## HE 507 EXPRESS

#### THIS MONTH:

- Cottage Fire Safety
- Celebration of Life
- Water safety for young children
- A few Odds and Ends to Consider
- Entering Step 2
- Increasing Naloxone Access
- Forest Fires

### 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

## 507 press Policy re Advertising and Subscriptions

- Subscriptions and/or renewals are \$30.00 year or \$2.30 per issue
- 0 All submissions to be signed and submitted by the 15th of each month
- 0 Advertising in the "507 Express" as follows: Classifieds -\$2.00 per month

% page - \$10.00 per month

1/8 page % page - \$15.00 per - \$5.00 per month

- What the wise do in the beginning, fools do in the end.
- start a campfire? How is it one careless match can start a forest fire, but it takes a whole box to
- If quizzes are quizzical, what are tests?
- what is baby oil made from. If corn oil is made from corn, and vegetable oil is made from vegetable, when
- Why doesn't glue stick to the inside of the bottle?
- Wrinkles should merely indicated where smiles have been
- A smile is an inexpensive way to change your looks.
- Why does the sun lighten our hair but darken our skin?
- Why is abbreviated such a long word?
- 0 0 with real lemons? Why is lemon juice made with artificial flavor, and dishwashing liquid is made
- Why is the time of day with the slowest traffic called rush hour?



articles are those of the writer and do not necessarily reflect the opinion of this newsletter 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 submission to meet space requirements, for clarity or to avoid obscenity, libel or invasion of editor on subjects of interest to our readers. The editor reserves the right to edit any The **507** Express is a community based newsletter. It welcomes submissions and letters to the

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Ontario KOL 1JO

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# ommunity Report

### Helen Bowen Branch

#### July & August

Open by Appointment for in library browsing or Contactless Curbside Pickup

Tuesday Wednesday & Saturday 10am-4pm.

Call the Branch @705-657-1192 during hours to book your time

Ontario moved to Step 2 of the Roadmap to Reopen on June 30, 2021

mask or face covering that covers their mouth, nose and chin when in an indoor a place of business or facility that is open to the public. Everyone must wear a Everyone must maintain a physical distance of at least two meters from others in area of the building

#### Hey Kids

Its time for The Summer Reading Challenge!

Complete all 10 missions to enter into a draw for a gift card to the CATCH.

Check out our NEW WEBSITE: www.trentlakeslibrary.ca for more information

Craft kits are available for pickup.

## 507 EXPRESS SUBSCRIPTION

\$30.00 per year. 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

I would like to receive the 507 Express starting for months.  Please make cheque payable to: Cavendish Culture & Recreation Committee.  Wailling Address: Cavendish Culture & Recreation Committee.	Postal Code: Phone Number:		Address:	Name:	•
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Trent Lakes, Ontario

32 Community

Complex Drive,

Attention: Tiffany Warren

## CELEBRATION OF LIFE IN LOVING MEMORY OF Renate Mortensen March 8<sup>th</sup>, 1954 – May 14<sup>th</sup>, 2021



August 14th, 2021 at 12 pm - 3 pm

Rain or Shine

MORTENSEN RESIDENCE (the Cottage)

143 Beaver Lake Road, Trent Lakes, Ont.

remember a wonderful person who is greatly missed. We will be gathering to share some of our favorite memories, our stories, to laugh, to cry, and to

Please join us on August 14<sup>th</sup>!
BBQ & BEVY
705-657-8300

# Water safety for young children

Drowning is the second most common cause of death for children under 5 years of age in Canada. Children can drown in as little as 2.5 cm (1 inch) of

or a in a backyard, caution needs to be practiced around water. pools without 4-side pool fencing and self-closing, self-latching safety gates Many of these tragedies happen in backyard pools, and almost always in routes as well as sources of recreation. Regardless of whether found in nature For rural and remote living children, lakes and rivers serve as transportation

## your children: Take the following essential precautions to help protect

Babies who can't sit without support and are too young to wear c portable flotation device (PFD) should be held by an adult at all times.

- or around water. This includes pools, bathtubs, and beaches, and other Toddlers should always be within arm's reach of an adult when they are in
- will not protect or prevent a child from drowning. Swimming lessons are a great opportunity for families to participate in fun activities that contribute to a healthy lifestyle. But on their own, they
- water and should never be left alone in a pool or bathtub, even for a All children should be supervised by an adult when they are in or around
- for every 2 young children, and 1 adult for every baby. The Lifesaving Society recommends a supervision ratio of at least 1 adult

keep people warmer in the water because the foam in the vest is spread more necessarily face-up. It is lighter and less bulky than a lifejacket. PFDs also from face-down to face-up. A PFD will keep a person floating, but not Life jackets are different from PFDs. A life jacket can turn the person over evenly around the body.

for children. You can use either a lifejacket or a PFD for your child, as long as it is designed

weigh less than 9 kg (20 lb). There is no safety standard for smaller infants. In Canada, approved life jackets and PFDs are not available for infants who

- PFDs or life jackets should be worn by all infants who weigh at least 9 kg (20 lb) and by toddlers who are swimming or playing near or in the water.
- Check the label to be sure that your child's PFD or life jacket meets boating/choosing-lifejackets-personal-flotation-devices.html#choosing-(https://www.tc.gc.ca/en/services/marine/getting-started-safecurrent national safety standards
- It should be the right size for your child's weight. Make sure it stays buckled up. Keep all safety straps fastened, including the crotch strap.

pfd). It should be approved by at least one of the following: Transport

Canada, Canadian Coast Guard or Fisheries and Oceans Canada.

Remember that water wings, neck rings, bathing suits with flotation devices in them, and other swim toys ARE NOT safety devices

## What should we do if we have a swimming pool at home?

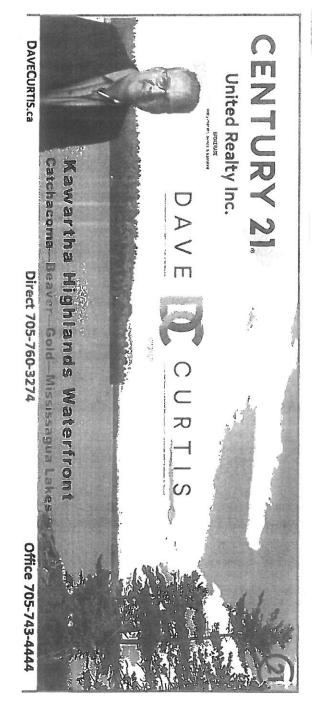
Swimming pools—whether in- or above-ground—should be fenced on area should be self-closing and self-latching patio or back door (the house doesn't count as a "side"). The fence should four sides. That means NOT having direct access to a pool from a deck, be climbing-resistant and at least 1.2 m (4 ft.) high. Any gate to the pool

## Cottage Fire Safety - Tip Sheet

safety tips: To minimize the risk of fire and burn injury, the fire service recommends the following cottage fire

sleeping areas Install smoke alarms on every storey and outside all sleeping areas. It's the law for all Ontario homes, cottages, cabins and seasonal homes to have working smoke alarms on every storey and outside all

- alarm and extra smoke alarm batteries in case they need replacement. Test smoke alarms at least monthly or each time you return to the cottage. Pack a new smoke
- Install and ensure carbon monoxide alarms in your cottage if it has a fuel-burning appliance
- alarm sounds. Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke
- number, in case of emergency. Know the telephone number for the local fire department and your cottage's emergency sign
- well as children and pets are kept well away from them. Fires can happen when barbecues are left Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles,
- Keep barbecue lighters and matches out of sight and reach of children
- · Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- close by and supervise the fire at all times. around the fire to keep it from spreading. Always keep a bucket of water, sand, or even a shovel whether open air burning is permitted before having a campfire or burning brush. If open burning Check with your local fire department, municipality, or Ministry of Natural Resources to determine is allowed, fires should be built on bare soil or on exposed rock. Remove leaves and twigs from
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!



Joanne O'Heron, Allen Lake, and the Warren Family. Asling, Shirley Lake, The volunteers that came forward this past month are Wes have helped us with the Cavendish Youth Groups Bottle Once again we would like to thank the many volunteers that His flatbed trailer, Wes Lake for the use of his equipment for Depote. We have to thank Trevor Smith for allowing us to use oading the trailer and hauling the bottles to Wilberforce for us. We couldn't do it without your help ...thank you! Gary Jarosz, Logan Lake, Al Asling, Rick Asling, Lake, Sheila





(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...

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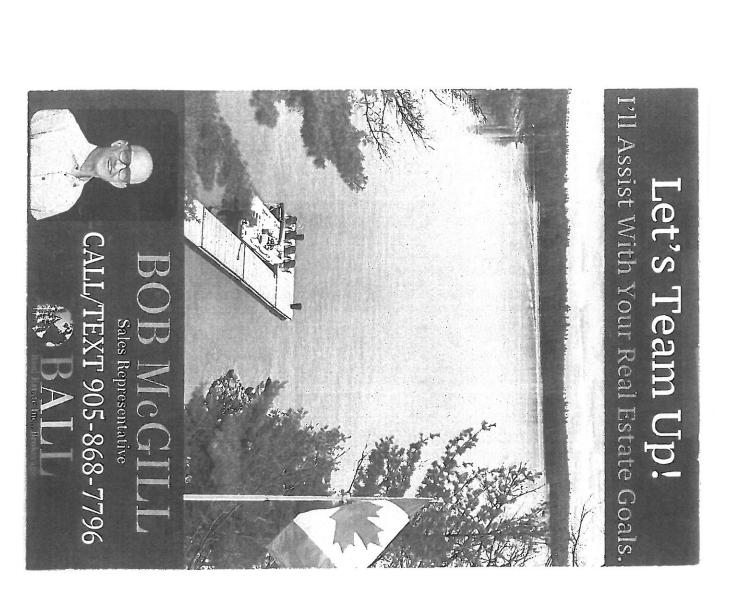
Call to Book Your Project Today.



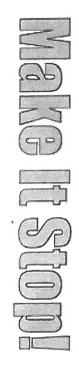
### Carol's Corner

We would like to take this opportunity to thank Carol for her many years of contributing to the 507 Express through her articles on gardening in Carol's Corner. Carol has decided that the time has come to retire.

Thank you Carol ....we will miss your contributions!







#### with nuisance alarms Advice for dealing

## Try a different type of smoke alarm

air: ionization or photoelectric. Smoke alarms commonly use one of two types of technology to detect the presence of smoke in the

### **Ionization Smoke Alarms:**

smoke enters the chamber, it changes the flow of current, which is detected and activates the two electrically charged plates, causing a measurable current to flow between the plates. This type of smoke alarm uses a small amount of radioactive material that ionizes the air between Ionization alarms may be more prone to nuisance alarms caused by cooking activities

## **Photoelectric Smoke Alarms:**

When smoke enters the chamber it reflects the light onto the sensor, which is detected and This type of alarm uses a light source that is aimed away from a sensor in a sensing chamber. activates the alarm. Photoelectric alarms may be less prone to nuisance alarms caused by cooking

kitchen, try replacing it with a photoelectric type smoke alarm If you experience frequent nuisance alarms from an ionization type smoke alarm located near the

and must meet the same level of performance. Regardless of the type of technology used, smoke alarms are tested to the same Canadian standard



the device meets the alarm, which is proof that marks on the smoke standard: appropriate Canadian Look for one of these



#### Fireworks

cause a wildland fire. Fireworks are a fun way to celebrate special occasions. The Forest Fires Prevention Act (https://www.ontario.ca/laws/statute/90f24)\_states: If you set off fireworks, you're also responsible if they

No person who discharges a firearm, a flare, fireworks or explosives in or within 300 metres of a forest area shall leave any residue from the discharge unextinguished."

Also, remember to check any municipal bylaws regarding the use of fireworks in your area

## To stay safe, we recommend you:

- attend an organized fireworks venue instead of setting off your own
- choose a fire safe area to ignite fireworks that is free of flammable materials
- launch fireworks over an area free of flammable material, such as gravel or a body of water
- have fire suppression equipment on hand
- area for any hot residue and ensure it is put out when completed

## It Happened in July....

- after having plunged over the Horseshoe Falls. Youngest person ever to go over the falls and July 9<sup>th</sup>, 1960, seven year old Roger Woodward was pulled from the waters of the Niagara River
- Cartoonist Joe Shuster, created the original version of the comic Superman, was born on July 10<sup>th</sup> 1914 in Toronto.
- The railway heralded a revolutionary change in Canadian transportation history. July 1836 Canada's first railway, the Champlain and Saint Lawrence Railroad, officially opens.
- July 22nd, 1940 Alex Trebek, long time host of Jeopardy, was born in Sudbury Ontario
- July 30th, ', 1941 singer songwriter Pau Anka is born in Ottawa
- 0 0 July 1962 British Columbia opens Rogers Pass to highway traffic, a major landmark in the construction of the trans-Canada Highway.

### YEARS AGO!

thank all of the volunteers past and present for their dedication to our known as Trent Lakes Station #2. community. This month marks the fortieth anniversary of the Cavendish Fire Hall, We would like to take this opportunity to also

## 245 avendish " of the land of the

CATCHACOMA — About 150 cottagers and permanent residents helped celebrate the official opening Saturday of a firehall for Cavendish Township that has no fire trucks:

The new firehall is Galway-Cavandish Friehall No. 2 on Highway 507 just south of Beaver Lake Road.

Cavendish continues to rely on portable pumper units that are stored on lakeshore areas and at marinas and used by volunteer firefighters mainly to fight cottage fires.

People with buildings away from bodies of water have to depend on fire-fighting equipment that's 25-kilometres south in Harvey Township or 65-kilometers west in Galway Township. The portable, gasoline-powered pumpers don't work unless they're fed by a lake, river or pond.

Galway-Cavendish Councillor Henry Nokes, chairman of the Cavendish fire committee, said he hopes to have a fire department vehicle available soon that can be used to transport the volunteer firefighters to fires. "Your chief difficulty is getting from where you are to where the fire is." In fires where the protable pumpers can be used, the interfighters have been using boats, cars on a bused, the firefighters have been using boats, cars on a bused, the firefighters have been using boats, cars on a borrowed truck to get to the fire scene.

We have fair protection for the cottagers around the lake," Deputy Reeve Jean MacLellan said "but we don't have a pumper for buildings of the lake."

Reeve Carl Brickman said it'll be the new year before truck for the new firehall. Donations will be needed to help pay for it, he said. Government grants aren't available for fire equipment Brickman said. "By the time they (neighboring firefighters with a fire truck) got up here it (a burning building) would probably be burned to the ground."

Brickman said some of the portable pumpers will be moved into the new firehall at the end of August after minor firefighters with a fire truck) got up here it (a burning building) would probably be burned to the ground. Burning work is done on the hall.

The new firehall bar of the portable pu

Brickman said it's the first municipal structure in Caven

dish Township.

"For the preent you might refer to this building as a multiuse structure," Brickman said in his speech at the official
opening, "but it has been formally designated as a firehall,
and will be managed by the fire department. That is its first
referrity."

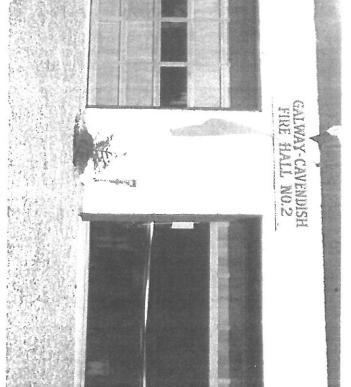
Brickman also said the new building is to house a township sand truck "to provide more timely service to the residents of Cavendish during the winter months."

He ended the speech with a few words addressed to the fire department: ". may you have pleasures and much satisfaction from your new home, and I trust that the equipment, when you get some, is not used too frequently, if ever, for other than training and practice sessions."

The Ontario Fire Marshal's Office recommended in 1975 that firefighting be upgraded in Galway-Cavendish, Brickman said. A new firehall was opened in Galway Township in July of 1976 — Galway-Cavedish Firehall No. 1.



of Cavendish Township, plant a tree the firehall at the opening ceremony Joe Robertson, 75, and Frank Barnes, 87, both Cavendish Township, plant a tree in front of





### Forest fires safety information

Every year, Ontario's Ministry of Natural Resources and Forestry and local fire departments respond to hundreds of forest fires.



### Hazard information

While forest fires can be dangerous to people and property, being prepared in advance and knowing what actions to take can better protect you.

By law, you cannot have an outdoor fire in a Restricted Fire Zone. This includes all campfires and burning grass and debris. There may be exceptions to the ban on outdoor fires in a Restricted Fire Zone if strict criteria are met. Refer to the Outdoor Fire Restrictions (https://www.ontario.ca/page/outdoor-fire-restrictions). for more information.

Your municipality or municipal fire department may also have a fire ban or restrictions in addition to the provincial Ministry of Natural Resources Restricted Fire Zone. Please check for any further restrictions on open air burning in your area.

For more information on forest fires and your safety, visit the Ministry of Natural Resources and Forestry (https://www.ontario.ca/page/forest-fires-safety-

For more information on forest fires and your health, visit the <u>Ministry of Health and Long Term Care</u> (<a href="http://www.health.gov.on.ca/en/public/programs/emu/fire\_mn.aspx">http://www.health.gov.on.ca/en/public/programs/emu/fire\_mn.aspx</a>).

### Tips on how to be FireSmart

- Shore lunch and campfires are responsible for wildfires every spring. Residents are reminded that they must tend their fires at all times, making sure to put them dead out before leaving. If it is windy, the risk of a wildfire is high don't burn!

  Residents planning on burning grass, brush or other wood debris should consider composting or taking material to landfill sites instead. Each spring, grass fires get out of control and cause needless damage to barns, homes and cottages.

  Planning to use fireworks this weekend? Under the Forest Fires Prevention Act (FFPA) (https://www.ontario.ca/laws/statute/90/24)., any person who sets off fireworks is responsible to ensure any hot residue from the discharge of fireworks is extinguished. There may also be municipal by-laws in
- place regarding the use of fireworks.

  Residents are reminded of their responsibilities under the FFPA. All forest fires are investigated to determine the cause, and a person can be held responsible for the costs of extinguishing or property damage incurred by a forest fire.

  Residents within organized municipalities should check with local fire departments or municipal offices for any burning restrictions in their area.

#### Safety tips

If you are instructed by emergency officials to evacuate, do so immediately

## If you are indoors during a wildfire:

- Move away from outside walls Close doors but leave them unl unlocked
- Close windows, vents and blinds.
  Remove lightweight curtains.
  Open the fireplace damper and cl

- Open the fireplace damper and close fireplace screens.

  Turn a light on in each room to make your home easier to see in heavy smoke.
- Turn off air conditioners. Have a flashlight, extra batteries and a battery-powered radio close at hand in case the power goes out. Keep all family members and pets together.

If power outage results

Important fire safety\_tips\_during.power\_outages
(http://www.mcscs.jus.gov.on.ca/english/FireMarshal/FireSafetyandPublicEducation/PublicFireSafetyInformation/PowerOutages/PowerOutages.html)

## If you are outdoors during a wildfire:

- . Don't try to outrun the fire — find a pond or river to crouch in.
  If you're not near water, go to a lower level clearing.
  If you're near a road, lie face down along the road cut or in the ditch. Cover yourself with soil or anything else that will shield you from the fire's
- Protect your lungs by breathing air closest to the ground through a moist cloth to avoid inhaling smoke

## If you are told to leave your home:

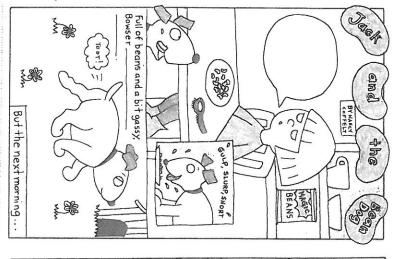
- Choose a route away from fire hazards and listen to radio or TV.

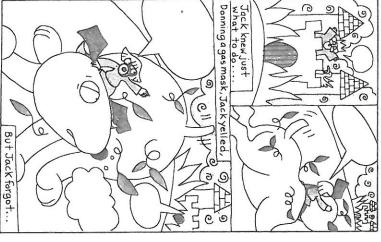
  Watch for changes in speed and direction of fire and smoke.

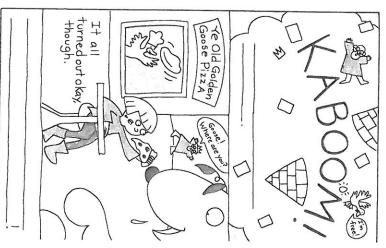
  Wear long sleeve/pantleg clothing and closed-toe footwear that can protect you against flying sparks and ashes.
- Take your pets with you.
  If there is time before you leave
- Pack as you would for a week's vacation, including clothes, cash, medications,
- 0 Move flammable materials away from your home.
  Turn on sprinklers to wet the lawn.
  Turn off the gas line to your home.

Caption this Comici

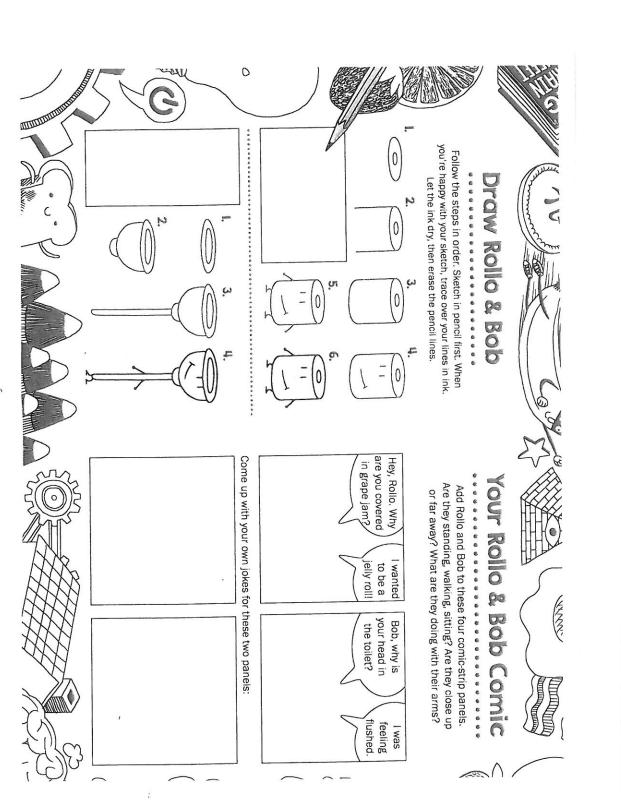
What happens when Jack's dog eats the magic beans?
It's up to you! Add dialogue and narrative to create a truly explosive tale!







Did you know? In the early 19th century, celery was considered as fancy as caviar or foie gras (goose or duck liver).



### Puzzling Times!

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# NNIVERSAR



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Jonathan Warren Morgan Thompson Val Strain

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17h 14th Cameron Hall Lina Goddard Steve Waldock

> 23rd 22nd Sophie Botting Kevin Lake Chuck McGee Dave Asling Kyle O'Brien

27<sup>th</sup> 26<sup>th</sup> 24<sup>th</sup> 28th Danny Dalton Liam Forgie Michael Tamblyn Eric Aspinall Scott Stables

29th Nan Ross Al Ross

30th Christie Snook Colton Lobb

Fred Lloyd Debbie Walsh

Beth Hollis (Mullen)

Gord Lambshead

James Gallacher Graylynn Warren

31st Steve Redpath Eric Robertson Izaac Tamblyn

> Congratulations Randy & Linda 35 Years!



Happy Anniversary

16<sup>th</sup> 14th 9 7th 12th Rebecca & Kevin Oreto Brent & Mary Robison Philip & Jan Herdman Sarah & Ford Stevenson Michelle & Wayne Connell Kimberly & Dave Asling Lorne & Eric Aspinal Randy & Linda Marshall

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

## Ontario Certified Marine Mechanics

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fiberglass, aluminum, gel coat, etc Painting & Structural repairs: Shrink wrap & Winterization

Tops: new & repairs Prop repair

Snowmobile & ATV repairs Boat & Canoe Rentals

Spring water

Insurance Claim handling

Welding

### Call, we fix them 705-657-9088



Ontario Certified Marine Mechanic on duty Monday-Friday

Sunday - Thursday Friday & Saturday 7 days a week July & August 8 am 8 am - 6 pm

Customer Service is



### Pet Sitting



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05 T you are going on a trip for the weekend or a week please call: reptiles

will care for your pets LIE S Cadigan @ 705-657 at your home 2743

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mine!

(Savendish Community Katepayers Association Inc.

#### City: Application for/Renewal of CCRAI Membership Do you prefer to Home Phone: Address: Additional Wember in Household: Name of Wember/Applicant: ☐ I am RENEWING my membership for 2021 Cavendish Address (Lake/Lot Email Address: $\square$ I am making a contribution to the Love Your Lake Program $\square$ I am APPLYING for membership for 2021 receive your yearly newsletter <u>Qo</u> Conc): 32 Community Complex Drive Trent Lakes, Ontario, K0L 1J0 Cavendish Phone: Postal Code: electronically via email? \$20.00 per household Membership Fees Additional Voluntary Donation

-Public 10am -Virtual Meeting 11:30am Zoom Webinar-Saturday June 26 2021

Waterfront:

Yes

N Annual General and Saturday August 21, 2021 **Public Virtual Meeting** 10am -11:30am Zoom Webinar

Meetings will be held virtually using Zoom Webinar tablet, link will be emailed out in advance smart phone or land line phone and you can connect via laptop, The invitation

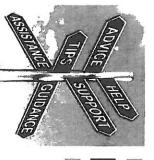
Everyone welcome. Stay informed. Be heard. Make a difference

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

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

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

Visit us at: https://ccraiassociation.wordpress.com



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#### **Burn Permits**

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#### Mon **JOOL** natural corks!



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

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

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

5 addition to helping the environment, supporting a great cause! YOU will be

50

### Please drop your corks off at these locations:

The The Wine Shoppe - 392 Brock Village Wine Shoppe-OR, if you know a Survivors give them your corks! Such 874 St in Peterborough Abreast paddler, Ward St. Bridgenorth



Thank you for your support!

They so this to

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

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

# Increasing Naloxone Access to Save Lives

New Local Partnership Will Ensure Naloxone is Within Reach 24/7

life-saving medication naloxone. Peterborough Public Health and the Peterborough County-City Paramedics have joined forces to expand access to the

free naloxone kits. County can now provide patients and patients' friends and family members with overdose prevention education and As members of the Peterborough Overdose Prevention Program, local paramedics attending 911 calls in the City and

Health. "This partnership will help to ensure that naloxone is available when and where it is needed most." "Paramedics serve our communities around the clock, 365 days per year," said Dr. Rosana Salvaterra, Medical Officer of

medication is critical to saving lives," she stated. "Naloxone is one part of a comprehensive response to the harms associated with opioids, and increasing access to this Dr. Salvaterra added that across Canada, the rate of opioid-related death has worsened during the COVID-19 pandemic

June 3, 2021 there have been 24 suspected drug-related deaths in Peterborough City and County this year. poisonings between January 1, 2021 and March 31, 2021, a 26% increase over the same period the previous year. As of According to data collected by Peterborough Public Health, local paramedics responded to 62 suspected opioid

Paramedics. "We are committed to doing everything we can to contribute to the collaborative response to one of the will be on hand at the right time to reverse an overdose," said Randy Mellow, Chief of Peterborough County-City biggest public health threats facing Canada." "As opioid deaths continue to mount, there is a clear need for strategies that will maximize the likelihood that naloxone

allowing more time for a person to seek medical care. Through the Peterborough Overdose Prevention Program, any naloxone and training on how to administer it through participating community sites person who uses opioids, currently or in the past, as well as their friends and family members are eligible to receive free Naloxone is a safe and highly effective medication that can temporarily reverse the effect of an opioid overdose

As of June 2021, there are 15 community sites where naloxone can be accessed in Peterborough City and County, in

www.ontario.ca/page/where-get-free-naloxone-kit. addition to participating local pharmacies. The full list of access points for naloxone can be found online at



#### m ntering Step What to Expect Locally 2 of Ontario's Reopening Plan:

## With Delta Variant Circulating, Preventing Fourth Wave Following Public Health Measures Key to

continuing to follow public health measures is critical as evidence confirms there are more Delta variant cases in the Despite moving into Step 2 of the provincial reopening plan, Peterborough Public Health is advising residents that

is not as protected as it needs to be in order to prevent a fourth wave since two doses are needed against the Delta "Currently, over half of our active COVID-19 cases are infected with the Delta variant," explained Dr. Rosana Salvaterra, Medical Officer of Health. "While our vaccination rates are strong for first dose, I am still concerned that our community

While Step 2 of Ontario's Reopening Plan takes effect at 12:01 a.m. June 30, Dr. Salvaterra noted that not all regions in the province are entering it due to the spread of the Delta variant. "We need to remain vigilant and proactive as the province embarks on re-opening while trying to speed up the access to second doses of the COVID vaccines at the same

Peterborough Public Health noted highlights of Step 2 measures include the following changes:

- Outdoor social gatherings and organized public events with up to 25 people
- Indoor gatherings and organized public events with up to 5 people,
- Personal care services can operate where face coverings can be worn at all times, at 25 percent capacity,
- Outdoor dining with up to six people per table, with exceptions for larger households
- Indoor religious services permitted at up to 25 percent capacity of the particular room
- Outdoor fitness classes limited to the number of people who can maintain 3 metres of physical distance
- Overnight camps for children are permitted to operate under mandated health and safety guidelines

To recommendations have not changed: prevent a fourth wave however, Peterborough Public Health reminds local residents that the following measures and

- It is strongly recommended that only households or fully immunized residents sit together when dining
- Indoor use of facilities for weddings, parties, and other social events is still prohibited. Outdoor use of facilities is permitted for weddings, parties, and other social events at 25% capacity.
- considered PPE (where no physical barrier exists). This applies whether staff are indoors or outdoors. A cloth mask is not (medical/surgical mask along with eye protection) when providing service or working within 2 metres of others The Letter of Instruction issued to workplaces remains in effect requiring that employees must wear PPE
- Screen everyday before leaving your home for any reason, and stay home if you feel ill
- Get tested, even if experiencing minor COVID-19 symptoms.

Seasonal residents are strongly advised to limit indoor guests to household members or fully immunized guests only. The 14-day self-isolation period recommended for those relocating to secondary properties in the Peterborough Public Health area is still recommended for those who are not fully immunized. Anyone living in Peterborough at this time is encouraged to get a second dose at one of our clinics as soon as possible

in effect to help to reduce the risk of acquiring COVID-19 by a worker and multiple households, in the event that there is plan was to proceed gradually. That is why these instructions to workplaces and recommendations to the public remain "We must continue to navigate this second step of reopening very carefully, as the intention of the provincial reopening said Dr. Salvaterra. "The intent is to protect the community and help keep businesses and organizations

www.peterboroughpublichealth.ca. Peterborough Public Health has updated its website with the new provincial and local guidance for Step 2 at

-10Ur <u>o</u> may ----S D M 5 because UT 07 Sec Express expired? this month

## A Few Odds and Ends to Consider

### **Turtle Nest Sitting**

and the next thing I knew I was watching a video of the nest-sitter training (https://www.turtleguardians. had my go bag just abut complete - wrong! More recently, I actually succeeded in formally volunteering case I get a call to go and watch over a Mama Turtle laying her eggs. I was pleased to report then that I In May I wrote about becoming a turtle nest-sitter this spring/summer. I talked about creating a go bag in

section of 2-inch chicken wire and 8 tent pegs (hence the hammer), and then borrowing wire cutters so I can make and then install my nest cage. Stay tuned added a hammer and my Volunteer Nest Sitter Protocol to my go bag, and I still need a safety vest (but, The training includes instructions on making and installing a cage to protect the eggs. So, I have now , the stores are now open so that won't be a problem). In addition, I'll be purchasing a 3-  $\times$  3-foot

## The Devil Is in the Details

again, that I have been missing the mark. city) and remembering that Styrofoam can be recycled in the city but not here. But today I learned, once garbage (in case I go to a waste transfer site that accepts compost separately or I take it home to the careful, separating my garbage from various recyclable items, keeping my compost apart from other This proverb is probably never more true than when dealing with our waste these days. I try to be

batteries we hand in at the Cavendish waste site so that nothing goes into landfill. Call2Recycle (https:// www.call2recycle.ca) is an interesting national organization that manages all the packaging tape, duct tape or electrical tape, but **not** masking tape, Scotch tape or painter's tape another metal surface. According to Call2Recycle, such terminals should be covered with tape – clear (e.g., 9-volt, hearing-aid and watch batteries) – they have the potential to spark if the terminals touch more-or-less "dead" batteries if they have both the positive and negative terminals on one side or end First of all, Don at the Cavendish Waste Transfer Site advised me to be very careful when handling even

I don't know how likely such a fire might be, but as one who has stood on the street listening to the windows of her family home shatter from the heat of a fire, I am prepared to be particularly careful.

1 bag so that they can easily be separated out at a later stage in the recycling process. There are lots of differences from the city; Don tells me that's because "it's better here." If you are as clueless as I am, contact the county for more information or a printable Blue Box Sort Guide (https://ptbocountry.ca/ opposite to the city!). And plastic bags go in with paper! However, all plastic bags must be gathered into recycling/-and-garbage.aspx). Then I discovered that coffee cups can be recycled as containers, but the lids are garbage (all the

## A Gracious Acknowledgement

enormous improvements to our homes, but, as she told me clearly, she did not do it alone neighbours. A committee she had chaired for a decade or more had undertaken 4 projects resulting in the co-op building in which I live in Toronto that I felt truly and graciously acknowledged a group of volunteers who are often not properly recognized. Recently, I received the following from a neighbour in frequently, heroic work is done not just by individuals, but also by dedicated groups of anonymous We seem to live in an age that values "heroes." That is certainly preferable to despising them; however,

member had on the success of the projects is not debatable Just so that there is no question, the positive effect and contribution that each committee

enough of the effect cohesiveness had on the projects. they made the projects palpable, which is what kept me inspired. I cannot speak highly special skills without which the success of the projects could not have been realized, and 8) little community; they also cared about the community around us ..., 7) each had her/his own ambassadors, being communicative, politic and genuinely caring about each person in our the [other] residents, 5) always had my back, 6) were excellent "fronts persons" or judgement, 3) were willing to pitch in wherever & whenever, 4) had close relationships with It may seem as if I was the *major domo* as I was the Committee chairperson & organizer. However, I was extremely blessed with a small group who 1) were supportive, 2) had great

could all achieve if we came together with such positive enthusiasm, intention and action No wonder this committee showed such remarkable leadership. I wonder how much we

## Recipe of the Month

### Chocolate Zucchini Loaf



Grace Windover

½ cups all-purpose flour, unsifted

2 ½ cups all-p ½ cup cocoa

2 ½ teaspoons baking powder

1 ½ teaspoons baking soda

1 teaspoon salt

1 teaspoon cinnamon

% cup soft butter or margarine

2 cups sugar

Sphar

2 teaspoons vanilla

2 cups coarsely shredded zucchini, unpeeled

1 cup milk

1 cup pecan or walnuts, chopped

mixture, adding nuts with last addition. well blended. Combine all of the dry ingredients and set aside. Beat together butter and sugar until stir in vanilla and zucchini, alternately stir in dry ingredients and milk into zucchini Add eggs, one at a time, beating well after each addition. With spoon,

Bake at 350'F for about one hour or until toothpick inserted in center of cake comes out you wish. Pour batter into greased and floured 10 inch tube pan or Bundt pan or 2 loaf pans Cool in pan for 15 minutes, turn out on cake rack to cool thoroughly. Slice thinly, freezes well. Glaze if

#### Glaze

2 cups icing sugar

2 tablespoons milk

1 teaspoon vanilla

Mix together and beat until smooth. Drizzle glaze over cake

## helmets for children and youth

safety measure you can take is to make sure they wear a helmet. The best as in-line skating, skateboarding, or riding a scooter, the most important way to encourage your child to wear a helmet is to wear one yourself. When your child starts riding a bike, or taking part in any wheeled sports such

are broken bones, the most serious are ones that affect the head and brain. Many children and teens are injured while riding a bike. While most injuries

when cycling In several provinces, anyone under the age of 18 must wear a certified helmet

protect your head. You can find the label inside or on the helmet certifies that the helmet design has been tested by the manufacturer to Your child needs a helmet with an approved standards label. This label

(American Society for Testing and Materials). Helmets sold in Canada are certified by CSA (Canadian Standards Association), CPSC (Consumer Product Safety Commission), Snell or ASTM

a hard fall, it must be replaced A bike helmet is a single-impact helmet, which means that once it has been in

- and your child's eyebrows should be two of his finger widths over their ears and eyes. The distance between the front of the helmet The helmet should sit comfortably around your child's head without falling
- The straps should go in front of and behind the ears, and fasten snugly under the chin.

to make sure it still fits properly. Remember to check your child's helmet at the beginning of every bike season

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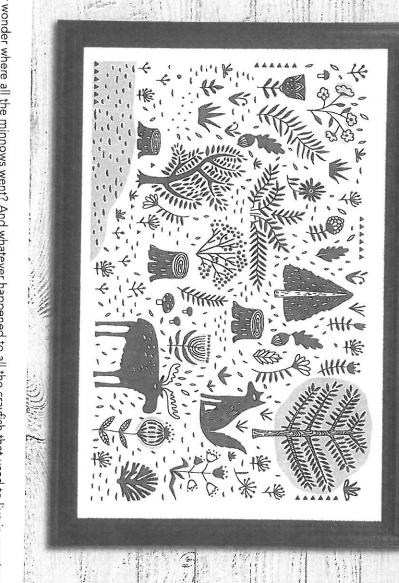
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I will be giving back 1% of my profits to the Water First Internship Foundation. For more information, visit their website: https://waterfirst.ngo/

For updates follow: Instagram @catchaçona\_icecreamboat



#### ╗ YOU CAN'T SEE CHANGE, S = REALLY HAPPENING?



Do you ever wonder where all the minnows went? And whatever happened to all the crayfish that used to live in rivers? When change happens so slowly that we don't even notice it, it's known as 'change blindness' – and that' happening in our County's lakes right now. and that's our streams and

Taking care of our County's beautiful lakes takes all of us. Be sure you know the full facts and discover the difference you can make. Damaging changes to our shorelines are affecting the health of our lakes. But seeing change is the first step in making a difference

Brought to you by the Cavendish Community Ratepayers Association Inc., (CCRAI) with permission When we protect our lakes, we protect the priceless memories yet to be made.

beshore.ca

## Puzzle Time Answers:

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Cavendish Classifieds

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



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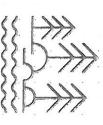
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## Cavendish Key Contact Information

## Trent Lakes Municipal Council:

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

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

## Municipal Service Contacts:

Municipal Website Municipal Office www.trentlakes.ca fax: 1-705-738-3801 1 705-738-3800 or 1-800-374-4009

Roads Superintendent Deputy Fire Chief Ivan Coumbs Steve Brockbank Howard Jinkerson 1-705-748-3800 ext. 230 1-705-738-3800 ext. 230 1-705-738-3800 ext. 221 or 1-705-930-2442

Cavendish Transfer Station Chief Building Official Police Services Board Don & Blare **Brian Raymond** 

1-705-738-3800 ext. 225

705-657-2490

## Community Service Contacts:

Cavendish Community Centre & Library Cavendish Culture and Recreation Katherine Warren 705-657-1192 705-657-8912 <u>kathy507@yahoo.ca</u>

Helen Bowen Branch Library 507 Express – Editor **CCC Rental Inquiries and Bookings** Sue Warren Katherine Warren Katherine Warren 705-657-1192 or 705-657-8912 705-657-8912 kathy507@yahoo.ca 705-657-8912 kathy507@yahoo.ca

King Sports Pad – Rink Cavendish Youth Group Rural Outreach Centre Molly Cadigan Katherine Warren 705-657-2743 705-657-8912 kathy507@yahoo.ca 705-768-3590

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

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

### Cottage Association Presidents Contacts:

Mississagua District Picard Lake Catchacoma Lake **Edmund Nelligan** Douglas Fishburn Joe Natale

Mississagua –Gold Lake Road Katie Tingley Beaver, Cavendish, Bottle & McGinnis Bryan West Greens Lake Darren Wilcox **Katie Tingley** 

**Gold Lake Road Association** Ratty's Narrows Road **Greg Harper** Jamie Langer

mglakeroadgroup.com dfishburn@fishburn.ca 705-657-8363 or 1-416-320-7701

brywest3@gmail.com

705-657-2573 705-657-9128

## **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:

Lilly Cadigan Desiree Callan 705-657-2743 705-657-1942

Pet Sitting: Lilly Cadigan 705-657-2743

**EMERGENCY NUMBER: 911** 

Police Non-Emergency 1-888-310-1122 Ontario Hydro: 1-800-434-1235



July 2021-335th issue

### JULY 2021

Saturday 3 Library 10-4 Keaton Major Michelle &	10 Library 10-4	17	Library 10-4 Cameron Hall	24. Library 10-4. Michael Tamblyn	Library 10-4 Steve Redpath Eric Robertson Debbie Walsh Fred Lloyd
Friday 2 Naomi Bourke	Jonathan Warren Val Strain Lorne & Eric	16	Rebecca & Kevin Oreto	23 Kyle O'Brien	30 Christie Snook Izaac Tamblyn
Thursday 1 Bryan Black Wayne Platt		15		Dave Asling Philip & Jan Herdman	29 -Nan Ross Al Ross Colton Lobb
Wednesday	7 Library 10-4 Kimberly & Dave Asling	14	Library 10-4 Lina Goddard Steve Waldock Sarah & Fred	21 Library 10-4	28 Library 10-4 Graylynn Warren James Gallacher
Tuesday	6 Library 10-4 Bobbi Robertson Morgan Thomason	13	Library 10-4	20 Library 10- 4	27 Library 10-4 Liam Forgie Eric Aspinall
Monday	S Nick Smith	12	Randy & Linda Marshall	19 Brent & Mary Robinson	26 Scott Staples Danny Dalton
Sunday	4 Alison O'Brien	11	Tristan Botting Ken Snook Beth Hollis (Mullen)	Sophie Botting Chuck McGee Kevin Lake Gord Lambshead	25