

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	Don Mitchell	1-705-738-3800 ext. 230	
Deputy Fire Chief	Steve Brockbank	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 & Bill	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		
Picard Lake	Douglas Fishburn		dfishburn@fishburn.ca
Mississauga District	Edmund Neilligan	705-657-8363 or 1-416-320-7701	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
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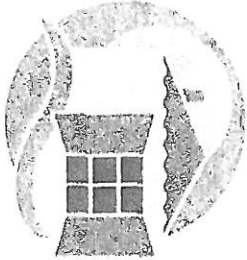
EMERGENCY NUMBER: 911

Police Non-Emergency 1-888-310-1122

Ontario Hydro: 1-800-434-1235

Cavendish Classifieds

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



Mudge Cottage Care

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

705-657-4554 cell
or 705-430-7795

mudgemudge@gmail.com

- * Dump runs, trailer provided.
- * Tree cutting and brush removal.
- * Lawn care, mowing and whipper snipping.
- * Leaf blowing and racking.
- * Gutter and eaves cleaning.
- * Staining and painting.
- * Waterfront cleanup.
- * Pressure washing of decks/docks.
- * Mold removal on Boat upholstery.

Foot Care



Debbie Norton, RPN

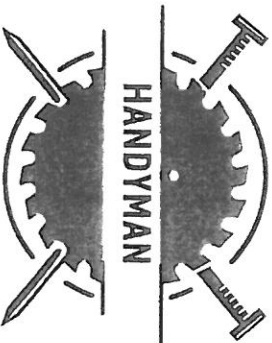
**Home Visits
DVA Approved**

dnorton1980@hotmail.com

705-761-1115

05/21

ATTENTION : CRAFTERS & ARTISTS
ESTATE SALE: too many items to list
Please call Hennie @ 705-657-3070
Email: Hennie.bos@live.com



HANDYMAN

Tyler Warren

(705) 868-9933

tylerwarrenhandyman@gmail.com

Free Estimates

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

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Heating, Air Conditioning & Handyman

705-657-9115 or Cell 705-927-0249

Gold Lake

Bill Noyes

bnmechanical@hotmail.com

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09/21

*If your commercial Business Insurance Policy
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Tel: (705) 748-2060

Fax: (705) 748-0493

E-mail: sbaker@raigrantinsurance.com

**Cavendish Community Ratepayers Association Inc. (CCRAI)
Virtual Public Meeting Saturday June 26, 2021 – 10am-11:30noon**

Via Zoom - Everyone Welcome

Register in advance for this meeting:

<https://us02web.zoom.us/j/zoom/register/ZMkcOGuqTkvrHNb3LzQyrWnp1cVM00n7TV3n>

After registering, you will receive a confirmation email containing information about joining the meeting.

AGENDA

Gary Jarosz, President, CCRAI

Trent Lakes Municipal Update
Cavendish Ward Councillor - Carol Armstrong

Mayors Message
Mayor Janet Clarkson

EORN Broadband Update Trent Lakes
J. Murray Jones – Chair EORN
David Fell – CEO EORN

Water Quality Monitoring
What You Can Do as A Cottager
Professor Paul C. Frost
Trent University

Water Level Update
Ted Spence, Chair Coalition for Equitable Waterflow (CEWF)

NEW HOURS!

Saturday to Thursday 7:a.m. to 6 p.m.

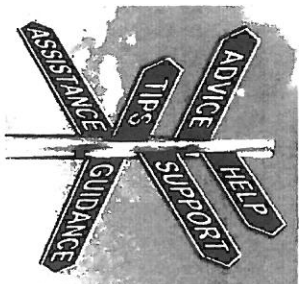
Fridays 7 a.m. to 7 p.m.

THE CATCH

Closed Tuesdays

Fast Food Take-out

705-313-9947



ROYAL LEPAGE
|||
FRANK Real Estate
Brokerage
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Sales Representative

Looking at Buying or Selling in the region?
or...just looking for information about the current market.
As a longtime, local, waterfront resident, I can help!
I'm just a call away, ready to assist with all of your
Real Estate needs and questions!

Grant Sumler Direct: 705-313-5353
grantsumler@royalpage.ca www.grantsumler.ca

01/22

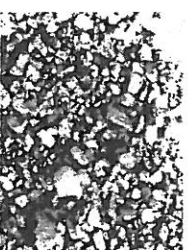
Local Firewood
Student Cut and Split
Fair Prices - Face Cord / Bush Cord
Contact Jacob Ferguson @ 705-930-7789
Local Delivery Available

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.



Buckhorn Landscaping
Natural Stone Products
Septic Installation
Call Ron at 705-750-8940



Over 50 years of satisfied customers

We have natural river rock and beach sand that are locally sourced and the highest quality from the Buckhorn area. Delivery and pick up service available.

Buckhorn Landscaping will do a site analysis to determine best location and design. We have been installing septic systems for over 50 years.

The Cavendish Community Centre is hoping to have their annual yard sale this July but in the meantime they have many items that are available for purchase through a small donation. For those rainy days coming this month we have the following items available. Pick up can be arranged by calling the library during regular hours or by contacting Kathy @ 705-657-8912.

For Adults:

- 4-D Puzzle – Game of Thrones
- 1000 Piece Puzzle – Tom Thompson
- 1000 Piece Puzzle – Michelangelo

For Children:

- 100 Piece Puzzle – Dinosaurs
- ABC Puzzle
- 48 Piece Floor Puzzle – Dinosaurs
- 48 Piece Puzzle – Toy Story

Games:

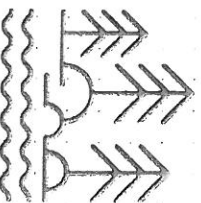
- Chutes & Ladders
- Mouse Trap
- Yahtzee
- NHL Ice Breaker
- Trivial Pursuit – Family
- Monopoly Kid's - Cars



Trent Lakes Library Partners with Trent Lakes Fire & Rescue Service

Trent Lakes Public Library is pleased to partner with Trent Lakes Fire & Rescue to provide take home activities related to Fire Fighters and Fire Safety. The kits come in colourful reusable bags which include activities, puzzles, and other resources to learn more about fire fighters and fire trucks. Kids will have fun following the adventures of Sparky the dog while discovering fire safety tips. For more information about fire safety, please refer to the website <https://www.trentlakes.ca/en/live/public-education.aspx>. For more information about the activity bags, please contact the Buckhorn library at 705-657-3695 or email us at library@trentlakes.ca.

**TRENT LAKES PROPERTY
MAINTENANCE**



trentlakespropertymaintenance@gmail.com

705-872-2887

- General lawn care
- Dock installation
- Painting/staining
- Weekly maintenance
- Dump runs
- Yearly leaf cleanup
- Wood splitting
- Chainsaw work
- Gardening
- Power washing
- Cottage setup
- Eavestrough clearing
- No job is too big or small!



- Fully Insured and Bonded
- Eco-Friendly Products & Equipment Supplied
- Locally Owned and Operated
- Free Quotes
- Weekly, Bi-Weekly or Monthly Cleaning
- Move-In/Move Out Cleaning
- Deep Cleaning

Peggy Hirst or Melissa Watson
705.243.6899
cleanrup4u@gmail.com

FLYNN'S STORE

1447140 Ontario Ltd.

County Road 507 & County Road 36

Quality Products and Service

Store Hours: 6:30 a.m. to 6 p.m. Mondays to Saturday

8:00 a.m. to 6 p.m. on Sundays

ATM Machine, ATV Trail Passes, Baked Goods



Recipe of the Month

A Meal in Tinfoil



Cavendish Youth Group

Potatoes, cubed
Onions
Peppers
Mushrooms
Carrots
Celery
Salt
Pepper
Butter
Spices
Meat of your choice, cubed

*Most important requirementCamp Fire to cook on

When we go camping we always have a tinfoil dinner that we cook on the camp fire. We each make our own package of our favorite things to eat. Each and every one is different.

We use a large square of tinfoil and add are favorites to it, with the shiny side of the tinfoil to the inside. Add a tablespoon of butter, salt and pepper and any spices you like. Fold the edges of tinfoil together so the food is secure and place the packet in the hot coals of your fire. Leave for approximately 15- 20 minutes. Enjoy!

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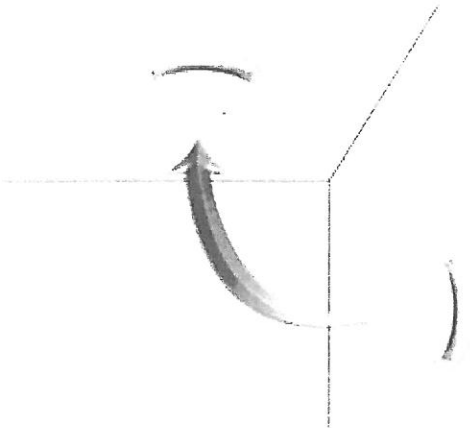
Office 705-743-4444



Make It Stop!

Move the alarm

Often the best solution to reduce nuisance alarms is as simple as moving the alarm to a different location. Sometimes moving the alarm just a few centimetres can make a difference.

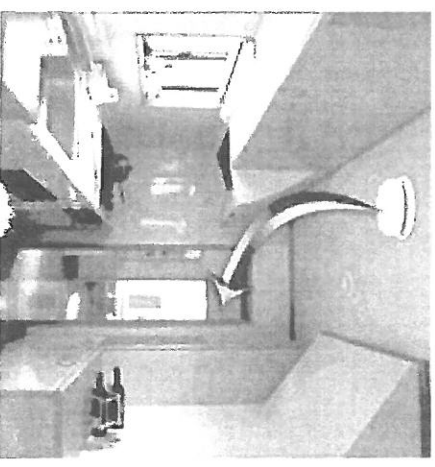


Smoke alarms must be installed on every storey of the home and outside sleeping areas. Because smoke rises, the ideal location for a smoke alarm is on the ceiling, well away from corners. However, if the device is prone to frequent nuisance alarms, try moving it from the ceiling to the wall, no less than 10 cm and no more than 30 cm from the ceiling.

Smoke alarms in kitchens are prone to react to combustion particles from toasters or ovens. Moving the smoke alarm from the kitchen to a hallway outside the cooking area could eliminate troublesome nuisance alarms.

Please note that battery-operated alarms can be easily relocated by the homeowner, however moving electrically-connected alarms will require the services of a certified electrician.

Refer to the manufacturer's instructions for more information about the correct placement and installation of smoke alarms.



Seasonal Help Wanted (Victoria Day until Labour Day)

Gardening Assistance

Weekly including weeding, dead-heading and transplanting

Cottage Cleaning

Periodic cleaning of a 3-bedroom cottage

Located on the south shore of Mississauga Lake (Mississauga Dam Road). For more information, please contact by phone at 705-657-9176 or by email at andra@bell.net

Symptoms of heat exhaustion include:

- heavy sweating
- muscle cramps
- weakness
- headache
- fainting
- paleness, tiredness
- dizziness, nausea



Once again we would like to thank everyone for the donations made at the bottle Depot at the Cavendish Landfill Site.

We would also like to thank Logan Lake, Allen Lake, Wes Lake, Rick Asling, Sharron Smith, and the Warren Family for all of the work they put into the moving and sorting of bottles during the past month.

We look forward to being able to meet again in September!

A Key Idea

Attach a CORK



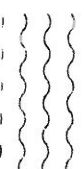
to your KEY RING



before going
boating. The keys

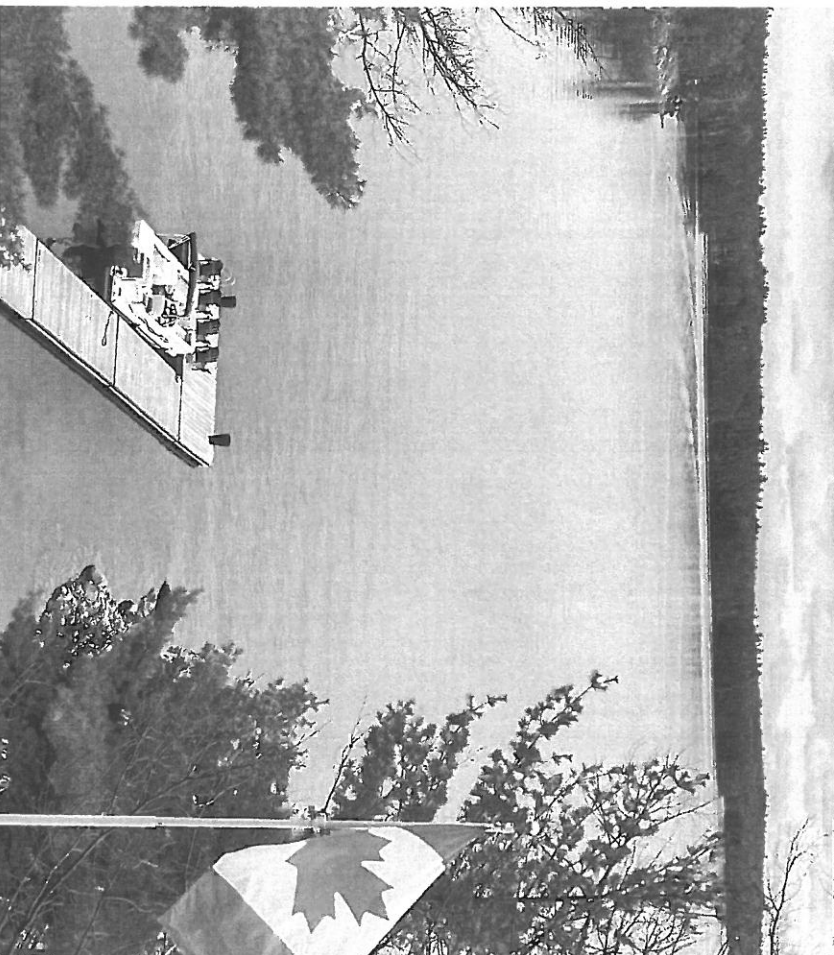


will stay afloat if they
fall into the WATER.



Let's Team Up!

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BOB MCGILL

Sales Representative

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Real Estate Inc., Brokerage



**Peterborough
Public Health**

Serving the residents of Curve Lake and Hiawatha First Nations,
and the County and City of Peterborough

Communications Office

705-743-1000, ext. 391

Jackson Square, 185 King St., Peterborough, ON

@Pthohealth: Twitter | Facebook | Instagram

www.peterboroughpublichealth.ca

Are You Ready for the Heat This Summer?

Peterborough Public Health Activates Heat Warning System

With summer quickly approaching, Peterborough Public Health has activated its Heat Warning and Information System (HWIS) to advise residents of the best way to protect their health when temperatures soar.

Environment and Climate Change Canada will issue Heat Warnings 18 to 24 hours in advance of the heat event. Forecasters will assess if two or more consecutive days of weather that meet either the humidex or temperature criteria (daytime highs or nighttime lows) are expected in the region. If so, a Heat Warning will be issued. Information about these warning levels is available on the Extreme Weather – Heat webpage under Environmental Hazards on www.peterboroughpublichealth.ca and outlined below.

The Ontario Heat Warning Protocol includes two warning levels:

Level 1: Heat Warning



A Heat Warning is issued when two consecutive days are forecasted to have a daytime high temperature greater than or equal to 31C AND a nighttime temperature greater than or equal to 20C or a humidex greater than 40. This level of warning reminds residents of the following core messages: to keep their home cool, stay out of the heat, keep the body cool and hydrated, assist others, and recognize the symptoms of heat exhaustion.

Level 2: Extended Heat Warning



An Extended Heat Warning will be issued for a heat event lasting three or more days. This level of warning reminds residents of the core messages above, in addition to providing details on how and where to stay cool, advising suspension of strenuous outdoor activities, reminders to assist vulnerable groups, and to watch for further information through the media and the Public Health website.

Extreme heat events are a potentially significant health risk and can have a severe impact on the health of vulnerable populations. This includes infants, the elderly, shut-ins, persons with chronic diseases, the morbidly obese and the marginally housed. It also can increase the health risks among those who use certain medications and people who use illicit drugs. Heat related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids.

Peterborough Public Health encourages all stakeholders to advise disadvantaged and vulnerable clients of the heat advisory system and precautions they can take to prevent and manage heat related illness.

During heat warnings The City of Peterborough will be opening up extended hours, from 8:30 a.m. – 9:30 p.m. (but closed as a cooling room between 12 noon – 3:00 p.m. for prep and delivery of the lunch meal) at the One Roof Community Centre, located at 99 Brock Street.

How to Protect Yourself During Hot Weather:

- Drink lots of water even if you don't feel very thirsty. Avoid alcoholic beverages, coffee and cola.
- Avoid going out in the direct sun or heat when possible. If you go outside, consider resting in green spaces with lots of shade as much as possible and plan to go out early in the morning or evening when it is cooler.
- Use an air conditioner if possible, and if you don't have air conditioning, keep shades or drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.
- Wear loose fitting, light clothing and a wide brimmed hat.
- Keep lights off or turned down low.
- Take a cool bath or shower periodically or cool down with cool, wet towels.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.

puzzling Times!

ACROSS

- 1 Stuff full
- 5 Welfare
- 9 Grampus
- 13 Ms. Thompson
- 17 Window feature
- 18 Baby's bed
- 19 Billy Crystal TV show
- 20 "Speed the ___"
(Mamet play)
- 21 Saudi Arabian province
- 22 Mars, to Greeks
- 23 Rail bird
- 24 "... thou cream-faced ___"
(Shakespeare)
- 25 Type of abode
- 28 Small hunting dogs
- 30 George C. Scott film
- 31 Nix
- 33 X
- 34 Genesis woman
- 37 Riga native
- 39 Disfigure
- 40 "Full ___ Jacket"
- 43 Chat
- 45 Vocalized pauses
- 46 Verdugo and others
- 48 Entry
- 49 Noted essayist
- 51 Passive state
- 52 Forest animal
- 53 Arise
- 54 Ship: abbr.
- 55 Fire or red
- 56 "___ and a bottle of rum"
- 59 Actress Landi
- 62 Solution: abbr.
- 65 Steal from
- 66 Weeds
- 68 Humorous poet
- 72 Elderly women
- 74 In that event
- 75 Shrimp dish
- 77 Pilot
- 78 Remote
- 79 Wood and Cole
- 81 Improptu
- 82 Wind dir.
- 83 Horse prod
- 84 Koch and others
- 85 Old card game
- 86 Lenin's land: abbr.
- 88 Thor's father
- 90 jogged one's memory
- 94 High-seas dwellings
- 99 Woodwind instrument

- 100 Eye part
102 Envelope abbr.
103 Musical combo
104 German river
105 Singles in Berlin
106 Barley
107 Sicilian mountain
108 Miller and Jillian
109 Portions: abbr.
110 "Gotta Have It"
111 Make a quest

DOWN

- 1 Auditors: abbr.
- 2 Coarse file
- 3 Source of indigo
- 4 Be worthy of
- 5 Ticket takers?
- 6 Checks
- 7 Soviet city
- 8 Actor Buddy
- 9 Predecessor of the
CIA
- 10 Vocal fans
- 11 Part of TLC
- 12 Rental units
- 13 Wood shard
- 41 B'way group
- 42 Reclined
- 44 World of emphasis
- 47 Held session
- 50 Certain Asians
- 51 Wife of Osiris
- 53 Bawls
- 57 Public speech
- 58 Family-oriented
ones
- 60 Jaworski and Spinks
- 61 Lab exam
- 62 Lawyers' gp.
- 63 Leningrad's river

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| 14 | African succulent | 64 | Glided |
| 15 | Choice on "Let's
Make a Deal" | 67 | Anew |
| 16 | Wheat bristles | 69 | Friend; Fr. |
| 26 | Stories | 70 | Went like lightning |
| 27 | Item on a Chinese
menu | 71 | Boo |
| 29 | Square-dancers | 73 | Tarriers |
| 32 | Marchers | 75 | College figures |
| 34 | Modified organism | 76 | West Indian |
| 35 | Sotto — | 78 | Fighting |
| 36 | Noun suffix | 80 | Biblical disciple |
| 38 | Choppers | 87 | Wanders |
| 41 | B'way group | 89 | Musical symbols |
| 42 | Reclined | 90 | Santa —, California |
| 44 | Word of emphasis | 91 | Israeli Abba |
| 47 | Held session | 92 | Grumble |
| 50 | Certain Asians | 93 | Buffalo's lake |
| 51 | Wife of Osiris | 95 | BYU's state |
| 53 | Bawls | 96 | Comic Johnson |
| 57 | Public speech | 97 | Fork part |
| 58 | Family-oriented
ones | 98 | Saturate |
| 60 | Jaworski and Spinks | 101 | Draft inits. |
| 61 | Lab exam | | |
| 62 | Lawyers' gp. | | |
| 63 | Leningrad's river | | |

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How to prevent forest fires

Learn how to prevent fires while fishing, hunting, camping or hiking outdoors.

It's forest fire season in Ontario. If you see flames or smoke, **call 911** if you're south of the French and Mattawa rivers, or call 310-FIRE (3473) if you're north of these rivers.

You are responsible for the fires you start. Be careful to only start a fire when the conditions allow the fire to burn safely and remember to extinguish it correctly. If you cause a wildland fire, you could be charged under the *Forest Fires Prevention Act* (<https://www.ontario.ca/laws/statute/90f24>) and may be held responsible for the cost of putting out the fire.

Before starting a fire, remember that:

- during hot and dry weather, sparks and embers can start forest fires
- we investigate all forest fires to determine the cause

Safe campfires

Follow these easy steps to build a campfire safely.

1. Choose a site

- Pick a site close to a water source and sheltered from the wind.
- Build your fire on bare rock, bare dirt or other non-combustible material (mineral soil).
- Build your fire at least one metre away from any flammable materials.
- Make sure the space above the fire is at least three metres from overhanging branches and vegetation.

2. Prepare the site

- Clear a space about two metres wide for the fire.
- Remove pine needles, grass, leaves and twigs.
- Scrape the area right down to the mineral soil.
- Ensure you have a pail of water and a shovel to control the fire.

3. Build your campfire

- Keep your fire small to a maximum of one metre high and one metre wide.
- Remember that small fires are safer, easier to control and easier to put out.
- A small fire will also keep cooking tools from blackening and let you get close enough to cook.

4. Stay nearby

- Never leave a campfire unattended.
- Remember that **you are responsible** for tending your campfire, ensuring it is kept under control, and for putting it out.

5. Put the fire out

- Pour lots of water on the campfire.
- Stir the ashes with a stick.
- Pour more water over top of the campfire.
- Stir the ashes with a stick again.
- Repeat until:
 - the ashes are cold to the touch
 - the ashes don't hiss
 - the ashes look soaked
 - no more smoke comes from the ashes

Safety tips for kids

- Always ensure children are with an adult when they are around a fire.
- Never allow children to play with matches or fireworks.
- Teach your children to tell an adult immediately if they see a fire burning out of control.



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

1. Public Virtual Meeting – Zoom Webinar- Saturday June 26, 2021
10am - 11:30am

2. Annual General and Public Virtual Meeting – Zoom Webinar
Saturday August 21, 2021 – 10am - 11:30am

Meetings will be held virtually using Zoom Webinar – The invitation link 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.

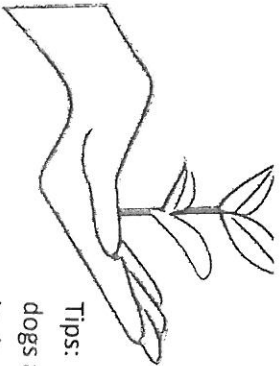
Please write in your comments or suggestions below or email us at ccraimail@gmail.com.

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>

Carol's Corner



Forsythia: I have noticed a number of forsythia bushes in bloom in our area.

Tips: It needs full sun to partial shade; does well in zones 3 – 9, all parts of the Forsythia are non toxic dogs and cats. Deer will leave Forsythia alone for the most part although extreme conditions can result in deer grazing on plants they would not otherwise.

Pruning is important; needs little fertilizer but if you feel your plant needs a little help, use slow-release fertilizer for trees and shrubs. Wait to prune until it has finished blooming. Flowers bloom on old wood. Remove dead branches and shape as needed. Every 2 to 3 years, before plants break dormancy in late winter, thin out between ¼ to 1/3 of the oldest stems cutting back to the ground to open up the center of the shrub to improve air circulation. Trimming the stems only part way down will result in new branching just below the cut, causing overly dense growth with flowers occurring at the tips. Overgrown plants can be rejuvenated by lopping the entire plant inches above the ground.

Container Gardening: One half of my plants are in pots and the other in the garden. I remove the plants from their pots and plant them in the largest containers I have. Make sure there is good drainage and add another hole or two if necessary. Making another hole is a bit tricky but takes some care and patience. Use a saucer to protect the deck and empty the saucer when needed. Good potting soil is best. Some years I leave half of last year's soil and top it with new. Every now then I remove all the soil and add new. As always, the larger the pot the better the plant will perform. Clay, wood, natural fiber and biodegradable pots have breathability or the ability of the container to respire moisture through its walls and exchange the moisture they absorb from the soil for oxygen. This contributes to plant root development. If they are wooden, check for rot.

Plants have light requirements. Determine how much the plant requires and where it will be facing. Keep in mind the sun is strongest in the afternoons. A west facing balcony can literally cook a plant and dry it out by the day's end. An east facing one, receiving the cool morning sun, does best. A tuberous begonia will enjoy eastern exposure while a zinnia or culinary herb will thrive in the west.

Do you really need a lawn? How about establishing a wildflower meadow? Most of us have areas that need a little colour without having a lawn. Stores sell wildflower meadow mixes of seeds. The benefit of having a wildflower meadow is it attracts wildlife. Most meadows require a spring or summer and autumn cut to thrive and look good. Ornamental grasses tend to be drought resistant and low maintenance as well as resistant to pests. However, they are not ideal for areas that have foot traffic. Moss is another alternative and gives such a lovely green cover to logs and grows where the soil tends to be damp. You might say it mimics a lawn. Gravel can fill in areas and if installed correctly, weeds will not grow readily.

Did you Know?

Honeybees : They create a buzzing sound when flying. Their wings flap 230 times a second. A honeybee's legs are long and hairy and used as a tool for carrying pollen.

Trumpet vines: A hummingbird's favourite . It grows and spreads quickly but needs strong support.

Location of Feeders: In a cold climate place feeders out of the winter winds. Look for shade during the hot summer months. Keep them near trees and shrubs to afford the birds a quick exit to cover.

Greenery: After the spring flowering bulbs, keep the leaves intact and wait for the them to turn yellow and dry. Do not bother to braid or bend them. This limits the amount of sun reaching the leaves and amounts to less energy produced to support next year's blooms.

Puzzle Time Answers:

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

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

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

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.

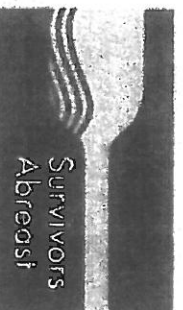
**In addition to helping the environment, you will be
supporting a great cause!**

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 MARINA

**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!

KID'S PAGE

Sweet Treat

Looks like someone's taken a bite out of this chocolate bar.
How many candy bar names can you find inside it?

ALMOND JOY	MARS	SKYBAR
BIT O HONEY	MILKY WAY	SMORES
CHUNKY	MOUNDS	SNICKERS
FIFTH AVENUE	MR GOODBAR	TOBLERONE
KITKAT	OH HENRY	TWIX
KRACKEL	PAYDAY	ZAGNUT
MALLO CUP	ROLO	

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

ROAST THE PERFECT MARSHMALLOW

Only a true marshmallow maestro can achieve the ideal combination of
silken, frothy interior and crisp, slightly caramelized outer skin.

You'll Need

a barbecue fork or a long, green
stick from which the bark has been
removed by an adult (not from a
poisonous plant—check with a
grown-up before using!)
a charcoal fire that has burned down
to gray ash with a central hot spot
of glowing red embers

- 1 Push a marshmallow onto the stick. Poke 1 cm (1/2 in.) of the stick through the top so the marshmallow won't slip off.
- 2 Hold the marshmallow so it is suspended 2.5 to 7.5 cm (1 to 3 in.) above the embers.
- 3 Hold still for a few seconds, then begin to rotate your stick. You should see a nice, even golden crust forming as you turn. Do not hold the marshmallow in one position too long or low in one position too long (causing it may fall into the fire (causing "marshmallow meltdown").
- 4 Once all sides have reached perfection, blow to cool the marshmallow. Then eat! Mmmm.

TIP

Follow your host's lead. Don't do anything—such as sit, start to eat, or leave the table—until he does it first, or invites you to do so.

SILVERWARE SMARTS

When dining, always use the cutlery farthest from the plate FIRST. Work your way toward the middle.

TIP

Once you've used a utensil, don't let it touch the table again! Leave it on your plate.

EAT ELEGANTLY, MY DEAR!

Use the following rules to avoid common goofs:

- Chew with your mouth closed.
- Don't talk with your mouth full.
- Don't put your fingers in your mouth or pick food out of your teeth. Excuse yourself and go to the bathroom.
- Don't bring your face down to the plate. Instead, sit up straight and bring the utensil up to your mouth.
- If anything unintended (a burp, hiccup, or food) comes out of your mouth, excuse yourself quietly. Don't make a big deal of it, and no one else will.

Eat foods soon after they are cooked.

- Keep hot foods hot, at 60°C (140°F) or above.
- Keep cold foods cold, at 4°C (40°F) or below.
- Don't let foods cool to room temperature. If serving later, refrigerate right away.

Store cooked foods appropriately.

- Keep foods cooked in advance stored at more than 60°C (140°F) or rapidly cooled and stored at less than 4°C (40°F) to avoid growth of any germs that may have remained.
- Store leftovers right away in the fridge or freezer.
- Eat cream-filled pastries and potato, egg or other salads with creamy dressings immediately after they are made or come out of the fridge. Store leftovers quickly in the fridge.
- Make sure your fridge is set at a temperature of 4°C (40°F) or less.

Reheat cooked foods adequately.

- When serving heated leftovers, reheat the food all the way through.

Keep your kitchen clean.

- Clean all dishes, utensils, cutting boards, and counters that are in contact with food before and after each use. Use hot water.

Protect your food.

- Insects, rodents and other animals, including pets, can carry germs. Store foods that don't need to be refrigerated in closed containers in a safe place.

Use safe water.

- Always use safe water when preparing food. If in doubt about water quality, boil it.

Should I buy organic food?

Food labeled "organic" is not less likely to have germs than non-organic food. You should use the same care in handling and storing food even if it is labeled "organic".

- Children should avoid eating raw or undercooked alfalfa, mung bean or other sprouts, because the seeds used for sprouting may have germs.
- Children younger than 1 year of age should not eat honey. It may contain a germ that causes infant botulism, a type of paralysis in infants, but not in older children and adults.

Separate raw foods from cooked foods.

- Store meat, poultry, fish or seafood in leak-proof containers in the fridge, so that juices don't spill onto other foods.
- Keep raw meats, poultry, fish and seafood away from cooked food, fresh fruits and vegetables. Wash hands, utensils, chopping boards and work surfaces carefully after handling raw meats, and before using the same items to prepare raw vegetables, salads, sandwiches or other food.
- When barbecuing, do not place cooked meats back on the plate that held raw meats.

Wash your hands.

- Wash your hands carefully with soap and water before you prepare or handle food. Also wash hands after handling raw meat, poultry or seafood.
- If you have to stop for any reason while you are preparing food – especially to use the toilet, change a diaper or touch a pet—wash your hands before returning to the food.

Cook all meats – including hot dogs and sausages – poultry, seafood and eggs thoroughly.

- Raw meat is often contaminated with harmful germs. Cooking meat until it is steaming hot will destroy any dangerous germs.
- It is very important to cook ground beef and other meat patties all the way through. The meat should be brown at the center, not pink or red. The juices should be clear or brown. Undercooked ground meat can cause “hamburger disease,” a serious infection that can cause damage to the intestines and the kidneys.
- Pay special attention when barbecuing, as meat may appear well done from the outside but remain undercooked inside.
- Chicken should be well cooked, not pink or red and not raw near the bones. Undercooked chicken and eggs can cause a serious form of diarrhea.
- Undercooked pork can result in bacterial or parasitic diseases.

Food safety at home

If food isn't handled, prepared or stored properly, it can become spoiled with germs, yet still taste and smell okay. These germs can cause stomach-aches, diarrhea, vomiting, or fever. Some germs can cause more serious problems such as kidney failure, blood infection, or even paralysis. Babies and young children, older adults, and people with weak immune systems are most at risk of problems if they eat food that is spoiled.

How do germs get into food?

Canada's food supply is one of the safest in the world. Still, infections related to food do happen. Here's how:

- Food from animal sources (such as meat, chicken) can contain germs coming from these animals.
- Vegetables and fruits can pick up germs from the soil or during harvesting.
- Germs can get onto food while it is handled, processed, stored, and/or transported.

Usually, foods don't have enough germs to make you sick. Common exceptions are raw meats, eggs, and unpasteurized dairy products. Pasteurized foods have been through a process that kills germs without making the food less nutritious.

At home, germs that may be on your food can grow to high levels if the food is not stored, handled and cooked properly. Most germs grow very slowly in the refrigerator, but grow faster at room temperature (for example, when you leave meat out on the counter).

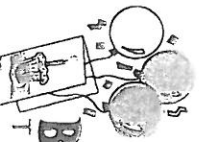
Health Canada will issue a warning (<http://www.hc-sc.gc.ca/dhcc-asc/media/advisories-avis/index-eng.php>) when a specific food item is making people sick.

How can I keep my family safe?

Choose safe foods for your child.

- Avoid unpasteurized milk and cheese products and fruit or vegetable juices, unless they were prepared from washed, fresh fruit or vegetables just before serving.
- Rinse fresh fruits and vegetables well under running tap water, especially if they are to be served uncooked. Lettuce, spinach and other salad greens need careful attention.

BIRTHDAYS & ANNIVERSARIES!



BIRTHDAYS THIS MONTH

2 nd Nicholas Crowe	20 th Erin McClenaghan	6 th Mary & Keith Leckie
Linda Waldock	Tara Wilson	12 th Barb & John Stables
4 th Gale Ferrier	22 nd Al Asling	13 th Deborah & Frank Pageot
5 th Nicole Thompson	Carol Winner	Carol & George Winner
Erich Stephen	25 th Michel Callan	15 th Nicole & Craig Cooling
6 th Laura Tambllyn Watts	26 th Mary Coulthard	22 nd Mel & Mary Sadler
10 th Shane Forgie	27 th Kyle Stables	
Shirley Lake	28 th Nicole Rixen	
11 th Carla Salvador	30 th Cherise Hill-Lake	
12 th Edward Aspinall		
13 th Eileen Bourke		
Zack O'Heron		
16 th Sandy McKay		
17 th Caden Hall		
18 th Melissa Shepski		



Happy Anniversary

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

Call, we fix them all!

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Boat & Snowmobile storage

705-657-9088

Meat supplied by the Butcher Shoppe
Chainsaw sharpening and replacement

NEW & USED boat, snowmobile,

trailer & ATV sales

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

Shrink wrap & Winterization

Tops: new & repairs

Prop repair

Boat & Canoe Rentals

Snowmobile & ATV repairs

Insurance Claim handling

Spring water

Welding

Customer Service is #1!



Ontario Certified Marine
Mechanic on duty
Monday-Friday

June Store Hours:
9 am – 4 pm
7 days a week

Active ingredient	How much can I use?	How long will it work against mosquitoes?	Will it protect against ticks?
Icaridin (Picaridin)	Safe in children between 6 months and 12 years of age.	5 to 7 hours	Yes
P-menthane 3,8-diol (PMD or oil of eucalyptus)	Should not be used on children under 3 years of age. Can be applied up to twice a day.	Up to 2 hours against mosquitoes and up to 5 hours against black flies.	Unknown
Soybean oil	There are no age restrictions or limitations on frequency of use with these products.	Up to 3½ hours against mosquitoes and up to 8 hours against black flies.	Unknown
Citronella	Should not be used on children under 2 years of age.	Up to 2 hours against mosquitoes.	Unknown

How can I use insect repellents safely?

- Read the entire label before using any insect repellent.
- Do not allow children under 10 years of age to put on their own insect repellent. Apply the product lightly and don't use more than you need.
- Always spray in an open, ventilated area. Do not apply in a tent or motorhome.
- Do not apply on irritated or sunburned skin or on open cuts or scrapes.
- Do not apply on your child's hands because they might rub it into their eyes or mouth.
- Be careful not to get it in your child's eyes. Spray it onto your hands first and then apply it to their face. If you do get the insect repellent in the eyes, rinse with water right away.
- Apply it only on top of clothing or to skin that is showing. Don't use it under clothes.
- Reapply after swimming.
- When you don't need the protection anymore, wash the repellent off with soap and water.

If you think your child is having a reaction to the product, wash the skin and get medical help right away. Take the container with you so the doctor knows what you used.

Insect repellents: How to protect your child from insect bites

To help avoid insect and tick bites you can:

- Avoid sandals, wear light-coloured, long pants and long-sleeved shirts when outdoors, and tuck shirts into pants and pants into socks. This is especially important when mosquitoes are most active at dawn and dusk.
- Avoid places where mosquitoes breed and live, like standing water.
- Clean up any standing water in your yard.
- Keep screens in good repair.
- Cover playpens or strollers with a fine mesh netting when you are in an area with mosquitoes.
- Use insect repellents.

Like any chemical, insect repellents should be used safely.

Your child should only be exposed to small amounts of DEET.

Age	How much DEET can I use?	How long does it work after you put it on?
6 months of age and younger	Do not use insect repellents with DEET. Use a fine mesh net to cover your baby's stroller or playpen when outside.	
6 months up to 2 years	<ul style="list-style-type: none">• No more than 10% DEET• Up to once a day.	2.5-4.5 hours
2 to 12 years	<ul style="list-style-type: none">• No more than 10% DEET• Up to 3 times a day.	2.5-4.5 hours
Over 12 years of age	<ul style="list-style-type: none">• Up to 30% DEET.	5-8 hours
Pregnant/breastfeeding mothers	Although there is no known hazard to unborn or breastfed infants, pregnant or nursing mothers may wish to consider DEET alternatives, such as using protective clothing and avoiding exposure to insects.	

Can I use 'natural' repellents?

Yes. However, they may not work as well as products that contain DEET and icaridin/picaridin, and in some cases not as much is known about their safety. Also, these products may not protect against tick bites. Remember, just because a product is labeled "natural" doesn't necessarily mean it is safe. In some cases they may cause skin or eye irritations.

Let's Not Olympic Any More (At Least Not the Way We Did)

As I write this, the Tokyo Summer Olympic Games, postponed from 2020, are still scheduled to open on July 23 this year, even though 2 recent polls reported that more than 80% of Japanese do not want the games to go ahead (<https://www.cbc.ca/sports/olympics/olympics-tokyo-poll-1.5868321>).

But this is not about Tokyo 2020 (2021). Or even about Beijing 2022. This is about the entire Olympic movement. I think the current form of the movement may have outlived its value in our society.

What do the Athletes Think?

To me, the most important people in the Olympics are the athletes. It is natural that they want to keep the Olympics, although the 2 Olympic-level athletes I actually know both see lots of problems with the Games themselves and especially with plans to hold them this year. Kevin Lake, a long-time cottager on Mississauga Lake and nationally recognized pole vaulter, stated that holding them at this time would be "insanity." However, he "can't see cancelling them forever." As he points out, "It's a pretty magical event that can bring the whole world together." And he recounted how watching the 1984 games in Los Angeles "shaped everything – my work career, all my friends, almost half my life."

I also talked to Bruce Simpson, a cottager on Catchacoma Lake who represented Canada in the pole vaulting competition at the 1972 and 1976 Olympics. Bruce is well aware of the role of "politics" in the Olympic Games, and he is "not happy that the marketing forces are driving" them. He feels that "they may do the Games this year and put a lot of people at risk." However, Bruce feels that all this "doesn't mean that we shouldn't pursue beneficial goals."

Kurt Browning, one of our most famous skaters, asserted on CBC radio that figure skating has shown the world that competitions can be safely carried out (Apr 22, 2021). But skaters are on the ice either alone or with only their partner and bubble companion, which is very different from many Olympic sports.

Hayley Wickenheiser, a Canadian former ice hockey gold-medal Olympian, feels quite different. "Listen to the doctors and experts rather than the IOC, sponsors and stakeholders," she urges (<https://www.cbc.ca/sports/olympics/olympics-hayley-wickenheiser-resounds-olympic-alarm-saying-wrong-people-making-decision-on-games-1.5999462>).

"[I]t's all about ... [m]oney and broadcast rights and promises made. I question if the health and the well-being of the athletes attending has been at the true forefront."

The IOC (International Olympic Committee) and the Japanese host officials seem not to consider the interests of the athletes to be very important. For example, medical grade masks will not be provided – if the athletes want them, they need to bring their own. Odd, when condoms have been freely available in Olympic Villages since at least 1988 (<https://www.elitedaily.com/p/are-condoms-provided-in-the-olympic-village-heres-everything-we-know-7903946>). Similarly, athletes will not be required to be vaccinated before the Games, even though only 1% of the Japanese population has been vaccinated and "surges" are now being reported in many parts of the country (<https://mainichi.jp/english/articles/20210423/p2g/00m/0na/073000c>).

But, clearly, the athletes are not even thinking about *retiring* the Olympics.

So, Should We Retire the Olympics Now?

As you know from my April article, I have loved watching Olympians on TV for more than half a century and if the Games go on this summer and/or next winter, I expect that I'll be watching again.

However, the modern Olympic Movement brings huge problems. We have all heard of a variety of scandals over the years – political, often nationalistic, related to drug-use and often judging debacles. And such scandals started as early as 1908 (https://en.wikipedia.org/wiki/List_of_Olympic_Games_scandals_and_controversies). What's more, I am not the only one thinking about abolishing the Olympics (https://www.huffpost.com/entry/abolishing-the-olympics_b_1659396).

At some point, cities started entering the competition to host the games in order to prove that they were "world-class" (<https://digitalcommons.law.yale.edu/cgi/viewcontent.cgi?article=1040&context=yhrclj>; <https://www.ststworld.com/olympic-venues/>). This has led to ruthless clearing of slums and building of showy infrastructure (some of which is built only for the Games and then quickly abandoned or torn down), and encouraging tourism (<https://www.cnn.com/travel/article/olympic-games-tourism-legacy/index.html>; <https://medium.com/studiotmd/post-olympic-abandonment-d137830333e36>).

Bruce Simpson decries the "grandiose nature, commercialism [and] economic driving factors" of the current Games. However, he and probably most athletes still "just want to go out and have a competition."

It's hard to argue with that philosophy. So, I'm willing to concede that perhaps the Olympic Games should not be retired for evermore right now. However, I still think that, as currently practised, they are unsustainable. The IOC claims to be encouraging more modest proposals that will emphasize sustainability (<https://www.cfr.org/background/economics-hosting-olympic-games>). I look forward to seeing what emerges.

In Passing....

Renate Mortensen (1952-2021)



Renate Mortensen passed away peacefully at Hospice Peterborough at 7:22am on May 14th 2021.

After enjoying the family cottage on Catchacoma Lake for 18 years, she and her family moved there permanently for 17 glorious years. She spent her summers gardening, watching her family grow, and winters in front of the fireplace.

Renate was a devoted wife and mother with a great sense of humour, the life of the party, and a great friend. She will be lovingly remembered by her husband, 2 children, and 3 grandchildren. A celebration of life will be held in her honour with family and friends at a later date. Email: ilm.22@icloud.com for more information. In lieu of flowers, please consider donating to Hospice Peterborough.

Jean Mortensen (1934-2021)



Jean Mortensen passed away at Ian Anderson House Hospice at 7:48am on May 14th 2021, after a brief illness that she faced with courage and dignity.

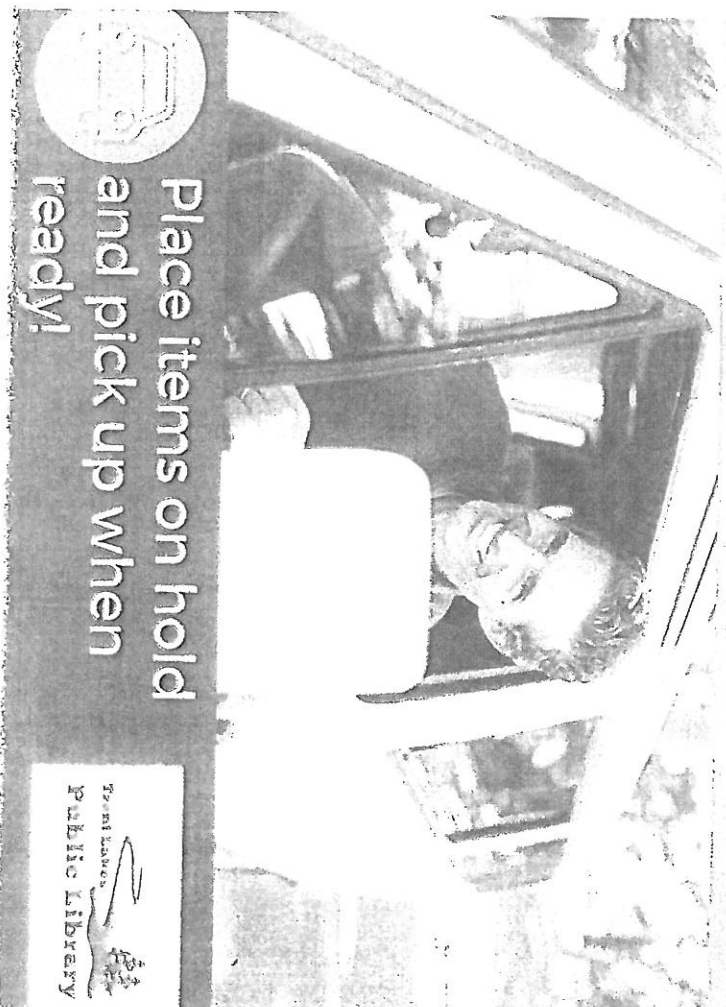
Jean built a family cottage in 1986 on Catchacoma Lake as a tribute to her late husband. She enjoyed 35 beautiful summers at the beach watching her grandchildren and great grandchildren grow. Jean will be lovingly remembered by her 5 children, 11 grandchildren, and 7 great grandchildren. Jean was predeceased by her husband, Richard F.C Mortensen.

As we mourn the loss of our family's two matriarchs, we know in our hearts that Renate and Jean walked together, hand in hand, through the gates of heaven.

**If your ad is not in the 507 Express this month
it may be because it has expired?**

Community Report

Starting Wednesday June 16th at Helen Bowen Branch



Both branches of Trent Lakes Public Library are continuing to offer Wi-Fi and contactless curbside pickup. Faxing, photocopying, and essential computer use are also available by appointment. This will continue until Step 2 in the Roadmap to Reopening as per the provincial mandate. Buckhorn is open Tuesday-Saturday, and Cavendish is open every Wednesday & Saturday. For more information, please visit our website at www.trentlakeslibrary.ca or call us at 705-657-3695.

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: _____

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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

THE 507 EXPRESS

THIS MONTH:

- Are you ready for the heat this summer?
- Let's Not Olympic Any More
- In Passing
- Make it Stop
- How to prevent Forest Fires
- Insect Repellents
- Food Safety at home

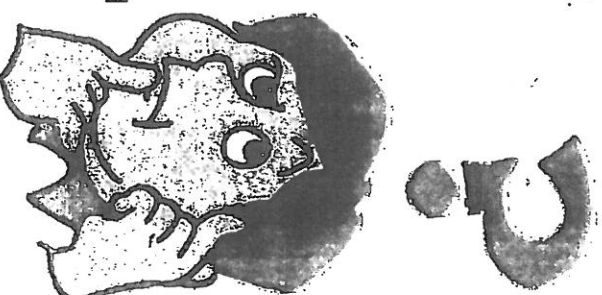
REGULAR FEATURES:

- 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 month

- When fish are in schools they sometimes take debate.
- The professor discovered that her theory of earthquakes was on shaky ground.
- The batteries were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- A will is a dead giveaway.
- If you don't pay your exorcist you can get repossessed.
- Show me a piano falling down a mineshaft and I'll show you A-flat miner.
- You are stuck with your debt if you can't budge it.
- Police were called to a day care where a three-year-old was resisting a rest.
- Did you hear about the fellow whose whole left side was cut off? He's all right now.
- If you take a laptop computer for a run you could jog your memory.
- When a habit begins to cost money, it is called a hobby.
- What retirement means to the lady of the house is twice as much husband and half as much income.



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.

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Production: Sue and Tiffany Warren

Subscriptions: Sue & Tiffany Warren

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