

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:

- Seasonal Job Available
- Smoke Free Ontario Act
- Mpox vaccines
- Carbon Monoxide
- Chili Champs

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

Paddy and Mick get a pilot to fly them to Canada to hunt moose. They bag Four. As Paddy and Mike start loading the plane for the return trip the Pilot says: "The plane can only take two of those." The two lads object Strongly. "Last year we shot four, and the pilot let us put them all on board; He had the same plane as yours."

Reluctantly, the pilot gives in and all four are loaded. However, even with full power, the little plane can't handle the load and down it goes and crashes in the middle of nowhere. A few moments later, climbing out of the wreckage, Paddy asks Mick, "Any idea where we are?" "I think we're pretty close to where we crashed last year," says Mick.

Paddy and Mick find three grenades, so they decide to take them to the Police station.

Mick: "What if one explodes before we get there?"

Paddy: "We'll lie and say we only found two."

May you live a long life full of gladness and health,
with a pocket full of gold as the least of you wealth.

May the dreams you hold dearest, be those which come true,
the kindness you spread, keep returning to you.



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

Are You Interested in Becoming a Volunteer?

Volunteering can be a very rewarding experience – whether you are volunteering at a school breakfast program – making friendly phone calls for community care – flooding your local rink or helping out with community events. It's a great feeling to be helping someone else - being out with neighbors – getting to know the people in your community.

Schools and Nursing homes are always looking for volunteers, our local Community Policing Service has not been operating – partly to do with Covid-19 but also due to a need for more volunteers. The Trent Lakes Fire Department also has a need for dedicated volunteers.

We here at the Cavendish Community Centre are also always happy to see volunteers. There is always way to help – watering gardens during the nicer months of the year, helping with decorating for various holidays, setting up for events, helping with flea markets, bake sales, fund raising eventsthe list goes on.

We have a committee that oversees events and activities at the community centre known as the Cavendish Culture and Recreation Committee. New members are always welcome...new ideas are welcome whether you sit on the committee or not. You also don't have to be a member to just come out and volunteers for an hour or two. Our fundraising events help us to support such things as the "507 Express" and lets us contribute to events like Halloween and Christmas Pot Luck parties and Family Day celebrations.

The next Culture and Recreation Committee meeting will be on Wednesday, March 22nd starting at 7 p.m. and guests are always welcome.

Progressive Euchre



Every Thursday Afternoon

1:00 pm until 3:30 pm

**Cavendish Community Centre
18 Community Complex Drive,
County Road 507, Ontario
Tel: (705) 657-1192**

\$5.00 per person

It's a Part of Our History

Wagar's Point / Catchacoma Landing Con't

Gary Faulkner bought Wagar's Point in 1977 and he kept the business for several years, changing its name to Catchacoma Landing. In the late 1980's he sold the Landing to Ontario Land surveyor, T.S. Fluke. It changed hands several times after that and while it was owned by Grant Garrod and his wife the marina burned to the ground once again.

Up until 1992, the buildings surrounding the main structure were just shells. Turning Catchacoma Landing back into a viable business required a lot of hard work but the new owners the Krajc family was certainly up to the challenge. Like the Wagar's before them they were determined to get it up and running and with each year they made at least one improvement to the business. Despite the winter weather, increasing taxes and the many other challenges faced by seasonal businesses, they managed to succeed.

They decided early on to get out of the boat and motor repair business and converted the building into a restaurant. They leased out the business for several years and it was known as "The Loon's Nest". They then took over the restaurant themselves and renamed it "The Leaping Lizard"

Several years later the Krajc Family made the very difficult decision to sell the marina and so ends the property known as Catchacoma Landing or for those who have been around much longer on the lakes – Wagar's Point.

Spring Cleaning Time!

It's hard to believe I know, especially with the snow that keeps falling, but spring is just a few days away. Before you know it March 20th will be upon us. This is the time of year when many of us decide it's time to clean out the attic, shed, closets, basement and the kitchen cupboards. When you do get around to doing your spring cleaning please keep in mind that the Cavendish Community Centre has a yard sale every summer and they are always happy to take your unwanted treasures. They just ask that you not drop off mattresses, couches, and computers.

Proceeds from their fundraising events help to support such things as the 507 Express – your donations will be greatly appreciated. They accept donations throughout the year – they can be dropped off during library hours or by contacting Kathy Warren.



Cavendish Chili Champ

We never know how many entries we will have in our chili cook-off but you can be sure that no matter what the entries are always delicious. This year we had only two entries and they made it very difficult for those doing the taste testing to decide which one was the best. They were both outstanding in their own right, with completely different flavoring.

This year's Chili Champ was Ken Warren and in second place we had Molly Cadigan. Congratulations to you both and thanks to all of our taste testers. The chili was enjoyed by all, whether it be in a bowl or on a hotdog.

A special thanks to the Cavendish Youth Group for providing the hotdogs, marshmallows, drinks and sweets for our Family Day Celebration.



Dates to remember:

- March 1st 6:30 to 8 p.m. ...Virtual Information Night – Learn more about Ontario Youth Apprenticeship Program. Registration is now open!T.A.S.
- March 10th to March 17th – School break – all schools
- March 21st – International Day for the elimination of racial Discrimination.
- March 23rd ...5 p.m. to 7 p.m. – parent Teacher InterviewsT.A.S.

You can schedule your interviews online.

We are very lucky to have some great volunteers in our community. We would like to give thanks to: Bryan Carroll for all of the work he has put in over the winter on the ice at the community centre, Rick Asling for his help with our bottle depot, and Sue Warren for cooking pancakes and sausages for us on Pancake Tuesday – dinner was delicious.



Ontario

Driving Near Emergency Vehicles

Types of emergency vehicles:

- Police cars
- Fire trucks
- Ambulances
- Tow trucks

You can be charged if you don't slow down or move over for emergency vehicles or tow trucks that are stopped with sirens or lights flashing.

When an emergency vehicles approaches follow these steps to allow the vehicle to pass by:

1. Slow down.
2. Signal
3. Move to the right side of the road, clear of any intersection
4. Stop.

When the emergency vehicle has passed, check to make sure the way is clear and signal before merging back into traffic.

Penalties: Drivers can be charged if they do not slow down or move over when it is safe to do so. Drivers can face the following penalties:

First Offence:

- Fines from \$400 to \$2,000
- 3 demerit points if convicted
- Possible suspension of driver's licence for up to 2 years

Subsequent offences (within 5 years)

- Fines ranging from \$1,000 to \$4,000
- 3 demerit points if convicted
- Possible jail time of up to 6 months
- Possible suspension of driver's licence for up to 2 years

It is also illegal to follow within 150 metres of a fire vehicle or ambulance reporting to a call.

BIRTHDAYS & ANNIVERSARIES!



BIRTHDAYS THIS MONTH

2nd Sean Hawkins
6th Caroline Hay
7th Mckayla Major
9th Kim Eveleigh
Scott Asling
10th Evelyn Neumann
Bryan Carroll
12th Deborah Pageot
Kim Lambshead
13th Dylan Forgie
Ryan Stupavsky
Don Mackay
14th Caedman Shepski
16th Ginny Crowe
Finlay Peeters
17th Jackie Kukemueller
Stefanie Bourke
Stefanie Newmann

20th Georgina Windover
Dylan Goddard
21st Marylou Bowles
22nd William Woldock
23rd Gerrit Kukemueller
Joe Cadigan
Patrick Connell
24th Joe Mullen
Shane Watson
25th Rebecca Orbto
26th Gideon Botting
Lucas Eveleigh
28th Michelle Geverink
29th Julia Sawyers
31st Rachel O'Heron



Happy Anniversary

20th Bobbi & Ira Robertson
29th Gail & Don Mackay

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

March Store Hours:

Monday - Saturday

9AM - 4PM

Open Sundays when

Snowmobile Trails

Are officially Open

Customer Service is #1!

- Burning and pilot light flames are yellow/orange, not blue
- Pilot light on the furnace or water heater goes out
- Chalky white powder or soot build up occurs around exhaust vent or chimney.

How Can I protect Myself and my Family?

- Regularly maintained appliances that are properly ventilated should not produce hazardous levels of carbon monoxide
- Have a qualified service professional inspect your fuel burning appliance(s) at least once per year.
- Have your chimney inspected and cleaned every year by a W.E.T.T. certified professional.
- Be sure your carbon monoxide alarm has been certified to the Canadian Standard Association (CSA) CAN/CGA 6.19 standard or the Underwriters Laboratories (UL) 2034 standard.
- Install a carbon monoxide alarm in or near the sleeping area(s) of the home.
- Install the carbon monoxide alarms(s) in accordance with the manufacturer's instructions.

What Should I Do if my Carbon Monoxide Alarm Starts Beeping?

ALWAYS REACT TO A CARBON MONOXIDE ALARM THAT HAS ALARMED! GET OUT OF YOUR HOME AND CONTACT YOUR LOCAL FIRE DEPARTMENT FOR ASSISTANCE.

To Keep Safe Please Remember:

You have a responsibility to know about the dangers of carbon monoxide. Your knowledge and actions may save lives.

A carbon monoxide alarm is a good second line of defense. It is not a substitute for the proper care and maintenance of your fuel burning appliance(s). Take the time to learn about the use of carbon monoxide alarms in your home to ensure you are using the equipment properly and effectively.

Where To Install A Carbon Monoxide Alarm

Since carbon monoxide moves freely in the air, the suggested location is in or as near as possible to sleeping areas of the home. The human body is most vulnerable to the effects of carbon monoxide during sleeping hours. To work properly the unit must not be blocked by furniture or draperies. Carbon Monoxide is virtually the same weight as air and therefore the alarm protects you in a high or low location.

For maximum protection, a carbon monoxide alarm should be located outside primary sleeping areas, in sleeping areas and in each level of your home.

Where NOT to Install a CO Alarm

Some locations may interfere with the proper operation of the alarm and may cause false alarms or trouble signals.

CO alarms should not be installed in the following locations:

- Where the temperature may drop below 4.4o C (40oF) or exceed 37.8oC (100oF).
- Near paint thinner fumes or household cleaning products. Ensure proper ventilation when using these types of chemicals.
- Within 1.5m (5 feet) of any cooking or open flame appliances such as furnaces, stoves and fireplaces.
- In exhaust streams from gas engines, vents, flues or chimneys.
- Do not place in close proximity to an automobile exhaust pipe; this will damage the alarm.

Maintenance

Test your carbon monoxide alarm regularly to make sure it is operating properly. The owner's manual should tell you how to test your alarm. Remember to check the manual for information on when to buy a

If you have any questions regarding CO safety, please contact your local fire department.

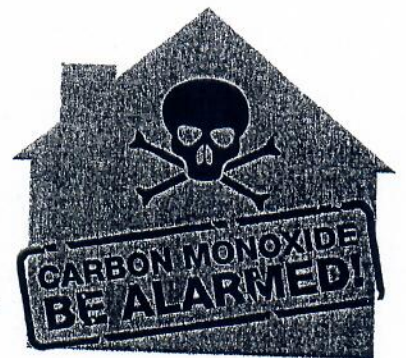
Snowman Building Contest

Don't forget to send us a picture of this year's snowman. Remember to include the dimensions as well. You can drop them off at the Cavendish Library or email them to kathy507@yahoo.ca





Carbon Monoxide



Quick Facts

- More than 50 people die each year from carbon monoxide poisoning in Canada, including 11 on average in Ontario.
- Bill 77, an Act to Proclaim Carbon Monoxide Awareness Week and to amend the Fire Protection and Prevention Act, 1997, received royal assent in December 2013.
- The first Carbon Monoxide Awareness Week will take place November 1-8, 2014.
- The Ontario Building Code requires the installation of carbon monoxide alarms in homes and other residential buildings built after 2001.

Why Should I Care About Carbon Monoxide?

It Kills.

Many Canadians die every year from carbon monoxide poisoning in their own homes, most of them while sleeping.

It Injures.

Hundreds of Canadians are hospitalized every year from carbon monoxide poisoning, many of whom are permanently disabled. Everyone is at Risk - 88% of all homes have something that poses a carbon monoxide threat.

Carbon Monoxide is a colourless, odourless, tasteless, toxic gas that enters the body through the lungs during the normal breathing process. It replaces oxygen in the blood and prevents the flow of oxygen to the heart, brain and other vital organs.

Where does Carbon Monoxide Come From?

Produced when carbon-based fuels are incompletely burned such as:

- Wood
- Propane
- Natural Gas
- Heating Oil
- Coal
- Kerosene
- Charcoal
- Gasoline

What Are the Main Sources of Carbon Monoxide in my Home?

Wood burning/gas stoves, gas refrigerators, gasoline engines, kerosene heaters and others.

How Can I Tell if There is a Carbon Monoxide Leak in my Home?

- Headache, nausea, burning eyes, fainting, confusion, drowsiness.
- Often mistaken for common ailments like the flu
- Symptoms improve when away from the home for a period of time
- Symptoms experienced by more than one member of the household.
- Continued exposure to higher levels may result in unconscious, brain damage and death.
- The elderly, children and people with heart or respiratory conditions may be particularly sensitive to carbon monoxide.

Environment

- Air feels stale/stuffy
- Excessive moisture on windows or walls
- Sharp penetrating odour or smell of gas when furnace or other fuel burning appliance turns on.

Mpox Vaccines Available for Eligible Residents

Eligible Individuals Can Book an Appointment to Receive a 2-Dose Series

Peterborough Public Health is reminding eligible residents who are at-risk of contracting Mpox (formerly known as monkeypox) to complete their 2-dose vaccination series of Imvamune®.

"We are cautioning residents that the risk of contracting Mpox is a bit higher after a recent outbreak in Toronto this past month," said Dr. Thomas Piggott, Medical Officer of Health. "While our region has not seen a case since July 2022, we want to ensure residents who are at higher risk of contracting Mpox are vaccinated to provide themselves with the best protection."

Mpox is a virus that is spread by close and prolonged contact with a person or animal that has Mpox, or with contaminated materials (e.g., clothing, bedding). At this time, Mpox has spread mostly between people who have had close/intimate or sexual contact with a person who has the virus.

Residents who are part of the at-risk population are asked to remain vigilant for symptoms and take precautions to prevent infection. The Imvamune® vaccine is available as pre and post exposure prophylaxis. **Residents who are eligible for the 2-dose vaccine series as a pre-exposure prophylaxis include,**

- Two-spirit, non-binary, transgender, cisgender, intersex, or gender-queer individuals (18+) who self-identify or have sexual partners who self-identify as belonging to the gay, bisexual, pansexual, and other men who have sex with men (gbMSM) community AND at least one of the following:
 - Had a confirmed sexually transmitted infection within the last year
 - Have or are planning to have two or more sexual partners or are in a relationship where at least one of the partners may have other sexual partners
 - Have attended venues for sexual contact (i.e., bath houses, sex clubs) recently or may be planning to, or who work/volunteer in these settings
 - Have had anonymous sex (e.g., using hookup apps) recently or may be planning to
 - Are a sexual contact of an individual who engages in sex work
- Individuals who self-identify as engaging in sex work or are planning to, regardless of self-identified sex or gender.
- Household and/or sexual contacts of people who are eligible for pre-exposure vaccination– listed above AND who are moderately to severely immunocompromised or pregnant.

Eligible residents can book an appointment for the Imvamune® vaccine by calling 705-743-1000, ext. 331

Residents who present with symptoms or believe they have been exposed to Mpox should reach out to their healthcare provider for guidance. The vaccine is available to some residents who present with symptoms following the recommendation of their healthcare provider. Symptoms typically appear within 5-21 days after exposure and include,

- A rash or blisters (lesions)
- Swollen lymph nodes
- Fever and chills
- Muscle aches
- Headaches
- Exhaustion

For more information about MPOX and booking a vaccine appointment please visit <http://www.peterboroughpublichealth.ca/your-health/mpox/>

McIntyre Electric

Residential/Commercial Industrial

705.930.8216

 Licence No.
7003801
www.peterborough.ca

Puzzling Times

ACROSS

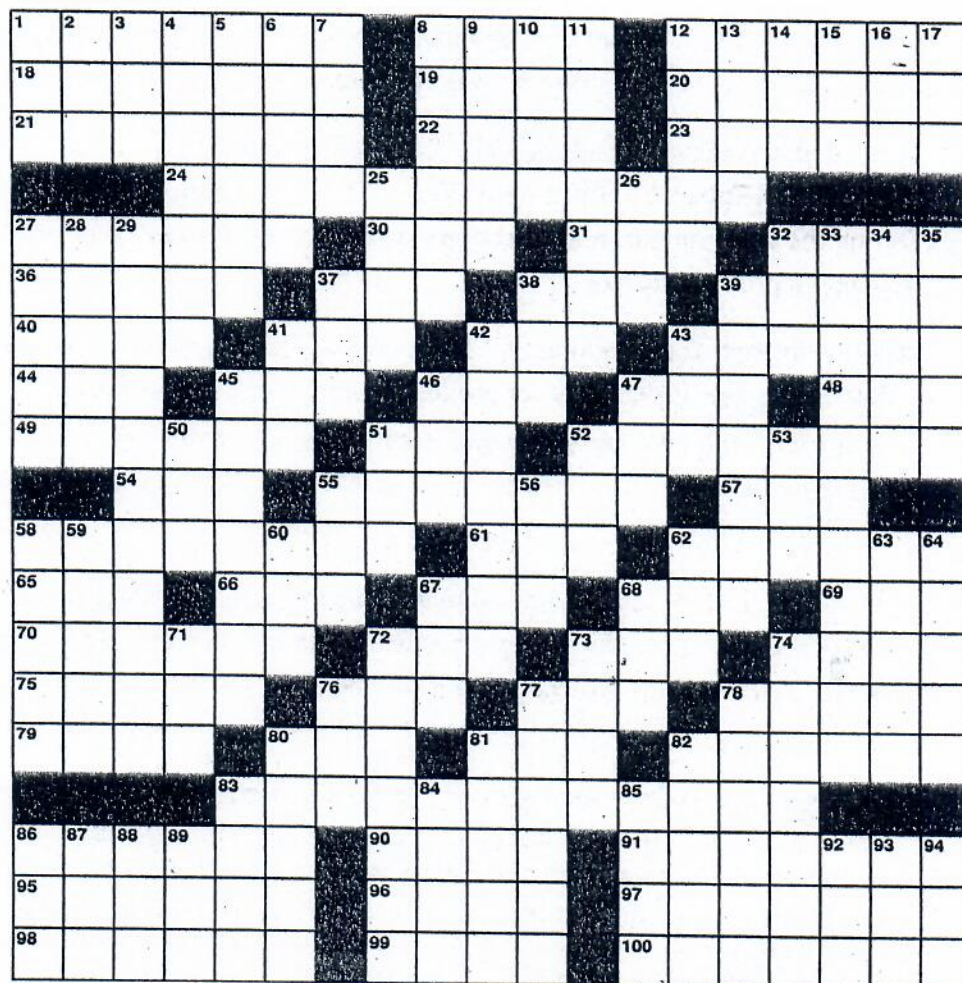
- 1 "Ici _ francais"
- 8 Wild goat
- 12 Miz Lillian
- 18 Evening parties
- 19 "Dies _"
- 20 Rib of a Gothic vault
- 21 Occasionally
- 22 Coin of Turkey
- 23 _-Lorraine
- 24 Evasive people
- 27 Possessions
- 30 French article
- 31 Princess of Battenberg
- 32 Like a Cecil B. De Mille film
- 36 Roman roads
- 37 T-man
- 38 Temper
- 39 Cubic measure
- 40 Sun. talks
- 41 Mr. Mack
- 42 Businesses: abbr.
- 43 Was merciful
- 44 Grant's foe
- 45 "Where the Boys _"
- 46 Took the cake
- 47 Golf prop
- 48 Like: suffix
- 49 Verdi opera
- 51 Lawyer's group
- 52 Not yet used
- 54 Danson film
- 55 Hanging gem
- 57 Malay isthmus
- 58 Coiled
- 61 Grow
- 62 Walter of the Bears
- 65 High mountain
- 66 Conjunction
- 67 Freud subject
- 68 Damage
- 69 Guido's note
- 70 Passes out
- 72 Donkey, to Gigi
- 73 After simple or single
- 74 Awake
- 75 "_ Nous" (1983 film)
- 76 Building addition
- 77 Capp's Marryin' _
- 78 Animate
- 79 Kind of bean
- 80 Address abbr.
- 81 Feedbag tidbit
- 82 Seasonings
- 83 Of shorthand
- 86 Memory
- 90 Irishman
- 91 Absorbent diaper-covering
- 95 Roma's site
- 96 Rare person
- 97 Matadors
- 98 Tribal symbols

- 99 _ job
- 100 Liquid hydrocarbon

DOWN

- 1 Explorer Johnson
- 2 "... she loves me _"
- 3 Casino's _ boss
- 4 Those who respond to alarm clocks
- 5 Sends payment
- 6 Yorkshire city
- 7 Actual being
- 8 On an angle
- 9 Cardinal fire sign
- 10 "The _ That Once Through Tara' Halls" (Moore)
- 11 Harvesters
- 12 Schumann's wife
- 13 Is unwell
- 14 Legal point
- 15 Refrain sound
- 16 Inserted: abbr.
- 17 Arikara
- 25 Winter coaster
- 26 Chemical suffix
- 27 Usher's beat
- 28 Longhorn
- 29 Godsend
- 32 Greek letter
- 33 Itinerant
- 34 One of the Horae
- 35 Surrendered possession
- 37 Charge
- 38 Particle
- 39 _ of the House
- 41 Before angle or pod
- 42 Firewood measure
- 43 Matched grouping
- 45 Somewhat slow, to Muti
- 46 Ashen
- 47 Blasting letters
- 50 Bern's river
- 51 "The Burning _" (Fawcett TV-movie)
- 52 Before deux
- 53 Be nosy
- 55 _ annum
- 56 Of former times
- 58 Umpires' decisions
- 59 Texas city
- 60 _ Gatos
- 62 Go for the gold
- 63 _ drab
- 64 Nostrils
- 67 Blow up: abbr.

- 68 Family member
- 71 FDR's "Blue Eagle"
- 72 Capital of Orne
- 73 So long
- 74 City _
- 76 "The _ of St. Agnes"
- 77 "No Exit" author
- 78 Buzzing place
- 80 Brother of Prometheus
- 81 Eyes
- 82 Film
- 83 Thin
- 84 Daughter of Anius
- 85 Attention-getting sounds
- 86 Musical term: abbr.
- 87 Letters for DDE
- 88 Spiteful woman
- 89 Bitter brew
- 92 Preceding, poetically
- 93 Director Howard
- 94 Compass letters



Each of these cryptograms is a message in substitution code. Solve the puzzle.

1. Sculptor's tool 21 29 42 35 7 48
2. Pine substance 24 4 31 44 8
3. Fathered 12 47 41 1 34
4. Parisian river 50 23 6 37 10

5. Periodic payment 28 27 11 3 19 33 17
6. Housecoat 46 13 38 22 5 15 25 32
7. Showing elegance 14 40 20 9 30 43 26 49
8. Unusual 39 2 16 18 36 45

1	2	3	4	5	6	7	8	9	10		11	12		13		14	15	16	17
	18	19	20	21	22	23	24		25	26	27		28	29	30		31	32	33
34	35		36	37		38	39	40	41	42	43	44	45		46	47	48	49	50

Peterborough Public Health Launches Smoke-Free Ontario Act Enforcement Campaign

Tobacco Enforcement Officers to Focus on Reducing Youth Access to Tobacco and Vaping Products, and Protecting Against Second-hand Smoke and Vapour

Peterborough Public Health (PPH), in collaboration with public health units across Central East Ontario, are stepping up tobacco enforcement efforts to ensure compliance with the Smoke-Free Ontario Act (SFOA).

The SFOA prohibits the sale of tobacco and vape products to anyone under the age of 19, restricts most flavours and high nicotine vape products to specialty stores, and prohibits the use of these products at schools and arenas, among other public places. Peterborough Public Health's enforcement efforts will focus on compliance of the sale of tobacco and vape products as well as protecting smoke-free spaces, with the intention of reducing access and exposure to second-hand smoke for youth in our community.

"The SFOA is designed to protect youth from accessing highly addictive tobacco and vape products, while at the same time, creating healthy spaces, free from second-hand smoke and vapour," said Julie Ingram, Manager of Environmental Health at PPH. "Despite the law, Tobacco Enforcement Officers (TEOs) are dealing with a surge in complaints and observing increased non-compliance for youth accessing flavoured, high nicotine vapes, and people smoking and vaping at local arenas."

The most recent data from the Canadian Student Tobacco and Drug Survey (2018-2019) noted that e-cigarette prevalence rates have doubled among students in 2018-19 compared to use observed in 2016-17.

This trend is observed locally as well. "In 2022, we issued 26 SFOA warning to students in local schools," said Katrina Ryall, Tobacco Enforcement Officer. "Of those warnings, 25 were for vaping in or on school property. During the same time frame, 10 charges were laid; 9 for vaping and only one for smoking – it's clear that youth vaping is a problem locally."

Nicotine impacts the development of the teenage brain, affecting learning, memory, and concentration. Some e-liquids or 'juice' used in vapour products contain as much nicotine as one pack of cigarettes. Evidence also shows that youth who vape are more likely to begin smoking cigarettes. Likewise, the research is clear that there is no safe level of exposure to second-hand smoke and vapour, making compliance with the SFOA even more important when it comes to protecting youth.

"The principle of this campaign is simple," said Ingram. "We want there to be compliance with the SFOA to protect youth from accessing these products, and ensure that everyone visiting an arena can do so without being exposed to harmful second-hand smoke and vapour. Kids walking into an arena should be focused on the sport they are about play - not be worried about the air they are breathing."

In addition to reducing exposure to second-hand smoke and vapour, the SFOA is designed to reduce the normalization of smoking and vaping to youth. Research has linked the likelihood of youth experimenting with tobacco and vapour products to children seeing their role models use these products. Making sure that parents and coaches are not smoking or vaping at arenas is important to prevent use among youth.

In a recent blitz of local arenas, 19 warnings were issued for adults smoking on the property, and 2 warnings were issued for vaping on the property.

PPH is advising all tobacco and vapour product retailers, and people at local arenas, that TEOs will be conducting compliance inspections to ensure the requirements under the Smoke-Free Ontario Act are being followed.

Smoking or vaping on or within 20m of a school or arena property can result in a \$305 charge.

Interested in Playing Volleyball?

There is a group that meets every Wednesday evening to play Volleyball at the Buckhorn Community Centre. They play from 7-9 p.m. and welcome anyone to come out and join them. This is a fun way to get some exercise and the cost is only \$2.00 per person per night.

For more information please contact: Rick @ 705-657-3600.

Recipe of the Month



Leasa Whalen

Chocolate Cheese Layered Bars

- 1/2 cup butter, softened
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 cup sugar
- 1 square (1 oz) unsweetened chocolate, melted
- 1 cup all-purpose flour
- 1/2 cup chopped pecans

Cheese Layer:

- 6 oz cream cheese, softened
- 1/4 cup sugar
- 2 tablespoons all-purpose flour
- 1/4 cup chopped pecans
- chips
- 3 cups miniature marshmallows
- 1/4 cup butter softened
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 cup semisweet chocolate

topping:

- 1/4 cup butter
- 1 square (1 oz) unsweetened chocolate
- 3 cups confectioners' sugar
- 2 oz cream cheese softened
- 2 tablespoons milk
- 1 teaspoon vanilla extract

In a mixing bowl, cream butter and sugar. Add eggs, chocolate and vanilla; mix well. Combine flour and baking powder; stir into chocolate mixture. Fold in pecans. Pour into greased 13x 9x2 inch baking pan. In a mixing bowl combine cream cheese and butter. Beat in the sugar, eggs, flour, and vanilla; mix well. Fold in pecans. Spread over chocolate layer; sprinkle with chips. Bake at 350 F. for 20-25 minutes or until edges pull away from the sides of the pan. Sprinkle with marshmallows; bake 2 minutes longer or until puffed. Spread evenly over cream cheese layer. Cool on wire rack. In a saucepan, combine first four topping ingredients cook and stir over low heat until smooth. Transfer to a mixing bowl. Add the confectioners' sugar and vanilla, beat until smooth. Spread over cooled bars.

Store in a refrigerator

Good Buy Room Thrift Store

Hours:

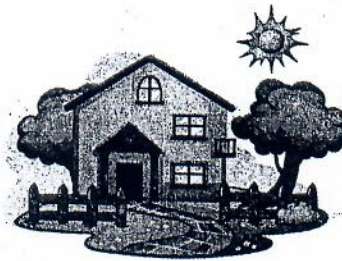
Thursday – Saturday

10am – 4 pm

Lakehurst Road

Buckhorn

(Below Buckhorn Library)



HOUSEHOLD HINTS

- Turn on your oven's self-cleaner immediately after you finished cooking. Doing this is more efficient as the oven doesn't have to be heated a second time.
- Before you pour paint into the paint tray cover it with a plastic bag or aluminum foil. When you are finished, throw away the lining...no mess to clean up!
- To touch up small spots where the paint has been scraped off improvise a brush by using a toothpick, stir stick for a drink or the non-sulfurous end of a match.
- Have trouble remembering the name of the paint you used in a particular room? Next time you are painting put the manufacturer and the paint name or number on the back of the light-switch plate.
- If you need to paint your stairs – paint every other step so that you can still use the stairs if necessary. After the first set has dried you can then paint the remainder.
- Deer repellent – stuff pantyhose with clippings of human or dog hair and hang them in your garden to ward off the deer.
- Preserve peppers by freezing them, just dice or chop them up and place into plastic bags. They are one of the few vegetables that don't need to be blanched.
- If you have trouble swallowing pills – prescription or non-prescription – chew a piece of banana thoroughly and swallow. The banana should help the pill to go down.
- Baking beets is the easiest and most nutritious way to cook them. Wrap each beet in aluminum foil and bake for 1 hour at 350°. The skins should slip right off ready to be eaten.
- Hard boiled eggs will peel easily if you boil them in salted water. Egg whites will whip up faster if you add a pinch of salt when beating them.

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.

507 EXPRESS SUBSCRIPTION

If you would like to receive the 507 Express at home or at another destination, please complete the attached form. The cost for this service is \$2.50 per month or \$30.00 per year.

Name: _____

Address: _____

Postal Code: _____ Phone Number: _____

I would like to receive the 507 Express starting _____ for _____ months.

Please make cheque payable to: Cavendish Culture & Recreation Committee

Mailing Address: Cavendish Culture & Recreation Committee

Attention: Tiffany Warren

32 Community Complex Drive,

Trent Lakes, Ontario

K0L 1J0

We want your natural corks!

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

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

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

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

Please drop your corks off at these locations:

The Village Wine Shoppe- 874 Ward St. Bridgenorth
The Wine Shoppe - 392 Brock St in Peterborough

LITTLE GULL MARINA

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



Thank you for your support!

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



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

It happened this Month....

- 1st, 1989 – The Canadian Space Agency is formed, later establishing its headquarters in St-Hubert, Quebec, near Montreal.
- 3rd, 1847 – Alexander Graham Bell is born.
- 6th, 1834 – The city of Toronto (formerly York) Upper Canada, is incorporated with an elected civic government led by the city's first mayor, William Mackenzie.
- 9th, 1976 – TV host Ben Mulroney was born.
- 13th, 1971 – Paul Rose is sentenced to life imprisonment for the murder of Quebec cabinet minister Pierre Laporte, whose body had been found in the trunk of a car.
- 16th, 1949 – Actor Victor Garber is born in London, Ontario. Known for his work in Godspell, Legally Blonde and Titanic.
- 20th, 1937 - singer Tommy Hunter was born.
- 24th, 1975 – a private member's bill to make the beaver an official symbol of Canada receives royal assent. The beaver is an emblem of Canada older than the maple leaf, and has had a greater impact on Canadian history and exploration than any other animal or plant species.
- 29th, 1966 – The boxing match for the world heavyweight title between Canadian champion George Chuvalo and incumbent Muhammad Ali takes place at Toronto's Maple Leaf gardens. The fight lasted fifteen rounds but in the end Ali won by an unanimous decision.
- 31st, 1968 – rapper maestro Fresh Wes was born.



Custom Docks

Dock building services to fit your needs.
We build, install, remove, and store.

Ryan Wickett

Owner/Operator

Rwickett1976@gmail.com

Trent Lakes, Ontario

705-760-1166

How Well Do You Know Your Country?

1. Akikojiwan is a culturally sacred site for the Algonquin people and has the earliest evidence of human occupation in southern Ontario dating back 11,000 years. Which two cities is this site sandwiched between?
 - a.) Pembroke and Fort-Coulonge
 - b.) Ottawa and Gatineau
 - c.) Mattawa and Bissett Creek
 - d.) Parry Sound and McDougall
2. In which sport did Erin McLeod represent Canada over 100 times?
3. True or False: Fernie, B.C. was founded by a prospector and miner who found coal in the area. The town was then named after him.
4. With which team did Grey cup winner Anthony Calvillo start his football career in the Canadian Football League?
5. Where in Canada can the world's smallest desert be found?
 - a.) Carcross, Yukon
 - b.) Jasper National Park, Alberta
 - c.) Osoyoos, British Columbia
 - d.) Nahanni National Park, North West Territories
6. Which British Columbia city played host to the 1994 Commonwealth Games?
7. Enderby, B.C. was named after _____.
 - a.) A poem by Jean Ingelow
 - b.) The city's mayor
 - c.) A set of nearby cliffs
 - d.) An Old Norse legend
8. In which sport was Gaetan Boucher an Olympic gold medalist?
9. L'Anse Aux Meadows is the most famous Viking settlement in the Americas and is believed to have been settled around the year 1000, some 500 years before Columbus ever came to the Americas. Where is it located?
 - a.) The Great Northern Peninsula, N.L.
 - b.) Baie Verte, N.L.
 - c.) Kipsa, Nunavut
 - d.) Kangirsuk, Quebec
10. The University of Prince Edward Island is associated with which feline nickname?

FLYNN'S STORE

1447140 Ontario Ltd.

County Road 507 & County Road 36

Quality Products and Service

Hours: 6 a.m. to 7 p.m.

ATM Machine, ATV Trail Passes, Baked Goods

Chip Truck
on Site



08/22

Kid's Page...

Musical Instruments

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

Directions: Find the names of all these instruments in the puzzle above.

CLARINET
CORNET
DRUM
FLUTE

GUITAR
HARMONICA
ORGAN
PIANO

SAXOPHONE
TROMBONE
TRUMPET
VIOLIN



Jokes

What's an ig?
A snow house
without a loo

What do Mexican
snowmen eat?
BRRR-itos



What's the fastest
type of pullover?
A ski jumper

What do
snowmen eat?
Icebergers

What's a Roman's
favourite weather?
Hail Caesar

STAY SAFE!

There's a huge amount of fun to be had outdoors, but you do need to remember these important things:

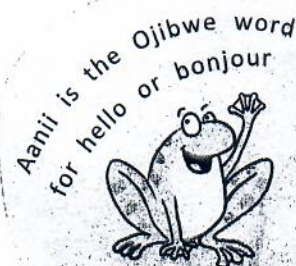
- Make sure there's an adult with you when you're out and about
- Take extra care near water
- Watch and listen for traffic when you're near roads
- Avoid too much sun: use sun cream and wear a hat

Why can't you trust atoms?

They make up everything!

What kind of witch do you find at the beach?

A SANDwich!



Most bugs are actually pretty nutritious because, like most meat, they are full of protein. But, remember, flies eat all kinds of nasty things. So the little guy that's in your ice cube could've been eating dog poop an hour ago, which doesn't sound so good for you!

Finding a four-leaf clover is considered good luck, but they're not too easy to find. There are about 10,000 three-leaf clovers for every four-leaf clover.

Teacher: Why are you late to class?

Student: Because of a sign
I saw on the road.

Teacher: What does a sign have to
do with your being late?

Student: It said, SCHOOL AHEAD, GO SLOW!

Fun list

If it snows you can throw snowballs. What can you throw if.

You're in a bakery?

Doughballs

You've got extra feet?

Toeballs

You're in a boat?

Rowballs

You're a rook?

Crowballs

You're Robin Hood

Bowballs

You're not fast?

Slowballs

You're Santa?

Ho-ho-ho-balls



Landscaping
Armour Stone
Lot Clearing
Foundations
Septic Systems
Property Maintenance
and much more....

Connor

705-930-3901

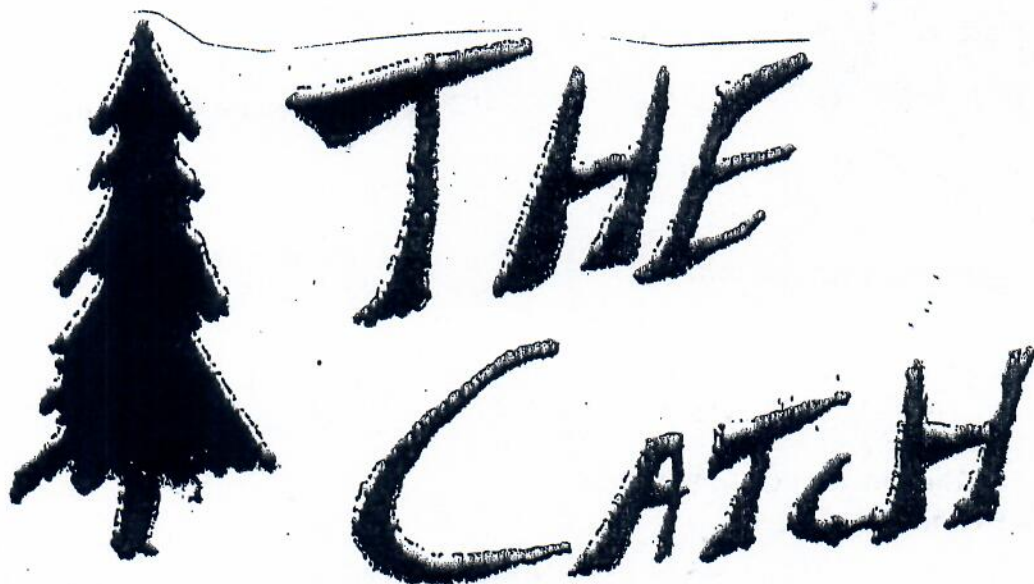
Jim

705-933-0420

NEW HOURS

Thursday to Monday 7 a.m. to 6 p.m.

Closed Tuesday and Wednesdays



Fast Food Take-Out

705-313-9947

EARLY BIRDS

The birds that arrive north first after winter or a sure sign of the warmer days that will soon prevail. Here are some of our feathered friends to keep an eye out for:

Horned lark This bird heads home in early spring and can even be seen in farmers' fields while the snow is still on the ground.

Killdeer A sure sign of spring, it's often observed during the first mild spell in February or March.

American robin It's the official harbinger of spring but not as reliable as it once was thanks to a growing number that are indifferent to migration.

Red-winged blackbird In the spring, the males arrive at least two weeks ahead of the females

Mallard duck The familiar common duck appears as soon as the ice goes out.

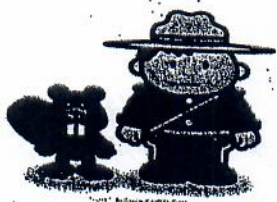
Canada goose They return early if they migrated at all. Fewer and fewer geese fly south these days thanks to ample food in urban parks in golf courses.

Tundra swan We see them in late winter to early spring as they make their way back up north.



Weather predictions for this month.

From the 1st to the 7th it is going to be unseasonably cold. There is a good chance that we will have a snowstorm on either the 6th or the 7th. The following week will start out cold but will be unseasonably mild by the 13th and the 14th of the month. Mid-month will bring slightly above normal temperatures with the occasion rain showers, maybe even some snow showers for us. From the 22nd to the 28th we will be having normal temperatures for March with a chance of snow on the 28th. The month will end with mild temperatures and clear skies.



HOW WELL DO YOU KNOW OUR COUNTRY - ANSWERS

1. b.) Ottawa and Gatineau
2. Soccer
3. True
4. Las Vegas Posse
5. a.) Carcross, Yukon
6. Victoria
7. a.) a poem by Jean Ingelow
8. Speed skating
9. a.) The Great Northern Peninsula, N.L.
10. Panthers

RICK ASLING PLUMBING

Please be advised that no matter what you might read on Goggle,
Rick is still open for business.
For all your plumbing needs please call:

705-657-3600



**Seasonal Transfer Station Attendant (4 months)
May to September**

Type: Seasonal (May 1 – September 4)

Salary: \$20.65 per hour

Department: Public Works

Number of Positions Available: 1

Hours of Work: 35.5 Hours per week including Saturdays and Sundays.

The Municipality of Trent Lakes is accepting applications for Seasonal Transfer Station Attendant.

The successful candidate must have the following qualifications:

- Must have CSA approved safety footwear;
- Knowledge of Trent Lakes waste disposal regulations;
- Self-motivator and ability to work with minimal supervision;
- Demonstrate strong communication skills;
- Excellent interpersonal skills;
- Ability to multi-task and attention to detail
- Awareness of Health and Safety;
- Must be available to work weekends and holidays;
- Criminal Record Check required.

The full job description is available at <https://www.trentlakes.ca/careers-and-volunteering>.

Let us know why you would be an excellent team member by submitting your application.

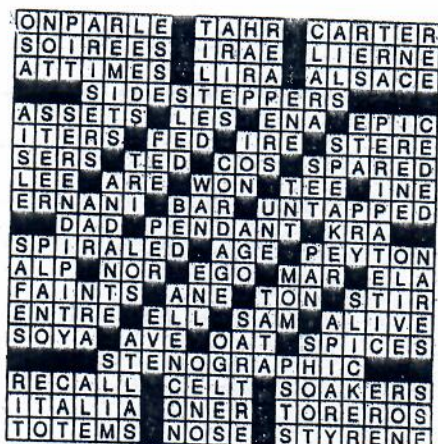
Applications marked "Seasonal Transfer Station Attendant (4 months)" will be received in confidence no later than 4:00 p.m., Thursday, March 02, 2023. Please submit your resume to the Human Resources Coordinator, Municipality of Trent Lakes, 760 Peterborough County Road 36, Trent Lakes, Ontario K0M 1A0. E-mail submissions are acceptable hr@trentlakes.ca.

We thank all candidates for their interest however, only those candidates selected for an interview will be contacted.

Candidates are encouraged to inform of any accommodating requests so that they can be dealt with throughout the recruitment process. Personal information is collected pursuant to the Municipal Freedom of Information and Protection of Privacy Act and will be used only to evaluate the suitability of applicants for employment.



Answers to: Puzzling Times



Experience is a good teacher, but she sends in terrific bills. (Minna Antrim)

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 2023

☐ I am APPLYING for membership for 2023

☐ 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 24, 2023 – 10am-12:00 - Public Meeting

Saturday August 19, 2023 – 10am-12:00 – AGM and Public Meeting

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.

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



CARPENTRY

STAIRS, SHEDS, RENOS, DOCKS, DECKS

Call JR: 705-657-2143 or 705-930-1475



Mudge Cottage Care

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

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

Marinamudge@gmail.com

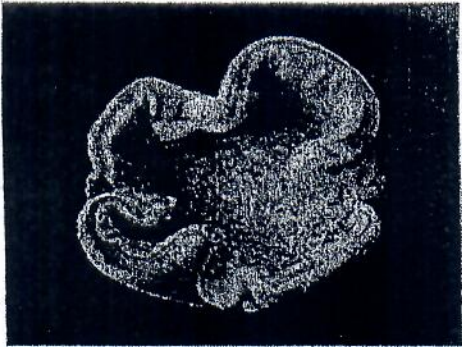
- Tree cutting and brush removed
- Lawn care, mowing and whipper Snipping
- Leaf blowing and raking
- Gutter and eaves cleaning
- Staining and Painting
- Waterfront cleanup
- Pressure washing of decks/docks
- Mold removed on Boat upholstery

Cavendish Classifieds

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

BUTTERTARTS

Made Special just for You!



\$2.50 each
\$12.00 for six
\$24.00 for a dozen

Contact Lauren @
705-977-1886

Pet Sitting by Gracie



705-977-4141

*If your commercial Business Insurance Policy
Needs a tune up and you need someone
you can talk to I'm the guy to call
Email: sbaker@rgins.ca*



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SCOTT BAKER, RIBO

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Fax: (705) 748-0493

E-mail: sbaker@raigantinsurance.com

Colleen's

Colours

Interior/Exterior
Painting & Staining

Free Quotes
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Massey

colleenirlead@hotmail.ca

705-933-2015

01/23

Free!
Treadmill
Healthtrainer HT501
Programs time, speed,
incline & more!
Still 'runs' well.
Ph. 705-657-9333

KITTENS



705-657-7669

Free!

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



Course coming soon – watch for details or for more information contact Martin @ 705-657-7039



CARPENTRY

STAIRS, SHEDS, RENOS, DOCKS, DECKS

Call JR: 705-657-2143 or 705-930-1475



Mudge Cottage Care

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

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

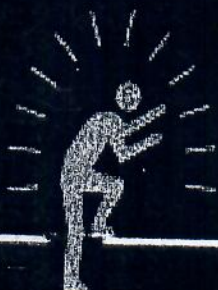
Marinamudge@gmail.com

- 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

Ice Safety

Minimum Ice Depth

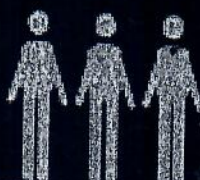
No ice is 100% safe



5 cm/2 in
or less



15 cm/6 in
one person
and gear



20 cm/8 in
group in
single file



25 cm/10 in
snowmobile
or ATV



30 cm/12 in
one vehicle
car or small
pick-up truck

Based on solid blue lake ice.
No ice is without some risk. Be sure to measure!

Canadian Red Cross Ice Safety Guidelines

Cavendish Key Contact Information

Trent Lakes Municipal Council:

Mayor	Terry Lambshead	705-927-1968	tlambshead@trentlakes.ca
Deputy Mayor	Carol Armstrong	705-731-9087	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	Shaun Moore	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		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	Joe Natale	
Picard Lake	Paul Stenton	pstenton@ryerson.ca
Mississagua District	Carol Thomson	carolt@golden.net
Mississagua – Gold Lake Road	Katie Tingley	mglakeroadgroup.com
Beaver, Cavendish, Bottle & McGinnis	Bryan West	brywest3@gmail.com
Greens Lake	Darren Wilcox	
Gold Lake Road Association	Greg Harper	705-657-9128
Ratty's Narrows Road	Jamie Langer	705-657-2573

Cavendish Landfill Site Hours of Operation

Summer Hours: 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:

Ethan Harran	705-930-5159	Brea Grant	705-808-2711
Desiree Callan	705-657-1942	Clover Parent	705-808-2353
Lilly Cadigan	705-657-2743		

Pet Sitting: Grace Grant 705-977-4141

EMERGENCY NUMBER: 911

Police Non-Emergency 1-888-310-1122

Ontario Hydro: 1-800-434-1235



507 Express

March 2023 – 355th Issue

March

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Library 10-4	2 Euchre Sean Hawkins	3	4 Library 10-4
5	6 Caroline Hay	7 Youth Group Mckayla Major	8 Library 10-4	9 Euchre Kim Eveleigh Scott Asling	10 Evelyn Newman Bryan Carroll	11 Library 10-4
12 Deborah Pageot Kim Lambshead	13 Dylan Forgie Ryan Stupavsky Don Mackay	14 Caedman Shepski	15 Library 10-4	16 Euchre Ginny Crowe Finlay Peeters	17 Jackie Kukemueller Stefanie Bourke	18 Library 10-4
19	20 Georgina Windover Dylan Goddard Bobbi & Ira Robertson	21 Youth Group Marylou Bowles	22 Library 10-4 William Woodock	23 Euchre Gerritt Kukemueller Joe Cadigan Patrick Connell	24 Joe Mullen Shane Watson	25 Library 10-4 Rebecca Orbto
26 Gideon Botting Lucas Eveleigh	27	28 Youth Group Michelle Geverink	29 Library 10-4 Julia Sawyers Gail & Don Mackay	30 Euchre	31 Rachel O'Heron	