

# 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:

- Do You Have a Will?
- Respiratory Virus Risk Index
- Performing Arts for kids
- Drug Poisoning Alert
- Open Spaces Master Plan
- Plan 2 Ways out

## 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 15<sup>th</sup> of the month.
- Advertising as follows:
  - Classified - \$2.00 per month
  - ¼ page - \$10.00 per month
  - 1/8<sup>th</sup> page - \$5.00 per month
  - ½ page - \$15.00 per month

Let's face it – English is a crazy language. There is not egg in eggplant, no ham in hamburger; neither apple nor pine in a pineapple.

- He could lead if he would get the lead out.
- The soldier decided to desert his dessert in the desert.
- A bass was painted on the head of the bass drum.
- When shot at, the dove dove into the bushes.
- I did not object to the object.
- The insurance was invalid for the invalid.
- There was a row among the oarsmen about how to row.
- They were too close to the door to close it.
- The buck does funny thing when the does are present.
- A seamstress and a sewer fell down into a sewer line.
- To help with planting, the farmer taught his sow to sow.
- The wind was too strong to wind the sail.
- Upon seeing the tear in the painting I shed a tear.
- I had to subject the subject to a series of tests.
- How can I intimate this to my intimate friend?



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](http://www.trentlakeslibrary.ca)**

# New Year's Day in 2021

New Year's Eve is Dec 31, New Year's Day is January 1.

This is certainly easier to remember than holidays that are celebrated on, for example, "the 1st Monday preceding May 25" or the "2nd Monday of February". For those hard to remember holidays we need calendars but for New Year's Eve and Day we only need some ideas to make the year end and beginning memorable and fun!

In Canada, New Year's Day is a federal statutory holiday in every province and territory. New Year's Eve is not.

## Celebrations

People around the world celebrate the coming of a new year (according to the Gregorian calendar) in many different ways.

Counting down seconds before midnight on New Year's Eve and watching fireworks are very popular and most people who attend New Year's celebrations take part of the countdown, which is often only the beginning of the party that follows.

There are several outdoor concerts on December 31st, most of them are free to attend. There is also great demand for firecrackers and personal fireworks sold across the country in mid to late December. Most people also drink alcoholic beverages on December 31st and January 1st - a traditional choice is champagne but as tradition fades away, champagne has gradually been replaced by beer and more beer.

## Popular New Year's Day activities

- Taking a vacation
- Going to or throwing a party at home
- Going to a New Year's Eve festival (music and fireworks!)
- Attend a watchnight service/ midnight mass
- Go to sleep as soon as the kids go to bed (this is for sleep deprived parents of young children)

## Where to go for New Year's Eve?

Every city and town organizes their own festivities for the New Year so if you don't want to travel and / or enjoy local events than the party In your city is your best bet. For those of you who don't mind a bit of travel and spending some extra money it's worth to check out some of the major events such as New Year's at Niagara Falls.

Or, if you want to make it a very special occasion then you might want to try a New Year's cruise in the Caribbean or spend the week in Rio to celebrate the Brazilian way!

# Good Buy Room

## Thrift Store

Hours:

Thursday – Saturday

10am – 4 pm

Lakehurst Road

Buckhorn

(Below Buckhorn Library)

# Peterborough Public Health Issues Drug Poisoning Alert

## *Residents Urged to Carry Naloxone and Avoid Using Drugs Alone*

Today, Peterborough Public Health issued a warning following an increase in suspected drug poisonings.

On Saturday, December 3, Peterborough Public Health received reports of a bad batch of drugs circulating in Peterborough City/County. This is suspected to be the result of an opiate product that is purple in colour and has an increased level of toxicity. These reports have prompted Peterborough Public Health to issue a public warning in the hopes of preventing further harms to the community.

Peterborough Public Health is reminding the public that street drugs may be cut or mixed with toxic substances. Even small amounts of a tainted drug can be fatal.

If you inject, inhale, snort or ingest drugs, Peterborough Public Health recommends that you:

- Drug poisoning is possible from inhaling drugs.
- Never share supplies. Avoid using damaged or modified pipes/needles.
- Don't use drugs alone. Visit the Consumption Treatment Services site at 220 Simcoe St., open 9:30am-8:00pm, 7 days/week.
- If using with a friend, do not use at the exact same time.
- Have a plan – Ask someone to check on you or call the National Overdose Response Service 1-888-688-6677.
- Carry a naloxone kit. Keep it visible and close by.
- Avoid mixing drugs.
- Test your drug by using a small amount first.
- Call 911 immediately if someone cannot be resuscitated after naloxone is administered.

Peterborough Public Health encourages everyone to recognize the signs of opioid overdose and know what to do:

- Skin is cold and clammy
- Fingernails or lips are blue or purple
- Body is very limp
- Can't wake the person up
- Deep snoring or gurgling sounds
- Breathing is very slow, erratic or has stopped
- Pupils are very small
- If an overdose is witnessed, call 911. Give naloxone. Continue to check for breathing. Stay with the person until help arrives.
- Under Canada's *Good Samaritan Drug Overdose Act*, anyone who seeks medical help for themselves or for someone else who has overdosed, WILL NOT be charged for possessing or using drugs for personal use.

Residents can anonymously report drug poisonings and other bad drug reactions using the 'Drug Reporting Tool'. Any information shared through the tool supports Peterborough Public Health and community partners in responding to and preventing drug poisonings in the Peterborough area.

### **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.**





WE WOULD LIKE TO CONGRATULATE MEGUIN LUSKOVICH ON HER NEW appointment as Fire Prevention Inspector and Luc Shewen as our new Training Coordinator. We would also like to congratulate John Harvey who has been promoted to Captain at Hall #2 – Cavendish. Welcome also to Marise Aubrey and Hayley Gillingham who joined the department in the fall and Have been assigned to Hall #2 – Cavendish.

# EVERY SECOND COUNTS! **PLAN** 2 WAYS OUT!

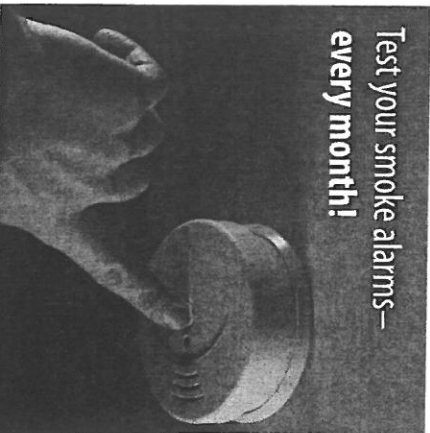
**If a fire occurred in your home tonight would your family get out safely?**

A fast, pre-planned escape is critical to survival.

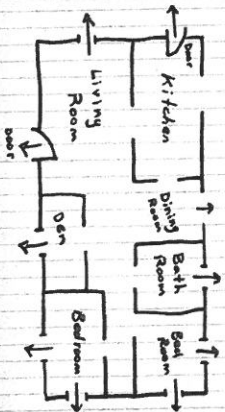
There are **no second chances** in a fire.

**Follow these simple steps:**

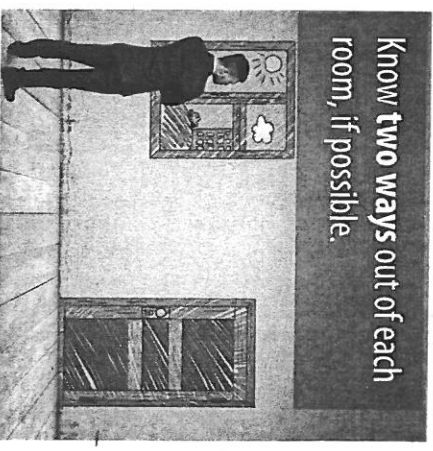
Test your smoke alarms—  
**every month!**



Discuss with everyone in  
your home how each person  
will get out in a fire.  
**Practice your plan!**



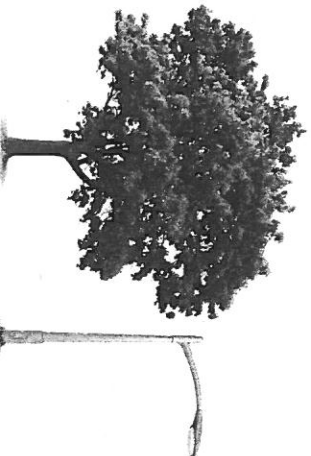
Know **two ways** out of each  
room, if possible.



Determine who's going to help  
**young children,**  
**older adults,**  
**people with**  
**disabilities** or  
anyone else  
who needs  
help escaping.



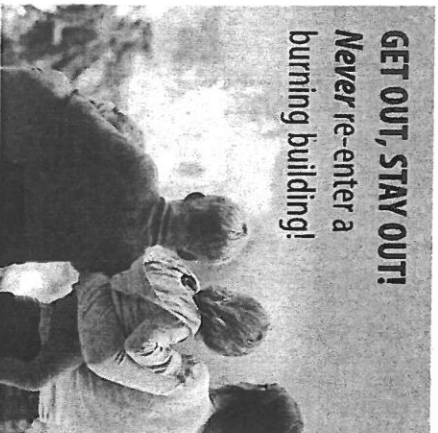
Have a **meeting place** outside  
your home.



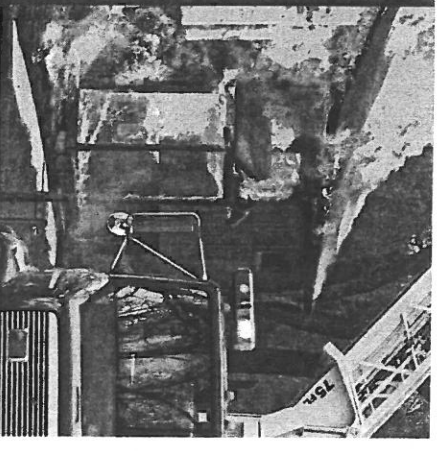
Call 9-1-1 or your  
**emergency**  
**number**  
from outside  
the home.



**GET OUT, STAY OUT!**  
*Never* re-enter a  
burning building!



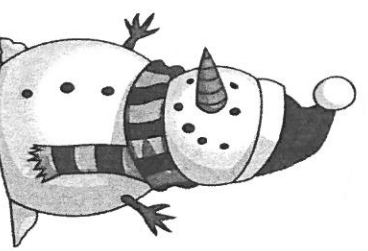
**EVERY SECOND COUNTS!**  
Fire and smoke can travel so  
quickly that despite their best  
efforts, firefighters may not be  
able to rescue you or your family  
if a fire occurs in your home.  
You **need** to be *out of your home*  
when the firefighters arrive!



**For more information, contact your local fire department.**

## Snowman Building Contest

Don't forget to send us a picture of this year's snowman.  
Remember to include the dimensions as well.  
You can drop them off at the Cavendish Library or  
email them to [kathy507@yahoo.ca](mailto:kathy507@yahoo.ca)

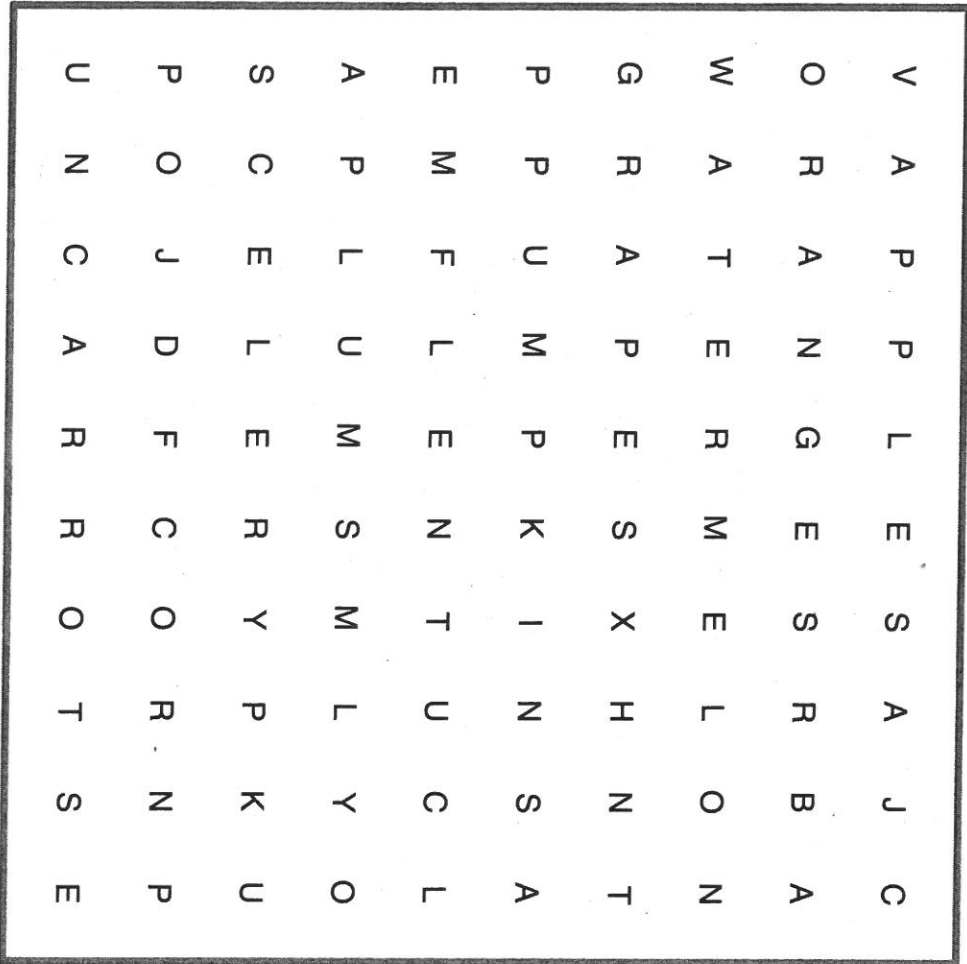


# Kid's Page...

## Fruits and Vegetables

**Directions:** Look at the list of fruits and vegetables. Find and circle those words in the puzzle below.

APPLES	CORN	PLUMS
CANTALOUPE	GRAPES	PUMPKINS
CARROTS	ORANGES	WATERMELON
CELERY	PEAS	



**Q:** What gets sharper the more you use it?

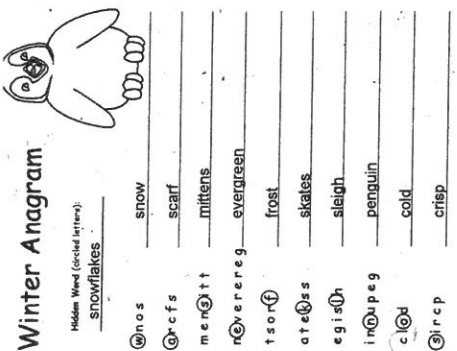
Your brain.

**Q:** If I have it, I don't share it. If I share it, I don't have it. What is it?

A secret.

**Q:** What can you catch but not throw?

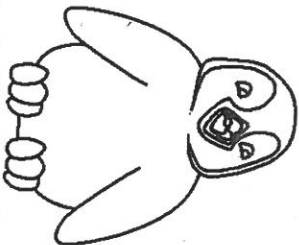
A cold.



Winter Anagram

## Winter Anagram

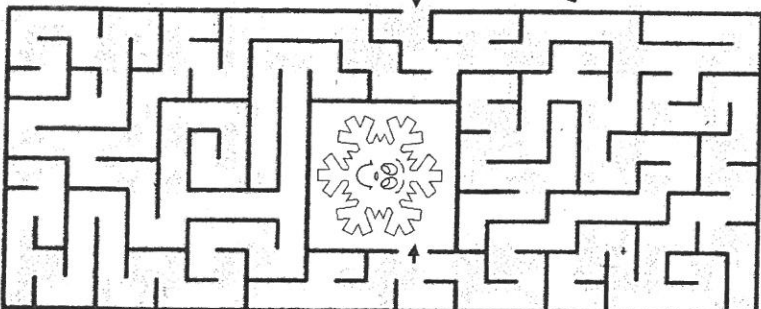
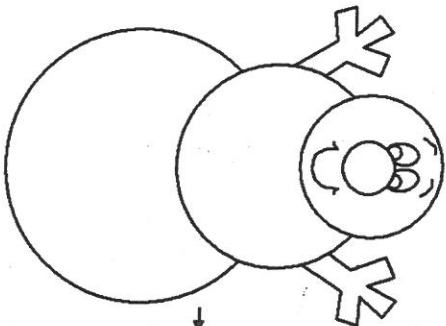
Hidden Word (circled letters):

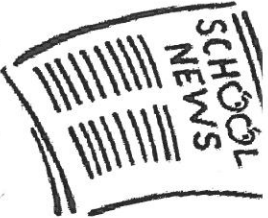


Wnos	_____
arcfs	_____
menstt	_____
neverereg	_____
tsorf	_____
atekss	_____
egisn	_____
innuppeg	_____
clod	_____
sirpc	_____

## Winter Maze

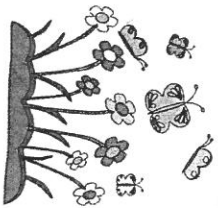
Help Frosty find his favorite snowflake.





**Classes resume on Monday, January 9<sup>th</sup>, 2023 for all schools weather permitting.**

**Grade 8 Family Information Night at the Thomas Stewart High School auditorium on Wednesday, January 11<sup>th</sup>, 2023 at 6:30 p.m.**



## Organize Your Garden

Take the time to plan your next season's garden. It is so much easier on paper than trying to make your mind up when you are standing with a flat of young seedlings in your hand.

Check all your house plants for spidermites, aphids and mealybugs.

Order flower and vegetable seeds.

Use Urea (40-0-0) to melt the ice around and near outdoor plants.

Try forcing some bulbs for winter blooming. Amaryllis and Paperwhites for example.

# McIntyre Electric

## Residential/Commercial Industrial



# 705.930.8216

## It's a Part of Our History

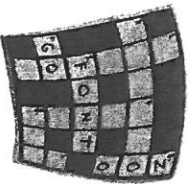
### Wagar's Point

Most people would recognize this better as Catchacoma Landing but it was first known as Wager's Point named after Elias Gilmore Wagar. Elias grew up in Desoronto, Ontario but often visited his uncle Bill Root who owned a homestead on the west side of the Government Road (known as County Road 507 now) opposite of Beaver Lake Road. This homestead would have been in behind where "The Catch" is today.

He grew to love the area, especially the beautiful clean waters of our lakes and by 1920 had become one of Catchacoma's first cottagers. Seven years later he bought a piece of land from the Crown which would become known as Wagar's Point. Elias, a determined young school teacher from Peterborough, blazed his own road into his property from the Government Road cutting through acres of bush. This was the beginning of what was to be known as the Beaver Lake Road.

His original plan was to build a simple private family cottage but after the large number of requests he received from friends he eventually built three housekeeping rentals on the lot. In 1954 his son Floyd, and his daughter-in-law, Aileen, decided to convert the property to a seasonal business.





# Puzzling Times

## ACROSS

- 1 Off-key  
5 R.R. stop  
8 S.Amer. land  
11 Enemy of Iraq  
15 Scottish island  
16 Actor Alex  
17 Wheat —  
19 Alliance acronym  
20 Leave  
21 Nichols title character  
22 "Yes, lad, \_\_\_ easy" (Housman)  
23 Walked  
24 Mode of travel  
27 Skirt edges  
28 Stone pillars  
29 Saying  
31 Madison Ave. output  
34 Actor Beatty et al.  
35 "Bill and \_\_\_ Excellent Adventure"  
37 — Germany  
40 Instructor  
42 1860 Southern alliance: abbr.  
43 Certain runner  
45 Fold  
46 Youth gp.  
48 Itinerary: abbr.  
51 Twist of fate  
52 Lamprey  
53 Brag  
55 Like \_\_\_ of bricks  
57 Commune in Holland  
58 Spoke one's peace  
62 Singer Sayer  
65 Taj Mahal site  
66 Actor Martin  
67 Keats poem  
70 Chance table  
72 That girl  
74 Yet, in poetry  
75 Nation's political bellwether  
77 Sweetie  
78 Farm home  
80 Singing sisters: surname  
81 Actor Jack  
82 Run away  
84 — shark  
86 Founded: abbr.  
87 "When I Take My Sugar —"

- 104 Chain piece  
105 Fr. holy women  
106 Spanish aunts  
107 Cut  
108 Falls behind  
109 Theater sign  
110 Road curve  
111 Retained

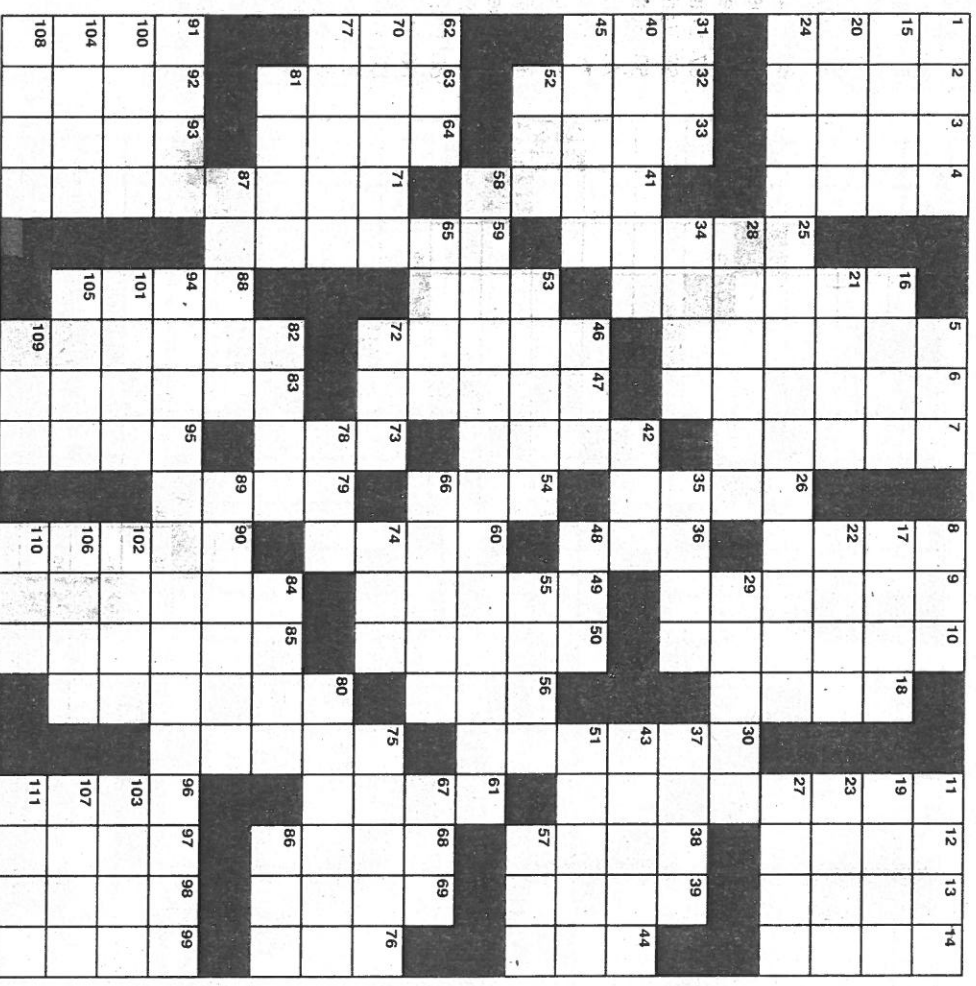
## DOWN

- 1 Go —  
2 Mentally unbalanced  
3 Gray's subj.  
4 So long  
5 Wept  
6 Tribulations  
7 Dancer Astaire  
8 Currency allowance  
9 Put more bullets in  
10 Pulverizes  
11 Up \_\_\_ (unsettled)  
12 Not common  
13 Kind of bomb  
14 Drowns  
16 Mother Maybelle  
18 Flat-topped hill  
25 "All \_\_\_ lost" (Milton)

- 26 WWII boats: abbr.  
30 Spacecraft of the '60s  
31 Stereo component, for short  
32 Remove from print  
33 Snick or —  
36 Muff or drum  
38 — gin  
39 Watch over  
41 Powder ingredient  
42 Type of history  
44 Deil bread  
46 Wild hogs  
47 Her handmaiden was Hagar  
49 Western lake  
50 Lasting forever, in poems  
53 Plead  
54 Grid scores: abbr.  
56 Cereal grain  
59 "The Streets of \_\_\_"  
60 Pronoun  
61 Horse of a certain color  
62 Finishing ingredient  
63 Month after Ab  
64 Holy Roman Emperor

- (962-973)  
68 Go to a restaurant  
69 Baseball's Cabell  
71 Equipment for Cousteau  
73 Nationality suffix  
75 High-IQ org.  
76 Inner: prefix  
79 Certain duck  
80 Metatwork machines  
82 Deceptive moves  
83 More extensive  
84 Hawaiian porches  
85 Musical dramas  
88 Indo-Chinese  
90 "Divine Comedy" author  
91 Farmer's milieu  
92 Solo melody  
93 Glassy sound  
95 Mazatlan money  
96 Actor Noble  
97 Playwright Vidal  
98 Over  
99 Enthralled

- 89 Makes suitable  
91 Info  
94 Terminal housing  
100 Actress Gray  
101 "Picnic" author  
102 Son of Loki  
103 Tiny amount



Each of these Cryptograms is a message in substitution code.

1. GY OILX I CYVB KIUIB VK GY AX I

AEVUVIPG BVMUYOIGVKG — GRX MEYAUXO  
VK XPGVEXUJ GRX KIOX VP AYGR FIKKK. GY  
LPYZ XHIFGUJ RYZ OTFR YVU YPX OTKG MTG  
ZVGR YPX'K NVPCIE. (YKFIE ZVUBX)

2. XGC NVVELKRXNDLS NS R LCCH IRRVDM  
RKC NSXCSHCH XD LGDP WDE PGRX XGC  
OVDPCKL PNVV SDX VDDJ VNJC PGCS XGCW  
MKDP.



# 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

\$ \_\_\_\_\_ Additional Voluntary Donation

☐ I am donating to CCRAI Lake and Water Quality Programs

\$ \_\_\_\_\_

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](mailto: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



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

Connor

Jim

705-930-3901

705-933-0420



## 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**

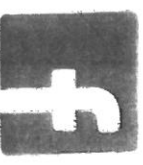
***LITTLE BLUE MAKIN***

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



**Thank you for your support!**

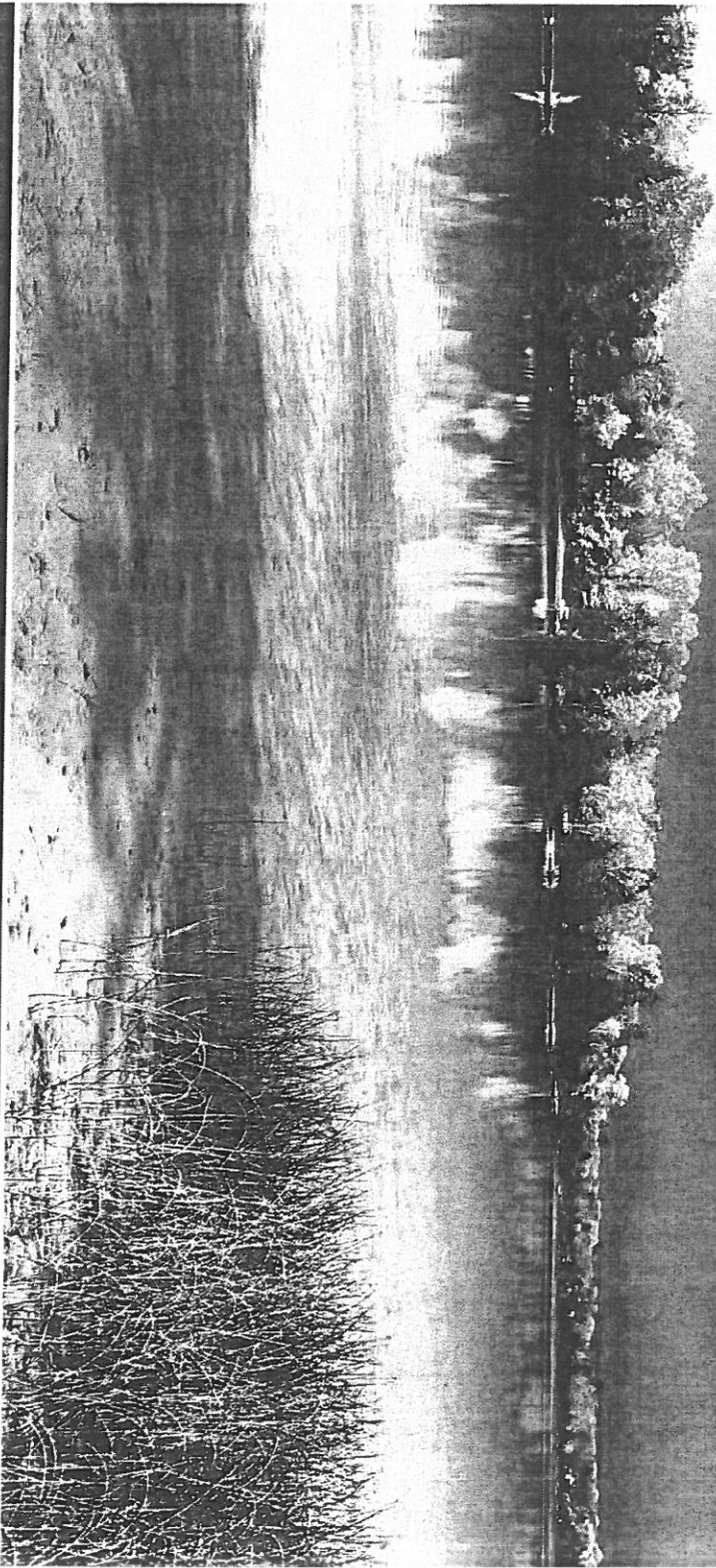
Cavendish Community Centre is on facebook! Find us and follow us at  
[facebook.com/CavendishCommunityCentre](https://facebook.com/CavendishCommunityCentre). It's a great way to stay in touch with what's  
happening at the CCC.



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](mailto:katny507@yahoo.ca). Thanks!



# We Want to Hear from You!



Please join us at the Open House  
for the Trent Lakes Open Spaces  
Master Plan

## When?

Monday,  
January 9, 2023  
2:00 pm - 6:00 pm

## Where?

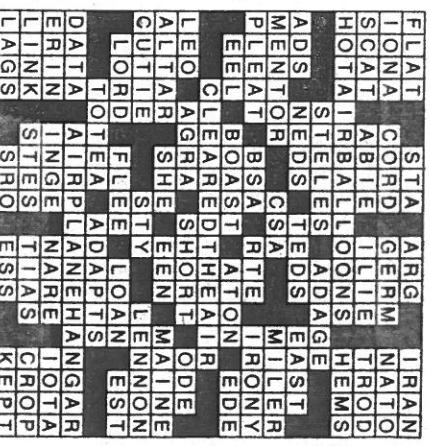
Trent Lakes  
Municipal Office  
760 Peterborough County Rd 36



## Answers to: Puzzling Times

1. To make a good salad is to be a brilliant diplomatist—the problem is entirely the same in both cases. To know exactly how much oil one must put with one's vinegar. (Oscar Wilde)

2. The illustrations in a seed catalog are intended to show you what the flowers will not look like when they grow.



## How Well Do You Know Your Country?

1. Minnedosa, Manitoba is a name of Sioux origin meaning what?
  - a.) Where the rivers meet
  - b.) End of deep water
  - c.) Swift water
  - d.) Fine river
2. When did Toronto Blue Jays win their first World Series?
3. True or False: Stories from the Middle East and stories from the Bible are likely the source of some 140 place names in Canada. About 75 of these occur in southern Ontario and stretch all the way to the territories.
4. Which two Canadian cities are the first to have hosted the Olympic games?
5. In which Ontario city did the North West Company found a trading post that would eventually be destroyed by U.S. troops in the War of 1812?
  - a.) Sault Ste. Marie
  - b.) Hamilton
  - c.) Ancaster
  - d.) Burlington
6. Which Nova Scotia school had the nickname "X-Men"?
7. Where does Flin Flon, Manitoba get its name?
  - a.) A unique dessert
  - b.) An early resident bearing the same name
  - c.) Residents immigrated from a city in the Netherlands with the same name.
  - d.) A fictional character from a novel
8. Which Toronto sports team won in 2005 to register their fifth league championship win in seven years?
9. This Yukon city went from being a swampy patch of mud to the largest town in the Canadian West during the gold rush of the late 19<sup>th</sup> century.
  - a.) Whitehorse
  - b.) Dawson
  - c.) Haines Junction
  - d.) Burwash Landing
10. What is the nickname that is given to the University of Toronto's athletic teams?

# 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



## It happened this Month....

- January 1<sup>st</sup>, 1793 – Upper Canada lieutenant-governor Francis Bond Head was born.
- January 1<sup>st</sup>, 1908 – the Ottawa branch of Britain's Royal Mint is officially opened – an event commemorated with the striking of a fifty-cent piece.
- January 5<sup>th</sup>, 1849 – North-West Mounted Police superintendent Sam Steele was born.
- January 9<sup>th</sup>, 2007 – the hit television sitcom Little Mosque on the Prairie debuts on CBC.
- January 12, 1930 – Hockey Hall of Farmer and doughnut shop entrepreneur Tim Horton was born.
- January 17<sup>th</sup>, 1974 –Pauline McGibbon is appointed lieutenant-governor of Ontario, the first woman in Canada to hold the position.
- January 20<sup>th</sup>, 1888 – Writer Ethel Wilson was born.
- January 24<sup>th</sup>, 1952 – Charles Vincent Massey becomes the first Canadian-born governor general.
- January 27<sup>th</sup>, 1967 – Inuit singer and songwriter s\Susan (Uliniq) Aglukark is born in Churchill, Manitoba, she has won three Juno Awards during her career.
- January 31<sup>st</sup>, 1973 – The Supreme Court acknowledges the existence of Aboriginal title in modern Canadian law. The decision merely confirmed the existence of the Aboriginal right to hold land.

### 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.

### Performing Arts (Improv) for Kids & Teens @Lakehurst Hall (close to Buckhorn)

Classes by Peterborough Academy of Performing Arts (PAPA)  
Wednesdays for 8 weeks - Beginning January 18, 2023  
Kids 6-12 (4:00-5:00 PM) • Teens 13-17 (5:00-6:30 PM)



Introductory Program Offer: \$50.00

Full refund after 1<sup>st</sup> class if not 100% psyched!

For more information contact: buckhornsports@gmail.com

Thanks to our Sponsors



## Recipe of the Month

### Coconut Chip Nut Bars

- 1-3/4 cups all-purpose flour
- 3/4 cup sugar
- 1/4 cup baking cocoa
- 1-1/4 cups cold butter/margarine
- 1 can(4oz) sweetened condensed milk
- 2 cups semisweet chocolate chips, divided
- 1 teaspoon vanilla extract
- 1 cup chopped walnuts
- 1/2 cup flaked coconut
- 1/2 cup English toffee bits/almond brickle chips

Rae-Ann Whalen



In a bowl combine flour, sugar, and cocoa. Cut in butter until mixture resembles coarse crumbs. Press firmly into a greased 13x9x2 inch baking pan. Bake at 350 F. for 10 minutes. Meanwhile, in a saucepan, combine milk and 1 cup chocolate chips; cook and stir over low heat until smooth and chips are melted. Stir in vanilla. Pour over crust. Sprinkle with walnuts and remaining chocolate chips. Top with coconut and toffee bits. Gently press down into chocolate layer. Bake at 350 F. for 18-20 min or until firm. Cool on a wire rack cut into bars.

## How well do you Know Your Country ...Answers

1. c. Swift River
2. 1992
3. True
4. Montreal in 1976 and Calgary in 1988
5. a. Sault Ste. Marie
6. St. Francis Xavier
7. d. a fictional character from a novel. Flin Flon is named after Professor Josiah Flintabatey Flonatin - created by J.E.P. Muddock, - the adventurer-explorer hero of the Sunless City - 1905
8. Toronto Rock
9. Dawson
10. Varsity Blues

### 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: \_\_\_\_\_

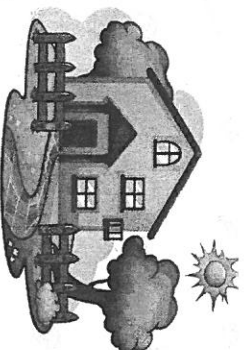
I would like to receive the 507 Express starting \_\_\_\_\_ for \_\_\_\_\_ months.  
Please make cheque payable to: Cavendish Culture & Recreation Committee

Mailing Address: Cavendish Culture & Recreation Committee

Attention: Tiffany Warren

32 Community Complex Drive,  
Trent Lakes, Ontario

K0L 1J0



## HOUSEHOLD HINTS

1. Put emergency medical data in your wallet when you travel. Include your blood type, medical conditions and the and phone number of a family member to contact. Carry any prescriptions on your person.
2. Chew sugarless gum after eating. This will increase the production of saliva, which dilutes stomach acid and reduces heartburn symptoms. It also freshens your breath.
3. Add fresh herbs to the pot only during the last 30 minutes of cooking since they lose flavor if heated too long.
4. When using herbs for uncooked dishes add herbs early to get the most from their flavours.
5. A spoonful of sugar can help get rid of the hiccups. Swallow 1 teaspoon of granulated white sugar quickly for quick relief.
6. If you work the night shift and find that it disrupts our sleep habits, try wearing very dark sunglasses for an hour or so before going to bed.
7. Put coat hooks in the hall closet level with the doorknob. Children can then hang up their own coats easily.
8. Stop the drip from the bottom of your cone by dropping a miniature marshmallow into the cone before the ice cream goes on top.
9. Introduce small children to ice skating by putting 2 inches of water into an inflatable or plastic pool and leave it out overnight to freeze.
10. Pass up coffee and tea with meals. Both contain tannins which bind with the iron in food and make it much harder to absorb. Give yourself at least an hour between eating meals and drinking coffee or tea.

## NEW HOURS

Thursday to Monday 7 a.m. to 6 p.m.

Closed Tuesday and Wednesdays

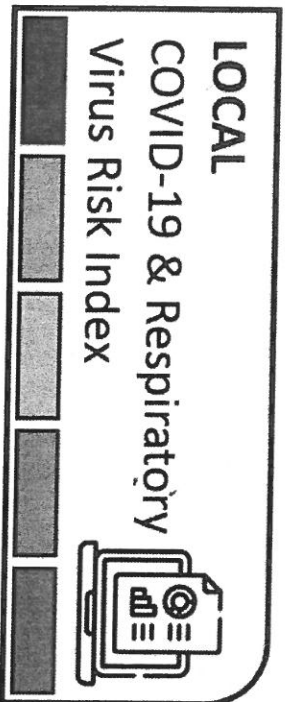
# 1 THE CATCH

Fast Food Take-Out

705-313-9947

# Peterborough Public Health Launches COVID-19 and Respiratory Virus Risk Index

## *Risk Index Remains at Moderate level*



Peterborough Public Health launches the COVID-19 and Respiratory Virus Risk Index. The risk index now provides additional indicators for other respiratory viruses in the Peterborough region.

Dr. Thomas Piggott, Medical Officer of Health. “The changes that we made to the index incorporate other respiratory virus data into the existing risk index. Like other health units in Ontario, we recognize that COVID-19 is no longer the only respiratory virus threatening our community and health care system capacity. The updated index will allow residents to make an informed decision about their health.”

Dr. Piggott noted this information will be of particular importance to people at higher risk of severe symptoms due to a respiratory infection. This includes young children and infants, older adults, those who are not vaccinated against COVID-19 or influenza, and those with immune deficiency or compromising medical conditions.

The COVID-19 and Respiratory Virus Risk Index incorporates data previously used for the Local COVID-19 Risk Index including wastewater surveillance signals, number of hospitalizations and deaths, percentage positivity of PCR tests and community-reported rapid-antigen tests (through Peterborough Public Health’s online survey), and the local case incidence rate per 100,000. However, the updated index will now incorporate indicators such as emergency department visits due to respiratory illness, hospital admissions due to respiratory illness, percent positivity of influenza tests, and outbreaks due to respiratory illness.

Dr. Piggott shares, “like the previous risk index, the updated version is designed to inform residents of their current risk of getting a respiratory infection and provides guidance for staying safe. Just like COVID-19 prevention, a multi-layer approach can also protect against other respiratory viruses circulating. Wearing a well fitted N95 or KN95 mask, gathering outdoors or in well ventilated areas, staying home when unwell, and getting the COVID-19 and influenza

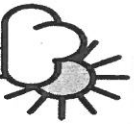
vaccines are layers of protection against respiratory illnesses.” The risk index will be updated each Wednesday by 5 p.m. It can be found at [www.peterboroughpublichealth.ca/covid-risk-index](http://www.peterboroughpublichealth.ca/covid-risk-index).

The COVID-19 and Respiratory Virus Risk Index is in the moderate level this week. Dr. Piggott mentions, “The index is showing moderate risk for our community of all respiratory infections. We are seeing that COVID-19 indicators are improving or remaining the same. But, we are seeing an increase in indicators for other respiratory viruses, specifically seeing an increase in hospital admissions due to respiratory infections and higher percent positivity in influenza tests.”

With the update of the risk index, guidance has been updated to reflect prevention measures for other respiratory viruses. In the moderate level, residents are recommended to wear a mask in high-risk indoor settings or when interacting with high-risk individuals. Outdoor or small group gatherings are suggested. If gathering indoors, residents are encouraged to gather in spaces with quality ventilation systems or open doors and windows to improve ventilation.

In general, Peterborough Public Health recommends the following guidance for local residents:

- Stay up to date with COVID-19 and influenza vaccines. This means receiving a fall dose for both.
- Continue to mask up indoors and around others with a respirator, e.g. N95 or KN95 (especially if you’re at high-risk).
- Stay home if sick, even if you have mild symptoms, these could be deadly to someone you pass it along to.
- Use rapid antigen tests and continue to report both positive and negative test results to PPH using our confidential online reporting survey: [chknkt.com/RAT21](http://chknkt.com/RAT21).
- Practice proper hand washing and cough/sneeze etiquette.
- Get tested and treated if you’re eligible. The assessment centre at Peterborough Regional Health Centre can test and treat patients who are presenting with any respiratory symptoms.

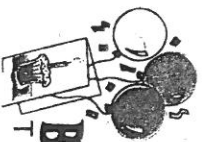


## **Weather predictions for this month.**

From January 1<sup>st</sup> to the 17<sup>th</sup> of the month you can expect to have seasonable weather with snow showers to be expected for most of the week. Things will not change much for the following week but possibly not as many snow showers. The third week of the month is going to be unusually mild with a chance of more snow showers if not rain. From the 28<sup>th</sup> of the month to the 31<sup>st</sup> you can expect warmer than usual temperatures once again with a light snow expected most days. Once again, the last few days of the month are expected to be mild for this time of year.



# BIRTHDAYS & ANNIVERSARIES!



## BIRTHDAYS THIS MONTH

1<sup>st</sup> Maighen Hay  
2<sup>nd</sup> Reese Aubrey  
4<sup>th</sup> Blake Lambshead  
6<sup>th</sup> Emma Aspinall  
7<sup>th</sup> Avalon Hollis  
Judy Lloyd  
Sheyenne Asling  
8<sup>th</sup> Leslie Hunt  
Kevin Aspinall  
11<sup>th</sup> Declan Forgie  
12<sup>th</sup> Rick Mortenson  
Allen Lake  
Logan Lake  
13<sup>th</sup> Melissa Watson  
15<sup>th</sup> Ethan Harran  
17<sup>th</sup> Tyler Warren  
Michael Pageot

18<sup>th</sup> Kristy-Marie Asling  
19<sup>th</sup> Tiffany Warren  
Dawson Hay  
20<sup>th</sup> Tristan Forgie  
Mary Robinson  
Michelle Connell  
21<sup>st</sup> Bev Clarke  
23<sup>rd</sup> B.J. Robinson  
Rosalee Parent  
24<sup>th</sup> Zevon O'Heron  
26<sup>th</sup> Spencer Goddard  
27<sup>th</sup> Charlotte Connell  
29<sup>th</sup> Marlo Tamorah Cadigan  
31<sup>st</sup> Taylor Mortenson



Happy Anniversary

If you would like to have a birthday or anniversary added please  
contact [Kathy@705-657-8912](mailto:Kathy@705-657-8912) or [kathy507@yahoo.ca](mailto:kathy507@yahoo.ca)

### Ontario Certified Marine Mechanics

Custom Docks  
Service Calls  
Gas & Propane

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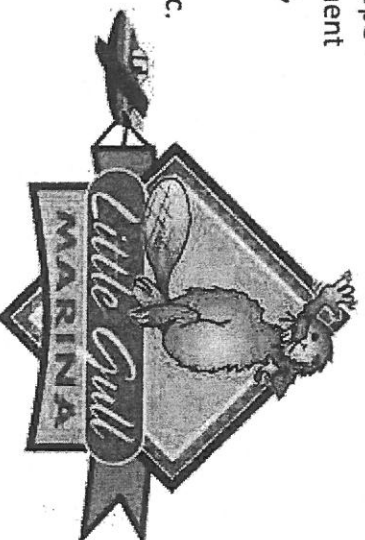
Boat & Snowmobile storage  
Meat supplied by the Butcher Shoppe  
Chainsaw sharpening and replacement  
NEW & USED boat, snowmobile,  
trailer & ATV sales

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

## Customer Service is #1!



Ontario Certified Marine  
Mechanic on duty  
Monday-Friday

January Hours  
Monday to Friday  
9am-4pm  
Closed Saturday and Sunday  
Wishing you a Happy Healthy  
New Year!

## Do You Have a Will?

I'm not asking about your willpower, but the legal document that specifies how your possessions will be distributed after you no longer need them – that is, after you have died. Perhaps you don't really care, or you feel you don't have all that much, or maybe you think it would be bad luck to make a will, in case it makes the universe think you are ready to die. Trust me, that last one doesn't happen – I made my first will more than 25 years ago and I haven't died yet.

It does matter. Even if you have "nothing" you still have things like clothes, probably photos, possibly books, bits of furniture and household items like sheets and blankets. Lots and lots of "stuff" that has no monetary value but probably would be useful for someone (e.g., homeless shelters; thrift stores that raise money for charities) or have sentimental value for your friends and family. And someone has to deal with it – the person identified in your will as your executor.

You probably know all this; on the other hand, I have an extremely well educated and world-wise friend who didn't seem to know it. And I know (knew, actually, obviously) more than one person who thought that it would be easiest to evade making a will.

One, an elderly distant relative, chose to die intestate because he believed that the provincial government would thereby acquire his estate, which seemed fair and just. The province had been caring for his only child for nearly 20 years because she had numerous physical and mental handicaps and her mother had died decades earlier. However, he had not thought out all of the ramifications – his equally elderly brother and – a slightly younger cousin also lived in his house. My ever-resourceful mother talked to the provincial guardian and pointed out that if the province claimed and sold the house, those 2 never-married seniors would become homeless and, no doubt, dependent on the province. Twenty-five years later, the province finally acquired the tiny, old, uninsulated house.

More recently, I had a friend who, I suspect, had too high a need for control to risk making either a will or assigning powers of attorney. As a result, every time she ended up in the hospital none of her many friends could be told anything and, therefore, when she arrived there unconscious, no one informed her friends and the medical staff had no idea how to get information about her normal state. My friend often stated that the obvious person to be her executor was her nephew (it doesn't have to be a relative!) but he was too busy helping his equally elderly mother and lived out of town and did not drive so it would be too much of an imposition. The final outcome of this sad story was that, when my friend died, the hospital failed to inform anyone, then the nephew ended up having to do everything but without the normal authority of an executor, which took more time and effort.

But, at least as important as making a will and assigning powers of attorney, you need to discuss the matter with the people you want to designate. And you need to give those who are holding your powers of attorney copies of the appropriate documents. And, you also need to let your executor know where your will is and who your lawyer is.

In my opinion, no one other than the lawyer needs to see the will although it would probably be useful to give your executor a copy of the part that names him or her. And, if your executor is not someone you live with or near or see regularly, make sure that the people you are in regular contact with know who the executor is and how to reach him or her. If you have made a holograph (handwritten) will you also need to be really careful about where you keep it.

And no matter what, always make sure you have a Plan B. Just before Christmas one of my single friends died. She had been seriously ill but seemed to be on the mend. She had a lawyer, he had the original of her will and all her friends knew who he was. However, the lawyer, who was in a solo practice, had died less than a month before. Although he had been ill for some time, he had made no arrangements for his practice to be taken over. His wife doesn't seem to know how to reach his only employee. And it's Christmas. This is a colossal mess. Don't leave your family and friends in this kind of position.

And, by the way, Happy New Year!

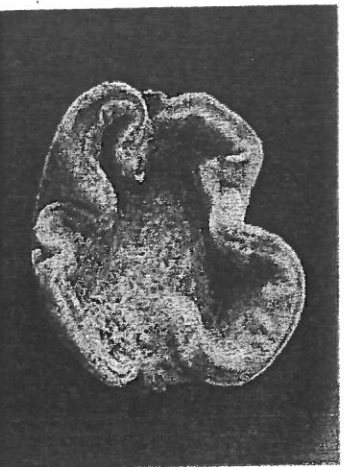
Carla Salvador  
carla@carlasalvador.ca

### Cavendish Classifieds

To register ads please contact Kathy @ 705-657-8912 or [kathy507@yahoo.ca](mailto:kathy507@yahoo.ca)

## BUTTERTARTS

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\$2.50 each

\$12.00 for six

\$24.00 for a dozen

Contact Lauren @

705-977-1886

## Pet Sitting by Gracie



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*you can talk to I'm the guy to call*

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Fax: (705) 748-0483

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Free Quotes

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01/23

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be because it has expired!**



## CARPENTRY

STAIRS, SHEDS, RENOS, DOCKS, DECKS

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



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

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Living on the Catchacoma Chain of  
Lakes

- Tree cutting and brush removed
- Lawn care, mowing and whipper Snipping
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- Staining and Painting
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- Pressure washing of decks/docks
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[Marinamudge@gmail.com](mailto:Marinamudge@gmail.com)



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(249)-337-0142

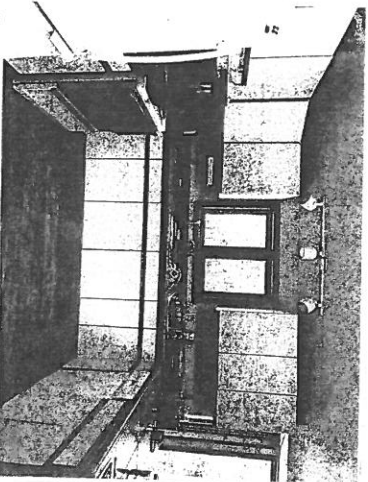
[www.cleanh2o.ca](http://www.cleanh2o.ca)

12/22

### Used Kitchen for Sale:

We are renovating our kitchen in April/May, 2023. Everything must go. This includes a double S.S. Sink and Moen faucet, light fixture, fridge, stove, Bosch dishwasher (which needs a new outflow plastic tube) and all cabinets and countertop. Best offer.

Contact me at [browndelarue@gmail.com](mailto:browndelarue@gmail.com)





## Cavendish Key Contact Information

### Trent Lakes Municipal Council:

Mayor	Teerry Lambshead	705-927-1968	tlambshead@trentlakes.ca
Deputy Mayor	Carol Armstrong	705-731-9087	carmstrong@trentlakes.ca
Councillor –Galway Cavendish	Joe Cadigan	705-731-9410	jcadigan@trentlakes.ca
Councillor – at large	Peter Franzen	705-738-1486	pfranzen@trentlakes.ca
Councillor – Harvey	John Braybrook	705-731-9871	jbraybrook@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	<a href="http://www.trentlakes.ca">www.trentlakes.ca</a>	
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	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
Cavendish Community Centre		705-657-1192	
CCC Rental Inquiries and Bookings	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
507 Express – Editor	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
Helen Bowen Branch Library	Sue Warren	705-657-1192 or 705-657-8912	
Trent Lakes Outreach Centre-foodbank		705-768-3590	<a href="https://tlocfoodbank.wordpress.com/">https://tlocfoodbank.wordpress.com/</a>
Cavendish Youth Group	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
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	<a href="mailto:pstenton@ryerson.ca">pstenton@ryerson.ca</a>
Mississauga District	Carol Thomson	<a href="mailto:carolt@golden.net">carolt@golden.net</a>
Mississauga –Gold Lake Road	Katie Tingley	<a href="mailto:mglakeroadgroup.com">mglakeroadgroup.com</a>
Beaver, Cavendish, Bottle & McGinnis	Bryan West	<a href="mailto:brywest3@gmail.com">brywest3@gmail.com</a>
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 15<sup>th</sup> to September 15<sup>th</sup>. 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 16<sup>th</sup> to April 14<sup>th</sup>. 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**



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Ssa JdxJ 205

January

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Maighen Hay 1	Reese Aubrey 2		Library 10-4 Blake Lambshead 4	Euchre 5	Emma Aspinall Avalon Hollis 6	Library 10-4 Judy Lloyd Sheyeanne Asling Leslie Hunt 7	
Kevin Aspinall 8	Art Group 9	Youth Group 10	Library 10-4 Declan Forgie 11	Euchre Rick Mortenson Allen Lake Logan Lake 12	Melissa Watson 13	Library 10-4 14	
Ethan Harran 15	Art Group 16	Youth Group Tyler Warren Michael Pageot 17	Library 10-4 Kristy Asling 18	Euchre Tiffany Warren Dawson Hay 19	Tristan Forgie Mary Robinson Michelle Connell 20	Library 10-4 Bev Clarke 21	
	22	23	24	25	26	27	28
Art Group B.J. Robinson Rosalee Parent 29	Youth Group Zevon O'Heron 30	Library 10-4 31		Euchre Spencer Goddard 26	Charlotte Connell 27	Library 10-4 28	
Marlo Cadigan 29	Art Group 30	Youth Group Taylor Mortenson 31					