

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:

- Carnival Day
- Plankton study
- Transfer Site Fees
- Water Festival
- Buckhorn Com. Centre
- Thanks for your Support
- Plan Home Fire escapes

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
¼ page - \$10.00 per month

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

- The secret to getting good at anything is the ability to handle being bad at it for a long time.
- Humans advocate not judging a book by its cover, but also romanticize love at first sight.
- You could throw a rock into a lake and be the last person to touch that rock until the end of time.
- When my dog brings me the same toy, I wonder if it's their favorite toy or if they think it's my favorite toy.
- Having a toddler in their "why?" phase makes you realize how much you know and don't know about things.
- Life is just a hallucination caused by breathing oxygen, because when you stop breathing it, everything goes away.
- When we're young, we sneak out of our houses to go to parties. When we're old, we sneak out of parties to go home.



The 507 express is a community based newsletter. It welcomes submissions and letters to the editor on subjects of interest to our readers. The editor reserves the right to edit any 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



We had a very successful **Plant Sale**. **THANK YOU** so much to all the volunteers who helped with beautifying the CCC gardens, assisting during the sale, the plant donor and plant buyers! Hoping to see you all next year!

Pickleball Tournament

We would like to thank the teams that came out for our pickleball tournament on July 19th, Carnival Day. The winning team of this year's tournament was the "Catchacoma Ballers" A special thanks to "The Catch" for once again sponsoring this event. Hope to see you all next year.



CAVENDISH COMMUNITY POLICING DRAW 2025

Now that was fun! Our annual Draw returned to Carnival Day this month and was - as usual - a success. Our community pulled together not only to buy tickets but also to provide some amazing prizes.

Thank you to everyone who volunteered with the preparation and setup for the draw and also those who helped organize the notification and distribution of the prizes.

Special thanks to Katherine McArthur, Andrew Graham and Will McArthur for their assistance on Carnival Day.

DRAW SPONSORS

Cavendish Youth Group.
Deborah & Frank Pageot
Lynn Holroyd
Cavendish Culture & Rec.
Jack & Mary Roberts
Pizza Alloro
Valerie Veitch
Jamie Warren.
Little Gull Marina.
Loren Hill.
Warren Boys.

Carol Giles
Grace Windover
Flynn's Store
Becky Hofstetter
Susan Artym
Brown Consulting/ Laura McArthur
Tiffany Warren
Kawartha Winery
Al & Sheila Asling
Ken Warren
Gretchen Kuntz

Cavendish Community Centre Upcoming Events: Mark on Your Calendar

August 16th – Cavendish Ratepayers Association Public Meeting
August 30th – Children's Water Festival
October 24th – Halloween Pot Luck Party

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.

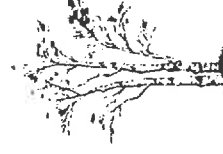
Cavendish Community Ratepayers Association Inc.



Certified Insured Arborist

Available to Help!

705-933-2757





CATCHACOMA
Cottagers' Association

It's a Part of Our History

Vincent Eastwood and the Story of Eastwood Island

In last year's newsletter, we shared some of the history behind many of the island names on Catchacoma Lake. However, one small island was not covered – Eastwood Island. It's a small island close to the west shore, officially known as Island #7 for emergency services. It has no cottages but does boast a flagpole.

Eastwood Island was originally bought, along with shoreline property, by Lieutenant Vincent McCarter Eastwood. He was a WWI army hero, having received the prestigious Military Cross at Buckingham Palace in April 1917 for "conspicuous gallantry and devotion to duty when in command of a raiding party."

Eastwood, like most of the original island owners, was a member of the Ketchicum Hunt Club. During the hunt of 1947, Eastwood was traveling across Catchacoma at night in a motorboat driven by the camp's guide, Theodore Simpson. Gusting winds and high waves caused them to capsize. The camp's cook heard their cries for help and summoned a rescue party. Eastwood was retrieved by a fellow hunter in



Eastwood Island, a small and unassuming island on the west shore, has an interesting and tragic story behind it.

a canoe but Simpson unfortunately disappeared. Eighteen years later fishermen who had rented a boat from Manley's Landing (now Catchacoma Marina) were trolling in front of the hunt camp and unwittingly pulled in Simpson's boat containing his shinbone. The rest of the skeleton is believed to be still on the bottom of the lake.

This unfortunate story does not end there. Clarence Simpson, Theodore's son, a third-generation hunting guide,

drowned during the hunt of 1973, close to where his father was found. He was travelling alone, crossing the lake in conditions similar to those occurring when his father was lost. His boat was discovered days afterwards but his body eluded searchers for four more years.

Today, Eastwood Island remains uninhabited and stands as a quiet memorial of both its namesake and the stories that are part of Catchacoma Lake's rich history.

Hidden Auction

We would like to thank everyone for supporting this year's hidden auction. We had many great items donated and the bidding was amazing. A special thanks to Louis Martin and her helpers for taking on this event, you did an amazing job once again.

We have already had a couple of unique items donated for next year's auction – can't wait to see you there!

Many Thanks!

We would like to give a huge thanks to Jeff and Sheila of Buckhorn Sand and Gravel. You may have noticed the improvements that were completed on the Cavendish Community Centre Ball Diamond just prior to Community Carnival. Buckhorn Sand and Gravel donated the equipment, man power and the materials needed to make this amazing infield improvement.

Thank you! Thank you! Thank you!

Thanks for All the Support , and Start Thinking about Next Year

Thanks to the generosity, support, creativity and sense of humour of many of our residents, the bake sale at our Carnival this year was a spectacular success. There was an almost overwhelming number of offerings, and many were remarkably beautiful, colourful and interesting to look at. Because of the new "competition" (with judging criteria that were unknown to anyone except the judge), a lot of bakers (including some who rarely bake) really went to town. And a lot of buyers stampeded in the door at 10 am and emptied the tables in minutes. Good thing there were also a lot of backups to fill the big gaps in the tables.

Our judge (Deputy Mayor Carol Armstrong) was very professional. In the end, she had 3 criteria (visually appealing, degree of effort, creativity) and assigned numbers in each category for each item (or photo of the item if it had already been sold) and then totalled them. Very professional. And remember, she didn't know who had brought what until after she had chosen the winners.

And the winners were: 1st prize to Eveline North, a graduate of the Youth Group who painstakingly and exquisitely decorated dozens of cupcakes, 2nd prize to Kaarina Luoma who baked her grandmother's pineapple upside down cake (it was hot from the oven on arrival and still warm when it was bought), and 3rd to Deb Pageot who produced amusing melting snowmen for those of us who felt it was too hot out.

Next year the competition will include a category for special dietary needs (e.g., gluten-free, lactose-free, low sugar, vegan). So, if this kind of baking is sometimes what you need to do, think about volunteering to bake next year. All proceeds go to support programming at the Community Centre. You can contact me any time about any aspect of that upcoming bake sale.

Carla Salvador
carla@carlasalvador.ca

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.

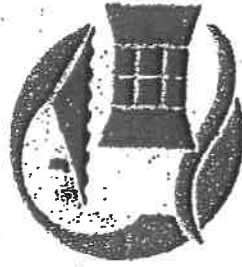
Name: _____

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



Mudge Cottage Care

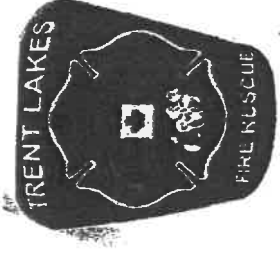
Bill and Marina Mudge Working and
Living on the Catchacoma Chain of
Lakes

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

12/25



Plan your home fire escape

If a fire occurred in your home tonight, would your family be able to get out safely? It is important that everyone know what to do and where to go when the smoke alarm sounds. Take a few minutes to make a home fire escape plan, by following these steps.

1. Draw a floor plan of your home

Draw a plan for each level of your home.

2. Include all possible emergency exits

Draw in all doors, windows and stairways. This will show you and your family all possible escape routes at a glance. Include any features, such as the roof of a garage or porch, that would help in your escape.

3. Show two ways out of every room, if possible

The door will be the main exit from each room. However, if the door is blocked by smoke or fire, choose an alternate escape route, which could be a window. Make sure that all windows can open easily and that everyone knows how to escape through them to safety. If windows have security bars, make sure they have a quick release.

4. Identify anyone who needs help to escape

Decide in advance who will help the very young, older adults or people with disabilities in your household. A few minutes of planning will save valuable seconds in a real emergency.

5. Choose a meeting place outside

Choose a meeting place a safe distance from your home that everyone will remember, for example:

- a tree
- a street light
- a neighbour's home

In case of fire, everyone will go directly to this meeting place so they can be accounted for.

6. Call the fire department from outside your home

Don't waste valuable seconds calling the fire department from inside your home. Once you have safely escaped, call the fire department from a cell phone or neighbour's home.

7. Practice your escape

Review the plan with everyone in your household. Walk through the escape routes for each room with the entire family. Use this walk-through exercise to check your escape routes, making sure all exits are practical and easy to use. Hold a fire drill twice a year and time how long it takes. In a real fire, you must react without hesitation as your escape routes may be quickly blocked by smoke or flames.

Facts about the Month of August

- The birthstone is the agate or onyx
- The flower for the month is the gladiolus or poppy
- the zodiac signs for the month of August are Leo and Virgo
- It was originally called Sextilis as it was the sixth month of the year. At that time the month had 29 days.
- The month was later renamed Augustus in honor of the first emperor of Rome, Ceasar Augustus.
- It is the last of the summer months
- Many cultures call this month the harvest month or the time of harvest
- It is the 8th month of the year and has 31 days
- It is known to be the hottest month of the year

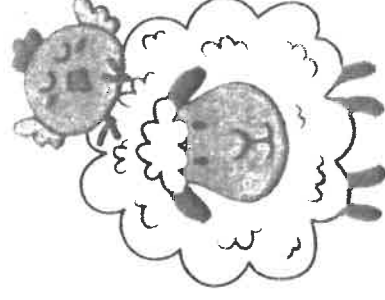
Burn Permits

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.

The Following animals are for sale:

- Sheep
- Doves
- Lavender Orpington Chickens

For more information please call: 705-657-7669



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

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 APPLYING 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 August 16, 2025 – 10am-12:00pm – AGM and Public Meeting
Live at the Cavendish Community Centre and via Zoom**

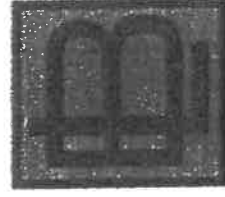
**Join us in person at the Cavendish Community Centre or via Zoom.
Zoom invitations will be emailed out in advance and you can
connect via laptop, tablet, smart phone or land line phone.**

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>



LAMB BROS

Specializing In:

- 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



Dates to Think About

August 3rd – National Watermelon Day
August 8th – National Sneak Some Zucchini onto Your neighbor's Porch Day
August 10th – National S'mores Day
August 11th – the end of Dog Days of Summer
August 12th – Vinyl Record Day
August 13th – National Left-handers Day
August 19th – National Aviation Day
August 20th – World Honeybee Day
August 25th – Kiss and Make Up Day
August 31st – National Trail Mix Day

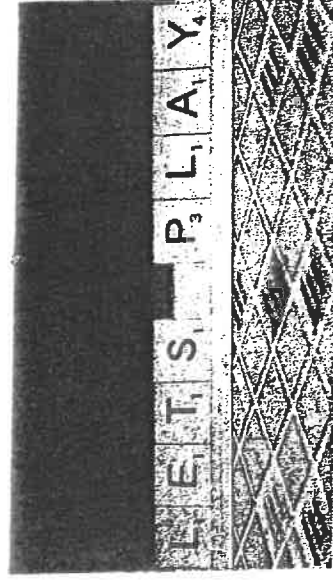
CAVENDISH CHILDREN'S WATER FESTIVAL

Don't forget to mark the date on your calendar!
Saturday, August 30, 2025
At the Cavendish Community Centre

RSVP to cavendishcandr@yahoo.com

This is a family friendly event!
Fun, hand-n learning activities about life-giving water
and ways we can protect it!

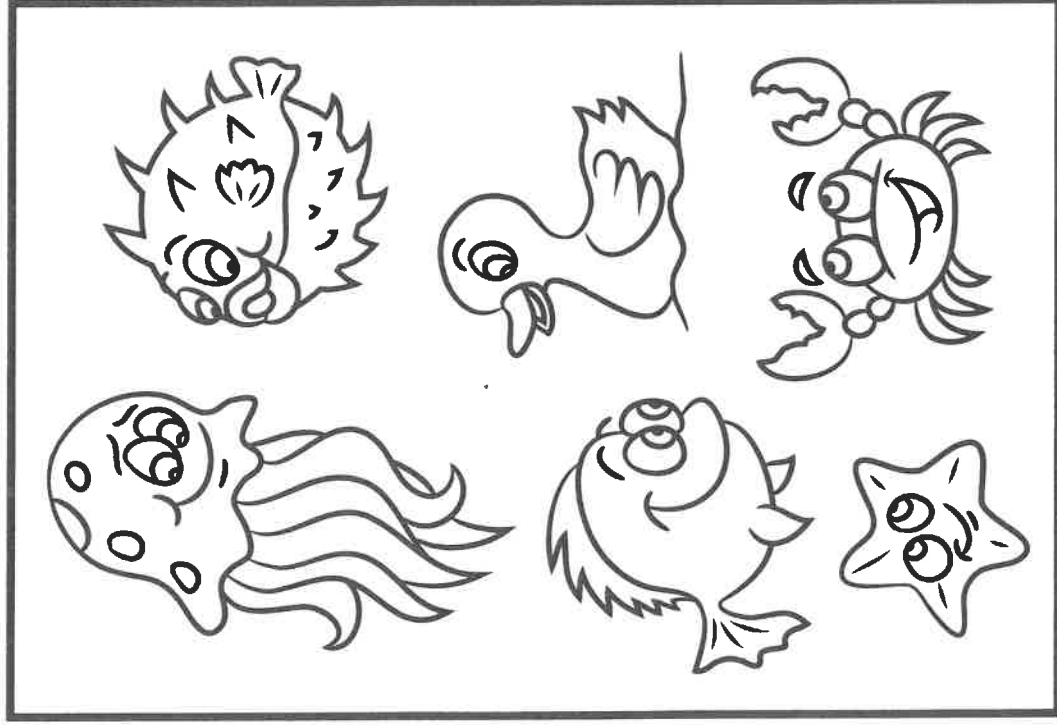
Scrabble Night
Cavendish Community Centre
Thursday Evening - Starting at 7 p.m.



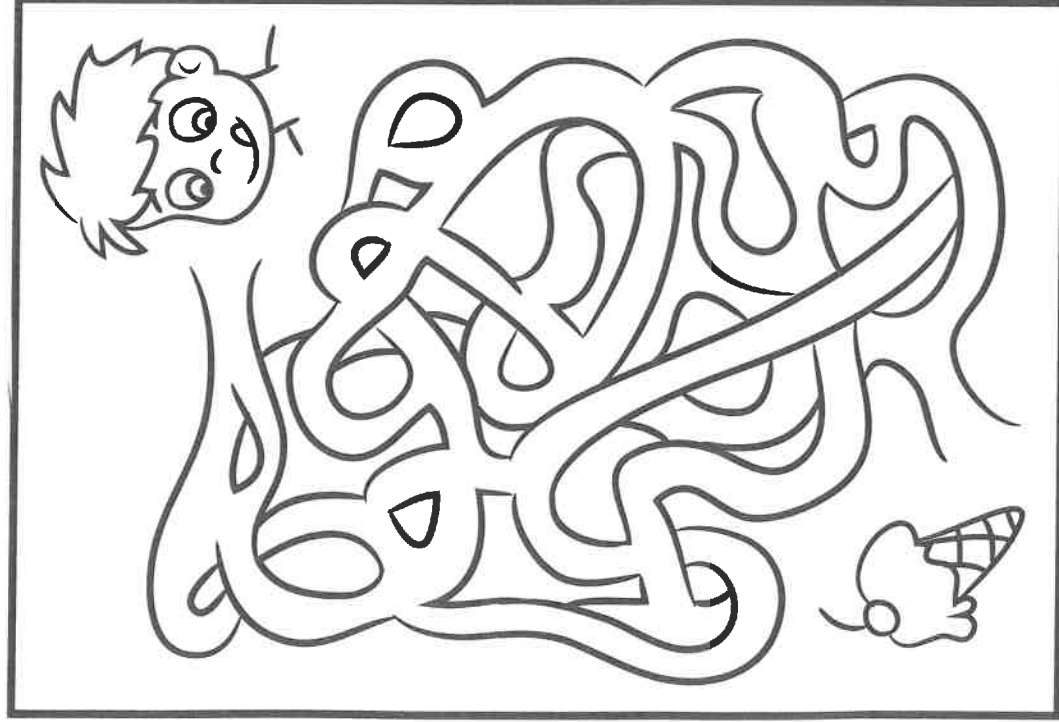
If your advertisement is no longer in the 507 Express is might be that it is past time to renew. Check the umber is the lower right corner of your ad to see when it runs out! If in doubt please contact Kathy at 705-657-8912 or kathy507@yahoo.ca

What is the biggest fish in the Great Lakes?

Some very big fish live in the Great Lakes and their connecting waterways. The muskellunge and the northern pike can grow to 2 metres (6 feet) long and weigh up to 32 kilograms (70 pounds). A record lake trout was caught that weighed over 45 kilograms (100 pounds), but it was a freak. Large lake trout usually weigh 18 kilograms (40 pounds) or so. Channel catfish can reach that weight, and so can carp.



WHICH ONE DOESN'T BELONG?



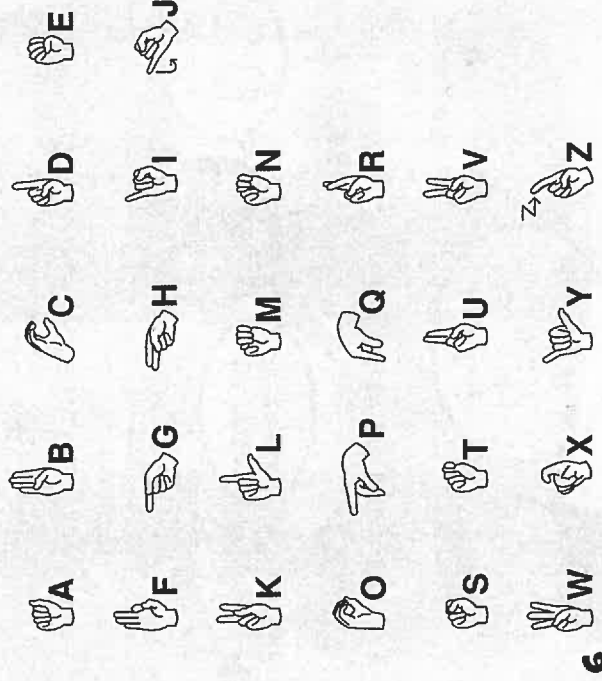
MAZE

Learn Fingerspelling

Each of the hand movements below stands for a letter in the alphabet.

E.g. + + + + = Hello

Sign with your friends using the hand movements below!



How do fish breathe?

Like all animals fish need oxygen to live. However, they take it out of the water, rather than the air.

Fish take in water by mouth. The water then passes through their gills, where the oxygen is absorbed into the bloodstream. The water then leaves through a slit on each side of the head.

DID YOU KNOW . . . sea cucumbers are related to starfish and are found in oceans throughout the world.

SALC Program Funds For Buckhorn Community Centre

Buckhorn, ON (June 24, 2025) – On Tuesday, June 24, David Smith, MPP for Peterborough-Kawartha attended a Seniors' Expo at the Buckhorn Community Centre (BCC) for the official announcement that the BCC will receive up to \$55,000 a year through the Seniors Active Living Centre (SALC) Program.

The SALC Program promotes active and healthy living, social engagement and learning for older adults and seniors by providing them with activities and services. SALC programs help build healthier and safer communities and address the long-term growth and needs of an aging population.

"Seniors Active Living Centres are helping to protect the well-being of seniors by ensuring they have more opportunities than ever to stay connected, active, and engaged in their communities. We are honoured to support the Buckhorn Community Centre for offering programs, activities and events for seniors to flourish and live with dignity and independence," said Raymond Cho, Minister for Seniors and Accessibility.

"The new Seniors Centre at the Buckhorn Community Centre is a game-changer for our seniors, and I couldn't be more excited," shared Dave Smith, Member of Provincial Parliament for Peterborough-Kawartha. **"It's designed to give every senior in our community the chance to stay vibrant, active, and socially connected. These Senior Active Living Centres are truly the heart of our community, ensuring our seniors remain healthy, engaged, and close to home."** MPP Smith added.

The BCC launched their SALC program with a Seniors' Expo, offering information and registration for a number of new activities including

- Beginner Pole Walking
- Gentle Yoga
- Mahjong
- Line Dancing
- East Coast Swing
- Bridge
- Gardening Group
- Fully Seated Chair Yoga
- Pattern Partner Dancing
- Tech Tuesdays
- Martial Arts

Municipality of Trent Lakes Mayor, Terry Lambshead said, **"The Buckhorn Community Centre is the champion in providing a high quality of life for seniors in Trent Lakes. Through the received funding, the Centre will be able to expand their current programming to provide greater access to diverse and engaging activities for seniors. We recognize and commend the impact the BCC has had for both our residents and visitors throughout the years, and we look forward to seeing their programming flourish and support Trent Lakes in being a great place to live and visit."**

The SALC annual grant of up to \$55,000 will help the BCC continue to provide programs and activities for seniors. Board President, Margaret Roberts, said, **"For decades the Buckhorn Community Centre has served the permanent populations of Trent Lakes and Selwyn, as well as our seasonal residents, offering programs, events and activities that span from pre-schoolers to seniors. The demographics in the two municipalities have changed over the years, and we pride ourselves on finding new ways to provide our clients with appropriate and engaging programming. The Senior Active Living Centre funding will allow us to dedicate funds to the specific interests and**

needs of those in their senior years, while including family members and neighbours who may be younger in intergenerational activities and programs. This encourages social interaction on the part of all our participants as well as the instructors and volunteers, thus looking after the wellness of the community and its residents."

Marilyn Damant, a member and volunteer at the BCC said, **"The Buckhorn Community Centre & it's many activities for seniors is an integral part of my life. I attend as many as possible. It has improved my endurance, flexibility & stamina. I have made many new friends over the years which I greatly value."**

The Buckhorn Community Centre was established as a charitable, not-for-profit organization in 1978. The Mission of the BCC is **"to be the cultural centre of our community, providing activities, events and programs to meet our community's social and recreational needs."**

For more information about SALC programs, visit www.buckhorncommunitycentre.com.

For more information, contact

Judy McWhirter
General Manager
Buckhorn Community Centre
705-657-8833

Fees and Charges for the Disposal of Waste Municipality of Trent Lakes Transfer Stations

[Note: Maximum Load Size 2 yards³ (per visit)]

Program / Category			Fees and Examples	
Household Garbage	Standard size clear garbage bag	26" x 36" which may include one privacy bag – one marked square or \$1.00 per bag Privacy bags (no larger than 12" x 14"). If privacy bag not included in clear garbage bag – one marked square or \$1.00 per bag		
	Large or commercial size clear garbage bag	Two marked squares or \$2.00 per bag		
Furniture/ Bulky Waste	Upholstered Furniture	\$20 per item		
	Large Bulky Furniture	Dresser, Armoire, Wooden tables etc. - \$20 per item		
	Small Bulky Furniture	Wooden chairs, coffee table, etc. - \$10 per item		
	Plastic Outdoor Furniture	\$2 per item if not bagged		
	Boats	Fibreglass boats - \$100 up to 12 ft, each additional 3 ft or part thereof \$75. Gas must be removed.		
		Paddle boats/canoes/kayaks - \$50 per item		
Materials	Aluminum boats are Free under scrap metal.			
	Hot tubs	\$100		
	Construction & Demolition Material	\$5 Minimum charge	Building materials; Toilets, sinks, wood, flooring etc. \$50 per yd³	
		Shingles & Drywall	\$5 Minimum charge	\$75 per yd³
		Concrete/Bricks	\$10 Minimum charge	\$90 per yd³
Mixed Load	\$110 per yd³			
Food Waste	Organic Composting	Free disposal of kitchen /organic waste - Buckhorn Transfer Station only Backyard Composting is encouraged.		
Yard Waste	Brush	Free disposal at all Transfer Stations – maximum diameter stem/branch is 6 inches. No stumps.		
	Yard Waste	Free disposal at all Transfer Stations		
Household Hazardous Waste (HHW)	HHW	Free disposal - Buckhorn Transfer Station only during seasonal HHW hours (or year-round at 400 Pido Rd. Peterborough)		
Limited HHW	Household Batteries	Free disposal at all Transfer Stations		
	Car Batteries	Free disposal – Bobcaygeon, Cavendish and Crystal Lake Transfer Stations only		
	Fluorescent Tubes	Free disposal – Bobcaygeon, Cavendish and Crystal Lake Transfer Stations only		
Blue Box Program	Fibres	Free disposal at all Transfer Stations		
	Containers	Free disposal at all Transfer Stations		
Tire Stewardship Program	Tires	Free disposal at all Transfer Stations (maximum 10 tires per day)		
Metal Recycling	White Goods Appliances	Free disposal at all Transfer Stations		
		\$20.00 charge for Freon removal for refrigerators, freezers, A/C Units, dehumidifiers and water coolers. All doors on refrigerators and freezers must be removed before disposal.		
WEEE	Scrap Metal	Free disposal at all Transfer Stations		
	Electronics	Free disposal at all Transfer Stations		
Textile Diversion Program	Textiles	Clothing, footwear, linens, books, kitchenware, etc. - Free disposal at all Transfer Stations		

Note: Mattresses are not accepted at Trent Lakes Transfer Stations.

Mattresses are accepted at Peterborough Waste Management Facility, 1260 Bensfort Road, Peterborough or Waste Connections, 348 County Road 6, Douro-Dummer, subject to their fees. Also watch for any mattress collection events.

All loads brought to the Transfer Station must be tarped/covered.

**Cavendish Community Ratepayers Association Inc. (CCRAI)
AGM and Public Meeting Saturday August 16, 2025 – 10am-12:00pm**

**Live at the Cavendish Community Centre and virtually via Zoom
Everyone Welcome**

Register in advance using the link below if you want to attend the meeting virtually via Zoom

https://us02web.zoom.us/join/register/tZltcOwvT8oGN21aKUTHDofAx_eh31Js-cs

After registering, you will receive a confirmation email containing information about joining the meeting with a Zoom Link.

MEETING AGENDA

CCRAI Annual General Meeting

Gary Jarosz – President CCRAI
Annual Report and Financial Statements

From Land to Lake:

The Vital Link Between Benthic Invertebrates, Water Health, and Cottagers
The presence and diversity of benthic invertebrates provide valuable insights into the quality of the water they enjoy

Kaitlyn Fleming – Postdoctoral Fellow in the TRACE Lab at Trent University

Annual Work Schedule Update

Julie Edwards, R.P.F.
Bancroft Minden Forest Company

Trent Aquatic Research Program Update

Deep water testing in our lake system and results
Jack Millar, CCRAI Board Director, Trent University

Water Levels Update

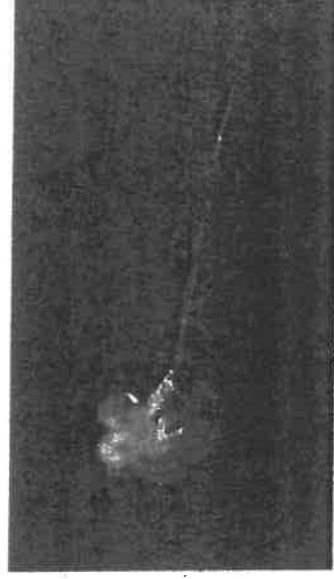
Ted Spence-CCRAI Board Member and Chair CEWF

Plankton Study on Catchacoma Lake

A new research study is now underway in the Catchacoma-Mississauga lake system. Jack Millar is a CCA board member and an Honours thesis student working for Dr. Paul Frost, a biology professor at Trent University. Jack is researching what factors affect the abundance and community composition of zooplankton in our lake system. This year-long study will allow them to track seasonal population patterns of certain zooplankton species.

Zooplankton play an important role in the foodweb of an aquatic ecosystem: acting as the bridge in energy and nutrient transfer between algae and fish. Without zooplankton our lakes would be green with algae and we wouldn't have any fish.

However, not all zooplankton are the same. Some species are more aggressive than others, often becoming the dominant zooplankton in some waterbodies.



Close-up of a spiny water flea. Total length is approx. 1 cm (½ in.) including tail. Photo: Adirondack Watershed Institute website.

Spiny water flea (*Bythotrephes longimanus*) is an invasive species of zooplankton found in Catchacoma Lake. Spiny water flea has been known to outcompete native zooplankton and can resist fish predation due to its prominent spine.

Understanding these changes in the abundance and type of zooplankton that are present by season, can help explain long-term changes in our lake system such as the colour of our water, the number of fish we have and ultimately the health of our lake.

PUZZELING TIMES!

ACROSS

- 1. Holy scroll
 - 6. LAPD messages
 - 10. Quick punches
 - 14. Be nuts about
 - 15. Take a chance
 - 16. Earthenware jar
 - 17. Copy
 - 18. Jewelry stone
 - 19. French state
 - 20. Cheap wine
 - 22. Puppeteer Baird
 - 23. Recent
 - 24. Elite
 - 26. Aircraft engine
 - 30. Complete
 - 32. Exchange fee
 - 33. '60s world leader
 - 35. Replay effect
 - 39. Indian board game
 - 41. Got to the point?
- 43. Vogue
 - 44. ___ patriae
 - 46. Chihuahua feline
 - 47. Author Zora ___ Hurston
 - 49. Cyrano, for one
 - 51. Extend a visit
 - 54. AAA suggs.
 - 56. Soft mineral
 - 57. Prudish person
 - 63. Specialty
 - 64. Regiment
 - 65. Electron tube
 - 66. Monkee Peter
 - 67. Tommie or James
 - 68. An archangel
 - 69. Major finale?
 - 70. Minus
 - 71. Philippines island
- DOWN
- 1. Skye caps

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

- 21. Eastwood's "Rawhide" role
- 25. Often-oiled fastener
- 26. Transported
- 27. Culture medium
- 28. Cinderella's coach horses
- 29. Corn bread
- 31. Not fooled by
- 34. Old TV feature
- 36. Spoken
- 37. Pass (out)
- 38. Fish market output
- 40. Logical opening?
- 42. Miss Brooks
- 44. Tender ___ (Duvall film)
- 48. Yearly
- 50. Depleted
- 51. Assert
- 52. Mystic's deck
- 53. Caution
- 55. Heads, in Hyères
- 58. Little Sheba's creator
- 59. Old Italian coin
- 60. Pork cut
- 61. Plan
- 62. Elusive

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

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					
								49	50			
				47								
51	52	53					54	55				
56					57	58			59	60	61	62
63					64				65			
66									68			
69												
									71			

CCA VIRTUAL AGM

Wednesday, August 20, 7 pm

All members are welcome to join us online for our Annual General Meeting
Please email us to get the link: catchacomalake@gmail.com

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

X B R C Y A C Y I L I X O T P C W T T F J C L T I E C J T ,
R C Y W E C Y I L I T F Q D A E F P P X J T W E T X W
P E Q C Y K E A C Q O .

X K V G R E O G R D P Y C Y Z O L C Y W O Y K Y Y D X J U
W O L W V G R L Z Y F Y X J U E L P D V J Y U D Y H W Y P ,
Z Y B Y B F Y Z I O X E W D Y Z ' E K L W O Y Z .



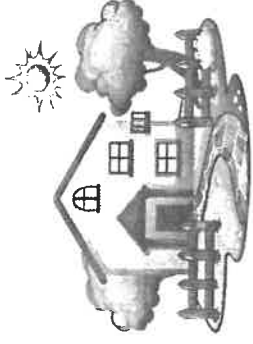
Gardening Tips

- Preserve the bounty of the season's harvest by trying your hand at pickling and canning.
- Seeds need to be gathered
- Plant your fall bulbs
- Plant peas for a fall crop
- Add mulch to area that have broken down significantly
- Leave diminishing annuals alone and allow them to reseed
- Remove sick foliage from plants
- Divide out perennials



Weather predictions for this month.

1 st – 3 rd	squally weather sweeps east through the Great Lakes, torrential rains soak Southern Ontario
4 th – 7 th	fair, hot weather conditions
8 th – 11 th	showery
12 th - 15 th	fair skies, then turning squally fom Western Ontario and all points East
16 th – 19 th	violent thunderstorms in the Great Lakes area, then fair
20 th – 23 rd	fair, then showery
24 th – 27 th	fair and hot
28 th – 31 st	very unsettles



HOUSEHOLD HINTS

- A pooper scooper is the best tool to pick up pinecones without back pain or sticky fingers
- If you are out of those sawtooth hangers, just grab a pop can tab. Screw the tab to your picture frame and bend the free end out slight and hang your picture.
- Paper towel tubes inserted into your tall boots help them keep their shape. You may need to use two tubes.
- Use an empty tin can to store you glue bottles upside down in. Then you won't have to wait for the glue to reach the top of the bottle in order to squeeze it out.
- Keep track of your electronic cords by putting a bread or milk bag tab on each one. They are perfect for labeling cords that are plugged into a power strip.
- Use your to-go coffee cup to water plants..works especially well for aloe vera and cacti which don't require much water and are at risk of overwatering.
- Use an empty paper towel roll for storing extension cords. Fold small extension cords neatly before slipping them into their own individual storage sleeve – don't forget to label the tube.
- Bubble wrap can help prevent blisters by placing some on the handle of a rake or a broom.
- Improve your grip and comfort when using hand tools by wrapping the handles with the self-clinging tape used on hockey sticks. The absorbent, textured surface keeps the handle from slipping around in your hand as you work.
- Put a lazy susan in your fridge to hold the small items. One spin and you can find those small jars that are always getting lost in the fridge.

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 **September 2nd, 2025**

Good Buy Room Thrift Store

Hours:

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

Lakehurst Road
Buckhorn
(Below Buckhorn Library)



705-761-4832

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

No job too small
twbcarpentry3101@gmail.com
Rich Mortensen

CAVENDISH

JIGSAW PUZZLES

We have puzzles you can sign out for three
weeks.



Sign up to the Municipality of Trent Lakes
Monthly Newsletter!

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



"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

"507"

COOKBOOK



SENIOR'S HEALTH RECOVERY CLASSES

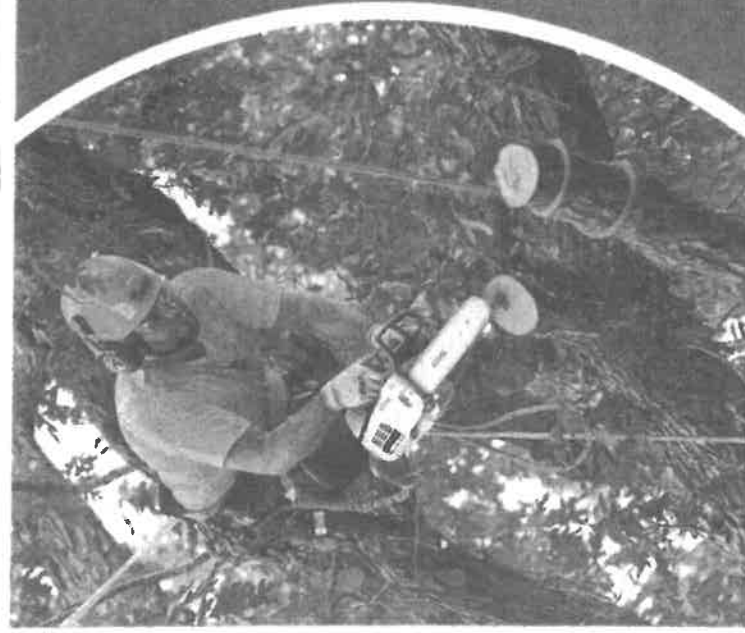
Classes begin July 3rd and are held each Tuesday and Thursday morning at 10 am in the Cavendish community center.

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

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

WE'VE JOINED THE BARTLETT CANADA FAMILY!
SAME GREAT PEOPLE. SAME GREAT SERVICE.



LOGAN
TREE EXPERTS

Crerar Mechanical

Maynooth, Ont.

Karl Crerar 613-553-7077
crerar.mechanical@gmail.com

GENERAC

Authorised Service Dealer

Generator Service & Maintenance
Home Standby Generators
Portable Generators

Live it Up!

Wellness Classes On Mondays at Cavendish Community Hall

Sheila Cook, BSc Kinesiology and Certified Yoga & Meditation Teacher invites you to a gentle, fun and effective approach to nurturing your overall well-being. Uplifting classes focus on what each person is able to do, as we gradually improve flexibility, strength, balance and confidence.

September Session: 8, 15, 22 & 29

Session Fee: \$20 (Drop-In: \$8/class)

For more information & to register: sheila.cook@invizzen.com

Age +14 years. Experienced and *this is new to me* participants are most welcome.

Gentle Yoga: Get the kinks out

4:00 – 4:45 p.m.

Ideal for people who live with arthritis, injuries, pain or other challenging health conditions who are looking for joint-friendly ways to stay mobile, strong and flexible.
[Chair]

More Calm and Greater Energy

5:00 – 5:45 p.m.

A special blend of movement flows, breath practices and stress busting techniques to help with anxiety, worries and sleep challenges while boosting energy levels, focus and concentration. [Chair and mat options]

Back, Neck & Shoulder Relief + Core Strength

6:00 – 7:00 p.m.

An ideal combo to release tension in these pesky areas, plus spine-friendly core strengtheners. Good option for active people wanting to stay fit (e.g. golf, curling, pickle ball, cycling, skiing). [Mat required]



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!



Carnival Day

We would like to take this opportunity to thank everyone for supporting our Community Carnival again this year. The weather was perfect and the attendance was amazing. This event is a major fundraiser for the Cavendish Community Centre and helps to support events that happen at the community centre as well as the publication of the 507 Express.

We have a great number of volunteers that came out on the Friday to help set up the yard sale items. Thanks to Val Strain for bringing Ric's van and Terry Lambshead for the use of his flat bed trailer as well. It certainly made the moving of the items much easier. The many hands that were available – small and large – completed the set-up in record time.

Like any event volunteers are a key factor – this year we had a couple of hick-ups. The fire department had to respond to a couple of medical call, a car accident and a bush fire during our event. Unfortunately, this meant we also lost several people who were volunteering at the carnival. At one point it was brought to our attention that Nick Cadigan was by himself at the snack bar and could use some help. Our thanks to Leslie Clarke and Kim Lambshead who stepped in and lent a hand. You are amazing.

One of the volunteers that was expected wasn't able to make it do to a family emergency and the great pickleball players ran their own tournament. Thank you all so much for being so understanding. Thanks again to "The Catch" for sponsoring this event again this year.

Thanks to the Cavendish Youth Group for sponsoring the activities for the children, including the scavenger hunt which was greatly enjoyed.

The baseball tournament was a success, with the "Wrecking Crew" winning again this year. Thanks to Terry Lambshead and his crew of helpers for looking after the tournament again this year. It was a lot of fun for the teams that entered this year – maybe you should think about putting a team together for next year's tournament. It is always held on Carnival Day which is the third Saturday in July.

Once again, thank you everyone for making Carnival Day a success! If you have any suggestions for next years event we would be happy to hear from you. You can email us at cavendishcandr@yahoo.com

Progressive Euchre

Every Thursday Afternoon

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

Cavendish Community Centre

\$5.00 per person



TAILS & TRAILS

**Pack Hikes | Dog Training | Boarding
House Sitting**

Reliable, Experienced, and Dog-Loving Team!

Serving dog families who want more than just
a walk around the block!

Fully insured – Passionate about dogs - Tailored
to your dog's needs

tailsandtrails.com

It happened this Month....

August 2nd, 1939 – Pianist, composer, and conductor Andre Gagnon was born.
August 6th, 1992 – The creation of Aulavik National Park on Banks Island, Northwest Territories, is announced. Founded on the westernmost island of the

Arctic Archipelago, along the Thomsen River valley, Aulavik is an Inuvialuktun name that means "where people travel".

August 8th, 1947 – Hockey Hall of Famer Ken Dryden was born
August 10th, 1841 – Physician and fraternal order administrator Oronhyatekha (Burning Cloud) was born on the Six Nations reserve near Brantford, in what is now Ontario. While not the first Aboriginal person to be accredited as a medical doctor, he was perhaps the first to practice in Canada and, later, was the first supreme chief ranger of the new Independent Order of Foresters, a fraternal benefit organization with origins in Britain.

August 15th, 1925 – Jazz pianist and composer Oscar Peterson, whose numerous awards include a Grammy for lifetime achievement, is born in Montreal.
August 21st, 1860 – Police officer Aylesworth Bowen Perry is born in Violet, Ontario. As commissioner of the North-West Mounted Police he transformed the force from a romantic part of frontier lore into a legitimate national police force.

August 26th, 1957 – athlete Rick Hansen was born

August 1912 – Sponsored by the REO Motor Car Company, Thomas Wilby and Jack Haney begin the first cross-Canada motor trip in Halifax, Nova Scotia. Though long stretches of the journey were made by rail or ferry where road were non-existent, the REO is said to have covered a distance of about sixty-seven hundred kilometres. The trip lasted fifty-two days, ending in Victoria, British Columbia.

August 28th, 1965 – Singer-songwriter Shania Twain is born in Windsor, Ontario

August 29th, 1907 – During construction, the Quebec Bridge, spanning the St. Lawrence River near Quebec City, collapses, killing seventy-five of its eighty-six workers.

August 31st, 1932 – journalist Allan Fotheringham was born.

FLYNN'S STORE

1447140 Ontario Ltd.

Corner of County Roads 507 & 36

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

QUALITY PRODUCTS AND SERVICES

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

NEED WOOD SPLIT &/or BRUSH REMOVAL

CALL: JOHN HARVEY

705-760-6637

How Well Do You Know Your Country?

1. Prince Albert, Moose Jaw, Yorkton, Swift Current and Saskatoon are all cities in which Canadian Province?
2. Which Northern Canadian city is known as the "Diamond Capital of North America"?
3. Which annual Canadian event is known as "The greatest outdoor show on Earth"?
4. What percentage of the world's total fresh water is found in Canada: 5%, 11% or 20%?
5. Which two Canadian provinces are landlocked?
6. The name of which province means "New Scotland"?
7. Which Canadian Province was named after Queen Victoria's fourth daughter?
8. In which Canadian City were fifty Shades of Grey, X-Men, The Last Stand and most seasons of the X-Files filmed?
9. Name the three provinces that border just a single US state.
10. Name the tallest mountain in Canada.



Cavendish Branch Library



The Trent Lakes Public Library would like to thank everyone who came out to the Cavendish Carnival on July 19th and supported the library through our annual book sale. We had our best year yet – over \$600 raised!

Drop in the say "Hi" to Charlotte, a high school student obtaining her volunteer hours.

The Summer Colouring Contest is continuing for August. Come into the library to pick up a colouring sheet for a chance to win a prize – this month you can win a certificate for a small French fry from The Catch!

The Summer Reading program is also in full swing. Read a book and fill in a ballot for a chance to win a school backpack filled with supplies.

Storytime at the Cavendish branch is on Wednesdays at 1:30 pm. Join us for songs, stories and crafts.

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.

Summer Hours - Tuesdays 10:00 am to 8:00 pm; Wednesdays and Saturdays 10:00 am to 4:00 pm.

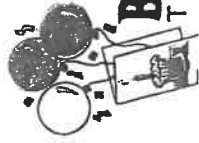
LIBBY is always available for e-books, e-audio books, and magazines with a valid Trent Lakes library card. Also, free access to Wi-Fi is available outside of the building 24/7.

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.

BIRTHDAYS & ANNIVERSARIES!



31st Elijah Shepski
Michelle Botting
Nate Warren
Zackery Duruz
Emma Robinson
Arlene Dalton

1st John R. Robertson
Don Savage
3rd Jamie Booth
4th Derek Booth
5th Kendra Colgan
Anna Pantaleo
Brenda Jarosz
Grace Grant
6th Debbie Cooling
John Lloyd
7th Gisella Witkowski
Trevor Smith
Katelyn Leckie
8th John Ranta
Frank Noordhuis
9th Phyllis Evans
10th Darin Botting
11th Owen Pearce
12th Melissa Middleton

13th Iris Olech
Archer Pike
15th Jacob Goddard
16th Peter Snook
Daren Wilcox
19th Ethan Schaefer
21st Leasa Thompson
Linda Thompson
Tyson Pearce
David Wilson
22nd Desiree Callan
23rd Britt Murphy
Shannon MacClaren-Clark
24th Jordan Waldock
25th Sharron Smith
Tae Asling
Andrew Pike
26th Madison Lambshead
27th Mary Anne Sodonis
Ella Lake
Katelyn Jarosz
28th Wendy Hibrant-Snook
Jackson Aubrey



Happy Anniversary

4th Natalie & Tyler Warren
Brook & Miles Middleton
5th Julie & Jim Wilson
10th Bernadette & Bob Plug
Carol & Lloyd Darlington
12th Pattie & Ed Van Berkum
17th Francesca & CeJay Windover
18th Laura & Michael Tamblin
Tanya & Sandy Mckay
22nd Rachel & Blake Lambshead
25th Kathy & Ken Warren
28th Molly & Joe Cadigan

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!



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!

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!

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 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!

SUPPORT OUR



BUOYS!



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.

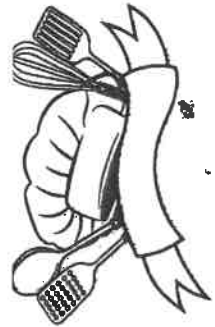
We are especially seeking the following:

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
gyscottkinmount@gmail.com
Box 249 Kinmount Ontario K0M 2A0
705-488-3182

Recipe of the Month



CHILI SAUCE

- 12 tomatoes

2 onions

2 Tbsp salt

2 Tbsp red pepper
- 2 1/2 cups sugar

1 1/2 cups vinegar

2 green peppers, chopped

2 cups chopped celery
- Peel tomatoes. Slice onions. Place all ingredients into a large saucepan. Boil until thickened on low heat, stirring occasionally for 1 1/2 to 2 hours. Pour into sterilized jars and seal.

Answers to Puzzling Times

TORAH	APBS	JABS
ADORE	DARE	OLLA
MIMIC	OPAL	ETAT
SNEAK	YPE TE	CORA
LATE	CHOSEN	
RAMJET	TOTAL	
AGIO	EDEN	SLOMO
PACHISI	TAPED	RED
TRENDS	AMOR	GATO
NEALE	DUELER	
STAYON	RITES	
TALC	NICENEL	LIE
AREA	UNIT	DIODE
TORK	AGEE	URIEL
ETTE	LESS	PANAY

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

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

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

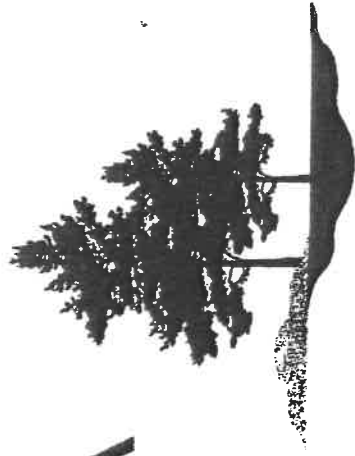
If you would like to see a model home, you should learn what time she is through work.

If you should ever have the feeling that you are being sadly neglected, remember Whistler's father.

How well do you know your country? Answers

1. Saskatchewan
2. Yellowknife Northwest Territories
3. The Calgary Stampede
4. 20%
5. Alberta and Saskatchewan
6. Nova Scotia
7. Alberta
8. Vancouver
9. Alberta (Montana), Yukon (Alaska) and New Brunswick (Maine)
10. Mount Logan

CATCHACOMA MARINA



Serving Cottagers & Community

CONVENIENCE STORE FULL SERVICE MARINA

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



705-657-3354

OPEN MAY - OCTOBER

catchacomarina.com

Cavendish Classifieds

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

BUTTERARTS

Made Special just for You!



\$15.00 per ½ dozen \$30.00 per dozen

Contact Lauren @ 705-977-1886

CARPENTRY

STAIRS SHEDS

DOCKS DECKS

CALL JR @705-657-2143



SCENTSY
INDEPENDENT CONSULTANT



TIFFANY LAURA

705-875-0974

tiffany.warren@ymail.com

tiffanylaura.scentsy.ca



**A
DANGEROUS
MIXX**



It's a fact that many fire deaths are caused by people attempting to cook or smoke while under the influence of alcohol.

There's more to responsible drinking than taking a cab.

Don't put yourself – or your family – at risk to fire.



BECOME A CCA MEMBER!

Your membership fees help support our many activities on the lake, including:

- Buoy program
- Lake stewardship
- DockFest
- Website, newsletters and emails
- Membership in organizations such as FOCA, CCRAI and CEWF

You get all of these benefits for only \$30 per year!

Visit our website to find out more and to purchase your membership.

www.catchacomalake.com



Need some help around the house?



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

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

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

Visit

<https://helpinghandhandymanservices.com>

We do it all!

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

Cavendish Key Contact Information

Trent Lakes Municipal Council:

Mayor	Terry Lambshead	705-927-4968	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
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		
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

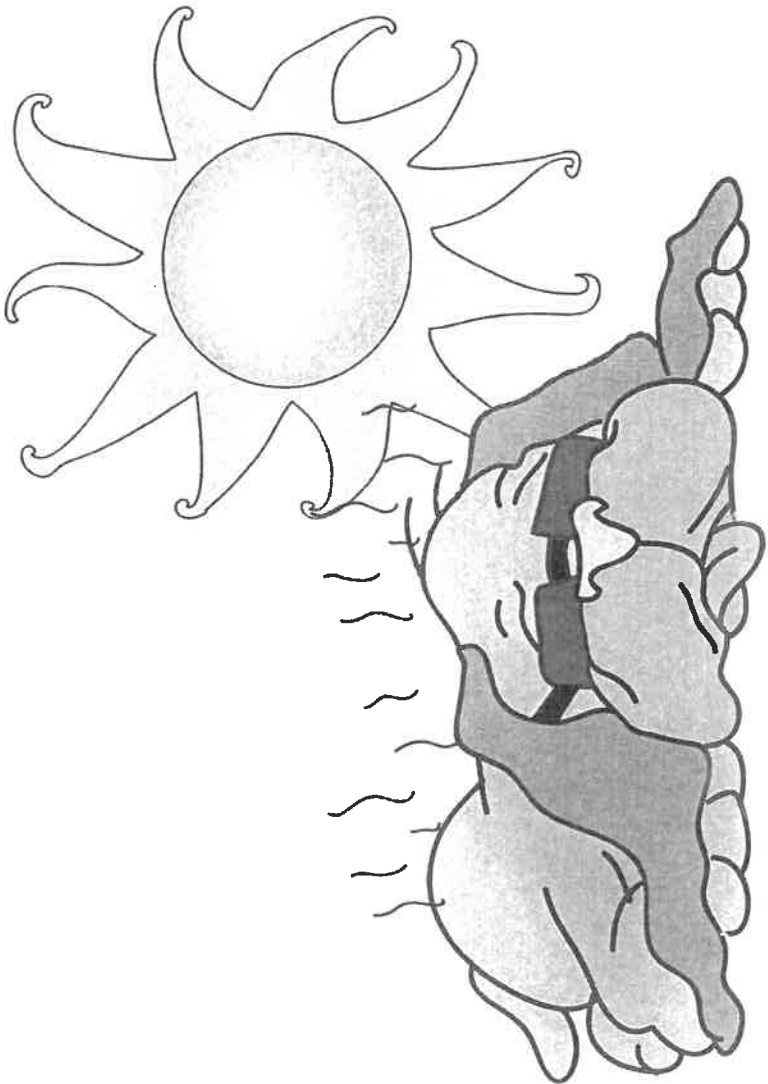
Burn Hot Line: 1-800-374-4009 Ext. 301 or 1-705-738-3800 Ext. 301

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



August 2025, 384th Issue

ssaxdpx3 2025

AUGUST2025						
SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2 Library Games Night
					8	9 Library
3	4 Art Group	5 Library Exercise	6 Library Bridge	7 Euchre Scrabble Exercise		
10	11 Art Group	12 Library Exercise	13 Library Bridge	14 Euchre Exercise	15	16 Library CRAI Meeting
17	18 Art Group	19 Library Exercise	20 Library Bridge	21 Euchre Exercise	22	23 Library
24	25 Art Group	26 Library Exercise	27 Library Bridge	28 Euchre Exercise	29	30 Library Games Night CHILDREN'S WATER FESTIVAL