

THE 507 EXPRESS

THIS MONTH:

- 100th Birthday Celebration
- When Your Wrong, You're Wrong
- September Yard Sale
- Household Hints
- Halloween safety Tips for families
- Workplace vaccine Policies
- Ticks no Longer Accepted

REGULAR FEATURES:

- Carol's Corner
- Community Report
- Key Contact Information
- How well do you know our country
- School News
- Birthdays& Anniversary's
- Cavendish Youth Group
- It's Part of Our Heritage
- Recipe of the Month

507press Policy re Advertising and Subscriptions

- Subscriptions and/or renewals are \$30.00 year or \$2.30 per issue
- All submissions to be signed and submitted by the 15th of each month
- Advertising in the "507 Express" as follows:

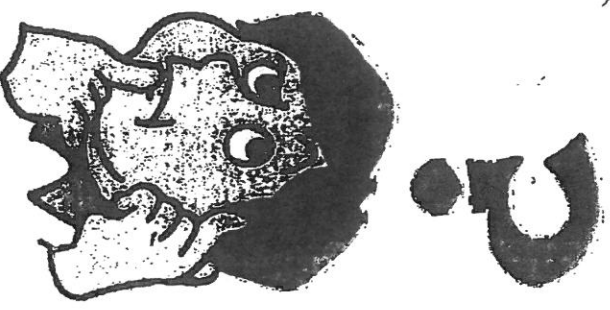
Classifieds - \$2.00 per month

1/8 page - \$5.00 per month

1/4 page - \$10.00 per month

1/2 page - \$15.00 per

- What sunshine is to flowers, smiles are to humanity.
These are but trifles, to be sure; but, scattered along
life's pathway the good they do is inconceivable
Joseph Addison
- If you can dream it, you can do it. *Walt Disney*
- If you really want to be happy, nobody can stop you.
Sister Mary Tricky
- It is health that is real wealth and not pieces of gold
and silver. *Mahatma Gandhi*
- Always laugh when you can. It's cheap medicine.
- A strong positive mental attitude will create more
Miracles than any wonder drug.
- Some people thing holding on makes them throng,
sometimes it's letting go.
- What lies behind us, and what lies before us are tiny
Matters compared to what lies within us.



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 submission 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

Production: Sue and Tiffany Warren

Subscriptions: Sue & Tiffany Warren

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Ontario K0L 1J0

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DONATIONS ARE GREATFULLY RECEIVED!

Community Report

Happy 100th Birthday!!!

Join us in celebrating the
100th Birthday of John Jackson
at the Cavendish Community Centre
Saturday, October 2nd

1 - 4

Best wishes only Please!



Volunteers Needed for Halloween Evening!

Last year we decided to shell out treats from all of the doors of the Cavendish Community Centre as well as from the Community Policing Building and the Cavendish Fire Hall. We are hoping to continue with this new tradition but we are looking for a few volunteers to help us make this happen. The treats are provided we just need some willing volunteers to dress for the occasion and help with the shelling out.

If this is something that you would be interested in please call Kathy or Sue @ 705-657-8912.



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

Recipe of the Month

Mexican Chicken

- 2 pound boneless chicken breasts, cut in small pieces
- 1 can Ortega chilies, chopped
- 1 can nacho cheese soup
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- ½ pound Monterey Jack Cheese, shredded
- 1-3/4 pounds nacho cheese doritos

Place chicken in bottom of slow cooker and add chilies and soups. No need to stir or mix. Cover and cook on low for 8 to 9 hours. Serve with doritos. Sprinkle with cheese before serving.



Molly Cadigar

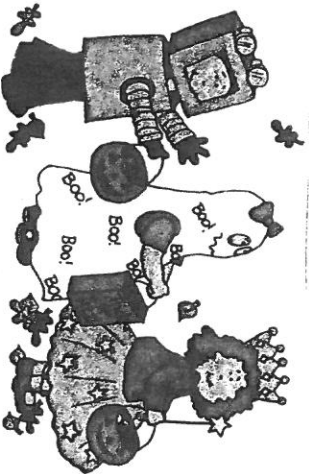
Halloween Registry

Our Halloween Registry if simply a list of those people that have let us know that they are expecting trick-or-treater to be arriving at their door on Halloween night. There will certainly be others that we are not aware of.

Charlie Allan Road

#42 Tate's Road – Dragonfly Ridge – Sharron Smith

- #1167 County Road 507
Karen & Dave Harran
- #1277 County Road 507
Darlene & Ray Uzzell
- #1278 County Road 507
Marie & Al Mansel
- #1430 County Road 507
Sue & Bob Philpot
- #1776 County Road 507
Sherry & Kevin Blaney
- #2403 County Road 507
Joanne O'Heron
- #20 Fire Route #162
Nan & Al Ross



Scotts Road- #72 Fire Route #181

Wendy Hogan/Ron Rathburn

Community Complex Drive

CAVENDISH COMMUNITY CENTRE
CAVENDISH FIRE HALL
COMMUNITY POLICING BUILDING

- #3325 County Road 507
Callan Family
- #3326 County Road 507
Warren Family
- #3368 County Road 507
Ginny & John Crowe
- #3385 County road 507
The Catch

Beaver Lake Road:

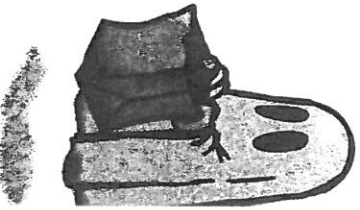
- #5 Beaver Lake Road
Rick & Colleen
- #18 Beaver Lake Road
Jackie & Garrett Kukemueller
- #55 Beaver Lake Road
Al & Sheila Asling
- #11 Fire Route #200
Molly & Joe Cadigan
- #144 Mississagua Lake Road
Little Gull Marina – Rick & Leah Carroll



- #3460 County Road 507
Michelle & Daren Botting
- #3478 County Road 507
Luke & Lorne Cadigan
- #3582 County Road 507
Sarah Mortimer/Marcus Schlechta
- #3590 County Road 507
Millar Family
- #3691 County Road 507
Mary & Daryl Shearer
- #13 Fire Route #277
Debra & Frank Pageot
- #4107 County Road 507
Carolyn & Gord Hay

Greens Lake Road:

- #42 South Greens Lake Road
Eric Robertson
- #12 Fire Route #294A (Green's Lake)
Bobbi & Ira Robertson



Remember that the animals at Dragonfly Ridge would love a Halloween Treat and their favorite is your jack-o-lantern and pumpkins when you are finished with them.

BIRTHDAYS & ANNIVERSARIES!



BIRTHDAYS THIS MONTH



Happy 100th Birthday

John Jackson

1 st	Craig Rixen
3 rd	John Jackson
5 th	Gerhard Neumann
7 th	David Hawkins
8 th	Lilly Cadigan
	Ben Warren
10 th	Greg Asling
11 th	Iloana Asling
12 th	Susan Wilson
	Jenna Grant
13 th	Lorna Aspinall
14 th	Barb Staples
	Skye Lambshead
18 th	Maria Lambshead
	Luke Cadigan
20 th	Jennifer Wilcox
22 nd	Ray Leroux
23 rd	Gabriel Botting
25 th	Norm Rice
29 th	Colby Lambshead
	John Bourke
	Lance Coulthard
	Melinds Forgie
30 th	Bryan Lake



Happy Anniversary

1 st	Greg & Iloana Asling
2 nd	Margaret & Phil Gillingham
	Beth & Jason Hollis
3 rd	Leah & Rick Carroll
11 th	Cheryl & Paul Dick
17 th	Ginny & John Crowe

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

Ontario Certified Marine Mechanics

Custom Docks
Service Calls
Gas & Propane

General Store

Boat & Snowmobile storage

Meat supplied by the Butcher Shoppe
Chainsaw sharpening and replacement

NEW & USED boat, snowmobile,
trailer & ATV sales

Painting & Structural repairs:

fiberglass, aluminum, gel coat, etc.

Shrink wrap & Winterization

Tops: new & repairs

Prop repair

Boat & Canoe Rentals

Snowmobile & ATV repairs

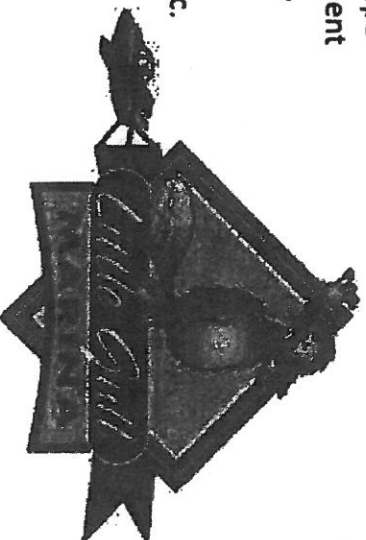
Insurance Claim handling

Spring water

Welding

Call, we fix them all!

705-657-9088



Ontario Certified Marine

Mechanic on duty

Monday-Friday

October Store Hours

9 am – 5 pm

After Thanksgiving weekend

closed Sundays

Customer Service is #1!



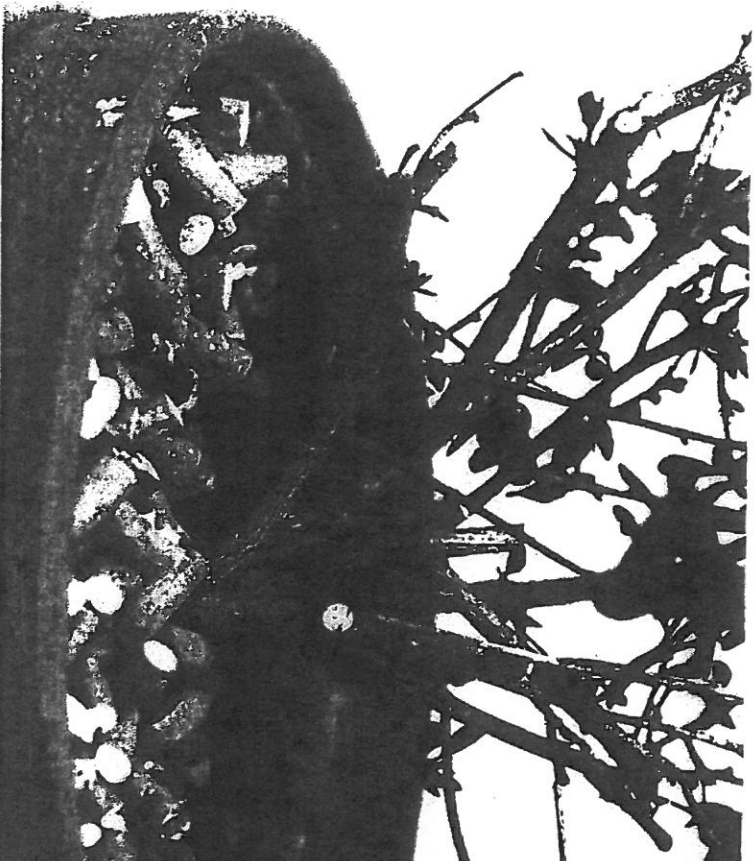
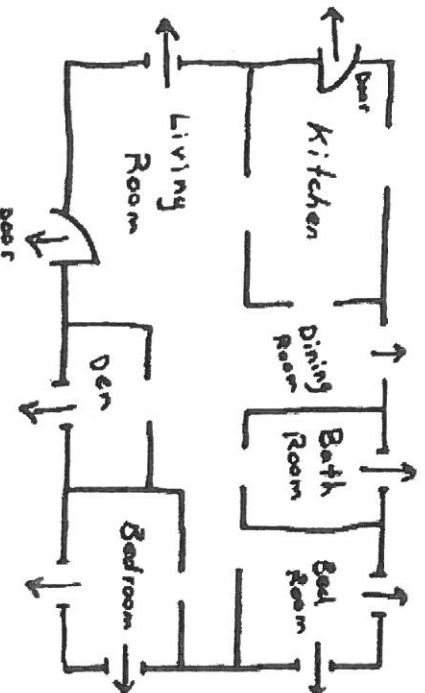
Plan & Practice your Escape

Working smoke alarms will alert you to a fire in your home but to safely escape, everyone must know what to do when the alarm sounds. In a fire, every second counts. It is critical that you have a fire escape plan in place.

So while working smoke alarms will alert you to a fire in your home, to escape safely everyone must know what to do when the alarm sounds. The following exercise will help you and your family develop a plan that will allow everyone to safely escape:

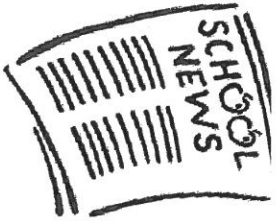
- Walk through each room of your home with everyone in the family. Look at all the possible exits and discuss how each one can be used in a fire emergency. For example, windows are only a practical alternative if they can be easily opened and safely exited.
- Discuss the actions each person will take when the smoke alarm sounds. Consider who will be responsible for young children or other persons who may require assistance.
- Young children should understand that they must never hide if there is a fire. They should be told they must yell loudly so adults know where they are, or go to a parent's or caregiver's room, if it is nearby and safe to do so.
- Establish a meeting place outside the home where everyone can assemble. This will help to prevent undue concern and confusion. Once outside, stay outside. Never re-enter a burning building.
- When you have safely exited the building, call the fire department from a neighbour's home or cell phone.

Draw a floor plan of your home, identifying all rooms on each floor. Mark all exits that could be used to evacuate in a fire emergency. Don't forget to identify a safe location outside as a meeting place where everyone can assemble.



**KEEP YOUR BUTT
OUT OF THIS!**
**THE SOIL IN
POTTED PLANTS CAN
BURN.**
EXTINGUISH CIGARETTES
IN DEEP ASHTRAYS.





You've Got This! Mental Health After COVID: Getting Back to Normal

2021-10-16 9:00AM - 11:00AM

Saturday, October 16

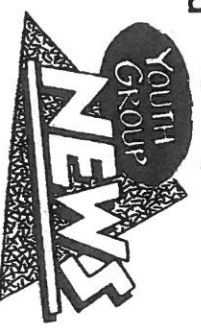
9 a.m.-11 a.m.

Featuring Dr. David Templeman

You've Got This! Mental Health After COVID: Getting Back to Normal

While the event is free of charge, registration is required. Please register here.

Registrants will receive a link to the virtual presentation, and benefit from practical advice on supporting your child's or teen's mental health from Child and Adolescent Psychiatrist Dr. David Templeman. He is an engaging speaker and author of *A Teenager's Guide to Life: The Secret to Living Life and Being Happy*.



The Cavendish Youth Group would like to thank everyone for their continued support of our bottle depot. A special thanks to Joanne O'Heron, Wes & Shirley Lake, Ray Campbell, Gary Jarosz, Rick Asling, Al Asling and the Warren family for all time spent in transporting and sorting bottles.

Youth Group will be starting again at 6 p.m. on Tuesday, October 5th, finishing at 7:30. Please remember to be prepared to be outside and any one attending twelve or over must have proof of vaccine as per the Peterborough Public Health Unit.

There is no registration required to be part of the Cavendish Youth Group and no cost involved thanks to the very generous donations to our bottle Depot.

Letter of Instruction Issued to Enhance Provincial Proof of Vaccination Requirements for Organized Sports

Proof of Vaccination Requirements Come into Effect September 22, 2021

To provide further protection for the community and mitigate the fourth wave of COVID-19, Peterborough Public Health is issuing a letter of instruction that will be enforceable under the Reopening Ontario Act in an effort to enhance the provincial requirements for proof of vaccination. Currently, certain participants of organized sports, including volunteers, coaches and officials, have been exempted from showing proof of immunization. Peterborough Public Health will require all volunteers, coaches and officials 18 years of age and over who are participating or associated with the indoor organized sport to confirm proof of vaccination (or proof of being entitled to a medical exemption) and identification each time the individuals arrives at the facility.

"The requirements for proof of vaccination for high-risk indoor settings will ensure residents remain safe," said Dr. Rosana Salvaterra, Medical Officer of Health. "The provincial requirements related to organized sports have exempt volunteers, coaches, and officials, putting vulnerable individuals at risk. Given that these individuals will have close and prolonged contact with unvaccinated youth players, I am requiring proof of vaccination for these individuals, in addition to the individuals prescribed by provincial legislation"

Proof of vaccination requirements will come into effect on September 22, 2021. Patrons will be required to show identification and proof that they are fully vaccinated against COVID-19 before entering the following indoor establishments,

- Indoor areas of meeting and event spaces
- Indoor and outdoor areas of food and drink establishments with dance facilities, including nightclubs and restoclubs and other similar establishments
- Indoor areas of restaurants, bars, and other food and drink establishments without dance facilities
- Indoor areas of facilities used for sport and recreational fitness activities, including waterparks, and personal fitness training
- Indoor areas of casinos, bingo halls, and other gaming establishments

- Indoor areas of concert venues, theatres, and cinemas
- Indoor areas of bathhouses, sex clubs, and strip clubs
- Indoor areas of horse racing tracks, car racing tracks and other similar venues
- Indoor areas where film and TV production take place with studio audiences

Businesses and organizations who fall into these categories are required under O. Reg. 364/20 to obtain proof of vaccination and proof of identification from each patron before entering the premise. Other public health measures like masking and distancing will remain in place.

Patrons of these establishments may have a physical (paper) or electronic proof of vaccination in the form of a receipt, card, or certificate. Proof of vaccination can be obtained through the Ontario provincial portal or by calling the provincial call centre at 1-833-943-3900.

Additional information on the provincial proof of vaccination requirements and Peterborough Public Health letter of instruction can be found at www.peterboroughpublichealth.ca/proofofvaccine

Learn the Sounds of Fire Safety



Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your home, and your family! Make sure everyone in the home understands the sounds of the smoke and carbon monoxide alarms and knows how to respond. Learn the sounds of your smoke and carbon monoxide alarms by checking the user guide or search the brand and model online.

What is your alarm telling you?

SMOKE ALARMS

- A continued set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call **9-1-1**, and stay out.
- A single "chirp" every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

CARBON MONOXIDE (CO) ALARMS

- A continuous set of four loud beeps—beep, beep, beep, beep—means carbon monoxide is present in your home. Go outside, call **9-1-1** and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be replaced.
- CO alarms also have "end of life" sounds that vary by manufacturer. This means it's time to get a new CO alarm.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

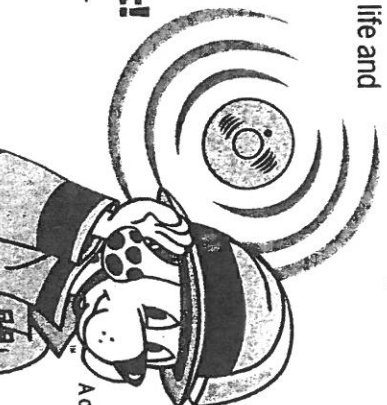
Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities.

Some tips:

- ✓ Install a bedside alert device that responds to the sound of the smoke and CO alarms. Use of a low frequency alarm can also wake a sleeping person with mild to severe hearing loss.
- ✓ Sleep with your mobility device, glasses, and phone close to your bed.
- ✓ Keep pathways like hallways lit with night lights and free from clutter to make sure everyone can get out safely.

**Hear a Beep,
Get On Your Feet!**

Get out and stay out! Call 9-1-1 from outside.



**Hear a Chirp,
Make a Change!**

A chirping alarm needs attention. Replace the batteries or the entire unit if it's over 10 years old. If you don't remember how old the unit is, replace it!

Halloween safety: Tips for families

Halloween can be a fun and exciting time for kids. These safety tips for parents, children and homeowners will help keep everyone safe and happy this Halloween.

For parents:

- Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a hypoallergenic (less likely to cause an allergic reaction), non-toxic make-up kit instead.
- Make or buy costumes in light-coloured material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Put your child's name, address and phone number on their costume.
- Children under 10 should be accompanied by an adult for trick or treating. By the age of 10, some children are ready to go trick-or-treating with a group of friends.
- Keep in mind that gum and hard candy can pose a choking risk for young children.
- Remove make-up before bedtime to prevent possible skin and eye irritation.

If your child is going out without an adult:

- Make sure your child is in a group of at least 3 people.
- Give them a flashlight. A cell phone is also a good idea if you have one.
- Discuss in advance the route they should follow. Ask them to call you if they plan to go on a street that isn't on the route.
- Set a curfew (and make sure they have a watch with them).
- Tell your children not to eat anything until they get home.

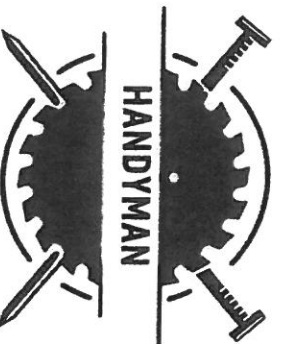
For children and youth:

- Carry a white bag or pillowcase for your candy, and add some reflective tape.
- Dress for the weather. Cold weather or water absorbent materials in the rain can be very uncomfortable.

- Bring a cell phone if you can, in case you need to make an emergency phone call.
- Always travel in groups. Be sure there are at least 3 of you at all times.
- Let your parents know where you're going to be at all times.
- Don't visit houses that are not well lit. Never go inside a stranger's house.
- Use the sidewalk whenever possible. If there's no sidewalk, walk on the side of the road facing traffic.
- Don't criss-cross back and forth across the street. Work your way up one side of the street, and then start on the other.
- If you have any allergies, tell the person who is giving out the treats.
- If you have allergies that need an EpiPen, bring it with you and let your friends know what to do if you need it.
- Don't eat any of your treats before you get home. Once home, ask your parents to look through your treats with you to make sure everything is okay.

For homeowners:

- Turn on outdoor lights, and replace burnt-out bulbs.
- Remove items from your yard or porch that might trip a child.
- Sweep wet leaves from your steps and driveway.
- Use alternative to candles in your pumpkins, such as a flashlight or a battery-operated candle.
- Some children have food allergies. Consider giving treats other than candy, such as stickers, erasers or a small toy.



Tyler Warren

(705) 868-9933

tylerwarrenhandyman@gmail.com

**Roofing, Siding, Decks, Docks,
Staining/Painting, Repairs,
Renovations, Tree Cutting,
Brush Removal, Landscaping,
Lawn Care, Pressure Washing,
Leaf Blowing/Raking,
Property Maintenance
& More...**

Free Estimates

Call to Book Your Project Today.

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 GAVE MAKING

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



Thank you for your support!

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

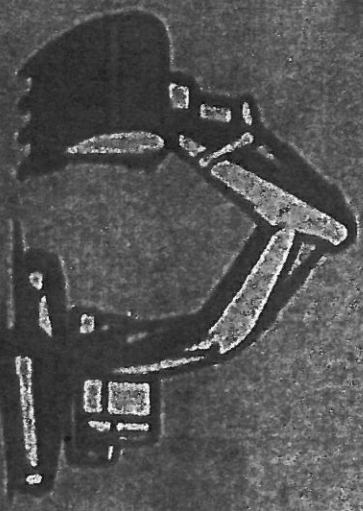


If you are already following us, you may have noticed some recent activity on our page.
We are getting it up to date and adding all the activities and events that are happening at
the Community Centre. If you would like to update or add an event, please message us
through facebook or email kathy507@yahoo.ca. Thanks!

HOUSEHOLD HINTS

1. Cleaning glass and Crystal...sprinkle baking soda on a damp cloth and rub the glass gently. Then rinse it with clear hot water and dry it. You can also wash crystal in one cup of vinegar mixed with three cups of warm water and let it air dry.
2. Removing Mildew...in warm environments mildew is frequently a problem. To remove mildew from shower curtain, wash with baking soda, and then rub lemon juice. Soaking shower curtains in salt water before hanging them helps prevent mildew from forming.
3. Save the soda...water houseplants with soda that has gone flat. The chemicals that remain in the soda add vigor to greenery.
4. Quick cleanup...run your fingernails over a bar of soap before gardening. After the work is done, the soap will wash out from under your nails more easily than dirt would.
5. Foggy car headlights...apply toothpaste (not gel type). Work it in with a toothbrush and then spray with warm water. Wipe clean with a cotton cloth and then apply car wax or polish that contains a UV inhibitor.
6. To remove a splinter...select a bottle with a mouth slightly larger than the injured area; fill it with hot water until nearly full. Place the splinter over the bottle's mouth and press firmly (allow no gap). As the air in the bottle cool, the suction will draw out the splinter.
7. To help keep colds from spreading through the family, soak toothbrushes in separate cups of mouthwash.
8. Cook greens...in an enameled or stainless steel pot so that their acidity doesn't react with the metal.
9. Odor Killer...to remove the scent of garlic from your hand, rub them on a stainless steel sink or faucet for thirty seconds.
10. Grout cleaner...to clean tile grout, put three cups of baking soda into a bowl and one cup of warm water. Mix into a smooth paste and scrub into grout with a sponge or toothbrush. Rinse thoroughly.

KNAPTON EXCAVATING



PROUDLY SERVING COTTAGE COUNTRY FOR 30 YEARS

Rob Knapton

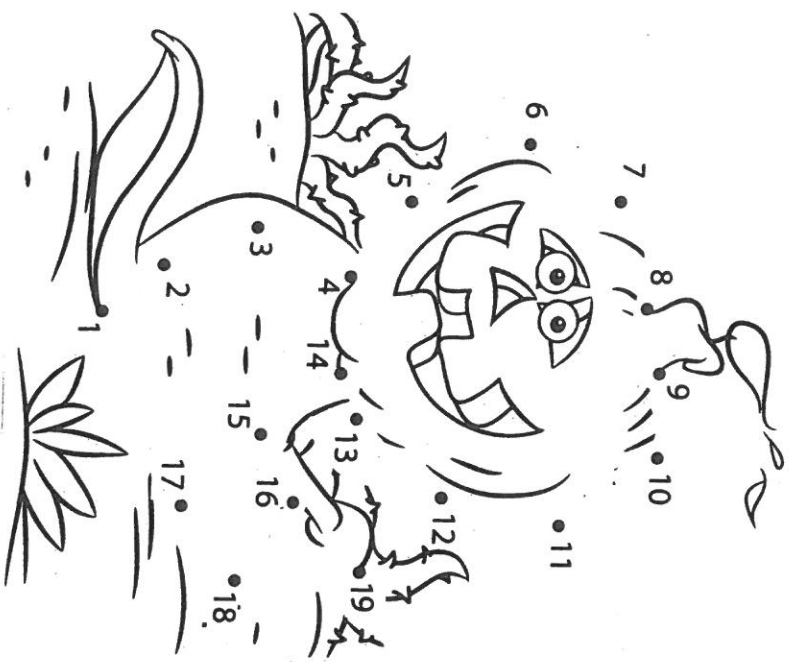
705-868-5038

KnaptonExcavating@gmail.com

KID'S PAGE

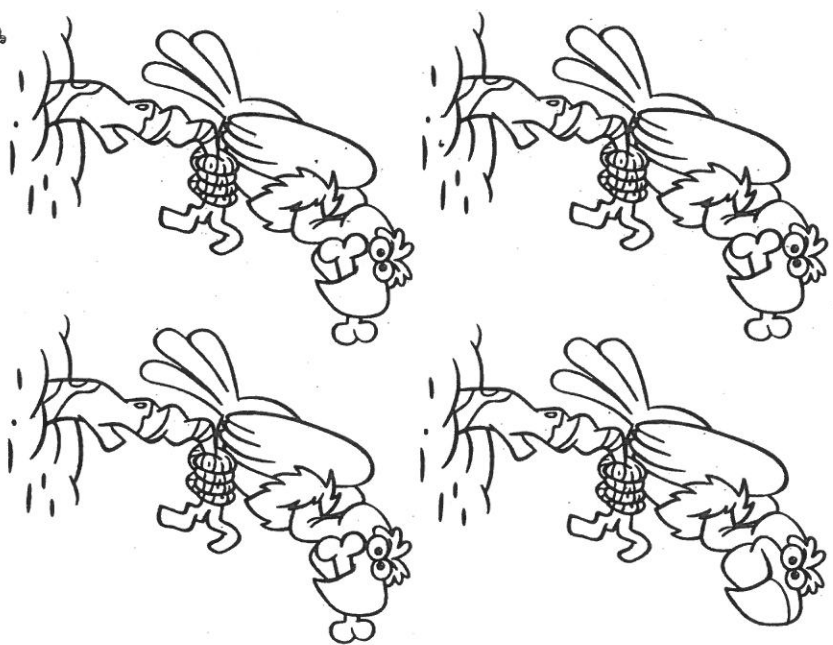
Connect the Dots

Finish the jack-o'-lantern by connecting the numbered dots.



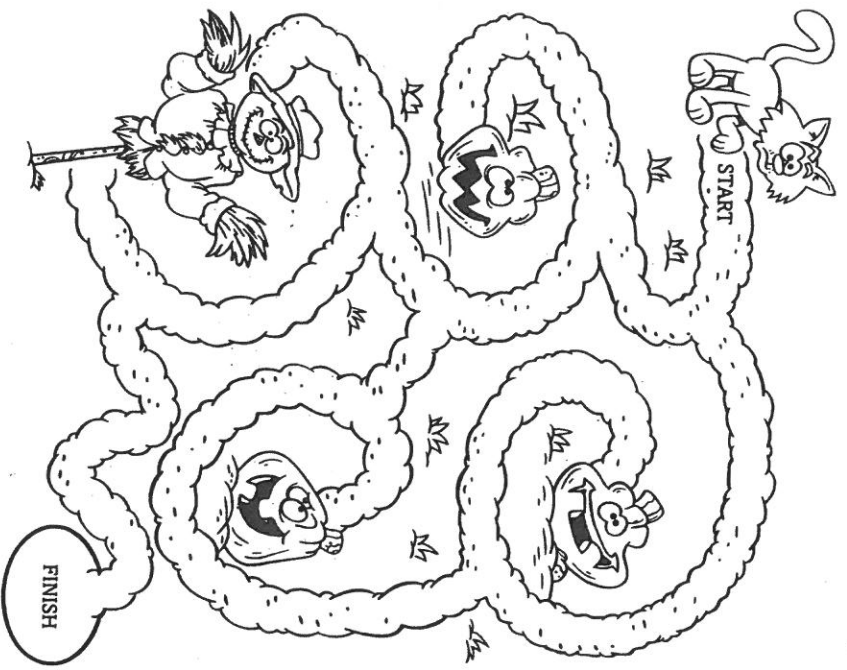
Which Is Different?

Find and circle the vulture that isn't the same.



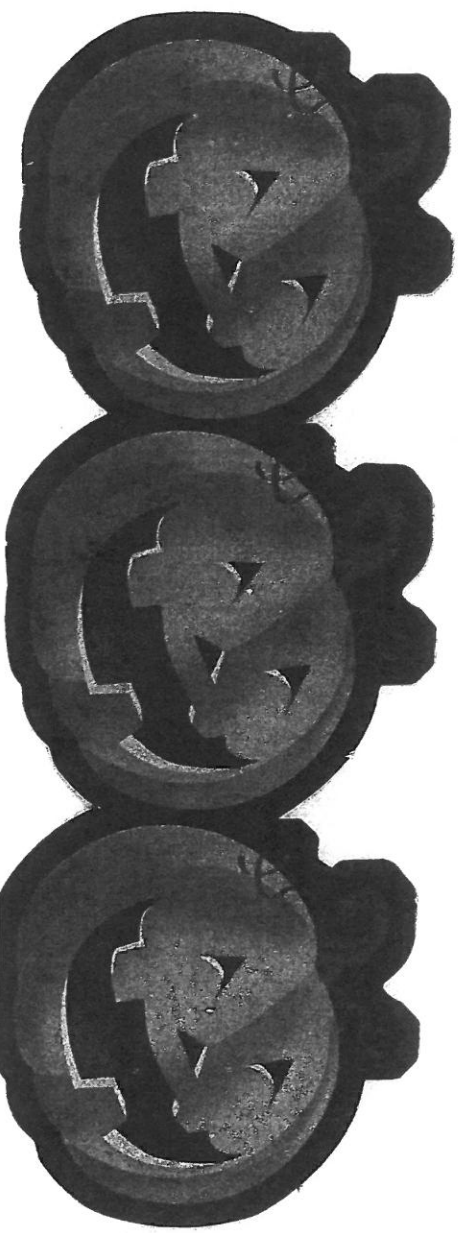
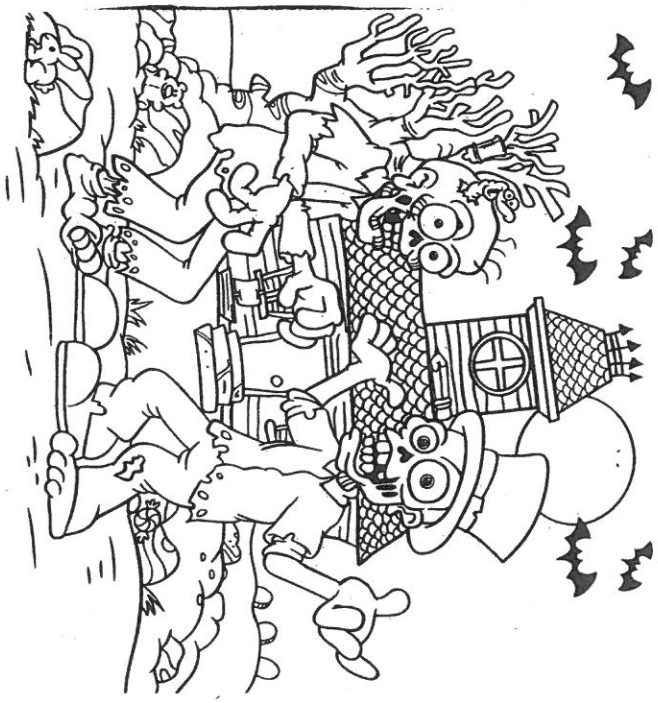
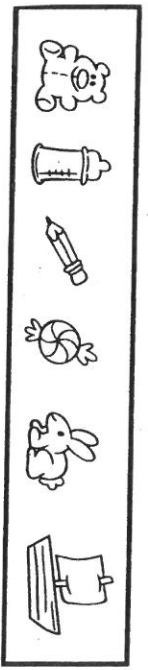
A-Maze-Ing Monsters

Follow the maze to help the cat get through the pumpkin patch.



Scary Search

Find and circle these six objects in the picture below.





Pet Sitting



I will care for dogs, cats, hamsters and more.

\$20.00 for dogs, \$10.00 for cats, \$7.00 for birds, \$5.00 for reptiles

So if you are going on a trip for the weekend or a week please call:

Lilly Cadigan @ 705-657-2743

I will care for your pets at your home or mine!

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 2021

Membership Fees

\$20.00 per household

☐ I am APPLYING for membership for 2021

\$ _____ Additional Voluntary Donation

☐ I am making a contribution to the Love Your Lake Program

\$ _____

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

Please write in your comments or suggestions below or email us at ccraimail@gmail.com.

Please mail this form with a cheque or money order made out to CCRAI to the address at the top of this application. For online payments, please email in the form and email/E-transfer the membership fee to CCRAIMAIL@GMAIL.COM. Thank you for your continued support of the Cavendish Community Ratepayers Association. We look forward to seeing you at our public meetings in 2021.

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

Visit us at: <https://ccraiaassociation.wordpress.com>

Gardener needed once weekly for August, September and October.
Must be able to identify weeds, from garden plants.
Previous training/working would be helpful.

Call 705-298-0226

If no answer, please leave a message, as I will be outside working in the garden.

Puzzling Times!

ACROSS

- 1 Predecessor of the CIA
4 Actress Zasu
9 Bludgeons
14 Congeal
17 Set down
18 Pointless
19 Bridal path
20 Breaker
21 Depicts
23 Debases
25 Aromas
26 Tore
28 Slate cleaners
29 U.S. humorist
30 — of Worms
31 Depress
32 Borders
35 Intersects
38 Wisdom et al.
41 Ranted
42 Gregorian —
43 — Cruces
45 Went wrong
47 Polish river
48 Mine car
49 Like some seals
51 Convinced
52 Round Table title
53 Books
54 Ball callers
56 Visualize
57 Giggled
59 Speaker of baseball
60 Sides
62 Slippery tree
63 Carton's kin
64 Indian sauce
65 "I'll Never — Love
Again"
68 Lubricates
69 The — Cup
74 Rosen and Unser
75 News
77 Lying face downward
78 Before DDE
79 Clue
81 Wrongs
82 Current units, for short
83 Spy Harl
84 Scopes
86 Silkworm
87 Merry adventure
89 Also-ran
90 Rubbish
92 Boy Scout punishment
94 Dead ducks
95 TV's Bonet
97 Blues-man Redding
98 Surface measure in
Thailand
99 Holiday spots
102 Ex-champ Barkley
103 Dabbles in
108 Growing
110 Called
112 Stirs
113 — cotta
114 Undermine

DOWN

- | | | | | | |
|-------------|---------------------------------|----|---------------------|-----|-----------------------|
| 115 | European stags | 27 | Bothersome one | 73 | Is a headliner |
| 116 | WWI vessel | 30 | Liquid measures | 74 | Triumphant cry |
| 117 | Steel city | 32 | Frozen dew | 76 | Emu, e.g. |
| 118 | Goes steady with | 33 | Spokes | 77 | European capital |
| 119 | Draft gp. | 34 | Ward off | 80 | Suit makers |
| DOWN | | 35 | Beet variety | 83 | Screens |
| 1 | Spanish cheers | 36 | Pass, as time | 85 | Steeple |
| 2 | Drinks daintily | 37 | Rail's wear | 87 | Stiff hair |
| 3 | Item at a bon-voyage party | 39 | Confidence | 88 | Published |
| 4 | Winter sign | 40 | Toast opening | 89 | Averse |
| 5 | Type of poison | 42 | Algonquin language | 91 | Mansion |
| 6 | Makes leather | 44 | Feudal slave | 93 | Type of horse |
| 7 | Blasting substance: abbr. | 46 | Billy — Williams | 94 | Fables: sour items |
| 8 | Meeting | 48 | White ant | 96 | Dots |
| 9 | Spectators at an Army-Navy game | 49 | Radiates | 99 | Coin of Iran |
| 10 | Emulated Pincocchio | 50 | Dulls | 100 | Split — |
| 11 | — "Constitution" | 53 | Ringers | 101 | Kit wearer |
| 12 | Sap | 54 | Russian range | 102 | About |
| 13 | Gossip's delight | 55 | Alarm | 103 | Keyhole |
| 14 | —-crasher | 58 | Distant: prefix | 104 | Old Persian |
| 15 | Constantly | 59 | Makes a stab at | 105 | Shroyer role |
| 16 | Not as much | 61 | New Haven student | 106 | Dakota Indians |
| 17 | "We — Not Alone" | 63 | Shepherd's dog | 107 | Radical '60s movement |
| 20 | Profligate people | 65 | Tease | 109 | Tax agency. |
| 22 | Complete | 66 | Lou Grant portrayer | 111 | Important time |
| 24 | Rajah's wife | 67 | Body of church | | |
| | | 69 | Visored helmet | | |
| | | 70 | Brood | | |
| | | 71 | Run after | | |
| | | 72 | Autumn flower | | |

[illegible]

	7		4			5		
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When You're Wrong, You're Wrong

I know, I know. It's my own fault. This is not to be blaming the victim, but recognizing that, in reality, how I feel about what is going on is always in my control.

I have truly been feeling victimized (as my mother would ask, is it only raining on you?). And I really have no right to feel that way. After all, I live in the lap of luxury:

- I am pretty healthy
- I lack for nothing (except a printer at the cottage, so please excuse any proofreading errors)
- I have lots of relatives and friends who care for and about me, and who help, entertain, challenge, amuse and even tolerate me
- I have a very handsome roof over my head, not only in Cavendish but also in Toronto
- I can buy pretty much any kind of food and as much of it as I want, and
- I have a reliable, comfortable car that meets all my needs (even if it does irritate me a little sometimes, pretty much just because it isn't my beloved, previous car, Nellie).

As I said, the lap of luxury. So where did this victim idea come from?

Woe Is Me

Well, you know how it is – for no apparent reason essential equipment stops working, usually reliable helpers stop responding, scheduled appointments are randomly cancelled, generally after you have scheduled the rest of your life around them); the power goes off just when you were longing to watch something special on TV; a website wildly misdirects you; there is a huge traffic jam on the highway for no obvious reason; the heavens unexpectedly rain on your picnic; a red squirrel somehow infiltrates your cottage and your cat chases it all over, destroying any number of precious ceramic treasures. And a whole series of such little domestic tragedies pops up day after day in a short period of time.

All of these minor disappointments have happened to me, most of them recently and even repeatedly recently. They are, of course, *minor*, not life altering. But somehow, of late, they are eliciting an enraged response from me. Luckily, I have not (yet) concluded that they are the fault of anyone close at hand and so I have only shaken my fist and hands in the air and sometimes growled or complained loudly to the unfortunate person who happened to draw my attention to the issue.

Overall, I have been feeling like the universe *has been* picking on me: that it *is* raining only on me.

But ...

Despite that, I really do know that the rain has fallen pretty well everywhere of late; the universe is not picking on me – I am wrong to allow that thought to creep into my mind, and I would do well to remember all the pleasant and cheerful life experiences I am enjoying of late.

In fact, I know that *I am the source* of my unending litany of little domestic crises. A few years ago, I managed to crack my cellphone screen because it fell out of the too-small pocket provided on women's clothing in the hospital parking garage when I went to visit my friend. Of course I did know those pockets are too small to be safe, but I still felt like I was being punished for doing a good deed. Then neither Apple nor Bell was being remotely helpful. My all-purpose technician (and friend) observed that the "customer service" staff were only responding to my scowling face. He was right and I was wrong.

On that occasion and also more recently, I have been repeatedly troubled by these minor mishaps because I was asking too much of the universe. For example:

- I always try to cram too many activities into too little time
- as I don't care how up-to-date my cars, technology, appliances, etc., are, I don't upgrade them in a timely way (that printer was more than 10 years old)
- I expect that normal conditions will pretty well always be present, at least when I need them, and
- when it comes to technology, I already know I'm out of step with most of the world – unlike me, a lot of people like the increasing degree of automation emanating from smart devices.

I admit it – I am often unrealistic in my expectations. I am not in charge of the universe; instead, I have to work with it, not try to push it around. Only I am responsible for how I react to the minor disappointments of my complex, privileged life. Instead, I need to focus on actions I can take to remove those minor little irritations and stop just reacting.

By the way, Happy Thanksgiving!

Carla Salvador

Workplace Vaccine Policies Strongly Recommended by Peterborough Public Health

Online Toolkit Launched by PPH to Help Local Workplaces Develop Their Own Policies and Request On-site Vaccination Clinics

In an effort to save lives, reduce illness, and keep the economy strong, Peterborough Public Health (PPH) is formally recommending that all workplaces in the City and County of Peterborough develop (or enhance) their workplace policies to require all employees to get fully vaccinated against COVID-19, unless otherwise medically exempt.

To support this effort, PPH launched a workplace toolkit today available at www.peterboroughpublichealth.ca. This online toolkit provides guidance on developing a workplace vaccination policy. It notes that workplace policies should explain its purpose, specific actions workers must take including providing proof of vaccination status or a medical exemption, and timelines. To access the toolkit directly, visit <https://www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-workplace-vaccination/>.

“The safer the public feels about attending your business, the more likely they will be to attend your business,” Dr. Salvaterra, Medical Officer of Health said today to local employers. “Supporting your employees to get vaccinated is one way to both protect people *and* make them feel safer, and it is the best way to prevent outbreaks in workplace settings. I am strongly encouraging all workplaces to use these resources to develop a COVID-19 vaccine policy that will protect not just their workplace, but the community as a whole.”

Dr. Salvaterra noted that provincial labour laws require employers to use every reasonable precaution to protect the health and wellbeing of their employees. This includes workplace hazards posed by infectious diseases. Peterborough Public Health strongly recommend that workplace vaccination policies require at a minimum:

- Workers to provide proof of their vaccination series approved by Health Canada or the World Health Organization. (All residents who have been vaccinated in Ontario, or who have provided proof of their vaccination to their local public health unit, are able to access proof of their vaccination through the provincial vaccination system.)
- Unvaccinated employees to provide written proof of a medical reason from a physician or nurse practitioner that includes whether the reason is permanent or time-limited
- Unvaccinated workers to complete a vaccination education course on the risks of being unvaccinated in the workplace

- Employers should also identify how workers' vaccination status information will be collected and protected in accordance with privacy legislation and explain the level of risk posed by COVID-19 in each unique workplace setting.
- Additional workplace precautions recommended to help reduce virus spread include:
 - COVID-19 testing (Available at no cost to businesses through the Peterborough Chamber)
 - Strict adherence to physical distancing and other public health measures
 - Wearing personal protective equipment as needed/required
 - Ensuring that appropriate ventilation is in place

The online resources launched today will also allow businesses in the area served by Peterborough Public Health to apply to host an on-site vaccination clinic. Peterborough Public Health will follow-up with applicants to discuss eligibility for an on-site clinic.

“We applaud the workplaces and organizations that have already shown leadership in protecting their workplace with vaccine policies,” said Julie Ingram, Manager of Environmental Health. “If you are attending an event or visiting a business, please contact the organization directly to learn what their vaccine policies are; the number of places requiring patrons to be vaccinated before allowing admission is growing every day.”

COVID-19 case counts continue rise at an alarming rate, with provincial daily cases topping 800 on September 3. In a report published by Public Health Ontario, the rate of COVID-19 cases in unvaccinated individuals is consistently higher from December 14, 2020 to August 21, 2021, compared to fully vaccinated individuals. The highly-transmissible Delta variant, which remains prevalent in the Peterborough area, has had a devastating effect on other jurisdictions, prompting the government to pause the provincial plan to exit the Roadmap, leaving Ontario in Step 3 for the foreseeable future.

Locally, workplace outbreaks continue to occur, where staff who have not been vaccinated acquire COVID-19 and spread it to others who are unvaccinated. Workplaces with a high number of unvaccinated staff risk having to shut down in the event of an outbreak. Fully vaccinated staff however will only have to self-monitor, not self-isolate in the event of an exposure; self-isolation of staff could result in staffing shortages.

“The vaccine to protect against COVID-19 is safe and effective, and in combination with other public health measures, it remains our best chance to end this pandemic,” stated Dr. Salvaterra. “COVID-19 vaccines help save lives, reduce illness, and ensure that businesses remain open; we’ve come too far and sacrificed too much to allow this fourth wave to send us into another lockdown.”

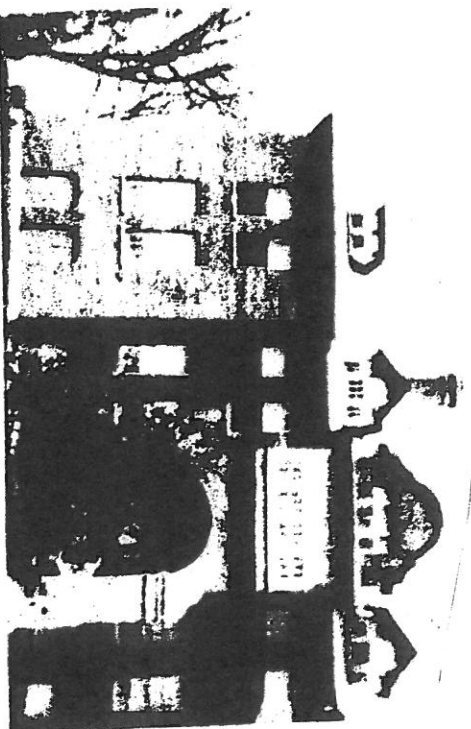
How Well Do You Know Your Country?

1. What were the early settlers of New Brunswick and Nova Scotia who spoke French called?
2. What is Canada famous for?
3. What are some traditional Canadian foods?
4. What is the nickname of Canada?
5. Who served as the first Prime Minister of Canada?
6. When was Canada founded?
7. In which year did British Columbia join the Canadian Confederation?
8. Which ethnic group was once forced to pay a head tax to migrate to Canada?
9. Which economic issue dominated the Canadian Federal elections in the years 1891, 1911 and 1988?
10. Which American war helped convince the leaders of Canada and their people to unite to form a federation in the North?

IT'S A PART OF OUR HERITAGE

Health care in the early days was a long way short of what we enjoy today and have certainly enjoyed for some years. The motor car, the telephone, OHIP, and improved roads all played a part in easing some of the hardships suffered by people in times of illness.

In those days many a baby saw the light of day without the presence of a professional doctor. Only in rare cases were people not cared for in their own homes. Nursing homes and Retirement Homes were unheard of. The County did have a home for the aged and the infirm on a farm just outside of Lakefield which was originally call "The House of Refuge". This home was built in 1906 and opened in 1907 and from what we can understand it continued to operate until 1978 when the County joined with the City of Peterborough and had joint ownership of Fairhaven. It was at that time that the Lakefield building was finally closed and the residents were moved to their new home in Fairhaven.



County Home in Lakefield storied out with the name "The House of Refuge" for the aged.

September Yard Sale

It seems like a long time since we had a fund raiser at the Cavendish Community Centre and from the number of items in our garage it was quite clear that we needed to have a yard sale and soon. Our thanks to all of the people who had donated items over the past year and a half, and to those who delivered items on Friday and Saturday as well. With the help of some amazing volunteers we were able to set things up on Friday and the weather held so that we were able to have a very successful yard sale on September 11th.

Thanks to your continued support we were able to raise just over \$2000 which will be used to help support the continued publication of the 507 Express as well as some of the other activities that take place in the Cavendish Community Centre.

It Happened in October.....

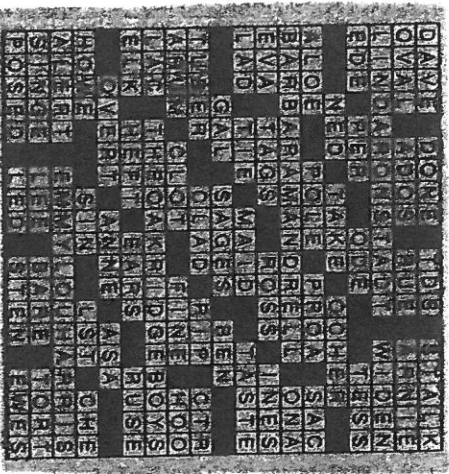
- October 5th, 1982 – Marc Garneau becomes the first Canadian in space during the STS-41G mission of the US space shuttle Challenger.
- October 7th, 1999 – Broadcaster and author Adrienne Clarkson is sworn in as Canada's twenty-sixth governor general.
- October 14th, 1957 – Lester B. Pearson is awarded the Nobel peace Prize for resolving the Suez Crisis.
- October 15th, 1954 – Hurricane Hazel strikes Toronto dumping approximately 300 million tonnes of rain on the city, submerging streets, washing out bridges and resulting in enormous human tragedy. More than eighty people were killed, and nearly two thousand families were left homeless.
- October 22nd, 1846 – The first telegraph company in Canada is established. The Toronto, Hamilton, Niagara and St. Catharines Electro-Magnetic Telegraph Company transmitted the first message from Toronto to Hamilton on December 19th, 1846.
- October 25th, 1992 –The Toronto Blue Jays are welcomed home by cheering fans after defeating the Atlanta Braves to become the first team from outside the United States to win Major League Baseball's World Series. The following season, the Jays became the first team since the 1977-78 New York Yankees to repeat as champions, defeating the Philadelphia Phillies in six games.

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

Answers to: how well do you know your country?

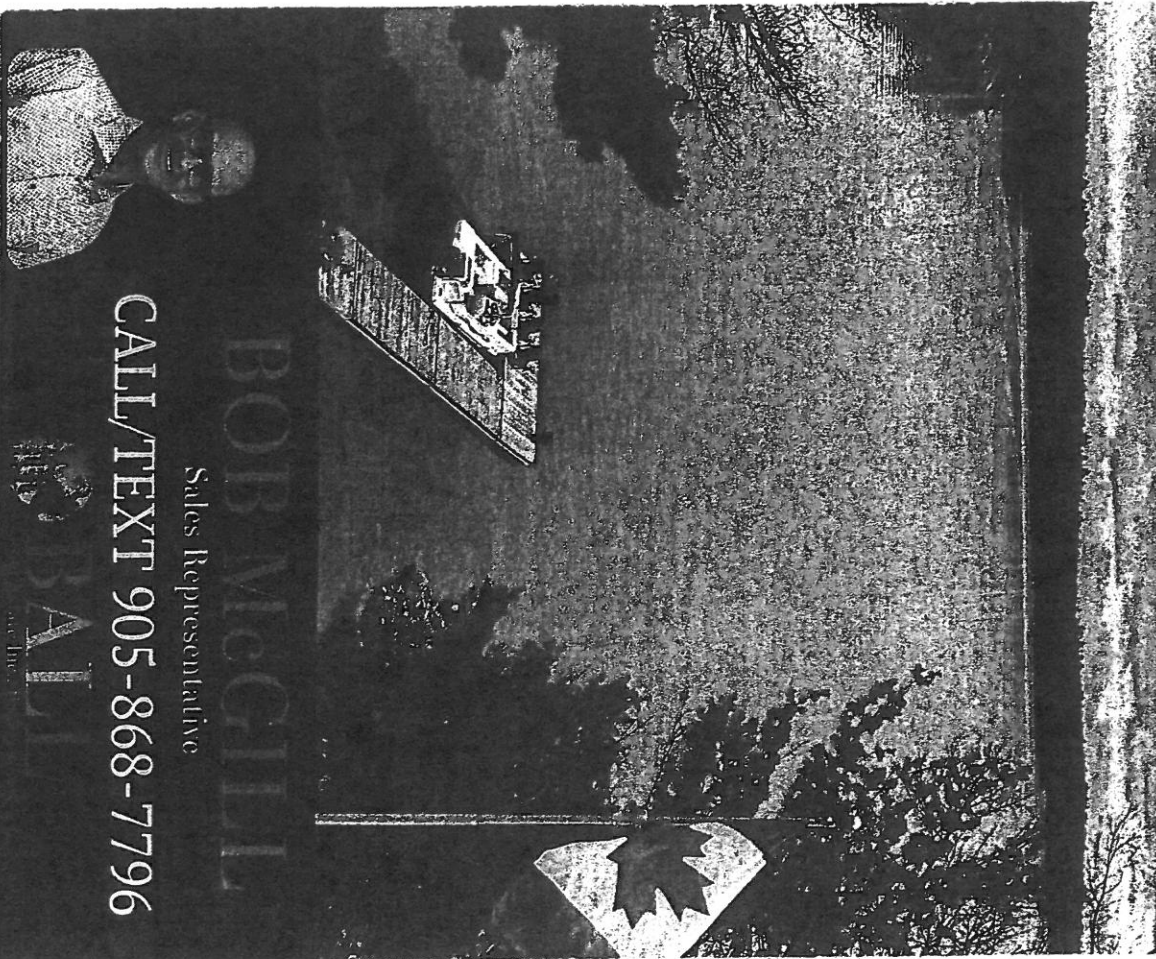
1. Acadians
2. Ice hockey, maple syrup, moose and breathtaking landscapes.
3. Poutine, bannock, butter tarts and Nova Scotia lobster rolls.
4. The Great White North
5. John A. Macdonald
6. July 20th, 1871
7. July 1st, 1867
8. Chinese Canadians
9. Free trade
10. The US Civil War

Puzzle Time Answers:



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LIBRARY BOOK SALE

The Helen Bowen Branch Library would like to take this opportunity to thank everyone for supporting our book sale on September 11th. We had a very successful day!

We would also like to remind our patrons that at this time we are not accepting donations of books. Thank you once again for your support!

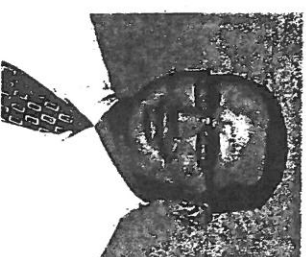


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01/22

Burn Permits

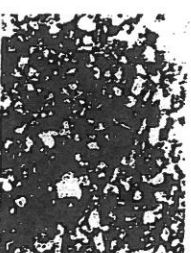
Burn Permits are required - you must have a permit for ANY open air burning. Fire Permits are available on line through the Municipality of Trent Lakes web site or phone 705-738-3800 extension #301 or 1-800-374-4009 Extension #301.

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Ticks No Longer Accepted at Peterborough Public Health *Insect Identification Now Widely Available Through E-Tick Website*


Peterborough Public Health announced today that it will no longer be accepting tick submissions from the public, effective immediately. This is because the National Microbiology Laboratory (NML) will no longer be accepting black-legged tick submissions for testing effective September 20, 2021.

The testing originally began to monitor this tick species and the accompanying presence of the Lyme Disease microbe *Borrelia burgdorferi* in Canada. This passive surveillance has confirmed the presence of ticks in many areas within Ontario, including the Peterborough area. Moving forward, NML will now allocate its present resources to sustainably support the diagnostic testing of blacklegged ticks collected through active surveillance. This program provides data to monitor changes in the prevalence of infection of tick-borne pathogens and to detect novel ones. This approach will result in a surveillance program that will provide critically important data for existing and emerging tick-borne diseases in a timely manner. In the meantime, passive tick surveillance programs can be effectively supported by citizen science-based initiatives, such as www.etick.ca, which leverage digital technologies to submit images for identification rather than specimens.

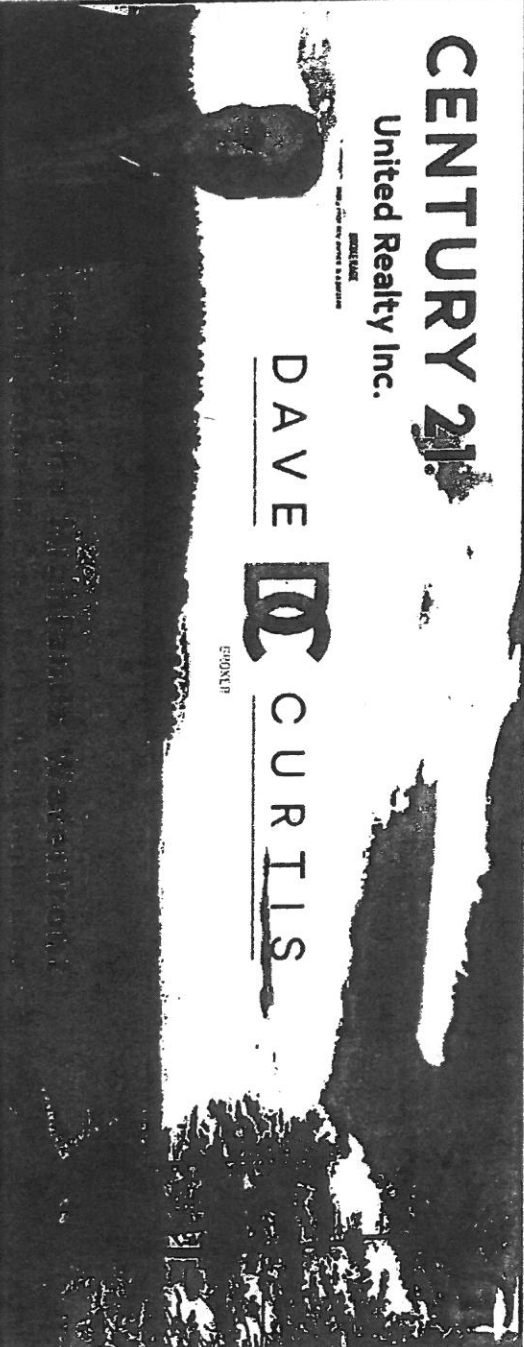
People living in the Peterborough area are reminded to remain vigilant and protect themselves and others from ticks as there have been several local human cases of Lyme disease confirmed this year.

The first line of defense against tick-borne diseases such as Lyme disease remains preventative measures. When visiting wooded areas or areas with tall grasses or bushes residents are reminded to protect themselves by wearing long pants and long-sleeved shirts use bug spray that contains DEET, and to physically check yourself, children and pets for ticks after being outdoors. Anyone who finds a tick on their person are encouraged to visit www.etick.ca for species identification. Residents can follow up with their primary care provider if necessary as only blacklegged ticks (a.k.a. deer ticks) are known to carry Lyme Disease in Ontario.

For more information, please visit www.peterboroughpublichealth.ca and search for "Lyme disease".



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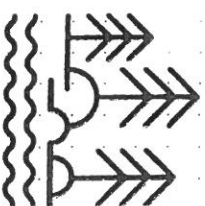
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Cavendish Key Contact Information

Trent Lakes Municipal Council:

Mayor	Janet Clarkson	705-731-9410	jclarkson@trentlakes.ca
Deputy Mayor	Ron Windover	705-731-9871	rwindover@trentlakes.ca
Councillor –Galway Cavendish	Carol Armstrong	705-731-9087	carmstrong@trentlakes.ca
Councillor – Harvey Ward	Peter Franzen	705-731-9483	pfranzen@trentlakes.ca
Councillor – at large	Terry Lambshead	705-927-4968	tlambshead@trentlakes.ca

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

Municipal Service Contacts:

Municipal Office	fax: 1-705-738-3801	1 705-738-3800 or 1-800-374-4009
Municipal Website	www.trentlakes.ca	
Fire Chief	Steve Brockbank	1-705-738-3800 ext. 230
Deputy Fire Chief	Howard Jinkerson	1-705-748-3800 ext. 230
Roads Superintendent	Ivan Coumbs	1-705-738-3800 ext. 221 or 1-705-930-2442
Police Services Board		
Chief Building Official	Brian Raymond	1-705-738-3800 ext. 225
Cavendish Transfer Station	Don & Blare	705-657-2490
Community Service Contacts:		
Cavendish Culture and Recreation	Katherine Warren	705-657-8912 kathy507@yahoo.ca
Cavendish Community Centre & Library		705-657-1192
CCC Rental Inquiries and Bookings	Katherine Warren	705-657-8912 kathy507@yahoo.ca
507 Express – Editor	Katherine Warren	705-657-8912 kathy507@yahoo.ca
Helen Bowen Branch Library	Sue Warren	705-657-1192 or 705-657-8912
Rural Outreach Centre		705-768-3590
Cavendish Youth Group	Katherine Warren	705-657-8912 kathy507@yahoo.ca
King Sports Pad – Rink	Molly Cadigan	705-657-2743

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

President	Gary Jarosz	1-416-543-8839 ccraimail@gmail.com
Vice President	Robert Taylor-Vaisey	1-416-576-5436

Cottage Association Presidents/Contacts:

Catchacoma Lake	Joe Natale	dfishburn@fishburn.ca
Picard Lake	Douglas Fishburn	705-657-8363 or 1-416-320-7701
Mississauga District	Edmund Nelligan	mglakeroadgroup.com
Mississauga –Gold Lake Road	Katie Tingley	brywest3@gmail.com
Beaver, Cavendish, Bottle & McGinnis	Bryan West	
Greens Lake	Darren Wilcox	
Gold Lake Road Association	Greg Harper	705-657-9128
Ratty's Narrows Road	Jamie Langer	705-657-2573

Cavendish Transfer Station Hours of Operation

Summer Hours: May 1st to September 30th: Saturday 8-4, Sunday 12- 8, Monday 8-1 (except on a Holiday Monday than they are 12-8), Wednesday 8 to 12 noon

Winter Hours: October 1st to April 30th: Saturday 8-4, Sunday 12-5, 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 at Municipal Office website or phone 705-738-3800 ext.301/1-800-374-2009 ext.301

Babysitters:

Desiree Callan	705-657-1942
Lilly Cadigan	705-657-2743
Pet Sitting:	Lilly Cadigan 705-657-2743

EMERGENCY NUMBER: 911

Police Non-Emergency 1-888-310-1122

Ontario Hydro: 1-800-434-1235



October 2021—338th issue

507 Express 205

October

2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Craig Rixen Gret & Ill Asling	1 Library 10-4 Birthday Celebration John Jackson 100yrs Margaret & Phil Gillingham Beth & Jason Hollis
John Jackson Leah & Rick Carroll	4 Library 10-4 Youth Group 6-7:30 Gerhard Neumann	5 Library 10-4	6 David Hawkins	7 Ben Warren Lilly Cadigan	8 Library 10-4
10 Greg Asling	11 Iloana Asling Cheryl & Paul Dick	12 Youth Group 6-7:30 Susan Wilson Jenna Grant	13 Library 10-4 Lorna Aspnall	14 Barb Staples Skye Lambshhead	15 Library 10-4 CRAI Board Meeting
17 Ginny & John Crowe	18 Maria Lambshhead Luke Cadigan	19 Youth group 6-7:30 Jennifer Wilcox	20	21 Ray Leroux	22 Library 10-4 Gabriel Botting
24	25 Norm Rice	26 Youth Group 6-7:30 Library 10-4	27	28 Colby Lambshhead John Bourke	29 Library 10-4 Lance Coulthard Melina Forgie Bryan Lake
31 HALLOWEEN NIGHT					30