



# HAVELOCK RAIL

SERVING THE GREATER HAVELOCK AREA

February 2026

Edition 80



## HAVELOCK BELMONT BULLDOGS

### A CHERISHED SKATING TRADITION AT HAVELOCK BELMONT PUBLIC SCHOOL

For many years, Havelock Belmont Public School has proudly upheld a tradition of taking students skating at the Havelock Arena. This valued opportunity is made possible through the generous support of the township, the dedication of arena staff and volunteers, and the financial assistance of local businesses that help provide skates and up-to-date certified helmets. Students are encouraged to bring their own equipment, but those without skates or helmets are fully equipped at the arena. Special thanks go to Josh Storey for consistently organizing and storing the equipment for the school. Skating days allow beginners to learn the basics while experienced skaters build and refine their skills, making it a meaningful experience for all students. Pictured are Ms. Racine and Mrs. Dunn-Villarreal's Grade 2/3 class, Mrs. Hare's Grade 1/2 class, and Ms. Newton's Grade 1/2 class.



### GRADE 4/5 STUDENTS CELEBRATE NORVAL MORRISSEAU'S WOODLAND STYLE

Artwork by Ms. Pearson's Grade 4/5 class at Havelock Belmont Public School was inspired by Indigenous artist Norval Morrisseau. Students explored his bold Woodland Style to celebrate Anishinaabe culture and honor the stories shared through his art.



## WHAT'S INSIDE

Check out what's happening in your community

Look for news and updates from local community groups

H-B-M Happenings on page 19

Check out local businesses

.HAPPY.  
*Valentine's Day*

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If you have news stories, advertisements, announcements, classified ads or coming events, contact the appropriate email address above or mail to PO Box 660, Havelock, K0L 1Z0

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## SUBSCRIPTIONS

The Havelock Rail is distributed free of charge to all K0L 1Z0 postal codes. Distribution outside of our postal district is significantly more expensive so we must charge a subscription fee. If you would like to receive the Havelock Rail in your mailbox, contact us and we can arrange delivery. There will be an annual fee of \$40.00 for 12 monthly editions.

## ELMER'S EDITORIAL

As we roll into 2026, I am reminded of the refrain, "Happy New Year" which we often hear from friends at the end of a year. What exactly does that mean to us as a human being in the year 2026? Is it a new gadget that lets us message people around the world? Is it a new high paying job in a city cramped with angry people in a hurry to go somewhere in their polluting car or is it a new home with a mortgage that we can never expect to pay off? What exactly is happiness in the environment we find ourselves in?

Most social scientists would tell us that billionaires are not more happy than citizens of modest wealth. Do the monster homes in monster subdivisions have happy owners?

Are people happier than their ancestors were 40,000 years ago? Our hunter gatherer ancestors transitioned from eating insects, plants, nuts and seeds to a diet including animal protein that they started to consume after learning to harness fire for cooking. Presumably, if our ancient ancestors had enough food and a caring extended family to enjoy while sleeping under the stars or in a cave during the winter, they enjoyed their life. They only lived until about the age of thirty five but dementia, cancer and fetal alcohol syndrome were not part of living.

We who live in the Greater Havelock Area do have much to be happy about. We have clubs, community activities, caring neighbours and universal health care to treat all the diseases we have contributed to creating over the last few thousand years. But are we happier than our ancestors from 40,000 years ago? Some might say our ancestors did not have "a care in the world". HAPPY NEW YEAR.



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## LETTER TO THE EDITOR

Dear Editor,

I wanted to share some feedback on the recent "Foote on Film" column. I generally enjoy reading this column, as it brings to light some truly amazing works of film. However, this last edition was very disappointing as it highlighted many inaccuracies which took away from the overall experience of the newsletter.

The column is titled "Five Best Films of 2025," yet it lists ten films, which immediately suggests it was not carefully reviewed. Beyond that, there is a high volume of spelling, grammar, and punctuation errors—far beyond the occasional typo. This is distracting and embarrassing to see in print, particularly given that the columnist is described as a world-renowned author. A basic spell-check and light edit would have caught many of these issues.

There are also notable accuracy problems, some of which included, the misspelling of Guillermo del Toro's name, incorrect attribution of Mary Shelley in relation to the 1930s Frankenstein films, and the failure to credit Emily Mortimer as co-writer of Jay Kelly alongside Noah Baumbach. Finally, the tone shifts inconsistently between personal opinion and factual authority, making the column feel unfinished and weakening its credibility.

I understand this is a free, local publication, but this piece sits alongside many well-written articles and reflects on the newsletter as a whole. I offer this feedback constructively and hope it's taken in that spirit.

Sincerely, Maya Tutton

## WRIGHTLY WAY

By Brooke Wrightly



The lane way from Alma St into the sport complex in Norwood, Ontario is now called "Wrightly Way", in memory of Bud and Hazel Wrightly.

Bud and Hazel were long time residents of Norwood, but they were well known in the Havelock area as well as many other towns because of their many many years of dedication to baseball and hockey.

"We cannot say thank you enough to the Asphodel/Norwood Council for approving this for our family," Leslie Campbell, Cindy King, Andrew Wrightly. "Thank you."

### Your Family Matters

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## FRIENDS OF HAVELOCK RAIL AGM

Friends of Havelock Rail Community Association will hold its 2026 Annual General Meeting Monday March 2nd, 7:30 pm at the Havelock United Church. The meeting will include election of directors, financial reports as well as an update on the charitable status of the Corporation which is a sister corporation of the Havelock Rail corporation. Membership fees are \$20 and the public is welcome to attend.

## HAVELOCK CUB GROUP 1958



Havelock Cub Group, 1958. Top row (l to r): D. Sagriff, B. Dafoe, B. Sanderson, D. Harris, S. Goadsby. Fourth row (l to r): B. Junkin (Scout Assistant), T. Parnall, S. Holland, W. Wannamaker, F. Miles, B. Smith, B. Watson, K. Brown, C. Marten, Graydon Harris (Scout Master). Third row (l to r): Unknown, W. Nobes, P. Whitney, J. Hay, S. Greenhalgh, D. Therien, R. Beatty, J. Scott, B. Junkin, N. Watson. Second row (l to r): Unknown, T. Chapman, R. Emery, A. Curtis, P. Deline, R. Davis, D. Greenhalgh. Front row (l to r): J. Blakely, R. Spooner, M. Junkin, R. Watson, T. Bradford, D. Newton.

## SMALL WORLD

By Brooke Wrightly

For many local grandparents and great-grandparents, it may seem like the world is becoming a much smaller place.

Many of these local residents were born and grew up in the Havelock Belmont area.

A big day could have been a trip to Peterborough or Belleville.

An exciting family vacation may have been the whole family piling into the car, dad driving, as the family perhaps visited an exciting place such as Niagara Falls.

Travel was often difficult and very expensive. Families often lived close to each other. Most things they needed could be sourced locally. The world seemed like a very big place.

Without social media, most people did not know very much about other countries.

Today, the younger generations see the world as a much smaller and more accessible place.

Families often move to new areas of the country. Travel by plane has made the world more accessible and the internet has given them unlimited information and access to the whole world.

Families now often vacation in warm places in the winter or fly to far-off places to visit exciting things like icebergs, mountains, or pyramids.

A prime example of how the world has changed is a person that was born and raised locally, moved close by twice before moving to a new province. This weekend, she hopped a plane, flew to Montreal, and joined a local hockey team to play in a tournament. It will not be unusual for the team to meet other players from areas such as Campbellford or Peterborough as well as areas as far away as Alberta.

How our world has changed!



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# PHOTOGRAPHER'S CORNER

The Rail invites photographers to submit photos from the Greater Havelock Area for publication to [havelockgail@gmail.com](mailto:havelockgail@gmail.com).



Monica de Savoye



Monica de Savoye



Monica de Savoye



Monica de Savoye

## THE GREAT TRANSCANADA TRAIL

By Sandra Caswell

My husband and I are getting in the car and heading for northern Ontario and then west over the prairies and Rockies to Vancouver Island (at least, that's the plan – wish us luck!). I've been to Calgary and Vancouver and few places in between, but I've never driven over the top of Superior or crossed the prairie provinces. I can't wait.

I plan to combine this quintessentially Canadian road trip with another uniquely Canadian experience – hiking a part of the TransCanada Trail in every province we visit.

The Trail connects all Canadians from the Atlantic to the Pacific to the Arctic. At ~16,000 kilometers, it's the longest trail network in the world. The Trail is there for everyone, providing opportunities to get outdoors, discover nature and learn about the varied landscapes across this country. Depending on which part you're on, you can hike, bike, ATV, snowmobile, canoe, ski – that's all I can think of but there's likely more activities you can do on the Trail. Check out <https://tctrail.ca> for the map and other resources.

One of our favourite local outings is to pick it up the Trail just south of Lang Pioneer Village and ride east to Hastings. You can continue on to Campbellford and beyond, or go the other direction to Peterborough and

points west. Lang to Hastings and back is enough for me.

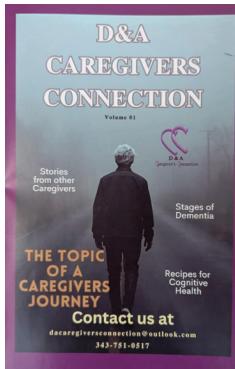
I plan to hike a bit of the Trail in Lake Superior Provincial Park, and walk it along the Assiniboine on the way to visit Riel House National Historic Site in Winnipeg. I'll stretch my legs on the Wascana Centre Trail while we visit a cousin in Regina and there will be lots of hiking in the mountains, as well as Whistler, Vancouver and Victoria.

It really doesn't get much more Canadian than this!



# JANET JOHNSTONE'S MISSION TO SUPPORT DEMENTIA CAREGIVERS

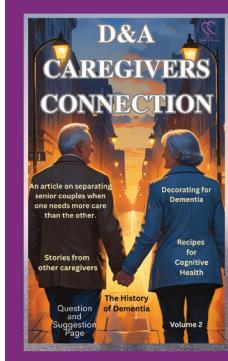
By Laurie Deshane



A very good friend of mine, Janet Johnstone, who was a resident of Havelock for many years, has made a meaningful and lasting contribution to those impacted by dementia; especially the caregivers. Her husband John, developed "Lewy Body" Dementia; a disease that attacks the brain, gradually altering every part of your life. Instead of giving up, she chose a path of courage, compassion and purpose and became his caregiver. With her husband's consent, she documented his journey with this debilitating disease (which eventually took his life). She has published three books that are available on Amazon. *Lewy Who? The Calm and The Storm*, *Lewy Who? II: Into The Fog* and *Lewy Who? III The Long Goodbye*. All three books are easy to read; offer valuable information; and include personal stories from patients and caregivers; including several from here in Havelock.

This is not a disease that affects others; it touches all of us in some way, as a patient, caregiver, family member, neighbour or friend; we all feel the strain of this horrible disease. So, Janet set out to help others, especially caregivers, understand, cope and feel less alone by writing these books; offering strength and resilience in the face of diversity.

Dementia is not a specific disease. It is a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain. You lose the ability to solve problems and maintain emotional control, and may experience personality changes and behavioral



problems, such as agitation, delusions, and hallucinations.

Janet noticed a lack of information and support for the actual caregivers. She set about to create a meaningful way to communicate and connect caregivers. Introducing "**D&A Caregivers Connection**", a non-profit charity working to connect "caregivers of loved ones with dementia or, who have lost someone to dementia" with other caregivers. She has launched a monthly magazine; where readers will find a wealth of information; from caregiver stories, cognitive tips, recipes; stages of dementia; and many other interesting facts. I have been reading them and they are extremely informative; like "who knew that scents from roses can significantly improve verbal memory and learning"? Or that "lavender scents improve mood and cognitive function"; and, "soft music soothes anxiety". To date, she has published 8 issues. The magazine is now available digitally. You can access them at D&A Caregiver's Connection on Facebook. Her next edition will feature a Q & A section inviting readers to submit questions.

Finally, Janet is always searching for new and innovative experiences for the dementia patient. Being the talented artist that she so humbly is; she is excited to be able to offer a weekly Art's & Dementia program. The client can paint, draw, sketch, cut, glue, use textiles or write and the caregivers can meet like-minded people and share their experiences and find support in a non-judgmental way. This isn't just about art, but about connections.

As you can see through Janet's dedication, she is deeply passionate about raising awareness and helping others not only understand the disease, but understand the commitment required of the caregiver; a journey she has truly lived! For more information; or to get a copy of her magazine or books (Amazon); contact Janet Johnstone at (343) 751-0517 or email [dacaregiversconnection@outlook.com](mailto:dacaregiversconnection@outlook.com) or on Facebook at D&A Caregiver's Connection.

## BADEN POWELL AWARD WINNERS



Scouts Hunter Greystock



Cubs Kieran McLeister



Beavers Jude Thompson



## CORDOVA CORNER NEWS

By Laurie Deshane

Once again, the **Cordova Mines Recreation Association** was able to contribute financially to organizations in our community to finish up the year 2025. All of the events and dinners organized by the Cordova Mines Recreation Association bring us together with good food, good fun and a real sense of camaraderie! But their ultimate goal is to be able to support local programs; mainly providing donations to our local schools. This year, they were proud to donate \$300 to the Breakfast Programs at *Havelock-Belmont Public School, St. Paul Catholic Elementary School, Norwood Public, Marmora Public School, Sacred Heart Catholic, and Central Hastings School*.

Their next big event for the **Cordova Mines Recreation Association** is their annual **Irish Dinner** on Saturday, March 14th at 6:00pm in the Cordova Mines Community Centre. A hearty traditional Irish feast with all the "fixins" including Sharon Haines infamous classic beef stew, roasted cabbage, fresh soda bread, rich Guinness cake and more!! If last year is any indication of the meal; you will not be disappointed. Get your tickets early as they go very quickly. Not only will they be serving up a delicious meal there will be 50/50 draws, door prizes and possibly some entertainment. And, of course, the bar is open! For tickets call Nancy at 613-472-2225 or email [getclancy@xplornet.com](mailto:getclancy@xplornet.com).

Just an reminder that the **Cordova Mines Recreation Association** are actively looking for new faces to join their team! If you care about your community, enjoy working with great people, and want to help plan events and activities, they'd love to have you! They meet once a month at the Cordova Mines Community Centre at 6:30 pm, 2nd Tuesday of the month. Why not come out and see how you can get involved. New ideas are always welcome!



A hearty traditional Irish feast  
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bread, roasted cabbage, rich Guinness  
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## MENTAL HEALTH TIP

*By Hannah Lewis, Creative & Playful Counselling*

February is the month of love. It is also a cold, long month for those who are looking forward to warmer and longer days.

If you are on social media, you may have heard of a new trend, called "glimmers". This is the opposite of a "trigger". The term trigger is used to describe something upsetting that happens or something that reminds you of a negative experience. Example: You may find snow storms triggering because you hate the snow and cold. You may find a rude colleague triggering. A glimmer is something that brings you happiness or reminds you of a happy experience. Example: Snow can be a glimmer as it is beautiful and reminds you of childhood.

February can be a time to remember that we should be looking for glimmers. We all seem to be very good at finding triggers. We seem to be acutely aware of anything negative - we don't miss negative things. So why are we often blind to the glimmers?

Neuroscience suggests that you can actually train your brain to see

the good in your day. To focus on those glimmers. It's not as hard as it sounds and old dogs CAN learn new tricks! Here are a few ideas for retraining your brain to focus on the positive glimmers:

- Start a gratitude journal.
- Name out loud anything you notice that you like.
- Start and/or end your day by thinking of 3 things that made you happy today.
- Savour the small treats and delicious coffee.
- Every time a negative thought comes to your mind, try to find a silver lining.

If you practice these things, you will find your brain begins to notice the good more often. You will also find that you are happier and more loving. Before you know it, you will have a retrained brain that is seeing glimmers everywhere!



## RECONNECTION

*By Paul Stevens*

In March of last year I received a message from a high school friend. Glen had news about a mutual friend Joe who I hadn't seen in decades. Joe was in Bowmanville Hospital with some serious heart issues. Glen asked me to help brighten up Joes day

40 or 50 years. I promised myself I would do something , and so I have. This past summer and into the current winter I have reconnected with many of them, and plan to reconnect with many more. I posted a picture of a Christmas event in my first apartment in Oakville on a Facebook group about Oakville in the 60's and got a reply that said "Friends for 52 years." That was followed up by visits to the Renfrew area, Bruce County where I lived and worked for 10 years, Carleton Place, Guelph, Stratford Ontario, I connected with friends in Peterborough, I prompted a Stevens family get together this past summer in St. Catherines and have arranged for an overnight stay in Montreal with my cousin that I haven't seen in 4 decades. I found the same thing happened in almost every case. It was like we had just said goodbye yesterday. The old feelings and familiarity were still there, like no time had passed. I felt such connection and affection that I can only say it was worth every second of time to make it happen and every minuscule effort to accomplish. We don't live forever, connections from the past aren't broken by time and distance. Give yourself a chance to feel what I did. Make the effort and reap the rewards.

by giving him a phone call. I called Joe that evening and we had a great chat, remembering past incidents, catching up with our lives, and both being amazed at how easily the passage of time was dealt with. Toward the end of the call I assured Joe I would see him the next day.

The next day Glen let me know that he and Joe's son were in Joe's room when Joe passed away. The shock of losing Joe so soon after reconnecting with him was strong. But my next thought was stronger. How many more friends was this going to happen to before I had a chance to see them again and share the strong bonds of friendship we had created over 30,



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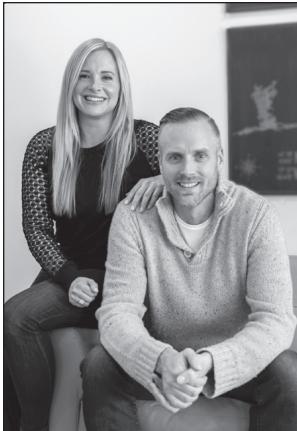
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**FOOTE  
ON FILM**

*By John H. Foote*

## WHO WE LOST IN 2025

Icons, some of the cinema's true greats slipped into eternity in 2025, yet are immortalized forever in their films or the movies they created as directors. Death came to a couple in truly tragic ways, including murder, while others passed after illnesses. No matter how famous, how wealthy, death finds each of us and comes without warning, striking us down with prejudice.

DAVID LYNCH was among the most original directors ever to helm a film in Hollywood. He gave us the cult classic *Eraserhead* (1977) and was handpicked to bring *THE ELEPHANT MAN* (1980), *DUNE* (1984), *BLUE VELVET* (1986), *WILD AT HEART* (1990), *THE STRAIGHT STORY* (1999), and his superb performance as John Ford in *THE FABELMANS* (2023).

Two time Academy Award winner GENE HACKMAN died a terrible death at his home in New Mexico. Hackman suffered heart disease and severe Alzheimer's and it is assumed his wife died seven days before him and he had no one to care for him and give him his pills. Hackman was best known for *BONNIE AND CLYDE* (1967), *THE FRENCH CONNECTION* (1971), *FRENCH CONNECTION II* (1975), *MISSISSIPPI BURNING* (1988), *UNFORGIVEN* (1992) and *THE ROYAL TANENBAUM* (2001).

ROBERT REDFORD was an actor, director, producer, and environmentalist. Best known for *BUTCH CASSIDY AND THE SUNDANCE KID* (1969), *THE STING* (1973),

*JEREMIAH JOHNSON* (1972), *THE WAY WE WERE* (1973), and *ALL THE PRESIDENTS MEN* (1976), he later won an Oscar for Best Director for *ORDINARY PEOPLE* (1980) and a further nomination for *QUIZ SHOW* (1994). In the early eighties he created the Sundance Film Festival for indecent cinema.

DIANE KEATON was among the most gifted actors of her generation, comfortable in both comedy and drama. She broke through in *THE GODFATHER* (1972) and *THE GODFATHER PART II* (1974) before becoming Woody Allen's leading lady in *ANNIE HALL* (1977), *MANHATTAN* (1979) before moving of to *REDS* (1981), the exquisite *SHOOT THE MOON* (1982), up to *SOMETHING'S GOTTA GIVE* (2003). Her death was a shock, she passed after a one week fight with pneumonia.

And finally the most horrific and shocking, the murder of director ROB REINER and his wife, murdered in their sleep by his son. I will not besmirch Reiners memory by naming his son here. Reiner was an actor first, the much put upon Meathead on *All in the Family*. When he jumped to making films he made *THIS IS SPINAL TAP* (1984), *STAND BY ME* (1986), *THE PRINCESS BRIDE* (1987), *WHEN HARRY MET SALLY* (1989), *Misery* (1990), and so many other fine films but was never an Oscar nominee for Best Director. Reiner was proof one did not need an Oscar nominee to be great.

John Foote, a local resident, a world renowned author and film critic will be contributing a monthly article on films to the Rail. We thank John for helping bring film news to our readers.

## THE HEART OF VALENTINE'S DAY

*By Laurie Deshane*

Valentine's Day is a special moment to honour the people who have touched your life; your partner, your friend, your neighbour, your family, your teacher. It's a chance to reach out and show someone you care with a little extra expression of love. Commercially, we think of chocolates and roses, but the heart of Valentine's Day is found in simple gestures: a shared meal, a warm cup of coffee or a thoughtful note.

We're usually away in February, already reconnecting and enjoying some much needed rest and relaxation. Still, I always tuck a few chocolates and a card into my suitcase so I can surprise my hubby while we're there.

Valentine's Day can also be a gentle moment of reflection; a chance to look back on the year with your partner and remember all the wonderful things they do for you. When you focus on those moments, the small, inconsequential habits that sometimes irritate you suddenly feel far less important. Love is something we work on every single day, but Valentine's Day gives us an opportunity to keep choosing each other and keep making it work.

### Some interesting facts:

**The first** ever recorded Valentine's letter was written by Charles, Duke of Orleans in 1415. At the age of 21, he wrote to his wife while imprisoned in the Tower of London. His most famous line in his love letter reads, "I am already sick of love, My very gentle Valentine." The letter is currently on display at the British Library in London.

**Valentine's Day** wasn't always associated with romantic love. At the end of the 5th century, Roman Pope Gelasius made February 14th an official holiday called "St. Valentine's Day." However, it wasn't until the Middle Ages that the holiday became linked to romantic love. By the late 18th and early 19th centuries, Valentine's Day became firmly associated with romantic love and the exchange of gifts and cards.

**The first Valentine's** Day cards were handmade. In the early days of the holiday, people crafted cards decorated with lace, ribbon, and images of cupids and hearts. It wasn't until the 1840s that they began to mass-produce the cards. Esther A. Howland is credited with commercializing these cards, due to her elaborate and creative designs featuring beautiful ribbons and lace.

**The first** heart-shaped candy box was introduced in 1862 by Richard Cadbury, son of chocolatier and Cadbury founder John Cadbury. Today, upwards of 36 million heart-shaped boxes of chocolates are sold each year, accounting for a whopping 58 million pounds of chocolate.

**As many as** 250 million roses are grown each year in anticipation of Valentine's Day in countries like Kenya, Colombia, and Ecuador. They cultivate and ship them to regions with cooler February climates like Canada!



## FIND THE LEMONS:

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The winner of the scarf and toque from Havelock Pharmasave Pharmacy is Fay Brown.

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## SCARIFICATION OR STRATIFICATION – WHY IT HELPS

*By Kathy Reid, Norwood and District Horticultural Society*

Most seeds do not need manipulation to germinate properly. However, some species greatly benefit from a little help before being sown, particularly seeds that have extremely tough or waxy exteriors designed to help them survive dormancy through harsh winters. It is important to know the difference so that your germination efforts are successful.

Scarification breaks the seed surface, creating a weak spot in the outer shell. This weak spot allows water and oxygen to be absorbed much easier and leads to better germination rates. You can scarify seeds quite easily by a) soaking them in lukewarm water for several hours (any seed that floats is not viable), b) cut (with a nail clipper) the end opposite the embryonic root or sand along the edge of the seed or c) alternate freeze/thaw conditions. Beans, winter squash, parsley and spinach will all benefit from scarification.

Stratification is different in that the seeds require a period of cold weather to break their dormancy and initiate the germination process.

The easiest way to cold-stratify your seeds is to plant your seeds in the fall. By planting in the fall, they will experience natural cold stratification. Artificial cold-stratification is typically done using a refrigerator at a temperature between 33°-40°F. Many of our pollinator plants require cold-stratification including Black-eyed Susan, Coneflower, Goldenrod, Joe Pye Weed, and Milkweed.

If you are interested in learning more about gardening, plan to join us at the next meeting of the Norwood and District Horticultural Society. The meeting will feature a special guest presentation by Frank Ferragine (aka Frankie Flowers), on the topic of the power of plants for health! Frank will be joining via Zoom and members and guests are invited to gather at the Royal Canadian Legion in Norwood on Tuesday, February 10th. Doors open at 6:30 p.m. and the meeting starts at 7:00 p.m. For further details be sure to check our Facebook page.



## FROM THE PAINTBOX: I CAN'T EVEN DRAW A STICK MAN!

*By Gene Canning*

As an artist, I hear that so often. For some reason we think we have to be born with a natural gift to paint. For some that may be true, but for the rest of us humans it is a learned behaviour. The same applies to learning an instrument. We wouldn't expect to sit at the piano for the first time and know where to put our fingers, instantly playing Beethoven's 5th symphony; so why do we feel we should be able to pick up a brush and paint a Rembrandt?

Here's my thoughts. When we're kids and bring art home from school our parents say how wonderful it is. Call us their little artist; yet when we bring an instrument home and play a few bad notes do they praise us as a musician? No, they tell us we have to practice practice practice. Totally different result to the same basic situation. Why are the two artistic forms treated so differently?

In piano, before we can even play Mary Had a Little Lamb, we must learn to play individual notes. Learn to see how they work together. Art is no

different. First you have to learn how to handle a brush and mix paints. It is a learning process that takes practice, just like learning to play the piano. Because I'm a bit slow so it took me quite a while to play Mary Had a Little Lamb. Don't tell anyone though okay?

People often praise me for my patience to paint. I don't believe I am any more patient than the golfer who goes to the driving range. It isn't patience that drives me, it is the desire to paint. You have to want to do "it". Whatever that "it" is. If a person has the desire than "it" will give back whatever they put in.

Again, thinking of music. If you practice the piano a bit each day family will think you're great!. If you practice twice as much you might play at a church. Practice enough you might become part of a band. This is where a feel natural talent comes in. We can't all be Beethoven, but we can still get to be pretty darn good! Painting is the same. So go sign up for class and give it a try. No one will ask you to paint stick men I promise!

## LIBRARY NEWS

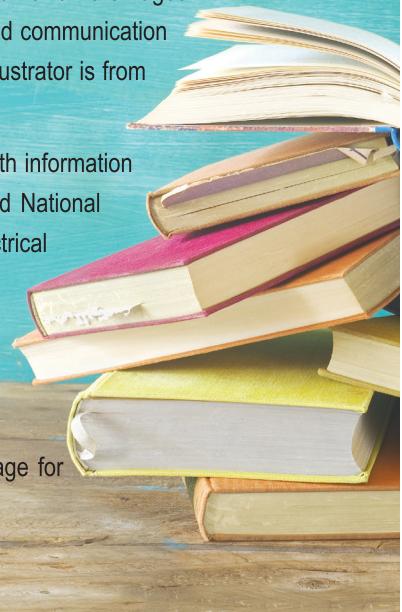
*By Nancy Law, Havelock-Belmont-Methuen Public Library*

We would like to share a new book that both the Havelock and Cordova Library have received. "A New Normal Conversations about Health" is a heartwarming and age-appropriate story that helps young children understand chronic illness in a family setting. This book is perfect for families, therapists, teachers, and healthcare providers. A New Normal opens the door to safe, ongoing conversations about feelings, fears, and love that endures—even when life changes. It is written with clinical insight and lived experience. This book is ideal for children aged 5–9 who are navigating family illness, disability, or other big life changes. It is inspired by evidence-based communication strategies used in pediatric therapy and grief counseling. This book also has a local connection as the illustrator is from the area.

If you feel like travelling check out our Global Road Warrior database. Global Road Warrior gives in-depth information on 175 countries. Categories include: Culture & Society, Greetings & Courtesies, Food & Recipes, and National Symbols. You can get an overview of Country Facts Cultural Overview Climate Geography Overview Electrical Overview and a Did You Know? This is a great online resource to either plan your holiday or to be an armchair traveler.

Don't forget about all the other services that the Libraries have to offer. Printing, faxing, scanning and free public use computers.

As always check out our webpage at [hbmlibrary.on.ca](http://hbmlibrary.on.ca) or our Havelock Cordova Libraries Facebook page for events, programmes hours etc.



## ENVIRONMENTAL TIP OF THE MONTH

*By Lorraine Roulston*

**AN ECO FRIENDLY VALENTINE'S DAY:** Instead of saying 'I love you,' on Valentine's Day, why not be less traditional and make choices that are gentler on our ecosystem.

Opting for honey, pickled beets, red pepper jelly, raspberry/strawberry jam, or maple syrup in glass jars instead of over-packaged chocolates, might be the best Valentine's Day gift ever.

Check out the recipes for serving delicious creamed beet soup.

Pomegranates — a festive red jewel-like fruit offers a surprise gift for Valentine's Day. The 'seed' covers, known as arils, are juicy, edible sacs containing a small crunchy seed. Both the aril's sweet, red pulp and inner seed are enjoyable to eat as well as being packed with nutrients. The white membrane (pith) and tough outer red rind can be composted.

Pomegranates offer an abundance of health benefits that include potassium, that is necessary for healthy nerve function and regulation of heart rate, as well as vitamin C. They are rich in antioxidants and a good source of fibre. This fruit may help improve kidney and heart health.

Select a potted plant over chemically preserved roses, that are imported from Columbia, or flower bouquets wrapped in plastic.

Create your own cards or choose ones on FSC or recycled paper. Avoid sparkles which can't be recycled.



## SPORTS

# HAVELOCK HAWKS HEADLINER

*By Keri-lyn Toms*

The Havelock Hawks teams are in full swing now, as we look to start wrapping up the 2025-2026 season.

Here is a little re-cap on each of our teams.

**The U5 Hatchlings** continue to make great strides this season. Our current Hatchling players of the week are Colson Tilley, Georgia Thomas, Oliver Mawer, Owen Burkitt and Lydia Grant. Keep up the great work Hatchlings!

**Our U7 team** is on the tail end of their season. On February 1st they played their last home game against the Colts. Then they are on the road for their three remaining away games against the Grizzlies, Colts and the Fire Hawks. Their last road trip of the season will be to Apsley on March 7-8 for the U7 Wrap Up Weekend. This is a tournament style weekend that brings all of the U7 LEO teams together to finish off and celebrate their seasons with some fun hockey. Good Luck Hawks!

**The U9 Hawks** have wrapped up an exciting half-ice season and are gearing up for full-ice hockey. Recent games highlighted the team's growing skill, teamwork, and sportsmanship.

Congratulations to Harper Gerow, who scored her first-ever goal against the Dukes, earning GOAT honours for her hustle and determination. Ila Trulsen was also recognized as GOAT following a strong performance against the Bolts, showcasing smart plays and relentless effort.

The Hawks brought great energy against the Jets and impressed with a full-team effort versus Ennismore Green, where goaltender Vimy Ferguson earned GOAT honours with a calm, confident performance in net. Defensive leadership was on display as well, with Mitch Hamilton recognized as GOAT for his steady play and confident puck movement.

As the team moves into full-ice action, they can be proud of their progress. With enthusiasm and hard work leading the way, they continue to fly high and have fun every time they hit the ice. Check out their schedule online and get to the rink to catch a full ice game!

It's a little over due, but wanted to introduce the Hawks U11 appointed team leaders for the season, starting with Captain Daxton Whitmore, along with Alternate Captains Evelyn DeMille, Josh Baldock and Silas Gerow. This team didn't rest long over the holidays and hit the road for Belleville on December 27th, to take part in the Belleville Christmas Classic tournament. This is the 2nd year in a row our U11's have taken part in this great tournament. The team put in a terrific effort all day and

Mvps were Lincoln Hall, Daxton Whitmore and Freya Hebor. Second season game MVPs have been S. Gerow, Thea Thompson, Gillian Weatherup and Kaelie Chard.

**Our U13 team** leaders are Captain Marlee Cox and Alternates Blake Bump and Dylan Toms. The U13's had the same idea as the U11's and also took part in the Belleville Christmas Classic tournament, but just a day later on December 28th. The team started by taking Clarington in a 5-2 win. Goals were scored by Alex Acorn, Alex Hamilton, M. Cox and 2 for D. Toms. Games 2 and 3 against Clarington and Orono saw the team come up short with two losses. Wyatt Vineham and Dylan Frater played hard all day to keep the opponents out. In 2nd season play, the Hawks met with Warkworth on home ice with a close 7-4 loss against the Bulldogs. Goals went to A. Hamilton, A. Acorn and D. Toms with 2. Assists went to Ava Thompson, M. Cox, Autumn Illingworth, Vila Vilneff, B. Bump, D. Toms and A. Hamilton. On Norwood's ice the Hawks skated away with a nice tie game against the Hornets. Scoring goals for the Hawks were D. Toms, A. Acorn, A. Illingworth and A. Hamilton. Helping assist the goals were A. Illingworth, A. Hamilton, D. Toms and B. Bump with 4 big ones.

**The U18 Hawks** continue to work hard to bring home the wins, securing 8 out of their last 13 games. At the time of print, this puts them tied for 6th place in the U18 Leo standings. In January they defeated the second place Ennismore Eagles 5-2. Mason Toms netted two pucks. Colton Brown picked up the game winning goal, while Jack Burns gave them a nice cushion, scoring the fourth goal of the game. Cooper McKewon sealed the deal with a beauty open netter with just one minute left of play. Assisting in the scoring was M. Toms with 2 and Hewitt Toms with 1. Goalie Aidyn Wrightly had a stellar game as always.

We would love to fill our hometown stands for all of our teams. You're invited to come check them out and cheer them on!

See you at the rink!



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## RECIPE

### FRENCH ONION SOUP

By Kathy Clement

This along with some shrimp was a favourite Saturday night dinner for many years. Simple to make and I have a couple of \*\* at the end.

#### Ingredients:

- 1/4 cup butter or margarine
- 3 large onions (4 small)
- 2 garlic cloves minced
- 1/4 cup all purpose flour
- 8 cups beef or chicken stock
- 1 cup white wine \*\*
- 1 bay leaf
- 1 tsp thyme
- A splash of Worcestershire sauce\*\*
- Cheese Swiss, mozzarella or gruyere



Melt the butter in a large pot and add the onions. Cook over low heat for approximately 25 minutes or until starting to brown and caramelize. Add the garlic and flour and stir to combine with the onions. Gradually blend in the stock and the wine and seasonings. Cover the pan and simmer for 25 minutes. Now toast thin slices of bread to top your soup.

\*\*no bread, use croutons but not many as they soak up the juice.

\*\*white or red wine is fine (can be left out)

\*\*Worcestershire sauce is my thing

Pour the soup in ovenproof bowls, top with bread and cheese. Broil until cheese is melted.

## FOODBANK

Peterborough County Federation of Agriculture presented two thousand dollars to Kawartha Food Share.

In photo left to right Rachel Stillman, Past President; Ashley Aiken from Kawartha Food Share and Tracey Dafoe PCFA President.



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## BELMONT-METHUEN AND HAVELOCK HISTORICAL SOCIETY

Happy Valentine's Day. Sorry to say, we don't have use of our back rooms yet due to further renovation delays. We hope the situation will be remedied soon, as we have been asked to visit at three of our local schools. We also hope to welcome visitors when our exhibits can once again be displayed.

#### HAVELOCK HIGH SCHOOL Grades 11, 12 & 13 1944-45



1. Cecil Revoy 2. Murray Wight 3. Carleton Longmuir 4. Viona Brownsell 5. Laurena Wight
6. Betty Holdcroft 7. Ross Goheen 8. Bob Watson 9. Evelyn Melville 10. Ruth Wilkinson
11. Grace Menzies 12. Vern Goheen 14. Marilyn Hutchinson 15. Helen Revoy
16. Meryl McMullen 17. Lorraine Paige 18. Evelyn Iles 19. Inez Spooner
20. New Principal Mr. Reid 21. Bob Jones 22. John Wilkinson 23. Doug Grayling
24. Bob Pollock 25. Ray Barton 26. Cleo Copp 27. Lois Fraser

## COUNCIL MEETING HIGHLIGHTS

### REGULAR COUNCIL MEETING SUMMARY - TUESDAY, DECEMBER 16, 2025

- Council approved Minor Variance Application A-07-25, located at 183 Fire Route 49 for (Filgiano/Piotrowski).
- Council approved the land swap request submitted by Dorothy Paterson, for the portion of the unopened road allowance located north of 525 Peninsula Road.
- Council adopted the Township of Havelock Belmont-Methuen 2025-2030 Accessibility Plan. The correspondence regarding the request for winter maintenance on Bowen Road was received for information and staff are directed to provide an update to Council on Bowen Road upon completion of the Roads Needs Study.
- Council supported the comments from Peter White, Past President, Belmont Lake Cottagers' Association regarding the Consolidation of Conservation Authorities and Council requested that correspondence be sent to the Ministry of the Environment, Conservation and Parks as well as MPP Dave Smith expressing Council's support of the views expressed by Peter White.
- Deputy Mayor Webb noted that budget deliberations for the County of Peterborough have concluded and the final budget numbers for Peterborough County are a tax rate increase in the amount of 3.93% which equates to a tax levy increase of 5.29%.
- Council approved the request for bulk water delivery to be used for flooding the outdoor rink to a maximum amount of \$850.00.
- The Township will commence the process to investigate options for a new Medical Centre to be located on Smith Drive.

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## TOUCHDOWN: HAVELOCK IS NOT UNLIKE TORONTO

*By Harmen Boersma*

Havelock is (not un-) like Toronto? This may be the curious observation of a highway 7 through-Havelock driver. It certainly cannot be the view of the part-time city cottage owner. Visiting snowmobilers and ATV trail drivers from Toronto would not toy with that idea either, rather abhor it.

It all depends on one's perspective to entertain this idea. Perspective is taking a view from your eye into the surrounding. It is shaped like a bullhorn or a megaphone, a voice to be heard or a sight to be seen at a fanning distance.

Stand in Toronto with your bullhorn facing North. The view or sound follows Young St North and fans out East and West on an angle to the shores of Lake Huron and Georgian Bay. It reaches the hinterland or the market for Toronto. It is a densely populated urban centre with the full list of amenities. Think: from the shore of Lake Ontario at Fort York in 1775 going north into the bush for settlement. Now the space is dotted with cities and towns. Two hundred years of human culture developing the virgin forest. Havelock is included in the Eastern edge of the fan.

Now 250 years later, place the bullhorn in Havelock at the four-way lights and point it North. Havelock is the populated urban centre of a sparsely populated hinterland. Add 250 years, now look!

First-time on our honeymoon trip in the 1960's and all the following years our family has travelled highway 7 - Peterborough to Ottawa and vice versa - often. I never could escape the feeling of development on the South (as far as the roaring 401 traffic – rather take highway 7) and the dark, silent wilderness on the North side of the road. Well imagine our awakening when we touched down in Havelock permanently a few years ago. In Touchdown we will hear from many others!



# H-B-M HAPPENINGS



## Township of Havelock-Belmont-Methuen

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***Please note this was sent to publication as of January 19th, 2026***

## OFFICE CLOSURE:

The Township Office will be closed on Monday, February 16, 2026 in observance of Family Day.

## COUNCIL MEETING SCHEDULE:

Please note all meetings are hybrid, which means they are open to the public within the Council Chamber and virtually via zoom. The Zoom invitation link is available to all and can be found on the first page of the Regular Council Agenda.

- Tuesday, February 3, 2026 @ 9:30am – Regular Council Meeting
- Tuesday, February 17, 2026 @ 1:00pm – Regular Council Meeting

Meeting dates are subject to change, please visit the Township Website <https://events.hbmtwp.ca/council> for more information including agendas.

## 2026 MUNICIPAL ELECTION – OCTOBER 26, 2026:

Are you on the Voters List??

Please visit our website [www.hbmtwp.ca](http://www.hbmtwp.ca) or <https://vreg.registerstovoteon.ca/en/home> to verify if you are on the list, or register to vote.

## FIRE AND ICE FESTIVAL 2026:

**Who:** Everyone Welcome

**When:** Saturday February 14th, 2026 at 2:00pm

**Where:** Havelock-Belmont-Methuen Community Centre Grounds

Watch social media for updates and information regarding the Fire and Ice Festival.

## ARE YOU PREPARED FOR AN EMERGENCY?:

Emergencies can happen at any time and without warning. Be ready. With a little preparation, you can respond quickly to help yourself and others. Understand the risks in your area, create a household emergency plan and build an emergency kit.

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already, such as food, water and a battery operated or wind-up flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark? Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable, and each person can personalize his or her own grab-and-go emergency kit.

For more information, please contact the Havelock-Belmont-Methuen Fire Department – 705-778-3183.

## PARKS, RECREATION, & FACILITIES:

### Arena Advertising Opportunities

Wall Board (4' x 7') \$124.30/year (HST Included)

On-Ice Board (36" x 39 ¾") \$237.30/year (HST Included)

To book advertising, sponsor, or reserve ice time, contact [jstorey@hbmtwp.ca](mailto:jstorey@hbmtwp.ca) or call 705-778-2891.

## WINTER MAINTENANCE:

### NO SNOW/ICE ON ROADWAYS OR SIDEWALKS

It is a violation of the Highway Traffic Act to place snow or ice on the roadway. R.S.O. 1990, c. H.8, s. 181.

Please do not shovel or plow snow onto roadways or sidewalks. Shoveling or plowing snow and ice onto roadways and sidewalks is a pedestrian and motorist safety issue, as well it impedes Township roadway and sidewalk clean-up work. Often frozen snow/ice on roadways will require Public Works crews to return to previously cleared areas, which adds to the time it takes to clear roadways.

# COMMUNITY CALENDAR OF EVENTS

## A List of Local Events in Your Community

### MONDAY

**Community Care:** [Seated Yoga](#) every Monday at noon (17 Smith Dr.).  
**Community Care:** [Blood Pressure Clinic](#) February 9 & 23 from 9:30-10:30am.  
**Community Care:** [Zoom Exercises](#) please contact CC at [www.zoom.us](http://www.zoom.us) or call the office.  
**Havelock Seniors:** [Shuffleboard](#) at 1pm. \$5pp.  
**Havelock Seniors:** [Chair Yoga](#) 11am. \$2 members \$3 non members.

### TUESDAY

**The Legion:** [Zumba](#) exercises for seniors, 9:30-10:30am.  
**The Legion:** [Cardio & Weights](#) 10:45-11:45am (bring your own weights).  
**The Legion:** [Bingo](#) from 6:30pm-10pm. Doors open at 6pm.  
**Community Care:** [Zoom Exercises](#) please contact CC at [www.zoom.us](http://www.zoom.us) or call the office.  
**Havelock Seniors:** [Yoga Fit](#) at 11am. (6 week session \$24 members \$30 non members).  
**Havelock Seniors:** [Tech Connect](#) 1pm free.  
**Havelock Seniors:** [Regular Euchre](#) from 7-9pm (bring a snack to share).

### WEDNESDAY

**The Legion:** [Line Dancing](#) from 9:30-10:30am.  
**The Legion:** [Cardio & Weights](#) from 10:45-11:30am (bring your own weights).  
**The Legion:** [Body Balance](#) from 11:40am-12:15pm.  
**Havelock Centre:** [TOPS \(Take off pounds sensibly\)](#) 6:30-8pm.  
**Community Care:** [Zoom Exercises](#) please contact CC at [www.zoom.us](http://www.zoom.us) or call the office.  
**Havelock Seniors:** [Mid-Weak Jammers](#) at 1pm.  
**Havelock Seniors:** [Monthly Luncheon](#) February 11th at 11am. \$10. Please call 705-778-2386 to sign up.  
**Community Care:** [Luncheon](#) at the United Church February 4th.  
**Historical Society:** [Meeting](#) 10:30am lower level of the library February 11th.

### THURSDAY

**Havelock Seniors:** [Chair Yoga](#) at 11am. \$2 members \$3 non members.  
**Havelock Seniors:** [Bid Euchre](#) every Thursday at 12:30pm. \$5.  
**Community Care:** [Zoom Exercises](#) please contact CC at [www.zoom.us](http://www.zoom.us) or call the office.  
**The Legion:** [Opens](#) at 1pm.  
**The Legion:** [Cornhole, Wings and Suds.](#) Doors open at 5, wings at 6, cornhole at 7. January 29th.

### FRIDAY

**Cordova Community Centre:** [Yoga](#) every Friday 10:30-11:30am. \$18. Please contact 705-760-1296 for more information.  
**Havelock Centre:** [Second Harvest Food Program](#) 2nd & 4th Friday from 10-11am.  
**Havelock Seniors:** [Tech Connect](#) 9am. Free.  
**Havelock Seniors:** [Cribbage](#) at 1pm.  
**The Legion:** [Shuffleboard](#) doors open at 1pm starts at 1:30pm.  
**The Legion:** [Mixed Fun Darts](#) from 7-10pm. All welcome.

### SATURDAY

**Havelock Seniors:** [Bid Euchre Tournament](#) February 2nd, doors open at 11:30am and food is available \$.  
**Havelock Seniors:** [Purse Auction Fundraiser](#) February 14th. \$15pp.  
**Havelock Seniors:** [Breakfast](#) 9am, February 21st. \$10pp (please sign up).  
**The Legion:** opens at 1pm. [Meat Draw](#) at 3pm (8 Ottawa St.).  
**The Legion:** [For Rentals](#) contact Michelle 416-605-5822 or 705-778-3728.  
**The Legion:** [Don Morley Cribbage Tournament](#) doors open at 9am (all welcome).

### SUNDAY

**Havelock Stone Hall Sessions Concert Series:** 4th Sunday of every month at 2pm (Highway 7 and 6th Line.).  
**Havelock Seniors:** [Bingo](#) at 6pm, doors open at 4:30pm, light lunch available.  
**The Legion:** [Estrogen Ladies Darts](#) February 15th at 9am (all welcome).

### SUNDAY - CHURCH SERVICES

**St. Johns Anglican Church** 1st and 3rd Sunday Communion.

**Havelock Fellowship Baptist Church** 10:30am.

**Havelock & Trent River United Church** 10am.

**Our Lady of Mount Carmel Catholic Church** Mass at 9am.

**Cordova United Church** 9:30am every Sunday.