



HAVELOCK RAIL

SERVING THE GREATER HAVELOCK AREA

September 2024

Edition 63

U17 REP: ONTARIO SUMMER GAMES BRONZE MEDALISTS OASA PROVINCIALS BRONZE MEDALISTS



U17 at summer games in London On

Front row from Left to Right: Bat Boy - Hudson King, Kaleb MacDonald, Wes Menard, Caleb Levesque, Holden Rutherford, Gage Locke.

Back row from Left to Right: Coach - Eric Thompson, Coach - Kenny Ayrhart, Braydon Cooper, Raine Ayrhart, Austin Levesque, Robbie Finch, Kendall Thompson, Dennis Roberts, Jori Ayrhart, Ethan Lord, Coach - Mike Menard, Head Coach - Bryce Levesque.

U15 GIRLS: ORSA CHAMPIONS



Back row: Tyler Leeper (c), Eric Thompson (c), Kaylee McCreelis-Fox, Marley Hay, Isabella Tanner, Allie Tucker, Kenzie Florence, Evan Ellis, Ryan Tucker (c), Callie Freeburn, Ryan Freeburn (c), Aubrey Anderson.

Front row: Madisyn Barr, Leighton Leeper, Rosie Thompson, Bree Mechetuk.

Credit JEDM photography

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



SEE PAGE 7 FOR INFORMATION ON NATIONAL DAY FOR TRUTH AND RECONCILIATION

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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 \$36.00 for 12 monthly editions.

ELMER'S EDITORIAL

This month's Rail features two articles on national and local indigenous issues. I am pleased that we have local writers willing to educate the Greater Havelock Area people about indigenous perspectives, history and programs.

A personal note regarding indigenous issues is when I was quite young on the family farm, my great aunt Mary, born 1889, told me stories about her and some of her twelve siblings, who grew up on the Buchanan homestead, used to visit several Algonquin Indigenous people who spent several winters in camps on the North East corner of the the farm. There is a creek which runs through that corner of the farm at a sharp left corner of Baker Road. The creek still does not freeze over in the winter. As I remember the descriptions, the visits were friendly and the Algonquin appreciated the opportunity to spend winters on the Buchanan farm. The not so subtle irony is the fact that all of the farm and many others had been settled by the Algonquins and other Tribes for thousands of years before the Europeans showed up and drove them off their land.

September 30 is National Day for Truth and Reconciliation or Orange Shirt Day. Let's hope our local citizens fly indigenous flags and wear an orange shirt and do what they can to help redress the many grievances and hardships we have imposed on our First Nations People.



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RURAL LYNX

By Larry Pick

Lynx your Home town high speed internet provider with services designed for rural customers.

As an experienced communications technologist, Ray saw an opportunity to move away from the hub bub of the big city and start an internet business using his knowledge and skills in a rural community that was underserved by a local provider. The planning and business preparation process began about two years before the official launch and ten years ago Rural Lynx was introduced to the HBM community.

At the outset Ray was responsible for most jobs that needed to be done. Connie remained in her employment while Ray worked to grow the fledgling business. Today Ray and Connie manage their ever-growing internet service. Keeping up with expanding technology is one thing but expanding the service to now provide television and phone services is an

accomplishment that they are happy to have put together.

The service area for Rural Lynx stretches from the rural areas just south of Lakefield and Apsley to areas around Warkworth, Marmora and Stirling. Connie proudly discusses their service to customers highlighting their ability to provide prompt response to their customers because they are local.

Ray and Connie live just outside of Havelock and employ between 7 and 12 people on average. Many of the Rural Lynx employees are your neighbours. Rural Lynx owners and staff contribute to the community beyond the services they provide. Fundraising projects by groups within the community benefit from Rural Lynx sponsorship. The U15 baseball team, that their grandson plays on, is sponsored by Rural Lynx.

Downtime, although rare, is enjoyed by Connie and Ray through camping, fishing and, sometimes hunting.

Visit them online at rurallynx.com, call them at 833-875-5553 or drop into the office 25 Ottawa St. E.

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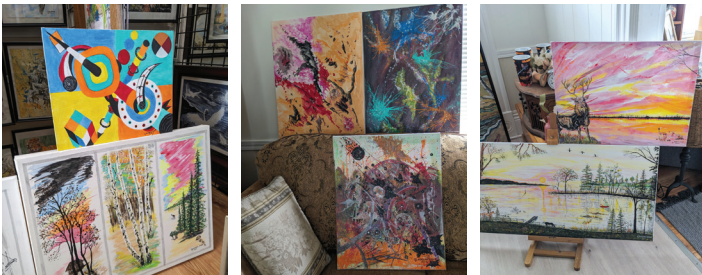
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AMRAN KHAN FROM TRINIDAD TO HAVELOCK: AND STILL PAINTING

By Paul Stevens



Amran grew up in the Caribbean, on the island of Trinidad. He came to Canada in the early 70's. While still in Trinidad, while still quite young, he saw his sister draw a dress on a piece of paper. That was the first time he ever conceived of creating his own imagined image. Or an image of something that already existed. The effort fascinated him and it began a lifetime of trying different things. That first image has now blossomed into sketching, water colours, and acrylic applied to nature scenes, animals, seasons, mountains, rivers, trees and more. He takes inspiration from whatever is around him and he has been doing it for decades now.

Am attended college in the Durham region. Trained as a printer, he ran a print shop in Pickering for years. The advancement of personal computers and colour printers made things tough for independent print shops. Amran looked around and found the building at 33 Ottawa St., in Havelock, courtesy of the mayor of Norwood who was a real estate agent at that time. Darnelle Am's son was deeply into renewable energy and setting up and fixing biofuel vehicles. The west side of the building had a retail space that got turned into a small general store. Amran sold the printing business in Pickering and moved east to Havelock buying a home and the

commercial property on Ottawa St.

They ran the store for 3 or 4 years but there was a lot of competition from the other larger retailers further west on the street, and a lot of the sales they were making were highly seasonal. Am was taking inventory and selling it at flea markets in different locations. Then in 2005 Amran learned of an opportunity in Hastings. So he shut down the activity at 33 Ottawa St, and moved their inventory to the new location. Amran worked on the inside of the building, building shelving, painting the walls and always painting his canvases. The top shelves of the rows of inventory always had his paintings on them. He continued to try different techniques and subject matter. Sometimes he would put an painting aside when it wasn't turning out the way he wanted it to, only to come back to a few days later when he thinks of a new method to try. Sometimes it works, sometimes it doesn't but he continues to learn.

As far as promoting his work goes, he is going to try Facebook. He has been creating pieces and donating them to local fundraisers, with the money from sales of his pieces going to support the cause. He is now considering using the west side of 33 Ottawa as a venue for selling vintage or collectible items, and his paintings of course. He is considering testing the location, perhaps as an outdoor yard sale setup on weekends. If it looks good, he will pursue a full commercial setup. Am is not afraid of doing the work and realizes almost nothing is easy. But he also understands, effort and hard work is a recipe for success. Don't be surprised if you see some new signage of 33 Ottawa in the coming months.



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SEPTEMBER 30: NATIONAL DAY FOR TRUTH AND RECONCILIATION

By Laurie Deshane



September 30th is the **National Day for Truth and Reconciliation**, also known as **Orange Shirt Day**. It is a day to honour the Indigenous children that were taken away

Like the Orange Shirt, the **Every Child Matters** movement was also started to raise awareness about the Indigenous children who had to go through the Residential “School” system. Many children were made to feel as though they didn’t matter. They were treated inhumanely and treated deplorably and Every Child Matters wants to send a message to current and future generations of children that they do matter. Every Child Matters is not only a reminder of the atrocities of the past but a call to action for all of us to fight for Indigenous rights today.


through the Residential “School” System and never returned; and their survivors. It is a day to recognize the historic harms these children faced. It became a federal holiday in 2021, in order to enact the “Call to Action #80”. This Call of Action ensures public commemoration of the history of residential schools and their survivors.

You can’t talk about Indigenous people without a Canadian Icon’s name coming up; that of **Gord Downie, Jr.**, from the Kingston, Ontario Band, **Tragically Hip**. Tragically Hip had 9 No. 1 albums and won 14 Juno awards and their lead singer Gord Downie, Jr., was very well known and loved. He was very passionate about life and injustice; but especially the injustice the Indigenous people suffered; and wrote and sang inspirational songs to express his strong feelings. In 2013, he and his brother founded the “Gord Downie and Chanie Wenjack Fund” to support the reconciliation between Indigenous and non-Indigenous people. Chanie Wenjack was a young Indigenous boy who died trying to escape a residential school in 1966; which became the inspiration for his solo album and song “Secret Path”. Unfortunately, Gord Downie, Jr., passed away from a brain tumor at the age of 53, but his legacy continues to live on.

There were 140 federally run institutions from the 1870s to the 1996. Indigenous children were forcibly removed from their families and communities and placed in these schools. The goal was to erase their Indigenous identity and language and “mould” them to become “Canadian”. They suffered emotional and sexual abuse. Their heritage was suppressed and they were forbidden to speak or practice their own languages or traditions.

The impact of residential schools continues to impact Indigenous families and we need to continue to acknowledge and remember all those that suffered at the hands of our federal government. This day is an opportunity for all of us to learn about this painful history, show empathy, and strive for a more just and inclusive society. **Please wear orange on September 30** to show your solidarity.

The wearing of an **Orange Shirt** on September 30th was started in 2013 by a residential school survivor Phyllis Webstad from the Stswecem’cXgat’em First Nation. When she was six years old, she was taken away from her family to attend the St. Joseph’s Mission School. Her grandmother bought her a beautiful orange shirt for her first day of school. But when she arrived at the residential school, all her belongings were taken, including her brand new lovely orange shirt. She never saw that shirt again. This shirt symbolizes the solidarity between residential school survivors and represents the experiences Phyllis and other Indigenous children endured while attending these schools.



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CORDOVA CORNER NEWS

By Laurie Deshane

On July 27, 2024, **Jim Grieves of Cordova Lake** suddenly and peacefully passed away at the young age of 74. The Lake has lost a very kind and gentle soul, who could fix anything for anyone that needed help. Jim's parents bought a cottage on this lake first and then Jim and his family bought one too. They have been a part of the lake for over 65 years. He truly enjoyed being at his cottage but had just recently sold it; and bought a trailer so that he and his wife could embark on some travel in their retirement years. Jim was the man behind the Cordova (formerly Deer) Lake Regatta; he could always be found behind the megaphone on his boat driving around the lake, encouraging the cottagers, over and over again, to attend the Regatta. He was a huge part of the organizing and planning of the first Regatta and thereafter, and was the Master of Ceremonies at most of the Regattas. He was a part of Friday Night Martini's on the lake and the Cordova Lake Invitational Tournaments; and he was a resourceful mechanical "fixer" and "IT" "kinda guy". He was also an avid adventurer; scaling "Middle Mountain" on ATVs with his friends and spending the coldest night in January under a full moon and the stars with no tents; as well as sledding the trails to the Twin Lakes Hotel. He will be greatly missed by all of his friends.

Belmont Lake shattered the skies on Aug 4 with the most spectacular light show we have seen in a very long time. The night was sparkling with crackles, sizzles and bangs which could be seen and heard for over a half hour. A platoon of boats scattered the lake with families in tow to witness this perfect display of colour! This event was cancelled several times last year due to inclement weather, which actually made this year an even bigger and better event! Of course, huge thanks to all those involved in making this a spectacular event; special thanks to Bob Prins and Brent Campbell and their team! It definitely takes a lot of volunteers to organize an event of this magnitude and to do it so expertly!!!

The Belmont Lake Kids Fishing Derby wrapped up on Aug 4 as well, and was a big success. Piper Van Asten placed 1st with a 27.5" pike, while Carter Duperron and Wyatt Spalding battled for 2nd place! Carter took 2nd with his pike measuring at 25.5" a mere half inch longer than Wyatt's who placed 3rd. In the under 6 category, Owen Berkitt impressed his Nana Faux with a 1st place with his 12.2" bass, Max Moffat, a close 2nd with his 12" bass and 3rd place was captured by Max Harrison with a monster 8.5" sun fish. Big thanks to Campbell's Marina for organizing and running this event and Chris' Live Bait and Tackle for their support.

JOIN US FOR THE CURVE LAKE FIRST NATION POW WOW

By Mia Gray, Curve Lake First Nation

Aaniin! Curve Lake First Nation is gearing up for its 71st annual Pow Wow at Lime Kiln Park on September 21st & 22nd, 2024. We invite you to join us in this longstanding tradition to participate and celebrate together through ceremonies, dances, and songs. The Pow Wow is welcome to all!

Pow Wows hold deep cultural significance, symbolizing unity and equality within a community gathered in a circle. We honour our ancestors by following the rhythmic beats of the drum, which echoes the heartbeat of creation, and evokes memories shared across generations.

The Pow Wow at Curve Lake First Nation serves as a vibrant testament to First Nation heritage, offering attendees the chance to witness and engage in traditional dances that trace ancestral footprints on the ground. It's a time to reconnect with old friends, make new ones, and share in the richness of Indigenous traditions through food, music, and storytelling.

As the leaves begin to fall, spirits rise in anticipation of this annual gathering, where attendees can immerse themselves in the culture and warmth of the Pow Wow. Whether experiencing it for the first time or returning to Curve Lake, all are welcomed with open arms to join in the festivities and experience the essence of First Nations celebration and community.

For tickets and more info visit www.curvelakepowwow.com.



THE COTTAGE HAVELOCK'S PATIO PARTY

By Cherie Semlitch



Havelock—On Saturday, August 17th, The Cottage hosted a lively Patio Party that drew in locals and dignitaries alike. The event, part of a year-long series celebrating The Cottage's 10th anniversary, saw an excellent turnout, with community members gathering to enjoy the festivities.

The atmosphere was full of fun as Havelock's very own Mayor Jim Martin, Local Councillor Kathy Clements, and MP Michelle Ferreri joined the celebration. The Cottage, known for its selection of seasonal gear, apparel, and delicious treats, has become a beloved hub in the area. This year, to mark their 10th anniversary, they expanded with a charming new patio, café, and even a mini golf course—attractions that have already become community favorites.

During the event, MP Ferreri took the time to engage with local constituents, answering questions and discussing community issues. Both she and Mayor Martin expressed their shared appreciation for the positive impact The Cottage has had on Havelock. Ferreri remarked, "I drive by here all the time as I head to Ottawa and now I am making it a critical stop on my way! The work that Cherie and Chad have put into The Cottage is greatly appreciated and is surely attracting many new people to the area." Her sentiments echoed the broader sense of pride that the community feels for this local gem.

The Patio Party not only showcased The Cottage's vibrant new additions but also reinforced its role as a gathering place for the Havelock community. With more events planned throughout the year, The Cottage is sure to continue bringing people together, celebrating local pride, and offering a great spot to unwind, shop, and enjoy the best of what the town has to offer.

As the 10th-anniversary celebrations roll on, it's clear that The Cottage is more than just a store—it's a cornerstone of Havelock's community spirit. Be sure to keep an eye out for more upcoming events as this local favorite continues to shine.

THE CENTER FOR CONSERVATION OF SPECIALIZED SPECIES

By Kathy Clement



There is an old saying that everything happens for a reason and it is very true. Last week I was putting out my recycling along with a clear bag of shredded paper. A gentleman pulled up in a small car and asked if he could pick up the bag of shredded paper. So, of course I had to ask him why he was interested my bag of paper?

His name is Jarl Ketola and he is with the charity known as The Center for Conservation of Specialized Species. They are located just north of Eganville. Jarl used to live in Havelock but now resides in Eganville. Every Thursday he heads out in the wee hours to come to Havelock and other areas that have garbage/recycling and goes around to pick up only clear bags of shredded paper. This is used to as a safe and absorbent bedding to line the floors of their habitats of the colonies of tropical bats that are maintained at the Centre and then is later composted. You see, bats cannot deposit their droppings, (bat guano) into wood shavings, etc., as their wings whip up tiny airborne particles of the wood fibers which deposit in their lungs and this would be fatal in time. This makes shredded paper ideal.

Although bats, (chiroptera) are the second most widespread order of mammal on earth, rodents (rodentia) being the most widespread), each

individual species is highly adapted to a particular “niche” within their respective ecosystem. In addition, bats have a very low reproductive rate for such a small animal. They do not normally have the large population fluctuations whereas many species of similar sized small animals naturally do. Their high degree of specialization to a particular habitat coupled with their very low birth rate, puts bats in a perfect situation for rapid population decline, and when bat species decline it is normally an indication of an unhealthy ecosystem. Bats are commonly referred to as an “indicator” species, very much like honey bees and amphibians. (info taken from their website)

Jarl would like people to be aware too that if it wasn't for fruit and nectar feeding bats chocolate would not exist. The chocolate plant is a night flowering plant and is dependent upon night pollenating animals such as bats. Also, fruit bats are one of very few types of animals that will fly over a clear cut in the rainforest and disperse seeds and pollen from their meals as they do so. This makes them one of the only animals that are capable of helping to actually replant cleared rainforests.

I told him that I would try and spread the word. If you have shredded paper and could put it out on Thursday morning (very early or late Wednesday night) then Jarl would be happy to pick it up and avoid the landfill.

The best thing would be to check out their website at www.centre4conservation.org and if you would like a pickup, please email him at erikthefinn@gmail.com.



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CALLING ALL GARDENERS TO THE NORWOOD FALL FAIR 2024!

By Kathy Reid, Norwood and District Horticultural Society

The excitement is building as the Norwood Fall Fair returns October 12-14 this year! It's a great event, filled with fun-filled activities for the entire family. Gardeners look forward to this annual event to exhibit their skills and the best of their gardening season. If you have never shown at the Fair, I would strongly encourage you to do so and here are a few helpful hints to help you plan and make your entries the best they can be!

- ~ Be sure to read the Fair Book closely as there are size and quantity specifications when it comes to certain entries.
- ~ Potted plants and cut flower specimens must be grown by you, the exhibitor. If you are entering an arrangement, you may include purchased plant material and accessories may be permitted.

~ Make sure that your entry is free from dust, debris and pests. Sprays and oils that could give your entry a shine are not allowed.

~ Be sure to trim the roots of onions, leeks and garlic to ½ inch; leave the tap root of carrots and beets intact but trim the tops to ½ inch.

Be part of the Fair and display your gardening skills! Enjoy the experience and good luck!

By the way, the Norwood and District Horticultural Society welcomes Mary Jane Pilgrim who will present "Tips for Making a Beautiful Spring Bulb Garden" on Tuesday, September 10th. The meeting will be held at the Royal Canadian Legion in Norwood ~ doors open at 6:30 p.m. followed by the guest presentation at 7:00 p.m. Guests are always welcome!



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LIBRARY NEWS By Nancy Law, Havelock-Belmont-Methuen Public Library

We have had an exciting time this summer at the Havelock and Cordova Libraries. We have had the TD Summer Reading program. Also the Havelock Library hosted Washboard Hank and Tim Jeffries from the National Touring Museum who gave an excellent and informative talk about Dinosaurs and the Badlands in Alberta. We would like to thank our summer student Jamie for all her help this summer. Good luck with your upcoming school year.

Don't forget to check out our webpage at hbmlibrary.on.ca for upcoming events and to check out our catalogue for new books that are on our shelves. Also check out our Facebook page too.

ENVIRONMENTAL TIP OF THE MONTH

By Lorraine Roulston

YOUTH UP FRONT ON LIGHT POLLUTION: Light pollution is a growing hazard for birds that fly into buildings as well as raccoons, frogs, and owls that navigate at night. Even newborn turtles that rely on the moon to find water become confused. By turning off lights when not in use and drawing the drapes to keep light inside the home, you will help local nocturnal wildlife.



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PLEASE DO NOT FEED OUR DUCKS AND GEESE BREAD!

By Laurie Deshane

You may have seen a duck or goose walking along a path or in the lakes swimming with the end of one, or both, wings sticking out at an odd angle. The last joint of the wing is twisted and points laterally out preventing it from laying flat. This is known as "Angel wing" syndrome. While the condition itself is not painful or life threatening, birds suffering from angel wing cannot fly, leaving them unable to migrate and making it harder for them to escape predators.

It is believed that this condition is caused from a deficiency in vitamins and minerals combined with a high level of carbohydrates and sugars.

Bread is a carbohydrate and contains loads of sugar. Are we the public responsible for the increase in this abnormality? Please be aware and don't feed them bread.



BELMONT-METHUEN AND HAVELOCK HISTORICAL SOCIETY

By Marg Harris

Does this bring back some good old memories? Who are these fine folks and where and when was this picture taken?



The Belmont-Methuen and Havelock Historical Society would love to share your stories and pictures. We can be reached online at bmhistorical@gmail.com or by phone at 705-768-4895.

On September 12th, we invite the community to an open house from 1-4pm in the common room at the Seniors residence on Smith St. Members of the Belmont-Methuen and Havelock Historical Society will be there to share pictures, stories and artifacts from our archives. We hope that our friends in the community will want to do the same and we will take 'A Walk Down Memory Lane' together.

We look forward to your responses to our mystery photo as well.

ROAR OF THE



By Judy Moretton

Hello from the Havelock Lions! We hope you are enjoying your summer and that you found time to visit Summerfest. It was a great success, and we would like to thank all our sponsors, visitors and volunteers for their support.

The Lions will be sponsoring **Bingos** on September 25th and October 30th. Doors open at 5:30 and bingo starts at 7:00. Grab your bingo buddies and join us. Light snacks are available. 39 George St. Havelock. It's a fun night out and proceeds support local activities.

Our annual fish fry will be held on September 14. Tickets are available from any Lion and from 1-6 on September 13 at the Farmer and Artisan Market on Highway 7. Tickets are \$20 and limited. Get yours soon.

The Don Martin Memorial Gun Show will be held on September 28 in the Lions Hall, 39 George St. Entrance is \$5, women and children are free. The show runs from 8 to 1. The Lions sponsor the show with proceeds supporting the Lions' Dog Guides Program.

Health and Wellness events including speakers, and a variety of vendors will be held September 20, October 18 and November 15 in the Lions' Hall in the evening. Additional vendors are welcome. For more information contact: Irene at: gough.irene@yahoo.com or Maeghan at: maeghan.i.d@gmail.com.

SPORTS

HAVELOCK HAWKS HEADLINER

By Keri-lyn Toms

The 2024-2025 hockey season is shaping up to be a great one! The new compressors will have us on the ice much earlier than normal, and we plan to take full advantage with on-ice conditioning opportunities for our Hawks in September! No, that isn't a typo. Ice. In. September.

Early registration was a huge success this year, and this has us looking to bring in more players for our U13, U15, and U18 teams to ensure we can ice full rosters. We want to do everything possible to have teams for every age group to keep those players already registered playing in Havelock this year. To make this happen, we will be offering **BIG INCENTIVES** for players born between 2007 and 2013 to register in Havelock for the upcoming season.

Keep in mind we also offer:

FIXED PRACTICE SCHEDULES - 1 Weekday Evening (Tues-Thurs) and Sunday

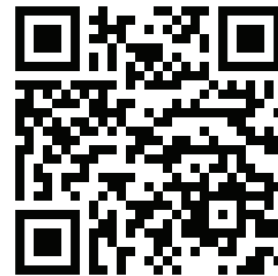
QUALITY ICE TIME - 1.5 Hour Ice Times for U11 and Up! (1 Hour for U5-U9)

IN-HOUSE SKILLS CLINICS - Players Enjoyed FREE Sessions at HMH in 2023-2024

LOW REGISTRATION FEES - Some of the Lowest Fees Around!

It's super easy to register! You can do it here by scanning the QR Code.

Not ready to register, but intrigued? Send HMH an email today and ask us about the upcoming season and how it might work for you. havelockminorhockey@gmail.com. We're super excited to get back on the ice! See you soon at the rink!



Kaleb McDonald

HAVELOCK EXPRESS U17

By Brooke Wrightly

The Havelock Express U17 boys ball team has had a very busy summer on the diamond. The team traveled to London On. for the summer games. They finished the tournament with bronze medals. From there the team headed to St. Gervais, Quebec for 6 days to play in the Canadian championships.

"The Canadians was an experience of a life time for this crew. Was such a honour to go and represent Ontario at The Canadians in St. Gervais, Quebec and our Little Town. I had so many people ask where Havelock was when we were there and lots said how nice and friendly our group was. We finished 7th overall,

Player Kaleb MacDonald received Top Batter of the Tournament, Dennis Roberts, Kaleb MacDonald and Wes Menard all hit Home Runs. Pitchers Ethan Lord, Austin Levesque, Hudson Maisonneuve (A pick up we took from Tara) and Dennis Roberts pitched great games against the top batters in Canada. Catchers Gage Locke and Nate Roth (A pick up we took from Wilmot) did an amazing Job behind the plate!

Every player contributed in some way to represent our Small Town and Havelock Minor Softball so I thank you all. Huge thank you to all who sponsored and donated to our U17 to give them these 2 amazing experiences. Thank you for a wonderful season of ball," commented Cheryl Levesque.



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The July winner of the \$20 dollar store gift card is Ryder.



Hospice isn't something we think about but it is there for us when needed. I recently sat down with Barb Ross (Volunteer Services and Rural Outreach Co-ordinator) and we talked about Hospice Norwood. In 2023 Hospice Peterborough entered into a partnership with Hospice Norwood in order to offer programming in Norwood, Havelock, Hastings, Apsley, Westwood, Douro.

Jack Stewart bequeathed his home to his son John with the idea that it would eventually become Hospice Norwood-Stewart House. John gifted it to the town and then an amazing group of volunteers took the house over in 2019 and to date have raised approximately \$70,000.

Fundraisers include a mega garage sale held in the Millenium Room,

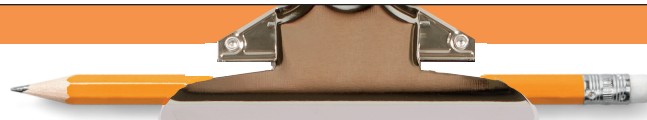
The Toonie Auction once a year held in April, a car show in September, concerts with great entertainers such as the Barra MacNeils (this October 18th) etc. This group of fundraisers just keep on going.

The hospice doesn't include beds at this point so the volunteers are trained to go out to your home to provide respite care for individuals and their caregivers. They will provide companionship to the client, do legacy care which could include anything from putting together an album, writing a poem about the family, putting together memories for our loved ones left behind.

You can also go to Hospice Norwood and make use of the resources that are available. There are books on illness, grief, etc. There is also a computer available for Zoom calls for medical appointments. They also hold counselling programs including Grief Chat, Caregiver Support, Illness Support and Mindful Nourishment.

Volunteers are such a crucial aspect of any hospice and Stewart House is no exception. All volunteers are screened and participate in a 30 hour training program. If you are interested please reach out to Barb at 705-742-4042.

Their vision is "to deliver hospice care in Norwood and the surrounding rural communities". Please check out their website www.hospicenorwood.com or email them at hospicenorwood@gmail.com.



Peterborough County's HEALTHCARE NEEDS ASSESSMENT FORM

Your input is invaluable in shaping the future of healthcare in Peterborough County. Join us in our mission to create a healthier, stronger community— visit the link or scan the QR code to complete the form today.

- Are you a resident of Peterborough County?
- Are you currently without a family physician or wish to receive care closer to home?
- Would you like to provide information to determine the needs of your township as well as be added to a contact list for when a physician is secured?



Complete the assessment at:
www.ptbocounty.ca/yourhealthmatters

Questions? Contact:
 ✉ yourhealthmatters@ptbocounty.ca 📺 @ptbocountyhealth
 📞 705-930-4765 🗨️ @PtboCntyHealth 📷 @ptbocountyhealth





Royal Canadian Legion

Havelock Belmont Br 389
8 Ottawa St E. Havelock

FOR RENTAL CALL JUDY AT 705 740 5243

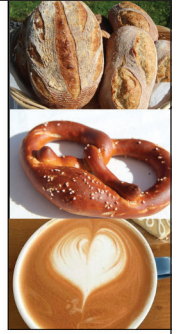
Email: rclegionbr389@gmail.com



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RECIPE

HAM AND CHEESE ROLL UPS

By Kathy Clement

September and its time to start thinking about lunches for the kids and this might work for you too!

INGREDIENTS

- 2 packages of cream cheese
- 1 package of dry ranch dressing
- Slices of cold meat (Ham, Roast beef, etc)
- Slices of cheese (Cheddar, Swiss, etc
- 5 Tortilla's



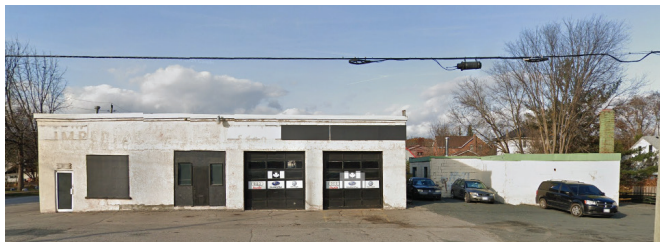
Stir the ranch dressing into the cream cheese. Spread a thin layer on the tortilla. Then layer the cold meat and cheese. Roll up as tightly as possible. Wrap in plastic wrap for one hour or overnight. Cut the ends off, slice and enjoy!

33 OTTAWA STREET

By Paul Stevens

I have often wondered about the story behind the building at 33 Ottawa Street While writing my article on Amran Khan I discovered some info that I thought I would pass on. to our readers. 33 Ottawa was originally a gas station. For a while, one of the buildings on the property was a fishing tackle shop, It also was run as a general store for 3-4 years. Currently, it is owned by Amran, and his son is using it to research green fuels for vehicles and as a meeting and project location for Darnelle and his friends interested in biodiesel.

If you have more information on it's history, feel free to send it to me at pstevens2@gmail.com



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60TH WEDDING ANNIVERSARY

Please join us to celebrate

BOB AND LENKA RUTHERFORD

special milestone on September 28, 2024
from 1-5pm

Havelock Seniors, 10 George Street West,
Havelock, Ontario

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COUNCIL CORNER

By Donellda Fraser

Meeting held on August 15, 2024.

- Bill Lett, Utility Design returned with project update for Recreation Park and Community Centre Project. Giving a quote for the ball diamond being 1 million dollars, Infrastructure 1.5 Million dollars. Which brings total cost to 3 Million dollars. Town Hall stating a structural review of the building will need to be completed cost being \$8500.00 plus HST. Which would be first phase. Questions about prior structural assessment. With a response that new codes have been put into place but prior assessments would also be looked at. Community Centre stating contract has been signed. RFP to be issued shortly, with construction to begin in the spring. This complies with the time frame of the grant monies.
- Lori Rickey Physician Recruitment for Peterborough County and City, stating she reports to the County CAO. Gave a very informative account to what her job is. Stating needs have been recognized with approximately 32,000 within the county and city requiring a physician. Recognizing the challenges such as lack of infrastructure, lack of accurate data, lack of candidates, spousal employment opportunities, lack of daycare, housing, Family Health Organization restraints. Stating HBM Township needs assessment indicate 738 residents registered are looking for a physician. Emphasizing the need for accurate data in this area, the process of how people acquire a physician. The need for a solution with focus on international recruitment, lobbying the Federal and Provincial Governments for change, data of Physician Health Needs Assessment , campaign for “your health matters.”
- Ambrose Moran delegation about Hunting Camp on Sharpe’s Bay. Stating that there are three errors made by the committee of adjustment. The three errors listed in the agenda may be read on the agenda posted. Mentioning that this is a Peterborough County Game Reserve. Asking that they look into this matter with a report to come back to him. Motion to receive and carried
- Bob Angione re Ward System. Informing council that public consultation has been done along with 2 public meetings regarding possibly dissolving the ward system. Expressed desire to change the ward system, with a the By-Law to be brought forward October 15th.
- By Law regarding Water, Sewage and Storm hookups. Referencing of potential environmental implication’s. An example being what might possibly leak into the town drinking water. In the end an amendment was made the word “mandatory”changed to “voluntary” during George Street construction. Mentioning there may be grant monies somewhere to be accessed. An information letter will be in the next water bill.
- Next Meeting September 4, 2024. Video of meeting is posted on HBM Township site for those interested.




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H-B-M HAPPENINGS



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Please note this was sent to publication as of August 23rd, 2024

OFFICE CLOSURE:

The Township Office will be closed on Monday, September 2, 2024 in observance of Labour Day. Enjoy a safe and happy long weekend!

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. All regular meetings will begin at 9:30am.

- Tues. Sept. 3, 2024 @ 9:30am – Regular Council Meeting
- Tues. Sept. 17, 2024 @ 9:30am – Regular Council Meeting

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

HBM COMMUNITY CENTRE 2024/2025 SEASON:

• **Havelock Minor Hockey** - Registration is open, please direct all inquiries to havelockminorhockey@gmail.com.

• **Havelock Figure Skating Club** - Registration is now open, please call Jena Trimble at 705-927-6874 or email havelock.figureskating@gmail.com.

The Parks, Recreation, and Facilities team aims to have the ice installed by the 3rd week in September.

WINTER SEASON 2024 TO 2026 SNOW PLOWING QUOTATIONS - #PW-2024-06:

HBM Township is requesting snow plowing sealed quotations. All quotations are to be submitted on forms available on the Township website (www.hbmtwp.ca) or Office. The sealed quotation should be plainly marked, as per the following:

Location: Township of Havelock-Belmont-Methuen Office
1 Ottawa St E., PO Box 10, Havelock, ON, K0L 1Z0

Attention: Peter Lauesen – CRS, Manager of Public Works

Deadline Date: Monday, September 16, 2024, at 11:00am (local time)

2024 PROPERTY TAX DUE DATE:

Final Property Tax bills were mailed out in June, please contact the office at 705-778-2308 if you have not received your bill.

Second Installment Due: Monday, September 30, 2024

2024/2025 DEPOSIT RETURN PROGRAM – SEEKING COMMUNITY PARTNER:

HBM Township is committed to improving resident access and participation in deposit return systems to reduce deposit containers from entering the Blue Box system. To that end, HBM Township is seeking a local organization partner to provide a “depot” site at the 6th Line Municipal waste facility for the 2024/25 period.

The outcomes of this partnership are to:

- Build community relationships
- Increase access to deposit return recycling systems
- Improve recycling awareness within Ptbo County
- Provide funding for community partner

Applications are to be submitted online at www.hbmtwp.ca on or before September 15, 2024, at 4:00pm.

BUILDING BY-LAW FEE REVIEW - SEPTIC PERMIT FEES:

After November 17, 2024, Peterborough Public Health (PPH) will no longer oversee the delivery of septic permit services, as they will be moved over to local municipalities.

Now, therefore, the Municipality of Havelock-Belmont-Methuen proposes to enact a By-law to change the Building By-law Fees, specifically to add septic system permit fees.

A public meeting will be held on September 17, 2024, at 9:30am. This public meeting will be held in hybrid fashion (in-person and electronically). If you wish to participate or simply observe, the virtual zoom link will be available on the first page of the Council Meeting agenda, or you may contact the Municipal Clerk, Robert Angione, by email at bangione@hbmtwp.ca, no later than 12:00pm (noon) on the day prior to the scheduled meeting.

For further information visit our website at www.hbmtwp.ca or contact the Municipal Office at 705-778-2308.

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 September 9 & 23, 9:30-10:30am. (17 Smith Dr.).

Community Care: Zoom Exercises please contact CC at www.zoom.us or call the office.

Havelock Seniors: Chair Yoga 11am-12pm. \$2.

TUESDAY

The Legion: Zumba exercises for seniors, 9:30-10:30am.

The Legion: Cardio & Weights 10:45-11:45am (bring your own weights).

Community Care: Zoom Exercises please contact CC at www.zoom.us or call the office.

Havelock Seniors: Regular Euchre from 7-9pm (bring a snack to share).

Havelock Centre: Laugh N Learn Playgroup every Tuesday, 9:30-11:30am. Snacks & coffee provided. (30 George St).

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 to 12:15pm.

Havelock Centre: TOPS (Take off pounds sensibly) 6:30-8pm (George & Orange St.).

Community Care: Zoom Exercises please contact CC at www.zoom.us or call the office.

Cordova Community Centre: Yoga every Wednesday, 5-6:30pm and 7-8:30pm. \$18. Please contact 705-760-1296 for more information.

Havelock Lions: Bingo September 25 at the arena Doors open at 5:30pm.

Community Care: Diners Club September 4 at the United Church. \$14pp.

Havelock Seniors: Luncheon September 11 & 25. \$15pp.

THURSDAY

Havelock Seniors: Chair Yoga from 11am-12pm. \$2.

Havelock Seniors: Bid Euchre every Thursday at 1pm (doors open at 12:30) \$5.

Community Care: Zoom Exercises please contact CC at www.zoom.us or call the office.

Havelock Centre: Career Edge Hub 9am-12pm, free drop in employment counselling & services.

Havelock Centre: Men's Night at 7pm every Thursday (discussion group with snacks).

FRIDAY

The Legion: Mixed Fun Darts from 7-10pm.

Cordova Community Centre: Yoga every Friday 10:30-11:30am. \$18. Please contact 705-760-1296 for more information.

Havelock Centre: Open Mic Music Night 1st & 3rd Fridays at 6pm. Any questions please call Rolf at 705-875-8018.

Havelock Centre: Second Harvest Food Program 2nd & 4th Friday 10-11am.

Havelock Seniors: Line Dancing from 10-11am.

SATURDAY

Havelock Seniors: Bid Euchre Tournament September 7, doors open at 11:30am and food is available \$.

The Legion: opens at 1pm and **Meat Draw** at 3pm (8 Ottawa St.). Call Judy 705-740-5243 for rentals.

The Legion: Roy Orbison Tribute Band September 28, doors open at 7:30pm.

Havelock Lions: Annual Fish Fry September 14th from 5-7 pm. Contact lionsuet@gmail.com.

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.

SUNDAY - CHURCH SERVICES

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

Havelock Fellowship Baptist Church 10:30am.

Havelock United Church 10am. Trent River.

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

Cordova United Church 9:30am every Sunday.

Knox Presbyterian Church 11am-12pm.

ATTENTION ALL SERVICE CLUBS, ORGANIZATIONS, CHURCHES AND COMMUNITY EVENT PLANNERS.

Please submit your events to havelockrail.cevents@gmail.com prior to the 10th of each month.