February is a month filled with plenty of candy hearts and images of cartoon hearts. Instead of these things reminding us to celebrate Valentine's Day with loved ones, let it be a reminder to love our own hearts with healthy heart diets and lifestyles.

Heart disease is becoming increasingly more prevalent in adults and is currently the number one cause of death for Canadian women. Heart disease describes many conditions, the most common being coronary artery disease (CAD), angina, and heart attack, but can also include congenital heart disease, arrhythmias, atherosclerosis and valve disorders. There are factors that may put you at risk for heart disease that you cannot control such as age, sex, ethnic background and genetics, so why not control the lifestyle and dietary factors you can influence!

Prevention is the best medicine for heart disease (and many other health issues) and is one of the main areas of focus in a naturopathic medical treatment plan.

Physical activity is recommended at least 20 minutes a day in the form of moderate to vigorous activity, whether it is walking the dog, running, biking, swimming, or sports.

This will reduce your risk of heart disease but may also improve your sleep, digestion and reduce your stress levels.

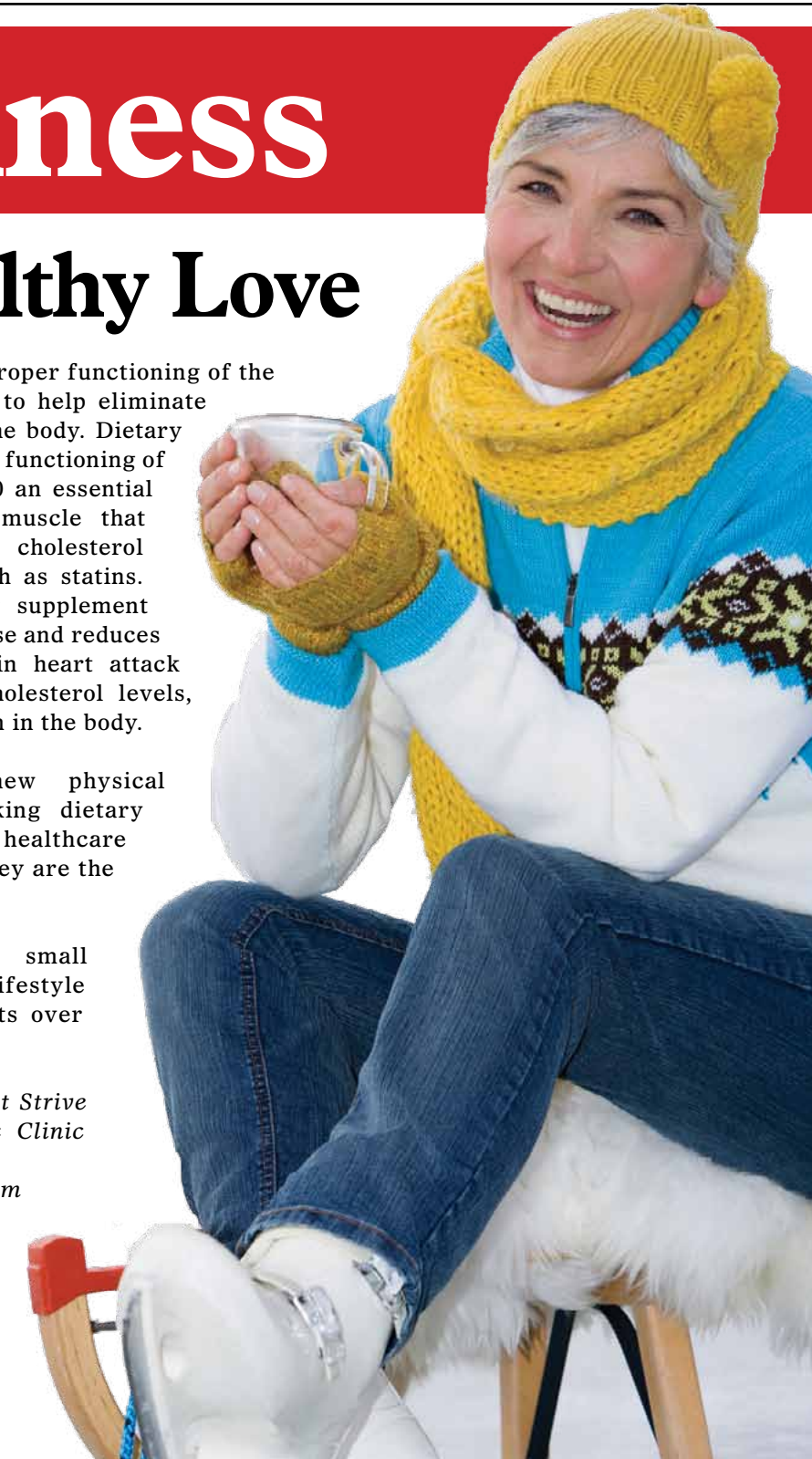
Eating a whole foods diet (low in processed foods) full of vegetables, fruits, whole grains, beans, legumes, eggs and lean meats will decrease your dietary sodium intake which may improve blood pressure, increase levels of vitamin and

minerals important for proper functioning of the heart and provide fiber to help eliminate extra cholesterol from the body. Dietary supplements can improve functioning of the heart, such as CoQ10 an essential enzyme for the heart muscle that is reduced when taking cholesterol lowering medication such as statins. Fish oil is an excellent supplement that prevents heart disease and reduces cardiac related events in heart attack survivors, normalizes cholesterol levels, and reduces inflammation in the body.

Before starting a new physical exercise regime or taking dietary supplements, consult a healthcare provider to make sure they are the right choices for you!

Remember, making small changes to your daily lifestyle equal huge improvements over a lifetime.

Dr. Anderson practices at Strive for Health Naturopathic Clinic located in Peterborough  
[www.lauraandersonnd.com](http://www.lauraandersonnd.com)  
705-931-8544.



# New Year, New Programs

Applewood Retirement Residence

Starting out the new year we began offering our residents more "early evening program" options. We gather in our front lobby to have games nights and many other activities. We have also joined with our neighborhood school, and Applewood's "Woolie Womens Knitting Group" started a new project knitting mitts for the children. We look forward to contributing to our community and yours throughout the coming year. On Wednesday January 22nd we opened our doors to a Snowfest event and had "A Rose Between 2 Thorns" entertain us. A visit from Snofest Pete and refreshments were part of a fun filled free afternoon.

Join us in February for our Heart and Stroke fundraiser on Tuesday February 25th at 2 p.m. Call for details! Come in out of the cold and join Applewood for warm, friendly programs, sure to pass away the winter blues!

Submitted by Betty Smith  
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Oscar ~ 3 years (left)  
Fisher ~ 9 years (right)



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www.lakefieldanimalwelfare.org

## Sleeping on the Bed



new arrival. Pepper, to say it mildly was highly agitated. I decided to sneak off to our bedroom for a moment of silence. As I entered the bedroom I was greeted by a large bowel movement situated in the middle of our bed! It was then I realized we had our hands full with this new dog - an eight-month old black terrier cross. I then suggested to Christi that we retire to bed as a tactic to stop this new arrival from her nonstop barking. Teddy bear, our Schnauzer and Totobird, our toad hunting Cairn terrier had already hunkered down for the night on our duvet. As we crawled into bed Pepper decide to join us. Christi put her foot down. No more dogs in the bed! Christi leapt from under the covers and removed Pepper onto a doggy bed on the floor. Before Christi was back under the covers Pepper had scaled the bastion and returned to our feathered duvet. After the third attempt Christi gave up and the five of us nodded off to sleep. Ten years later Pepper was still sleeping on the bed.

Dogs don't come any better than Pepper. She arrived at our doorstep fifteen years ago on a cold Friday night at 9 p.m. She had been adopted to a new home the previous day but after one night the new owner called "Roscoe's Rescue" to return the dog. This was Pepper's third home. Christi had called the rescue centre earlier to reply to a local add featuring a "Benji" look alike seeking a good home. We received a phone call that evening saying that Pepper was now ours. She arrived stoked - really stoked as if she was going to the Olympics. Our four other canines didn't know what to do with this crazed barking

February is Dental Month. Eighty five percent of pets suffer from periodontal disease. Give Parkhill Animal Hospital a call for dental offers at 705 745 4605.

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# Pets & Vets

## Due North Notes



If your dog knows place you can send him to his "place" at any time that it is inconvenient to have a dog underfoot. Imagine a common everyday scenario where your family dog sees a courier approaching your house from the street. Now you have a problem. How are you going to get the door open without the dog getting out of the door?

If you have ever wanted to have your dog out of the way for a period of time you would do well to teach your dog a "place" command.

There are several different ways that you can teach this depending on your dog and your preference for training methods. It is fairly easy to train your dog to do this especially if your dog already knows stay.

You simply put your dog onto a recognizable target like a bed or a carpet. This is easiest if the target is visually

and texturally different from the floor. Keep a short leash on your dog. When your dog is on the carpet or place say 'yes' to your dog and give him a treat. Repeat several times until the dog is moving onto the place to get the treat. Now start to add the word place. Repeat several more times over several days. You can use a different word if you chose to instead of place. Now tell your dog to stay. Walk away from your dog and expect that he will move. Guide your dog back to the place using the leash and the place command and add stay again. You are going to have to do this several times before your dog understands that you really do expect him to stay on his place. Take a few days to do this.

Now when he is solid on that, get a family member to go to the door and press the door bell or knock on the door. You stay with your dog and make sure that you help him to understand that he must stay on his place. Continue to test

his knowledge of this command over the period of several days and you should have a dog that is reliably staying on his place no matter what.

Once your dog understands place in that area of your home you can pick up the mat or bed and move it around so that your dog learns to apply the command to different areas within your home. You can then start to apply it to different venues and use different places or different beds.

This command can also provide security for dogs that are uncomfortable in strange places or strange situations because they know where they are supposed to be and what they are supposed to be doing. This command can also be used to get your dog into the car and up onto the grooming table or the examining table at the vets.

Submitted by Pat Robertson

## Your Dog's Coat



Dog owners love to care for and spoil their beloved pooches as family. Coat care is the mainstay of grooming and owners will get the best results with a regular grooming schedule.

Proper grooming will depend on the dog's breed, coat texture and purpose. In general, brushing several times each week keeps the average dog neat and clean. This removes dead hair and distributes natural skin oils. The coat should be brushed down to the skin, loosening and removing flakes of dandruff and

stimulating blood circulation. Long-haired dogs require more coat care than short-haired dogs because they are more likely to develop mats, tangles and other issues. Certain breeds require special grooming techniques, so you may need to consult a professional groomer for advice. If you do not regularly groom your dog, several problems can develop. Mats are solid masses of hair that form anywhere on the body, but they are most often found behind the ears, under or down the legs, around the neck and down the chest if a coat is used for winter. Get out your dog brush and give your pooch a little love today, you will likely be rewarded with wonderful little sighs and moans. With Valentines around the corner, maybe it's time for a little spa time for your best friend.

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## For the Love of Animals

Lakefield Animal Welfare Society (L.A.W.S) is a non-profit organization that is dedicated to helping stray, abandoned and abused animals. In 2013 they report having rescued 615 cats and 58 dogs, with a constant waiting list of stray cats and kittens. L.A.W.S is happy to be able to showcase their animals at 2 PetSmart locations, who work hard to find forever homes for these animals in Peterborough and Whitby.

With a 78% adoption rate for 2013, they rely solely on donations as L.A.W.S does not receive any government funding. Our area has a huge stray/ feral cat population. L.A.W.S has a feral program to help with the over population of feral kitten births.

In partnership with Champlain Animal Hospital L.A.W.S reports "without them what we do would be

impossible. They are available to us at all times for vet care, medications and surgeries for our cats and dogs."

As a society that is primarily a volunteer run organization, with over 100 volunteers, L.A.W.S has a full time manager and 11 part time staff that are dedicated to the health and well-being of all of the animals in the shelter. The Board consist of 9 Board members and approx. 125 members.

"Thank you to our community for their continued support. Our donors keep us going."

Lakefield Animal Welfare Society,  
2887 Lakefield Hwy 705-652-0588  
www.lakefieldanimalwelfare.org

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# Exploring Options for Back Up Heat



**“With all this crazy weather I want a heat source that will work in a power failure and be safe”**

Your options for safe back up heat sources are wood stoves, as well as gas or propane fireplaces, stoves or inserts. Gas or propane fireplaces are safe to use in a power failure. The fans will no work but the units themselves do not require electricity, unlike furnaces. All of these products are vented to the outside, keeping

the carbon monoxide outside. Wood stoves require a full chimney system, but gas and propane units can be direct vented out through a wall, saving money on the venting system. Do not use BBQ's or portable propane heaters or generators inside!

**“What is carbon monoxide?”**

Carbon monoxide (CO) is a poisonous, colourless, odourless, and tasteless gas. CO results from the incomplete burning of natural gas and any other material containing carbon such as gasoline, kerosene, oil, propane, coal, or wood. Do have your fuel-burning appliances -- including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves -- inspected by a trained professional at the beginning of every heating season.

Submitted by Michele Kadwell-Chalmers  
The Original Flame www.theoriginalflame.com 705-742-9452

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# Connection Kids

**FEBRUARY & MARCH, 2014**  
Selwyn Public Library: [www.MyPublicLibrary.ca](http://www.MyPublicLibrary.ca)  
Bridgenorth 705-292-5065 | Ennismore 705-292-8022 | Lakefield 705-652-8623

## Childrens Special Events

**P.A. DAY EVENTS MAR. 7**  
LEGO Block Party 10-11am Ennismore Ages 4-12  
Big screen movie Epic Bridgenorth 1-2:30pm Free popcorn, drinks \$1

**MARCH BREAK MON. MAR. 10 – FRIDAY MAR.14**

**Monday Family Storytime**  
10:30-11am Lakefield Ages 0-5

**Tuesday LEGO Block Party**  
10:30-11:30am Lakefield Ages 4-12  
Duct Tape Creations & 1:30-3:30pm Lakefield Ages 10+ Marble Magnets

**Wednesday Storytime with local author Lauren Dallin Bridgenorth**  
10:30-11am Ages 3-9

**Thursday Fancy Nancy Tea Party**  
10:30 and 1:30 (2 sessions) Ennismore Ages 3-9

**Friday LEGO Block Party**  
10:30-11:30am Bridgenorth Ages 4-12  
Bingo 1:30-2:30pm prizes, fun, drinks \$1.  
Bridgenorth Ages 4-12 (parent/caregiver accompany children under 9)

**Other Great Ongoing children's Programs**  
Winter Babytime (ages 6-23 mos) Tues. Lakefield 2-2:30, ends Feb. 18 (Ennismore program is now full)  
Winter Toddlerime (for 2's) Wed. Bridgenorth 9-9:30am, ends Feb. 19  
Spring Preschool Storytime begins in April in Lakefield and Bridgenorth (ages 3-5). See your branch for more details.

Spaces are limited - Call the branch where the program takes place to register or email [kcharlton@mypubliclibrary.ca](mailto:kcharlton@mypubliclibrary.ca)

## MARCH BREAK ON THE HILL

March Break is just around the corner at **The Peterborough Museum & Archives.**

This year kids will explore Canadian history, geography, animals, inventions, and culture through stories, art, games, music, museum visits and special guests.

Two Age Groups are offered; The KinderKidz program is for kids in JK/SK/Gr.1 and involves free play, circle time with books and music, centers for art, toys, and outdoor recess. This program is designed, and instructed by our wonderful children's educator Cheri Patrick.

The 7-11 year old Discovery group will enjoy fun, laughter, exploration, and making new friends! Each day is a different theme at the PMA, with a professional instructor ready to guide, teach and have fun with your kids!

**Registration Details**  
Registration is now open for all March Break programs! There are three ways to register:  
1. In person at the Peterborough Museum & Archives; 300 Hunter St. East  
2. By telephone at 705.743.5180  
3. Online at [www.peterboroughmuseumandarchives.ca](http://www.peterboroughmuseumandarchives.ca) and register

All programs take place at the Peterborough Museum & Archives. Programs make use of an air-conditioned, barrier-free modular building, the beautiful Heritage Pavilion, the Museum Galleries and the child-friendly Museum grounds.



## SUPER QUICK CRAFT ACTIVITY FOR VALENTINE'S DAY

# Handprint Heart

- You will need:**
- ✓ Pink and Purple Paint
  - ✓ Paper
- Instructions:**
- Keeping fingers together, print a handprint of purple paint on the centre of the paper. With the other hand add a handprint of pink paint overlapping the fingers with the purple handprint.

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705-743-5180

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**FEBRUARY 8, 2014**

**6th Annual Adrian Welsh Memorial Hockey Tournament**

Buckhorn Sports Pad, 3 on3 hockey tournament, an amazing BBQ, along with raffles and prizes. All proceeds will be donated to Jack Higginson www.jacksjourney.ca.

**FEBRUARY 14, 2014**

**Lakefield Legion Branch 77 Fabulous Friday Night Dinner**

5:30 p.m. Call the Legion to find out what's on the menu! \$12.00 in advance (to February 12) or \$15.00 at the door. Call the bar steward at (705) 652-7988 to reserve your advance tickets.

**FEBRUARY 14, 2014**

**6th Annual Night in Greece Fundraiser for Homegrown Homes**

Fundraiser for Homegrown Homes at Shish Kabob Hut, 220 King St. in Peterborough. This event usually sells out so tickets should be reserved in advance by calling the Shish Kabob Hut, (705)745-3260 or Homegrown Homes at 705-748-4534.

**FEBRUARY 14 TO MARCH 28, 2014**

**Patrick Fitzgerald Art Show at Douro Dummer Library Art Gallery**

Opening on Valentine's Day Friday February 14 from 7 to 8 PM to meet the artist.

**FEBRUARY 15, 2014**

**HERITAGE DAY - Buckhorn Community Centre**

A fun day for the whole family with rides, displays, entertainment and food. A fund raiser for the Buckhorn Community Sports Complex. Come kick-off Ontario Heritage Week with a great day of fun !!!

**FEBRUARY 16, 2014**

**Kawartha Spring Bridal Show**

Kawartha Spring Bridal Show at the Venue, 286 George St. N., Peterborough, Tickets \$10

**FEBRUARY 16, 2014**

**Lakefield Legion Branch 77 Open Mic**

1 p.m. Bring your instruments, your voices or just yourself for a great afternoon of music. Backup band and sound system provided. \$5.00 at the door; performers get in for free. Emailjasana@nexicom.net for details.

**FEBRUARY 23, 2014**

**Balsillie Family YMCA Peterborough - Half Marathon**

"For the past 35 years, we have been proud to host such a wonderful event that brings runners and non-runners alike together for a fun day that supports a fantastic and worthwhile cause," said Heather Stephens, Manager of Community Outreach for the YMCA of Central East Ontario - Balsillie Family Branch, Peterborough.

This annual event includes a Half Marathon, 5K Run/Walk and Kids 1K Fun Run. The Half Marathon and 5K Run/Walk take runners on a challenging course that weaves its way through the City of Peterborough - passing by notable landmarks such as the Peterborough Liftlock and the scenic Trent Severn Waterway.

**FEBRUARY 27, 2014**

**Scrapbooking at the City of Kawartha Lakes Public Library**

Scrapbooking at the City of Kawartha Lakes Public Library Bobcaygeon branch 2 Canal St. at 2 pm. Call 705 738-2088 for information.

**MARCH 1, 2014**

**Douro and District Optimist Club Euchre Tournament**

For details call 705-760-6909

**MARCH 3, 2014**

**Ennismore Monthly Music Circle**

St. Martin's Parish Hall (church basement), Ennismore 7pm - Come out and enjoy some local live music. Bring your instrument and join in, or just come to listen and socialize. All ages, musical styles, and abilities are most welcome. Refreshments available at the break. Only \$5 for adults, \$2 students, and 13 and under FREE! All proceeds to our Knights of Columbus group to help fund their charitable works in our Parish, and our Community. Questions? Call Kathy 292-8760

**MARCH 5 & 6, 2014**

**34th East Central Farm Show**

Farmers' Mutual Exhibition Building, Lindsay Fairgrounds

**MARCH 6 - APRIL 10, 2014**

**Lenten Lunch at St. John's Anglican Church in Lakefield**

Thursdays at noon, starting MARCH 6th for six weeks and ending APRIL 10th. Homemade soup, rolls and dessert will be served, cost \$5.00 and our speakers are as follows:

- March 6 - Rev. Munroe Scott, St. John's Anglican Church, Lakefield
- March 13 - Rev. Warren Vollmer, Lakefield United Church
- March 20 - Pastor Ben Vanderheide, Lakefield Baptist Church
- March 27 - Rev. David Peasgood, St. George's Anglican Church, Apsley
- April 3 - Rev. Terry Ingram, St. Andrew's Presbyterian Church, Lakefield

**MARCH 14<sup>TH</sup>-16<sup>TH</sup> - Peterborough**

**MARCH 21<sup>ST</sup>-23<sup>RD</sup> - Lindsay**

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# Open House at Due North

Lakefield is to be home to a new dog training facility. DueNorth Boarding and Training, a long time facility located north of the village, is moving their dog training operations to a facility just south of the village at the Creekside Plaza.

"My passion and focus now is on helping others to become successful with goals they have for their dogs. My strength is in being able to assess the dog and owner's learning styles and apply my background of many different training methods to attain success with every dog that comes to me. I don't use a cookie cutter method to train dogs. I like to find a method that suits both the owner and the dog."

Pat Robertson, the head trainer says "we're really excited to be able to offer training on a full time basis. Now we'll be able to offer group or private lessons on an ongoing basis just when dog owners need them."

Ms. Robertson is well known and respected as a dog trainer in the area and has been offering courses at her boarding facility and has been a trainer with Peterborough and District Obedience Club for many years.

As to her background Ms Robertson says: "I've been training dogs since I was a kid. I got serious about training 40 years ago when I got into horses. Horses became unwieldy with a growing family and a nursing career, so training dogs and kids became my focus. With the kids grown I really got serious about dog training over 20 years ago. Dog training has for me grown from a hobby to a passion (some say obsession) and to full time career "

The new location is in the Creekside Plaza on Lakefield Road just south of Hopkins Motors. There will be a Grand Opening and open house on February 15 to which all are invited. Further information can be found at DueNorth's Training website - www.duenorthdogtraining.com Look for them on Facebook too.

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# Celebrating Your Heritage

The week of February 17-23, 2014 is designated as Heritage Week by the Ontario Heritage Trust to raise awareness about heritage resources and heritage-related issues within the Peterborough community. The 3rd Monday of February is Family Day in Ontario. This year Family Day being is the first day of Heritage Week.

will be autograph and talk about the stories behind their new books, "The Peterborough Journal" and "Under the Canopy". This event is free.

The third event at TVA is an Open House with a twist. On Sat. Feb 22nd, from 10-2pm., everyone is invited to delve into the 1921 Canada Census through TVA's partnership with Ancestry. There is no charge. If you are interested in exploring your own history and genealogy this is your opportunity to begin.

It is amazing what information you can find by looking at mortgages, deeds, leases and bills of sale. Professional researcher Gina Martin will help you find that information on Wednesday, Feb 19th. She will be available for 2 sessions on Land Records (How to Use Them in Your Research) held at TVA 10-12 noon and 2-4 pm. Cost is \$20 per person and preregistration is required. Spaces are limited.

For more information on any of these activities or to make your reservation, please contact Heather at Trent Valley Archives by phone at 704-745-4404 or email [admin@trentvalleyarchives.com](mailto:admin@trentvalleyarchives.com)

There will be three Heritage Week activities sponsored by Trent Valley Archives (TVA). At Sadleir House, Monday, Feb 17th, 1 - 3pm, authors Elwood Jones and Sheryl Loucks

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# The County Connection

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## Public Notice

**County Council will meet on the following days at 9:30 a.m. to conduct its regular monthly business:**

<b>Wednesday, February 5, 2014</b>	<b>Council Meeting</b>
<b>Wednesday, February 19, 2014</b>	<b>Council Meeting</b>
<b>Thursday, February 27, 2014</b>	<b>Council Special Meeting (Budget)</b>

Council Chamber, Peterborough County Court House, 470 Water Street, Peterborough, ON

Pursuant to Section 291 of the Municipal Act, 2001, S.O. 2001, c.25, and in accordance with the County's Notice By-law No. 83-2002, Peterborough County Council intends to adopt or amend the 2014 Budget for the County of Peterborough.

Meetings are open to the public, with the exception of items that will be dealt with in closed session in accordance with the provisions of the Municipal Act, 2001, S.O. 2001, c.25. The County Council Agenda, and any required Addendum Agendas, will be available online prior to the meeting at <https://peterboroughcounty.civicweb.net/Documents/DocumentList.aspx?ID=110125>

For further information, or to obtain paper copies of the Agenda, please contact Sally Saunders at (705) 743-0380 x 301 or [ssaunders@county.peterborough.on.ca](mailto:ssaunders@county.peterborough.on.ca)

**Snow Plow Road Safety Tips**

- **Be patient and keep a safe distance behind working snow plows.** Snow plows often travel slowly because they are removing snow, spreading salt or sand, and applying liquid anti-ice to roadways.
- **Never pass a snow plow.** Snow plows are wider than the average vehicle with large blades that extend a meter or more ahead and into the neighbouring lane. Passing a snow plow could result in a collision.
- **Don't drive beside snow plows.** You risk collision as snow plows sometimes shift sideways when they are plowing packed snow or drifts.
- **Move aside.** Snow plows often drive along the centreline of a roadway to remove snow. If you are approaching a snow plow from the opposite direction, shift right if conditions allow to ensure there is enough space for them to pass you safely.
- **Beware of reduced visibility.** Even at reduced plowing speeds, a light powdery snow forms a cloud in the wake of a snow plow that severely restricts a driver's visibility making passing extremely dangerous.
- **Watch for snow plows on sunny days.** Snow plows and removal equipment must be out for several hours after a storm clearing shoulders and cutting back snow banks. Please look out for plows even on clear days.

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If you are interested in a career at the County, please check out our employment opportunities at <http://www.county.peterborough.on.ca/employment-opportunities>  
**Seasonal positions now being advertised!**

**Purchasing – All tender/proposal/quotation document ads can be found at [www.county.peterborough.on.ca/purchasing](http://www.county.peterborough.on.ca/purchasing)**



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