

# The 507 Express

## Regular Features:

- Community Report
- Key Contact Information
- How well do you know your country
- Birthdays and Anniversary's
- Recipe of the Month
- Trent Lakes Fire Rescue
- It's Part of our Heritage
- School News

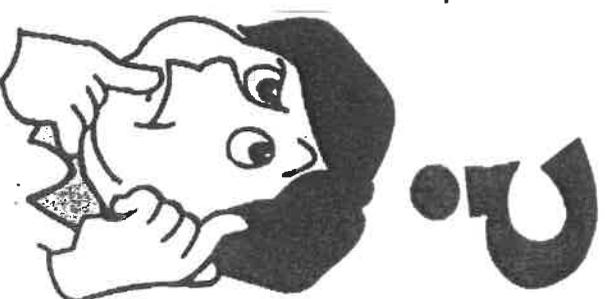
## This Month:

- Community Carnival
- Retired?
- Pickleball Tournament
- Baseball Tournament
- Children's Water Festival
- Bridge Returns!
- Let's Make a Plan
- Campfire Safety Tips
- Volunteers Needed!
- What's Fast Approaching 40

## 507 Express Policy re: Advertising and Subscriptions

- Subscriptions – Renewals are \$30.00 per year or \$2.50 per issue.
- Submissions to be signed and submitted by the 15<sup>th</sup> of the month.
- Advertising as follows:
  - Classified - \$2.00 per month
  - 1/8<sup>th</sup> page - \$5.00 per month
  - 1/4 page - \$10.00 per month
  - 1/2 page - \$15.00 per month

- You might have made a decision that saved your life without knowing it.
- You've never seen your own face before—only in photos and reflections.
- There is not a single thing in the entire world that everyone can agree on.
- The way we treat moths versus butterflies is an example of pretty privilege.
- Every human in history has witnessed the same sun and moon as you have.
- Someone vividly remembers something you said that you've totally forgotten.
- Kids are bullied for being different, while adults are praised for being different.
- Life starts as a whole bunch of firsts, but slowly becomes a whole bunch of lasts.
- Humans getting to know the universe is actually the universe getting to know itself.
- It's highly likely that most of the trees you look at will still be here when you're gone.
- So many people from your past know a version of yourself that doesn't exist anymore.



The 507 express is a community based newsletter. It welcomes submissions and letters to the editor on subjects of interest to our readers. The editor reserves the right to edit any submissions to meet space requirements, for clarity or to avoid obscenity, libel or invasion of privacy. All letters to the editor must be signed and include a telephone number for verification purposes. (Phone numbers will not be printed.) Views expressed in columns, letters and articles are those of the writer and do not necessarily reflect the opinion of this newsletter.

Editor: Katherine Warren

Mailing Address: 32 Community Complex Drive, Trent Lakes, Ontario K0L 1J0

Phone Number: 705-657-8912

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Donations towards publication are gratefully received!

# Community Report

## Community Carnival

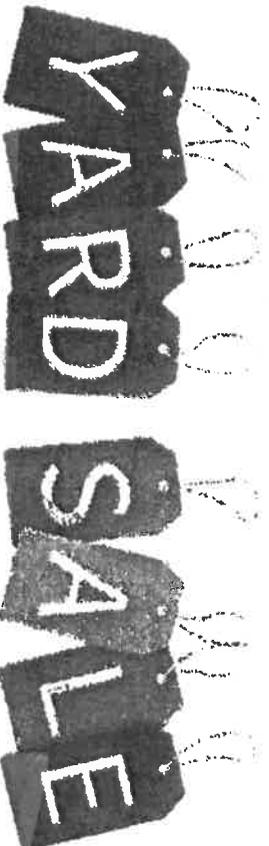
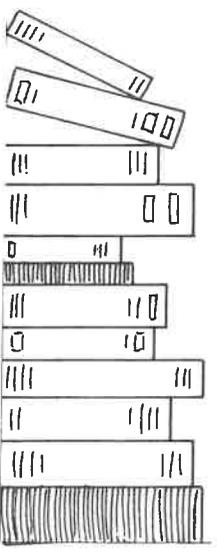


Cavendish Community Centre

Saturday, July 19th

Some of the things happening:

- Bake Sale (starting at 10a.m.)
- Yard Sale (starting at 9 a.m.)
- Book Sale (starting at 10 a.m.)
- Baseball Tournament
- Pickleball Tournament
- Snack Bar ...burgers & hotdogs
- Children's Activities (10-2)
- Artists
- Scentsy
- Vendors
- Fire Prevention/Safety
- Hidden Auction – first viewing/bidding



Community Policing Raffle Draw

In support of the Cavendish Community Centre and the production of "The 507 Express".



## What's Fast Approaching 40 and Lives in Cavendish in July? It's Carnival!

Just like last year, the 2025 Carnival will have lots of the old goodies we all enjoy, and something new, as well as something that's been missing for a while.

The 36<sup>th</sup> Annual Carnival will be on **Saturday July 19**. The old goodies include, as always, activities for the children – games, balloons, a scavenger hunt and face painting, so it's not too early to start getting ready to take the children in your life out for the day (there is also a Snack Bar so plan to come and have lunch).

And, of course, there are lots of other things you can get started on now. Like all healthy communities, Cavendish runs largely on volunteer efforts (remember how we got through the after effects of the ice storm? For Carnival, you could:

- enter a team in the **Baseball Tournament** (contact Terry Lambshead at [tlambshead@trentlakes.ca](mailto:tlambshead@trentlakes.ca)) – last year's winner was The Wrecking Crew.

- donate those still-usable but no longer fashionable kitchen or garden-shed gadgets you just can't throw away but really won't ever use again. The **Flea Market** is always a favourite with those of us old enough to remember when those tools were all the rage. In addition, your young children or grandchildren may be amused to hear your stories of using them "when I was young." Leave your contributions in the garage behind the Fire Hall any time – the only items not accepted are couches, televisions and computers

- get into the swing of the current craze for pickleball. Remember, last year saw the introduction of the Pickleball Tournament where 12 teams competed fiercely for the trophy contributed by Mark Eveleigh of The Catch. The Cottage Crawlers were the winners. Mark had suggested the trophy be a big pickle but you can admire the more dignified though still amusing prize up for grabs again at Carnival. If you want to participate, contact Kathy Warren (705-657-8912)

- rent a **Table** to display and sell your arty or crafty creations. Last year we had members from the Monday morning Art Group and Tiffany Warren's Scentsy fragrances, among others. I haven't heard who's coming this year – so why not you? You can have a table in return for a donation to the Community Centre and/or an offering for the Silent Auction (ask at the **Library**)
- contribute to the **Silent Auction** – it's so popular that it lasts a whole week! What gets auctioned? You know, those special (and expensive) treasures someone misjudged that you might want, as well as highly prized baked goodies (like those everyone covets from Grace Windover). Not to mention offers to produce a treat or provide a service at a time and place of your choice. Donations are accepted during **Library** hours, or
- volunteer to help set everything up. This can present powerful opportunities to learn what goes into a special event, and even maybe contribute to the decisions. And you will meet even more people as a volunteer.

### What Else Is Happening?

As usual:

- the **Fire Hall** will feature guided tours by impressively uniformed fire fighters, and

- the **Book Sale** will include books, DVDs and jigsaws – to make contributions for that sale, contact **Sue Warren at the Library.**

Making a return after an absence of some years, the **Cavendish Community Policing Office** (Roy Lawson Building) will be open and staffed, welcoming visitors and holding the draw for the 10' Sun Dolphin kayak.

**New this year, the Bake Sale includes a contest.** For details, and to enter, you can email me (below) or I just might call you! The judge will be a distinguished Cavendish resident.

And, **maybe, just maybe, we will have a visit from a distinguished community leader**, one you probably have not met before! No promises, but maybe.

Carla Salvador  
 carla@carlasalvador.ca



**Cavendish Branch Library**



The Backpack contest has returned! The Summer Reading Program is in full swing and open to everyone so the whole family can read together. Each time you return your library book, you will receive a ballot for a chance to win the backpack filled with back-to-school supplies (one ballot/day.)

Also, the Summer Colouring Contest is back for July and August. Come into the library to pick up a colouring sheet for a chance to win a prize.

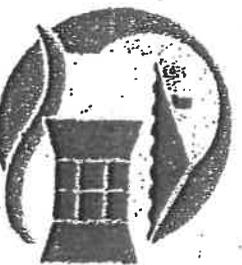
**Summer Hours** -starting the week of July 8<sup>th</sup>, the Cavendish branch will be open Tuesdays 10:00 am to 8:00 pm.

The Cavendish Library Book Sale is on July 19<sup>th</sup> from 10:00 am to 1:00 pm. Come and find that special summer read and support the library!

Besides books and DVDs, we have Ontario Parks Daily Vehicle Permit Passes to borrow for a week. New this year, patrons can borrow a Canadian Canoe Museum pass. The pass can be borrowed for a week, but a family is only allowed to use it once/year.

**Cavendish branch hours** - Tuesdays 10:00 am to 8:00 pm; Wednesdays and Saturdays 10:00 am to 4:00 pm.

**LIBBY** is always available for e-books, e-audio books, and magazines with a valid Trent Lakes library card. Also, free access to Wi-Fi is available outside of the building 24/7.



**Mudgge Cottage Care**

Bill and Marina Mudgge Working and Living on the Catchacoma Chain of Lakes

- Tree cutting and brush removed
- Lawn care, mowing and whipper Snipping
- Leaf blowing and raking
- Gutter and eaves cleaning
- Staining and Painting
- Waterfront cleanup
- Pressure washing of decks/docks
- Mold removed on Boat upholstery

705-657-1694 cell  
 Or 705-400-7795

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



## Gardening Tips

- Deadhead your flowers, removing faded blooms from your spring perennial flowers
- Harvest daily as vegetables always taste better when young and tender
- stay on top of pests
- mulch, mulch, mulch
- destroy all weeds before they go to seed

### Pickleball Tournament Saturday, July 19th

Cavendish Community Centre

#### Sponsored by "The Catch"

For more information please contact:

[cavendishcandr@yahoo.com](mailto:cavendishcandr@yahoo.com)

### Baseball Tournament Saturday, July 19th

Cavendish Community Centre

If you would like to enter a team please contact:

Terry @ 705-657-8537

### Bake Sale

Do you like to bake? We are looking for donations of home baked items for our annual bake sale. Once a year we ask you to help us out by preparing your favorite baked items for the Carnival Day Bake Sale. This year we will have a judge to determine the most creative - unique entry (by appearance only - no tasting involved).

For those of you who enjoy home baked goodies - come out and check out the amazing talents of our resident bakers. Bake Sale will open at 10 a.m.

### Retired? You Can Still Make Use of Your Special Skill

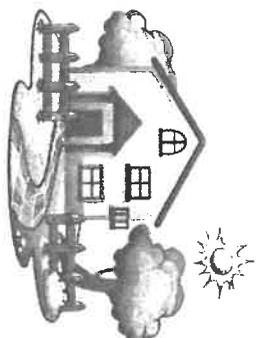
The Trent Lakes Library (both the Buckhorn and our Helen Bowen Branches) are expanding opportunities for us to volunteer our talents and hard-won skills in the interests of library programs and goals. As you already know, I believe that a good library is the heart of a good community so, why not?

Interim CEO Maryanne Burnie and her team of librarians and current volunteers are now finalizing the orientation program for new volunteers. So far, I can say they will be looking for specific experiences, the training will be partly in person and partly online and the commitment will be no less than 2 hours a week or, perhaps every 2 weeks. (Frankly, I spend more time than that in the library just chatting with friends and neighbours and sometimes complete strangers.)

They already know for sure that they need some people with computer skills and others who know their way around a Cricut machine. Stay tuned here for more information or check out the library section of the Trent Lakes website ([www.trentlakes.ca](http://www.trentlakes.ca)).

Carla Salvador

[carla@carlasalvador.ca](mailto:carla@carlasalvador.ca)



## HOUSEHOLD HINTS

- Gum: Take a piece of ice and rub it on the gum until it hardens, then gently remove the gum with a dull knife and launder.
- Ketchup or tomato: remove the excess with a dull knife, then dab with a damp, warm sponge. Apply shaving cream to the stain, let it dry, then wash as usual.
- Mustard: Check the fabric to make sure it's colourfast, then apply a small amount of hydrogen peroxide to the stain and let it sit for a few minutes. Wash immediately
- Cooking oil: wash with regular shampoo
- Old or unknown stains: apply vegetable glycerine to the stain, let it sit for about an hour, and then launder.
- Rust: wet the spot with lemon juice, then sprinkle with salt. Lay the garment in direct sunlight for 30 to 45 minutes. Wash
- Wine: There are several ways to remove wine stains. Blot (don't rub) the stain with a mixture of one part dishwashing liquid and two parts hydrogen peroxide. If that doesn't lift the stain, apply a paste made from water and cream of tartar and let it sit for a while before washing.
- To eliminate smells in your car, grab a few sheets of fabric softener and place them under the seats and in the trunk
- Get rid of mosquitoes: fabric softener sheets work wonders. To keep mosquitoes at bay, stick a sheet of Bounce fabric softener in your pocket, sleeve or shoe and they will leave you alone.
- Prevent insects and pests by planting min in the ground surrounding your home. Mice, moles, rats, gophers, squirrels, fleas, ticks, ants and moths will stay away.

## Bridge Returns!

Starting July 2<sup>nd</sup> we play bridge every Wednesday from 1:00 until 3:30 p.m. at the Cavendish Community Centre.

New and beginning players welcome. There is no financial cost for this activity.

Call: 705-657-3807 for more information.

## How Well Do You Know Your Country?

1. Which Canadian has played the Characters Ned, John Constantine and Ted Logan?
2. What type of food is the French Canadian dish tourtiere?
3. What is the northernmost permanently inhabited settlement in Canada?
4. The Bay of Fundy in Eastern Canada is known for what record-breaking natural phenomenon?
5. Signal Hill, near the city of St John's in Newfoundland and Labrador, is famous for what historic 1901 event?
6. What gives the Canadian dish peameal bacon its distinctive yellow crust?
7. In 1906, Roald Amundsen became the first explorer to complete which long-sought sea route around Canada?
8. Which is the only Canadian Province that has both French and English as its official language?
9. How old do you have to be to get a learner's driving permit in Alberta?
10. Which city is further north: Montreal in Canada or Paris in France?

MARK THE DATE ON YOUR CALENDER

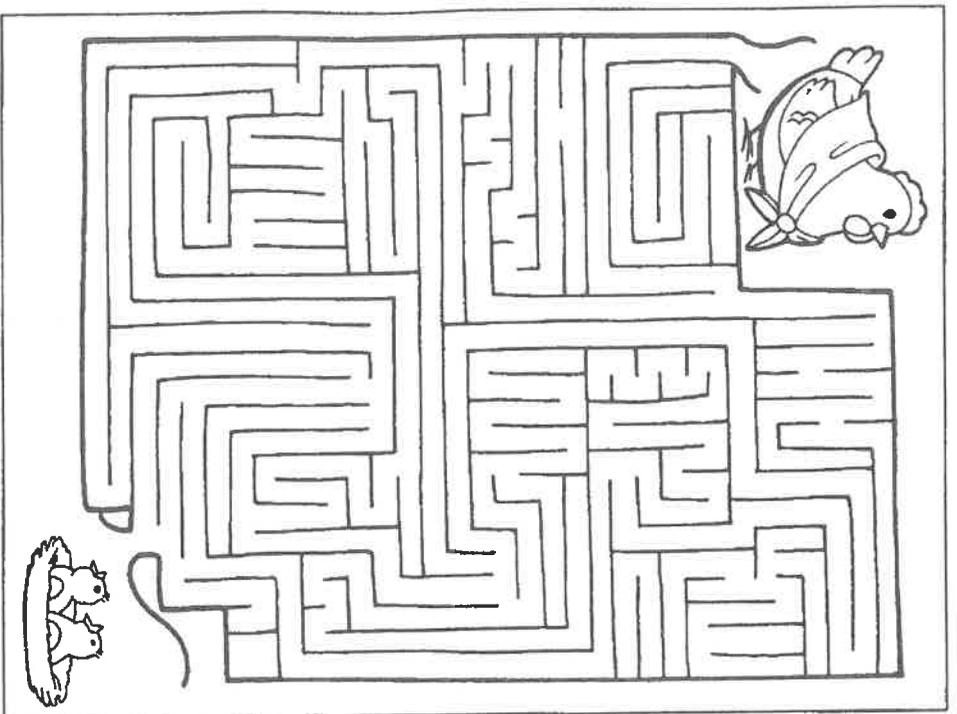
SATURDAY, JULY 19<sup>TH</sup>, 2025

CAVENDISH COMMUNITY CARNIVAL

## Brain Buster

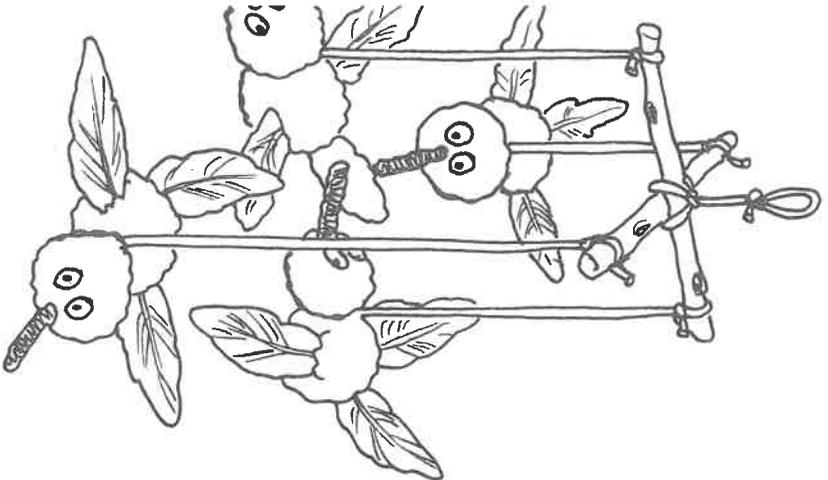
What needs an answer but doesn't ask a question?

A telephone!

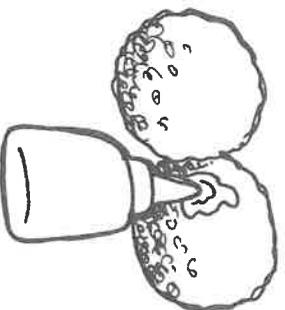


# Hummingbird

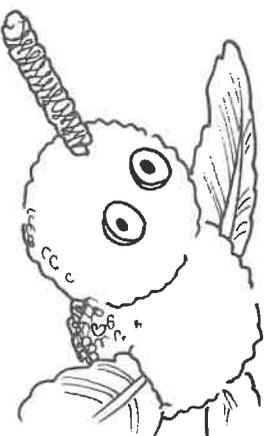
Make a few of these in different colors, then make them into a mobile (see page 191).



**1.** Glue the pom-poms together.



**3.** Cut a short piece of pipe cleaner and glue it in place for a beak. Glue on the roly eyes or beads.



**2.** Spread glue on the end of a short feather and poke it into the pom-pom for a tail. Glue in longer feathers for the wings.



**4.** When the glue is dry, tie the fishing line around the hummingbird and hang it up.



### You will need

- 2 medium pom-poms
- white craft glue
- craft feathers
- a pipe cleaner
- roly eyes or beads
- fishing line or thread

# LET'S MAKE A PLAN for safety on our side roads



**JOIN US**

Saturday July 5, 2025

10am-noon

## Share-the-Road Charette At the Cavendish Community Centre

For a collaborative community workshop where we can all come together to generate ideas and solutions about making our roads safer for all of the activities we love;

- driving to the cottage
- walking the dogs,
- riding bikes to visit neighbours,
- getting out to a hiking trail!
- a brief inspirational presentation
- a workshop of open communication and creativity

FOCUSING ON BEAVER LAKE ROAD, MISSISSAGUA DAM ROAD, AND FIRE ROUTE 130 (LOU PHILLIPS DRIVE).

*Light refreshments will be available.*

Register by email at [cattlpath@gmail.com](mailto:cattlpath@gmail.com) or online at Eventbrite:  
<https://www.eventbrite.ca/e/share-the-road-charrette-tickets-13636627249197aff=oddtcreator>

Brought to you by:



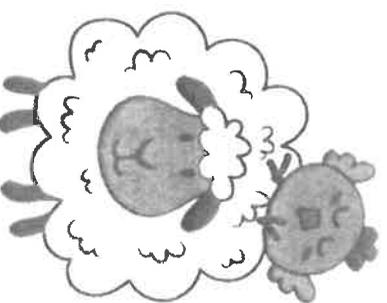
**Cavendish Community  
Ratepayers Association**



The Following animals are for sale:

- Sheep
- Doves
- Lavender Orpington Chickens

For more information please call: 705-657-7669



## 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 our team as a fundraiser!

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!**

Money raised will help defer costs for Survivors Abreast dragon boat team to represent Peterborough and surrounding area at International Dragon Boat Festivals.

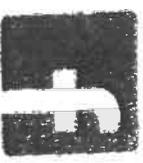
**Please drop your corks off at these locations:**

**The Village Wine Shoppe- 874  
Ward St. Bridgenorth**  
**The Wine Shoppe - 392 Brock St in  
Peterborough**  
**Little Gull Marina - 144 Mississauga  
Lake Rd, Trent Lakes**

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

**Thank you  
for your  
support!**

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



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



## Dates to Think About

- July 1st- Canada Day - a national federal holiday
- July 2nd - I forgot Day
- July 7th - Chocolate Day
- July 10th - Teddy Bear Picnic Day
- July 13th - National French Fries Day
- July 14th - Bastille Day
- July 20th - The Buck Moon ( reaches peak at 4:37 p.m.)
  - Icecream Soda Day
- July 23rd - National Day of the Cowboy
- July 24th - Cousins Day
- July 28th - National Water Park Day
- July 30th - National Cheesecake Day

### O Canada

O Canada!

Our home and native land!  
True patriot love in all thy  
sons command.

With glowing hearts we see thee rise,  
The True North strong and free!  
From far and wide, O Canada,  
We stand on guard for thee.

God keep our land glorious and free!  
O Canada, we stand on guard for thee.  
O Canada, we stand on guard for thee.

*O Canada! Terre de nos aïeux,*

*Ton front est ceint de fleurons glorieux!*

*Car ton bras sait porter l'épée,*

*Il sait porter la croix!*

*Ton histoire est une épopée*

*Des plus brillants exploits.*

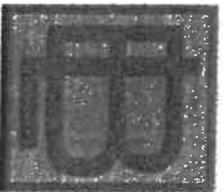
*Et ta valeur, de foi trempée,*

*Protégera nos foyers et nos droits.*

*Protégera nos foyers et nos droits.*

### Specializing In:

- Landscaping/Hardscaping
- Excavation
- Septic Installation
- Road Grading
- Stump Grinding/Lot Clearing
- Aggregate Haulage and More!



# LAMB BROS

Call, Text or Email Blake and Colby Lambshead for your free estimate!

705-875-0648 / [lambbrosinc@gmail.com](mailto:lambbrosinc@gmail.com)

Just a reminder that there will be no Youth Group over the summer - we will resume was school starts again.

We would also like to take this opportunity to thank Molly and Joe Cadigan for allowing us to have our Pizza and Swimming Party on their beach. The weather was perfect and everyone had a great time in the water and on the swing. A special thanks to Janice Hill for stepping in at the last minute to help pick up the pizzas - it was greatly appreciated!



### Cavendish Community Centre Upcoming Events: Mark on Your Calendar

- July 19<sup>th</sup> – Carnival Day
- July 19<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 26<sup>th</sup> - Hidden Auction
- August 30<sup>th</sup> – Children's Water Festival







## VOLUNTEERS NEEDED!

ARE YOU INTERESTED IN HELPING OTHERS  
MAKING A DIFFERENCE?

CAVENDISH COMMUNITY POLICING COMMITTEE  
WANTS YOU!

### BENEFITS OF VOLUNTEERING:

- DEVELOP NEW SKILLS
- MEET NEW PEOPLE
- CONNECT WITH COMMUNITY

Assist with special events

Attend community events and promote positive interaction  
with the community and the police.

### BASIC REQUIREMENTS:

Are over 18 years old

Canadian Citizen or permanent resident of Canada  
Be of good moral character and habits

For More Information Contact

Dave Kuntz: 705-657-8737

Open

Thursday-Monday



11:30 Am - 7:00 Pm

# Progressive Euchre

Every Thursday Afternoon

1:00 p.m. until 3:30 p.m.

Cavendish Community Centre

\$5.00 per person

## THE GOOD BUY ROOM

July 5th, 2025

9:00 am to 12:30 pm

ANNUAL  
OUTSIDE BOOK  
SALE

&

THRIFT STORE SALE

Lower Level of the Buckhorn Library

All Proceeds Go To Support The Trent Lakes Public Library

## SOMEONE DROWNING REACH TO RESCUE

**1** LOOK for a lifejacket, paddle, shirt, stick,  
rope...



**2** PROTECT YOURSELF. Lie low.



**3** Extend your reach. Pull them to safety.



**4** Doesn't reach? Throw. Don't go.  
Find something that floats.



Learn these skills from a qualified teacher. Call your local pool.

## It happened this Month....

- July 1st, 1967 – Actress Pamela Anderson was born.
- July 2nd, 1885 – Plains Cree chief Big Bear surrenders at Fort Carlton, in what is now Saskatchewan. By the 1870's, Big Bear had emerged as the headman of about sixty-five lodges. He was concerned with the disappearance of the buffalo the increasing numbers of European settlers, and the impossible treaty conditions that seemed to ensure perpetual poverty and the destruction of his people's way of life.
- July 6<sup>th</sup>, 1993 – The first arrests are made during protests opposing the clear-cut logging of Clayoquot Sound, on the west coast of Vancouver Island. Protestors began blockading roads on July 5<sup>th</sup>, 1993, and continued their efforts throughout the summer.
- July 9<sup>th</sup>, 1927 – Hockey Hall of Famer Red Kelly was born
- July 15<sup>th</sup>, 1870 – Three years after Confederation, the Manitoba Act comes into effect, creating Canada's fifth province.
- July 17<sup>th</sup>, 1956 – Hockey Hall of Famer Bryan Trottier was born
- July 20<sup>th</sup>, 1871 – British Columbia enters Confederation as Canada's sixth province.
- July 22nd, 1941 – Triple Crown jockey Ron Turcotte was born.
- July 27<sup>th</sup>, 1953 – An armistice ends three years of combat in the Korean War. Canada had sent some twenty-seven thousand soldiers, sailors, and airmen to fight in Korea; more than five hundred lost their lives.
- July 28<sup>th</sup>, 1970 – Figure skater Isabelle Brasseur was born

### 507 Express Subscription

If you would like to receive the "507 Express" at home or at another destination, please complete this form. Cost for a subscription is \$2.50 per month or \$30.00 per year.

Name: \_\_\_\_\_

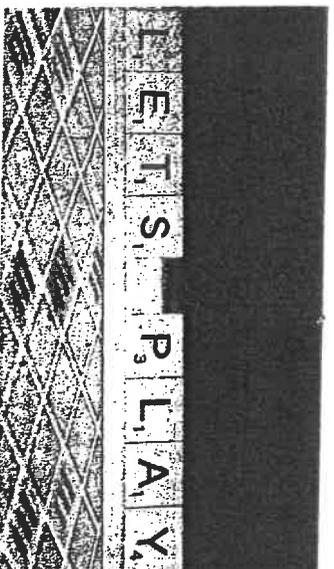
Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Please make cheque payable to Cavendish Culture and Recreation Committee  
Or you can e-transfer payment to [cavendishcandr@yahoo.com](mailto:cavendishcandr@yahoo.com)

**Mailing Address:** Cavendish Culture and Recreation Committee  
32 Community Complex Drive  
Trent Lakes, Ontario  
K0L 1J0

**Scrabble Night**  
**Cavendish Community Centre**  
**Thursday Evening - Starting at 7 p.m.**



# Recipe of the Month



## Indian Curry

Carla Salvador

### Ingredients

- ¼ cup oil or butter
- 2 green peppers chopped
- 1 clove garlic
- 4 onions
- 4 bay leaves
- 1 stick cinnamon
- 5 whole cloves
- 1½ cups water
- 2 ripe tomatoes (skinned and chopped)
- 1½ tsp. salt
- ½ tsp. turmeric
- 1 tsp. white pepper
- 1 tsp. ground cumin
- 1 tsp. coriander
- 1 Tbsp. paprika
- 2 Tbsp. curry powder
- 5 lbs stewing chicken, disjointed; or 3 lbs of beef, veal or lamb; or a mixture of meats, in bite size pieces
- 1 Tbsp. flour

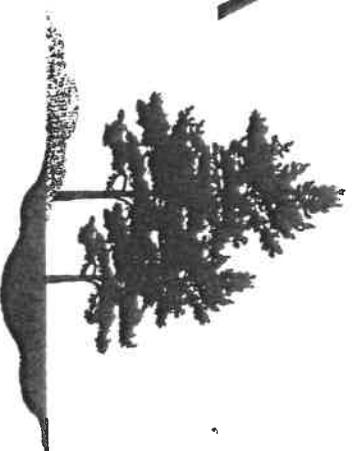
### Method

1. Heat the oil in a deep kettle. Add the peppers, garlic and onions. Brown these ingredients together for a few minutes. Stir occasionally. In another pan, boil the bay leaves, cinnamon and cloves in the water.
2. Add the tomatoes, salt, turmeric, pepper, cumin, coriander, paprika and curry powder to the first mixture. Stir and simmer 15–20 minutes.
3. Add the meat, sprinkle flour on top of it and stir. Add the water from the spices to the meat (discard the spices). Cover and cook until tender.

Serve over hot rice. Enjoy.

From a magazine in Regina, 1951

# CATCHACOMA MARINA



Serving Cottagers & Community

**CONVENIENCE STORE**  
**FULL SERVICE MARINA**

Marine Repair · Boat Cleaning & Detailing  
Canoe & Boat Rental · Winterizing & Storage

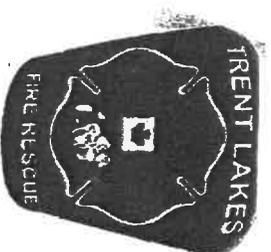


705-657-3354

OPEN MAY – OCTOBER

[catchacomamarina.com](http://catchacomamarina.com)

# Campfire Safety Tips



All it takes is one spark for things to go wrong. A carelessly abandoned campfire or a campfire built without safe clearance can turn a small fire into a dangerous and fast-moving blaze. Be sure to build your campfire in a way that does not endanger anyone or the surrounding forest. Enjoy a safe campfire by following these campfire safety tips:

- Check with local authorities on open-air burning restrictions and follow local burning regulations. Keep up-to-date on fire bans in the area.
- Never build a campfire on a windy day. Sparks or embers from the fire could travel quite a distance setting an unintentional fire.
- Watch the wind direction to ensure sparks aren't getting on flammable materials. Put the fire out if wind changes begin to cause concern
- Build campfires where they will not spread; well away from tents, trailers, dry grass, leaves, overhanging tree branches or any other combustible.
- Build campfires in fire pits provided or on bare rock or sand, if no fire pit is provided.
- Maintain a two to 3.5 metre (six to 10 feet) clearance around your campfire.
- Build a campfire surround with rocks to contain your campfire. Be aware that rocks obtained from the river may explode due to moisture in the rock becoming superheated by the campfire.
- Use crumpled paper and/or kindling to start a fire rather than using flammable liquids.



Never use gasoline as an aid to starting a campfire. If a fire starter is required, use only proper lighting fluid and use the lighting fluid sparingly. Never put it on an open flame since the fire can ignite the stream of lighting fluid and the flame will travel up the stream igniting the container in your hand and causing serious injury. Once the lighting fluid has been applied to the firewood, allow a few minutes for the explosive vapours to disperse before lighting. Remove the lighting fluid container a safe distance away before lighting the campfire.

- Secure all lighters and matches and keep them out of children's reach.
- Keep campfires to a small, manageable size no more than one metre (three feet) high by one metre (three feet) in diameter.
- Don't burn garbage in your campfire. The smell is unpleasant for you and your neighbours, and may attract animals to your campsite.
- Keep all combustible materials, including flammable liquids, propane cylinders, lighting fluid, etc. away from the campfire.
- Stack extra wood upwind and away from the campfire so that sparks from the campfire cannot ignite your woodpile. Have sufficient wood on hand to eliminate the need to leave your campsite to restock.
- Never leave campfires unattended. Ensure that a responsible adult is monitoring the campfire at all times. Supervise children around campfires at all times and never allow horseplay near or involving the campfire, such as jumping over a campfire. Do not allow children to run around near a campfire.
- Closely supervise children while roasting treats over a campfire. A flaming marshmallow can easily ignite a child's clothing. A heated metal skewer can be a burn hazard, as well as a puncture hazard.
- Loose clothing can easily catch fire. Never reach into a campfire to rearrange pieces of wood.

- Teach children how to STOP, DROP and ROLL should their clothing catch on fire. Teach children to cool a burn with cool running water for three to five minutes.

Keep plenty of water and a shovel around to douse the fire when you're done. Use caution when applying water to the campfire. Once the water has been applied, stir the dampened coals and douse it again with water. As an added precaution, shovel sand or dirt to cover the dampened coals to smother any remaining embers.

- As little as one second contact with a 70°C (158°F) campfire can cause third degree, full thickness burns.
- The average campfire can get as hot as 500°C (932°F) in as little as three hours.
- The majority of children are burned the morning after a fire from coming into contact with hot ashes or embers.
- A campfire left to burn itself out or put out with sand only, was still 100°C (212°F) eight hours later. The buried coals and embers retain their heat underground like an oven. There is also a risk that the fire may spontaneously re-ignite. A child may mistake the pile of sand or dirt as a sand castle and attempt to play in it. The temperature, less than 10 cm (four inches) below the surface of the sand or dirt can be as high as 300 °C (572°F).
- A campfire put out with water is reduced to 50°C (122°F) within 10 minutes of applying the water and reduced to 10°C (50°F) after eight hours. The safest way to extinguish a campfire is with water.

### **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.**

### **Facts about the month of July**

- The birthstone for July is a ruby, which will protect the weater from evil
- flower for the month is the Larkspur of water lily. The larkspur (white) generally indicates light heartedness; pink, fickleness; purple, first love. The water lily symbolizes purity of heart.
- It is the second month of summer
- July is the warmest month in thge Northern Hemisphers on average
- sometimes called the Hay month
- hot long days of July are also known as the "dog days of summer"
- July is named after Roman dictator Julius Caesar
- Zodiac sign for June 21st to July 22nd is Cancer and from July 23rd to August 22nd is Leo
- National Blueberry Month

**Are you interested in the activities that occur at the Cavendish**

**Community Centre – do you have any suggestions or requests? Please**

**forward your ideas, concerns, suggestions to:**

**cavendishc@yahoo.com, you are also welcome to come out to one**

**of our meetings – next meeting is at 7:30 on July 16th, 2025**

## SENIORS HEALTH RECOVERY CLASSES

Classes begin July 3rd and are held each Tuesday and Thursday morning at 10 am in the Cavendish community center.

If you have noticed a decline in your balance, endurance or strength over the years, these simple yet effective exercises will help maintain your current capacities and can assist in reviving abilities which might have diminished.

A series of both seated and standing exercises work to improve not just our physical, but also our mental and spiritual well being. They require no special equipment or clothing. Loose comfortable fitting clothes are fine.

Classes go from 10 am until 11:00. For those interested, an additional half hour of more strenuous exercises are planned. Please bring water for hydration.

PS There is no monetary charge for these classes but they are not free. Your time, dedication and efforts are the currency charged.



# TREE PROBLEMS OR QUESTIONS? ASK AN ARBORIST.

Call (705) 657-6916 or visit [bartlett.com](http://bartlett.com)

PRUNING | FERTILIZATION | CABLING & BRACING | INSECT & DISEASE MANAGEMENT  
FREE INSPECTIONS | STORM DAMAGE | LIGHTNING PROTECTION | REMOVALS

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SAME GREAT PEOPLE. SAME GREAT SERVICE.



**LOGAN**  
TREE EXPERTS

## Crerar Mechanical

Maynooth, Ont.

Karl Crerar 613-553-7077

[crerar.mechanical@gmail.com](mailto:crerar.mechanical@gmail.com)

**GENERAC**

Authorised Service Dealer

Generator Service & Maintenance  
Home Standby Generators  
Portable Generators

# Cavendish Community Ratepayers Association Inc.

32 Community Complex Drive  
Trent Lakes, Ontario, K0L 1J0

## Application for/Renewal of CCRAI Membership

## Membership Fees

I am RENEWING my membership for 2025

\$20.00 per household

I am APPLYING for membership for 2025

\$ \_\_\_\_\_ Additional Voluntary Donation

I am donating to CCRAI Lake and Water Quality Programs

\$ \_\_\_\_\_

Name of Member/Applicant: \_\_\_\_\_

Additional Member in Household: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cavendish Phone: \_\_\_\_\_

Do you prefer to receive your yearly newsletter electronically via email? \_\_\_\_\_

Email Address: \_\_\_\_\_

Cavendish Address (Lake/Lot & Conc): \_\_\_\_\_

Waterfront:    Yes    No

**We bring in a variety of speakers to our Public Meetings to present on important topics and initiatives that are deemed important to property owners in the Municipality of Trent Lakes.**

**Saturday June 21, 2025 – 10am-12:00pm – Public Meeting**

**Live at the Cavendish Community Centre and via Zoom**

**Saturday August 16, 2025 – 10am-12:00pm – AGM and Public Meeting**

**Live at the Cavendish Community Centre and via Zoom**

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

**Zoom invitations will be emailed out in advance and you can connect via laptop, tablet, smart phone or land line phone.**

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

For online payments, please email in the form and email/E-transfer the membership fee to [CCRAIMAIL@GMAIL.COM](mailto:CCRAIMAIL@GMAIL.COM). You can also mail this form with a cheque or money order made out to CCRAI to the address at the top of this application

**Thank you for your continued support of the Cavendish Community Ratepayers Association.**

**Visit us at: <https://craiaassociation.wordpress.com>**

## **Clerical Help Needed!**

Building consultant firm is looking for part timers clerical help in the Catchacoma area.

Duties to include word processing, helping to establish a reference library.

Contact Doug Fishburn -- 705-657-3944 or 416-806-3191

Email [dfishburn@fishburnroofingsciences.com](mailto:dfishburn@fishburnroofingsciences.com)

If your advertisement is no longer in the 507 Express it might be that it is past time to renew. Check the number in the lower right corner of your ad to see when it runs out! If in doubt please contact Kathy at 705-657-8912 or [kathy507@yahoo.ca](mailto:kathy507@yahoo.ca)

## Come Play With Us!

### Peterborough New Horizons Bands

Learn to read music and play an instrument in our Green Band. Don't worry, no experience is necessary. We'll teach you.

Or, if you've played before, join one of our concert bands, one that will be right for you.

For more fun, fellowship, learning and healthy activity, you can also join one of our ensembles.

It's never too late to start...

For more information: contact Harlene Annett  
705-745-0077 [hannett@sympatico.ca](mailto:hannett@sympatico.ca),  
or: [www.nhbpeterborough.com](http://www.nhbpeterborough.com)



## Games Night

### Cavendish Community Centre

Every Saturday Evening

@ 7 p.m.



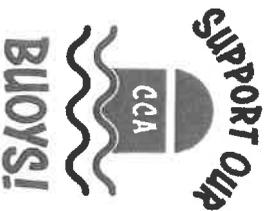
Come out to the Community Centre and join your neighbors and enjoy an evening together. Bring a snack and your favorite game to share. We also have lots of games on hand that you can check out as well. Everyone is welcome!



### Interested in Playing Volleyball?



There is a group that meets Mondays and Wednesday evenings To play Volleyball at the Buckhorn Community Centre. They play from 7 to 9 and welcome anyone to come out and join them. This is a fun way to get some exercise and the cost is only \$3.00 per person per night. For more information please contact: Jonathan Warren 705-657-8912



CATCHACOMA  
Cottagers' Association

The Catchacoma Cottagers' Association (CCA) installs, removes and maintains the hazard and navigation buoys in Catchacoma and the Narrows each year.

The labour is all volunteer but maintenance and insurance are expensive!

To support this and our other programs,  
including Lake Stewardship, DockFest and more:

**BECOME A MEMBER**

Visit our website:  
[catchacomalake.com](http://catchacomalake.com)

**OR MAKE A DONATION!**



**Wednesday Night Baseball**

Join us for an evening of baseball  
Wednesdays at 6:30  
(weather permitting)

A small black and white illustration of a baseball player in a batting stance, positioned to the left of the text.A small black and white illustration of a baseball player in a fielding stance, positioned to the right of the text.

Cavendish Community Centre

**The Greater Harvey Historical Society**

The Greater Harvey Historical Society (serving the municipality of Trent Lakes) is looking for photos, stories and anything historical about Cavendish Township.

We are especially seeking the following:

1. Old photos of cottaging on Cavendish Lakes
2. Any stories you may have such as tales of past cottaging, travel to the lake, boating/fishing and "tall tales" just for fun.
3. Stories or photos from the lumbering /farming era.
4. Any tips where we can find more material.

We are working on a project that was started many years ago – The History of Cavendish” and hope to have the book published by the end of 2025. Please feel free to contact me about anything including sending material.  
My contact information is as follows:

Guy Scott GHHS

[guy.scott@kimmount@gmail.com](mailto:guy.scott@kimmount@gmail.com)

Box 249 Kimmount Ontario K0M 2A0  
705-488-3182

# Good Buy Room Thrift Store

## Hours:

Thursday and Friday 10 am - 4 pm  
Saturdays 10:30 am – 2:30 pm

Lakehurst Road  
Buckhorn  
(Below Buckhorn Library)



705-761-4832

Interior Wood Finishing  
Window/Door Trims  
Baseboards  
Decks  
Repairs & More

No job too small

twbcarpentry3101@gmail.com  
Rich Mortensen

# CAVENDISH

## JIGSAW PUZZLES



We have puzzles you can sign out for three weeks.

Sign up to the Municipality of Trent Lakes  
Monthly Newsletter!

SCAN THE QR CODE OR HEAD TO:  
<https://mailchi.mp/trentlakes/sign-up>



Municipality of  
**Trent Lakes**

## "The 507 Express Cookbook"

The Cavendish Youth Group has been working on a cookbook and it is finally finished and available to purchase. Proceeds from the sale of this book will be donated to the Cavendish Culture and Recreation Committee to help with the publication of "The 507 Express".

The cookbook is available at the Cavendish Library, Flynn's Store and Little Gull Marina. Cost of the cookbook is \$15.00



# Save the Date

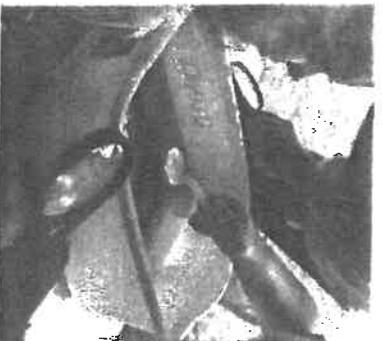
# Cavendish Children's Water Festival

Fun, hands-on learning activities about life-giving water and ways we can protect it

Saturday, August 30, 2025  
10:00 am - 12:30 pm

Cavendish Community  
Centre

RSVP to Kathy Warren at  
[cavendishcandr@yahoo.com](mailto:cavendishcandr@yahoo.com)

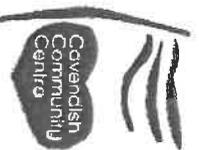


This is a **family friendly event** !

While activities for ages 3-10 to enjoy in small groups will be planned, ways for whole families, including supervising adults to soak in fun learning are offered.

Please let us know the number of people and the ages of the children you are bringing so we can plan activities accordingly.

Brought to you by the Cavendish Youth Group in partnership with the Cavendish Community Ratepayers Association and FEEL (Friends of Ecological and Environmental Learning).



We seek **teenage and adult volunteers** who will step up as water heroes to help run activities at this event. Training, refreshments and feel-good rewards offered to all who join our friendly team.

**Cavendish Community Ratepayers Association Inc.**



**Certified Insured Arborist**

Available to Help!

705-933-2757



# FLYNN'S STORE

1447140 Ontario Ltd.

**Corner of County Roads 507 & 36**

Fuel, ATM, ATV Trail Passes, Baked Goods,  
Hoodies, T-Shirts, Groceries and Track Pants

**QUALITY PRODUCTS AND SERVICES**

**Summer Hours: 6:30 to 7 p.m.**

**NEED WOOD SPLIT &/or BRUSH REMOVAL**

**CALL: JOHN HARVEY  
705-760-6637**

## Answers to Puzzling Times

L	I	M	A	P	A	S	T	E	A	R	O	S
A	R	A	L	R	E	L	A	T	E	R	I	M
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N	E	A	C	E	R	E	S	B	R	U	S	K
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7	5	3	2	1	6	8	9	4
4	8	1	9	3	7	6	5	2
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6	9	8	7	5	4	3	2	1
9	3	4	1	8	2	5	7	6
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2	5	7	3	6	9	1	8	4
8	4	3	6	2	7	5	9	1
7	9	1	5	8	3	4	6	2
6	2	5	1	9	4	3	7	8
5	7	6	4	3	2	8	1	9
9	1	2	8	7	5	6	4	3
4	3	8	9	1	6	7	2	5

All any firm asks of a new employee is that he be fifty percent of what he claimed to be the day he applied for the position.

The principal difference between psychoneurosis and plain nervousness is about one hundred and fifty dollars.

## How well do you know your country? Answers

1. Keanu Reeves
2. A pie
3. Alert on Ellesmere Island in Nunavut
4. The highest tide in the world.
5. Receiving the first transatlantic wireless transmission
6. Cornmeal
7. The Northwest Passage
8. New Brunswick
9. 14
10. Paris 1t 48.8 N, Montreal is 45.5N

When trout refuse bait  
or fly,  
There ever is a storm nigh.



## Cavendish Classifieds

To have your ad included please contact Kathy @705-657-8912 or kathy507@yahoo.ca

**Cleaning Available**



Please call: **705-761-5216**

# CARPENTRY

STAIRS SHEDS  
DOCKS DECKS

**CALL JR @705-657-2143**

# BUTTERTARTS

Made Special just for You!



\$15.00per ½ dozen \$30.00 per dozen

Contact Lauren @ 705-977-1886

# SCENTSY

INDEPENDENT CONSULTANT

TIFFANY LAURA

705-875-0974

tiffany.warren@gmail.com

tiffanylaura.scentsy.ca



## Need some help around the house?



**Help Is Just  
a phone call away!**  
**705-657-7455**

Whether you're looking to make a major renovation to your home or you've accumulated a list of small repair projects

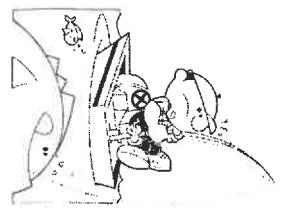
HELPING HAND can help.

Installations, repairs, renos, maintenances  
Local family based business since 2008

Visit

<https://helpinghandhandymanservices.com>

We do it all!



## Going Fishing?

Fish can taste bitter, salty, sour, and sweet flavors. Their taste buds are located inside the mouth and sometimes on the outside of the body, such as on the face, lips, fins, and barbels ("whiskers").

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

## Cavendish Key Contact Information

### Trent Lakes Municipal Council:

Mayor	Terry Lambshead	705-927-4968	<a href="mailto:tlambshead@trentlakes.ca">tlambshead@trentlakes.ca</a>
Deputy Mayor	Carol Armstrong	705-657-7518	<a href="mailto:carmstrong@trentlakes.ca">carmstrong@trentlakes.ca</a>
Councillor –Galway Cavendish	Joe Cadigan	705-731-9410	<a href="mailto:jcadigan@trentlakes.ca">jcadigan@trentlakes.ca</a>
Councillor – at large	Peter Franzen	705-738-1486	<a href="mailto:pfranzen@trentlakes.ca">pfranzen@trentlakes.ca</a>
Councillor – Harvey	John Braybrook	705-731-9871	<a href="mailto:jbraybrook@trentlakes.ca">jbraybrook@trentlakes.ca</a>

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

### Municipal Service Contacts:

Municipal Office	fax: 1-705-738-3801	1 705-738-3800	or 1-800-374-4009
Municipal Website	<a href="http://www.trentlakes.ca">www.trentlakes.ca</a>		
Fire Chief	Steve Brockbank	1-705-738-3800	ext. 230
Deputy Fire Chief	Luc Shewen	1-705-738-3800	ext. 230
Roads Superintendent	Evan Grieger	1-705-738-3800	ext. 221
Chief Building Official	Barbara Waldron	1-705-738-3800	ext. 225
Cavendish Transfer Station	Don & Blaine	705-657-2490	

### Community Service Contacts:

Cavendish Culture and Recreation	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
Cavendish Community Centre	<a href="mailto:cavendishcandr@yahoo.com">cavendishcandr@yahoo.com</a>	705-657-1192	
CCC Rental Inquiries and Bookings	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
507 Express – Editor	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
Helen Bowen Branch Library	Sue Warren	705-657-1192	or 705-657-8912
Trent Lakes Outreach Centre-foodbank		705-768-3590	<a href="https://tlocofoodbank.wordpress.com/">https://tlocofoodbank.wordpress.com/</a>
Cavendish Youth Group	Katherine Warren	705-657-8912	<a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a>
King Sports Pad – Rink	Molly Cadigan	705-657-2743	

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

President	Gary Jarosz	1-905-472-6816
Vice President	Robert Taylor-Vaisey	1-416-264-4601

### Cottage Association Presidents/Contacts:

Catchacoma Lake	Ric Mackey	<a href="mailto:rmackey@bell.net">rmackey@bell.net</a>
Picard Lake	Paul Stenton	<a href="mailto:pstenton@ryerson.ca">pstenton@ryerson.ca</a>
Mississauga District	Carol Thomson	<a href="mailto:carolt@golden.net">carolt@golden.net</a>
Mississauga –Gold Lake Road	Katie Tingley	<a href="mailto:mglakeroadgroup.com">mglakeroadgroup.com</a>
Beaver, Cavendish, Bottle & McGinnis	Bryan West	<a href="mailto:brywest3@gmail.com">brywest3@gmail.com</a>
Greens Lake		
Gold Lake Road Association	Greg Harper	705-657-9128
Ratty's Narrows Road	Jamie Langer	705-657-2573

### Cavendish Landfill Site Hours of Operation

**Summer Hours:** April 15<sup>th</sup> to September 15<sup>th</sup>: Saturday 8-4, Sunday 11- 7, Monday 8-1 (except on a Holiday Monday than they are 12-8), Wednesday 8 to 12 noon

**Winter Hours:** September 16<sup>th</sup> to April 14<sup>th</sup>: Saturday 8-4, Sunday 11-4, Wednesday 8 -12

**Closed:** Christmas Day, New Year's Day, Family Day & Easter Monday

**Burn Hot Line: 1-800-374-4009 Ext. 301 or 1-705-738-3800 Ext. 301**

**Burn Permits:** available on line or by calling Trent Lakes Fire Rescue @ 705-738-3800 Ext. 230

### Babysitters:

### Pet Sitting:

**EMERGENCY NUMBER: 911**

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

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

