

The 507 Express

Regular Features:

- Community Report
- Key Contact Information
- How well do you know your country
- Birthdays and Anniversary's
- Recipe of the Month
- Trent Lakes Fire Rescue
- It's Part of our Heritage
- School News

This Month:

- Christmas Hamper Fund
- Covid-19 Risk Index
- Influenza Vaccine Available
- Christmas Tea
- How Old are your Smoke Alarms
- Council Update

507 Express Policy re: Advertising and Subscriptions

- Subscriptions – Renewals are \$30.00 per year or \$2.50 per issue.
- Submissions to be signed and submitted by the 15th of the month.
- Advertising as follows:

Classified - \$2.00 per month
¼ page - \$10.00 per month

1/8th page - \$5.00 per month
½ page - \$15.00 per month

Why do X's at the end of a letter signify kisses?

Because in the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

Why is shifting responsibility to someone else called passing the buck?

Because in card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

Why do people clink their glasses before drinking a toast?

Because in earlier times it used to be common for someone to Try to kill an enemy by offering him a poisoned drink. To prove To a guest that a drink was safe, it became customary for a guest To pour a small amount of his drink into the glass of the host. Both men would drink simultaneously. When a guest trusted his Host, he would only touch or clink the host's glass with his own.



The 507 express is a community based newsletter. It welcomes submissions and letters to the editor on subjects of interest to our readers. The editor reserves the right to edit any submissions to meet space requirements, for clarity or to avoid obscenity, libel or invasion of privacy. All letters to the editor must be signed and include a telephone number for verification purposes. (Phone numbers will not be printed.) Views expressed in columns, letters and articles are those of the writer and do not necessarily reflect the opinion of this newsletter.

Editor: Katherine Warren

Mailing Address: 32 Community Complex Drive, Trent Lakes, Ontario K0L 1J0

Phone Number: 705-657-8912

Email: kathy507@yahoo.ca

Donations towards publication are gratefully received!

Community Report

Progressive Euchre



Every Thursday Afternoon

1:00 pm until 3:30 pm

Cavendish Community Centre

18 Community Complex Drive,

County Road 507, Ontario

Tel: (705) 657-1192

\$5.00 per person

**If your ad is not in this issue it may
be because it has expired!**

STORY TIME - ADVENTURE TIME

**For kids of all ages and their families!
Enjoy a free fun filled session of family friendly stories
And Activities at the Buckhorn Public Library**

Wednesday mornings from 11 to noon

No registration required!

Questions? Please call us at 705-657-3695

We are located at 5 George Street, Buckhorn

www.trentlakeslibrary.ca



The Cavendish Youth Group would like to give a big thanks to Marg and Phil Gillingham at Flynn's Store for donating pumpkins to the Youth Group. We had a lot of fun making Jack-o-lanterns out of them. THANKS!

For Sale:

**33" w 13hp Snow Blower
\$300**

**14" Band Saw
\$300**

Call or Text Ric @ 705-760-1492



**Hey Parents, Grand Parents,
Give your kids and Teens a great Christmas gift.
An 8 week after school, Performing Arts "Improv Program" starting
in January at the Lakehurst Hall.**

e-mail Linda Kash at lindakash11@gmail.com with questions and to register. Make sure to mention the Lakehurst Hall.

There is no experience required and Performing Arts can be a great option for future education....Integrated Arts at Peterborough's TASS High School and the St. Lawrence College Music Theatre Program. Brought to you by the Trent Lakes Recreation Association.
<https://www.facebook.com/groups/newtrentlakesrecreationcentre>

Good Buy Room Thrift Store

Hours:

**Thursday – Saturday
10am – 4 pm**

**Lakehurst Road
Buckhorn
(Below Buckhorn Library)**

Kid's Page...

Team Sports

A river.

Q: What runs, but never walks, often murmurs - never talks, has a bed but never sleeps, has a mouth but never eats?

A yardstick.

Q: What has three feet but cannot walk?

W	B	L	L	A	B	Y	E	L	L	O	V
R	I	E	T	N	N	I	S	A	W	E	G
E	C	S	M	Y	F	A	L	D	S	O	L
S	Y	E	B	A	T	U	L	S	C	O	K
T	U	L	G	H	E	A	C	R	I	P	O
L	S	R	O	B	C	O	F	C	H	O	R
I	O	P	A	B	T	E	K	A	E	L	L
N	G	C	S	C	A	E	E	L	C	Q	L
O	L	L	A	S	L	C	K	Y	E	H	L
R	B	U	S	L	W	M	D	S	U	A	L
T	O	A	M	T	H	A	N	L	B	I	J
F	O	O	T	B	A	L	L	L	I	R	

Directions: Find and circle these sports in the puzzle.

- | | | |
|------------|---------------|---------------|
| BASEBALL | POLO | TEAM HANDBALL |
| BASKETBALL | ROLLER HOCKEY | TENNIS |
| CRICKET | RUGBY | VOLLEYBALL |
| FOOTBALL | SOCCER | WATER POLO |
| ICE HOCKEY | SOFTBALL | WRESTLING |
| LACROSSE | | |

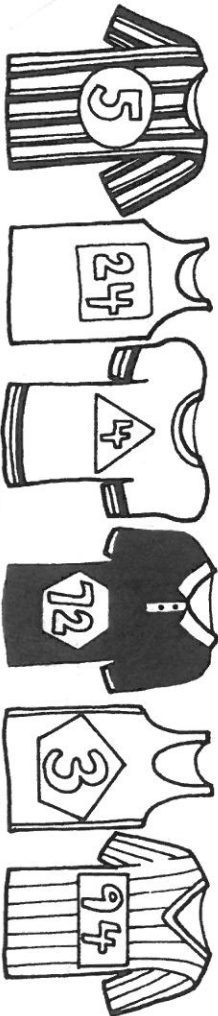
Knock, knock

Who's there?

Boo.

Boo who?

Oh, don't cry! It's only a knock, knock joke!



WOULD
YOU RATHER...
EAT A
HAIR SANDWICH
OR
AN EARWAX
OMELET?

• Human hair is about 91 percent keratin, which is a kind of protein. Sounds like that might be good for you, but the problem is, human stomachs can't digest hair.

• There's a reason earwax is so sticky: It helps trap dirt and kill bacteria and even small bugs that crawl into your ears. Those sure don't sound like things you want in an omelet!

It's a Part of Our History

Election Results

Office	Name of candidate	Votes
Mayor	Terry LAMBSHEAD	1940
	Bev MATTHEWS	1123
	Abstain	79
Deputy Mayor	Carol A. ARMSTRONG	1772
	Ed DEWHURST	488
	Gerry FORESTELL	740
Councillor-at-Large	Abstain	142
	Anne DIXON	1133
	Peter FRANZEN	1766
Councillor, Harvey Ward	Abstain	243
	John BRAYBROOK	848
	Adri EASTMAN	556
Councillor, Galway-Cavendish Ward	Peter RAYMOND	565
	Abstain	71
	Joe CADIGAN	347
	Josh FAWCETT	106
	Ed LEERDAM	284
	Ira PETERS	321
	Abstain	44

2022 election turnout

	Harvey Ward	Galway-Cavendish Ward	Total
Number of electors	7539	4204	11,743
Number of electors who voted	2048	1105	3153

Certified Results

It happened this Month....

- November 3rd, 1930- The Detroit – Windsor tunnel opens to traffic. The 1.6 kilometre tunnel was the first underground vehicular tunnel to a foreign country in the world.
- November 7th, 1873 – Alexander Mackenzie begins serving as Canada's first Liberal prime minister. Under his government, the Supreme Court of Canada was established and the secret ballot introduced.
- November 10th, 1975 – The SS Edmund Fitzgerald sinks in Lake Superior with her crew of twenty-nine.
- November 15th, 1948 – William Lyon Mackenzie King, Canada's longest-serving prime minister, resigns.
- November 20th, 1841 – Sir Wilfrid Laurier is born in Saint-Lin, Canada East (now Quebec). In 1896, Laurier became the first French Canadian elected prime minister, a role in which he served until 1911.
- November 24th, 1981 – Alpine skier Lauren Woolstencroft is born in Calgary. Despite being born without legs below the knee and no left arm below the elbow she started skiing when she was four and was racing competitively by fourteen.
- November 27th, 1829 – the first ships enter the Welland Canal, a waterway built to connect Lakes Ontario and Erie and bypass Niagara Falls. The canal is 43.5 kilometres long and overcomes a height difference of 99.4 metres between the two lakes.



Pet Sitting by Gracie

705-977-4141

Are You Up-to-Date With Your COVID-19 Vaccines?

The Pfizer Bivalent Vaccine Now Available as 6-month Booster Dose for those 12 years of age or older

While COVID-19 transmission remains very high, Peterborough Public Health is reminding residents that it is very important to stay up-to-date with their COVID-19 vaccines. For those over the age of 5, staying up-to-date with your COVID-19 vaccines means having a completed primary series followed by a booster dose every 6 months. Children aged 6 months to under 5 years old are currently only eligible for a primary series.

At this time, staying up-to-date means that those over the age of 5 should receive a primary series of 2 doses (3 doses for those who are immunocompromised) and then receive a COVID-19 booster dose every 6 months. For those 6 months to 5 years of age, staying up-to-date means receiving a primary series of 2 doses at this time. More information on COVID-19 vaccine eligibility can be found at www.peterboroughpublichealth.ca/vaccineclinics.

"Peterborough Public Health is using new messaging to remind residents to receive their next booster dose." Dr. Thomas Piggott, Medical Officer of Health explains the change in messaging, "When the COVID-19 vaccine was first released, it was a 2 dose primary series (3 doses for immunocompromised individuals). Since the primary series was made available, research has clearly showed this important protection fades over time. With this discovery, a 3rd dose was offered, and then a 4th dose. Now, the language the province and the National Advisory Committee on Immunization (NACI) is using is 'staying up-to-date' on your vaccination, which for most people means having received a COVID-19 vaccine dose in the last 6 months."

Dr. Piggott shares, "73% of residents in our region over the age of 18 are not up-to-date with their COVID-19 vaccines. This is a significant proportion of our residents who are now more susceptible to severe symptoms or death due to a COVID-19 infection, in particular for those of older age. With COVID-19 transmitting at high rates in our community, I strongly recommend receiving a booster dose as soon as you are eligible."

On October 7, Health Canada approved the Pfizer bivalent vaccine for individuals 12 years of age and older. This vaccine has been adapted from the original Pfizer vaccine to target the original COVID-19 virus as well as the BA.4/5 Omicron strain. The bivalent vaccine can only be used as a booster dose for those 12 years of age and older and has a recommended interval 6 months after the last dose was received. Starting on October 17, residents 12 years of age or older will be able to book an appointment for a COVID-19 bivalent booster dose to receive the Pfizer bivalent COVID-19 vaccine. Please note, the Moderna COVID-19 bivalent vaccine is only available for residents 18 years of age or older at this time. More information on COVID-19 vaccine eligibility can be found at www.peterboroughpublichealth.ca/vaccineclinics.

Dr. Piggott explains, "Residents have the option to receive Moderna or Pfizer for their bivalent booster dose. The Moderna bivalent COVID-19 vaccine protects against the original COVID-19 virus and an earlier BA.1 Omicron strain, but has a benefit of a slightly higher dose, which to date has made it more effective especially for older adults. The Pfizer bivalent COVID-19 vaccine protects against the original COVID-19 virus and the more recent BA.4/5 omicron strain. Both vaccines are safe and effective. I strongly encourage all eligible residents to take whichever bivalent vaccine is available to them or they prefer to stay up-to-date. We will be following and will communicate quickly on emerging science if one bivalent vaccine appears to be more effective in the changing landscape of COVID-19 variants."

Residents are encouraged to review the PPH immunization schedule and clinic calendar for updates on eligibility and appointment availability at peterboroughpublichealth.ca/vaccineclinics. Bivalent COVID-19 vaccine appointments can be booked over the phone or online:

- Online at covid-19.ontario.ca/book-vaccine/ OR
- Over the phone by calling the provincial vaccine booking call centre at 1-833-943-3900

As a reminder, flu season is approaching and it is important to stay up-to-date with the influenza vaccine. Influenza vaccines and COVID-19 vaccines can be administered at the same time for those over the age of 5 years.

Dr. Piggott, will be going live on Instagram on Friday October 14 from 12:30 p.m. to 1:00 p.m. to discuss the bivalent vaccine. This will be a great opportunity for residents to ask any questions they may have about the vaccine. A recording will be posted on Instagram for those unavailable to attend the live <http://instagram.com/ptbohealth>. Please note: An Instagram account is not required for participation.

For more information about the COVID-19 vaccine, please visit the [Peterborough Public Health](http://peterboroughpublichealth.ca)- About the COVID-19 Vaccines.

Burn Permits

Burn Permits are required - you must have a permit for ANY open air burning. Fire Permits are available on line through the Municipality of Trent Lakes web site or phone 705-738-3800 extension #301 or 1-800-374-4009 Extension #301.

Interested in Playing Volleyball?

There is a group that meets every Wednesday evening to play Volleyball at the Buckhorn Community Centre. They play from 7-9 p.m. and welcome anyone to come out and join them. This is a fun way to get some exercise and the cost is only \$2.00 per person per night.

For more information please contact: Rick @ 705-657-3600.



COUNCILLOR

Carol Armstrong

Welcome to the sixteenth update of Trent Lakes Council activities, and the last edition for this term of Council. It includes a summary of key initiatives over the last four years, on page 2.

I hope you find the contents informative. Please share with your friends and neighbours.

PHONE:

705-657-7518

EMAIL:

carolarmstrong@outlook.com

The Municipal Elections are this October. As a taxpayer in Trent Lakes, you can (and should) vote here. Please take the time to research the candidates and decide who is best qualified to represent you on Council.

There are 5 positions on Council. The list of candidates can be found at: <https://www.trentlakes.ca/en/government/unofficial-list-of-candidates.aspx>

Electronic and Phone voting start on Tuesday, October 11th. In person voting is on October 24th at the Municipal Offices.

PLEASE VOTE! Local representatives impact your quality of life through Council decisions. It matters!

For more information, go to: <https://www.trentlakes.ca/en/government/voter-information.aspx>

TRENT LAKES

COUNCIL UPDATE

Highlights of Trent Lakes Council Meetings
through **OCTOBER 2022**

COUNCIL DECISIONS: JULY - OCTOBER

- Approve Insurance Renewal (+15% increase – driven by market cybersecurity risk).
- Approve License of Occupation Policy – Any private docks on shoreline road allowances leading directly to or adjacent to a body of water will require a license. (Does not apply to shoreline road allowances in front of an owner's waterfront property.)
- Approve grant application for flood hazard mapping. A preventive measure for areas at risk of flooding.
- Send formal letter to County with concerns over Cty Rd 507 rehabilitation project and summer disruptions.
- Support the Trent Lakes Economic Development, Tourism and Recovery Draft Strategic Plan and direct consultant to complete the final report with Action Plans.
- Request an Official Plan Amendment to provide the Municipality with the ability to prescribe complete application requirements for building and planning applications.
- Adopt a new Volunteer Policy to reduce liability and provide support and training for volunteers. Require a six month review of the Policy to ensure it is meeting the needs and objectives it was originally intended to.
- The Dewdney Mountain Farms Quarry Application was the subject of a Public meeting in August. The application has been held up because the proposed haul route travels over a "forced" road that may not be wide enough to accommodate truck traffic. The Haul Route must be agreed to prior to voting on the zoning bylaw amendment application.
- The new dedicated mechanics and recreation/facilities building on County Rd. 49 is deferred to 2023, due to market conditions, supply chain slowdowns, inflated prices and overbudget cost estimates.

NOTE: These are updates selected by me to keep the public informed. Any errors or omissions are mine alone. For more, and to see video recordings of past Council meetings, go to www.trentlakes.ca/council/meetings-agendas-minutes/

KEY Council Decisions: 2019 - 2022

- Removed quarterly restrictions on Waste Cards and penalties for first replacement card, giving seasonal residents the same # of bags as full time residents
- Voted to keep a roads depot in every Ward, to be replaced within the next 10 years and co-located with the 3 fire halls
- Developed a 3 year phased plan to manage Short Term Rentals, with licensing in 2024
- Established a 20 year plan to replace end-of-life, energy inefficient and under-functioning municipal buildings
- Restricted the use of fireworks to four holiday weekends a year, down from 365 days a year
- Continued annual septic inspections to ensure proper functioning and to protect our water quality
- Continued providing sand deposits on fire routes and private roads, for winter maintenance
- Completed local capital improvements – e.g.:
 - Galway Hall re-siding
 - Cavendish Rink upgrade
 - Buckhorn sidewalks and pedestrian crossings, paved parking and overflow parking at BCC
 - Safety upgrades and retaining wall for Cavendish transfer site
 - Enhancements to Ode Naang Park,
 - Improvements to address parking issues at Sandy Lake,
 - Resurfaced Beaver Lake Road
- Created and filed a full time bylaw officer position on staff
- Appointed an independent Integrity Commissioner, separate from the Municipal Solicitor
- Launched a new and improved municipal website
- Released a Draft Economic Recovery and Development Plan – a roadmap for the next 4 years
- In progress – a Trails and Open Spaces Expansion Plan

Remembrance Day

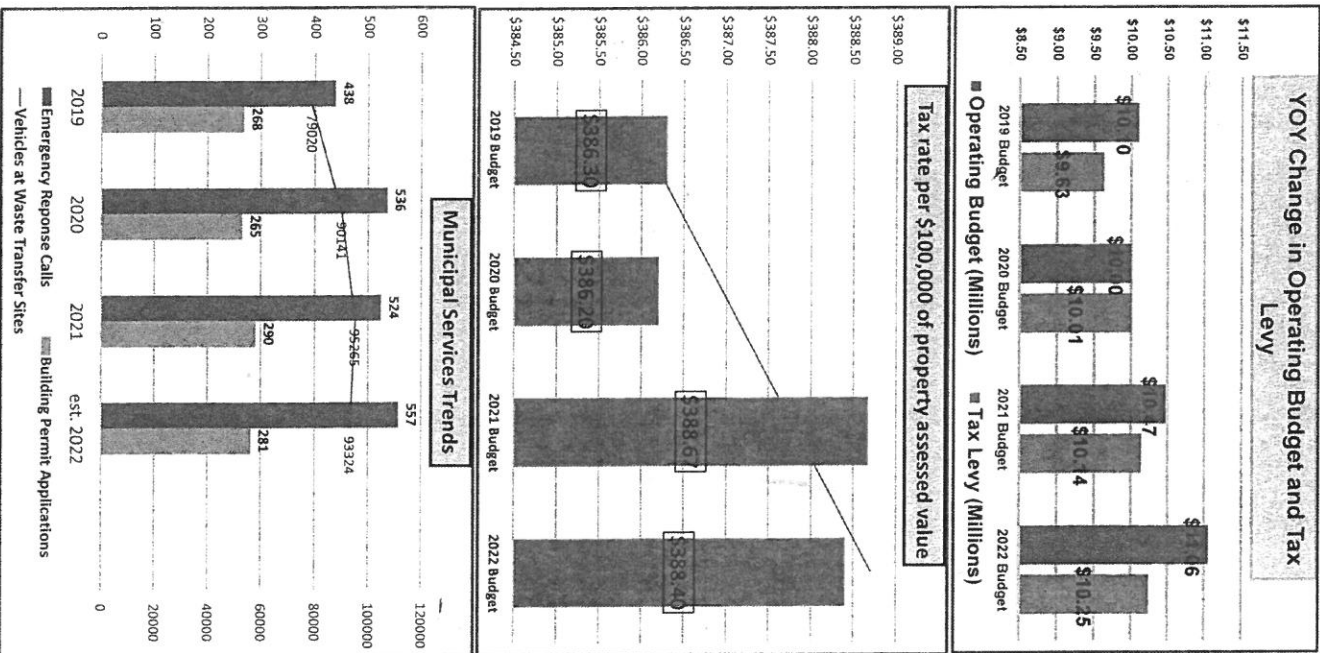
On remembrance day members of the armed forces (soldiers, sailors and airmen) are commemorated.

The other common name for this day is Armistice Day which marks the date and time when armies stopped fighting World War I. on November 11th at 11am in 1918 (the eleventh hour of the eleventh day of the eleventh month). Some 100,000 Canadian soldiers died in the First and Second World Wars.

In Canada, Remembrance Day is a federal statutory holiday - with a notable exception of NS, NWT, ON and QC - as it is in many other countries in the world where this day is observed on the national level.

All government buildings fly the Canadian flag this day and people remember those who fought for Canada during a two minute silence at 11am. Many people wear poppies before and on Remembrance Day to show their respect and support for Canadian troops. Poppies are generally handed out free but often a voluntary donation is given in exchange.

Fiscal Report: Operating Budgets and Taxes



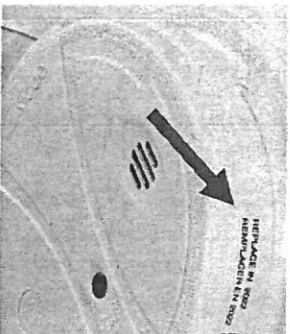


DON'T WAIT- Check the Date!



How old are your smoke alarms?

Smoke alarms don't last forever. *They usually last 10 years.* Check the manufacturer's date on your smoke alarms today! **Replace expired alarms.**



CHECK THE DATE.

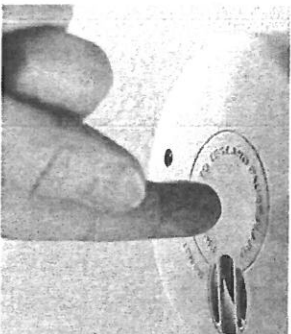
Look at the back of the smoke alarm for the date of manufacture. The expiry date is usually 10 years from that date. **Replace expired alarms.**



HOME ESCAPE PLANNING

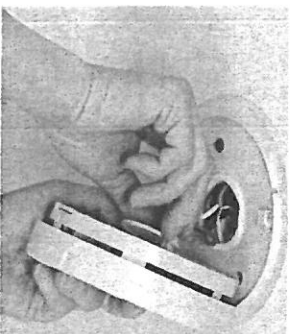
It is **vital** that you know what to do when the smoke alarms sound in an emergency:

- Sit down with everyone in your home and discuss how each person will get out in a fire.
 - **GET OUT & STAY OUT!** When the smoke alarms sound, get out immediately and call 9-1-1 from outside. Never re-enter a burning building.
- Despite their best efforts, the fire department may not arrive quickly enough to save you from a fire. **You need to be outside when the firefighters arrive.**



TEST YOUR SMOKE ALARMS.

Once you've checked the date, test your smoke alarms by pressing the test button. Test alarms monthly. Change the batteries once a year.



INSTALL SMOKE ALARMS ON EVERY STOREY OF THE HOME AND OUTSIDE ALL SLEEPING AREAS.

For added protection, install smoke alarms in every bedroom.

For more information, contact your local fire department.



Landscaping
Armour Stone
Lot Clearing
Foundations
Septic Systems
Property Maintenance
and much more....

Connor

Jim

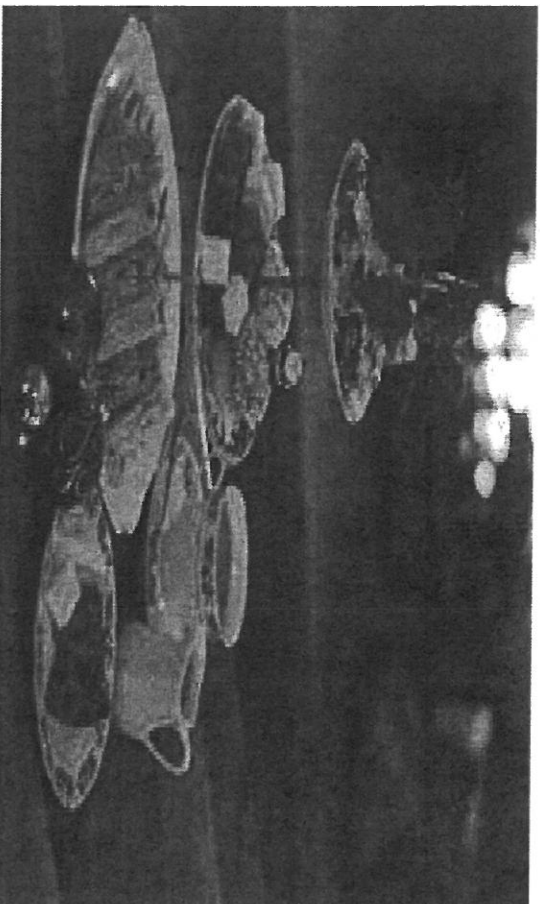
705-930-3901

705-933-0420

Serving the Community for 125 years
St. Matthew - St. Aidan Anglican Church
1937 Lakehurst Road, Buckhorn

Presents

CHRISTMAS TEA



Saturday, November 26, 2022
2:00 p.m. to 4:00 p.m.

Presentation by

Victoria Whitney of Griffin's Greenhouses

Sandwiches, sweets, tea and coffee will be served

Admission \$15.00 at the door

Includes complimentary ticket for draw on Christmas Arrangement

To confirm attendance please call 705-657-1456

FLYNN'S STORE

1447140 Ontario Ltd.

County Road 507 & County Road 36

Quality Products and Service

Hours: 6 a.m. to 7 p.m.

ATM Machine, ATV Trail Passes, Baked Goods



108/22

Recipe of the Month

Cranberry Pork Roast



Molly Cadigan

- 4 potatoes, peeled and cut into 1 inch chucks
- 3 pounds boneless center-cut pork loin roast
- 16 ounce can whole cranberry sauce
- 1 (5.5 oz.) can apricot nectar
- 1 cup pearl onions
- ½ cup coarsely chopped dried apricots
- ½ cup sugar
- 1 teaspoon dry mustard
- ¼ teaspoon crushed red peppers

Place the potatoes in the bottom of the slow cooker, place the roast over the potatoes. In a large bowl, combine the remaining ingredients. Mix well and pour over roast, cover and cook on the low setting for 5 to 6 hours. Remove the roast to a cutting board and thinly slice. Serve with the potatoes and sauce.

Cavendish Community Ratepayers Association Inc.

32 Community Complex Drive
Trent Lakes, Ontario, K0L 1J0

Application for/Renewal of CCRAI Membership

☐ I am RENEWING my membership for 2022

Membership Fees
\$20.00 per household

☐ I am APPLYING for membership for 2022

☐ I am donating to CCRAI Lake and Water Quality Programs \$ _____ Additional Voluntary Donation

Name of Member/Applicant: _____

Additional Member in Household: _____

Address: _____

City: _____ Postal Code: _____

Home Phone: _____ Cavendish Phone: _____

Do you prefer to receive your yearly newsletter electronically via email? _____

Email Address: _____

Cavendish Address (Lake/Lot & Conc): _____

Waterfront: Yes No

We bring in a variety of speakers to our Public Meetings to present on important topics and initiatives that are deemed important to property owners in the Municipality of Trent Lakes.

Join us via Zoom and possibly in person in the future. All meetings are at the Cavendish Community Centre. Zoom invitations will be emailed out in advance and you can connect via laptop, tablet, smart phone or land line phone.

Everyone welcome. Stay informed. Be heard. Make a difference.

For online payments, please email in the form and email/E-transfer the membership fee to CCRAIMAIL@GMAIL.COM. You can also mail this form with a cheque or money order made out to CCRAI to the address at the top of this application Thank you for your continued support of the Cavendish Community Ratepayers Association.

NOTE: DUE TO INCREASED PRINTING AND POSTAGE COSTS THE CCRAI ANNUAL NEWSLETTER WILL ONLY BE MAILED TO MEMBERS IN GOOD STANDING

How Well Do You Know Your Country?

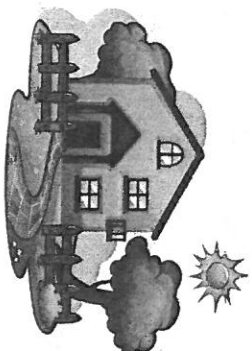
1. A statue of a Giant blueberry person greets visitors as they enter the blueberry capital of Canada. Where can it be found?
 - a.) Abbotsford, B.C.
 - b.) Fonthill, Ontario
 - c.) Oxford, Nova Scotia
 - d.) Kluane, Yukon
2. Saskatchewan Lily is the nickname of which Canadian female high jumper?
3. True or False? The name for Red Deer, Alberta was mistranslated from the Cree name "Waskasoo Seepee" – meaning "Elk River." British traders mistakenly assumed elk were European red deer.
4. In the year 1969, which Canadian fell shy of winning the masters golf tournament by a single stroke?
5. Which Canadian Lake has a tiny Douglas fir floating on a stump in the middle of the water?
 - a.) Emerald lake, B.C.
 - b.) Medicine Lake, Alberta
 - c.) Lake of the Woods, Man., Ont.
 - d.) Fairly Lake, Ontario
6. What is the total number of teams that are present in the NHL?
7. What make the Manitoba Legislative building fascinating to historians?
 - a.) It was built with unusual materials from all over the world.
 - b.) Before construction began, architects competed to see who could create the best design for the building.
 - c.) The statues outside of the building were designed by the provincial librarian and his assistant.
 - d.) The architecture is full of symbols and iconography that tie into classical mythology.
8. Which Canadian won the American league MVP award in the year 2006 whilst playing for the Minnesota Twins?
9. True or False? Stewart, B.C. and Hyder, Alanta, are very connected communities. Children from Hyder go to school in Stewart and both U.S. and Canadian currencies are accepted in the two towns.
10. To which city did the Quebec Nordiques depart in the year 1995?

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7003801
NEW CONTRACTS



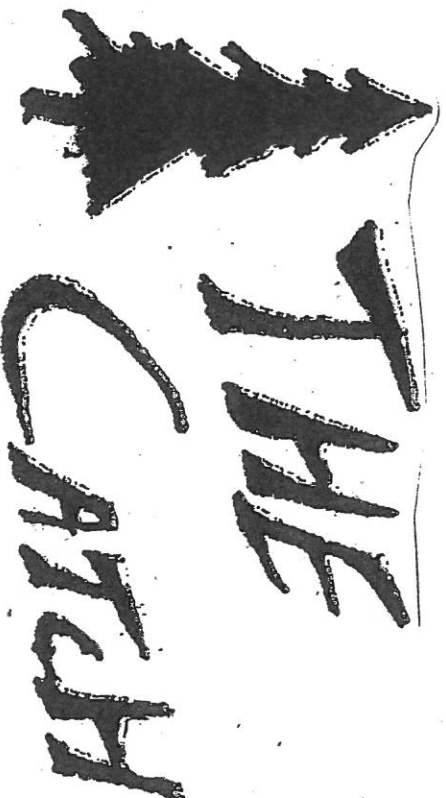
HOUSEHOLD HINTS

- Install a smoke alarm and a fire extinguisher in your garage. It is just as vulnerable to fire as the room in your house – more so if you keep gasoline or other combustibles in the garage.
- A good way to clean a garbage can is to use a toilet brush – the long handle makes it easier to reach the bottom of the can.
- If you are going to saute' onions and garlic together for a recipe, start with the onions and wit until they're almost done before adding minced or chopped garlic. This will prevent the garlic from burning.
- If you love garlic but hate the aftertaste, try chewing on parsley sprigs or fennel seeds, or drinking lemon or lime juice.
- Check your tire pressure. Underinflated tires can lead you down the road to poor fuel efficiency.
- Two stacked glasses stuck? Fill the top glass with cold water and set the bottom glass in warm water. They will separate easily.
- Wear rubber gloves under your gardening or work gloves when outside on chilly, wet days. They'll keep your hands dry and warm.
- A dab of petroleum jelly on the threads of caps and lids will keep tubes or bottles of glue easy to open and close.
- When cooking grains, substitute chicken or vegetable broth – or even beer or wine – for some or all of the water to achieve a richer flavor.
- To get the grime off greasy hands when no sink is available, use shaving cream. Keep a can in your car, garage, workshop, or any other place where you might end up with greasy hands and no running water.

NEW HOURS

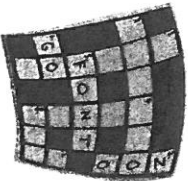
Thursday to Monday 11 a.m. to 6 p.m.

Closed Tuesday and Wednesdays

The logo for 'THE CATCH' features a stylized evergreen tree on the left. To the right of the tree, the word 'THE' is written in a large, bold, serif font, and the word 'CATCH' is written below it in a similar, slightly smaller font. The entire logo is enclosed in a thin rectangular border.

Fast Food Take-Out

705-313-9947



Puzzling Times

ACROSS

- 1 Strive
7 Rhys and Simmons
12 Stows cargo
17 Merchant
18 Light-colored horse
19 Together
20 Dweller off the Atlantic coast
22 Magna —
23 Aout's season
24 Coffee dispensers
25 Head of Paris
27 OPEC concern
28 Legal wrong
30 Kimono sashes
31 Rancor
32 Raison d'—
33 Accumulated, as a big bill
35 Boat paddle
36 One who indulges between meals
38 Source of ruinaton
41 School subj.
42 Ball
43 Use a crowbar

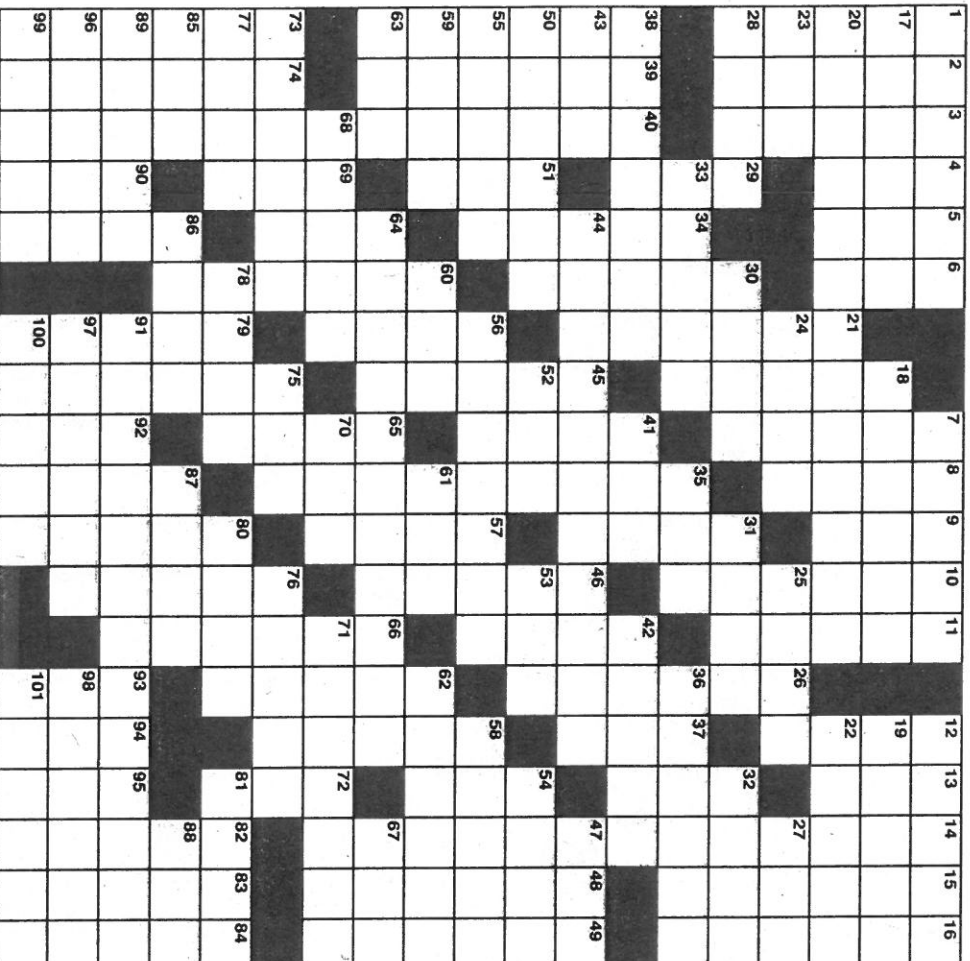
DOWN

- 44 Redcoat, during the American Revolution
47 Scale notes
50 Reduce
52 Oolong, for one
53 Fabrication
54 Early Briton
55 Gomez Addams's portayer
56 Auto featuring an interior glass partition
58 Dancing spot
59 Walk
60 Hit sign
61 Saint: Sp.
62 Tizzy
63 Jordan peak
64 Hardtack
67 Dutch commune
68 Dairy product
70 Literary homage
71 — out (diminished gradually)
73 Typing bar
75 She-deer

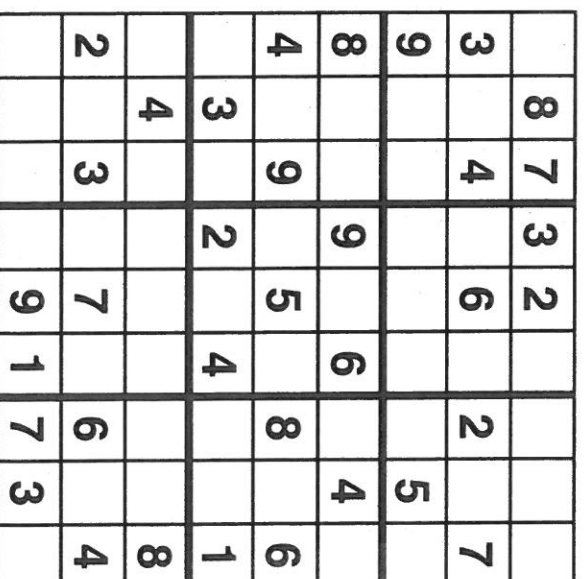
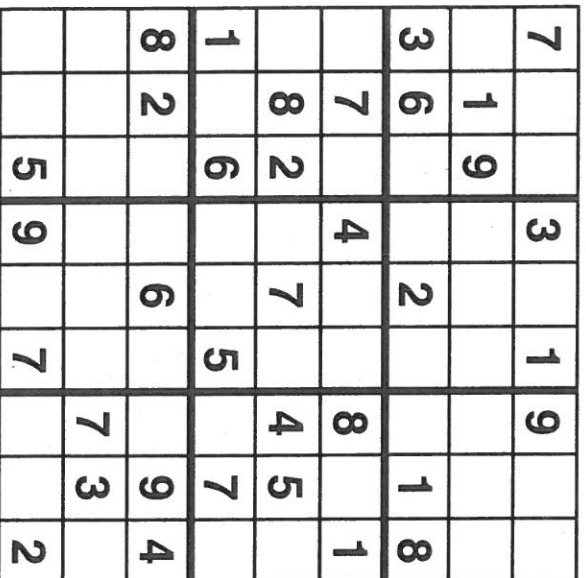
- 76 Illinois city
77 Toodle-oo
78 Lag b'— (Jewish holiday)
80 Partner of alack
81 Read
85 Jeanne d'—
86 Breeze
87 Love of life
88 "— Lincoln in Illinois"
89 Western lake
91 Flavor-enhancing pair
96 Latin "that is"
97 Deals with
98 Concurred
99 Goddess of grain
100 Ohio or Utah
101 Perches

DOWN

- 1 Plus factor
2 Steady acronym
3 Steady worker
4 "— Cry Tomorrow"
5 Vintage car



- 6 Be wrong
7 Painter Jasper
8 Pothos
9 Onassis, for short
10 Peach or pear juice
11 Weather word
12 Lingerie trimming
13 A king of Judah
14 U.S. novelist ("The Bent Twig")
15 Complete
16 Adhesive
18 Paper money
21 Commuter's home, perhaps
26 Bridge holding
29 Before dent or pod
30 Tie — (get drunk)
31 Locks
32 Superlative suffix
34 Director Woody
35 California town
37 Work's planet
38 Tom Hanks film
39 Magician's city
40 Long-billed wading bird
41 Worry
42 Poker holding
45 Front porch
46 Voice-specialist Mel
48 Give in
49 Warehouse
51 Drink daintily
54 "The Snake —"
56 Slender
57 Condition
58 Likewise
60 Rose of —
62 Eats less
64 Espy
65 Lout
66 California city
69 NYC building
72 Printers' measures
73 Radio interference
74 Pageantry
75 Embark
76 Aida et al.
79 Spars
80 Winged
82 May and Ann
83 Red as —
84 "Revenge of the —"
86 Jells
87 Condition: Fr.
90 Sugar: suffix
92 Grassy land
93 Equality
94 Self-respect
95 Favoring



BIRTHDAYS & ANNIVERSARIES!



BIRTHDAYS
THIS MONTH

2nd Shelby Murphy
3rd Riley Lambshead
4th Lauren Hill
11th Jim Wilson
13th Meer Serenity von Seuban
14th Mackenzie Callan
18th August Pike
19th Justin Kukemueller
Mary Dalton
Molly Cadigan
21st Don Bowles
Ryan Harran
Elie Asling
Keith Miller
22nd Bree Blaney
Margaret Gillingham
23rd Emily Burke
Grant Bowles
Clover Parent
24th Lochlan Parent
25th Albert Pantaleo
Charlyne Asling
26th Eric Dalton
29th Mechan Gallacher
30th Charlotte Cooling



Happy Anniversary

5th Sheila & Al Asling
14th Doris & Hugh Maclellan
Nicole & Craig Rixen

If you would like to have a birthday or anniversary added please
contact Kathy@705-657-8912 or kathy507@yahoo.ca

Ontario Certified Marine Mechanics

Custom Docks
Service Calls
Gas & Propane

General Store

Boat & Snowmobile storage
Meat supplied by the Butcher Shoppe
Chainsaw sharpening and replacement
NEW & USED boat, snowmobile,
trailer & ATV sales

Painting & Structural repairs:
fiberglass, aluminum, gel coat, etc.

Shrink wrap & Winterization
Tops: new & repairs

Prop repair

Boat & Canoe Rentals

Snowmobile & ATV repairs

Insurance Claim handling

Spring water

Welding

Call, we fix them all!

705-657-9088



Ontario Certified Marine
Mechanic on duty
Monday-Friday

November/December
SHOP: Open Monday-Friday
STORE: Closed to in-person visits
Contact us via phone or email

Customer Service is #1!

Organize Your Garden:



Soak soil around evergreens.
Hill up roses.
Check supports for newly planted trees.
Protect trees and shrubs from mice and rabbits.
Mulch tender plants.
Plant hyacinth and other bulbs for winter blooming indoors.
Clean storage area and all tools.

Influenza (Flu) Vaccine Available in Peterborough Region

Peterborough Public Health to Host Flu Clinics for Eligible Residents

Beginning November 1, the influenza vaccine (flu shot) will be available to all residents over the age of six months who live, work, or attend school in Ontario. Residents can receive an influenza vaccine through their health care provider, participating pharmacies, and at Peterborough Public Health Clinics.

Peterborough Public Health will be providing influenza vaccine clinics for **children ages 6 months to 2 years and their household members who do not have a local primary care provider**. These clinics will be held on November 8, 2022, December 13, 2022, and January 10, 2023. Peterborough Public Health will also be providing a community influenza vaccine clinic at the Cavan Monaghan Community Centre on Thursday, November 17, 2022 from 3:30 p.m. – 7:00 p.m. More information about these flu clinics are available at [Peterborough Public Health](https://peterboroughpublichealth.ca).

“Flu activity has started in the Peterborough region. Two facility outbreaks of the season have already been declared and community cases are expected to increase as the weather gets colder and people spend more time indoors,” says Dr. Thomas Piggott, Medical Officer of Health. “Layering on the same protections that have worked against COVID-19, such as masking with an N95/KN95 mask, staying home when sick, and now receiving a flu shot are the best ways to protect yourself and your family from severe illness from the influenza virus.”

Eligible residents can book an appointment at a Peterborough Public Health clinic by calling 705-743-1000 ext. 331.

Residents are reminded that children ages 6 months to under 5 years should not receive any other vaccine, including the influenza vaccine, 14 days before or after receiving a COVID-19 vaccine. Individuals ages 5 and older can get their COVID-19 and influenza vaccine on the same day. The flu shot will NOT be offered at the Peterborough Public Health COVID-19 Vaccine Clinics.

For a list of local participating pharmacies, please visit peterboroughpublichealth.ca

How well do you Know Your Country ...Answers

1. c.) Oxford, Nova Scotia
2. Ethel Catherwood
3. True
4. George Knudson
5. d.) Fairy Lake, Ontario
6. Seven
7. d.) The architecture is full of symbols and iconography that tie into classical mythology.
8. Justin Morneau
9. True
10. Denver, Colorado



We want to hear from you!

The Municipality of Trent Lakes is seeking public input on its draft Multi-Year Accessibility Plan 2023-2027.

The draft Plan is available on the municipal website at:
<https://www.trentlakes.ca/en/government/accessibility.aspx>. Copies are also available for public viewing in Trent Lakes Public Library branches and community halls.

Feedback can be submitted by regular mail, fax, e-mail or in person by **Friday, December 16, 2022** to:

Jessie Clark, Director of Corporate Services/Clerk
760 Peterborough County Rd 36
Trent Lakes, ON K0M 1A0
Email: clerk@trentlakes.ca
Fax: 705-738-3801

507 EXPRESS SUBSCRIPTION

If you would like to receive the 507 Express at home or at another destination, please complete the attached form. The cost for this service is \$2.50 per month or \$30.00 per year.

Name: _____

Address: _____

Postal Code: _____ Phone Number: _____

I would like to receive the 507 Express starting _____ for _____ months.
Please make cheque payable to: Cavendish Culture & Recreation Committee
Mailing Address: Cavendish Culture & Recreation Committee

Attention: Tiffany Warren
32 Community Complex Drive,
Trent Lakes, Ontario
K0L 1J0

Puzzling Times Answers

ASPIRE	JEANS	LAIDES
SEILER	SORREL	ASONE
SAILORE	SCHOCICE	CARTATA
ETE	URNS	TETE
TOIT	OBIS	HATE
RANUP	OAR	NOISHER
SPOILER	SCI	PARITY
PRY	LOBSTER	BACK
LESSSEN	TEA	LIE
ASTIN	TOWN	CAR
STER	SRO	SAN
HOR	SHIP	BISCUIT
CREAM	ODE	PETERED
SPACER	DOE	ALTON
TATA	OMER	ALAS
ARC	SNAP	ELAN
TAHOE	SALT	AND
IDEST	TREATS	AGREED
CEERES	STATE	ROOSTS

7	5	8	3	4	1	9	2	6
2	1	9	6	5	8	3	4	7
3	6	4	7	2	9	5	1	8
5	7	3	4	9	2	8	6	1
9	8	2	1	7	6	4	5	3
1	4	6	8	3	5	2	7	9
8	2	7	5	6	3	1	9	4
6	9	1	2	8	4	7	3	5
4	3	5	9	1	7	6	8	2

1	8	7	3	2	5	4	6	9
3	5	4	1	6	9	2	8	7
9	2	6	8	4	7	1	5	3
8	7	2	9	1	6	3	4	5
4	1	9	7	5	3	8	2	6
6	3	5	2	8	4	9	7	1
7	4	1	6	3	2	5	9	8
2	9	3	5	7	8	6	1	4
5	6	8	4	9	1	7	3	2

Municipality of Trent Lakes Christmas Hamper Planning Under Way

Need a Christmas Hamper?

The Municipality of Trent Lakes Christmas Hamper Committee is now planning their 2022 program. All those who are a resident in the Municipality and in need of a Christmas Hamper can call the Municipal Office at 1-800-374-4009 or 705-738-3800 and request an application. The completed applications must be returned to the Municipal office by **Friday, December 9th**. It is important that those in need of a hamper fill out and return their application by the deadline, so that the volunteers assembling the hampers have the information about each family make-up. The volunteers who shop for the hampers need this time to get the shopping done. The hampers can be picked up at the Buckhorn community Centre between Noon and 1 -m. on Saturday December 17th.

DONATIONS NEEDED!

Those wishing to donate can do so by delivering or mailing a cheque or taking cash to the Municipality of Trent Lakes Office, 750 Peterborough Country Road 36, Trent Lakes, Ontario K0M 1A0, with clear indication that it is for the Christmas Hamper Fund. An income tax receipt will be issued for donations over \$10.00. Also look for the decorated collection boxes and jars at local businesses for donations of toys, non-perishable food items, and loose change. Drop-off boxes and/or jars are located at the Municipality of Trent Lakes office, Cavendish Community Centre, Buckhorn Foodland, Buckhorn Pubic School, Buckhorn Community Centre, Flynn's Store, Buckhorn General Store, Buckhorn Pharmacy, Buckhorn Home Hardware, Country Market, Buckhorn L.C.B.O. and the Lakehurst Hall. We believe that the need this year will be greater than ever with the world economy, wage freeze, GST tax and high level of unemployment in our rural areas.

Please do what you can to help make the holiday season a little brighter for many families in our area.

Local COVID-19 Risk Index Moves to "Very High"

Risk of Respiratory Infection is High in the Region

Peterborough Public Health's Local COVID-19 Risk Index has moved from "high" to "very high" this week as COVID-19 transmission continues in our community. We are detecting an increase in PCR testing percent positivity showing that the prevalence of COVID-19 cases is increasing.

"I am concerned that we are back up to very high transmission risk again in the region" says Dr. Thomas Piggott, Medical Officer of Health. "As I have said, I anticipated the fluctuation from high to very high as the weather gets colder and there are fewer preventive measures in place. I am concerned we will see even higher rates of transmission with new COVID-19 variants looming while we are also dealing with other respiratory viruses circulating, including influenza."

Peterborough Public Health is managing 13 outbreaks at high-risk settings. Dr. Piggott explains, "We are seeing outbreaks last weeks among our most vulnerable residents in high-risk facilities. Actions that we can take to prevent respiratory infections include ensuring we are up to date with COVID-19 vaccination especially now with the bivalent vaccine readily available and getting our fall flu shot. We also strongly recommend staying home when sick and wearing a KN95/N95 style masks in indoor settings. These protections are not only lifesaving for higher-risk individuals, but for the whole community as we try to prevent illness and the risk of Long COVID."

For the best personal protection, residents are advised to use the Local COVID-19 Risk Index to make decisions about their health. Current guidance that is strongly recommended under the "very high" level is to wear a mask for all interactions with people outside of your household, avoid indoor social gatherings, and avoid attendance at high-risk settings. In addition, residents are reminded to screen for symptoms of COVID-19 before leaving the house and stay home if you are feeling even slightly unwell.

To find information on COVID-19 vaccine eligibility and COVID-19 Vaccination Clinics please visit:
www.peterboroughpublichealth.ca/vaccineclinics

The COVID-19 Risk Index is updated weekly on Wednesdays after 4:00 p.m. and can be found on our website at www.peterboroughpublichealth.ca/covid-risk-index.



We want your natural corks!



Survivors Abreast dragon boat team
is thrilled that **The Village Wine Shoppe** in
Bridgenorth has offered the proceeds from their cork
collection program to the team as a fundraiser!

Money raised will help defer costs for Survivors Abreast
dragon boat team to represent Peterborough at the 2022
International Dragon Boat Festival in Waikato New Zealand!

In partnership with Jelinek Cork Group, your natural corks will
be recycled and made into products such as flooring, wall tiles
and bulletin boards.

**In addition to helping the environment, you will be
supporting a great cause!**

Please drop your corks off at these locations:

The Village Wine Shoppe- 874 Ward St. Bridgenorth
The Wine Shoppe - 392 Brock St in Peterborough

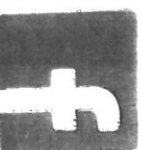
LITTLE BLUE MAKIN'

OR, if you know a Survivors Abreast paddler,
give them your corks!



Thank you for your support!

Cavendish Community Centre is on facebook! Find us and follow us at
facebook.com/CavendishCommunityCentre. It's a great way to stay in touch with what's
happening at the CCC.

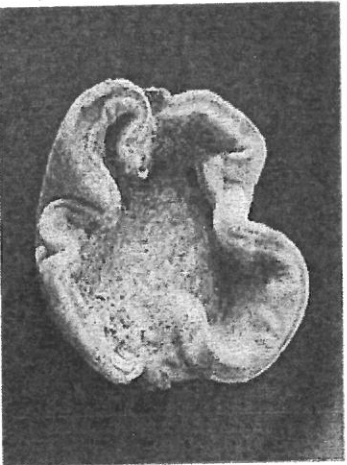


If you are already following us, you may have noticed some recent activity on our page.
We are getting it up to date and adding all the activities and events that are happening at
the Community Centre. If you would like to update or add an event, please message us
through facebook or email katny507@yahoo.ca. Thanks!

Cavendish Classifieds
To register ads please contact Kathy @ 705-657-8912 or kathy507@yahoo.ca

BUTTERTARTS

Made Special just for You!



\$2.50 each
\$12.00 for six
\$24.00 for a dozen

Contact Lauren @
705-977-1886

2001 Suzuki DRZ250
Needs 3rd gear, needs batter as well.
Was running well but sitting for past 10 years.
\$800 O.B.O.
Ray @ 705-657-3930

*If your commercial Business Insurance Policy
Needs a tune up and you need someone
you can talk to, I'm the guy to call
Email: stalker@rjhs.ca*



RAI GRANT INSURANCE BROKERS

BUSINESS • LIFE • AUTO • HOME

SCOTT BAKER, RIBO

Tel: (705) 748-2060
Fax: (705) 748-0483
E-mail: stalker@rdgrantinsurance.com

Colleen's

Colours

Interior/Exterior
Painting & Staining

Free Quotes
Collen Ireland-
Massey

colleenirlead@hotmail.ca
705-933-2015

01/23

Free!
Treadmill
Healthtrainer HT501
Programs time, speed,
incline & more!
Still 'runs' well.
Ph. 705-657-9333

KITTENS



705-657-7669
Free!

**If your ad is not in this issue it may
be because it has expired!**



CARPENTRY

STAIRS, SHEDS, RENOS, DOCKS, DECKS

Call JR: 705-657-2143 or 705-930-1475



Mudge Cottage Care

Bill and Marina Mudge Working and Living on the Catchacoma Chain of Lakes

705-657-1694 cell
Or 705-400-7795

Marinamudge@gmail.com

- Tree cutting and brush removed
- Lawn care, mowing and whipper Snipping
- Leaf blowing and raking
- Gutter and eves cleaning
- Staining and Painting
- Waterfront cleanup
- Pressure washing of decks/docks
- Mold removed on Boat upholstery

Attention Sailors and Former Sailors!

Do you have any old sails, flags or other banners or material that is collecting dust?

I am looking for colourful (or plain) windsurfer or boat sails, etc. to hang from my business warehouse to dampen echoes and sounds. If you have any items that really need to be discarded from your shed, please let me know.

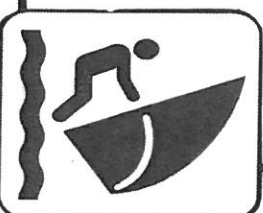
I am willing to pay a small fee or make a contribution to our favourite charity.

Please contact Doug McIntyre at dmcintyre1776@gmail.com or 416-892-3030.

I live on the north shore of Mississauga but will gladly come to your cottage to pick up at your convenience.

Doug McIntyre

Proud cottager for approx. 72 years!



Clean Water Systems

- | | |
|-------------------|--|
| • Well pumps | 5 Fire Route 82 (on Hwy 36) |
| • Pressure Tanks | Buckhorn, Ontario |
| • Water softeners | K0L 1J0 |
| • Reverse Osmosis | |
| • U.V Lights | (249)-337-0142 |
| • Salt & Filters | www.cleanh2o.ca |

12/22

Cavendish Key Contact Information

Trent Lakes Municipal Council:

Mayor	Janet Clarkson	705-731-9410	jclarkson@trentlakes.ca
Deputy Mayor	Ron Windover	705-731-9871	rwindover@trentlakes.ca
Councillor –Galway Cavendish	Carol Armstrong	705-657-7518	carmstrong@trentlakes.ca
Councillor – Harvey Ward	Peter Franzen	705-738-1486	pfranzen@trentlakes.ca
Councillor – at large	Terry Lambshead	705-927-4968	tlambshead@trentlakes.ca

Regular Council and Planning meetings are held Tuesdays, 1:00 p.m. @ the Municipal Office

Municipal Service Contacts:

Municipal Office	fax: 1-705-738-3801	1 705-738-3800 or 1-800-374-4009
Municipal Website	www.trentlakes.ca	
Fire Chief	Steve Brockbank	1-705-738-3800 ext. 230
Deputy Fire Chief	Shaun Moore	1-705-738-3800 ext. 230
Roads Superintendent	Evan Grieger	1-705-738-3800 ext. 221 EGrieger@trentlakes.ca
Chief Building Official	Barbara Waldron	1-705-738-3800 ext. 225
Cavendish Transfer Station	Don & Blaine	705-657-2490

Community Service Contacts:

Cavendish Culture and Recreation	Katherine Warren	705-657-8912	kathy507@yahoo.ca
Cavendish Community Centre		705-657-1192	
CCC Rental Inquiries and Bookings	Katherine Warren	705-657-8912	kathy507@yahoo.ca
507 Express – Editor	Katherine Warren	705-657-8912	kathy507@yahoo.ca
Helen Bowen Branch Library	Sue Warren	705-657-1192 or 705-657-8912	
Trent Lakes Outreach Centre-foodbank		705-768-3590	https://tlofoodbank.wordpress.com/
Cavendish Youth Group	Katherine Warren	705-657-8912	kathy507@yahoo.ca
King Sports Pad – Rink	Molly Cadigan	705-657-2743	

Cavendish Ratepayers Association Inc. (C.C.R.A.I.):

President	Gary Jarosz	1-905-472-6816
Vice President	Robert Taylor-Vaisey	1-416-264-4601

Cottage Association Presidents/Contacts:

Catchacoma Lake	Joe Natale	
Picard Lake	Paul Stenton	pstenton@ryerson.ca
Mississauga District	Carol Thomson	carolt@golden.net
Mississauga –Gold Lake Road	Katie Tingley	mglakeroadgroup.com
Beaver, Cavendish, Bottle & McGinnis	Bryan West	brywest3@gmail.com
Greens Lake	Darren Wilcox	
Gold Lake Road Association	Greg Harper	705-657-9128
Ratty's Narrows Road	Jamie Langer	705-657-2573

Cavendish Landfill Site Hours of Operation

Summer Hours: April 15th to September 15th: Saturday 8-4, Sunday 11-7, Monday 8-1 (except on a Holiday Monday than they are 12-8), Wednesday 8 to 12 noon

Winter Hours: September 16th to April 14th: Saturday 8-4, Sunday 11-4, Wednesday 8 -12

Closed: Christmas Day, New Year's Day, Family Day & Easter Monday

Burn Hot Line: 1-800-374-4009 Ext. 301 or 1-705-738-3800 Ext. 301

Burn Permits: available on line or by calling Trent Lakes Fire Rescue @ 705-738-3800 Ext. 230

Babysitters:

Ethan Harran	705-930-5159	Brea Grant	705-808-2711
Desiree Callan	705-657-1942	Clover Parent	705-808-2353
Lilly Cadigan	705-657-2743		

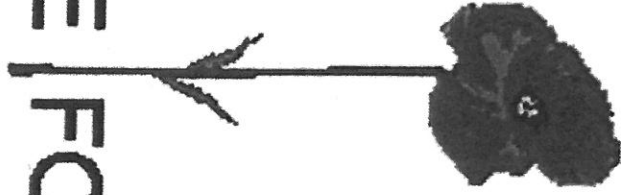
Pet Sitting: Grace Grant 705-977-4141

EMERGENCY NUMBER: 911

Police Non-Emergency 1-888-310-1122

Ontario Hydro: 1-800-434-1235

LEST WE FORGET



November 2022 - 351st Issue

507 Express

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Youth Group	Library 10-4 Shelby Murphy	Euchre Riley Lambshead	Lauren Hill	Library 10-4 Sheila & Al Asling
	6 Art Group	7 Youth Group	8 Library 10-4	9 Euchre	10 Jim Wilson	11 Library 10-4
13 Meer Serenity von Seuban	14 Art Group Mackenzie Callan Doris & Hugh MacLellan Nicole & Craig Rixen	15 Youth Group	16 Library 10-4	17 Euchre	18 August Pike Justin Kukemueller	19 Library 10-4 Mary Dalton Molly Cadigan
20	21 Art Group Don Bowles Ryan Harran Elie Asling Keith Miller	22 Youth Group Bree Blaney Margaret Gillingham	23 Library 10-4 Emily Burke Grant Bowles Clover Parent	24 Euchre Lochlan Parent	25 Albert Pantaleo Charlynn Asling	26 Library 10-4 Eric Dalton
27	28 Art Group	29 Youth Group Meghan Gallacher	30 Library 10-4 Charlotte Cooling			