# he 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:

- In Passing
- Pertussis Case Confirmed
- Well Water Sampling
- **Cavendish Hits the Big Time**
- **Cleaning Position**
- Seeds for Sowing
- Baseball **Plant Sale**

- 507 Express Policy re: Advertising and Subscriptions
- Submissions to be signed and submitted by the 15<sup>th</sup> of the month Subscriptions – Renewals are \$30.00 per year or \$2.50 per issue.
- Advertising as follows:
- Classified \$2.00 per month ¼ page -\$10.00 per month

1/8<sup>th</sup> page -\$5.00 per month ½ page - \$15.00 per month

# You Know You're Getting Older When...

- You and your teeth don't sleep together.
- Your back goes out, but you don't.
- You wake up looking like your drivers license picture
- It takes two tries to get up from the couch
- You wonder how you could be over the hill and you don't even remember being
- on top of it.
- Your idea of a night out is sitting on the patio.
- You are on vacation and your energy runs out before your money.
- You say something to your kids that your mother said to you and you always
- Happy hour is a nap.
- The pharmacist has become your new best friend
- Getting "lucky" means finding your car in the parking lot. It takes longer to rest than it does to get tired.
- It takes twice as long to look half as good.
- Everything hurts and what doesn't hurt, doesn't work

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

Donations towards publication are gratefully received!

Mailing Address: 32 Community Complex Drive, Trent Lakes, Ontario KOL 1JO

705-657-8912

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Phone Number:

Email: kathy507 @yahoo.ca





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#### Cavendish Community Centre Saturday, June 1, 2024 8:30 to 11:00 am

CASH ONLY

Proceeds will be used to beautify our Community Centre Sale hosted by the Cavendish Garden Club

Perennials • Annuals • Herbs • Vegetables • Houseplants



in your garden? Do you have a few extra seedlings; the back of the Community Centre. Please leave plant and pot donations outside the shed at ones and hanging baskets) and can be donated anytime. place to help you dig if you need assistance preferred). We may even be able to send a crew to your week or two prior to the sale (morning of Friday, May 31 Empty pots are needed immediately (especially larger We will gratefully accept any donation of plants in the To donate plants or pots: Are you dividing perennials

the sale. If you are able to help out for a few hours, it extra hands for set up and take down as well as during would be much appreciated! We are also looking for volunteers! We could use some

# Contact Pat at 705-657-7373 or pwade44@bell.net



# 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.

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

It's never too late to start.

For more information: contact Harlene Annett 705-745-0077 <u>hannett@sympatico.ca</u>, or www.nhbpeterborough.com hannett@sympatico.ca,

8:15 ... Anyone But You (PG14) 6:30 ....Wish (Disney) May Movies

avendish Community Centre -ast Friday of the Month Movie Night

Second Movie.... To follow (pG13) Popcorn, Juice Boxes and water available First Movie ....6:30 (youth)

#### 5 Passing...

# Christopher Mark Hartleib

( December 22, 1960 - March 19, 2024 )

Georgina and family, March Lucy and Emma. of age. Chris fought his fight with grace Hospice in Brantford. Passed courage. Ì9, at peacefully in the evening of Windover. 2024, the Stedman Cherished Beloved surrounded by Loving father of He was 63 years husband of Community brother of his



remembered by his extended family, colleagues and friends. Tony Hartleib (Ingrid). Missed by his grand-dog Bernie. Forever

and Rubbermaid. Chris was known for his strong Paris, Ontario. His career saw him move to many places including: Port Alberni, BC, Bolton, Brampton and Brantford, Ontario. Prior to his time sense of humour. as a Canadian Tire Chris was a Dealer with Canadian Tire. He purchased his first store in Franchisee, he was employed by both JM Schneider work ethic and dry

# Pertussis (Whooping Cough) Case Confirmed in Peterborough Region

# Pregnant People and Infants Under One at Greatest Risk for Severe Illness

Peterborough Public Health has received notification of a laboratory confirmed case of pertussis (whooping cough) in the region.

Pertussis is a bacterial respiratory infection spread through contact with droplets produced by an infected pregnant people. person's sneeze or cough. People at greatest risk of severe illness include infants under the age of 1 and

### Signs and Symptoms of Pertussis:

- Early symptoms include mild cold symptoms such as runny nose, mild fever, and cough.
- breathing, and vomiting due to extreme cough. After 1 to 2 weeks, cough may be accompanied by "whooping" sound when breathing in, difficulty
- Coughing can last for 1 to 2 months.

If symptoms present, residents should isolate themselves immediately and reach out to their healthcare provider for guidance on seeking treatment.

#### Prevent illness:

assistance to get up to date with your pertussis immunization. immunization records <u>online</u> and seek a pertussis vaccine if <u>overdue</u>. Contact your healthcare provider for Immunization is the best way to prevent getting sick with pertussis. Residents are encouraged to review



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If you enjoy gardening stop by the Cavendish Community Centre during library



of the building. Tender applications and job descriptions are available at the Cavendish Library during regular library hours (10-4) on Wednesdays and Saturdays. Dead line for submissions is 4 p.m. on May 8<sup>th</sup>, 2024

Tender has been opened for the position of cleaning staff of the Cavendish Community Centre. We are looking for a team of two to take over the weekly cleaning

**Cleaning Position Available** 

Lots of eggs-ercise.



Seeds for Sowing

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Thursday Evening - Starting at 7 p.m.

**Cavendish Community Centre** 

Scrabble

Night







Gavendish
Cavendish Community
Ratepayers
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32 Community Complex Drive Trent Lakes, Ontario, K0L 1J0		
Application for/Renewal of CCRAI Membership	Membership Fees	
I am RENEWING my membership for 2024	\$20.00 per household	bld
I am APPLYING for membership for 2024	\$Additi	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?	mail?	
Email Address:		
Cavendish Address (Lake/Lot & Conc):		
Waterfront: Yes No		
We bring in a variety of speakers to our Dublic Mostings to proceed	Montinen to se	

property owners in the Municipality of Trent Lakes. on important topics and initiatives that are deemed important to wing in a Vallety or speakers to our Public meetings to present

Live at the Cavendish Community Centre and via Zoom Saturday June 22, 2024 – 10am-12:00pm – Public Meeting

Saturday August 17, 2024 – 10am-12:00pm – AGM and Public Meeting Live at the Cavendish Community Centre and via Zoom

connect via laptop, tablet, smart phone or land line phone. Zoom invitations will be emailed out in advance and you can Join us in person at the Cavendish Community Centre or via Zoom.

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 <u>CCRAIMAIL@GMAIL.COM</u>. 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.

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Snipping

Lawn care, mowing and whipper Tree cutting and brush removed

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Marinamudge@gmail.com

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

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**Staining and Painting** Gutter and eves cleaning Leaf blowing and raking

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# Recipe of the Month

### MEXICAN DEVILLED EGGS

- -1/4 cup mayonnaise or salad 12 hard-boiled eggs, peeled jalapeno pepper, seeded and dressing
- Chili powder Snipped cilantro 1/2 tsp salt 1 Tbsp finely chopped capers 1 Tbsp prepared mustard
- 1 Tbsp ground cumin finely chopped

Cut eggs lengthwise into halves. Slip out yolks and mash with fork. Stir in mayonnaise, jalapeno pepper, cumin, capers, mustard and salt; mix until smooth. Fill egg whites with egg yolk mixture, heaping lightly. Sprinkle with chili powder and garnish with cilantro.

# How Well Do You Know Your Country?

- Chad Kroeger is the front man of which band? What colour is "Wiarton Willie", the Canadian (
- SNvvnat colour is "Wiarton Willie", the Canadian Groundhog? What is the largest island in Canada?
- 4
- Which is Canada's newest territory?
- S Whose face is on the Canadian hundred-dollar bill?
- σ What object would you find people using to race with in Nanaimo, British Columbia? What is the name of the monster said to inhabit Lake Okanagan?
- 8 What is the name of the mountain on Baffin Island that contains earth's greatest
- Vertical drop (1,250 metres)?
- 9 10 Why have the Dutch given Ottawa tulip bulbs each year since 1946? There is a statue in Glendon, Alberta, honouring which staple of Eastern Europeon
- Cuisine? B ic i

# HOUSEHOLD HINTS

- . A handful of salt added to fire place flames produces a colourful glow, and helps Loosen soot and residue for easier cleanup.
- . and dishes. Let soak, and then wash. Salt, plus a little water, lifts away baked or burned on food and liquids from pans
- brewing. Enhance the flavor of coffee by adding a dash of salt in coffee water before
- cotton balls, then apply to eye area. To reduce puffiness around the eyes, mix a little salt with hot water; saturate
- Add a pinch of salt to a vase of cut flowers, and flowers will last longer. Loosen greasy food stains on carpet with a solution of salt and rubbing alcohol. Use salt
- . and water to remove deposits left in the vase once flowers are gone.
- . Soak poison ivy rash in warm saltwater to relieve itchiness
- 0 Sprinkle a little salt over salads to keep greens crisp.
- . soda and white vinegar. Pour down the drain, let soak, and then flush with Free bathroom sink drains of hair and soap residue with a mixture of salt, baking
- . Remove lipstick stains from glasses by rubbing the rims with salt before washing boiling water.

# Interested in Playing Volleyball?

way to get some exercise and the cost is only \$3.00 per person per night 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 For more information please contact: Rick @ 705-657-3600 There is a group that meets Mondays and Wednesday evenings



# It's a Part of Our History

13

to be known as Highway 507 and now County Road 507, made it easier to get to the lakes north of Flynn's which brought more people to the area. They were hunters, Windover's Landing The completion of what was at that time called the Government Road in 1950, later city. trappers, cottagers, seasonal tourists and those simply wanting to get away from the

the first few years of operation, 1950-1952 he catered mostly to people interested in these things. Two cottages were built and rented out through the hunting and fishing would rent the cottages. season when he would offer his services as a guide. In the summer months the tourists turned his property at the southwest end of Mississauga Lake, on what many know as Sawmill Bay, into a business. It was at this time that life-long resident of Cavendish Ward resident Don Windover Don had grown up hunting, trapping and fishing and in

along with a set of gas pumps. This was moved later to the lakefront and the basement area was used as an indoor boat slip, with the store upstairs and the gas pumps just utside. Parking, docking and boat rentals were also available at the Landing. In 1955 the Wendover's sold the landing to Allan and Vera Gould, Toronto residents In 1952, a small summer general store was built next to the entrance of the building

who had been Anstruther Lake cottagers for several years.





**Cavendish Branch Library** 

Trent Lakes **Public Library** 

during disruptions in April. Fi. During non library hours, access is always available outside of the buildings. Our apologizes to everyone who tried to access the internet at Cavendish Library

LIBBY is always available for e-books, e-audio books, and magazines with a valid

Trent Lakes library card. Both Trent Lakes Library branches offer free access to Wi-

July 2<sup>nd</sup>. To kick off Storytime, Trent Lakes Fire Department will attend.

Storytime will resume at Cavendish Library each Tuesday at 11:00 a.m. starting

To all the seasonal patrons – WELCOME BACK!

, and an wrow a row menginers. Some of as are even related to thefthi
Why are the firefighters so involved with this year's ride? Last year, Ontario became the 8 <sup>th</sup> province to recognize pancreatic cancer as an occupational disease in firefighters. This covers 12,000 full-time and more than 400 part-time professional firefighters, as well as nearly 19,000 volunteers (https://news.ontario.ca/en/release/1002778/ontario-expanding-cancer-coverage-for-firefighters). No
<b>The Firefighter Connection</b> Firefighters in Peterborough will be deeply involved with the riders this year, and some of them will accompany the cyclists as they leave town en route to Cavendish. They will also have a role to play at the end of the ride on the following weekend. And I'm sure you will see many of our Trent Lakes volunteers at the Cavendish rest stop.
continuing challenge of pancreatic cancer and encourage donations that will help Pancreatic Cancer Canada to fund research and provide services to patients and their caregivers.
<ul> <li>Alan Rickman (my all-time favourite actor), the permanently chilly ghost of Juliet Stevenson's boyfriend in Truly,</li> <li>This ride is intended to raise awareness of the</li> <li>Alan Rickman (my all-time favourite actor), the permanently chilly ghost of Juliet Stevenson's boyfriend in Truly,</li> <li>Madly, Deeply.</li> </ul>
<ul> <li>the specific cancer even in a close friend or</li> <li>relative. Unlike the situation for many other cancer</li> <li>Sally Ride (1<sup>st</sup> American woman in space), and</li> </ul>
ne pano pano forget
Celebrities We All Kne Pancreatic Ca
help them get to their first night's stop in Bancroft.
And, of course, we are all more than welcome to be at the Cavendish Community Centre to greet the riders as they take their rest stop on the first morning of the tour. Between 10 am and noon on Monday May 27, the nearly 30 core riders will be at the centre for refreshment and nourishment to
<ul> <li>donations are always welcome (pancreaticcancercanada.ca/7-days).</li> </ul>
<ul> <li>scouts are always needed to drive the next day's route just to confirm that no new and unexpected road work or other obstruction to safe cycling has suddenly appeared, and</li> </ul>
<ul><li>it may still be possible to participate in the support team that drives with the riders</li></ul>
<ul> <li>you might want to join the ride for 1 day's leg, in person or virtually</li> <li>perhaps taking part in a loop ride around Peterborough on the weekend at the end of the ride (June 1-2) would fit your schedule</li> </ul>
passion:
<b>How to Get Involved</b> It is probably too late to sign on for this year's full 7-day, 1,100-km, tour of cottage country (but check the Pancreatic Cancer Canada website [pancreaticcancercanada.ca/7-days], because you never know). It is a big challenge for the riders, but the veterans love it! So, if bicycling is <i>your</i>
Perhaps most exciting is that we can all get involved.
<b>What's Happening</b> On May 27, our fire hall and community centre will be the site of the second rest stop on a fundraising bicycle ride lasting 7 continuous days. This is a pretty big event in the fund- and awareness-raising world. (It's pretty big for bicyclists too!) The ultimate beneficiaries will be those among us who have pancreatic cancer or know people who currently have or have had this challenging diagnosis. This is the 13 <sup>th</sup> year for the ride, which has so far raised \$1.6 million.
significance (perhaps not even every decade). However, this month, we are going to be in a spotlight of sorts.
Cavendish Hits the Big Time (Be There or Be Square!)

Carla Salvador carla@carlasalvador.ca

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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.

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Address:

Postal Code:

Please make cheque payable to: Cavendish Culture and Recreation Committee

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



and 25 years as a Catchacoma/Mississagua Lake system cottager to work for you! Thinking of buying or selling? Put a lifetime of area experience

about. I am not just selling a property and building; I am selling a lifestyle that I enjoy and am extremely passionate

Big or small, water or road access, new or lifelong family showcase your property the way it deserves treasure - I have the knowledge and experience to

no obligation meeting to discuss your unique property, If you are thinking of selling, please contact me for a the current market trends and how I will showcase your property to its best potential.

Independently owned & operated. Not intended to solicit those currently under contract with a brokerage



RICK ASLING PLUMBING

Please be advised that no matter what you might read on

Google, Rick is still open for business

For all your plumbing need please call:

705-657-3600

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There is an answering machine but for best results please

call between 7 and 10 p.m. and talk to Rick.



Anne Marie Lake Jacob Ferguson BIRTHUXYS 17<sup>th</sup> 19<sup>th</sup> Hugh MacLellan Stephanie McPherson

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Kathy Warren Aiden Sawyers

> 22<sup>nd</sup> 21<sup>st</sup>

**Brent Robinson** Ken Warren 9<sup>th</sup>

**Kimberly Jase Asling** 

Xavier Nekkers-Doucette

5<sup>th</sup>

Kristen Neumann-Stephens

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Anderson Campbell

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AYS & ANNIVERSARIES!

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# If I had My Child to Raise Over Again

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I'd take my eyes off my watch, and watch with my eyes. I's run through more fields and gaze at more stars I would care to know less and know to care more. I would be firm less often and affirm much more I'd finger-paint more and point the finger less I'd build self-esteem first, and a house later. I's do less correcting and more connecting. I's stop playing serious and seriously play. "If I had my child to raise all over again I'd teach less about the love of power, I'd take more hikes and fly more kites and more about the power of love."

#### North Kawartha and Program Resumes April 9 **Trent Lakes** Well Water Sampling

# Spring Melt Brings Higher Risk for Bacterial Contamination in Well Water

offices. of Trent Lakes. The program offers free sample collection kit pick-up and sample drop-off through these municipal Well water sampling drop off program resumes Tuesday, April 9 in the Township of North Kawartha and the Municipality

Beginning Tuesday, April 9, 2024, water samples can be dropped off at,

- 9:00 a.m. and 10:00 a.m. and North Kawartha Municipal Office located at 280 Burleigh Street, Apsley, ON, Tuesdays and Thursdays between
- 8:30 a.m. and 10:00 a.m Trent Lakes Municipal Office located at 760 County Road 36, Trent Lakes, ON, Tuesday and Thursdays between

.

Samples are then couriered to the Public Health Ontario Lab in Peterborough for testing. Empty sample bottles can be picked up any time during regular business hours.

Well water testing is recommended twice a year, Spring and Fall. The samples are tested for two types of bacterial contamination: total coliforms and *E. coli*. Anyone can become ill if they consume contaminated water, but young people, older adults, and immuno-compromised individuals are at higher risk.

place it in a fridge until collected by the courier. included with each kit. Filled sample bottles should be delivered to the front desk at the municipal office. Staff will then processed in a timely manner. Residents are encouraged to carefully read the sampling and collection instructions Samples must be dropped off to the municipal offices within 24 hours of collection to ensure they reach the lab and are

Water samples can also be dropped off at the following locations:

- between 8:30 a.m. and 4:30 p.m. Havelock-Belmont-Methuen Township Office, 1 Ottawa Street, Havelock, from Monday through Thursday
- Peterborough Public Health, 185 King Street, Peterborough, between 8:30 a.m. and 4:30 p.m. Monday through
- Public Health Ontario Laboratory, 99 Hospital Drive weekdays between the hours of 8:30 a.m. and 4:30 p.m. Thursday, and from 8:30 a.m. to 12 noon on Fridays.

ext. 232, for more information. 877-723-3426. If you have questions about your test results, please call the PPH Safe Water Program at 705-743-1000 Residents will receive water quality results by mail or can call Public Health Ontario's Interactive Voice Response at 1-

#### Priority List

The six most important words in the English language: "I admit I made a mistake

- The five most important words: "You did a good job." four most important words: "What is your opinion?"
- The
- The three most important words: "If you please.
- The two most important words: "Thanks you."
- The
- The one most important word: "we." one least important word: "l."

We want Your natural corks!

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1/1 die

Survivors Abreast

their cork collection program to our team as Bridgenorth has offered the s. thrilled that The Survivors **Abreast Dragon Boat team** a fundraiser! Village Wine Shoppe in proceeds from

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

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

Please drop your corks off at these locations:

FRONS

200

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

OR, if you know a Survivors Abreast paddler,

paddler, give them your corks!

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

Thank you for your support!

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

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



#### Gardening Tips

13

- Fertilize and weed your lawns
- Prune and plant rose bushes
- Plant flowering annuals the last week of May
- Plant evergreen hedges and container-grown shrubs
- Plant Holland spring bulbs.
- Plant new and divide old perennials
- the appropriate chosen locations. Fill outdoor containers and baskets with fresh potting soil and suitable plants for
- Sow new lawn until the end of the month. Check your roses, trees and shrubs for any pests and spray if necessary



# It happened this Month....

- May 2<sup>nd</sup>, 1670 The Hudson's Bay Company is founded when King Charles!! Grants a charter to his cousin Prince Rupert and several partners. The company was granted wide powers, including exclusive trading rights in the territory traversed charter to his cousin Prince Rupert and several partners. by rivers flowing into Hudson Bay. Part of this vast region, named Rupert's
- Land, would eventually become Manitoba. 1796 explorer William Cormack was born
- May 5<sup>th</sup>, May 8<sup>th</sup>, 1982 - Auto racer Giles Villeneuve is killed in a qualifying session for the Grand Prix of Belgium, following a collision with another car at a speed of 225km/h. Villeneuve was Canada's finest high-speed racer of the time
- May 11<sup>th</sup>, May 14th -19153 - Tom Cochrane, the popular Canadian singer-songwriter, is born in 1918 author Sheila Burnford was born
- Lynn Lake, Manitoba, a community of approximately 675 residents
- May 17<sup>th</sup>, May 21<sup>st</sup>, 1939 - politician Gordon O'Connor was born
- 1988 -1988 – The new National Gallery of Canada, designed by famous architect Moshe Safdie, officially opens in Ottawa

- May 24<sup>th</sup>, 1900 athlete and politician Li9nel Conacher was born May 27<sup>th</sup>, 1893 The Ontario government creates Algonquin Park, Canada's first provincial park. Covering 7,630 square kilometres across the southern edge of the Canadian Shield, between Georgian Bay and the Ottawa River, the park consists mainly of Precambrian granites smoothed and gouged by ice sheets that receded ten thousand years ago.

- May 30<sup>th</sup>, 1890 physicist John Stuart Foster was born.

### Gardeners Needed!

Cavendish Community Centre is looking for some help with keeping the garden weeded and watered. If you have some time to spare please give Pat a call, she would love to hear from you! If you enjoy gardening we could use your help. 705-657-7373 The gardening group at the



#### **Fire Prevention**

help address some of the leading causes of home fires in Ontario. The best way to stay fire safe is to prevent fires from starting. Here are some tips to

many **Smoking Safety** Smoking is the number one cause of fatal home fires in Ontario. Alcohol is a factor in smoking-related fires.

- Be alert when smoking you will not be alert if you are sleepy or have consumed alcohol, drugs or medicine that makes you drowsy To prevent smoking fires:
- Never smoke in bed
- Encourage smokers to smoke outside, including outside the garage
- Check behind chair and sofa cushions for cigarette butts before going to bed if
- people have been smoking in your home
- Use large, deep ashtrays that cannot be knocked over
- . Do not extinguish cigarettes in plant pots, which may contain a mixture of peat Empty sashes into a metal container, not a garbage can, and keep it outside
- moss, shredded wood and bark that can easily ignite

### Safe Outdoor Burning Tips

- the yard and wood waste to a landfill site. Compost rather than burn – if composting is not a feasible option, consider taking
- Obtain a burn permit from the municipality follow the regulations
- Keep your fire small
- Keep burning piles at least two metres from other flammable materials
- extinguish it before leaving the site. If you start a fire outdoors, you must tend the fire, keep it under control and
- is contained in an incinerator. A responsible adult must always be present to tend the fire, at all times, even if it
- . Keep adequate tools and water on hand to control the fire if it begins to spread
- . If you start a fire, you are responsible for putting it out
- Soak hot coals thoroughly, stir them until they are cold to the touch



After May 24<sup>th</sup>, please call 705-657-3807 for more information

are welcome and new players are encouraged to come out and learn

at the Cavendish Community Centre.

All skill levels

Starting in July, we will be playing bridge each Wednesday from

Bridge

the

game.

1:00 to

3:30 p.m.

TRENT LAKES RE RESCU



12/24

luke\_cadi@hotmail.com

Luke Cadigan

705-977-3660

**L**MM

MOBILE MOBILE

SERVICE

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SHRINK

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## Dates to Think About

1st May Day

3rd national Sun Day

4th Herb Day

5<sup>th</sup> Red Dress Day

514 11th – International Compost Awareness Week

111

International Migratory Bird Day

12<sup>th</sup> 12<sup>th</sup> 18th – National Invasive Species Action Week Mother's Day

18<sup>th</sup> International Astronomy Day

20<sup>th</sup> – Happy World Bee Day

Victoria Day

23<sup>rd</sup> – Full Flower Moon

#### Erosion

a hazard when it poses a threat to people, property or the environment Erosion is a natural process that happens along shorelines, embankments, rock formations, and when runoff from heavy rain carries away the top layers of soil. It's only

Several factors affect the pace of erosion:

- . causing slope instability or failure Heavy rainfall can carry topsoil down embankments, slopes and valley walls
- Human activity, such as building, digging and removing vegetation
- . Residential and industrial development in vulnerable areas, such as lakefronts river lots and ravines

#### Safety Tips

be aware of your surroundings and stay in marked camp sites and trails Keep yourself and family away from steep and unstable slopes. IF camping or hiking,

- . Ensure that there's enough erosion protection along a slope, valley or watercourse – such as grass and shrubs
- Don't install pools or build structures that weaken the roots of vegetation or put pressure on a slope.
- Discourage children and pets from sliding down or climbing a slope.
- Don't throw compost, leaves, gardening debris or garbage into a ravine. groundwater from draining. This can weaken the slope, causing it to fail material plugs the natural drainage outlets on the face of the slope and prevents This

#### Prepare now

Take the following steps so you and your family are prepared in the event of erosion:

- Establish good vegetative cover on sloped areas of your property
- If the surface runoff is significant from rainfall or spring thaw, and the flow is
- rapid, use rip rap to strengthen sloped areas
- Avoid disturbing natural erosion controls and natural drainage patterns

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## SENIOR HEALTH RECOVERY

lost capacities such as strength or endurance. standing gentle exercise regimes, we can work towards maintaining our present levels of endurance and flexibility. These low impact workout regimes can also help us regain Many of us lose mobility or balance as we age. Using a series of both seated and

a.m. at the Cavendish Community Centre will help give us improved energy, selfloose fitting clothes and bring water for needed hydration. confidence and better overall health. You WIL work! Starting in July, classes on Tuesday and Thursday mornings from 10:00 until 11:30 No special equipment is required but please wear This is not a silver bullet.

After May 24th, please call 705-657-3807 for more information



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our Blood Pressure volunteer Nurse Carol, will be offering Blood Pressure Checks!

## **Answers to Puzzling Times**



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### How well do you Know Your Country? Answers

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- White/albino
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- Baffin Island
- Nunavut

4

- Robert Borden
- S Bathtub
- σ
- 00 7. Ogopogo
- 9 For protecting the Dutch Royal Family during WW11 Mount Thor
- 10 Perogy





and then become very warm. Once again we can expect to have a storm for the 19<sup>th</sup> and the 21<sup>st</sup>. The following week we will see temperature above average with strong storms on the 2th of the month. The month will end with seasonable weather and clear thunderstorms for the 9th and 13th. skies. week. month will start with seasonable weather and light rain showers for most of the k. Above average temperature are expected for the 8<sup>th</sup> to te 14<sup>th</sup> with possible iderstorms for the 9<sup>th</sup> and 13<sup>th</sup>. The next week will start out with seasonable weather

CHACOMA

Serving Cottagers & Community

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FULL SERVICE MARINA

**CONVENIENCE STORE** 

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Do you Enjoy Gardening?



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tor a garden. be happy to share the work and the produce from the I need help with the planting and maintenance. Like to grow vegetables but just don't have the space garden? I have the garden but little experience, Would

If interested please contact Rick @ 705-657-3600



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







191.777 (C. 1910) (C. 1910	EMERGENCY NUMBER: 911 Police Non-Emergency 1-888-310-1122	EMERGEN		
		705-930-5159 705-657-1942 705-808-2353	Babysitters:Ethan HarranDesiree CallanClover ParentPet Sitting:	
	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	<b>19 Ext. 301 or 1-70</b> or by calling Trent Lak	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 @ 705-7	
		to 12 noon April 14 <sup>th</sup> : Saturday 8- S Day, Family Day & E	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	~ ~ ~ ~
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	705-657-9128 705-657-2573	Greg Harper Jamie Langer	Gold Lake Road Association Ratty's Narrows Road	
			Greens Lake	~ .
	mglakeroadgroup.com	Katie Tingley	Mississagua –Gold Lake Road Beaver Cavendich Bottle & McCinnic	
	carolt@golden.net	Carol Thomson	Mississagua District	
	pstenton@ryerson.ca	Paul Stenton	Picard Lake	-
	rmackey@hell net	Bir Markey	Cottage Association Presidents	
	sey 1-416-264-4601		Vice President	~
		Gary Jarosz	President	
	<u></u> :	ation Inc. (C.C.R.A.	Cavendish Ratepayers Association Inc. (C.C.R.A.I.):	0
	705-657-2743	Molly Cadigan	King Sports Pad – Rink	-
	705-657-8912 kathy507@yahoo.ca	Katherine Warren	Cavendish Youth Group	0
	705-768-3590 https://tlocfoodbank.wordpress.com/	ank	Trent Lakes Outreach Centre-foodban	
	705-657-1192 or 705-657-8912	Sue Warren	Helen Bowen Branch Library	-
	705-657-8912 kathy507@yahoo.ca	Katherine Warren	507 Express – Editor	un d
	705-657-1192 705-657-8912 kathv507@vahoo.ca	Katherine Warren	Cavendish Community Centre CCC Rental Inquiries and Bookings	0 0
	705-657-8912 kathy507@yahoo.ca	Katherine Warren	<b>Cavendish Culture and Recreation</b>	0
			<b>Community Service Contacts:</b>	0
		Don & Blaine	Cavendish Transfer Station	0
	1-705-738-3800 ext. 221 EGrieger@trentlakes.ca	Evan Grieger Barhara Waldron	Roads Superintendent Chief Building Official	ת ר
	1-705-738-3800 ext. 230	Shaun Moore	Deputy Fire Chief	
		Steve Brockbank	Fire Chief	
		www.trentlakes.ca	Municipal Website	2 :
	11 1 705-738-3800 or 1-800-374-4009	fax: 1-705-738-3801	Municipal Service Contacts: Municipal Office	2 2
	Regular Council and Planning meetings are held Tuesdays, 1:00 p.m. @ the Municipal Office	etings are held Tuesd	Regular Council and Planning me	I.
		John Braybrook		0
	pfranzer	Peter Franzen		0
	705-731-9410 icadigan@trentlakes.ca	Joe Cadigan	Councillor –Galway Cavendish	0 0
	705-927-4968 tlambshead@trentlakes.ca	Carol Armstrong	Mayor Deputy Mayor	כ כ
			Trent Lakes Municipal Council:	
	ntact Information	Cavendish Key Contact Information		
		Annualisk Vou Co		

Ontario Hydro: 1-800-434-1235

Plant Sale	31 Games Night	30 Euchre Scrabble Night	29 Library 10-4 Tiny Tots ,	28 Youth Group	27 Art Group	26
25 Library 10-4 Games Night	24	23 Euchre Scrabble Night	22 Library 10-4 Tiny Tots	21 Youth Group	20	19
18 Library 10-4 Games Night	71	16 Euchre Scrabble Night	15 Library 10-4 Tiny Tots	14 Youth Group	13 Art Group	12
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Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

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