

# 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:

- Toxic Drug Alert
- Do you Use Drugs?
- Cooking Safety
- Ways to conserve water
- Distracted Driving
- Hear the roar—Head indoors
- Recipe Substitutions
- Knit and Lit
- Looking for your recipes
- Poisonous Plants

## 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

- A true friend is someone who reaches for your hand and touches your heart.
- When you begin to coast, you know you're on the down grade.
- I don't exercise as all. If God had meant for us to touch our toes he would have put them further up our bodies.
- Make hast slowly.
- If you are going to try cross-country skiing, start with a small country.
- You can't slide uphill.
- I have flabby thighs, but fortunately my stomach covers them.
- The advantage of exercising every day is that you die healthier.
- My mind not only wanders, it sometimes leaves completely.
- Today's might oak is just yesterday's nut that held it's ground.
- My mother is a Travel Agent for guilt trips.
- I wondered why the baseball was getting bigger. Then it hit me.
- Failure is never quite so frightening as regret
- All of us leave footprints in the sands o time – either a great soul or a heel.
- If you can't have the best of everything, make the best of everything you have.



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

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**Phone Number:** 705-657-8912

**Email:** kathy507@yahoo.ca

**Donations towards publication are gratefully received!**

# Community Report

## Spring Cleaning Time!

Spring is finally here – believe it or not! This usually is the time when we all want to clean out those cupboards and closets and get rid of all of the things we never use. Maybe there is a Christmas or birthday gift you put away knowing you would never use but not sure what to do with. The Cavendish Community Centre is happy to help you out.

For those gently used items that you no longer need we have a yard sale in July and are happy to take those items from you. We also have a garage that we use for storage so we will accept them prior to the date. For the items that are new we also have a Hidden Auction in July and are always happy to receive donations for this fund raising event. These items can also be dropped off any time.

The proceeds from both of these events help to support such things as the production of the 507 Express, Family Day Celebrations, Halloween and Christmas Parties. Donations can be dropped off during library hours or by contacting Kathy Warren to make arrangements.

## Looking for your Recipes

The Cavendish Youth Group has been working at putting together a cookbook as a fundraiser for The 507 Express. We are almost there but if you have a recipe that you would like share please email Kathy or drop it off to Sue at the Cavendish Library. We will be accepting recipes to the end of April only. We hope to have it sent for publishing in early May. Be sure to have your name on any submissions – Thank you!



## 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**



# Knit and Lit

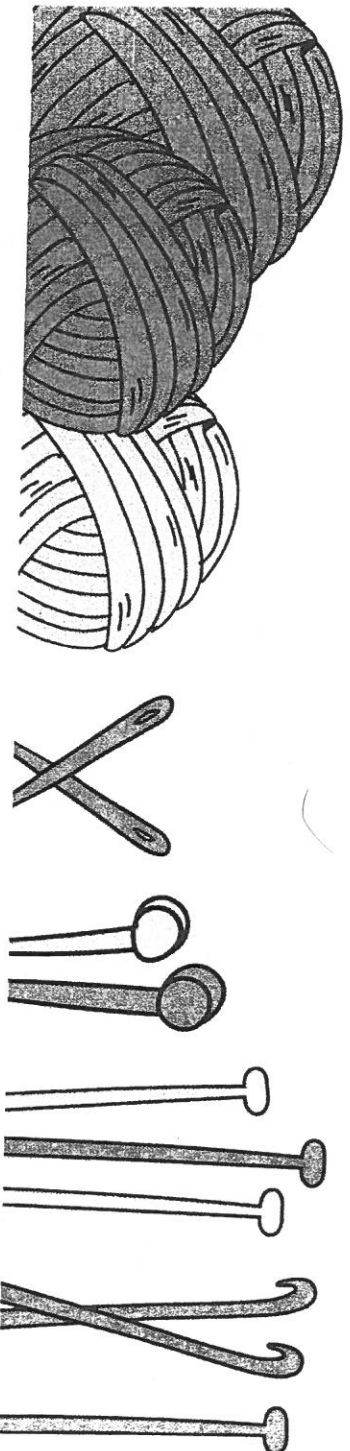
## Tuesday mornings at 11:00

Join us at the Buckhorn branch to resume our Knit and Lit program! Bring whatever project you are working on!

Need yarn? Check out our yarn exchange program! We have lots of free patterns too!

If you make an item to donate to the Trent Lakes Outreach Centre or LAWS, TLPL will deliver it!

Please join us every Tuesday morning for the program!



**Trent Lakes Public Library**

5 George Street  
Buckhorn, Ontario K0L 1J0 | 705-657-3695  
[www.trentlakeslibrary.ca](http://www.trentlakeslibrary.ca)



Cavendish Youth Group will not be meeting for the month of April as Kathy has gone to visit family in the West. Keep an eye on our Facebook page for when we restart in May.

The Cavendish Youth Group has been collecting recipes for a while now in hopes of putting together a cookbook as a fund-raiser for the **507 Express**. We are getting ready to submit our recipes to the publishing company and ask if you have a recipe that you would like added – please get it in by the end of April. You can email it to Kathy or drop it off to Sue at the library. It would be great to have a recipe from each child in our youth group in this book as well as anyone else that has a recipe that they would like to share.

### Why are people in the public eye said to be “in the limelight”?

Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer “in the limelight” was the Centre of attention.



## Weather predictions for this month.

From April 1<sup>st</sup> to the 7<sup>th</sup> we can expect seasonable weather but it will be unsettles. From the 8<sup>th</sup> to the 14<sup>th</sup> the temperatures will be average with rain showers all week. You can expect the week of the 15<sup>th</sup> to the 21<sup>st</sup> to start out as seasonable for the month of April but then very warm the 20<sup>th</sup> and 21<sup>st</sup>. You can expect to see periods of sun as well as clouds and don't be surprised if we have a thunderstorm on the 20<sup>th</sup>. The following week will be mild and unsettled with a chance of rain showers every day. We will end the month with seasonable weather and sun for the 29<sup>th</sup> and 30<sup>th</sup>.

## In passing...



The family of Ronald Werry announced his passing on February 23<sup>rd</sup>, 2023, one day short of his 88<sup>th</sup> birthday. He was the loving husband to Elsie for 63 years. Father to Kevin (Diane), Richard (Gwen), Janet (Michael). Grandfather to Cassandra (David), Ronald (Tayler), Nicolas, Eric, Brooke (Brian), Justine, Emily, Morgan and two precious great granddaughters Bailey and Carsyn. Survived by his sister Jeanine and husband Grant Carson.

Ron was a cottager on Mississauga Lake for over forty years and will be greatly missed by his cottage and farm friends. Our thoughts and prayers are extended to his family at this difficult time.

## Big Cheeks

Bet you don't know "Big Cheeks". A grandson of slaves, a boy was born in a poor neighbourhood of New Orleans known as the "Back of Town." His father abandoned the family when the child was an infant. His mother became a prostitute and the boy and his sister had to live with their grandmother.

Early in life he proved to be gifted in music and with three other kids he sang in the streets of New Orleans. Is first gains were coins that were thrown to them.

A Jewish family, Karnovsky, who had emigrated from Lithuania t the USA, had pity for the seven year old boy and brought him into their home. Initially giving work in the house to feed this hungry child. There he remained and slept in this Jewish family's home where, for the first time in his life, he was treated with kindness and tenderness.

When he went to bed, Mrs. Karnovsky sang him a Russian lullaby that he would sing with her. Later, he learned to sing and play several Russian and Jewish songs. Over time, this boy became the adopted son of this family. The Karnovsky's gave him money to buy his first musical instrument; as was the custom in the Jewish families.

They sincerely admired his musical talent. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions, such as St. James Infirmary and Go Down Moses.

The little black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family and until the end of his life, he wore a Star of David and said that in this family, he had learned "how to live real life and determination."

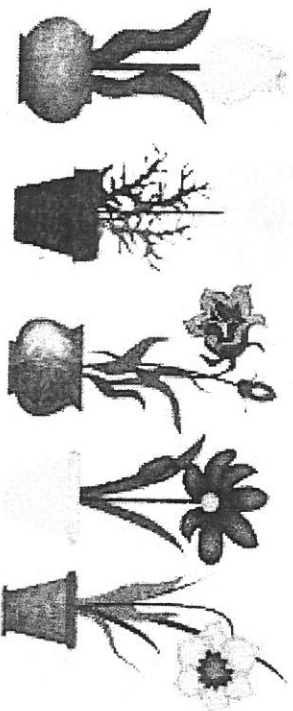
You might recognize his name. This little boy was called: Louis "Satchmo" Armstrong. Louis Armstrong proudly spoke fluent Yiddish! And "Satchmo" is Yiddish for "Big Cheeks"!!



*Serving the Community for 125 years*  
**St. Matthew - St. Aidan Anglican Church**  
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## **SPRING LUNCHEON**



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# It's a Part of Our History

## Pearson's Landing

At one time there was a small general store on the southwest shore of Catchacoma Lake but it was Frank Pearson, one of the first cottagers in the area, who converted it into a business. He purchased the land in the 1950's and started operating it as a marina. With the growing number of people who had begun to come to Catchacoma and the surrounding lakes to buy or rent cottage, Pearson's Landing soon became a popular launching point. After running it for several year, Frank sold the business to Reg Burns. Frank continued in the area as a cottager, owning a small cottage in McGinnis Lake where he enjoyed his summers. He had a way with chipmunks and loved to show the children that visited how the chipmunks would climb up his leg inside his pant leg and up through his shirt to get a peanut treat. Though Frank is long gone he still has a granddaughter that cottages on Beaver Lake.

Reg kept it for a short time, selling it to Roy and Lillian Asling in 1960....*to be continued.*

## Facts About the Easter Holiday

- Religion historians believe that Easter originated with the pagan festival of Eastre, a Saxon celebration of spring and fertility.
- Thousands of Christian pilgrims converge on Jerusalem every year to celebrate the Holy week of Easter.
- Ash Wednesday gets its name from the practice of painting ashes on the forehead as a sign of repenting.
- In Russia Easter eggs are dyed on Holy Thursday. The traditional method involves boiling the eggs in a mixture of onion peels and silk scraps. Russian ester eggs are thoughts to possess magic powers, including bringing prosperity and warding off evil spirits.
- In Greece, children and adults alike play an egg cracking game called tsougrisma on Easter. Players attempt to crack their eggs against their friend's egg, the last person with an un-cracked egg is considered the lucky one.
- Easter is celebrated on the first Sunday following the full moon of the vernal equinox.
- The trumpet shape of the Easter Lily is considered symbolic of the heralding of Jesus on his triumphant entry into Jerusalem.
- 95 percent of the Easter Lilies grown are from ten growers on the California-Oregon border known as the Easter Lily Capital of the world. They plant more than 15 million Easter Lily bulbs a year to meet the demand.
- The most popular Easter confection is marshmallow Peeps. More than 700 million are purchased a year while only 90 million chocolate bunnies are consumed.
- The first chocolate egg was made in Europe in the 1800's and marshmallow Peeps got their start in the 1950's.
- The most popular treat to hide in an Easter egg is a jelly-bean -

## Why is someone who is feeling great 'on cloud nine'?

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

# Spring & Summer Fire Safety Tips!

## Spring Cleaning

### In the House

Test your smoke and carbon monoxide detectors, change batteries immediately if needed. For more information check out our section on smoke alarm maintenance & carbon monoxide detector maintenance.

Check your fire extinguishers. For more information, check our section on fire extinguisher information.

Check for overloaded or damaged extension cords, replace where needed.

power outages and flooding.

Ensure you have an emergency preparedness kit in case of incidents such as

Practice your families fire escape plan so everyone knows what to do in case of an emergency

Windows should be checked to ensure they open and close properly, in case they are needed as an exit

Properly store household chemicals and never mix cleaning agents

Recycle: Get rid of old newspapers, magazines and junk mail. These items tend to pile up and can greatly contribute to the severity and spread of fire.

Check and clean filters above stove.

Pull refrigerator out and vacuum or dust the coils.

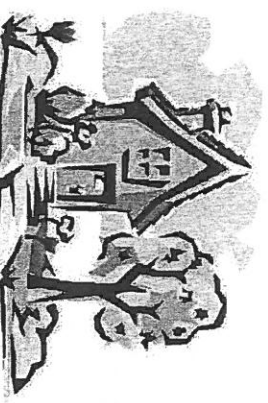
Always keep stairs and landings clear for safe evacuation in event of an emergency.

### Around the house

Make sure your address numbers are up and visible from the street.

Maintain a clear 'fire zone' of 10' around structures.

Check outdoor electrical outlets and other electrical appliances for animal nests and to ensure proper wiring.



Keep 100' of garden hose with an attached nozzle connected and ready for use.

Remove leaves and trash from carports and garages: Combustible materials are dangerous if they are exposed to heated automobile components, especially under the vehicle.

Clean up and properly store paints, pool and yard chemicals.

Check fuels containers for leaks and make sure they are properly stored.

Let power equipment sit for approximately 30 minutes before placing it inside to be sure there is no possibility of fire.

Some municipalities do not allow open air burning. Always check with your local fire department for questions, instructions and permits.

## POISONOUS PLANTS

Of all the toxic plants that surround us, the greatest threat comes not from wild species in the woods but from plants commonly used in home landscaping and indoor decorating. Listed below are the most common poisonous plants, the parts that are dangerous, and their effects.

PLANT NAME	POISONOUS PARTS; SYMPTOMS
<b>Amaryllis</b> <i>Hippeastrum</i> spp.	Bulb is potentially fatal if eaten.
<b>Azalea</b> <i>Rhododendron</i> spp.	Whole plant can cause nausea, paralysis, and convulsions if eaten.
<b>Crown-of-thorns</b> <i>Euphorbia milii</i>	Milky sap may cause skin or eye irritation; severe irritation of mouth, throat, and stomach result if swallowed.
<b>Dumbcane</b> <i>Dieffenbachia</i> spp.	Leaves and stems cause irritation and numbing of mouth and throat if eaten.
<b>English ivy</b> <i>Hedera helix</i>	Leaves and fruits cause difficulty in breathing, possibly coma if eaten.
<b>Hydrangea</b> <i>Hydrangea macrophylla</i>	Leaves and buds can cause nausea, vomiting, abdominal pain, difficulty breathing, dizziness, and convulsions if eaten.
<b>Lily-of-the-valley</b> <i>Convallaria majalis</i>	All parts highly poisonous; can cause cardiac disturbance, nausea if eaten.
<b>Lantana</b> <i>Lantana</i> spp.	All parts; causes vomiting, diarrhea, visual disturbance, and weakness if eaten.
<b>Oleander</b> <i>Nerium oleander</i>	All parts; a single leaf or flower may be fatal if eaten; even smoke is toxic.
<b>Philodendron</b> <i>Philodendron</i> spp.	Leaves and stems cause irritation of mouth and throat if eaten.
<b>Pothos</b> <i>Epipremnum aureum</i>	Leaves and stems cause irritation to mouth and throat if eaten; juice may irritate skin.
<b>Yew</b> <i>Taxus</i> spp.	Seeds and leaves may cause gastroenteritis and cardiac disturbance if eaten.

## Attract migrating Baltimore orioles with their favourite food — oranges.

The beautiful songbirds love pecking at the juice and pulp of the fruit. To make a simple zero-waste feeder, cut an orange in half and use a knife to poke two small holes around the base. Thread a twig through so it provides a perch for the birds, and then add small slits in the top to tie the twine through for hanging. Find a sheltered place to hang your feeder and enjoy the bird show.

Oriole fun facts:

- Like many songbirds, orioles migrate at night.
- When they are not eating oranges, orioles thrive on insects. A favourite is the tent caterpillar.
- Orioles don't eat birdseed.
- Orioles cohabit with hummingbirds but have been known to dominate them at the hummingbird feeder.
- The birds' feathered enemies are rapacious grackles, jays and crows.
- Their sack-like nest (built by the female) is usually in a willow, elm or maple, but not out of reach of pesky varmints like squirrels and raccoons.
- Oriole eggs are pale grey and bluish white.



## It happened this Month....

April 1<sup>st</sup>, 1921 – Hockey Hall of Farmer Ken Reardon was born.

April 7<sup>th</sup>, 1868 – Irish Catholic nationalist and Father of Confederation Thomas D'Arcy McGee is assassinated on Sparks Street in Ottawa on his way home from a parliamentary meeting. McGee had come to Canada from Ireland in 1857 and that same year was elected to the Legislative Assembly of the Province of Canada from Montreal.

April 9<sup>th</sup>, 1971 – Race car driver Jacques Villeneuve was born.

April 12<sup>th</sup>, 1980 – Terry Fox begins his Marathon of Hope to raise money for cancer research. To this day millions of Canadians continue to donate to and participate in the annual Terry Fox Run, keeping his memory and his cause alive.

April 15<sup>th</sup>, 1841 – distiller Joseph Seagram was born.

April 17<sup>th</sup>, 1982 – The Canadian charter of Rights and Freedoms comes into effect.

April 20<sup>th</sup>, 1976 – Champion horse Big Ben is born in Kalmthout, Belgium. The three-time Canadian show-jumping champ is one of two horses inducted into the Canadian Sports Hall of Fame and was the first horse to win two consecutive world cup titles.

April 23<sup>rd</sup>, 1986 – Hockey Hall of Farmer Tony Esposito was born.

April 25<sup>th</sup>, 1940 – Quebec women are granted the right to vote in provincial elections. Quebec was the last province to enfranchise women, as well as the last to allow women to run for office provincially.

April 30<sup>th</sup>, 1770 – Explorer David Thompson was born.

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08/22

## HEAR THE ROAR - HEAD INDOOR

It is estimated that at any given time, there are hundreds of thunderstorms occurring around the planet, creating nearly 1.4 billion flashes each year.

It is important to note that, as a general rule, if you can hear thunder, you are close enough to be struck by lightning and the risk is real and dangerous. That being said, from a safe indoor environment you can use a long-tested formula to figure out how far you are from a storm.

Thunder is the by-product of lightning's astounding heat. When lightning occurs it causes the air next to the bolt to almost instantly heat up to 28,000C - that's five times hotter than the surface of the sun.

While lightning and thunder actually happen at the same time, the flash travels

faster. So if lightning and thunder were in a race, the lightning would finish almost instantly in the first place, whereas thunder would place second, taking a little longer to get to the finish line - which is when we hear it.

It is widely accepted that it takes roughly five seconds for the sound of superheated air or thunder to travel one mile. So the formula to track the distance of a storm is to count the seconds between the lightning flash and the sound of the thunder, then divide that number by 5.

For example: 10 seconds/5 = a storm that is 2 miles (3.2km) away.




Again safety first - if you hear the roar head indoor. Please only test this formula from a safe location.

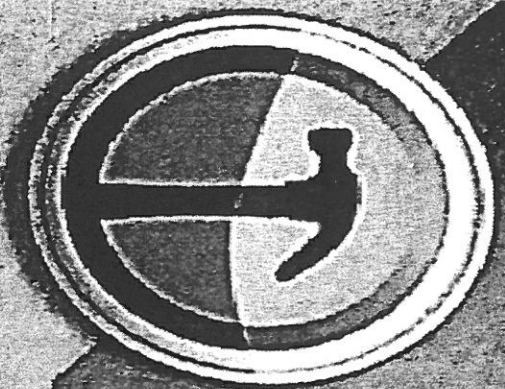
## RECIPE SUBSTITUTIONS

Even the most organized cook occasionally runs out of an essential ingredient. If it's too late to shop, try a substitute. Certain substitutions are fairly standard in baking and general cooking. Here is a list of the ones most frequently used.

### WHEN YOU ARE OUT OF

### YOU CAN USE

<b>Baking powder</b> 5 mL (1 tsp)	2.5 mL (½ tsp) cream of tartar + pinch of baking soda
<b>Butter</b> 250 mL (1 c.) 	250 mL (1 c.) margarine or 220 mL (7/8 c.) lard
<b>Buttermilk</b> , 250 mL (1 c.)	250 mL (1 c.) yogurt, or 250 mL minus 15 mL (1 c. minus 1 tbsp) milk plus 15 mL (1 tbsp) lemon juice or distilled white vinegar
<b>Chocolate, unsweetened</b> , 28 g (1 oz)	45 mL (3 tbsp) cocoa + 15 mL (1 tbsp) butter or margarine
<b>Chocolate, semisweet</b> , 28 g (1 oz)	45 mL (3 tbsp) cocoa + 15 mL (1 tbsp) butter or margarine + 45 mL (3 tbsp) sugar
<b>Cornstarch</b> , 15 mL (1 tbsp)	15 mL (1 tbsp) arrowroot or 30 mL (2 tbsp) flour
<b>Flour, white</b> , 15 mL (1 tbsp)	8 mL (1 ½ tsp) cornstarch, potato starch, or 10 mL (2 tsp) quick-cooking tapioca as thickener
<b>Flour, cake</b> , 250 mL (1 c.)	220 mL (7/8 c.) sifted all-purpose flour
<b>Honey</b> , 250 mL (1 c.)	300 mL (1 ¼ c.) sugar + 60 mL (¼ c.) water or other liquid in recipe (reduce the amount of that liquid by 60 mL [¼ c.]) 
<b>Milk, whole</b> , 250 mL (1 c.)	250 mL (1 c.) skim milk + 8 mL (1 ½ tsp) butter
<b>Milk, skim</b> , 250 mL (1 c.)	80 mL (⅓ c.) powdered milk + 190 mL (¾ c.) water
<b>Peppers, dried</b>	2 or 3 drops of Tabasco or other hot sauce
<b>Sugar</b> , 250 mL (1 c.)	190 mL (¾ c.) maple syrup (decrease other liquid slightly)
<b>Tomato puree</b> , 250 mL (1 c.) 	250 mL (1 c.) tomato sauce, or 85 mL (3 oz) tomato paste plus 125 mL (½ c.) water



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# Kid's Page...

## Animals

How did the ocean say goodbye?

It waved!

What type of phone can't be used to call a friend?

A xylophone!

What has teeth but does not bite?

A zipper!

What do you do with a space man?

You park in it, man!

What do you call a dinosaur with only one eye?

A Do-you-think-he-saw-us!

Why was the teacher cross eyed?

Because he couldn't control his pupils!

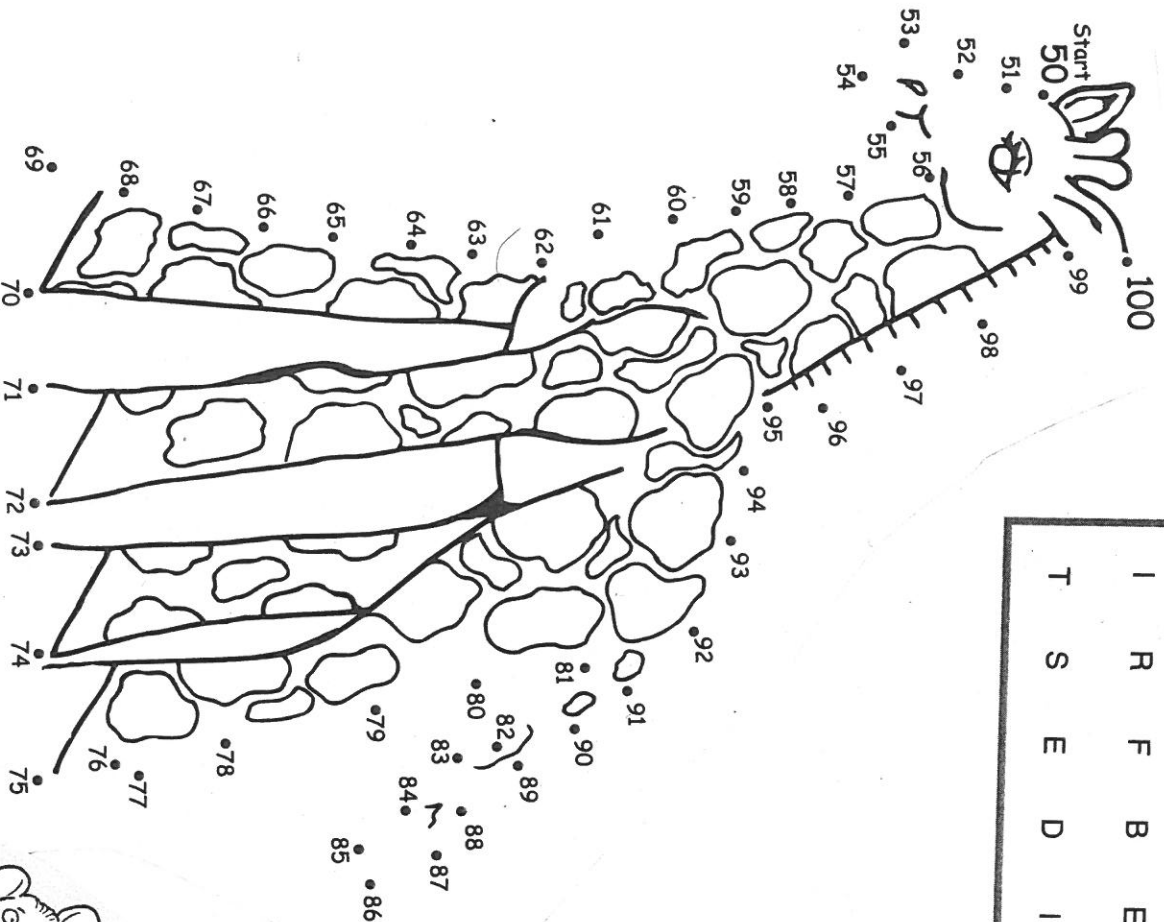
BEAR  
CAT  
DEER  
DOVE  
ELEPHANT

GIRAFFE  
LION  
MOUSE  
RABBIT



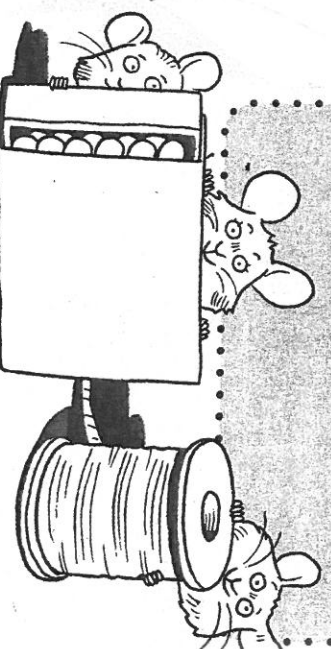
Directions: Look at the list of animals. Find and circle those words in the puzzle below.

D	O	V	E	R	A	B	L	A	T	N
B	A	A	R	G	L	M	O	U	S	E
E	O	G	A	F	I	I	H	C	A	L
R	L	I	E	W	O	R	O	O	N	E
A	D	R	E	P	N	X	A	N	F	-P
B	M	A	D	E	E	R	U	F	L	H
B	O	F	F	L	H	F	A	A	C	F
I	R	F	B	E	A	R	N	A	A	N
T	S	E	D	I	I	N	N	T	G	T



## Connect the Dots

Directions: Count by connecting the dots in number order from 50—100.



## Jokes

Lots of kids love playing hide and seek.  
What do these love playing?

Mice	Hide and squeak
Spies	Hide and sneak
Stunks	Hide and reek
Scaredy-cats	Hide and shriek
Old boats	Hide and leak
Haunted castle doors	Hide and creak
Computer boffins	Hide and geek
Fashion designers	Hide and chic
Naked runners	Hide and streak



# 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 2023

Membership Fees  
\$20.00 per household

☐ I am APPLYING for membership for 2023

\$ \_\_\_\_\_ 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.**

**Saturday June 24, 2023 – 10am-12:00 - Public Meeting**

**Saturday August 19, 2023 – 10am-12:00 – AGM and Public Meeting**

**Join us in person at the Cavendish Community Centre or via Zoom. 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**



## CARPENTRY

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Or 705-400-7795

[Marinamudge@gmail.com](mailto:Marinamudge@gmail.com)



# Puzzling Times



## ACROSS

- 1 First wrap
- 5 Boxer's weapon
- 10 Featherweight Willie
- 13 Brawl
- 18 Indian
- 19 Exactly
- 20 Pay dirt
- 21 A hundred — (long odds)
- 22 Knocked cold
- 25 — cut
- 26 Pronoun
- 27 Boxer's garb
- 28 Compass indication
- 29 Snick or —
- 30 Sunday talk: abbr.
- 31 Bridge expert
- 32 Anthropologist of fame
- 34 Corner item
- 35 Foot part
- 36 South Seas isle
- 37 Mrs.: Fr.
- 38 Keglers' gp.
- 41 Disburs
- 43 Thriller in Manila
- 46 Loser to DDE participant
- 47 Lands a good shot
- 48 First middleweight-champ Chandler
- 49 Young insect

- 50 William Tell's home
- 51 Wrestling finishes
- 52 Deliver a low blow
- 59 Bow shape
- 60 Proscribes
- 61 Tra —
- 62 Kind of file
- 63 Wine type
- 65 Harder to locate
- 66 Separated
- 68 Actress Joanne et al.
- 69 Swenson of "Benson"
- 70 Greek letter
- 71 Decision
- 73 Trainer's advice to a fighter
- 77 Novelist Ferber
- 78 Greek letter
- 79 Antiaircraft-fire halt
- 80 Summer coolers: abbr.
- 81 "The Romance of Helen"
- 82 Alder
- 83 Beat — (hit first)
- 88 Hirsute
- 89 Sign for a fight
- 90 Weeding tool
- 91 Move slowly
- 92 Ovid's "Amatoria"
- 93 S. state
- 94 Baylor University site
- 95 Math subj.
- 96 Boxer's weapon

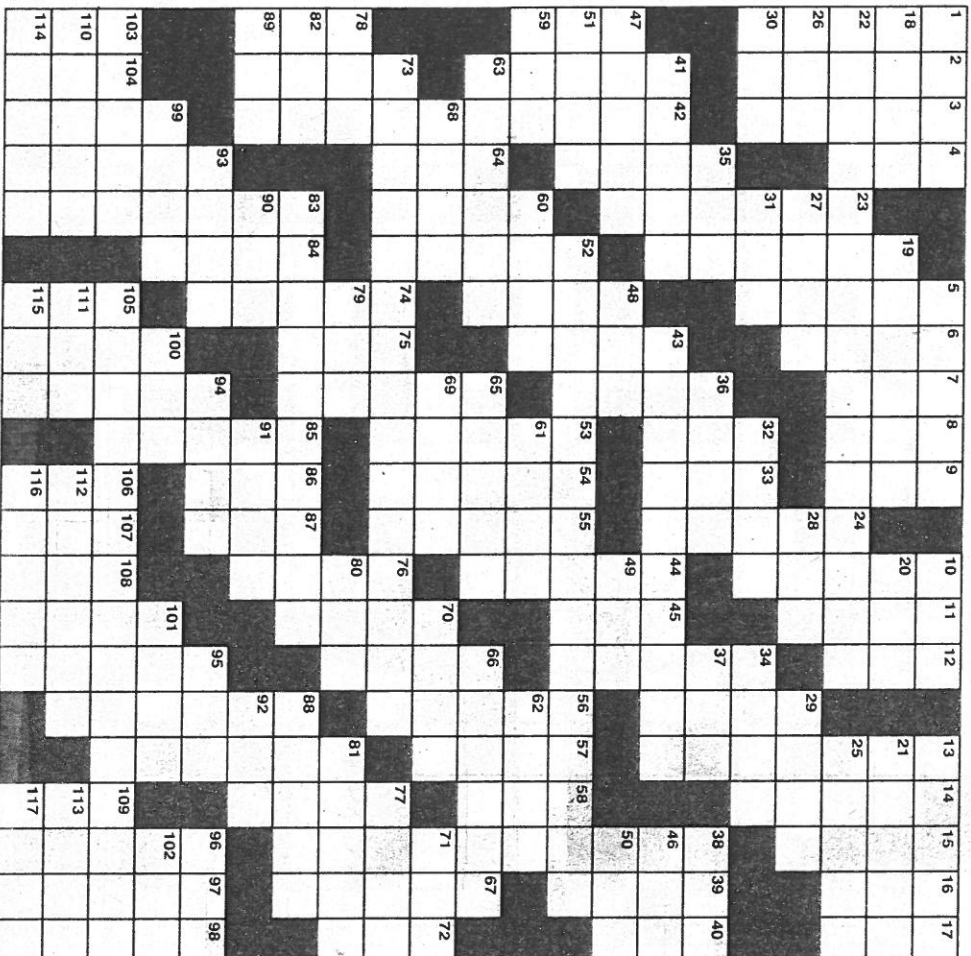
- 99 Ex-flyweight champ
- 100 Masao
- 100 — Fernando
- 101 Famous Italian family
- 102 Netherlands city
- 103 Vieux —
- 105 Give up
- 110 Russian collective farm
- 111 Boxer Norton
- 112 Trumpeted
- 113 Genuine
- 114 Swiss city
- 115 Western gp.
- 116 '50s baniam-champ Robert
- 117 Close associate

## DOWN

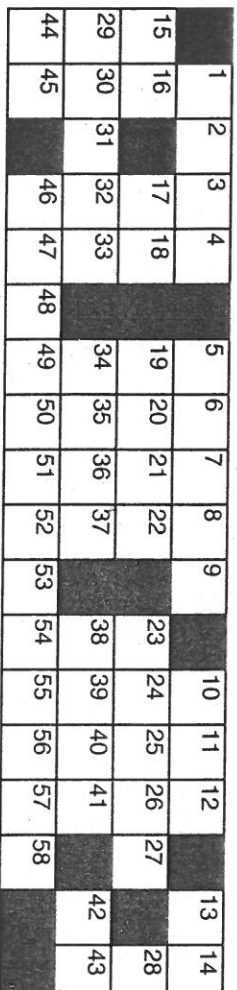
- 1 Commotions
- 2 Expiate
- 3 Strength
- 4 Imitation: suffix
- 5 Russian leader, familiarly
- 6 Delayed
- 7 Shakespearean king: abbr.
- 8 Victory sign
- 9 Economic cartel: abbr.
- 10 Pulverize
- 11 Sea eagle
- 12 Puppy, e.g.
- 13 Upset

- 14 Managed
- 15 What a boxer's up against at times
- 16 Hydrocarbon suffix
- 17 — annum
- 19 Drove
- 23 Freezer gasses
- 24 Elated
- 29 Ditto
- 32 Across West
- 33 Sprite
- 34 James "Bonecrusher"
- 35 Reis' counts
- 36 Smash
- 38 Middleweight champ of 1960

- 39 Boxing's Sugar
- 40 — was saying
- 41 Moves about
- 42 Woozy
- 43 Memos
- 44 — Sadat
- 45 Pimple, to a teen
- 47 Jacuzzi
- 48 Like Tim
- 52 Severe
- 53 Orib's kin
- 54 Key —
- 55 City on the Allegheny
- 56 Clio's sister
- 57 Actress Theda
- 58 Is: Fr.
- 60 Very dry, as wine
- 64 Noun suffix
- 65 German poet
- 66 Lands a good one
- 67 Boxer Lalonde
- 70 Restless desire
- 72 Grammar case: abbr.
- 73 Mountain lake
- 74 Devoured
- 75 Scottish exclamation
- 76 Per
- 77 Goddess of discord
- 78 Mai —
- 81 Jaw, for a fighter
- 83 Saved by —
- 84 O'Neill's daughter
- 85 Keyboard
- 86 Family member, for short
- 87 Sgt., e.g.
- 88 Stopped
- 93 Number of rounds in an Olympic bout
- 94 Cautions
- 95 Pallid
- 96 Gem
- 97 "let's Make —"
- 98 Body-blow recipient
- 99 Leftovers
- 100 Mets' stadium
- 101 To be: Fr.
- 103 Vehicle for hire
- 104 Altar constellation
- 105 Ring verdict: abbr.
- 106 Boxing reg. org.
- 107 Workers' gp.
- 108 Year's antonym
- 109 Are you a man — mouse?



1. Hallow
2. Ladle
3. Gesture
4. Work dough
5. Yarn bundle
6. Marine depth unit
7. National head count
8. Observe
9. Nimbleness
10. Integrity



# Distracted driving

Know what counts as distracted driving – and the penalties you could face for it – before you get behind the wheel.

**What counts as distracted driving:** Ontario's distracted driving laws apply to the use of hand-held communication/entertainment devices and certain display screens.

While you are driving, including when you are stopped in traffic or at a red light, it is illegal to:

- Use a phone or other hand-held wireless communication device to text or dial – you can only touch a device to call 911 in an emergency
- Use a hand-held electronic entertainment device, such as a tablet or portable gaming console.
- View display screens unrelated to driving, such as watching a video
- Program a GPS device, except by voice commands

You are allowed to use hands-free wireless communications devices with an earpiece, lapel button or Bluetooth. You can view GPS display screens as long as they are built into your vehicle's dashboard or securely mounted on the dashboard.

Other actions such as eating, drinking, grooming, smoking, reading and reaching for objects are not part of Ontario's distracted driving law. However, you can still be charged with careless or dangerous driving.

In Ontario, deaths from collisions caused by distracted driving have doubled since 2000. Ontario data on collisions from 2013 show:

- One person is injured in a distracted-driving collision every hour.
- A driver using a phone is four times more likely to crash than a driver focusing on the road.

## Penalties for distracted driving:

The easiest way to avoid penalties for distracted driving is to not use a hand-held device when you're behind the wheel. It's against the law to use hand-held communication and electronic entertainment devices while driving. In fact, simply holding a phone or other device while driving is against-the-law.

You can use:

- A hand-free device but only to turn it on and off
- A mounted device as long as it is secure – not moving around while driving.

## Drivers with A to G licences:

If you have an A, B, C, D, E, F, G and /or M licence, you'll face bigger penalties when Convicted of distracted driving.

### FIRST CONVICTION:

- A fine of \$615, if settled out of court (includes a victim surcharge and the court fee)
- A fine of up to \$1,000 if a summons is received or if you fight the ticket in court and lose.
- Three demerit points
- 3-day suspension

### SECOND CONVICTION:

- A fine of \$615, if settled out of court (includes a victim surcharge and the court fee)
- A fine of up to \$2,000 if a summons is received or if you fight the ticket in court and lose
- Six demerit points
- 7-day suspension

### THIRD and any OTHER CONVICTIONS:

- A fine of \$615, if settled out of court (includes a victim surcharge and the court fee)

- A fine of up to \$2,000 if a summons is received or if you fight the ticket in court and lose
- Six demerit points
- 30-day suspension

#### **Novice Drivers:**

If you hold a G1, G2, M1 or M2 licence, and are convicted of distracted driving, you'll face the same fines as drivers with A to G licences. But you won't receive any demerit points. Instead of demerit points you'll face longer suspensions:

- A 30-day licence suspension for a first conviction
- A 90-day licence suspension for a second conviction
- Cancellation of your licence and removal from the Graduated Licensing System for a third conviction. To get your licence back you'd have to redo the program.

#### **Careless Driving**

You could face more charges – for careless driving. If you endanger other people because of any kind of distraction. This includes distraction caused by both hand-held and hands-free devices. If convicted of careless driving, you may receive:

- Six demerit points
- Fines up to \$2,000 and/or
- A jail term of six months
- A licence suspension of up to two years

You could even be charged with dangerous driving – a criminal offence that carries heavier penalties, including jail terms of **up to 10 years for causing bodily harm or up to 14 years for causing death.**

#### **Tips to avoid distracted driving:**

Use any of these tips to avoid distracted driving and its penalties:

- Turn off your phone or switch it to silent mode before you get in the car. Put it in the glove compartment or in a bag on the back seat
- Before you leave the house, record an outgoing message that tells callers you're driving and you'll get back to them when you're off the road. Some apps can block incoming calls and texts, or send automatic replies to people trying to call or text you.
- Ask a passenger to take a call or respond to a text for you. If you must respond, or have to make a call or send a text, carefully pull over to a safe area
- Silence notifications that tempt you to check your phone.

#### **Calling 911**

**In an emergency, you can use your phone to call 911, but be sure to pull off the road to a safe area to make the call.**

# McIntyre Electric

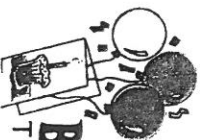
Residential/Commercial  
Industrial

## 705.930.8216

 Licence No.  
7003501  
MAY 2006/2010



# BIRTHDAYS & ANNIVERSARIES!



## BIRTHDAYS THIS MONTH

4<sup>th</sup> Harold Dalton  
 5<sup>th</sup> Ric Mackey  
 Austin Pearce  
 6<sup>th</sup> Nick Cadigan  
 Jenna Cadigan  
 Nicholas Callan  
 7<sup>th</sup> Sarah Lakatos  
 11<sup>th</sup> Dalton Smith  
 14<sup>th</sup> Barbara Hawkins  
 Jade Peeters  
 19<sup>th</sup> Louise Jackson  
 Cynthia Longa  
 20<sup>th</sup> Terry Higgins  
 22<sup>nd</sup> Katie Herdman  
 Terry Lambshead  
 23<sup>rd</sup> Adam Shepski  
 26<sup>th</sup> Doris Maclellan  
 Keith Leckie  
 30<sup>th</sup> Rick Asling



## Happy Anniversary

15<sup>th</sup> Julia & Aidan Sawyers  
 24<sup>th</sup> Mary & Lance Coulthard

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

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

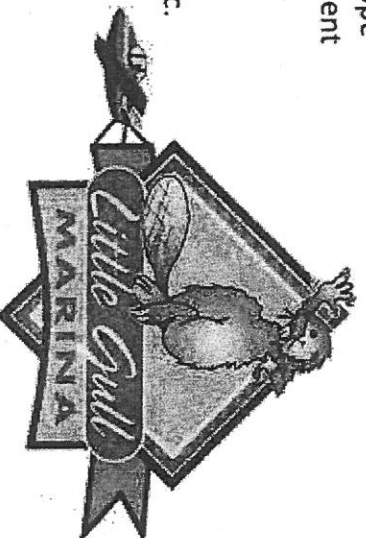
Insurance Claim handling

Spring water

Welding

## Call, we fix them all!

## 705-657-9088



Ontario Certified Marine

Mechanic on duty

Monday-Friday

April Store Hours:

Monday – Friday

9am-4pm

Closed Saturday & Sunday

Closed GOOD FRIDAY

## Customer Service is #1!





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

Connor

705-930-3901

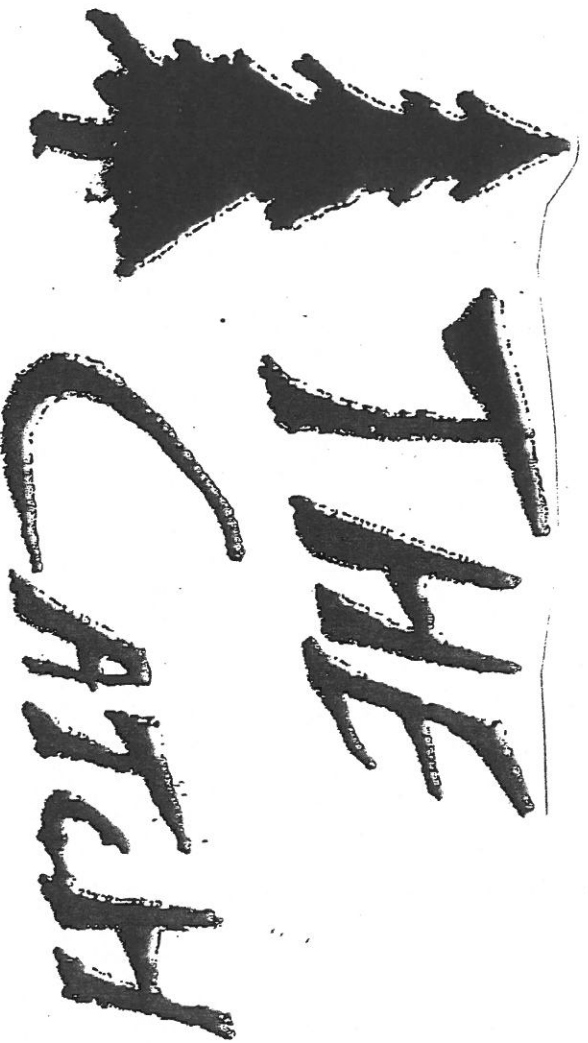
Jim

705-933-0420

## NEW HOURS

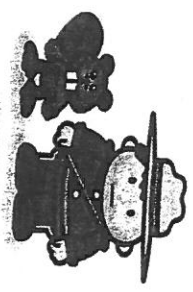
Thursday to Monday 7 a.m. to 6 p.m.

Closed Tuesday and Wednesdays



Fast Food Take-Out

705-313-9947



## How Well Do You Know Your Country?

1. 60 per cent of Canada's surface freshwater flows here:
  - a.) South toward the U.S. border and into the states
  - b.) East to the Atlantic
  - c.) West to the Pacific
  - d.) North to subarctic regions and the Arctic Ocean
2. In which sport was Gaetan Boucher an Olympic gold medalist?
3. True or False? During the Klondike Gold Rush, Dawson, Yukon had the largest population of any community west of Winnipeg and north of Seattle.
4. The University of Prince Edward Island is associated with which feline nickname?
5. Ontario has thousands of smooth, inverted spoon-shaped hills, formed by glaciers more than 10,000 years ago. What are they called?
  - a.) Moraines
  - b.) Pingos
  - c.) Hoodoos
  - d.) Drumlins
6. Which JHL hockey team won the Royal Bank Cup in the year 2005?
7. Advances during the Second World War led to a peacetime demand for this substance, of which Canada has large reserves.
8. Which now defunct Canadian department store had the slogan, "the lowest price is the law" at one point?
9. What is the oldest mountain range in Canada?
  - a.) Mackenzie Mountains, N.W.T./Yukon
  - b.) Rocky Mountains, B.C./Alberta
  - c.) Torngat Mountains, Quebec/Labrador
  - d.) Laurentian Mountains, Quebec
10. Who played the role of Sara Stanley on the show 'Road to Avonlea'?

# Good Buy Room Thrift Store

**Hours:**

**Thursday – Saturday**

**10am – 4 pm**

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

## **22 Ways to Conserve Water at Home**

Simple changes that will make a big impact

Indoors:

- A running tap can use up to 9 litres of water a minute. Keep a pitcher of water in the fridge to avoid running the tap and wasting water
- Waiting for the water to run hot or get cold? Save the fresh water coming out of the tap by filling up a pot to use for cooking later.
- Avoid clean water is available from the tap, take it with you in a reusable container and avoid buying water in single-use plastic bottles. A single-use bottle of water costs more than 250 times the amount of what comes out of your tap.
- Scrape plates into your compost bin instead of rinsing them under the tap. This also makes cleaning the sink much easier and prevents blockages in the drains.
- Use cooking water from boiling veggies to make soups, stock and gravy. And adding about 1/2 a cup of salty, starchy water from cooking pasta is a great addition to the sauce, adding flavour and thickening your dish.
- Wear your clothes until they are actually dirty so you can do laundry less. The average washing machine uses 50 litres of water a cycle (up to 70 litres for an older model).
- Turn off the tap while you brush your teeth.
- Typically, showering uses between 20-25% of the water in your home every day. By taking shorter showers you will take a big step toward changing your habits. Ask yourself if you really need to wash your hair every day.

Outside:

- Water your lawn and garden well but less often. A thorough watering once a week will soak into the ground and train the roots of the plants to grow deeper and find more sources of ground water.
- When you are planning your garden, choose native species that are more tolerant of the weather conditions and require less water and maintenance. Creating a more drought- and flood-resistant garden is easier than you think.
- At planting time, add organic matter such as compost to enrich the soil and retain moisture.
- When the garden is planted, add a layer of organic mulch 1 to 2 inches thick to reduce water loss by up to 70%.
- Water your plants at the roots, not the leaves.
- Garden hoses and sprinklers can overwater your plants. Much of this water could also be lost through evaporation and runoff.
- Use drip irrigation to water your plants at the roots and prevent evaporation, plus, your plants will have enough water consistently.
- Harvest the rain. Invest in a rain barrel to collect runoff water from downspouts and drains.
- Allow your lawn to grow a little longer than normal to keep moisture at the roots.
- Midday watering in the sun can evaporate, losing up to 30% before it benefits your

### **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.

# Recipe of the Month

## Caramel Corn

8 cups popped popcorn  
3/4 cup packed brown sugar  
6 Tablespoons butter or margarine  
3 Tablespoon. light corn syrup  
1/4 teaspoon salt 1/4 teaspoon baking soda  
1/4 teaspoon vanilla



Michelle Botting

Preheat oven to 300 degrees.

Remove all unpopped kernels from popped corn. Put popcorn into a 17x12x2-inch baking pan (I use a 9x13 pan).

In a 1 1/2 quart saucepan combine sugar, butter or margarine, corn syrup, and salt.

Cook and stir over medium heat till butter melts and mixture comes to boiling.

Cook, without stirring, for 5 minutes more. Remove from heat.

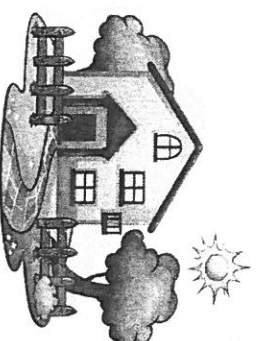
Stir in baking soda and vanilla.

Pour over popcorn; gently stir to coat popcorn.

Bake in oven for 15 minutes; stir. Bake 5 or 10 minutes more.

Remove corn to a large bowl; cool. Makes 8 cups.

## HOUSEHOLD HINTS



- If you nick yourself while shaving put an end to the bleeding by wetting a teabag with cold water and then press it on the cut.
- Date your spice jars – put tape on the bottom with the date – to make sure you don't keep them too long. Buy in small quantities.
- Your hand hurts but you can't see a splinter - go into a dark room and put a flashlight against your finger. You should be able to see the outline of a splinter if there is one.
- If you can't get the splinter out soak your hand in warm water for 10-15 minutes. The wood swells, it may push out far enough for you to grab it.
- Gently rub a new water stain on a wood table or counter with a mixture of equal parts mayonnaise and fine ash from the fireplace. You'll be amazed.
- Shaving cream removed dirt and fresh stains from upholstery and rubs. Spread it on, brush lightly, then rinse it off with clear water.
- Rub stained marble with half a lemon sprinkled with salt. Use a light hand to avoid ~~scratching~~ the surface. If any discoloration remains, brush in a baking-soda paste and leave it on for half an hour then rinse with warm water.
- Remove candle wax from wood by softening it with a hair dryer, then sponging it away with vinegar diluted with water. Rinse with clear water and dry well.
- If a sticker clings tenaciously you can loosen it with a blast of heat from your hair dryer.
- Before applying a bumper sticker to your car rub car wax on the spot first. It will make it easier to remove later.





## Cooking Safety

**Fact: Cooking is the number one cause of residential fires in Ontario.**

- Keep a proper-fitting pot lid near the stove when cooking. If a pot catches fire, slide the lid over the pot and turn off the stove. Do not move the pan.
- Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.
- Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.
- Keep children away from the stove. Make sure electrical cords are not dangling from countertops, where they could be pulled over by small children.
- Cool a burn by running cool water over the wound for 3 to 5 minutes. If the burn is severe, seek medical attention.

### Always make sure to:

- Stay in the kitchen and pay attention when cooking!
- Drink responsibly when cooking.
- If a fire occurs, get out immediately and call 911

### 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.

### 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



Hunter Education &  
Firearms Safety Course  
Is being offered at the  
Cavendish Community Centre  
May 26<sup>th</sup>, 27<sup>th</sup>, and 28<sup>th</sup>

Please contact Martin @ 705-657-7039



**Randy Ross, REALTOR®**  
**CENTURY 21** United Realty Inc. BROKERAGE

Thinking of buying or selling? Put a lifetime of area experience and 25 years as a Catchacoma/Mississagua Lake system cottager to work for you!

I am not just selling a property and building; I am selling a lifestyle that I enjoy and am extremely passionate about.

Big or small, water or road access, new or lifelong family treasure - I have the knowledge and experience to showcase your property the way it deserves.

If you are thinking of selling, please contact me for a no obligation meeting to discuss your unique property, the current market trends and how I will showcase your property to its best potential.

Independently owned & operated. Not intended to solicit those currently under contract with a brokerage.



03/25

## RICK ASLING PLUMBING

Please be advised that no matter what you might read on Google, Rick is still open for business.

For all your plumbing need please call:

**705-657-3600**

There is an answering machine but for best results please call between 7 and 10 p.m. and talk to Rick.

# 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 MAKINA***  
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 [kathy507@yahoo.ca](mailto:kathy507@yahoo.ca). Thanks!



# Do You Use Drugs?

## Reading This Could Save Your Life!

**WARNING:** Suspected Poisonings in Peterborough, March 7 2023


Peterborough Public Health is reporting high numbers of suspected drug poisonings in the community. This is suspected to be the result of an opiate product with an increased toxicity level. This serves as an important reminder that the street drug supply is unpredictable and harm reduction practices are essential. Beware that using even a small amount of drug can be fatal.

### What to do if you inject, inhale, snort or ingest drugs:


- 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 Street (open 9:30 a.m. - 8:00 p.m., 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 multiple naloxone kits and refills. Keep these visible and close by.
- Avoid mixing drugs.
- Start by using a small amount of drug first.
- Call 911 immediately if someone cannot be resuscitated after naloxone is administered.

Under Canada's Good Samaritan Drug Overdose Act, if you seek medical help for yourself or for someone else who has overdosed, YOU WILL NOT be charged for possessing or using drugs for your own use.


### Signs of POISONING:




Skin feels cold and clammy




Fingerprints or lips are blue or purple




Body is very limp



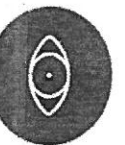
Can't wake the person up



Deep snoring or gurgling sounds



Breathing is very slow, erratic or has stopped



Pupils are very small

See an overdose?  
Call 911.  
Give naloxone.  
Stay with the person.

### Dates to Think About

- April 1<sup>st</sup> – April Fool's Day and Sourdough Bread Day
- April 4<sup>th</sup> – Carrot Day
- April 5<sup>th</sup> – Dandelion Day
- April 5 – 13<sup>th</sup> - Passover
- April 7<sup>th</sup> – Beaver Day
- April 9<sup>th</sup> – Happy Easter
- April 10<sup>th</sup> – National Siblings Day and National Farm Animals Day.
- April 14<sup>th</sup> – Happy National Gardening Day!
- April 22<sup>nd</sup> – Earth Day



### Answers to: Puzzling Times

TAPE GLOVE PEP SCRAPP  
OTTOE TOATEE ORE TOONE  
DOWN FORTHECOUNT UPPER  
ONE ROBE MEAD NNE SNEE  
SER ELY BALL MEAD SAND PBA  
SPEND JOEEFRATZIER AES  
STUNS TOM NIT  
PINS HITBELOWTHEBELT  
ARC BANS LALA RASP  
SHERBRY RAREER PARTED  
DORUS INGA TOTA NOD  
TRYTHEOLDONEITWO EDNA  
TAU TOITHEPUNCH HAIRY  
TINK HOE LUNCH ARS  
TENN WACO ALG JAB  
OHBA SAN ESTE EDE  
CAIRRE THROWNINTHETOWEL  
ARTEI KEN BLARED REAL  
BASSEL OAS COHEN ALLIV

Some folks can look so busy doing nothing  
That they seem indispensable.

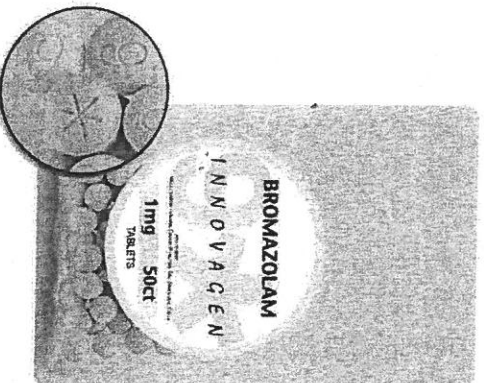


# Toxic Drug Alert

## Bromazolam

### WARNING: Unconfirmed lethal substance in Peterborough

Peterborough Public Health has issued a toxic drug alert for round and green bromazolam pills that may be sold as 'Xanax'. The potency of this product is unknown and may be linked with recent deaths in Peterborough and neighbouring communities.



### No matter how you use (smoke, snort, inject), protect yourself:



**DON'T USE ALONE.** Use the Consumption Treatment Services site at 220 Simcoe Street or call the National Overdose Response Service at 1-888-688-6677.



**START LOW, GO SLOW.** Use a very small amount. Use new equipment every time and never share supplies.



**INJECT SAFELY.** Clean the injection site well. Take your time finding veins. Never attempt to sharpen or sterilize used needles. Don't touch or lick the tip of the needle.



**CARRY NALOXONE & MONITOR BREATHING.** Naloxone does not work on bromazolam, but will help with any opioids that may be present. Monitor breathing regularly. Call 911 if breathing is shallow, erratic, or has stopped.

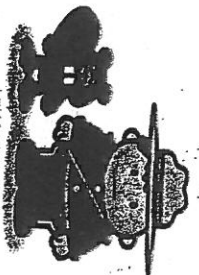
If you need help or have questions:



**Peterborough  
Public Health**

705-743-1000

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



### HOW WELL DO YOU KNOW OUR COUNTRY - ANSWERS

1. D.) North to subarctic regions and the Arctic Ocean
2. Speed Skating
3. True. About 30,000 people had reached Dawson by summer of 1898.
4. Panthers
5. D.) Drumlins
6. Weyburn Red Wings
7. C.) Uranium. Atomic fission was being developed as an energy source.
8. Zellers
9. D.) Laurentian Mountains, Quebec. These rounded peaks contain Precambrian rocks more than 540 million years old.
10. Sarah Polley

**Cavendish Classifieds**

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

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## Cavendish Key Contact Information

### Trent Lakes Municipal Council:

Mayor	Terry 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://tlcofoodbank.wordpress.com/">https://tlcofoodbank.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:caroit@golden.net">caroit@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:

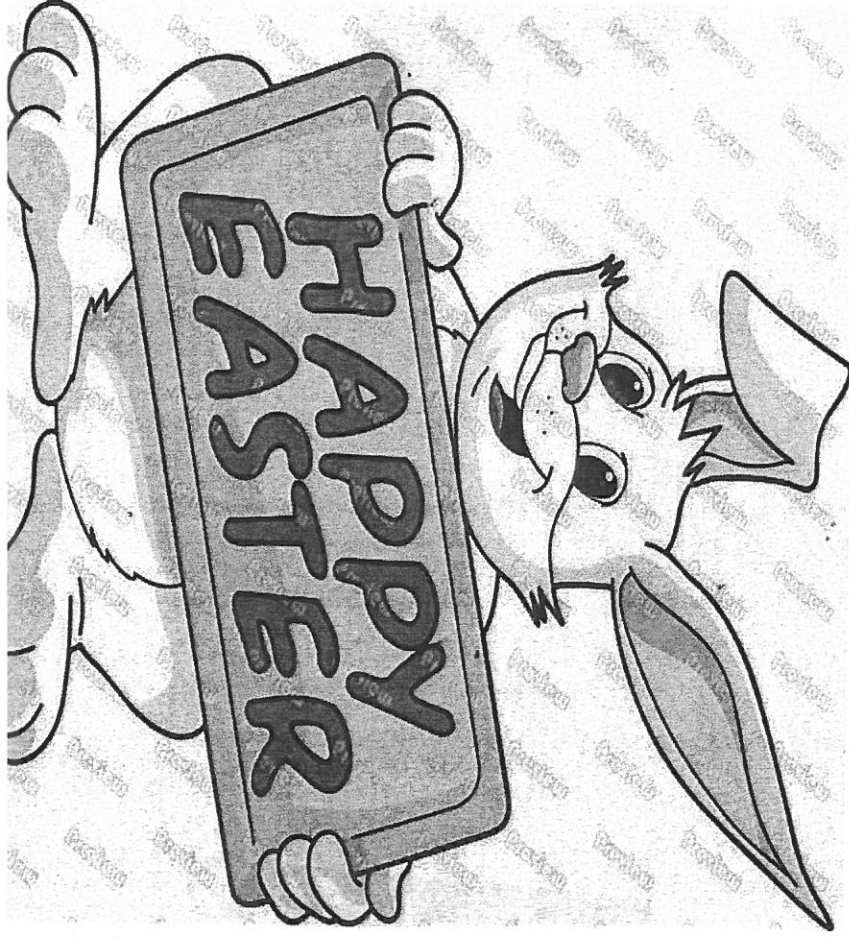
Ethan Harran	705-930-5159	Brea Grant	705-808-2711
Desiree Callan	705-657-1942	Clover Parent	705-808-2353
Lilly Cadigan	705-657-2743		

**Pet Sitting:** Grace Grant 705-977-4141

**EMERGENCY NUMBER: 911**

**Police Non-Emergency 1-888-310-1122**

**Ontario Hydro: 1-800-434-1235**



# April 2023 – 356th Issue

# 507 Express

# April

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Art Group	Harold Dalton	Library 10-4 Ric Mackey Austin Pearce	Euchre Nick Cadigan Jenna Cadigan Nicholas Callan	Sarah Lakatos	Library 10-4
9	10	11	12	13	14	15
	Art Group	Dalton Smith		Euchre	Barbara Hawkins Jade Peeters	Library 10-4 Julia & Aidan Sawyers
16	17	18	19	20	21	22
	Art Group		Library 10-4 Louise Jackson Cynthia Longo	Euchre Terry Higgins		Library 10-4 Katie Herdman Terry Lambshead
23	24	25	26	27	28	29
Adam Shepski	Art Group Mary & Lance Coulthard		Library 10-4 Doris MacLellan Keith Leckie	Euchre		Library 10-4
30						
Rick Asling						