### 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:

- Health Care Assessment Form
- Cavendish Jigsaw Puzzles
- Painless Dentistry
- Easter Basket Raffle
- Seasonal Labourer
- Calling all Homeschooling families
- Line Dancing
- Fire Extinguishers
- St. Patrick's Day

# 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 page -\$10.00 per month

1/8<sup>th</sup> page -\$5.00 per month ¼ page - \$15.00 per month

- Just one letter makes the difference between here and there
- Middle age is when your age begins to show around your middle.
- Always remember: one good turn gets most of the blankets.
- If you look like your passport picture, you probably need the trip.
- Does killing time damage eternity?
- Do pilots take crash courses?
- Why is it that night falls, but day breaks.
- Why can't you apply mascara with you mouth closed?
- Do stars clean themselves with meteor showers?
- When humour goes, there goes civilization.
- many, trust few, and always paddle your own canoe
- Marriage means commitment. Of course, so does insanity.
- Junk is something you've kept for years and throw away three weeks before you need it.



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

Editor: Katherine Warren

1 Mailing Address: 32 Community Complex Drive, Trent Lakes, Ontario KOL 1J0 Phone Number: 705-657-8912

Email: kathy507 @yahoo.ca

# Sommunity Report

# Progressive Euchre

Every Thursday Afternoon
1:00 p.m. until 3:30 p.m.
Cavendish Community Centre

\$5.00 per person

# Tiny Tots Time

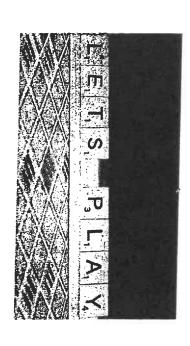
Wednesday Afternoon 1:00 to 2:30 Cavendish Community Centre

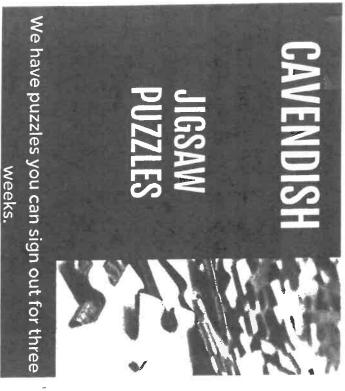
support one another with the challenges of raising a toddler. Parent or responsible caregiver. Active playtime for children five and under accompanied by a This is also an opportunity to



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

ξ.





Sign up to the Municipality of Trent Lake
Monthly Newsletter!

SCAN THE QR CODE OR HEAD TO:

https://mailchi.mp/trentlakes/sign-up



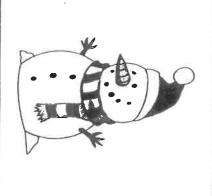


Come in for hot chocolate, coffee or tea

With your visit help put our community puzzle together

## **Snowman Building Contest**

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

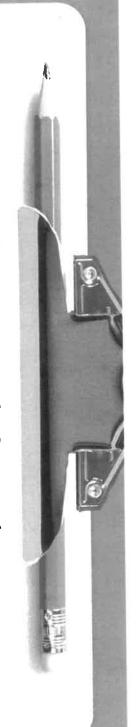


# How Well Do You Know Your Country?

- N In Canada, "Loonie" is a slang word for what common item?
- The Rogers Centre in Toronto originally named the Skydome and built in 1989, was the first stadium in the world to have what?
- ယ In which Canadian province can you find a scenic roadway called the Cabot
- Which Canadian walkway was named the world's largest underground shopping center by Guinness world records?
- S of September Which famous poet, singer and songwriter was born in Quebec Province on 21st 1934 and did aged 82 in 2016?
- တ Sport? Ice hockey is Canada's National Winter Sport, but what is the **National Summer**
- In which province in the Canadian Capital, Ottawa, located?
- ထ custard icing layer and a chocolate layer? What is the name of the Canadian dessert consisting of a crumbly base,
- 9. Which Canadian Territory was formed in 1999?
- 10. On which date is Canada Day celebrated every year?

# A GOOD REASON OUR CHILDREN AND LEARNING THE ENGLISH LANGUAGE. GRANDCHILDREN GET CONFUSED WHEN FIRST

The bandage was wound around the wound. He could lead if he could get the lead out. The soldier decided to desert his dessert in the desert. When shot at, the dove dove into the bushes. The insurance was invalid for the invalid. They were too close to the door to close it



# Peterborough County's

## **ASSESSMENT FORM EALTHCARE NEEDS**



Are you a resident of Peterborough County?



or wish to receive care closer to home? Are you currently without a family physician



the needs of your township as well as be added to a Would you like to provide information to determine contact list for when a physician is secured?



Or visit:

Scan the QR Code:

www.ptbocounty.ca/yourhealthmatters

Do you need assistance completing an assessment form? Please call 705-930-4765

Questions? Contact:

yourhealthmatters@ptbocounty.ca



(O) eptbocountyhealth

eptbocountyhealth

@PtboCntyHealth www.ptbocounty.ca



#### We ¥qn+ your natural corks



their cork collection program to our team as Bridgenorth has offered the proceeds from is thrilled that The Village Wine Shoppe in Survivors **Abreast Dragon Boat team** 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:

> to represent Peterborough Abreast dragon boat team

defer costs for Survivors

Money raised will help

International Dragon Boat and surrounding area at

Festivals

SMORE

Ward St. Bridgenorth The Village Wine Shoppe- 874

The Wine Shoppe -Peterborough 392 Brock St in

Little Gull Marina -144 Mississagua Lake Rd,Trent Lakes

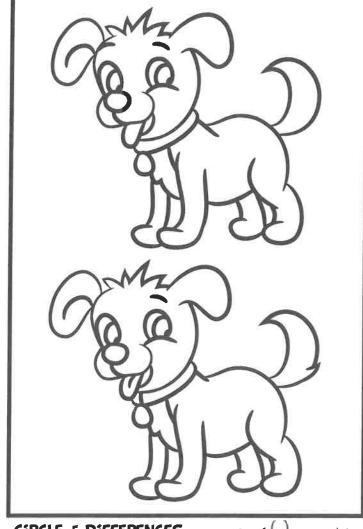
OR, if you know a Survivors Abreast give them your corks! paddler,

for your Thank you supporti

happening at the CCC. 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

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











# Patrick's Search

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# **Painless** Dentistry! The Impossible Dream, You Say? Maybe Not!

At least, if most or much of your dental pain comes from your wallet, there may be a whole lot less pain in your near future. Certainly, I've always thought that having to hand out money at the end of each dental visit felt like adding insult to injury. But I'm here to tell you that in 2024 I had 2 visits to my dentist and paid nothing — a first for me. And I'm going back for more "painless" dentistry this year.

#### How Do I Qualify?

required too much paperwork. But, that has all changed - now dentists are required to do no more there were many dentists who told their patients at first that they would not participate in the plan regard the plan with suspicion and believe they have no reason to pay any attention to it. is wonderful after my experience last year. What's not to like? But I know a lot of people who seem to When the Buckhom Branch of our Trent Lakes Library offered an opportunity to meet with a Service paperwork than they would for any other dental insurance Canada consultant to learn more about the new Dental Plan, I couldn't wait to go. I already think the plan Truth to tell,

Here's the scoop — if you:

- are more than 65 (or less than 18)
- have no private dental plan
- had an "adjusted family net income" of less than \$90,000 in 2024, and
- paid your taxes that year in a timely way

you too can benefit from the plan.

You may also qualify even if you have dental coverage through another government social program. And this year, the age restriction in intended to be removed. (However, as you know, federal political changes are in the works, so, who knows for sure?)

### So What Is Covered?

more for some procedures than the amount that is covered (not my dentist though, whew!). Of course, not everything your dentist might suggest you need is covered. And, some dentists charge

Coverage includes

- diagnostic and preventive services (dental exams, x-rays, cleaning, fluoride applications sealants
- basic services, including:
- restorations (e.g., fillings, pain control and other treatments for cavities) endodontics (e.g., root canals)
- periodontal services (e.g., cleaning under the gumline, treating abscesses, bonding for mobile
- major services, such as restorations (posts and repairs to crowns)
- removable prosthodontics, such as dentures, denture repairs and relines, and
- anesthesia and sedation.

Some procedures will require specific pre-approval. But, it can't hurt to ask

# So What Should I Do Now?

If you qualified in 2024, you probably received a letter telling you so at some point. I grabbed my letter and regard it with suspicion and belief that it wouldn't work out anyway. Don't worry if you can no longer find enrolled immediately, but none of the friends I have talked to about it did so. As I said, many seemed to (or even remember) the letter.

If you think you might qualify, it is best to contact Service Canada. This is not as daunting as you might think. The Citizen Services Specialist who visited the Buckhorn Library was approachable, knowledgeable, compassionate and funny beyond all expectations. To talk to such a person about your particular situation

- phone 1-833-537-4342 (8:30-4:30) Monday to Friday; TTY 1-833-677-6262 7:00 am-7:30 pm Monday to Friday), or
- am to 2:00 pm (Fleming College Resource Centre), or check out the service Canada website Canada ca/dental, or search on Service Canada Dental visit our nearest Service Canada office at Peterborough (219 George Street North); there are also offices in Lindsay and Bancroft (all are open Monday to Friday 8:30 am to 4:00 pm); and a Service Canada representative is at Haliburton on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 10:00

You will need to identify yourself with a passport, permanent resident card, Certificate of Indian Status or a provincial ID card or driver's license. If you don't have any of these, you can learn from the website or a telephone call what alternative would be acceptable. Then, be prepared to smile!

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

# Come Play With Us!



# **Peterborough New Horizons Bands**

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

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

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

It's never too late to start.

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

#### Cavendish Community Centre **Every Saturday Evening Games Night** @7p.m.



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

# Interested in Playing Volleyball?



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



TICKETS AVAILABLE AT THE CAVENDISH COMMUNITY CENTRE

PROCEEDS IN SUPPORT OF THE 507 EXPRESS TICKETS \$2 EACH OR 3 FOR \$5

# Crerar Mechanic

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

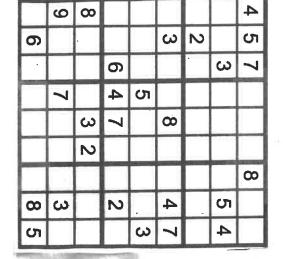
GENERAC

**Authorised Service Dealer** 

enerator Service & Maintenance Home Standby Generators Portable Generators



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## ANCAKE DINNER Please join us



St. Matthew - St. Aidan Anglican Church 1937 Lakehurst Road, Buckhorn (Across from the Locks)

Tuesday, March 4, 2025 4:30 p.m. to 6:30 p.m.

Adults - \$12.00 Children 6 to 12 - \$5.00 Under 5 free

### Family Day Celebration

time you got the driveway clear, the plow would go by and fill it in once again. clearing snow from driveways and paths, fighting with snow blowers and frustrated that every We hope that everyone enjoyed Family Day despite the weather. Most of us were out

and finding the items for the scavenger hunt. The library had a station set up so that each The kids enjoyed tobogganing down the pile of snow, spray painting pretty pictures in the snow Unfortunately we were not able to skate as the belt blew on the snow blower that morning. family could make a time capsule to take home with them which everyone enjoyed decorating. Thank you to all those that were able to take a break and join us at the community centre

this year. We had three entries that were able to get to the community centre despite the Lauren Hill. weather. In third place was Kendra Smith, second place was Ken Warren, and in first place was We also had our annual chili contest and we are very happy to report that Ken did not win

# Recipe of the Month

# BEST EVER BANANA MUFFINS

3 to 4 medium bananas, mashed (about 1 cup) 3/4 cup sugar 1 egg 1/2 cup melted butter or margarine

1 tsp vanilla

1 1/2 cups all-purpose flour 1 tsp baking powder 1 tsp baking soda 1/2 tsp salt 1/2 cup chopped walnuts, optional

Mix mashed bananas, sugar, egg, vanilla and melted butter together in large bowl. In another bowl, mix flour, baking powder, baking soda and walnuts together. Pour dry mixture over liquid mixture; stir until just blended. Put into greased muffin cups. Bake at 375°F for 20 minutes.

## Good Buy Roon Thrift Store

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

Hours:

Lakehurst Road Buckhorn (Below Buckhorn Library)

# **FLYNN'S**

1447140 Ontario Ltd.

# Corner of County Roads 507 & 36

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

QUALITY PRODUCTS AND SERVICES Winter Hours 6:30 a.m. to 6 p.m. Sundays 8 a.m. to 6 p.m



# Cavendish Community Ratepayers Association Inc.

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

Trent Lakes, Ontario, K0L 1J0  Application for/Renewal of CCRAI Membership	Membershin Fees	Figure
☐ I am RENEWING my membership for 2025	\$20.00 per household	ousehold
☐ I am APPLYING for membership for 2025	\$	Additional Voluntary Donation
☐ I am donating to CCRAI Lake and Water Quality Programs	\$	
Name of Member/Applicant:		
Additional Member in Household:		
Address:		
City: Postal Code:		
Home Phone: Cavendish Phone:		
Do you prefer to receive your yearly newsletter electronically via email?	email?	
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.	Meetings emed impo akes.	to present rtant to
Saturday June 21, 2025 – 10am-12:00pm – Public Meeting Live at the Cavendish Community Centre and via Zoom	olic Meetin via Zoom	g
Saturday August 16, 2025 – 10am-12:00pm – AGM and Public Meeting Live at the Cavendish Community Centre and via Zoom	VGM and Povia Zoom	ublic Meeting
Join us in person at the Cavendish Community Centre or via 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	y Centre o ce and you d line phor Make a diff	r via Zoom. can ıe. ference
For online payments, please email in the form and email/E-transfer the membership fee to <a href="CCRAIMAIL@GMAIL.COM">CCRAIMAIL@GMAIL.COM</a> . 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	ne membership : ue or money ord	fee to er made out to CCRAI to
Thank you for your continued support of the Cavendish Community Ratepayers Association	nity Ratepayer	s Association.
Visit us at: https://ccraiassociation.wordpress.com		
Are you interested in the activities that occur at the Cavendish Community Centre – do you have any suggestions or requests. Please forward your suggestions, ideas, concerns to <a href="mailto:kathy507@yahoo.ca">kathy507@yahoo.ca</a> or come out to one of the Cavendish Culture and Recreation Committee meetings –	the Cavend or requests 507@yahoo Committee	ish s. Please o.ca or come e meetings –
next meeting is at 7:30 on March 18th, 2025		



# Seasonal Recreation and Facilities Labourer (4.5 months) April to September

Type: Seasonal

Salary: \$23.59 per hour

Hours of work: 40 hours per week

Department: Recreation and Facilities

Facilities Labourers The Municipality of Trent Lakes is accepting applications for Seasonal Recreation and

The successful candidate must have the following qualifications

- Grade 12 or equivalent
- Valid Ontario Driver's Class 'G' License with a clean driver abstract
- Must be available to work weekends and holidays
- Strong Health and Safety awareness
- Ability to maneuver trucks, trailers, and equipment safely and efficiently.
- Knowledge and ability to operate landscaping and grass-cutting tools and equipment
- Knowledge of basic building maintenance and ability to use various hand and power
- Ability to work in a team environment or independently.
- Attention to detail and accuracy in work.
- Initiative and good judgement with limited supervision.
- Self-motivated with the ability to multitask.
- Excellent communication and public relations skills
  Ability to learn new skills
- Valid Chainsaw Operator Certificate is an asset
   First Aid/CPR Certification is an asset.

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

County Road 36, Trent Lakes, Ontario K0M 1A0. E-mail submissions are acceptable at resume to the Human Resources Coordinator, Municipality of Trent Lakes, 760 Peterborough be received in confidence no later than 4:00 p.m. on March 29th, 2025. Please submit your Applications must be clearly marked "Seasonal Recreation and Facilities Labourer" and will Let us know why you would be an excellent team member by submitting your application hr@trentlakes.ca

before the closing date. interview will be contacted. Ongoing interviews will be conducted, and positions may be filled We thank all candidates for their interest, however, only those candidates selected for an

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



# Weather predictions for this month.

is 35 mm above our normal for this time period usual for the month of March. As well, we can expect to receive 90 mm of precipitation, which Temperatures this month will be on average minus one degree, which is one degree lower than

- 1<sup>st</sup> to the 3<sup>rd</sup> of the month sunny days
- 4<sup>th</sup> to the 10<sup>th</sup> expect snow
- 11<sup>th</sup> to the 16<sup>th</sup> once again expect a snowstorm
- 17<sup>th</sup> to the 31<sup>st</sup> sunny days and warm

# homeschooling families!

### wants your input on how to Trent Lakes Public Library better support YOU!

Please let us know your thoughts and ideas!



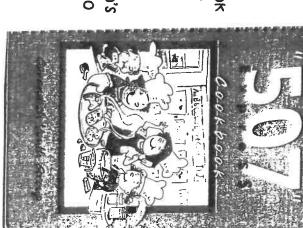


Email: library@trentlakes.ca Phone: 705-657-3695

"The 507 Express Cookbook"

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

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



# ANNIVERSARIES!



	10 <sup>th</sup>	<b>:</b>	9	7 <sup>th</sup>	ရ	2 <sup>nd</sup>	
Dring Course	Evelyn Neumann	Scott Asling	Kim Eveleigh	Mckayla Major	Caroline Hay	Sean Hawkins	

12<sup>th</sup> Dylan Forgie Kim Lambshead **Deborah Pageot** Bryan Carroll

14<sup>th</sup>  $16^{\text{th}}$ Caedman Shepski Finlay Peeters Don Mackay Ryan Stupavsky

 $17^{\text{th}}$  $23^{\text{rd}}$ 21<sup>st</sup>  $20^{th}$  $25^{\text{th}}$ 24<sup>th</sup> 22<sup>nd</sup>  $29^{th}$ 28<sup>th</sup> $26^{th}$ Georgina Windover Stefanie Bourke Jackie Kukemueller Rebecca Oreto Marylou Bowles Julia Sawyers Gideon Botting Gerrit Kukemueller Dylan Goddard Stefanie Newmann Michelle Geverink Shane Watson Joe Mullen **Patrick Connell** Joe Cadigan William Woldock Lucas Eveleigh

Happy Anniversary

Gail & Don Mackay Bobbi & Ira Robertson

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

Rachel O'Heron

#### **Burn 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. Burn Permits are required - you must have a permit for ANY open air burning. Fire Permits

Ontario Certified Marine Mechanics

Custom Docks Service Calls

Gas & Propane

Boat & Snowmobile storage

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

trailer & ATV sales

fiberglass, aluminum, gel coat, etc. Painting & Structural repairs

Shrink wrap & Winterization

Tops: new & repairs

Prop repair

**Boat & Canoe Rentals** 

Snowmobile & ATV repairs Insurance Claim handling

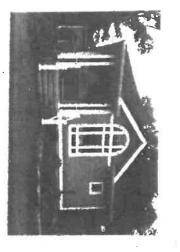
Spring water Welding

Call, we fix them al 705-657-9088

**Ontario Certified Marine** Mechanic on duty Monday-Friday

Closed Sundays if snowmobile trails officially closed March Store Hours: 9am-4pm

Customer Service is #1!



#### Centre (TLOC) runs run by volunteers Trent Lakes Outreach The Food Bank is Bank once a month. year round Food ۵

#### To contact us:

https://tlocfoodbank.wordpress.com

For urgent assistance please call: 705.768.3590

We do ask that new clients need to call a couple of days ahead in order for us to make up a package for them.





food supplies for distribution Х́е Share which provides our are a member agency of Kawartha Food

#### **Donations**

- Donation Drop off locations:Trent Lakes Public Library Buckhorn or Cavendish locations
- **Buckhorn Community Centre**
- Community Care Buckhorn

Trent Lakes Municipal Office

Trent Lakes Outreach Centre – Food Bank is run entirely by volunteers and donations. We appreciate both food and financial donations

Some food items which are always needed include canned/non-perishable. It meat, stews, vegetables, as well as personal hygiene and laundry/cleaning

#### Here's how to donate!

Donors that DO NOT WANT a Tax

Receipt: Interac

e-Transfer to: Nocfoodbank@gmail.com

Trent Lakes Outreach Centre Donors THAT DO REQUIRE a Tax Receipt: make a cheque payable to: Trent Lakes Outreach Centre: Please mail cheque to:

Bucknorn, Ontario, Canada KGL 130

All nontributions are gratefully acknowledged.



### LINE DANCING

Cavendish Community Centre

THURSDAYS March 6th to April 10th

6:30 PM

FUN, EASY & BEGINNER FRIENDLY

Come and enjoy a refreshment and meet new people, whilst listening to GREAT music of ALL GENRES!

WE need minimum of 20 persons to make it a GO!! Grab a friend and sign up before February 28th!!

6 weeks for \$30

Payable in Advance by e-transfer

to Cavendish Culture & Recreation Committee

cavendishcandr@yahoo.com

or Drop off payment to the Cavendish Branch Library

\*Please Call 647.237.3453 for more information







- Add a teaspoon of vinegar to your dishwasher for spot free dishes
- Remove smudges from stainless steel sinks and appliances by spraying with the metal. undiluted white vinegar and rub gently with microfiber cloth following the grain of Rinse with damp cloth and buff to shine.
- cup distilled vinegar. Freshen microwave – boil one cup of water in a bowl with lemon slices or one Heat to boiling and let sit for at least 5 minutes
- Fix sputtering shower heads by soaking in distilled white vinegar in a bucket over night. If the showerhead will not come off fill plastic bag with vinegar and attach water to rinse minerals away. to showerhead with several elastic bands. Remove next morning and turn on
- hole into cork about 1 inch deep Use a synthetic wine cork to seal partially used tubes of caulk. Drill 5/16th inch
- spray paint, lubricants and caulk. Use six-pack cartons (beer & coolers) for storing and transporting items like
- clean When painting or gardening put your cell phone into a zip lock bag to keep it
- effortlessly Coat your face and arms with lotion before painting and the splatters will wash off
- be easy to find. Tape glows for up to eight hours when exposed to light. Pick up small shards of broken glass with one of the following:

  o Fresh slice of bread Wrap your flashlight with glow-in-the-dark tape. When the power goes out it will
- 0 Sliced potato
- 0 Several layers of wet paper towels
- 0



#### **Gardening Tips**

Ä

- Feed plants and repost for optimal growth
- Plan out your garden to make sure growing conditions for all your plants are met.
- Consider growing vertical gardens for extra space
- Remove suckers from fruiting trees
- Start seedlings of annuals in flats
- Spread dark plastic intended for mulch out over the garden site to hasten the warming of the soil. This will provide for earlier and better germination.

  Try using a meat basting syringe to water your seedlings
- after they have bloomed Prune evergreen flowering trees and shrubs Prune spring flowering shrubs only
- Start sowing seeds indoors such as
- 0 Asparagus
- Arugula
- 0 Peas
- 0 0 Sesame Lettuce
- 0 Catnip
- 0 Mint
- 0 Bergamot
- Basil
- Sage
- Digitalis
- Thyme

June July 19<sup>th</sup>— July 19th, 22nd, 23rd, 26<sup>th</sup> Cavendish 7<sup>th</sup> Community Centre Upcoming Events: Mark on Your Calendar Plant Sale Carnival Day - Hidden Auction



Remember that registration is now open for kindergarten students

#### Dates to remember:

- 0
- 0
- March Break starts on March 7<sup>th</sup>
  Back to school on March 17<sup>th</sup>
  March 20<sup>th</sup> Parent teacher interview for TAS
  March 27<sup>th</sup> Semi Formal TAS



### Cavendish Branch Library



1:00 pm to 3:00 pm. Saturday March 15<sup>th</sup>, we will be making a snow volcano and glow worms from March  $12^{
m th}$  will be Bracelet and Airplane Making from 1:00 pm to 3:00 pm. On Cavendish Library will be offering activities during March Break. Wednesday

put a **Hold** on the pass. Lakes Library so if you think you may want to visit the museum, you may wish to to use it once/year. There is only one Canadian Canoe Museum pass for the Trent Besides books and DVDs, we have Ontario Parks Daily Vehicle Permit Passes to Museum pass. The pass can be borrowed for a week, but a family is only allowed borrow for a week. Also, new this year, patrons can borrow a Canadian Canoe

celebration. Families were able to decorate a time capsule to take home. Thanks to everyone that stopped by our table at Cavendish's Family Day

other days will remain the same operating hours Remember, Cavendish branch will be open Tuesdays 4:00 pm to 8:00 pm. The

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

# 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

Postal Code:	Address:	Name:

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

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

# It's a Part of Our History

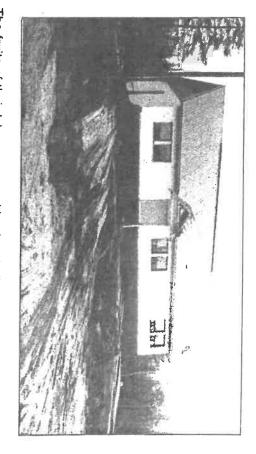
Caveno

They meet and plan which jobs they can do which jobs must be done by people in the particular and finish the day at 5 p.m. Their block laying etc. Then the work begins. They start about 8:30 a.m. profession. E.g. were the retc. Then the reason drilling, the work

hoped but the building is closed in and the heat in working now. This makes a much nicer working job since old age brings wisdom and a little more care has been taken to make place. No one has been hurt on the little more care sure the has been

the spring. golden years are all about? dangers around. We are already planning a big Official Opening in cleaned up, so there are no small USEFUL! AND WE'RE STILL Isn't that what the WE'VE BEEN HAV-

(Mrs.) Helen Bowen Member of Cavendish Culture & Recreation Committee



The fruits of their labour are resulting in a building they will enjoy for many come

aspects tant, engineer, transport driver etc. After nine months of work they are now conversant with all former professions were accoun of the building trade

sulation in the walls as well as acting as assistants to the men. sional tradesmen usi seniors as helpers. The have put a great deal of the inhas and The electricity lectricity and plumbing is being done by profesusing women

fishing and hunting. This was especially a surprize for we who came from Toronto. Things have not moved as quickly as we had businesses downs e.g. We didn't realise that nearly all tradesmen and building There have been lots of ups in the county stop for d hunting. This was



# Dates to Think About

2<sup>nd</sup> – World Teen Menta 3<sup>rd</sup> – World Wildlife Day World Teen Mental Heath Day

**4** Shrove Tuesday

בַּט Ash Wednesday

හ<u>ූ</u> | International Woman's Day

မ္ Daylight Savings Time

11# Ides of March International Fanny Pack Day

15<sup>th</sup> St. Patrick's Day

19<sup>th</sup> First day of Spring

20# International Day of Happiness

22<sup>nd</sup> World Water Day

23<sup>rd</sup> 29<sup>th</sup> to 31<sup>st</sup> – Borrowing Days World Meteorologist Day

31<sup>st</sup> World Back-up Day

### Clerical Help Needed!

Building consultant firm is looking for part timers clerical help in the Catchacoma area. Duties to include word processing, helping to establish a reference library.

Contact Doug Fishburn – 705-657-3944 or 416-806-3191 Email dfishburn@fishburnroofingsciences.com

# Fire extinguishers

of a small fire. Make sure you know what to look for when buying a fire Purchase a fire extinguisher for your home and keep it handy in the event extinguisher for your home

- Always check for certification marks, such as ULC.
- a number. The higher the number rating on the fire extinguisher, the extinguish with a letter and the size of fire that they can extinguish with Fire extinguishers indicate the type of fire that they are designed to more fire it puts out.
- It is important to make sure you can comfortably hold and operate the fire extinguisher you buy
- To use the fire extinguisher, remember the order of operations: P.A.S
- Pull the pin
- Aim at the base of the fire
- Squeeze the trigger
- 0 Sweep - back and forth at the base of the fire vigorously
- If you have a rechargeable fire extinguisher, have it serviced and inspected according to the manufacturer's instructions, and recharge it after each use
- Install your fire extinguisher near an escape route and away from potential fire hazards

#### Did you know?

Smoking is one of the leading causes of house fires. Smokers should extinguish any lit items and never leave them unattended. smoulder for hours before bursting into flames. Make sure to properly regularly check their furniture and bed for fallen embers, which can

### St. Patrick's Day Facts

- observation of the death of St. Patrick, the patron saint of Ireland St. Patrick's Day is celebrated each year on march 17th The day is the
- St. Patrick was born in 385 AD in a place believed to be Banna Venta Berniae, a town in Roman Britain. He died during the fifth century in the year 461AD Saul, Downpatrick, Ireland.
- worked there for six years tending sheep and then escaped and became a priest. kidnapped by a group of Irish raiders who were attacking his family's estate. At the age of 16, St. Patrick was kidnapped and was taken to Ireland. He was
- than 1,000 years. St. Patrick's Day has been observed by the Irish as a religious hoiday for more
- green became officially associated with the day Blue was the colour associated with St. Patrick's until 1978 when the colour
- someone who is not wearing green on the day. It is a tradition to wear green on St. Patrick's Day, it is also a tradition to pinch
- St. Patrick's Day is a national holiday in both Ireland and North Ireland. provincial holiday in the province of Newfoundland. H is
- to explain the concept of the Holy Trinity. The shamrock is now the official flower The shamrock is a symbol associated wit St. Patrick, who is said to have used it
- have become staples of the holiday celebrations. Known as the "Friendliest Day of the Year Traditional foods for St. Patrick's day include corned beef and cabbage, which
- Festival of Patrick and St. Patty's Day Other names for the day include Feast of St. Patrick, St. Paddy's Day, Day of the



B

March 2<sup>nd</sup>, 1865 - Canada dry originator John J. McLaughlin was born. March 4<sup>th</sup>, 1954 — Actress and screenwriter Catherine O'Hara is born in Toronto Ontario.

March 8<sup>th</sup>, 1823 – Architect Thomas Fuller was born March 12<sup>th</sup>, 2002 – painter, sculptor and engraver Je

painter, sculptor and engraver Jean-Paul Riopelle dies at Isle-aux-Grues, Quebec. He has been called the most internationally celebrated Canadian painter of the twentieth century. Over a dozen of his works have gone for more than a million dollars each.

women's rights activist Emily murphy was born

March 14th, 1868 March20th, 1995 the federal immigration department begins legal proceedings against second World War. ErichTobias, a former Latvian accused of war crimes during the

1931 Actor William Shatner was born.

March 22<sup>nd</sup>, 1931 March 25<sup>th</sup>, 1880 shot at the offices of the Toronto Globe by George Bennett, a disgruntled former employee. He died on May 8<sup>th</sup>, 19880, after the Journalist, politician, and Father of Confederation George Brown is

March 27<sup>th</sup>, 1952 – twin singer-songwriters אוניום עם מיים ביים ביים שואס של March 31<sup>st</sup>, 1890 – the Manitoba School Act abolishes public funding for separate schools for Catholic students. twin singer-songwriters Richard and Marie-Claire Sequin were born seemingly minor leg wound became infected

### **Facts About March**

- Was once the first month of the year.
- March symbolizes transformation and new growth
- The birth flowers for the month are the daffodil and jonquils
- The birth stones for the month of March are the aquamarine and the blood stone
- March is known as the best month for basketball
- It is also known to be the worst month for productivity.
- March was names after Mars, the Roman god of war.
- The Ides of March (March  ${f 15}^{
  m th}$ ) was the date of Julius Caesar's assassination

# Answers to Puzzling Times

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conversation with only two hands. You have arrived socially when you can succes nold a cocktail and plate of canapés and carry on a can successfully

around long enough to be called anything else. Maybe they call it modern art because it may not be

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

- bird. A coin specifically the one-dollar coin which features a picture of a loon, a type of
- A fully retractable roof
- $\omega N$ Nova Scotia
- Path in Toronto
- 4001 Leonard Cohen
  - Lacrosse
- Ontario
- Nanaimo Bar
- Nunavut
- 5 . July 1<sup>st</sup>



o live at home inty of Peterborough

# Airunumo

Community Care Buckhorn Social Drop in Group

Each month will feature a specialty drink to try!

WHEN:

3rd Tuesday of each month

WHERE:

1937 Lakehurst, Road Buckhorn Hartley Hall - St. Matthews Church

\*Wheelchair access/ramp & parking at back of church

TIME:

10am-12 noon

MORE INFORMATION:

Call Community Care Buckhorn

705-657-2171

OFFORTUNITY TO MEET & GREET OTHER SEMIORS IN AJ INDIMINOS



\*Beginning in the month of May,

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



### 11

#### 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



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

Marinamudge@gmail.com

Mudge Cottage Care

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

> Snipping Lawn care, mowing and whipper

Tree cutting and brush removed

- **Gutter and eves cleaning** Leaf blowing and raking
- Staining and Painting
- Waterfront cleanup
- Pressure washing of decks/docks
- Mold removed on Boat upholstery

12/25

# Cavendish Classifieds

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

### Cleaning Available



Please call: 705-761-5216

#### BUTERTARTS

Made Special just for You!



\$15.00per 1/2 dozen \$30.00 per dozen

Contact Lauren @ 705-977-1886

## In case of fire, don's ave possessions go directly to your meeting place.

# CARPENTRY

STAIRS SHEDS

**DOCKS DECKS** 

CALL JR @705-657-2143

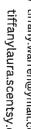


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NORPENDENT















#### Nood some help around the **TOUSOF**



#### Joip is just

#### **a phono call away**i **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

https://helpinghandhandymanservices.com We do it all!

# Cavendish Key Contact Information

# Trent Lakes Municipal Council:

Councillor – Harvey Councillor – Galway Cavendish **Deputy Mayor** Councillor – at large John Braybrook Terry Lambshead Peter Franzen Joe Cadigan Carol Armstrong 705-657-7518 705-731-9871 705-738-1486 705-731-9410 705-927-4968 tlambshead@trentlakes.ca pfranzen@trentlakes.ca jcadigan@trentlakes.ca carmstrong@trentlakes.ca jbraybrook@trentlakes.ca

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

## **Municipal Service Contacts:**

Municipal Website Municipal Office www.trentlakes.ca fax: 1-705-738-3801 1 705-738-3800 or 1-800-374-4009

Roads Superintendent **Deputy Fire Chief** Luc Shewen Steve Brockbank Evan Grieger 1-705-738-3800 ext. 221 EGrieger@trentlakes.ca 1-705-738-3800 ext. 230 1-705-738-3800 ext. 230

**Cavendish Transfer Station** Chief Building Official Barbara Waldron Don & Blaine 1-705-738-3800 ext. 225 705-657-2490

Cavendish Culture and Recreation **Community Service Contacts:** Katherine Warren 705-657-8912 kathy507@yahoo.ca

Trent Lakes Outreach Centre-foodbank Helen Bowen Branch Library 507 Express – Editor **CCC Rental Inquiries and Bookings** Cavendish Community Centre Cavendish Youth Group Sue Warren Katherine Warren Katherine Warren Katherine Warren cavendishcandr@yahoo.com 705-768-3590 https://tlocfoodbank.wordpress.com/ 705-657-8912 kathy507@yahoo.ca 705-657-1192 or 705-657-8912 705-657-8912 kathy507@yahoo.ca 705-657-1192 705-657-8912 kathy507@yahoo.ca

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

King Sports Pad – Rink

**Molly Cadigan** 

705-657-2743

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

Cottage Association Presidents Contacts:

**Gold Lake Road Association Greens Lake** Beaver, Cavendish, Bottle & McGinnis Bryan West Mississagua –Gold Lake Road Mississagua District Picard Lake Catchacoma Lake **Greg Harper Katie Tingley Paul Stenton** Ric Mackey Carol Thomson 705-657-9128 rmackey@bell.net brywest3@gmail.com mglakeroadgroup.com carolt@golden.net pstenton@ryerson.ca

**Cavendish Landfill Site Hours of Operation** 

Ratty's Narrows Road

Jamie Langer

705-657-2573

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

Winter Hours: September 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:

Police Non-Emergency 1-888-310-1122 **EMERGENCY NUMBER: 911** 

Ontario Hydro: 1-800-434-1235

Sunday æ 23 16 9 Art Group Art Group Art Group Art Group St. Patrick's Day Art Group Monday щ 17 10 w Library 4-8 Youth Group Library 4-8 Library 4-8 Youth Group Youth Group Library 4-8 Tuesday 25 18 11 Library 10-4 Tiny Tots Tiny Tots Library 10-4
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2025

# 507 Express

March 2025, 379<sup>th</sup> Issue

