

THE 507 EXPRESS

May you enjoy the four greatest blessings:
Honest work to occupy you.
A hearty appetite to sustain you.
A good woman to love you.
And a wink from the God above.

THIS MONTH:

- Forest Management Plan
- Feeling Feisty? Become a Phrag Fighter
- Ready for the Swansong of an Early Sign of Spring
- Worried about Covid-19 Variants of Concern
- Social Costs of Opioid Addiction and Loss
- Time to change Your Batteries
- Curb side at the Library

REGULAR FEATURES:

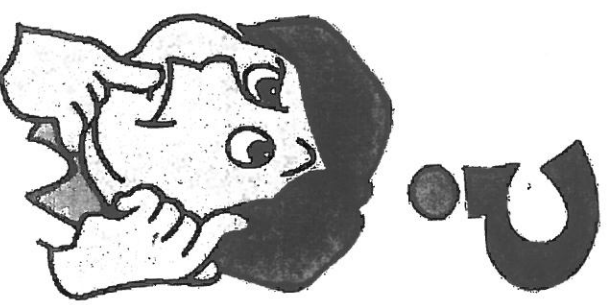
- Carol's Corner
- Community Report
- Key Contact Information
- How well do you know our country
- School News
- Birthdays& Anniversary's
- Cavendish Youth Group
- It's Part of Our Heritage
- Recipe of the Month

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
¾ page - \$10.00 per month	¼ page - \$15.00 per

- The Irish have solved their own fuel problems. They imported 50 millions tons of sand from the Arabs and they're going to drill for their own oil.
- Question: Why are Irish jokes so simple?
- Answer: So the English can understand them.
- What do you call an Irishman who knows how to control his wife?
A. A Bachelor.
- Definition of a Irish husband: He hasn't kissed his wife for twenty years, But he will kill any many who does.
- Finnegin: "My wife has a terrible habit of staying up 'til two o'clock in The morning. I can't break her of it."
- Keenen: "What on earth is she doin' at that time?"
- Finnegin: "Waitin' for me to come home."



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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DONATIONS ARE GREATFULLY RECEIVED!

Community Report

Worried About COVID-19 Variants of Concern? Here's What You Can Do

Peterborough Public Health Appeals to Local Residents to Keep Variants of Concern at Bay

Peterborough Public Health is asking all residents to remain vigilant in following public health measures so our region can remain free of variants of concern (VoC) for as long as possible.

"Our health unit remains one of the few areas without a COVID-19 variant case since they were first detected in Ontario last December," said Dr. Rosana Salvaterra, Medical Officer of Health. "I am asking residents to continue doubling down on public health measures so we can stave off VoCs for as long as possible while we vaccinate our high-risk populations."

Dr. Salvaterra explained that VoCs have a higher rate of transmissibility than the dominant strain of COVID-19. In order to prevent its spread, it requires the layering of all public health measures together to be effective. "This means we need everyone to wear their masks, maintain two metres physical distance from others, wash your hands frequently, and socialize with household members only," she said. She also strongly urged residents to stay local and limit travel outside of our region to other zones where VoCs are present.

Peterborough Public Health is closely watching for VoCs in the region, and every positive COVID-19 test in Ontario is now screened for them. Together with its local partners, efforts are underway to ramp up vaccination of high-risk populations later this week as soon as vaccine supplies have been received.

Dr. Salvaterra noted there are new regulations requiring individuals to comply with the Reopening Ontario Act, not just businesses or organizations.

"Regulation 364 reminds us that any time we are in any business or facility that is open to the public, we must maintain two metres distance from every other person, unless that person is our caregiver or a member of our household," she stated. "So effectively, this means that sharing a meal or a beverage can only take place with members of our households. We cannot meet a friend for lunch. We cannot arrange to have dinner out with another couple, or with anyone outside our immediate household group."

Peterborough Public Health will report any local cases of VoCs if detected on the Local COVID Tracker. For more information, please visit the COVID-19 webpage on www.peterboroughpublichealth.ca.

It Happened In March:

1st - 1939 TransCanada Airlines, Now Air Canada, began the first transcontinental airmail service. One month after mail service took off, regular transcontinental passenger service began.

2nd – 1916 Ontario Temperance Act passes, making it illegal to possess alcohol (except in private dwelling) and to sell it in the form of a beverage.

13th – 1971 Paul Rose is sentenced to life imprisonment for the murder of Quebec cabinet minister Pierre Laporte, whose body had been found in the trunk of car.

21st – 1985 Wheelchair athlete Rick Hansen leaves Vancouver on his around-the-globe Man in Motion World Tour to raise money for spinal-cord research. He travelled forty thousand kilometres through thirty-four countries on four continents during the twenty-six month tour, which raised \$26 million for research.

30th – 1954 The Yonge Street subway, the first subway line in Canada, is opened by Ontario premier Leslie Frost, Toronto mayor Allan Lamport, and members of the Toronto Transit Commission at the Davisville Station. The line ran for 7.4 kilometres between Eglinton and Union stations.

Celebration of Life for Jack Clarke

Depending upon the state of pandemic I hope to have a celebration of life in the late spring or early summer at the Cavendish Community Centre.

Sincerely

Bev Clarke

Helen Bowen Branch

Curbside pickup available on Saturdays

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arrange a pickup time

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Answers to: how well do you know your country?

1. SCTV
2. Jamie Sale' and David Pelletier
3. November 10th, 1986 singer song-writer Gordon Lightfoot from Orillia, Ontario, was inducted into the Canadian Music Hall of Fame.
4. The first reigning monarchs to visit any Commonwealth Country posed with William Lyon Mackenzie King at the Banff Springs Hotel. Queen Elizabeth made her last visit fifty years later at the age of eighty-nine.
5. During the First World War the Royal Canadian Mint produced gun parts for Britain.
6. The Asahi baseball team played their last game in Vancouver in 1941. The team had formed in 1914 and joined the Vancouver International League in 1918 and later played at the top of the Pacific Northwest League for five consecutive years. They had their own brand of base ball called "Brain Ball", featuring precise bunts, stealthy base running and squeeze plays. The players' unique skills were recognized in 2003, when the team was inducted into the Canadian Baseball Hall of Fame.

IT'S A PART OF OUR HERITAGE

Catchacoma Lake

The Following Information was obtained from a Brief presented by the Catchacoma Cottagers Association to The North Kawartha Planning Board in 1977.

Catchacoma Lake is approximately 3 miles long by 1 ½ miles wide, having an area of 6.87 square kilometres. There are six islands, having from one to six cottages, and one island which is very heavily populated with 23 cottages. It is a deep lake, the greatest depth being 43.8 metres, the mean depth is 21 ½ metres. There are some large areas of shallow water with sandy bottom on the west side, and several sand beaches. Some marshy areas are found in the north and south ends. The shallow areas have some large and increasing areas of weeds. The shoreline is rocky for the most part, reasonably gentle on the west side, but with areas of considerable steepness on the south side, and both steep and very rugged on the north and east sides, with considerable stretches quite unsuited to development. The shores are thickly wooded with cedar, pine and hemlock, but back of the evergreens there are deciduous trees, maple, oak, ash, poplar, elm, bass, beech and yellow and white birch.

Almost the entire shoreline is privately owned, very few lots having been retained by the Crown. Most of the private lots were sold by the Crown in 1947 when the lake was surveyed and advertised by the Department of Lands and Forests, though a fair number of cottages were built before that date a few before the end of the 19th century. As if 1977 there were about 360 cottages.

In 1977 there was no road access to the northwest, north and east side south to the McGinniss cut. Including the island this means that some 95 cottages were dependent on boats for their access. At that time there were three marinas on Catchacoma Lake which also provided access for McGinniss, Beaver, Bottle and part of Gold Lakes. At that time there little or no road access to these lakes. This also meant that Catchacoma Lake was a heavily used artery for boat traffic. With the construction of roads access has become much easier but there are still many cottagers who have only water access to their properties. With the changing times both Pearson's Landing and Catchacoma Landing (formerly known as Wager's) have closed leaving only one marina on the lake, Catchacoma Marina (formerly known as Baldwin Bay Marina) in the north end of the lake.

The cottager find their enjoyment in working around their properties, in fishing, in sports such as sailing, swimming, water-skiing, hiking, canoe trips,

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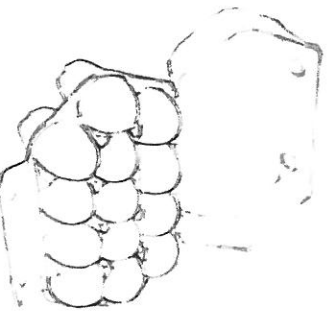
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09/21



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\$3:00 per dozen (when available)

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KID'S PAGE

15 Ways To Get Detention

Can you find all the forbidden things that we've hidden in the grid to the right? (Remember, when you report to detention, leave the whoopee cushion at home.)

Bad language	Pulling pigtails
Being rude	Snoring in class
Burping really loud	Spitting
Eating in class	Stealing lunches
Farting frequently	Talking on cell
Kicking	Telling fibs
Launching spitballs	Throwing notebook
Pinching	

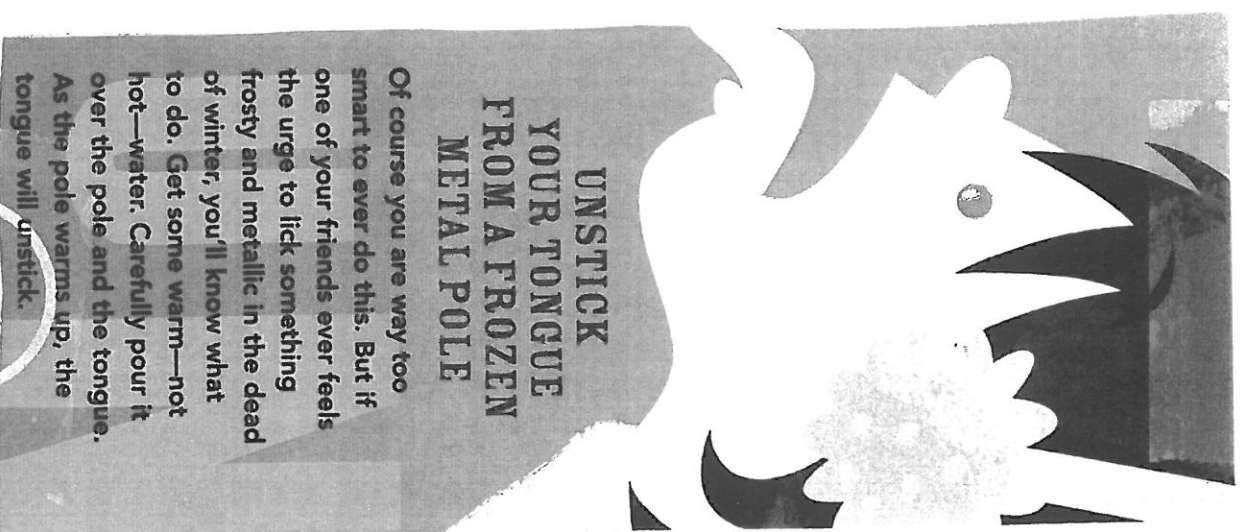
Talk with your family to set up family rules for using the Internet. The family rules should cover when you are allowed to go online, for how long, and what sites or areas are OK to visit. Then stick to the rules—they are for your own safety!

If you receive a **hurtful message**, tell your parents right away. They can contact your service provider and put an end to the messages.

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

PUT IT IN PERSPECTIVE

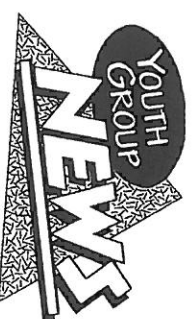
Is it worry that's getting you down? Say, for example, that you are you worrying about a test. Ask yourself: What is the worst thing that can happen? Well, that you'll fail the test. And then what? Follow the chain of logical consequences. Chances are they really aren't so terrible. If you fail the test, for example, you might have to stay in after school for a few days to brush up on the material. In this case, worrying won't help—preparing will. Study extra hard before the test to improve your chance of success, and ask for help if you need it. Then just do your best. Sometimes, things really ARE that bad, and you might need to ask a parent, teacher, or guidance counsellor for help or advice.



UNSTICK YOUR TONGUE FROM A FROZEN METAL POLE

Of course you are way too smart to ever do this. But if one of your friends ever feels the urge to lick something frosty and metallic in the dead of winter, you'll know what to do. Get some warm—not hot—water. Carefully pour it over the pole and the tongue. As the pole warms up, the tongue will unstick.

May the wings of the butterfly kiss the sun.
And find your shoulder to light on.
To bring you luck, happiness and riches.
Today, tomorrow and beyond.



Once again we would like to thank everyone for supporting our bottle depot. A special thanks this month to Jonathan Warren, Gary Jarosz and Kathy Warren for their help with moving the bottles from the Transfer Station.

We would also like to ask that you please submit your favorite recipes so that we can put our cookbook together.

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>

Ready for the Swansong of an Early Sign of Spring?

No, it's not the appearance of a welcomed small flower or the return of a beloved bird, but it is an annual ritual in Ontario. Just what we need, another endangered species! But no, not a species, more a social habit, originally intended to facilitate war production. It was legal during both world wars, but now it's more of a convention.

So, what is it? Have you guessed yet?

It's daylight saving time (DST). This year it will return to Ontario on March 14 and is expected to leave for the winter on November 7. Until 2006 it ran from the 1st weekend of April until October (<https://www.thecanadianencyclopedia.ca/en/article/daylight-saving-time-in-canada>).

Now, if you're like most of my friends, you have either just blinked, probably wondering what there is to say about that, or sighed deeply, remembering that when we go onto DST in the spring we "lose" an hour's sleep. And at both ends of the DST period, many of us are daunted at the thought of changing all the clocks in our lives that aren't controlled by the big computer in the sky (or whatever it is that performs such magic on our electronic gadgets).

Is There Really Some Problem?

Many studies suggest that medical errors (Medical Errors after a Time Shift, New York Times, September 22, 2020), traffic accidents, heart attacks, workplace injuries and strokes (<https://www.cc.ca/news/canada/toronto/stop-daylight-time-1.5343393>) all increase (8-18%) immediately after we "spring forward." Why would this be? Because it messes with our circadian clocks (Down with Time Bandits, Toronto Star, March 8, 2020). Think jet lag. And these internal clocks "are central and vital to a properly functioning immune system" (<https://theconversation.com/beyond-sanitizing-and-social-distancing-a-healthy-circadian-rhythm-may-keep-you-sane-and-increase-resilience-to-fight-covid-19-135535>) – and that's something we really need to protect in these Covid days.

Why Do We Have Daylight Saving Time Anyway?

During World War I, countries on both sides turned the clocks ahead in the summer to save energy for the war effort; however, various people (both in Britain and also in Port Arthur and Fort William [now known as Thunder Bay]) suggested turning the clock ahead to enjoy the hours of summer sunlight that many people were sleeping through. All of Canada adopted DST in 1918 but abandoned it after that war ended, only to reinstate it during World War II. In fact, at that time we were on DST all year round, while Britain used DST in winter and double DST in summer.

After *that* war, Canada's municipalities took over regulating DST but by 1987 provincial, territorial and municipal governments had all become involved. By then there was more-or-less a North American pattern by which most of Canada aligned itself with most of the United States. And that's why our dates changed again in 2006 – the United States changed its dates in 2005 (https://en.wikipedia.org/wiki/Daylight_saving_time_in_Canada).

So Now What?

Ontario has decided to stop changing the clock twice a year; instead it will stay on DST year round. At least it will once Quebec and New York state make the same change (<https://www.cbc.ca/news/canada/toronto/ontario-daylight-savings-time-change-1.5817215>). So who knows, maybe it will happen sooner rather than later. Maybe this will be our last spring forward.

As a retired person, I am not affected all that much. However, I would prefer that my health care providers are not handicapped unnecessarily by time changes and that other drivers are attentive. And I know that farmers would be pleased – their milk cows and crowing cocks don't get time changes.

On the other hand, many years ago I read a book about what an American high school class had achieved, and one passage amused and intrigued me at the time. Recently, I looked it up again. The author went around the country interviewing many of his classmates (D Wallechinsky, *Midterm Report: The Class of '65*, Viking 1986, pp 92-3). One lived in a town in southern Indiana that puzzled the him:

I asked him to clarify for me an unusual aspect of Crawford County: the fact that the inhabitants use two time zones at the same time.

[He] assured me that this was true and that when people made appointments, they would always specify whether it was "fast time" or "slow time." "The bank is on fast time and the post office is on fast time. The market downtown is on slow time and so is the hardware store. My friends the Burkhards function on fast time because he works in Kentucky, but my other neighbor works in the other direction, so he's on slow time. I keep the clock in my kitchen on fast time, and the one in the bedroom on slow time."

It just shows – sometimes people can get used to almost anything! What about you?

Dr. Rosana Salvaterra: Confronting the social costs of opioid addiction and loss

Throughout 2020, the impact of the COVID-19 pandemic was often expressed in numbers. Counts of confirmed cases, contacts, tests, and deaths have featured prominently in government announcements, media coverage, and in conversations with friends and family along with messages urging us to stay safe by staying home.

While timely and accurate data remains critical to the ongoing public health response, data alone provides only a partial view of the virus' impacts. From isolation and unemployment, to illness and the loss of friends and family members, behind every statistic are people whose lives have been affected in serious and sometimes lasting ways.

A similar level of sensitivity must be applied to opioid poisonings, a public health emergency that predates the pandemic but certainly appears to have worsened because of it. This is the conclusion of a series of recent reports that draw links between the restrictions introduced to curb the spread of COVID-19 and the disturbing increase in drug-related harms.

In December, the Public Health Agency of Canada reported 1,628 apparent opioid-related deaths between April and June 2020, representing a 54 per cent increase from the same period in 2019 and the largest quarterly increase since national surveillance began in 2016. Similar trends are emerging at a provincial level, including a review of preliminary coroner data that found that suspected opioid-related deaths increased by 38 per cent in Ontario during the first 15 weeks of the pandemic.

Over the last decade, the deadly impact of opioids has grown to staggering proportions, fuelled by an increasingly toxic illicit drug supply. When drugs are obtained from an unregulated supply, their content, purity and potency are unknown, and they may contain adulterants or other substances that increase the risk of overdose. During COVID-19, ongoing border closures and travel restrictions may be impacting the international drug trade and supply networks, leading to the introduction of even more toxic chemicals to drugs obtained on the street.

Most recently, the Toronto Drug Checking Service tested 119 drug samples between Jan. 16 and 29, and found that many of the samples tested contained noteworthy substances that were not expected. For example, 30 per cent of samples expected to be cocaine did not have any cocaine in it at all. These findings further highlight how contaminated the unregulated drug supply in Ontario has become.

Locally, the impact of a toxic drug supply is being witnessed first-hand. Peterborough is among a number of other mid-sized cities in Ontario experiencing significant and unique challenges with opioid use and addiction, including a high rate of emergency department visits, hospitalizations, and deaths. In 2020, it is estimated that 39 individuals in Peterborough city and county died due to suspected drug-related causes. The full impact of the previous year will not be known until deaths are confirmed by a coroner's investigation, a process that takes time.

While these numbers may help us understand the magnitude of opioid-related harms in the Peterborough area, we need to remember that behind each startling statistic are individuals who were loved by someone. They were someone's sibling, parent, child, or friend. Importantly, due to public health restrictions on gathering sizes, individuals and communities impacted by the loss of loved ones have often not had sufficient opportunities to grieve, while access to broader grief and bereavement supports may also be limited.

The current circumstances remind us that during the COVID-19 pandemic, we continue to experience the escalating harms of the opioid crisis. To move beyond the numbers, it is clear that more needs to be done to reduce harm and save lives. While COVID-19 has been a focus, Peterborough Public Health, together with our many agency partners, remains committed to a comprehensive response to substance-related harms that is rooted in the four pillars of prevention, harm reduction, treatment and enforcement.

Dr. Rosana Salvaterra is the medical officer of health at Peterborough Public Health.

507 Express Cookbook #2

Many years ago the Cavendish Culture and Recreation Committee printed a cookbook as a fund raiser for the 507 Express.

The Cavendish Youth Group has been gathering recipes for several years with the hopes of also printing a fundraising cookbook. The Youth Group has done well with their bottle depot so there was no great push for the cookbook. It has come to their attention that because of Covid 19 and the cancellation of many fundraisers at the Cavendish Community Centre, funds are low and they are looking at ways to raise money during these challenging times.

So, the Cavendish Youth Group would like to ask if you would like to submit your favorite recipes so that they can be part of our cookbook and they will be donating the proceeds from the book sales to help support the publishing of the 507 Express.

If you have a copy of the original 507 Express Cookbook and have a favorite recipe from it that you think should be reprinted in the next edition please let us know.

Please forward your recipes to kathy507@yahoo.ca or by dropping them in the Library drop-off box outside the library door at the lower level of the Cavendish Community Centre.



Time to Change your Clocks and the Batteries in all Smoke and Carbon Monoxide Alarms!

Clocks will spring forward one hour at 2am on March 14th, 2021 and the Trent Lakes Fire Rescue Service is recommending residents install new batteries in their smoke and carbon monoxide alarms when they change their clocks.

In order for smoke and carbon monoxide alarms to do their job, they need to have working batteries. Once a year, old batteries should be replaced with new batteries. When you change your clock on March 14th we are asking that you take the time to install new batteries in ALL alarms.

In order to survive a fire, you need to be provided with an early warning and know what to do when the smoke alarms sound. Working alarms are required on every storey of the home and outside all sleeping areas. For added protection, it is recommended to also install smoke alarms inside all bedrooms.

Carbon monoxide alarms must be installed outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.

Tampering with or removing the batteries from your smoke and carbon monoxide alarms if against the law. Failure to comply with the Fire Code can result in a ticket for \$360 or a fine of up to \$50,000.



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!

How Well Do You Know Your Country?

1. Which famous Canadian comedy show first aired in 1976?
2. Which Canadian skaters won hard-earned gold medals in Salt Lake City?
3. What happened to Gordon Lightfoot on November 10th?
4. Who did King George VI and Queen Elizabeth pose with for a famous photo during their landmark trip to Canada in 1939?
5. What unusual items did the Royal Canadian Mint produce during the First World War?
6. Which Vancouver team was interned before playing its last game in the fall of 1941?

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

Recipe of the Month

Molly's Magnificent Chili



Molly Cadigan

- 1 can of kidney beans
- 1 can of black beans
- 1 can of chick peas
- Your choice of tomato sauce
- Mushrooms
- 1 large onion finely chopped
- 1 pound ground beef, lean
- 6-10 cloves of garlic
- $\frac{3}{4}$ cups of maple syrup
- $\frac{1}{2}$ cup of chili powder
- 1 green pepper
- 1 cup frozen corn
- 1 can crushed tomato, plum
- 2 tablespoons of garlic powder
- 1 teaspoon of cayenne
- 1 jalapeno pepper, optional
- Salt and pepper to taste

Brown the beef with onion, garlic and some of the chili powder. In a large pot combine all other ingredients, but save the maple syrup and tomato sauce till the end. Add the beef and onion mixture to large pot. Only add as much sauce as required to make it saucy but not runny

NAMING A COUNTRY

The name 'Canada' is derived from the Huron-Iroquois word *kanata*, meaning 'village' or 'settlement'. It was first used in 1535 by French explorer Jacques Cartier. When nearing the native village of Stadacona he misunderstood the word, believing it to be the name of all the territory controlled by Donnacona, the village leader. Cartier used the name to indicate the area of New France covered by the St Lawrence Valley.

At the time of Confederation, several other names were proposed for the new country, including New Britain, Britannia, Borealia, Cabotia, Laurentia, Superior, Acadia, Hochelaga, Colonia, Canadia, Columbia, Norland, Transatlantia and even Victorioland.

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



Closed Sundays if snowmobile trails officially closed

Cavendish Community Ratepayers Association Inc.

January 27, 2021

Corrine Arthur – Ministry of Natural Resources and Forestry

Re: 2021-2031 Forest Management Plan for the Bancroft Minden Forest

The Cavendish Community Ratepayers Association Inc. (CCRAI) appreciates the opportunity to provide input into the Plan of Operations stage of the development of the 2021-2031 Forest Management Plan (FMP) covering the Bancroft-Minden Forest which includes the Catchacoma Forest.

As an introduction, the Cavendish Community Ratepayers Association Inc. is a community-based organization dedicated for over 30 years to working with associations, residents, businesses and all levels of government to find solutions for important issues that are common to over 7,000 property owners in the Municipality of Trent Lakes. It works on behalf of its membership (spanning 12 lakes) to champion a resilient and sustainable community, a healthy natural environment, and a safe, desirable quality of life. We are dedicated to protecting the personal and family investments that we all have in our properties and ensuring that they will be protected for generations to come.

We are aware of ongoing logging and forest management occurring in the Catchacoma Forest. We support the directions proposed by our local community interest group, the Catchacoma Forest Stewardship Committee (CFSC), that further consideration be given in the development of the new Forest Management Plan to the potential for a conservation area within the boundaries of this forest. In addition, to align with recently produced new standards issued by the Forest Stewardship Council, one of which requires certified companies to actively assess their management unit for high-conservation value sites to designate as conservation areas to be set aside from logging, and to use their influence with the province to achieve legal protection status for these areas.

We respect the high level of compliance the Bancroft Minden Forest Company (BMFC) maintains within the requirements of the existing Forest Management Plan, and at the same time, are of the opinion that there is a very large issue at hand here, and that is the treatment of this special area for its conservation values as identified in the most recent research by other interested organizations.

We are aware that since early 2020 you have received requests for a moratorium on logging activity in The Catchacoma Forest until further studies can be fully evaluated and various options for the conservation of this area for scientific research, education, and recreational use can be fully considered. The requests for a moratorium came from the Catchacoma Forest Stewardship Committee, other groups and individuals including members of our organization. We have reviewed the current Proposed Operations document and appreciate that a portion of the Catchacoma Forest (Plot 3710) is now in the contingency rather than the regular harvest category. We support consideration of the request from CFSC for the study of options for the possible conservation of the Catchacoma Forest area.

We are aware that the next stage of consultation will be the review of the Draft FMP expected in March and April of 2021. We request that as the largest ratepayer group in the Municipality of Trent Lakes, that the Cavendish Community Ratepayers Association Inc.:

1. Be included in all further notifications directly via email using our email address of ccraimail@gmail.com and;
2. Be involved in this public consultation process as a major stakeholder.

Thank you for considering this input and request. We all would like to see an appropriate balance of commercial enterprise and environmental conservation. It is a worthy goal and one that we will look forward to advancing with you and other interested stakeholders.

Sincerely,



Gary W. Jarosz

President Cavendish Community Ratepayers Association
c/o 25 Baker Hill Boulevard, Suite 505
Cavendish, Ontario K0L 1J0

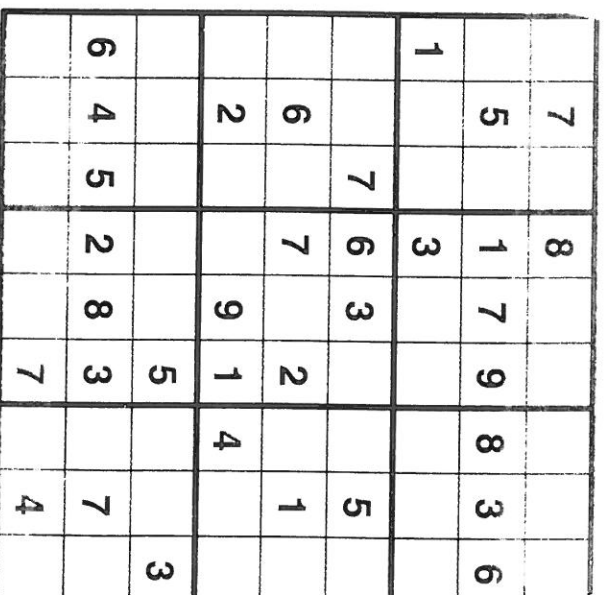
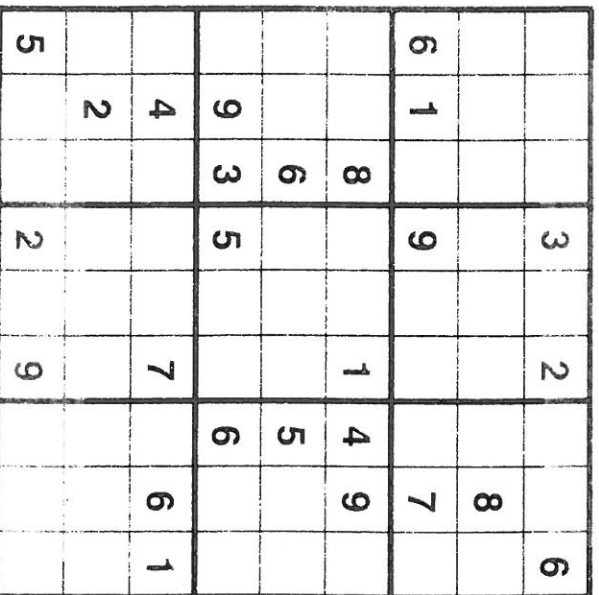
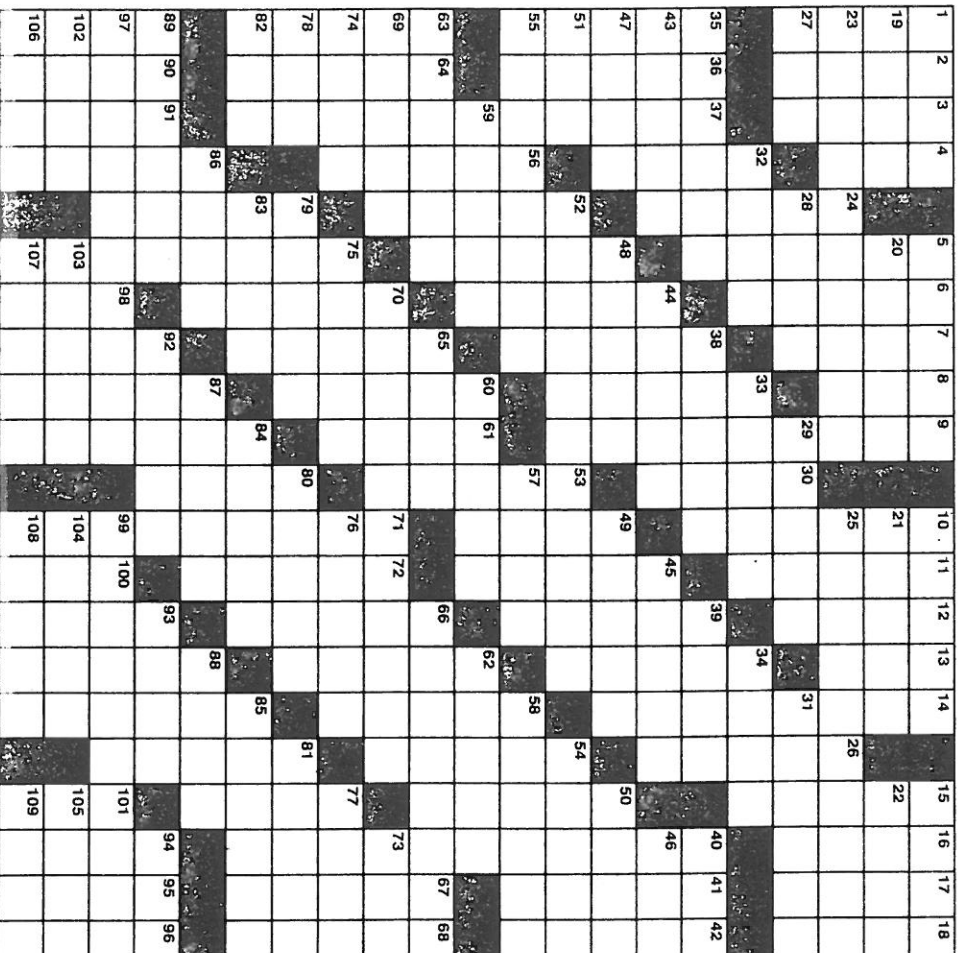
Puzzling Times!

ACROSS

- 1 Scarlett's love
- 5 At ___ for words
- 10 Peeler
- 15 Wedge of metal
- 19 Contest
- 20 Former Egyptian statesman
- 21 Winged
- 22 In this spot
- 23 1983 Derby winner
- 25 1937 Derby winner
- 27 New Zealand parrot
- 28 All ___ (attentive)
- 29 Exodus food
- 31 Ogled
- 32 Inlets
- 33 Husbands and wives
- 34 Certain gem
- 35 Garden blooms
- 38 Tied
- 39 Cherry type
- 40 Detect
- 43 Sunrises
- 44 Luxuriate in bubbles
- 45 Avant-___
- 46 Guido's note
- 47 Fit to be tied
- 48 Detritus
- 49 City on the Rhone
- 50 Podium
- 51 Downing St. number
- 52 1909 Derby winner
- 54 Midler of "Beaches"
- 55 Ring-purchasers' decisions
- 57 Wide shoe sizes
- 58 Overlaid
- 59 U.S. soldiers, to Brits
- 60 Implore
- 62 Will
- 63 Points of view
- 65 New Mexico art colony
- 66 President Arthur and namesakes
- 69 Jackrabbits
- 70 1973 Derby winner
- 73 Washington VIP: abbr.
- 74 Bradley or Sharif
- 75 Wild frolic
- 76 Don't exist
- 77 Mariner's direction
- 78 "Those Magnificent ___"
- 79 Pedestal
- 80 Mata Hari and John Walker
- 81 Jockey Cauthen
- 82 Actor Byrnes
- 83 Sea bird
- 84 Mineral deposits
- 85 Packer
- 86 Curling marks
- 87 Gauchos' gear
- 88 Door sound
- 89 Kettle parts
- 92 "Night ___" ('50s hit)
- 93 Semiprecious stone
- 94 Museum display
- 97 1914 Derby winner
- 99 1971 Derby winner

DOWN

- 102 Number suffix
- 103 Cheer up
- 104 Tennis great
- 105 Feed the pot
- 106 Sculls
- 107 Fattered
- 108 Demolishes, in Derby
- 109 Orchard tree
- 26 Join forces
- 30 To ___ (exactly)
- 32 Curve
- 33 Dull finish
- 34 Vamp
- 35 Mine passages
- 36 Hindu garment
- 37 1931 Derby winner
- 38 Wears well
- 39 Hay bundles
- 40 1977 Derby winner
- 41 Chocke group
- 42 Shackened
- 44 Mamie's trademark
- 45 Cupidity
- 48 Fort ___
- 49 District
- 50 Distributed cards
- 52 Port and sherry
- 53 Honking birds
- 54 Brag
- 56 Old German coin
- 58 Be dishonest
- 60 Walked the floor
- 61 Folk legend
- 62 Climbs, in a way
- 63 "Oh give me ___"
- 64 "A Boy ___ Sue"
- 65 Tin alloy
- 66 Western Indians
- 67 Sandpiper
- 68 Mocking expression
- 70 Extends over
- 71 Gregory Hines, for one
- 72 The Ram
- 75 Emphasizes
- 77 Whit
- 79 Take care of
- 80 Songs for one
- 81 Crusty
- 84 Filled to the brim
- 85 Slopes
- 86 Spins
- 87 Insensitive person
- 88 Fern feature
- 89 "And ___ bed"
- 90 Entreaty
- 91 German river
- 92 Uphill conveyance
- 93 Numerals
- 94 Superior
- 95 Actress Gam
- 96 Bank of seats
- 98 Mr. Whitney
- 100 Ms. Gardner
- 101 Guilt





Carol's Corner

Squirrels: Are you having trouble keeping your resident squirrels out of your feeders? It probably losing battle but there are a few things that might help

Give them their own feeding space away from your other feeders and gardens. Place spoiled apples, corn cobs and unprocessed food on a platform. Squirrels will happily spend hours munching away. Have you ever watched them eat a pine cone like it was a cob of corn? Squirrels love nuts particularly when there is a variety and the shells are still on. The gnawing helps to keep their teeth healthy. The also get thirsty. They are also known to chew sprinkler tops. They hear the water and can't figure ho

to get to it. Placing a shallow dish of water one foot off the ground also helps. We won't tell them about the cat water bowls, will we? Squirrels love sunflowers and will happily snack on those seeds away from your feeders. Place their treats along the much travelled paths. Do not place too much food for them as it attracts more diners.

Snowshoes: It is believed that snowshoes originated in Asia around 4,000 B.C. and were brought to North America by migrating peoples. Indigenous North Americans have used snowshoes extensively for hunting, trapping and travelling. There are various shapes, beavertails for open woodlands and rolling terrain, bearpaws (circular) for mountains, heavily wooded areas and deep snow. The original snowshoe was made with hardwood frames which were soaked or steamed into shape. Today, they are made using aluminum for frames with nylon or plastic webbing. In the mid 1800's snowshoeing became quite popular and very often made by canoe companies which required the same type of equipment and techniques as canoe building.

Mother Nature: Mother Nature assists us in many different ways for successful growing each season.

Compost: Winter's deep freeze penetrates the compost pile expanding the moisture-rich contents as temperatures drop. The tissues of the kitchen and yard scraps is ripped and torn apart as the cells of the organic material flops into a helpless heap of goo. It will need a few months to rot down as a soil amendment but the frost speeds up the process.

Bugs: A long cold spell will help to kill off many of the problem bugs.

Indoor plants produce oxygen and help to clean the indoor air. Bring home some flowers with your groceries such as carnations and mums which seem to hang around for quite some maybe for about 10 days.

Dahlia bulbs. Scout your garden retailer and buy new dahlia bulbs while the selection is still good. Plant them in one gallon sized containers in March. Petunias should be started preferably in February and the rest of the seeds later in on in March. Buy seeds soon before they become picked over. Now is the time to pick the seeds you prefer before you get busy in the spring. Starting seeds too early will result in leggy and spindly growth and weak plants. Seeding trays are available in most hardware stores. Peat pellets are handy as well. When buying a tray for planting make sure it has a lid. The lid helps to keep seeds warm and damp. Keep the trays on top of the fridge for more warmth. Wash used trays thoroughly before planting seeds. Use a lightweight soil for starting seeds which helps the seeds from becoming waterlogged or getting too dry. A misting spray bottle is handy as well. As soon as your seeds sprout remove the lid. Turn your trays once a week to keep the plant straight and from leaning towards the light. Heat mats are also used for seedlings. When the time comes to transplant them, be sure to harden them off. After the last frost set them outside in a shady sheltered area for about one half a day and then as it get warmer, move them into a sunnier spot.

Thermo Kitty Café: The two-bowl watering dish (for cat use) has become the most popular main attraction at our house. The Bluejays visit it quite a lot and sometimes one on each side. I am writing this on Valentine's Day. Any connection?

Did you know? There are more than 500 species of Tillandsia, which are also called air plants. The nickname comes from their ability to grow in any nook or cranny instead of soil. Most indoor plants grow best between 70 and 80 degrees during the day – although some like it hot, tolerating temps up to 86 degrees. Philodendron, aloe and snake plants are three very low-maintenance options for beginners. When repotting a houseplant, make sure the soil reaches about a half inch below the pot's edge.

African violets, a longtime favourite, come in shades of seven different colours: white, pink, maroon, blue, lavender, violet and deep purple. The wax plant, Hoya carnososa, is named after Thomas Hoy, a botanist and gardener for an English duke in the 18th century.

Feeling Feisty? – Become a Phrag Fighter!

As a lifelong cottager, inevitably it is the water that is the centre of my attraction to Cavendish. And what magnificent water we have, I'm sure you'll agree. My cottage is on Mississauga Lake but no doubt you love your lake or river or pond or nearby water source just as much as I do mine.

Wetlands are needed to ensure the health of our lakes because they support many species that are all essential parts of our ecology. You know, “the knee bone is connected to the hip bone” – the principle applies throughout nature. Another way it has been expressed is “when a butterfly flaps its wings in one part of the world, it can eventually cause a hurricane in another” (Edward Lorenz, Travis Horan, The Science Behind the Butterfly Effect, 2020, Medium.com). Or, “think globally, act locally.”

Why Worry about Phragmites?

So why am I carrying on about phrags – more formally known as phragmites – and what is it anyway? The thing is that invasive phragmites seriously disrupt the ecological balance our lives in Cavendish rely on. It is a perennial grass that has been imported from Eurasia, possibly because it is spectacularly decorative. We have local phragmites, which work well with other local species but they are small are often difficult to notice (<https://www.ontario.ca/page/phragmites>).

On the other hand, the invasive species are very noticeable, standing up to 5 metres tall (<http://www.invasingspecies.com/invasive-phragmites>). In fact, I saw a stand of them one week ago while driving in Toronto – as I turned off Lawrence Avenue West onto the northbound Don Valley Parkway, I was astonished to see a large cluster, right outside my window, waving their fluffy tops in the wind. But the height is not the only problem, it also spreads rapidly and crowds out native species, reducing biodiversity as well as food and habitat for wildlife. Its rapid growth uses up water resources, reducing water levels, and its numerous tall, dead stalks present a fire hazard.

Even though I plan to act like a phrag fighter, I didn't try to do anything about the invasive phragmites in North York. However, when I see such a stand in Cavendish, I know what I will do: make a note of the location, perhaps take a picture and send the information to The Land Between (TLB, info@thelandbetween.ca). You can do the same thing. If you want, you too can contact TLB and become a phrag fighter – you will be assigned driving routes on county roads so you can seek out invasive phrags. After you notify TLB, you can join one of the many local teams to help fight the invaders, or they will send a team to dig up the stems and ensure that they are disposed of safely.

By the Way, Have You Been to the Turtle Sanctuary Yet?

As mentioned in a January article (How Will We Handle Another Year of Social Distancing?, January 2021), The Land Between charity (TLB) participates in the Turtle Guardians' (TG's) program. Its goal is to prevent injuries to turtles on the roads. The program recruits volunteers to monitor roads, wetlands and even nesting turtles. The charity then installs crossing signs, and even turtle underpasses to direct turtles under roads where they can cross safely. But there are many crossing areas and turtles stay true to their territories and routes and cannot be moved successfully to new home ranges. Therefore, many continue to be injured. It can take 30 to 60 years for a turtle to replace itself in nature, so injuries and deaths on roads are decimating turtle populations. Among the turtles brought to the Trauma Centre, some cannot be released back into the wild. Several of these live at the TLB's office.

Aside from Mica the stinkpot, profiled in January, when you visit the TLB office near Hailburton (see <https://www.thelandbetween.ca/>) (well, I suppose I should say “if,” but why not?) you will meet them:

- Betty is a red-eared slider (probably a released pet but certainly an invasive species)
- Timothy, who is more than 100 years old, has lost half his shell possibly in a collision with a boat; however, he has adapted and moves along well, using his tail to compensate for a missing leg)
- Jeremiah, unexpectedly, is a female whose back-leg nerves were injured, probably when a car tried to straddle her and broke her carapace; she is gradually regaining some use of her legs and in the meantime sometimes propels herself along on a skateboard – I have seen her on her skateboard, and you can too, at TLB's Turtle Sanctuary, and
- several others, each with an interesting tale explaining how they got there and why they have to stay.

Always remember to keep an eye open for turtles crossing roads. Feel free, if it safe to do so, to help move the turtle towards its goal but don't try to take it back to the side of the road it has left. The turtle does have a plan and knows where it wants to go. And for snappers, car mats make great shovels!

And while you're out and about in Cavendish, keep your other eye out for those pesky phrags. The turtle and all other creatures that value our wetlands (including me!) will be grateful.

Carla Salvador
carla@carlasalvador.ca

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

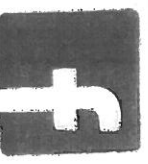
LITTLE BLUE MARINA

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!

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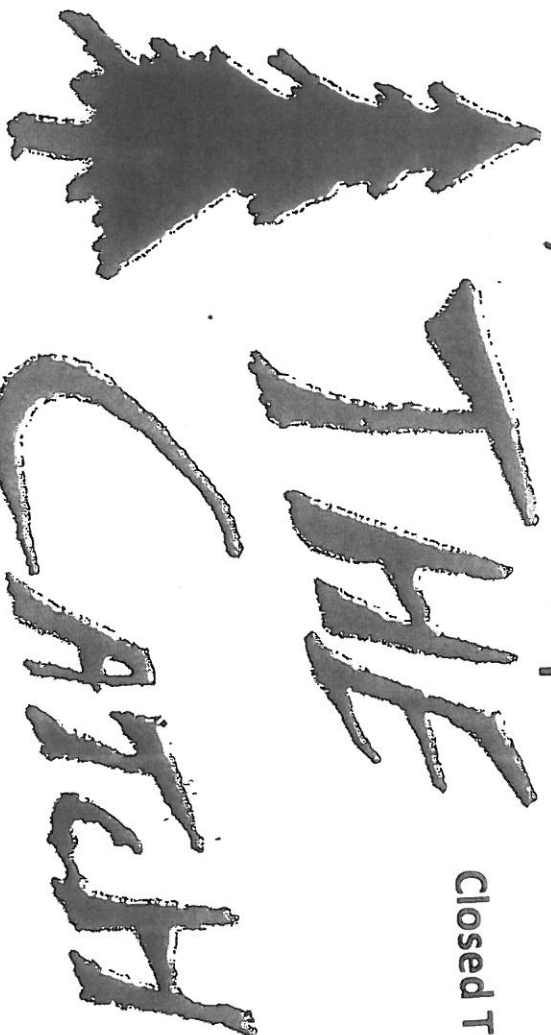
09/21

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06/20

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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

Ever Considered Becoming a Volunteer Firefighter?

Each individual firefighter brings a different skill to the table, which is why we have such a dynamic organization. Some of the different trades our firefighters work at are: business owners, carpenters, truck drivers, paramedics, school teachers and mechanics, to name a few. Being a volunteer firefighter offers many rewards including the unbelievable feeling of helping someone else out in your community in their hour of need. If you're interested in joining our team, please check out our Volunteer Firefighter Application page or contact Fire Chief Steve Brockbank.

Trent Lakes Fire Rescue Service 705-738-3800 ext. 230

Puzzle Time Answers:

TARA ALOIS PARER SHIM
AGON SADAT ALATE HERIE
SUNNYSHALO WARAADMIRAL
KEA EARS MANNA LEERED
ASTERS LACED BING SEE
DAMNS BATHE GARDE-ELA
TRED WASTE ARLES DAVIS
TEN WINTERGREEN BETTE
SETTINGS EEEES COATED
YANKS PLEAD SHALL
ANGLES TAOS CRESTERS
HARES SECRETARIAT SEN
OMAR SPREE ARENT ALIEE
MEN STAND SPIES STEVE
EDD ERNE LODS SLAM
SPOUTS TRAILN OPAL ART
OLDROSEBUD CANONEROLLI
TEEN ELATE EVERET ANTE
OARS STRED RAISES PEAR

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

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

Cavendish Classifieds

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



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Email: Hennie.bos@live.com



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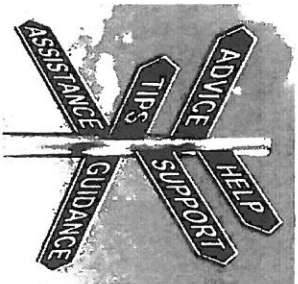
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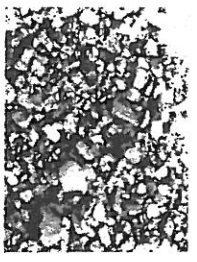
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Contact Jacob Ferguson @ 705-930-7789
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Burn Permits

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



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

Cavendish Key Contact Information

Trent Lakes Municipal Council:

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

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

Municipal Service Contacts:

Municipal Office	fax: 1-705-738-3801 1 705-738-3800 or 1-800-374-4009		
Municipal Website	www.trentlakes.ca		
Fire Chief	Steve Brockbank	1-705-738-3800 ext. 230	
Deputy Fire Chief	Howard Jinkerson	1-705-738-3800 ext. 230	
Roads Superintendent	Ivan Coumbs	1-705-738-3800 ext. 221 or 1-705-930-2442	
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		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	1-905-472-6816
Vice President	Robert Taylor-Vaisey	1-416-264-4601

Cottage Association Presidents/Contacts:

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

Cavendish Landfill Site Hours of Operation

Summer Hours: 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, District Chief Ken Warren, Little Gull Marina, Catchacoma Marina, Municipal Libraries and Transfer Stations

Babysitters:

Ethan Harran	705-930-5159
Desiree Callan	705-657-1942
Lilly Cadigan	705-657-2743
Pet Sitting:	705-657-2743

EMERGENCY NUMBER: 911

Police Non-Emergency 1-888-310-1122

Ontario Hydro: 1-800-434-1235



March 2021—331st issue

507px3 705

March

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Sean Hawkins	2	3	4	5 Caroline Hay
Mckayla Major	7 Renate Mortensen	8 Kim Eveleigh Scott Asling	9 Evelyn Neumann Bryan Carroll	10	11 Deborah Pageot Kim Lambshead	12 Dylan Forge Ryan Stupavsky Don Mackay
13						
14 Caedman Shepski	15 Ginny Crowe Finlay Peeters	16 Jackie Kukemuller Stefanie Bourke Stefanie Newmann	17	18	19 Georgina Windover Dylan Goddard Bobbi & Ira Robertson	20
	21 William Woldock	22 Gerrit Kukemuller Joe Cadigan Patrick Connell	23 Joe Mullen Shane Watson	24 Rebecca Orto	25 Gideon Botting Lucas Eveleigh	26
	28 Julia Sawyers Gail & Don Mackay	29	30 Rachel O'Heron	31		27