

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:

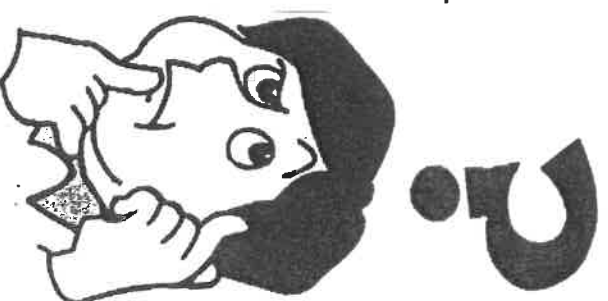
- Community Carnival
- Retired?
- Pickleball Tournament
- Baseball Tournament
- Children's Water Festival
- Bridge Returns!
- Let's Make a Plan
- Campfire Safety Tips
- Volunteers Needed!
- What's Fast Approaching 40

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 15th of the month.
- Advertising as follows:

| | |
|-------------------------------|---|
| Classified - \$2.00 per month | 1/8 th page - \$5.00 per month |
| ¼ page - \$10.00 per month | ½ 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

Email: kathy507@yahoo.ca

Donations towards publication are gratefully received!

Community Report



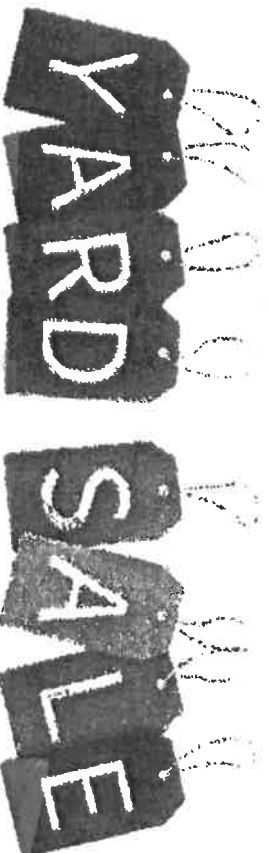
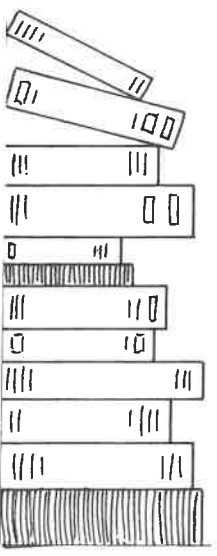
Cavendish Community Centre

Saturday, July 19th

Community Carnival

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".



Yard Sale!
Saturday, July 19th - 20th 2025
Cavendish Community Centre
Donations welcome any time!

It's Back!!!!

The Annual Cavendish Community Policing Draw held on Carnival Day – July 19th – is back! This year our major prize is a beautiful kayak, with many other prizes to be won.

As usual, the CCP group has supplied the first prize and has relied on contributions from the community to fill our prize tables. We have always been overwhelmed by the generosity shown by our friends, neighbours and local businesses to make such a huge success.

Tickets will be available on Carnival Day, ahead of time at the Community Policing Building, Helen Bowen Branch Library (Cavendish) or from members of the group.

Anyone wishing to donate to the draw can contact Dave or Gretchen Kuntz, Deborah Pageot or Ken, Kathy or Jonathan Warren.

See you all on Carnival Day!

Hidden Auction

Bidding for this years Hidden Auction will be July 19th, 22nd, 23rd and 26th – lower level of the
Cavendish Community Centre

Donations are greatly appreciated for this fundraiser!
Donations can be dropped off during Library Hours
or by calling: 705-657-8912

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 36th 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) – 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 8th, the Cavendish branch will be open Tuesdays 10:00 am to 8:00 pm.

The Cavendish Library Book Sale is on July 19th 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.



Mudge Cottage Care

Bill and Marina Mudge 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

Marinamudge@gmail.com

12/25



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

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

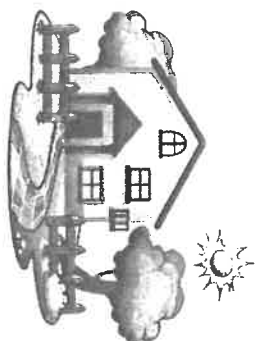
The Trent Lakes Library (both the Buckhorn and our Helen Bowen Branches) are expanding opportunities for us to volunteer our talents and hard-won skills in the interests of library programs and goals. As you already know, I believe that a good library is the heart of a good community so, why not?

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).

Carla Salvador

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 2nd 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

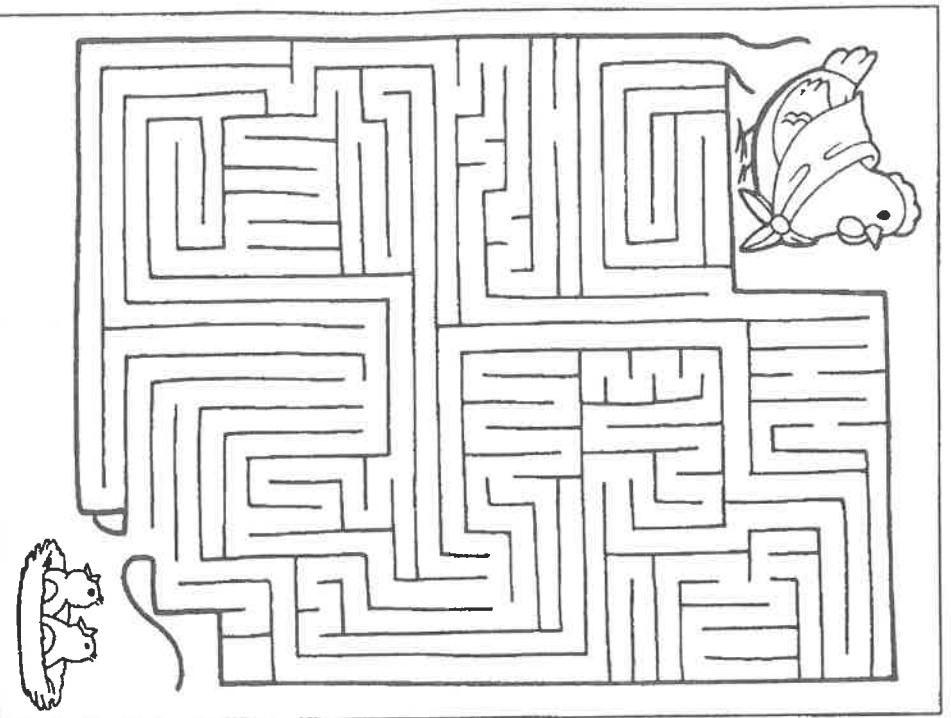
SATURDAY, JULY 19TH, 2025

CAVENDISH COMMUNITY CARNIVAL

Brain Buster

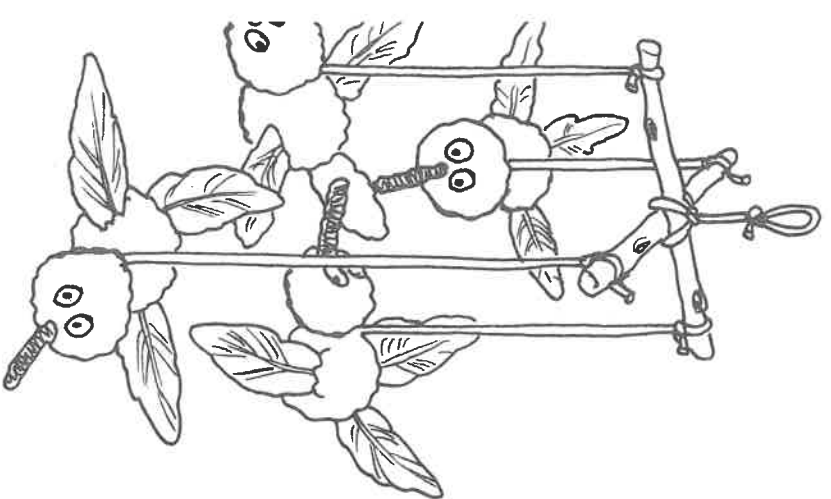
What needs
an answer but
doesn't ask a
question?

A telephone!

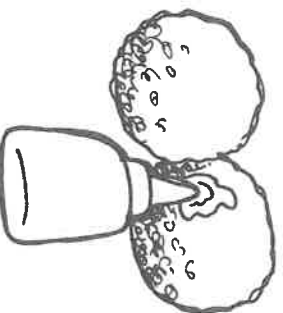


Hummingbird

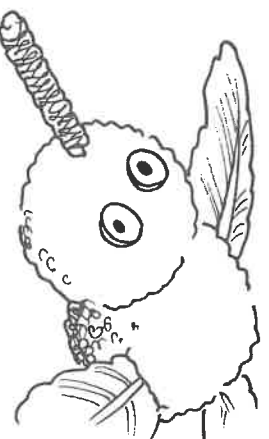
Make a few of these in different colors, then make them into a mobile (see page 191).



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 cattlepath@gmail.com or online at Eventbrite: <https://www.eventbrite.ca/e/share-the-road-charrette-tickets-1363662724919?aff=oddidcreator>

Brought to you by:



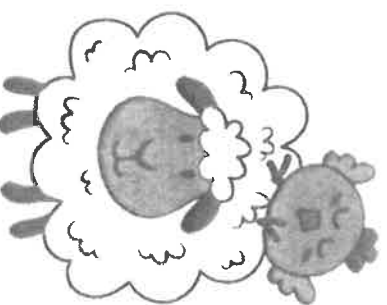
**Cavendish Community
Ratepayers Association**



The Following animals are for sale:

- Sheep
- Doves
- Lavender Orpington Chickens

For more information please call: 705-657-7669





Survivors
Abreast

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.

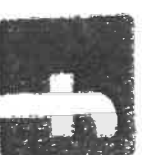
Please drop your corks off at these locations:

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

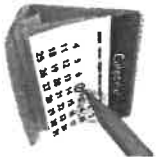
OR, if you know a Survivors Abreast
paddler,
give them your corks!

**Thank you
for your
support!**

Cavendish Community Centre is on facebook! Find us and follow us at facebook.com/CavendishCommunityCentre. 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!



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:



LAMB BROS

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

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

705-875-0648 / 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 19th – Carnival Day
July 19th, 22nd, 23rd, 26th - Hidden Auction
August 30th – Children's Water Festival



Puzzling Times

WTT WVO ZKCI WNXN AZ W VPR PIFTAOPP
KN YSWY SP DP ZKZYO FPCEPVY AZ RSWY SP
ETWKIPH YA DP YSP HWO SP WFFTKPH ZAC
YSP FANKYKAV.

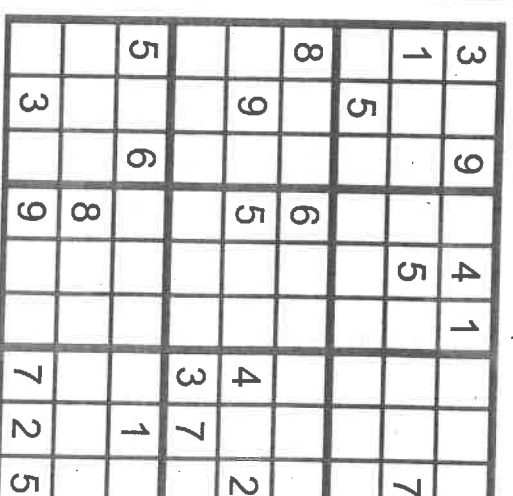
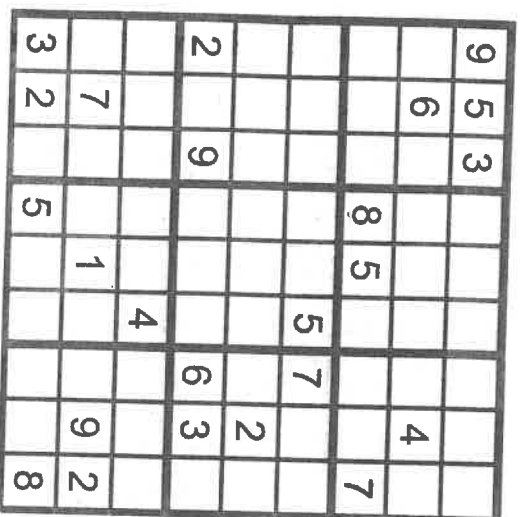
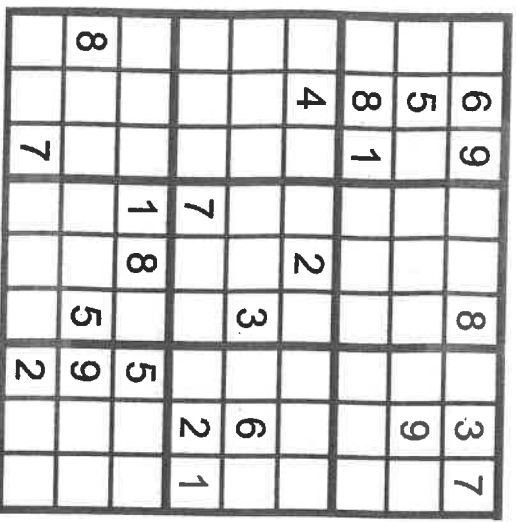
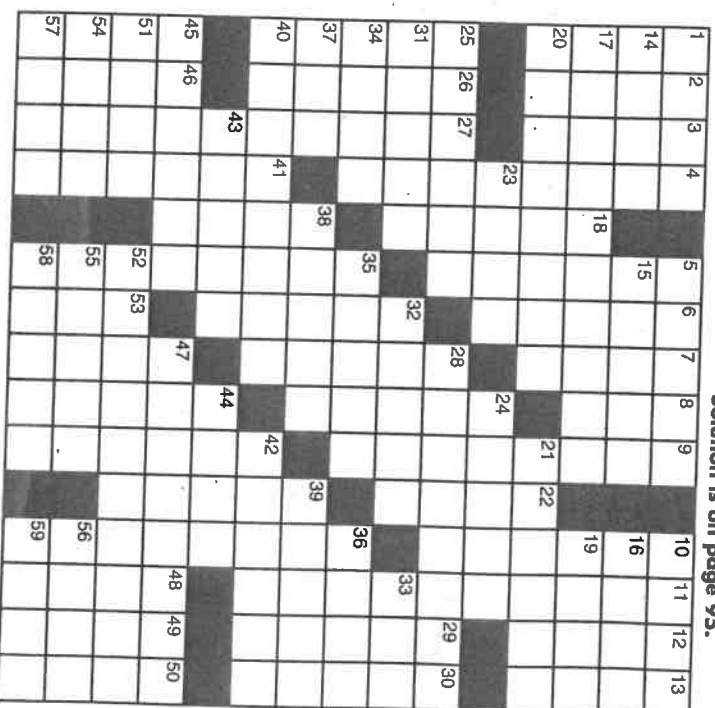
ACROSS

1. Bean town?
5. Kindergarten supply
10. Gls' addresses
14. Uzbekistan sea
15. Pass on
16. Frost
17. Exaggerated likeness
19. Freezes (up)
20. Signing up for
21. Faulty tower builders?
23. SpaceX launch gp.
24. Mulled drink
25. Birth-method pioneer
28. Most peacocks
31. Gladden
32. Position
33. Mama's boy?
34. Shoppe descriptor
35. Bring up
36. Water color
37. Teachers' org.
38. Goddess of the fields
39. To the point
40. Carved in stone
42. Reproductive cell
43. Mountain retreat
44. Part of UTEP
45. Morfar's partner
47. Bond
51. Little Caesar in *Little Caesar*
52. Geppetto, for one
54. Said aloud
55. *El primer mes*
56. Ages and ages
57. Dweeb
58. German American Beauties
59. Babe Ruth's sultanate

DOWN

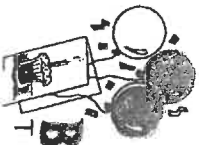
1. Shoestring
2. Persia, today
3. Convenience store
4. Put off
5. Commendation
6. Big name in insurance
7. Homeless snail?
8. Seafarer
9. Part of a microscope
10. Gone up
11. Like *Don Quixote*
12. Straw in the wind
13. Mtg.
18. Latest thing
22. Nantes notion
24. Tasteless
25. Sierra —
26. Wrench eponym
27. Home of lemurs and aye-ayes
28. Worked, as a trade
29. Awaken
30. Plumber's tool
32. "... after they've seen ___?"
35. Film critic, e.g.
36. Large wardrobes
38. Olympian Lewis
39. Iráqi port
41. Iterated
42. Waiter at Maxim's
44. Chaplain
45. Pt. of speech
46. The Auld Sod, once
47. Bandy and Howard
48. Acknowledge
49. Hollywood's Rowlands
50. Back then, back when
53. Lennon collaborator

Solution is on page 95.



RJY XGWQAWXHD EWPYGYQAY IYRLYYQ
XUMAJBQYVGBUWU HQE XDHWQ
QYGBKVUQYUU WU HIBVR BQY JVQEGYE HQE
PWP RM EBD DHGU.

BIRTHDAYS & ANNIVERSARIES!



1st Bryan Black
 2nd Naomi Bourke
 3rd Keaton Major
 4th Alison O'Brien
 5th Nick Smith
 6th Bobbi Robertson
 8th Morgan Thompson
 9th Bobbie-Sue Shears
 Jonathan Warren
 Val Strain
 11th Tristin Botting
 Ken Snook
 Beth Hollis (Mullen),
 14th Lina Goddard
 Steve Waldock
 17th Cameron Hall

18th Sophie Belanger
 Chuck McGee
 Kevin Lake
 Gord Lambshead
 22nd Dave Asling
 23rd Kyle O'Brien
 24th Michael Tamblyn
 Donna Booth
 25th Scott Stables
 26th Danny Dalton
 27th Liam Forgie
 Eric Aspinall
 28th Graylyn Warren
 James Gallacher
 29th Nan Ross
 Al Ross
 30th Colton Lobb
 Christie Snook
 31st Izaac Tamblyn
 Steve Redpath
 Eric Robertson
 Debbie Walsh
 Fred Lloyd



Happy Anniversary

3rd Michelle & Wayne Connell
 7th Kimberly & Dave Asling
 Reese & Ian Aubrey
 Lorne & Eric Aspinall
 9th
 10th Dave & Gretchen Kuntz
 12th Randy & Linda Marshall
 14th Sarah & Ford Stevenson
 16th Rebecca & Kevin Oreto
 19th Brent & Mary Robinson
 22nd Phillip & Jan Herdman
 24th Sophie & Farron Belanger

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

Ontario Certified Marine Mechanics

Custom Docks
 Service Calls
 Gas & Propane

General Store
 Boat & Snowmobile storage

Meat supplied by the Butcher Shoppe
 Chainsaw sharpening and replacement
 NEW & USED boat, snowmobile,
 trailer & ATV sales

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

Prop repair
 Boat & Canoe Rentals
 Snowmobile & ATV repairs
 Insurance Claim handling
 Spring water
 Welding

Call, we fix them all!

705-657-9088



Ontario Certified Marine
 Mechanic on duty
 Monday-Friday

Summer Store Hours:
 June 27th -August 31st
 Sunday – Thurs 8 am – 6 pm
 Friday & Saturday 8 am – 8 pm

Customer Service is #1!



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 6th, 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 5th, 1993, and continued their efforts throughout the summer.

July 9th, 1927 – Hockey Hall of Famer Red Kelly was born

July 15th, 1870 – Three years after Confederation, the Manitoba Act comes into effect, creating Canada's fifth province.

July 17th, 1956 – Hockey Hall of Famer Bryan Trottier was born

July 20th, 1871 – British Columbia enters Confederation as Canada's sixth province.

July 22nd, 1941 – Triple Crown jockey Ron Turcotte was born.

July 27th, 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 28th, 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: _____

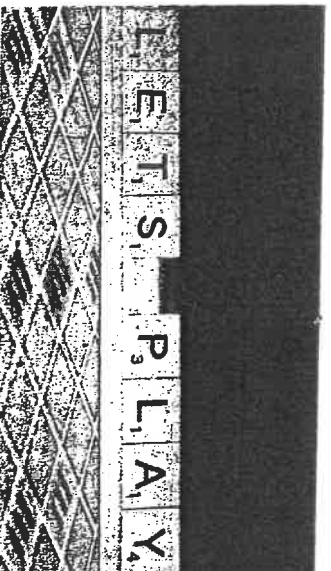
Address: _____

Postal Code: _____

Please make cheque payable to Cavendish Culture and Recreation Committee
Or you can e-transfer payment to cavendishcandr@yahoo.com

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

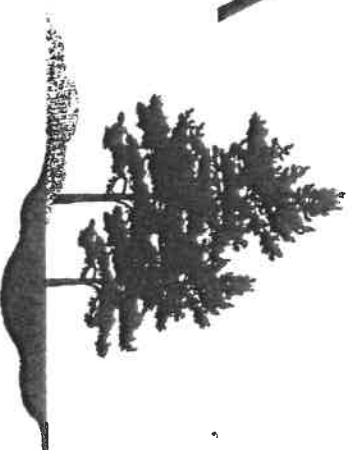
Method

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

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Canoe & Boat Rental • Winterizing & Storage



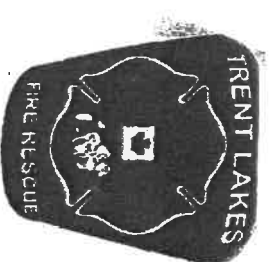
705-657-3354

OPEN MAY–OCTOBER

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:



- 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&r@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

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Karl Crerar 613-553-7077

crerar.mechanical@gmail.com

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Portable Generators

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 2025

☐ I am APPL YING for membership for 2025

☐ I am donating to CCRAI Lake and Water Quality Programs

Membership Fees

\$20.00 per household

\$ _____ Additional Voluntary Donation

\$ _____

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. 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://ccraiaassociation.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

If your advertisement is no longer in the 507 Express it might be that it is past time to renew. Check the number is 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

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,
or: www.nhbpeterborough.com



Games Night

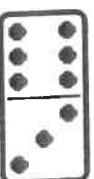
Cavendish Community Centre

Every Saturday Evening

@ 7 p.m.



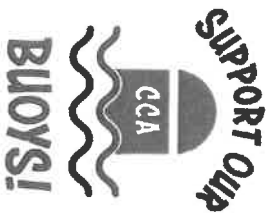
Come out to the Community Centre and join your neighbors and enjoy an evening together. Bring a snack and your favorite game to share. We also have lots of games on hand that you can check out as well. Everyone is welcome!



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
OR MAKE A DONATION!**



Visit our website:
catchacomalake.com

Wednesday Night Baseball

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



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.kinmount@gmail.com

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

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Hours:

Thursday and Friday 10 am - 4 pm
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Rich Mortensen

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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

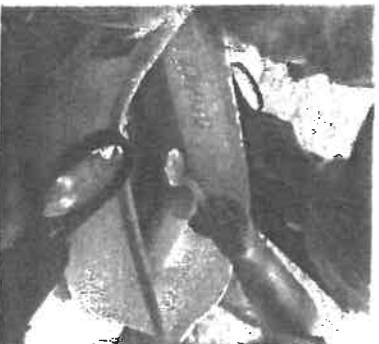
Cavendish Children's Water Festival

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

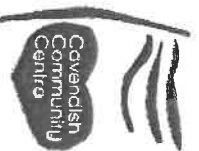


This is a family friendly event !

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!

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Answers to Puzzling Times

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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

BUTTERARTS

Made Special just for You!

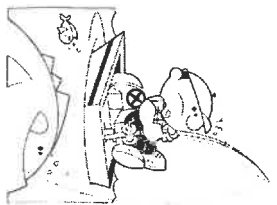


\$15.00 per ½ dozen \$30.00 per dozen

Contact Lauren @ 705-977-1886

For Sale:

Echo Timberwolf Chainsaw
Was about \$700 plus tax.
Very lightly used as I have two.
Probably about 6 tanks of gas total.
Asking **\$550**
1-647-519-2620



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 because it has expired!

Need some help around the house?



**Help is just
a phone call away!
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Local family based business since 2008

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TIFFANY LAURA

705-875-0974
tiffany.warren@gmail.com
tiffanylaura.scentsy.ca

Scan Me!



Cavendish Key Contact Information

Trent Lakes Municipal Council:

| | | | |
|------------------------------|-----------------|--------------|--------------------------|
| Mayor | Terry Lambshead | 705-927-4968 | tlambshead@trentlakes.ca |
| Deputy Mayor | Carol Armstrong | 705-657-7518 | carmstrong@trentlakes.ca |
| Councillor –Galway Cavendish | Joe Cadigan | 705-731-9410 | jcadigan@trentlakes.ca |
| Councillor – at large | Peter Franzen | 705-738-1486 | pfranzen@trentlakes.ca |
| Councillor – Harvey | John Braybrook | 705-731-9871 | jbraybrook@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 | Luc Shewen | 1-705-738-3800 ext. 230 | |
| Roads Superintendent | Evan Grieger | 1-705-738-3800 ext. 221 | EGrieger@trentlakes.ca |
| 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 | kathy507@yahoo.ca |
| Cavendish Community Centre | cavendishcandr@yahoo.com | 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 | |
| Trent Lakes Outreach Centre-foodbank | | 705-768-3590 | https://tlocfoodbank.wordpress.com/ |
| 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 | Ric Mackey | rmackey@bell.net |
| Picard Lake | Paul Stenton | pstenton@ryerson.ca |
| Mississauga District | Carol Thomson | carolt@golden.net |
| Mississauga –Gold Lake Road | Katie Tingley | mglakeroadgroup.com |
| Beaver, Cavendish, Bottle & McGinnis | Bryan West | brywest3@gmail.com |
| 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 15th to September 15th. 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 16th to April 14th. 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



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July

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------|-------------------------|---|---|--------|---|
| | | | | | | |
| | Art Group | Senior Recovery Library | 1 Library Bridge | 2 Senior Recovery Euchre Scrabble | 3 | 4 Library Games Night |
| 6 | Art Group | 7 | 8 | 9 | 10 | 11 |
| | | | | | | 12 |
| | Art Group | Senior Recovery Library | Library Bridge | Senior Recovery Euchre Scrabble Senior | | Library Games Night |
| 13 | Art Group | 14 | 15 | 16 | 17 | 18 |
| | | Senior Recovery Library | Library Bridge C& R Meeting | Senior Recovery Euchre Scrabble | | Library Games Night CARNIVAL DAY Hidden Auction |
| | | | | | | |
| 20 | Art Group | 21 | 22 | 23 | 24 | 25 |
| | | Senior Recovery Library | Library Bridge Hidden Auction BINGO | Senior Recovery Euchre Scrabble | | Library Games Night Hidden Auction |
| 27 | Art Group | 28 | 29 | 30 | 31 | 26 |
| | | Senior Recovery Library | Library Bridge | Senior Recovery Euchre Scrabble | | |