Remembrance Day
LEST WE FORGET

The 507 Express

November 2026, 398th Issue

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 ART GROUP	3 LIBRARY 4 - 8 YOUTH GROUP	4 LIBRARY 10-4	5 EUCHRE SCRABBLE NIGHT	6	7 LIBRARY 10-4 GAMES NIGHT
8	9 ART GROUP	10 LIBRARY 4 - 8 YOUTH GROUP	11 LIBRARY 10-4	12 EUCHRE SCRABBLE NIGHT	13	14 LIBRARY 10-4 GAMES NIGHT
15	16 ART GROUP	17 LIBRARY 4- 8 YOUTH GROUP	18 LIBRARY 10-4	19 EUCHRE SCRABBLE NIGHT	20	21 LIBRARY 10-4 GAMES NIGHT
22	23 ART GROUP	24 LIBRARY 4 - 8 YOUTH GROUP CULTURE & RECREATION COM. MEETING @ 7:30	25 LIBRARY 10-4	26 EUCHRE SCRABBLE NIGHT	27 BINGO	28 LIBRARY 10-4 GAMES NIGHT
29	30 ART GROUP					

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	Harley Edwards	1-705-738-3800 ext. 230
Roads Superintendent	Evan Grieger	1-705-738-3800 ext. 221 EGrieger@trentlakes
Chief Building Officia;	Eric Guay	1-705-738-3800 ext. 225
Cavendish Transfer Station	Don & Blaine	705-657-2490

Community Service Contacts:

Cavendish Community Policing	Dave Kuntz	705-657-8737
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	Joanne O'Heron	705-657-1192
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:

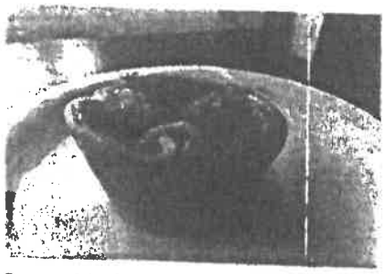
EMERGENCY NUMBER: 911
Police Non-Emergency 1-888-310-1122
Ontario Hydro: 1-800-434-1235

Cavendish Classifieds

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

BUTTERTARTS

Made Special just for You!



$15.00per ½ dozen $30.00 per dozen

Contact Lauren @ 705-977-1886

06/26

CARPENTRY

STAIRS SHEDS

DOCKS DECKS

CALL JR @705-657-2143

04/27

SCENTSY

INDEPENDENT CONSULTANT

TIFFANY LAURA

705-875-0974

tiffany.warren@ymail.com

tiffanylaura.scentsy.ca

Scan Me!

12/26

House Cleaning



Leasa Thompson

705-931-5501

12/26

NEED WOOD SPLIT &/or BRUSH REMOVAL

CALL: JOHN HARVEY

705-760-6637

07/26

Threads by Janice

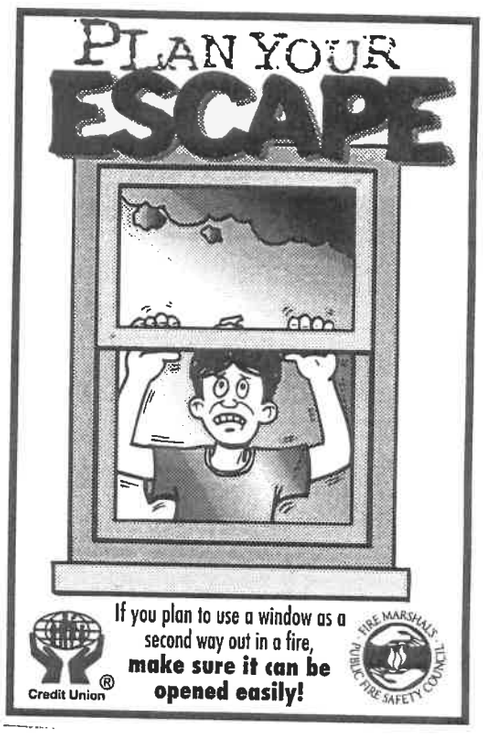


Sewing and Alterations

705-760-6785

janice_hill4@hotmail.com

03/27



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

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)

TWB CARPENTRY

705-761-4832

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

No job too small

twbcarpentry3101@gmail.com
Rich Mortensen

06/26

CAVENDISH

JIGSAW PUZZLES



We have puzzles you can sign out for three weeks.

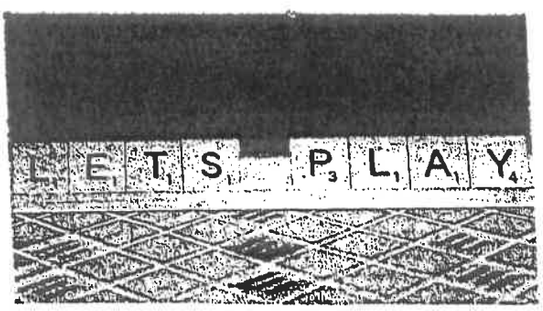
Sign up to the Municipality of Trent L Monthly Newsletter!

SCAN THE QR CODE OR HEAD TC
https://mailchi.mp/trentlakes/sign-

Municipality of
Trent Lakes

Scrabble Night

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



Puzzling Times Answers

B	I	B	■	A	B	L	E	■	D	O	M	E		
I	D	O	■	R	E	I	N	■	E	R	I	E		
A	L	E	■	R	A	N	T	■	T	E	A	R		
S	E	R	P	E	N	T	I	N	E	■	■	■		
■	■	■	E	S	S	■	T	A	R	T	A	N		
T	A	R	O	T	■	B	L	Y	■	H	I	E		
A	L	A	N	■	C	O	E	■	R	I	D	E		
L	E	T	■	F	O	X	■	F	I	N	E	D		
L	E	S	S	O	R	■	C	O	O	■	■	■		
■	■	■	P	R	O	P	O	R	T	I	O	N		
A	J	A	R	■	L	A	N	G	■	C	I	I		
L	A	N	A	■	L	U	G	E	■	E	L	L		
A	W	A	Y	■	A	L	O	T	■	D	Y	E		

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

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

A child rarely learns how educational his newest toy is until his dad trips over it.

When you feel dog-tired at night, it may be because you growled all day.

One remarkable thing is the way absence can make the heart grow fonder of somebody else.

How well do you Know Your Country? Answers

1.) D
2.) A
3.) A
4.) B
5.) C
6.) B
7.) 67
8.) A
9.) C
10) B

FOOD FOR THOUGHT

- When it comes to eating, you can sometimes help yourself more by helping yourself less.
- A man achieves according to what he believes.
- Never do business with a woman who cheats herself while playing solitaire.
- Happiness adds and multiplies as we divide it with others.
- Time is nature's way of preventing everything from happening at once.

SOMEONE UNCONSCIOUS

REMEMBER A B C

AIRWAY
Call for help. Open the airway: **TILT** the head. **LIFT** the chin.**LOOK** at the chest, and **LISTEN** and **FEEL** for breathing.



BREATHING
Not breathing? **PINCH** the nose and **SEAL** the mouth with your mouth. **BLOW** in 2 full breaths. Direct someone to **CALL** an ambulance.



CIRCULATION
CHECK for a pulse in the neck (beside the "adam's apple"). If pulse is present, continue breathing into the mouth every 5 seconds: If no pulse, **START** compression cycle: 15 compressions followed by 2 breaths. Repeat cycle.



COMPRESSIONS: One hand over the other on the centre of the chest (3 fingers widths above the bottom of the breastbone). Elbows straight, press 1.5 to 2 inches / 4 to 5 cm in depth each time, 90 times per minute.

CYCLE: After 15 compressions give 2 full breaths.

Recheck pulse after 4 cycles. If still no pulse, give 2 breaths and continue cycle until relieved by qualified help.



Learn these skills from a qualified teacher. Call your local pool.

Timeline: The Changing Legal Status of Women in Canada

1929: Women are recognized as persons for purposes of appointment to the Senate.
1982: Bertha Wilson is the first woman appointed to the Supreme Court of Canada.
1970s: Most provinces pass Matrimonial Property Acts to provide for the equal division of assets on dissolution of marriage.
1984: Legislation providing redress for victims of sexual harassment is introduced into Canada's Labour Code.
1985: The Indian Act is amended so that women no longer lose their treaty and Aboriginal rights as a result of marriage.
1988: The Supreme Court strikes down Canada's abortion law.
1989: In a landmark ruling (Brooks v. Canada Safeway Ltd.), the Supreme Court overturns the 1978 Bliss decision, which had found that pregnancy discrimination did not qualify as discrimination based on sex.

Got to love the creativity of small business owners....

- Sign over a gynecologist's office:" Dr. Jones, at your cervix."
- Pm a Se[toc Tank Truck – Yesterday's Meals on Wheels
- At a Proctologist's door: To expedite your visit, please back in.
- In a Podiatrist's office: Time wounds all heels.
- On a Plumber's truck – We repair what your husband fixed.
- On another Plumber's truck – Don't sleep with a drip. Call your plumber.
- On a church's bill board – 7 days without God makes one weak.
- At a Tire Shop – invite us to your next blowout.
- At a Towing company: We don't charge an arm and a leg. We want tows.
- On an Electrician's truck – let us remove your shorts....
- In a non-smoking area: If we see smoke, we will assume you are on fire and take appropriate action.
- On a Maternity Room door - Push, Push, Push.
- At an optometrist's office – If you don't see what you're looking for, you've come to the right place.
- On a Taxidermist's window – we really know our stuff.
- On a fence: Salesmen welcome! Dog food is expensive!
- At a Car Dealership – the best way to get back on your feet – miss a car payment.
- Outside a Muffler Shop: No appointment necessary. We hear you coming.
- In a veterinarian's waiting room – Be back in 5 minutes. Sit! Stay!
- At the electric company – We would be delighted if you send in your payment. However, if you don't, you will be.
- In a restaurant window: don't stand there and be hungry; come on in and get fed up.
- In the front yard of a funeral home: Drive carefully. We'll wait.
- At a propane filling station – thank heaven for little grills.
- Don't forget the sign at a radiator shop – best place in town to take a leak.

Interested in Playing Volleyball?



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

FLYNN'S STORE

1447140 Ontario Ltd.

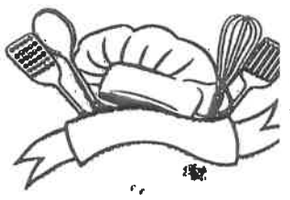
Corner of County Roads 507 & 36

Fuel, Baked Goods, Groceries
Hoodies, T-Shirts, and Track Pants

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

11/26

Recipe of the Month



CHICKEN GUMBO

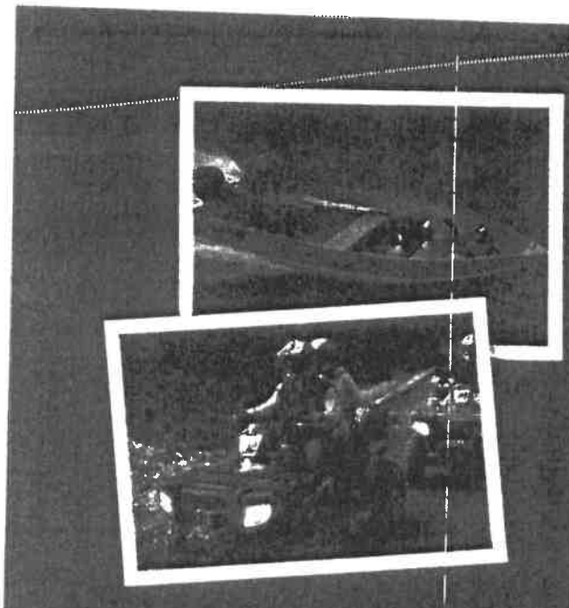
Prep. Time: 20 minutes Cook Time: 45 minutes

2 cups uncooked chicken, deboned and diced
2 tablespoons butter
1 onion, finely chopped
2 stalks celery, finely chopped
6 cups chicken broth or stock
½ green pepper, finely chopped
1 can sweet corn, drained
1 can green beans, drained
1 teaspoon garlic powder
2 cups rice
2 teaspoons salt
½ teaspoon pepper
1 cup canned tomatoes (diced) with juice

In large soup pan, melt butter and sauté onion and celery for about 5 minutes. Add broth, chicken meat, green pepper, garlic powder, tomatoes, salt and pepper. Increase heat to medium and bring contents to boil. Add corn, green beans and rice. Reduce heat to medium low and let simmer for 45 minutes or until chicken meat is cooked through.

FOOD FOR THOUGHT

- You are only limited in accomplishments by how small you think.
- Doing nothing for others is the undoing of ourselves.
- Blessed are they who go around in circles for they shall be called Big Wheels!
- People don't plan to fail, they just fail to plan!
- I am not stubborn. I just want things done my way.



Fall Awareness

IN AND AROUND DAMS: Signs and fences are there for your protection. Always obey posted signs – they're important to your safety. Stay outside of fenced areas and away from dam structures.

Hunting

- Always have a plan, and make sure someone at home knows it.
- Never overload your boat or ATV when you head to your hunt camp. Making two trips might take longer, but you will get there in one piece.
- Pay extra care when hunting near water.
- Slippery shorelines and changing water levels are more dangerous in the autumn cold.
- Buy a camouflage PFD you can wear while hunting.

ATVing

- Obey all laws when riding, including wearing a proper, approved helmet.
- Pay attention to signage and keep off of private property.
- When riding near water, consider wearing a PFD just in case.
- Always travel with a partner, and let someone at home know where you're going.
- Use extreme caution if ATV trails cross creek beds, don't trust makeshift bridges, and make sure you have a way back if water levels rise.

Tips for kids

Safety around water is even more important on cool, fall days. A child's small body is particularly susceptible to hypothermia. A PFD should be worn whenever kids are near cold water, and adult supervision is a must.



About MedicAlert Safe & Found

MedicAlert has one of the largest databases in the world that captures specific details about people with Alzheimer's and other dementias. For more than a decade, we've managed Canada's National Wandering Registry, and in 2023, more than 40% of calls to our 24/7 Emergency Hotline were related to individuals who became lost because of dementia-related disorientation.

More than 700,000 people in Canada are living with dementia, and that number is expected to double in the next six years. Roughly 60% of people with dementia will wander at least once, and many will do so repeatedly. MedicAlert's Safe & Found Program offers peace of mind for family members and care partners who worry about their loved one wandering.

In 2022, in partnership with the School of Public Health at the University of Waterloo, MedicAlert undertook a first-of-its-kind research study using data from the National Wandering Registry as a starting point.

Thanks to this research we've uncovered a clearer picture of patterns related to persons living with dementia. Here is some of what we learned:

- **90% of people living with dementia who are registered with MedicAlert and wander are found with no apparent injuries or compromised health;**
- **based on specific characteristics, MedicAlert can determine *if* someone will wander; and,**
- **most important, *we know* the mean time to an individual's first wandering incident!**

Further research will help us to develop data-enriched technologies that will keep people who wander safe and reduce the emotional stress of always wondering if today is the day a loved one will go missing. With the dementia population expected to continue growing, Canada's healthcare system and individual caregivers face an incredible burden. MedicAlert's Safe & Found program exists to help ease this burden.

Is anyone in your family living with dementia? Do you know someone who could benefit from our Safe & Found Program?
Call us today at 1-877-217-7449 and help keep those you know Safe & Found.



HOUSEHOLD HINTS

- Coffee grounds are magic. They are an excellent fertilizer and a pesticide that is non-toxic to humans and pets. Let them cool and sprinkle around your plants.
- Put white vinegar in a spray bottle undiluted. It is perfect for quick clean-ups around the kitchen and bathroom.
- Toothpaste polishes silver.
- Always clean from the top down.
- Never go grocery shopping on an empty stomach.
- Don't throw out used butter wrappers, fold them in half and store in your fridge. Need to grease a pan – grab your pre-buttered wrappers and coat the pan.
- Use used dryer sheets for dusting.
- Problem with fruit flies? Take a glass and fill it part way with red wine vinegar, cover the glass with plastic wrap and poke some holes in the wrap.
- Put replacement trash bags in the bottom of the garbage can for easy access.
- WD40 dissolves glues – especially ones left when you remove a sticker.

Dates to Think About

November:

1st – World Vegan Day
3rd – Sandwich Day
4th – Candy Day
5th – Redhead Day
9th – Go to the Art Museum Day
11th – remembrance day
12th – World Pneumonia Day
13th - World Kindness Day
14th – Pickle Day
19th – World toilet day
21st – World Hello Day
26th – Cake Day
26th - Milk Day
27th – Black Friday
30th – Cyber Monday

The Longest Bridges in Canada

Champlain Bridge
(between Montréal and Brossard, QC), approximately 3.4 km
Sault Ste. Marie International Bridge
(between Sault Ste. Marie, ON, and Sault Ste. Marie, MI), approximately 2.9 km
Garden City Skyway
(between St. Catharines and Niagara-on-the-Lake, ON), approximately 2.2 km

507 Express Subscription

If you would like to receive "The 507 Express please complete this form. Cost for a subscription is $3.00 per month or $36.00 per year. Thank you!

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

KID'S PAGE



KID BREAK!

Quick and Easy Clay-Dough

Mix 4 cups flours (may need up to a cup more) with one cup salt and 2 tablespoon cream or tartar. Boil 2 cups of water and add 3 tablespoons of baby oil and food coloring. Add liquid mixture to dry mixture and stir and knead until well mixed.

Word search

M	X	P	O	P	P	Y	H	J	V
O	R	E	C	O	G	N	I	Z	E
N	C	A	N	A	D	A	W	Q	T
U	W	C	T	B	W	A	R	H	E
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VETERAN
WAR
WREATH

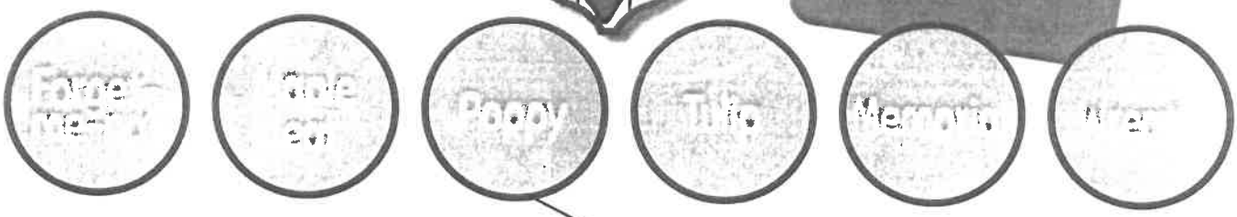


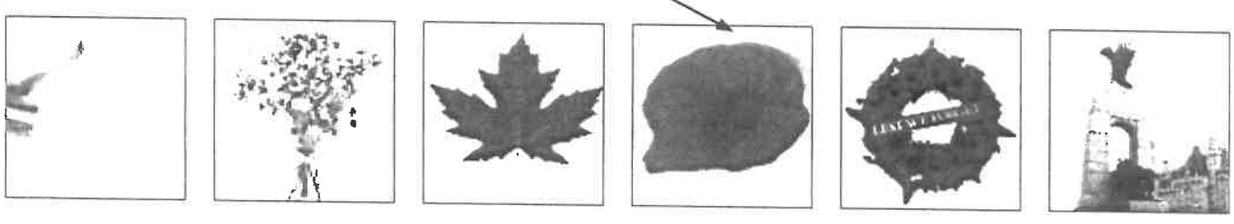
November 11 is Remembrance Day.

Remembrance symbols



Connect the symbols to their names!





We remember and recognize our Veterans.

How Well Do You Know Your Country?

1.) Automobile retail sales dropped in the mid 40's. Why did this happen?
   a.) Gas rationing due to the war
   b.) Rubber and metal shortage
   c.) Steel strikes
   d.) Assembly lines were converted to military production

2.) Where did Astronauts actually train for their moon landing in the late 1960's
   a.) Sudbury
   b.) Toronto Island
   c.) Midland
   d.) Manitoulin Island

3.) What was improved and patented by Gidion Sundback in the early 1900's in St. Catharines, Ontario?
   a.) Zipper
   b.) Corsette
   c.) Shoelaces
   d.) Brassiere

4.) The acronym OMHA stand for:
   a.) Ontario Medal of Honour Association
   b.) Ontario Minor Hockey Association
   c.) Ontario Motel/Hotel Association

5.) Windsor set a record for thunderstorms in one ear. How many were recorded?
   a.) 5
   b.) 26
   c.) 34
   d.) 52

6.) The Golden giant is:
   a.) A large rock in Thunder Bay
   b.) A large gold mine
   c.) A gold statue of Chief Joseph Brant

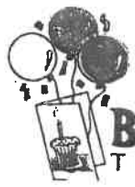
7.) How many times did Wayne and Shuster, a Toronto comedy duo, appear on "The Ed Sullivan Show"
   a.) 8
   b.) 19
   c.) 33
   d.) 67

8.) For which city's Junior Hockey team did Wayne Gretzky play?
   a.) Sault Ste Marie
   b.) Oshawa
   c.) Sudbury
   d.) Peterborough

9.) What was Wampum used for by the Algonquin Indians?
   a.) Glue for the canoes
   b.) Hunting weapon
   c.) Money for trading

10.) In 1977, Toronto surpassed Montreal in:
   a.) Budget
   b.) Population
   c.) Tax rate

BIRTHDAYS & ANNIVERSARIES!



2nd Shelby Murphy
3rd Riley Lambshead
4th Lauren Hill
11th Jim Wilson
13th Meer Serenity von Seuban
14th Mackenzie Callan
18th August Pike
Justin Kukemueller
19th Mary Dalton
Molly Cadigan
21st Don Bowles
Ryan Harran
Ari Asling
Keith Miller
22nd Bree Blaney
Margaret Gillingham
Ruth Botting
23rd Emily Burke
Grant Bowles
Clover Parent
24th Lochlan Parent
25th Albert Pantaleo
Charlynne Asling
26th Eric Dalton
29th Mechan Gallacher
30th Charlotte Cooling



Happy Anniversary

5th Sheila & Al Asling
14th Doris & Hugh MacLellan
Nicole & Craig Rixen

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

Little Gull MARINA

Ontario Certified Marine Mechanic on duty Monday-Friday

November Store Hours:
9am-4pm
CLOSED ON SUNDAY

Customer Service is #1!

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 2026

☐ I am APPLYING for membership for 2026

☐ 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**

The CCRAI hosts public meetings every year in June and August. 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.

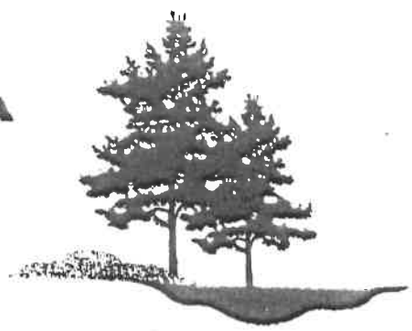
Join us in person at the Cavendish Community Centre or via Zoom. Zoom invitations will be emailed out in advance and you can connect via laptop, tablet, smart phone or land line phone.

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.

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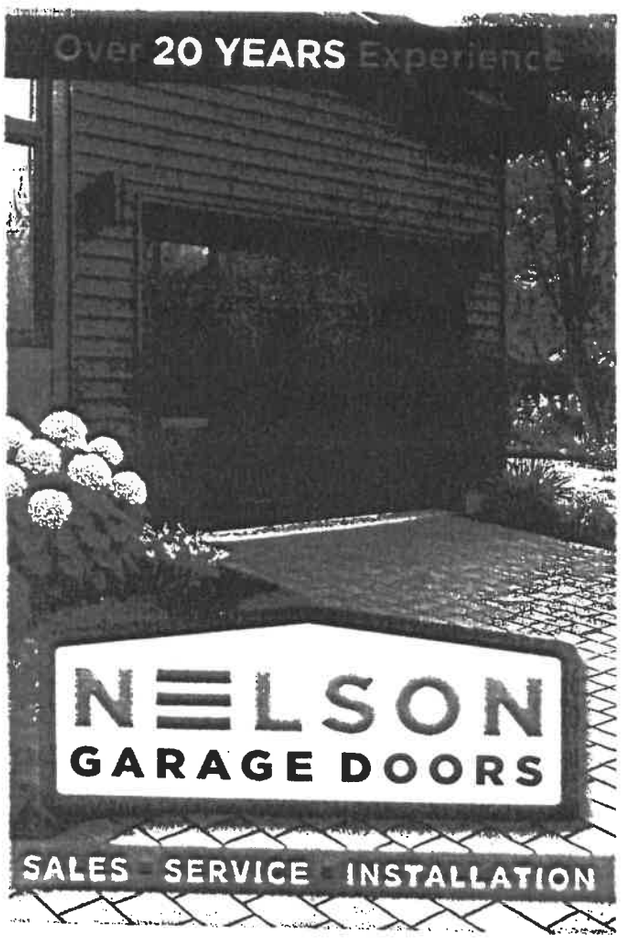
Weather predictions for this month.

1st to the 6th – sunny and warm
7th to the 11th – showers
12th to the 17th – temperatures will plunge
18th to the 22nd – expect snow and cool temperatures
23rd to the 26th – rain is coming with mild temperatures
29th to the 30th – we will experience a cold snap with flurries and dropping temperatures

Things you might not have known about this month...

- November 11th is known as Remembrance Day to honor the soldiers who died in World War 1 and other wars.
- The term "Movember" was coined in November 2003 as a way to raise awareness for men's health issues.
- November is the eleventh month of the year in the Georgian Calendar.
- The name November comes from the Latin word "novem", which means "nine". It used to be the ninth month in the ancient Roman calendar.
- The birthstones for November are the topaz and citrine. . Topaz is a symbol of honor and strength.
- The birth flower for November is the chrysanthemum which represents cheerfulness.
- Scorpio and Sagittarius are the zodiac signs for the November. Scorpio for October 23rd to November 21st and Sagittarius for November 22nd to December 21st.
- There are thirty days in the month of November.
- The season is known as Autumn or Fall

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 wh happening at the CCC.







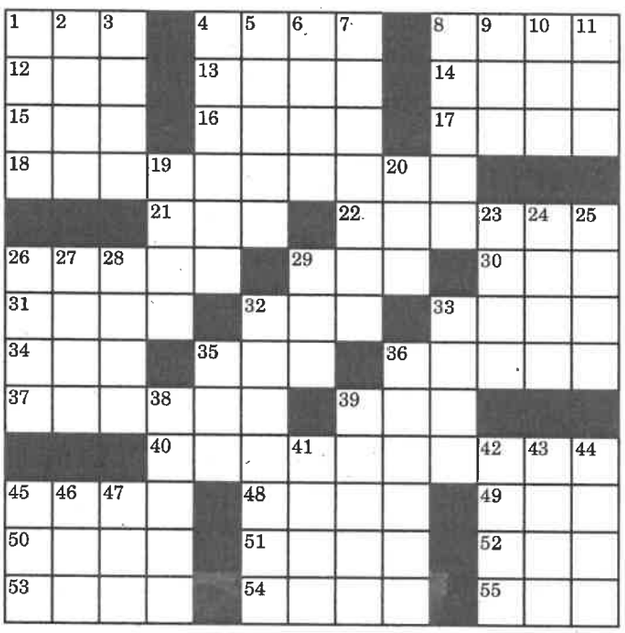
Puzzling Times

ACROSS

1. Common shower gift
4. Fit
8. Field protection
12. "Love to!": 2 wds.
13. Track attachment
14. Soprano Mills
15. Pub supply
16. Fulminate
17. Gland secretion
18. Greenish rock
21. Musty center?
22. Cloth choice
26. Deck member
29. New York World journalist
30. Race
31. Logician Turing
32. 1980s miler Sebastian
33. Pester
34. "— me!"
35. Deceive
36. Amerced
37. Certain document party
39. Soft emanation
40. Share
45. Unsecured
48. "Shadowland" singer
49. 102, to Cato
50. Vocalist Del Rey
51. Alpine transport
52. Architectural option
53. Off
54. Reams: 2 wds.
55. Shoe application

DOWN

1. Polling problem
2. Torpid
3. 1899 combatant
4. Stop
5. Full of —
6. Ginning waste
7. Grant
8. Daunt
9. Extracted matter
10. Name hidden in "amiable"
11. Poetic adverb
19. Indentured one
20. "—, my lord, hear me" (Genesis 23:11)
23. Sylphlike
24. Political underling
25. Demand
26. Exaggerated
27. Deck direction
28. Untrustworthy sorts: slang
29. Seating option
32. Flower's petals
33. Vivid display
35. Dedicated to
36. Disregard, perhaps
38. Delicate ornament
39. African course
41. June 29 honoree
42. Coffee intro
43. Fulsome
44. Designer hue
45. Cuisine words
46. Lamprey lack
47. Ivanovic of tennis



K GRXMC TKTQMA MQKTIY RHU QCJGKSXHIKM RXY IQUQYS SHA TQKMMA XY JISXM RXY CKC STXFY HDQT XS. LKJA REC VJJY MED-ZHFJM QZ AHDKZ, HZ IQR OJ OJBQCGJ REC DFELYJM QYY MQR.

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

BTU PUFKPDKQHU MJYTR YC MJU IKX KQCUTLU LKT FKDU MJU JUKPM RPBI GBTNUP BG CBFUQBNX UHCU.

Apply for a Burn Permit

Are you planning on having an open air burn in Trent Lakes? If so, you must have a burn permit. Permits are free and they are valid until December 31st of the year you obtained it.

Burn permit application available at:
(https://form.trentlakes.ca/Fire-Department/2026-Open-Air-Burn-Permit)
or by calling1-705-738-3800 ext. 249

Key Messages:

1. Carbon Monoxide (CO) is produced when fuels such as propane, gasoline, natural gas, heating oil or wood do not burn completely in fuel-burning appliances such as furnaces, hot water heaters, clothes dryers, stoves, fireplaces, portable fuel-burning heaters and generators, gas and charcoal barbeques, and vehicles.
2. Prevent CO build-up. Get an annual inspection of all fuel-burning appliances in your home and ensure chimneys and vents are not blocked. Visit COSafety.ca to find a registered fuel contractor near you.
3. If your home has a fuel-burning appliance or attached garage, install a carbon monoxide alarm adjacent to each sleeping area.
4. If your condo or apartment building has a service room, carbon monoxide alarms must be installed in the service room and adjacent to each sleeping area of all condo/apartment units above, below and beside the service room.
5. If your condo/apartment building has a garage, carbon monoxide alarms must be installed adjacent to each sleeping area of all condo/apartment units above, below and beside the garage.
6. For added protection, install a carbon monoxide alarm on every storey of the home according to manufacturer's instructions.
7. Exposure to CO can cause flu-like symptoms without the fever. If your CO alarm sounds, and you or other occupants suffer from symptoms of CO poisoning, get everyone out of the home immediately. Then call 9-1-1 or your local emergency services number from outside the building.
8. If your CO alarm sounds, and no one is suffering from symptoms of CO poisoning, check to see if the battery needs replacing, or the alarm has reached its "end-of-life" before calling 9-1-1.

Office of the Fire Marshal and Emergency Management ©2014
www.ontario.ca/firemarshal

Fact Carbon monoxide is an invisible, tasteless and odourless gas that can be fatal. !

Key Messages:

TIME FOR A CHECK UP.



- ✓ Have all chimneys cleaned and inspected every year.
- ✓ Have your heating system inspected annually by a qualified service technician.
- ✓ Install a CO alarm to alert you to the presence of deadly carbon monoxide gas.
- ✓ Give space heaters space: keep space heaters at least one metre (3 feet) away from anything that can burn, including curtains, upholstery, clothing and people.
- ✓ Protect your home from sparks. Use a fire screen around the fireplace.
- ✓ Watch for smoke coming into the room. This could indicate a blockage in the chimney or a faulty damper control mechanism.
- ✓ Allow the ashes from your woodstove or fireplace to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.

Office of the Fire Marshal
©2008
www.ofm.gov.on.ca

Fact Creosote is a major cause of chimney fires. Have chimneys and flue pipes cleaned regularly. !

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

The following information is taken from "Logging of Stoney Creek, Hunt Camps – The Past & Present, Cottage Life"

It's a Part of Our History

1938 & Later ....

Fred Ray, along with his dad Gord Ray Sr. made their first trip across Catchacoma Lake around the Rock Dam, up Bottle Creek and finally on to Bottle Lake in 1938. Fred was 10 years old at the time. The two paddled the trip in with a borrowed canoe, which belonged to Willy Telford. After hearing so much about this part of the country, both Gordon and Fred were eager to see of the area's uniqueness first hand.

Fred tells of the Rock Dam which was totally destroyed the following year - the spring of 1939, as the fast water and ice flow was just too strong for it to hold back the high and fast moving water.

The Rock Dam was eventually replaced with the now present Cement Dam in 1957, which was built by the Ontario Dept. of Public works. The logs themselves were lifted in and out by employees of the Ministry of Natural Resources. This was done to take waters to feed the Trent Canal System. The annual practice of lifting logs out in the fall and by doing so, lowering the lake's level from three to four feet so as to make room for the spring run off, was suddenly stopped in 1999. That year, any excess stop logs from the dam, other than the two in either side, were removed. As a result of this action, Bottle Lake would from that point on, have a new high water mark, roughly three feet lower than it had been for the last forty some odd years.

Neighbouring Camps ....

There were other camps within a 3 to 4 mile radius of Bottle Lake. Located to the north of Bottle on what is known as Mortimers Lake is the Moore's Camp. This camp is situated on a spot, which years before had been an active logging camp. In 1935, a fellow by the name of Stan Higgins built the existing camp. He and his wife, both basically lived here. American hunters would come to this camp for the hunting season. They were only able to get back into this part of the country by horseback or with the horse and buggy. Mrs. Higgins would cook for the crew. The first deer shot was for the camp. It was used by the cook, to help feed the men for the remainder of their stay.

The camp was later sold to Merv Moore in 1956. During the first fall hunt under new owners, Mrs. Higgins stayed on at the camp and cooked for the crew. Eric Robinson guided Stan Higgins's guest hunters for seventeen years. Eric now hunts with the Moore's as one of their members. Both of Stan Higgins sons, Lance and Eddy hunt with the Moores. Another older original member of the camp is Denton Worsley.

Just down the road only a short two miles from Moore's Camp, is another hunt camp which is now owned by the Cottons. The Cotton Camp sits right at the junctions of the east and west branch of Stoney Creek.

This camp was originally built in 1947 by Joe Robinson. Joe Robinson back then had bought a smaller camp and the hunting rights from a fellow by the name of Bill Heywood's. This camp was later sold to the Cottons. Actually the camp members just celebrated their 50th anniversary this past fall/2003.

Certified Insured Arborist
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06/27

Survivors Abreast

We want your natural corks!



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

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

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

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 Mississagua 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!



Strategies to Promote Positive Student Behaviour

Prevention Strategies

In creating a conducive, welcoming and safe learning environment, prevention strategies are required to:

- establish a culture of caring and take a meaningful, culturally responsive approach to promote a positive school climate,
- maintain effective classroom management and develop healthy relationships using a trauma-informed, culturally responsive approach,
- provide options for Indigenous-centred supports for students who self-identify as Indigenous.

Prevention strategies could include:

- the use of encouragement, reinforcement, and rewarding,
- promotion of social-emotional skill development,
- providing appropriate information regarding anger management programs,
- utilizing peer counselling and appropriate conflict resolution strategies,
- utilizing an accessible method of home-school communication,
- providing substance use prevention education,
- promoting mental health and well-being,
- teaching mental health literacy, coping strategies and how to seek support.

Supportive Intervention Strategies

Supportive intervention strategies build a culture of understanding and commitment to appropriate conduct through the use of:

- active listening,
- teachable moments,
- teaching social-emotional skills,
- verbal redirection, reminders and reinforcement,
- choices,
- restorative practices and other problem solving techniques,
- culturally responsive resources,
- interviews/discussion,
- school/board/community resources,
- outside agencies,
- behavioural contracts, where other interventions have proven unsuccessful.

Interested in Playing Volleyball?



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

- Use surge-protecting power bars for your electronics.
- Before storms, lower your refrigerator and freezer temperatures to protect your food supply in case of a power outage.
- Keep your vehicle's gas tank at least half full at all times.

In the community

Stay informed by tracking weather forecasts and potential outages through:

- local news sources
- Government of Canada's weather website (https://weather.gc.ca/) and social media account (https://twitter.com/ECCCWeatherON)

Look up local shelters and cooling stations. Make sure you know how your community shares updates during emergencies.



MINICIPALITY OF TRENT LAKES CHRISTMAS HAMPER PLANNING IS UNDER WAY

NEED OR WISH A CHRISTMAS HAMPER?

Municipality of Trent Lakes Christmas Hamper Committee is now planning their 2026 program. All those who are a resident in the Municipality and in need of a Christmas Hamper can call the Municipal office at 1-800-374-4009 or 705-738-3800 and request an application. The application may also be picked up at any of Trent Lakes Transfer Site starting November 1. The completed application must be returned to the Municipal office by THURSDAY, DECEMBER 10TH / 4pm deadline and the application may also dropped off to any transfer station during open hours in a sealed envelope by December 6th. This gives the volunteers who shop for the hampers time to get the shopping done. The hampers can be picked up at the Buckhorn Community Centre between NOON and 1 p.m. on SATURDAY DECEMBER 19th.

DONATIONS NEEDED

Those wishing to donate can do so by delivering or mailing a cheque or taking cash to the Municipality of Trent Lakes Office, 760 Peterborough County Road 36, Trent Lakes Ont. K0M 1A0, with clear indication that it is for the Christmas Hamper Fund. An income tax receipt will be issued for donations over $20. Also look for the decorated collection boxes and jars at local businesses for donations of toys, non-perishable food items, and loose change. Drop-off boxes and /or jars are located at the Municipality of Trent Lakes Office, Cavendish Community Centre, Buckhorn Foodland, Buckhorn Public School, Pirates' Cove Store, Buckhorn Community Centre, Flynn's Store, Buckhorn General Store, Buckhorn Pharmacy, Buckhorn Home Hardware, Country Market and the Lakehurst Hall. We believe that the need this year will be greater than ever with the world situation and high level of unemployment in our rural areas.

Please do what you can to help make the holiday season a little brighter for many families in OUR area.

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

705-875-0648 / lambbrosinc@gmail.com

06/26

- If it's wintertime, and you know the power will be out for a long period of time, store food outside.

Travelling

Do not travel by car during a power outage unless it is necessary.

If you need to travel:

- check Ontario 511 (https://511on.ca/) for traffic reports and road conditions
- know how to use the manual releases on automated doors (including garage doors)

If a wire falls on your vehicle:

- Remain in your vehicle (unless it is unsafe to do so)
- Stay calm and call for help
- If you need to exit your vehicle, jump clear of the car and ensure to land on both feet. Continue to shuffle along the ground until you are 10 metres clear of any downed power lines.

After a power outage

- Wait 10 to 15 minutes before slowly turning appliances back on to allow the system a chance to stabilize.
- Turn the essentials on first, such as the heat in the winter.
- Make sure your hot water heater is filled before turning it back on.
- Check frozen food and assess its temperature. Food that still contains ice crystals or feels refrigerator-cold can be re-frozen.
- Contact an electrician if you notice any damage to your home's electrical system.

Prepare now

A power outage can happen at any time in the year. To prepare:

- Have a plan (https://www.ontario.ca/page/be-prepared-emergency). Consider what essentials may be impacted by a loss of power (for example, refrigerated medication or medical equipment), keep backups and ensure an alternative exit plan if you rely on elevator service.
- Ensure your household's emergency preparedness kit (https://www.ontario.ca/page/be-prepared-emergency#section-2) is stocked to last for at least 3 days.
- Follow manufacturer instructions for your back-up generator and ensure it is professionally installed.
- Use battery-operated smoke and carbon monoxide alarms.

- Keep yourself, children and pets at least 10 metres away from any downed power lines — even wires that have been down for several days could still be live.
- Turn off and unplug appliances and electronics, except for your refrigerator and freezer.
- Turn down heating/cooling systems to the minimum to prevent damage when power is restored.
- Keep one light on inside to alert you when power is restored.
- Keep one light on outside to alert utility workers when power is restored.
- Only use portable space heaters that are designed for indoor use.
- Use a natural gas fireplace to provide warmth, if available and necessary.
- Do not use a gas stove or oven as a heat source — it could lead to carbon monoxide poisoning.
- Do not use charcoal or gas barbeques, camping stoves, or home generators indoors. The exhaust from these items create carbon monoxide or smoke which is dangerous and can be fatal.

If your home is too cold or too hot, and it is safe to leave, go to an alternative location until it is safe to return.

Food and water

- Keep refrigerator and freezer doors closed while the power is out. If possible, monitor temperatures with a thermometer.
- Stick to non-perishable foods as much as possible.
- Keep a storage of water as part of your emergency preparedness kit.
- If possible, fill your bathtub with water to use it to flush your toilet during the outage.
- If you rely on a well water system, use a backup generator to supply power to the pump.

Food storage

- A fridge can keep food cold for **4 hours**.
- A full freezer can keep food frozen for 2 days. A half-full freezer can keep food frozen for 1 day.



Mudge Cottage Care
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Or 705-400-7795

Marinamudge@gmail.com

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

03/28

Ontario

Power outages and blackouts

Learn how to prepare for a power outage before it happens and what to do if you lose power in your home.

Causes

Power outages are often caused by severe weather, such as:

- high winds
- freezing rain
- flooding

They can also occur:

- during periods of extreme heat (https://www.ontario.ca/page/extreme-heat) and extreme cold (https://www.ontario.ca/page/winter-storms)
- when there is an increased demand for electricity

Effects

During a power outage, you may lose access to:

- water
- electricity
- heat and air conditioning
- information services
- communications channels

Access to services and businesses may be affected, including:

- grocery stores
- banks and ATMs
- gas stations
- pharmacies

Power outages may also put a strain on institutions like hospitals and shelters, even if they are using backup generators.

Safety Tips

When the power goes out

- Verify if power is still on elsewhere. Check your electrical panel and speak with your neighbours.
- Contact your utility service provider to report the outage and to get information about its scale.

Buckhorn Lions Club Announces the 6th Annual Santa Claus Parade – Saturday, November 14 at 2:00 p.m.

The Buckhorn District Lions Club is pleased to announce that the **6th Annual Santa Claus Parade** will take place on **Saturday, November 14**, beginning at **2:00 p.m.** This year's parade will follow the traditional Buckhorn holiday route, **starting at Foodland Buckhorn and travelling to the Buckhorn Community Centre**, where families and visitors can enjoy the final festive gathering including photos with Santa, hot dogs and hot chocolate.

The parade will showcase colourful floats, local organizations, community groups, and a special appearance by **Santa Claus**, bringing holiday cheer to residents of all ages. Spectators are encouraged to line the route early to enjoy the full procession as it makes its way through the village.

REMINDER: ***The roads along the parade route will be closed from 2:00 to 3:30 so attendees are encouraged to arrive early and park at the Buckhorn Community Centre***

Support the Newly Opened Buckhorn Food Pantry

In the spirit of community giving, attendees are encouraged to bring **non-perishable food items** or **household essentials** to support the **newly opened Buckhorn Food Pantry**. Items can be dropped off at the Buckhorn Community Centre. Every contribution helps support local families and strengthens the community as the holiday season begins.

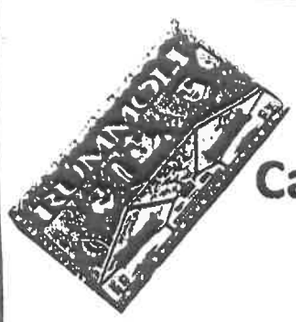
A Celebration of Community

The Buckhorn Santa Claus Parade continues to be one of the region's most beloved traditions, drawing neighbours, families, and visitors from across the Kawartha area. The Lions Club extends heartfelt thanks to local businesses, volunteers, and sponsors whose support makes this event possible each year.

Event Details

- **Date:** Saturday, November 14
- **Time:** 2:00 p.m.
- **Route:** From **Foodland Buckhorn** to the **Buckhorn Community Centre**
- **Hosted By:** Buckhorn District Lions Club
- **Community Donation Request:** Non-perishable items for the Buckhorn Food Pantry

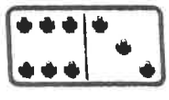
For more information, media inquiries, or details on participating in the parade, please contact Lion Kerry Kotlarchuk at kerry.kotlarchuk@alumni.ubc.ca

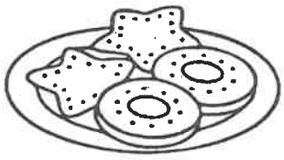


Games Night
Cavendish Community Centre
Every Saturday Evening
@ 7 p.m.



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!





Christmas Cookie Exchange
December 18th, 2026



Do you enjoy baking but just don't have time at Christmas to make all of the different cookies that your family enjoys?
Consider being part of our cookie exchange!
If you are interested please leave a message At 705-657-1192
Or you can also register at the Cavendish Community Centre during library hours.



Craft NIGHT AT THE CAVENDISH COMMUNITY CENTRE
December 9th, 2026
IF YOU ARE INTERESTED IN MAKING A HANDCRAFTED DECORATION FOR CHRISTMAS PLEASE LET US KNOW.
You can register at the centre during library Hours or by leaving a message at 705-657-1192

- FRAMING
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It happened this Month....

November 4th, 2015 – Justin Trudeau begins term as 23rd Prime Minister
November 6th, 1867 – First session of the first Canadian parliament
November 7th, 1884– Calgary in Alberta was incorporated as a town.
November 9th , 1993 – Canadian singer Celine Dion released her third album The Colour of My Love and became one of the best-selling albums of all time, gaining for her international stardom.
November 10th, 1845 – John Sparrow David Thompson, the fourth Prime Minister of Canada was born.
November 14th, 2021 – British Columbia starts to experience heavy rain causing floods and landslides. Media reports it as the worst weather storm in a century.
November 15th, 1948 – Louise St. Laurent is sworn in as the 12th prime minister of Canada.
November 19th, 1921 – Adoption of the Royal Coat of Arms of Canada
November 20th 1841 – Birth of Wilfrid Laurier, the 7th Prime Minister of Canada
November 26th, 1917 – The National Hockey League was organized at the Windsor Hotel in Montreal Quebec

DID YOU KNOW?

Tulips are a special symbol of remembrance for the people of Canada and the Netherlands. These countries became special friends during the Second World War. The war was a very hard time for people living in the Netherlands. Our soldiers went to help. Sadly, more than 7,600 Canadians died in the fighting there. The Dutch people have never forgotten. Every year, the Netherlands sends thousands of tulip bulbs to Canada. What a colourful gift of thanks! The tulips bloom every spring in our capital city of Ottawa.

Many Thanks!

We would like to thank the amazing ladies that gather on Monday mornings to paint. We asked if they thought they could fix a scratch that had been made on our donor tree in the Cavendish Community Centre and before they left that day is was done. You would never know there had been a scratch - thank you ladies - you did a beautiful job.

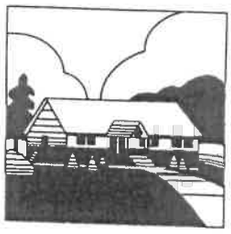


Gardening Tips

- Pull out annuals
- Carefully dig out bulbs and tuber – shake off any dirt – gently rinse and air dry completely
- Fertilize and compost
- Transplant as needed
- Plant spring bulbs
- Cut back your perennials
- Wrap shrubs
- Empty containers to they don't freeze and break
- Weed your garden bed but leave the leaves
- Sharpen your tools so they are ready for the spring
- Store your gardening tools for the winter.

If your happy and you know it... It's your meds.

Community Report



Bingo is a Go!
Cavendish Community Centre
Last Friday of the month!

Starting at 7 p.m.
Doors will be open at 6:30
Must be 18 years of age to play!
Cash only!



Progressive Euchre

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

$5.00 per person

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 **September 29th at 7:30 p.m.**

Trent Lakes Public Library

Trent Lakes Public Library

Cavendish Branch Library

The Trent Lakes Public Library wishes to pay tribute to Carla Salvador, a cherished library patron, library board member, and long-time resident of our community.

Carla was an important part of our community, and her connection to the library reflected the value she placed on the role libraries play in bringing people together. Through Carla's involvement and years in the community, she helped shape the place we are fortunate to call home.

We extend our heartfelt condolences to Carla's family and friends. She will be remembered with fondness and gratitude by those whose lives she touched.

Carla's contributions to our community will not be forgotten.

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:

- **Christmas Cookie Exchange**
- **Craft Night**
- **Fall Awareness**
- **Santa Clause Parade**
- **Power Outages & Blackouts**
- **Remember ABC**
- **Medical Alert Safe & Sound**
- **Strategies to Promote Positive Student Behaviour**

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

- Kilometers are shorter than miles. Save gas. Take your next trip in Kilometers.
- I don't find it hard to meet expenses. They're everywhere.
- The 50-50-90 rule: Anytime ou have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- The older I get, the better I was.
- Marathon runners with bad shoes suffer the agony of de feet.
- Reading while sunbathing makes you well red.
- To write with a broken pencil is pointless.
- An expert farmer is outstanding in his field.
- Some river valleys are absolutely gorges.
- Seat belts are not as confining as wheelchairs.
- Your getting old when you enjoy remembering things more than doing them.
- A positive attitude may not solve all your problems, but it will annoy people to make it worth the effort.
- If you do not say it, they cannot repeat it.
- Failure is not falling down; it's not getting u again.



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.

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Donations towards publication are gratefully received!