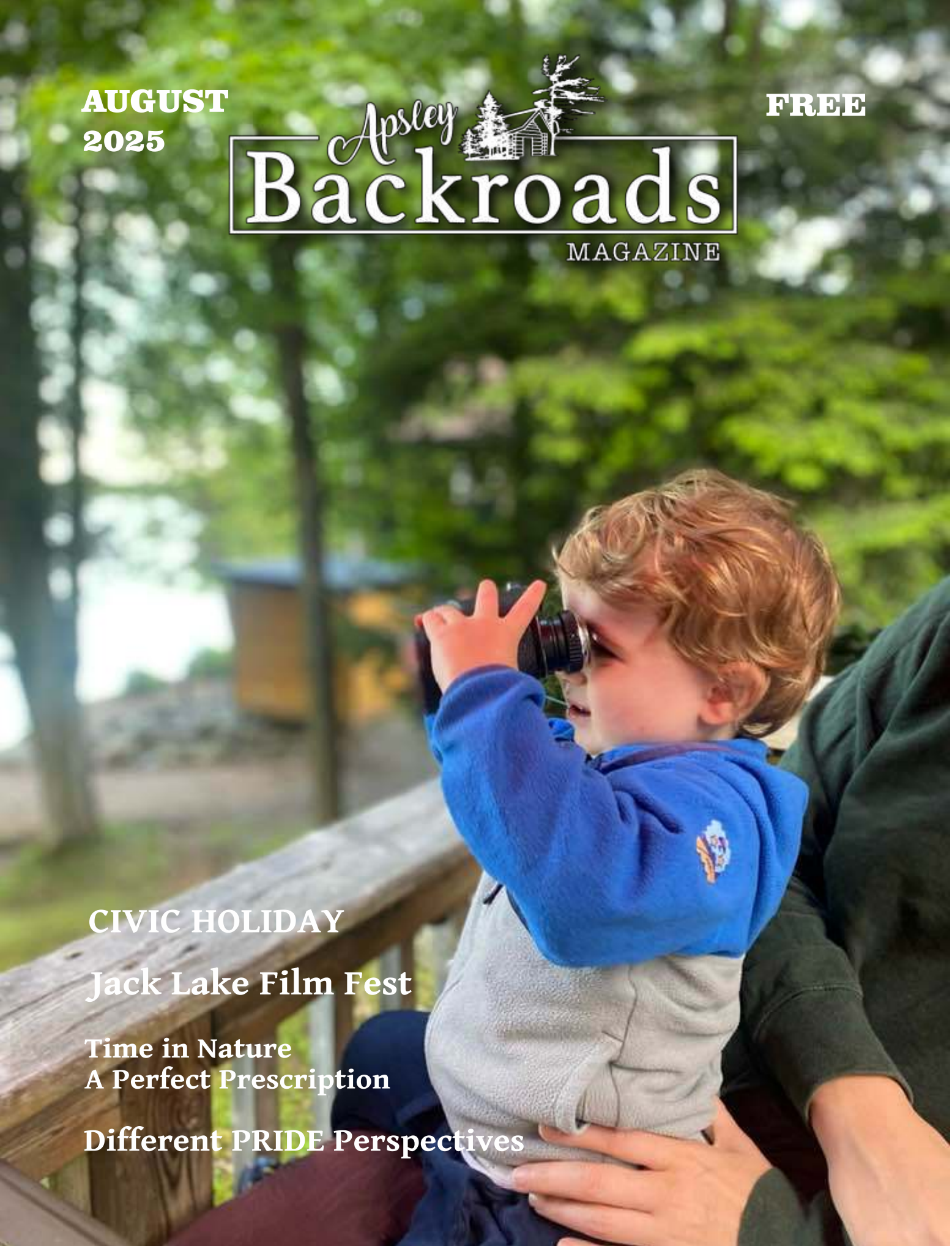
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Monday	7:00 A.M. - 8:00 P.M.
Tuesday	7:00 A.M. - 8:00 P.M.
Wednesday	7:00 A.M. - 8:00 P.M.
Thursday	7:00 A.M. - 9:00 P.M.
Friday	7:00 A.M. - 9:00 P.M.
Saturday	8:00 A.M. - 9:00 P.M.

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Apsley Backroads MAGAZINE

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From The Editor's Desk

AUGUST 2025

AUGUST in Apsley - one month of summer under our belts and still a whole month left of making memories, working hard in the construction trades and enjoying time with family and friends.
Regattas, drinks on the patio, workshops. Hiking, beach days and bonfires. How are you spending your last five weeks before another school year starts?
Check out all our summer advertisers and what they have to offer - take a visit to a business you may have not been to before. Or call that tradesman and finally get the reno you've been putting off done.
Life is short, do the things...I did a thing...a brave thing...something I've wanted to do for about 20 years...and thanks to Michelle Bolton Photography, a beautiful sunny night and some courage...we captured some classy, raw and vulnerable sexy pics. LADIES...DO IT. Just DO it!
I have another reason why I wanted to capture the body I've known and loved for all my life, but I'll explain that at a later date...F-U Cancer...
Life is short - it throws you curve balls and the real game changer is how you're gonna respond it. Why do we wait for plot twist or shovel upside the head to start living the life we always wanted?
Other articles this month give readers the opportunity to reflect on different perspectives in regards to Pride and Inclusivity as well as the use of fireworks.

Happy Summer everyone!

Helena

Cover Photo Credit: Jason Faber.

Jason's son John wanted a turn at seeing the Loons in the Bay at a Family cottage on Chandos. Good thing he did, cause it made for an adorable picture.
Pic shared by Grandpa John

Helena McMann
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Apsley, ON K0L1A0

AUGUST 2025

Apsley Backroads Magazine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Duplicate Bridge 12:30pm NKCC **Music Jam Session** 4pm, LEGION **1**	**JACK LAKE & CHANDOS REGATTAS** **CLPOA FIREWORKS CHANDOS BEACH** **2**
CIVIC HOLIDAY **4**	**Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **5**	**Fall Prevention Exercise Class** 10-11am NKCC **Pickle Ball** 11:15am-2pm Craft Class 2- 4 pm. NKCC **ShuffleBoard** 1 pm, LEGION **6**	**Playgroup 0-6yrs** 10am-12 **NKCC** **Pot Luck Lunch** Canasta or Darts 12:30pm **Woodview** **Pickle Ball** ($2) 6-9pm **NKCC** 1st,3rd, 5th Thurs **7**	**Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION **8**	**9**
Darts 6:30pm, LEGION **Pickle Ball** ($2) 6 to 9pm NKCC (not Stat Holidays) **11**	**Shuffle Board Cornhole then Lunch, Euchre/Canasta** Starts 10:30am NKCC **Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **12**	**Exercise Class, then Pickle Ball, then Craft** Starts 10am **Mtg & Luncheon** 11:30am GlenAlda **ShuffleBoard** 1 pm, LEGION **13**	**Playgroup 0-6yrs** 10am-12 **NKCC** Pot Luck Lunch Canasta or Darts 12:30pm **Woodview** **14**	**Fall Prevention Exercise Class** 10-11am NKCC **Duplicate Bridge** 12:30pm NKCC **Music Jam** 4pm, LEGION **15**	**CLPOA Volunteer Appreciation Social 1:30pm** **16**
18	**Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **19**	**EUCHRE 7pm $5 Lions Club, NKCC** **Fall Prevention Exercise Class** 10am NKCC **Pickle Ball**11:15 Craft Class 2pm **ShuffleBoard** 1 pm, LEGION **20**	**Playgroup 0-6yrs** 10am-12 **NKCC** **Pot Luck Lunch** Canasta or Darts 12:30pm **Woodview** **Pickle Ball** ($2) 6-9pm **NKCC** 1,3,5th Thurs **21**	**JACK LAKE FILM FEST Thurs,Fri,Sat** **Fall Prevention Exercise Class** 10-11am NKCC **Duplicate Bridge** 12:30pm NKCC **Music Jam** 4pm, LEGION **22**	**JACK LAKE FILM FEST Thurs,Fri,Sat** **23**
Darts 6:30pm, LEGION **Pickle Ball** ($2) 6 to 9pm NKCC (not Stat Holidays) **25/31**	**Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **26**	**Exercise Class, then Pickle Ball, then Craft** Starts 10am **Mtg & Lunch** 11:30am GlenAlda **ShuffleBoard** 1 pm, LEGION **27**	**Playgroup 0-6yrs** 10am-12 **NKCC** Pot Luck Lunch Canasta or Darts 12:30pm **Woodview** **28**	**Fall Prevention Exercise Class** 10-11am NKCC **Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION **29**	**30**

SEPTEMBER 1 LABOUR DAY
SEPTEMBER 5-7 CREEKSIDE Music Festival
SEPTEMBER 30 Truth & Reconciliation Day

OCTOBER 13 Thanksgiving

What's Happening at the Library

Contributed by Kim Tucker and Lisa Mace

Kid's Art Camp! – August 5th, 6th, and 7th: 10am to 2:30pm, Apsley Branch

This summer the Apsley branch of the library is hosting a free art camp for children between the ages of 9 – 12. This program will be led by local visual artist, Lisa Mace. 4 hours each day, 3 consecutive days, 2 art projects each day, 1 art opening for parents.

We will explore a variety of fun, age-appropriate projects using collage, mixed media, fabric art, sculpture, painting, and process art. We'll focus on creativity over perfection, encouraging self-expression while trying out different materials and techniques. Children are asked to bring their own lunch. Limited spaces, pre-registration is required. Please call Lisa @ 705-656-4333 or email l.mace@northkawarthalibrary.com

On Thin Ice – Brook Trout and Warming Waters Thursday, August 7th: 6:30pm, Apsley Branch

Join PHD-candidate, Erin Stewart from Trent University for this informative talk. Climate change is causing profound effects on aquatic ecosystems and the fish within them. The loss of cold-water stream and lake habitat puts brook trout, a beloved native cold-water specialist, at risk. Brook trout are more resilient than we think when it comes to surviving in warming waters, but there is a threshold over which they cannot survive in the long term. Because climate change is happening faster than organisms can adapt, understanding thermal tolerance thresholds is a critical step towards effective, evidence-based conservation of our cold-water ecosystems and native fish species. No pre-registration is required. This event is taking place at the Apsley Branch.

Story time at the Woodview Branch,
Tuesday Aug 12th 11 am Tuesday August 19th 11 am

Bring your kids to sit back and hear an engaging story. This is a great way to spark imagination and literacy skills, make connections with others and create as sense of community for your children! Drop in, no registration required. All ages. Come for the story and stay for the fun!

Gazebo Ukulele–Wednesdays in August, 1:00pm, Apsley Branch

Join us for a relaxed hour of ukulele strumming under the library gazebo! This welcoming gathering is open to all ages and skill levels—whether you're just starting out or have been playing for years. It's a fun way to connect with others and enjoy the music together. Don't have a ukulele? No problem—the library has a few extras you can borrow. So, mark your calendar and drop by to strum with this friendly group!

Sewing Workshop: Make an Apron OR a Chef's Hat Set! Wednesday, August 13th, 2025
10am to 1:00pm - Apsley Branch

Join us as we welcome back Joan Rocha for a hands-on sewing workshop designed for adult participants of all skill levels—from curious beginners to seasoned stitchers!

In this session, you'll choose to create either: A child's chef's hat and apron set – perfect for the little kitchen helper in your life

OR

2. A classic adult-sized apron – a practical and stylish addition to your cooking routine. Sewing machines will be available in limited supply, so if you have one you can bring, we encourage you to do so. All fabric, thread, and patterns will be provided. Whether

you're brushing up on your skills or learning something new, you'll leave with a completed project and useful sewing techniques. Cost is $15 cash and must be paid in advance. Limited spaces. Please pre-register by emailing l.mace@northkawarthalibrary.com or calling Lisa at 705-656-4333

Touch A Truck! – Saturday, August 16th: 11am to 2pm. In the Apsley Central Public School Parking Lot.

Come and meet the local heros behind the wheel! We will be welcoming, the local Roads Department, the MNR, OPP, and Fire Department. Kids can get up close and personal to the vehicles and their skilled operators. Food will be available for purchase from the Lions Food Truck. Donations will be accepted for the local food bank. Library staff will be on-site with a transportation craft and activity. This is a free, family event. Rain or shine. If you have questions, please call 705-656-4333 or email l.mace@northkawarthalibrary.com

Baby It's Cold Outside! How Birds Stay Warm in the Winter Tuesday, August 19th: 1:00pm, Apsley Branch

We bundle up in coats, hats, boots, and gloves to stay warm in the winter. But how do birds survive the cold without any of that? How are their bodies built to handle freezing weather? What clever things do they do to stay cozy? The answers are amazing! Join us for this free, informative learn and craft workshop where we welcome back local cottager, and science expert, Kathy Gingerich! She will show us how birds are built for winter and afterwards, we will create our own cardboard birds and give them the most fabulous yarn sweaters we can dream up! This is open to kids of all ages. Limited spaces. Please pre-register by calling Lisa at 705-656-4333 or emailing l.mace@northkawarthalibrary.com

Apsley Garden Club – Tomato Tasting Social – Wednesday August 20th, 6:00pm Admission: Free!

Dive into the vibrant world of tomatoes at our 2nd Annual Tomato Tasting Social!

This social is for all tomato enthusiasts and foodies alike! Join us for an unforgettable evening celebrating the diverse flavors and varieties of everyone's favorite fruit (yes, it's a fruit!). Calling all gardeners to bring 2 or 3 tomatoes from your garden and ENTER YOUR TOMATOES! Everyone will experience the delight of sampling a colorful array of heirloom and hybrid tomatoes sourced from local gardens. From juicy Beefsteaks to sweet Sungolds, there's a tomato for every palate waiting to be discovered.

What's on the Menu?

Tomato Tasting Stations: Taste-test and compare different tomato varieties.

Enter Your Tomato: Bring your favourite tomato variety and win prizes for Best Cherry, Best Slicer, Best Heirloom, Best Yellow, Best Roma and even tomato grown by a child under 12.

Live Music with Mike Delmastro: Enjoy a festive atmosphere with friends and family. Whether you're a seasoned gardener, a culinary enthusiast, or just someone who loves fresh, flavorful food, our Tomato Tasting Social promises an evening of fun, food, and community spirit.

Don't miss out on this deliciously exciting event! Mark your calendars and spread the word. Let's celebrate tomatoes in all their glory! For more information and instructions on how to enter your tomatoes, call Kim at 705-656-4333 or email k.tucker@northkawarthalibrary.com Let's make this a tomato-tastic gathering to remember!

Learn about Feathers – Presented by Kathy Gingerich
Saturday August 23rd 11 am, Woodview Branch

Unique to birds, every feather tells a story. Join us to learn more about feathers, where they located on the body, how the colour is produced, how they grow and when they are replaced. Drop in, free, no registration required. All ages. Woodview Branch 66 Northey's Bay Road.For more information call Kim 705-654-1071

Bucket Hat Sewing Workshop - with Joan Rocha
Tuesday August 26th 10 am – 2 pm, Woodview Branch

Back by popular demand! In this hands-on workshop, you will sew a reversible, 100% cotton bucket sun hat as a gift - or for yourself - guided by Joan Rocha, an avid sewer who has made over 100 hats. Bring your own

sewing machine. Designed for adults. The cost is $10. Limited spaces. Woodview Branch 66 Northey's Bay Road. To pre-register, please call Kim at the 705-654-1071 or email k.lefebvre@northkawarthalibrary.com

Babysitter Course
Wednesday, August 27th 9:30am to 2:30pm, Apsley Branch
Led by Alyssa Heffernan from Heffernan First Aid, this class is recommended for children ages 12 and up. Topics include behaviour and misbehaviour, emergencies, caring for a sick and injured child, accident prevention, and basic First Aid review. This course normally costs $96 but, we are offering it here at the library for FREE! Thank you to the incredibly generous support of our two sponsors: Mary Brown & Team from Bowes and Cocks Limited Brokerage, and Haultain Service! Together, they have made it possible for children to attend this course completely free of charge! We are so grateful. "It takes a village to raise a child". Limited spaces. Pre-registration is required. Please call Lisa at 705-656-4333 or email her at l.mace@northkawarthalibrary.com

Family Lego Challenge Night! Thursday, August 28th 6:00 to 7:30pm, Apsley Branch
Join us for Free Family Fun at the Apsley branch of the library! Get ready for an action-packed evening of creativity, teamwork, and LEGO building! The evening will feature exciting building challenges for kids and grown-ups alike. Light snacks and refreshments will be provided. Every participant will be entered into a draw for a small Lego themed prize!
What to Expect:
Themed Build Challenge – Let your imagination run wild
Family Team Build – Work together to meet a fun challenge
Speed Build – Build fast and silly under pressure
Mystery Bag Build – What can YOU make with surprise bricks?
Gallery Walk – Show off your creations!
Families come in all forms! Groups can be made up of family members, friends, or neighbors — anyone you'd like to build with! Each group can include up to 5 people. Limited spaces. Pre-registration is required. Please call 705-656-4333 or email l.mace@northkawarthalibrary.com.

We would like to extend a heartfelt thank you to our local senior's group for generously donating two sets of cornhole and craft supplies to support our children's programming. We truly appreciate your kindness and community spirit!

North Kawartha Public Library **AUGUST**

LET'S GO TO THE LIBRARY...

GAZEBO UKUELE Wed 1pm Apsley

***5th, 6th, 7th 10am - 2:30pm**
KIDS ART CAMP

***Thursday 7th 6:30pm, Apsley**
BROOK TROUT & WARMING WATERS

***Tuesday's 12th & 19th 11am Woodview**
STORY TIME

***Wednesday 13th 10 am to 1pm Apsley**
SEWING WORKSHOP (Apron or Chefs Hat)

***Saturday 16th 11am-2pm**
Apsley Public School Parking Lot
TOUCH A TRUCK

***Tuesday 19th - 1 pm - Apsley**
HOW BIRDS STAY WARM IN THE WINTER

***Wednesday 20th 6pm Apsley**
TOMATO TASTING SOCIAL

***Saturday 23rd 11am Woodview**
LEARN ABOUT FEATHERS

***Tuesday 26th 10am - 2pm Woodview**
BUCKET HAT SEWING WORKSHOP

***Wednesday 27th 9:30am - 2:30pm Apsley**
BABYSITTER COURSE

***Thursday 28th 6pm to 7:30pm Apsley**
FAMILY LEGO CHALLENGE NIGHT

THINK TURTLE CONSERVATION

by Kelly Wallace

Rethinking Fireworks & the Bigger Picture

Fireworks have long been part of how we celebrate. For many, they're tied to memories of summer nights, family gatherings, and shared joy. The colours, the sounds, the excitement—they stir something familiar and festive. Raising concerns about fireworks isn't meant to take that away. It's about understanding their full impact and asking if there are better, more thoughtful ways to mark the moment.

Unlike natural events like thunderstorms, fireworks are a choice. That's precisely why it makes sense to think carefully about our options and be aware and responsible where we can.

How Fireworks Affect Animals

For animals, fireworks are not a celebration; they're a source of fear and, in many cases, real harm. Household pets often panic, hide, or run away, sometimes injuring themselves in the process. Some are left with lasting anxiety long after the noise fades. Farm animals can react just as strongly. The shock of explosions may cause stampedes, broken fences, or even miscarriages.

Wildlife faces even greater disruption. Birds, especially those that roost at night, may take flight in confusion, leading to fatal collisions or the abandonment of their nests. Nocturnal animals, such as bats, become disoriented, and aquatic species are exposed to chemical debris that settles into lakes and rivers, contaminating their habitats. Some animals may mistake remnants on land or in the water for fireworks, creating chaos in a world that many wildlife species cannot make sense of. Animals don't understand what's happening. For them, fireworks are frightening and represent a danger.

The Environmental Toll

The effects don't disappear when the sky goes dark. What goes up must come down. Debris can contaminate soil and water. Toxic particles linger long after the noise fades. Fireworks often explode over lakes, rivers, or other bodies of water. The debris, including spent casings, paper, plastic, and unburned chemicals, can fall into the water and break down over time. These substances may leach toxic metals and other residues into the water, contaminating it and posing a risk to aquatic life and any humans who use the water for recreation or fishing. Fish and other aquatic animals are especially vulnerable to even small changes in water chemistry.

The Escalating Fire Risk

One stray ember or spark is all it takes. Every summer, fireworks cause fires that could have been prevented. Grass fires, house fires, and forest fires are not limited to rural areas. Dry brush, wood fences, and aging buildings make city neighborhoods just as vulnerable. Hotter, drier weather, and stronger winds are creating ideal conditions for fires. Even professional displays now carry more risk. According to the Canadian Association of Fire Chiefs, over 700 fire departments respond to fireworks-related incidents each year. And the danger doesn't end when the sky goes dark. Smouldering debris can land on rooftops or in dry grass, starting fires hours later. Once a fire starts, it spreads fast, and the damage can be devastating.

When Celebration Turns Into Injury

Behind the sparkle, fireworks carry real risks. Each year, hospitals treat burns, hearing loss, eye injuries, and even amputations. It's not just the person lighting the fuse who gets hurt. Bystanders, including kids, are often caught in the blast. Many injuries involve fireworks bought online or from unregulated sellers. These can malfunction or explode without warning. One misstep is all it takes. Fireworks aren't toys. They're explosives. And the damage, both physical and emotional, can last long after the show ends.

The Impact on People Who Are Sensitive to Noise

It's not just animals and the environment that feel the impact. Fireworks can be deeply distressing for many people. Veterans and trauma survivors may be triggered by the sudden blasts. People with sensory sensitivities, including those on the autism spectrum, may feel overwhelmed. Babies, elders, shift workers, and those

recovering from illness can lose badly needed rest. These reactions may be invisible, but they are real and they matter.

Better Ways to Celebrate

There are other ways to bring light and joy to a celebration, ways that don't carry the same risks.

Choreographed drone shows are gaining popularity in cities worldwide. They can be reused, don't produce smoke, and offer a beautiful, customizable display without noise or debris. Planning still matters. Sensitive wildlife areas and nesting seasons should be respected.

Laser and projection displays can illuminate buildings or trees, creating memorable visuals without the need for explosions or cleanup. These should also be managed with care, especially in natural areas.

Silent fireworks reduce noise but still release pollutants and debris. While not a perfect solution, they're a step in the right direction for communities trying to reduce harm.

Other Ideas

For smaller gatherings, items like biodegradable confetti or glow wands can add a festive touch. Cleanup is still essential, but these alternatives are far less risky. Around the world, communities are moving away from traditional fireworks and getting creative with glow-in-the-dark art shows, silent festivals, light walks, music concerts, and/or activities that promote togetherness and celebration while protecting the environment, local wildlife, and vulnerable community members.

Leading By Example

In Northern Ontario, both Timmins and Greater Sudbury have replaced their 2024 Canada Day celebrations with drone light shows, opting for quieter, cleaner displays that reduce stress on the environment, animals, and residents. Municipalities across the country are following suit. North Bay, Kamloops, Vernon, Chilliwack, West Kelowna, and Terrace all hosted drone shows in 2024, swapping out explosive pyrotechnics for peaceful drone choreography

Letting the Night Speak for Itself

Sometimes the best celebration is the one that lets the night be. The stars are already there. The moon. The fireflies. The hush of twilight. We don't always need to add to it. There's beauty enough if we pause to notice it.

In the End Fireworks are a choice. And like all choices, they carry consequences. The way we celebrate can evolve. This isn't about taking away joy, it's about making it better. More thoughtful. More inclusive. More sustainable. When we protect the most vulnerable among us, we build a tradition that truly reflects the spirit of community. And that's something worth celebrating.

If you have a question about this topic or turtles please phone or text Think Turtle Conservation Initiative at 647-606-9537 or email thinkturtle@yahoo.com. Visit our website at http://www.thinkturtle.ca or follow us on Facebook.

THOUGHTS From GAYLE

Gayle Davis, Freelance

Natures RX Spending Time in Nature A Perfect Prescription

Sedentary lifestyles. Screen time. Chronic disease. The list goes on. With all the so-called improvements to our lives, our health, both physical and mental, is really taking a hit.

We have a huge baby boomer group in our population that are all growing old at the same time. The burden on the health care system is significant with very little relief in sight. But it is not only the older generation that is suffering.

The ill-effects of our current habits extend right down to the youngest of us, when habits are formed that will impact lives for years to come.

It all comes down to choice. Habits are formed by the choices we make and the consistency of those choices going forward. Our choices are influenced by our lifestyle, how current the source of information is, the accuracy of our information, and our willingness to change our habits and adopt different ones to achieve a specific goal.

Although the prescribing of pharmaceuticals to restore us to health has its place - amoxicillin for urinary infections, Zithromax for bacterial infections, to the ever-evolving drugs that help us to fight many types of cancer - they all admittedly have side effects. Some can be quite harmful to our bodies leading us to question whether the benefits outweigh the drawbacks.

However, there is an additional path available to us. Some doctors have been prescribing 'nature' as a road to improved health and wellbeing for some time. Nature? Think about it. How many of us, when we're stressed or anxious, go for a walk. If we're fortunate, we get to walk in a park or a forest, or just along a country road. Scientific research has shown that being in nature reduces cortisol, the stress hormone, which helps us to relax. Research has shown that within minutes of exposure to nature, a measurable decrease in muscle tension and blood pressure occurs, indicators of an overall reduction in stress.

Using nature as a therapeutic tool has many benefits: lower blood pressure, improved mental health, enhanced sleep quality, creating better overall fitness through walking and hiking, as well as finding a grounding and perspective essential to a feeling of wellbeing. A study in 2009 found that being in nature reduces mental fatigue which is especially beneficial for children diagnosed with ADHD. We all benefit!

Now, I am not suggesting that we eschew medical treatment when necessary. A walk in the park will not cure pneumonia. However, if we connect to the tranquility and peace of nature on a regular basis, the results could be better overall physical and mental resilience, resulting in the resources to required to fend off or lessen the impact of both physical and mental attacks on both our bodies and minds.

Overall better health does not just 'happen'. It comes from an intentional decision to become more self-aware of how we are feeling, and seeking remedies that are available to us. Making choices to go for a walk instead of sitting and scrolling through your phone, eating a healthier diet, getting enough sleep, all these good decisions can be underpinned by implementing nature as a complimentary remedy to improved physical health and a brighter mood.

Are you struggling with making decisions about improving your health? Perhaps you should go for a walk!

In the words of Albert Einstein, "Look deep into nature, and then you will understand everything better."

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VIEW FROM THE CABIN

by Rick de Haan

In the Light of Night

What's up with this fascination with lights these days? Not just normal, tasteful lights. No! Piercingly bright LED lights! Small ones, medium ones, big ones. They're all around us, lighting up our lives whether we like it or not! All this started irking me at a cottage we'd recently rented.

When I'm at a cottage, I like to sleep outside if I can. Porches are good! Since Kim and I were sharing
it with our daughter, son-in-law and two young grandkids, it was pretty crowded inside, so I set up my air mattress and sleeping bag on the covered porch which has glass along the bottom and screening all around the top. It was great. It overlooked the water and had giant pines all around. Thankfully my wife doesn't mind sleeping alone, so I looked forward to enjoying the moon, the stars, the call of the whip-poor-wills, and even the incessant croaking of bullfrogs, all from my cozy sleeping bag. Ahh, the wonderful sights and sounds of nature at night!

As it grew darker that first night, I found that there were half a dozen glowing solar lights that had been strategically placed around the property. Apparently I had failed to notice these during the day. Then, to make matters worse, I realized that the corners of the porch structure I was in, along with the adjoining stairs, were liberally festooned with permanently mounted solar lights that lit up the entire yard!

What the heck?

The cottage was situated along a line of other cottages, most of which were occupied by year round residents. They also had their night-penetrating arrays set up, including strings of Edison lights hung between trees. Some even had security lights, which I later learned, would stay on all night! Oy vey!

It seems that even in the back-and-beyond of cottage country people feel the need to light up the night like a city block!

So I got up, armed myself with a roll of black electrical tape I always travel with, and covered the lights that were mounted all around the porch structure. The garden lights I merely plucked out of the ground and stuck in the woodshed. This provided some semblance of the "dark zone" that I was after. Thankfully there were no cottages across the water from us which afforded me a wonderfully dark sky to enjoy. Before leaving the cottage in a week's time I would restore the property to its original "shining glory"; the owners being none the wiser of my nocturnal proclivities.

After a while I slipped into a deliciously deep sleep after having been serenaded by the calming sounds of night. But, after a time I was rudely awakened by that familiar urge that besets us all. It would seem that after a certain age—about sixty for me—that one's bladder takes on the size and general rigidity of a ping-pong ball. This renders it severely limited in its capacity. During the night, you get anywhere from one to three hours at best, depending on how much liquid you've consumed before bed. Then it's off to the bathroom.

It was around 2 a.m. when I carefully opened the cottage door, which to my horror, screeched like something out of a haunted house. The first thing I noticed while tip-toeing to the can was the overwhelming presence of a variety of small blinding lights in the form of night lights, entertainment device lights, appliance clocks (including the friggin' coffeemaker!), GFCI electrical outlets, smoke detectors, and a few other sources I couldn't identify. I stood there in the middle of the room looking with disbelief all around me. It was ridiculous! Years ago, before the advent of LED technology, there may have been one dim nightlight carefully placed to guide some half-blind sap to the bathroom; but certainly not the Las Vegas vibe that appeared to be going on in here!

After using the facilities, I attempted to quietly make my way back to my bed on the porch. But with my natural night vision having been destroyed by the glaring fanfare inside, I stumbled into one of the heavy deck chairs, causing it to scrape loudly on the wooden floor. Hoping I hadn't woken anybody up, I continued to feel my way to where I thought my sleeping bag lay. Bent over, rubbing my aching shin as I went, I unwittingly kicked a balloon that 'had' been resting peacefully on the afore-mentioned chair. It flew straight up, bounced off my forehead with a resounding "poom", scaring the wits out of me. Kids!

Finally, I was able to wind down and relax. Laying alongside the glass panels, looking at the pines, the dark water, and the stars that hung in the night sky, I smiled in satisfaction. The frogs were croaking, the whip-poor-wills were calling, and the fireflies quietly and peacefully made their mysterious God-given lights shine all through the pines. And that's just the way I like it!

PRIDE PERSPECTIVES

The week of June 18th our community experienced vandalism and an act of hatred. The library had recently re-painted the poles out front, in support of Pride month and inclusivity, and the poles were spray painted over in black. It sparked much emotion - from both sides and perspective viewpoints.

In response, the library made a statement as well as the local public school students were invited to attend the library to repaint the poles. Another collective of community members reached out to me (as the Backroads Editor) to share a perspective on Pride itself and other concerns.

As an editor of a magazine that is 10 years strong and has remained a positive neutral platform for our community - I want to be able to share different viewpoints and allow our readers to form their own opinion as well as evoke thoughtful reflection on a subject. Please read the following and if so inclined, I am available by email for respectful feedback at theapsleybackroads@gmail One thing I will always support is passion and conviction - no matter what your viewpoint, I acknowledge your dedication to holding true to what you believe in. It may not be the same thing I agree with and would demand the same respect. I will NEVER, however, be okay with acts of hatred or abuse.

North Kawartha Library Board Response Statement re: Pride Month Vandalism

The recent vandalism to the posts outside our Apsley Library which were painted for June Pride month and the attempt to make our Pride book collection inaccessible to the community have made it clear to us that our work to foster and support diversity, equity and inclusion is necessary and significant in our community.

We look forward to the opportunity for our fellow community members to join our Paint Party to show support for our ongoing efforts to implement our core values and programming goals outlined below.

Every four years the North Kawartha Library Board develops a Strategic Plan to guide the institutional work of our community libraries in Apsley and Woodview. In 2022 the board developed our core values and the second value on this list is diversity and Inclusion. From these values flow goals which are developed annually by the staff and board. Our 2025 goals included a promise to explore opportunities for diversity and inclusion. The definitions of these terms as we adopted them are

1.Diversity - the range of human differences, including but not limited to race, ancestry, place of origin, citizenship, gender, gender identity, sexual orientation, age, social class, physical ability or attributes, religious or ethical values system, mental ability, education and political beliefs, many of which are listed within the Ontario Human Rights Code, R.S.O. 1990, chapter H.19 s. 5 (1).

2. Equity- Definitions of equity vary but all focus on the ideals of justice and fairness. Whereas equality means providing everyone with the same number of resources regardless of whether everyone needs them, equity is when resources are shared based on what each person needs to adequately level the playing field.

3. Inclusion is the act of creating environments and spaces in which any individual or group feels welcomed, valued, respected, supported and can fully participate. An inclusive and welcoming climate embraces differences and offers respect in words and actions for all people.

Declaration The Library is committed to fostering an environment which makes equity, diversity, and inclusion a priority in planning and decision making for staffing, collections, services, and spaces. Our staff training will include accessibility, anti-racism, and cultural awareness training.

Cathie Leard, Chair North Kawartha Public Library

An Open Letter to Our Community

As members of a diverse and caring society, we all want what's best for our children. We strive to raise them in environments where they are safe, respected, and equipped with the tools they need to grow into thoughtful, capable adults.

In that spirit, I write to express a concern that is increasingly shared by many parents, educators, and citizens: the growing pressure placed on children to engage in public campaigns centered around gender identity and sexuality—particularly under the banner of "Pride."

The original purpose of Pride—to promote tolerance and stand against discrimination—is undeniably important. But over time, the movement has morphed into something far more expansive and ideological. What was once a call for equal treatment has grown into a sprawling agenda that often pushes confusing and inappropriate content onto children, all under the guise of inclusivity.

Sadly, much of society has been swept up in this agenda without question. Apathy, fear, and the desire to conform have led many well-meaning people to go along with campaigns and policies they barely understand. There is a disturbing lack of critical thinking when it comes to the ever- expanding "alphabet soup" of gender identities and sexual expressions now promoted in schools, media, and public institutions. This uncritical acceptance has enabled the erosion of childhood innocence, the undermining of parental rights, and in some cases, real psychological and emotional harm to vulnerable young people. We must be willing to ask difficult but necessary questions. When complex adult topics—especially those involving identity and sexuality—are introduced to prepubescent children in classrooms or at public events, are we truly protecting their best interests, or are we subjecting them to adult ideologies and experimental social engineering?

Children deserve the freedom to grow, question, and learn without being drawn prematurely into ideological movements. Parents have the natural and lawful right to direct their children's upbringing according to their values—not those imposed by political trends or activist-driven curriculums. When participation in Pride-themed events, displays, or classroom activities becomes mandatory—or when dissent is silenced with threats of ostracism or institutional punishment—we have moved far beyond inclusion. We have entered the realm of coercion. Respecting human dignity means protecting freedom of conscience. We can stand against bullying, harassment, and discrimination without mandating ideological conformity from society's most impressionable members.

Let's work together to protect the innocence of childhood, to uphold the rights of parents, and to ensure that our public institutions remain truly inclusive—places where all families, regardless of belief or background, feel safe, respected, and free to speak their truth without fear.

Sincerely,

A Concerned Member of the Community

What is the history of protest at Pride?

Since its beginning, Pride has been a political event. And although it may feel like a party today, protests have always been embedded in its very reason for existing. Pride has always been a protest against unjust systems, even when it's lighthearted & fun.

In truth, the crowd that day numbered about 200, at least at first. And they weren't protesters but mostly patrons of the Stonewall Inn, a popular Greenwich Village gay bar. The trouble started when the police arrived in the wee hours of June 28 to raid the Mafia-run tavern on a trumped-up liquor-license charge. Officers started pushing customers and workers into police vehicles. But instead of dispersing as they had during past routine raids, those who hadn't been grabbed began cheering those who had. The crowd of onlookers swelled as tourists and neighborhood residents stopped to investigate. Then, according to multiple accounts, a lesbian who was fighting attempts to haul her into a squad car cried out, "Why don't you guys do something!" The air grew thick with chants — along with bottles and bricks. The officers barricaded themselves in the bar and radioed for back-up as a riot flared. More violent demonstrations shook the neighborhood in the following days.

https://www.them.us/story/the-complete-history-of-pride

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Jack Lake Fishing Derby

A great day was had by all!! 75 kids along with their families attended the Jacks Lake Kids, Cops and Canadian Tire Fishing Derby on Sat July 5 th at Anchorage Marina. To mark the event every kid received a loaded goody bag and t-shirt. The kids enjoyed visitors like the OPP, Conservation Officer, Turtle Guardians (brought to you by Tuckers Marine) and a BBQ lunch provided by Calm N Ground. 9 kids walked away with prizes for the biggest catch in their respective species (donated by Apsley Home Hardware) and many more winning raffle prizes.

I have been running this event for some time and the generosity and support for the kids from all our local sponsors is incredibly heart warming. I truly feel opportunities like this that get youth outdoors and in nature is a very worthy cause. Sincere thank you and shout out to all our volunteers and local sponsors. Please see the full list of volunteers and sponsors and know that without them this event would not be possible.

Results:

Large Mouth Bass

1. Brody Boyer – 49.6cm
2. Liam Badeau – 45.7cm
3. Patrick Scollard – 45.6cm

Small Mouth Bass

1. Ben Crosby – 52.5cm ***Largest fish of the competition
2. Maddox McConachie – 45.6

Bluegill

1. Quinlan Kilner – 22.7cm

Perch

1. Felicity Lechmeniuc – 24.8cm

Pumpkinseed

1. Georgia Wilton – 22.9cm

Rockbass

Nikola Wilton – 17cm

Gus Warren Memorial Award "smallest catch"

Ruby Bliss – 11cm Bluegill

This award is donated by the Warren family in memory of Gus Warren. Gus always rooted for the underdog and often said "everyone wins that participates"

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Special Thanks to Kristy Maguire for donating measuring boards for the Derby

THE BEAST

by Roy Anderson

Chapter Ten

After staying most of the afternoon at Bethany's special hide out, we decided to go home.

Parting ways with Bethany, I suddenly realized both my brothers, and Bethany's brother would arrive home. The question of course would be, Where are they?

In this day and age, the Police would be called, amber alert issued. Neighbours forming search parties.

In the "old days" the older siblings would simply say, "there was a fight, Bethany cleaned Maely's clock. Richard and Bethany were kicked out of school and sent home." Then would continue, "they're in the woods hiding." That would be it, problem solved, except as arriving home came about and the missy never showed up, the word came from high authority "No one here, go find them." was commanded.

Whether it was by instinct or by the positioning of the sun Bethany said, "its time to go." So we gathered up our belongings and we headed for home.

Talking silly talk once again, it was not long before the intersection of the concession road and the quarter line appeared. It was at this intersection that we both realized there would be no walk to school in the morning. Maely and her blurting out had put the Kawash on that.

As Bethany and myself standing at the intersection came up with the idea. We would meet at the corner at noon hour and if it was a nice day go to the secret spot for a few hours. As we both parted to our own separate ways, quite happy and excited, both feeling it was a good day.

When I arrived home and entered the farm house going into the kitchen, my three brothers sat at the table, looking like the three wise men, rather looking like the three stooges The look on my mother's face pretty well told the story. The brothers had told her about school and the brawl.

Now any person that knew 2+2 equals 4 would prepare themselves for a scolding, maybe sent to your room and grounded, or gasp given household chores. Just as Mom started to talk to me and the brothers grim were settling in to enjoy what was about to occur. Ken the one brother, that seemed to like me in a spot, suddenly jumped up sending the chair he was sitting in crashing to the floor. Brother Ken uttered profanity that would cause a seasoned bartender to say "tut tut, enough of that." exited the room . The other brothers just sat there in their chairs staring towards mom, but behind her.

Mother turned slowly and as she did stood face to face with a figure. The figure was that of a male stone cold, dressed in a engineer's uniform. After a moment and catching her sense mom remarked, "oh him again." Then turning spoke, "we will discuss this after we leave the farm. The summer kitchen became still, very still. Then a scent of lavender became very heavy. A warm amber glow encased the area. On the change of the room my other two brothers cleared out of the house. Then as I found out the next morning spent the night in the barn.

Mother showed no emotion about the happening. Mom just smiled, then with a chuckle said, "with you not going to school, there is no need for a lunch."

At that times there should be a decision on my part. Do I tell her about Bethany and my plans to go to the secluded pond or do I just go. For some reason even until this day I don't know why I told mom of our plans. After a long pause mother quietly and looking very wise asked. "There is nothing going on is there?"

I guess, before answering that question, there should be disclosure. In my day and age, the common practice was if you told a lie or swore, the punishment was mouth wash. Now I am not saying I know from experience, but if you ever had the mouth wash cure, request the green soap, it has a minty flavor, the yellow soap taste terrible.

After questioned by the chief questioner, (MOM), swearing up and down that Bethany and I were doing nothing wrong, nodded okay but I don't think she was convinced.

Noon rolled around the next day, I noticed my lunch, rather than served at the dinner table was packed for school. When I looked at mom, questioning mom smiled and simply said, "I thought you were going to spend the afternoon with Bethany?"

If I was taken back at mom's statement, the only way I showed any emotion to it was, "thank you."

Spending a morning that seemed like a eternity, noon finally arrived, so with lunch in hand and a thermos of cold drink I headed to the cross roads to meet Bethany.

Other authors always write about the walk being the longest mile, the longest walk, the longest, longest, walk. But to myself it was the shortest of the short sort of. If one was to walk the ¼ line to the concession intersection, they would find a sharp curve in the ¼ line before joining the concession road. Walking towards my goal of meeting Bethany, as I rounded the curve expecting to see Bethany, I stumbled in my gait, standing there was Bethany's brother Karl. My heart dropped and the excitement of the day shattered like glass. If you had ever walked a country road, the entire surroundings was a

chorus of song birds and animal sounds. I was at that moment scared beyond scared. Questions forged throughout my mind, " had Bethany's mother sent her older brother Karl, to as spoken in old dog "tune him up."

Standing there staring at Karl, when he raised his hand in a wave and then a smile followed, he called out "Richard, Bethany sent me to talk with you, she won't be able to meet you." Karl then looking down at his feet, his voice lowering and breaking muttered, "ever again."

At the last two words Karl spoke, my heart dropped even to my toes. My mind shut down. The feeling of hopelessness never felt before, the despair never felt before, neither a silly boyhood crush or whatever. Karl then motioned to move over and sit on the old stumps beside the road. After settling down Karl explained, "there is no problem with your friendship with Bethany. Things were on edge at home for awhile. Mom and Dad at each other. Then a fight last night. Police were called. The end result was Mom and Bethany leaving for her mothers in Toronto. Bethany left with mom. Karl stood up to leave, continued "Bethany asked me to meet you and explain." As Karl turned to walk away he turned back and handed me a small bag. Karl's last words, "I doubt if you will see her again. Before Karl could leave, I opened the bag. Lifting out a small locket and chain. Opening the locket to a picture of Bethany on one side and a lock of her hair on the other. Looking at Karl, completely taken by surprise and for a loss of words. Unknown to myself until much later, I instantly reached into my pocket, with out any hesitation handed Karl, my two silver dollars. Eyes filling with tears, in a low voice muttered, "Give these to Bethany." At that moment of time Karl and I turned and walked in separate ways. Myself to the farm and Karl I suppose to his shattered home.

After arriving back to the farm, while being totally confused, then making a full disclosure of what happened, Mom just nodded as if understanding. A long pause between mom and myself, mother walked slowly to the far wall at the dining room window, then without turning to face me spoke. "Richard", I hated when she started a conversation speaking the name of the person she was going to address.

Finally I asked, "yes?"

Mother turned smiling, then continued "there is a change of plans for moving day." Pausing for a moment then continued "your father is coming home tonight. Your brothers and Mr. Johnston have left with all the big furniture. Then tomorrow we will finish off the rest of the smaller items. Tonight will be our last night on the farm. Tomorrow we will be gone by the afternoon."

Standing very quiet and showing no emotions I nodded yes.

With my mind racing, I had the rest of today to travel the farm, say good bye to all the places and the wild animals, the cattle and the wild birds. Last but not least, the old cemetery I cleaned up. The trip to say goodbye was very eerie, complete silence, no movement of any wild life. Even a normal breeze that always seemed blowing was still.

That night as I lay in bed, the night was very still.

The next day as I left sitting in the back seat of dad's car, we left the farm as passing all of the familiar sites and intersection that Bethany and I met, then walked to school. I in an angry voice that startled my parents, exclaiming " I will be back and when I do, it will be to buy the farm."

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Peterborough County OPP: Back-to-School Safety Tips for Drivers and Students

As students across Peterborough County prepare to return to school, the Ontario Provincial Police (OPP) is reminding everyone to prioritize safety on our roads and in our communities. Whether you're behind the wheel or walking to class, staying alert and following the rules can prevent accidents and save lives.

For Drivers: Stay Alert and Slow Down

1. Watch for School Zones

Speed limits in school zones are strictly enforced. Slow down and be prepared to stop at any time. Children can be unpredictable, especially during busy drop-off and pick-up times.

2. Obey Crossing Guards

Crossing guards are there to protect children. Always stop when directed and wait until all pedestrians have safely crossed the road.

3. Stop for School Buses

When a school bus extends its stop arm and flashes red lights, you must stop—whether you're behind the bus or approaching from the opposite direction (unless you're on a divided highway). Failing to stop can result in hefty fines and demerit points.

4. Avoid Distractions

Put your phone away and keep your eyes on the road. A moment of distraction can have serious consequences, especially in areas with high pedestrian traffic.

5. Be Cautious Around Driveways and Parking Lots

Children may dart out from between parked cars or cross driveways without warning. Drive slowly and check mirrors and blind spots carefully.

For Students: Walk Smart, Ride Safe

1. Use Sidewalks and Crosswalks

Always walk on the sidewalk and cross at designated crosswalks or intersections. Make eye contact with drivers before crossing to ensure they see you.

2. Avoid Distractions

Keep phones and headphones away while walking or biking. Staying alert helps you react quickly to traffic and other hazards.

3. Wear a Helmet When Biking

Helmets are required by law for cyclists under 18 and are strongly recommended for everyone. Make sure your helmet fits properly and is securely fastened.

4. Follow Bus Safety Rules

Wait for the bus in a safe spot, away from traffic. Stay seated during the ride and only cross the road in front of the bus when the driver signals it's safe.

5. Plan a Safe Route

Parents should help children plan and practice their route to school. Choose paths with sidewalks, crosswalks, and minimal traffic.

The Peterborough County OPP encourages all residents to work together to keep our children safe. A few extra seconds of caution can make all the difference. Let's make this school year a safe and successful one for everyone.

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LIONS COMMUNITY REPORT

by Jim Empringham, Apsley and District Lions Club

We are well into a scorching summer with lots of exciting activities to add life to our community.

Canada Day was a huge success with the best turn out we have seen in recent years. There was great pride evident amongst the participants and fun was had by all. Thanks to all those who took part in the parade, to those in the bike rodeo and all who stayed to enjoy the food, games in the Park and music.

The Lions Annual Giant Flea Market was a big success again this year. The kind of support Lions receive from our community as volunteers, donors and buyers is something that demonstrates what makes our community so special. Thanks of course to all of the Lions members who gave up so many hours and days to make this event happen. The proceeds from this great day will help as we support needs around North Kawartha.

As you read this issue, the Lions will be providing food service to the Jack Lake Regatta. This is always a fun day for everyone.

Euchre nights continue the third Wednesday of each month. The next three dates are August 20, September 17 and October 15. Play is at NKCC and starts promptly at 7:00 pm. Admission is $5. Come on out and enjoy playing with friends old and new.

The Lions have received a grant from the national Home Hardware environmental program. We have $3800 to put towards tree planting around our Park. This will be a great boost to our Park revitalization. We expect to plant the trees in the fall. Thanks to Lion Blair Wilson for making the application and to corporate Home Hardware for their support of the environment.

We expect to provide food services to the Library "Touch a Truck" event being held at the school Saturday, August 16 and at the Day Care graduation exercises Thursday, August 23. We look forward to supporting these community activities.

We wish all a happy summer!

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APSLEY LEGION BRANCH #381

Contributed by Lori Brock

We had a very successful inaugural event "Asado in Apsley", authentic South American BBQ. Thank you to everyone who came out to support the event. We are hopeful to organize this event again next year!

Canada Day was a huge success and thank you to our legion volunteers who ran the BBQ and participated in the parade.

We are looking for another free or cheap hard top camper trailer for our empty collection program. If you can help please send us an email apsleylegion381@gmail.com.

Thank you to everyone who continues to drop off their bottles and cans at the legion.

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ABC SENIORS

Contributed by Maaike Berg-Nonnekes

Aaahh, the summer time is still here and we can continue to enjoy a change of pace. There is an opportunity to be outside, participate in water activities and perhaps entertain family and friends on the patio or dock. Take the time to try something new, explore the many workshops available in the area or visit a local shop or venue that you are not familiar with. There is lots to do in the area!

The ABC Seniors celebrated Canada with several entries in the Lions parade on a hot July 1. They continue to gather for social activity and cards on Tuesdays and the Wednesday afternoons have been an active craft time.

In August, the Seniors will plan one hot lunch together, some Seniors are attending the Jersey Boys show at the Bancroft Village Playhouse, and, there will also be the first ABC Seniors Golf Tournament at Marvel Rapids Golf Course on the 27th.

Wednesday, August 20th is a Sunflower Wreath making workshop that you might be interested in attending.

A reminder to continue to monitor your well-being during the hot and humid days: keep yourself well-hydrated and find shade or stay indoors where it is air conditioned.

There are many useful supports and information available for free either via phone or the internet. Health811 is a free, secure and confidential service people in Ontario can access 24 hours a day, seven days a week, to receive health advice from a registered nurse, find health services or information. Health care in Ontario can get you connected to the following types of programs and services: Health care application, coverage for prescription drugs, assistive devices program, home and community care for patients or seniors and long-term care in Ontario. Call 811 (or TTY 711) or health811.ontario.ca. This service can provide high quality care and avoid unnecessary visits to the emergency room. This service is an easy way to get connected to care, but it does not replace your primary health care provider. In a medical emergency, call 911. Explore the site for yourself to call for more information. ABC Seniors is always welcoming new members. Hope to see you there.

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POEMS By WINSTON

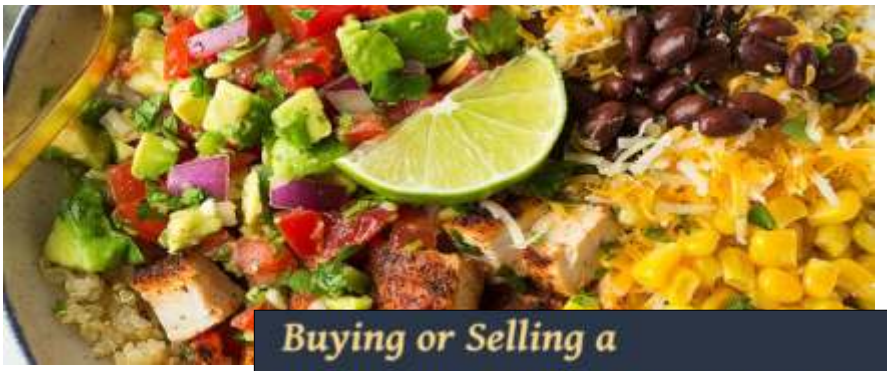
Trains

By Winston E Ralph, Bancroft, ON

Years ago the trains rolled down the track
But with trucks now they'll never be back
It was built for heavy loads that sure was to be
Now there is only light ones strange to me
When the trains go out they haul a very heavy load
And now those loads are on the highway ruining the road
It was exciting when the train pulled into town
Yes there at the station most folks gathered around
The headlight shone as it was ever so bright
To light the track ahead on the darkest night
Into the engine a fireman shovelled the coal
On a down grade he watched the drivers roll
Now the steam trains just haul tourists today
With all the cars on the road let trucks move away
2:8:2 464 etc. told of the engines number of wheels
Cabs were open at first so everyone heard the squeals
Wood coal then diesel as all trains are today
And to see an old train going would be a sight I say
Each country had a favorite design but most faded out
But the train was a fast way to travel without a doubt
In the thirties hobos rode the train on the top
Looked for work unless the police made them stop
Some areas you could relax and put up your feet
The dining cars had white cloths where you did eat
Many tonnes of freight was hauled on a loaded train
Now its by truck on the highway oh what a shame
Some tracks were narrow while others were more wide
Bridges were high that trains crossed to the other side
As they built the railroad they lost many lives
So the families were led by only the wives
In Belleville there are plaques showing trains of years ago
When there take a look and maybe more you'll know
Train wrecks occurred as wheels have a very small flange
Make it longer to avoid trouble that isn't very grand

Spring RECIPES

By Denise Dunford and Helena McMann



Grilled Chicken Burrito Bowls with Avocado Salsa

Ingredients

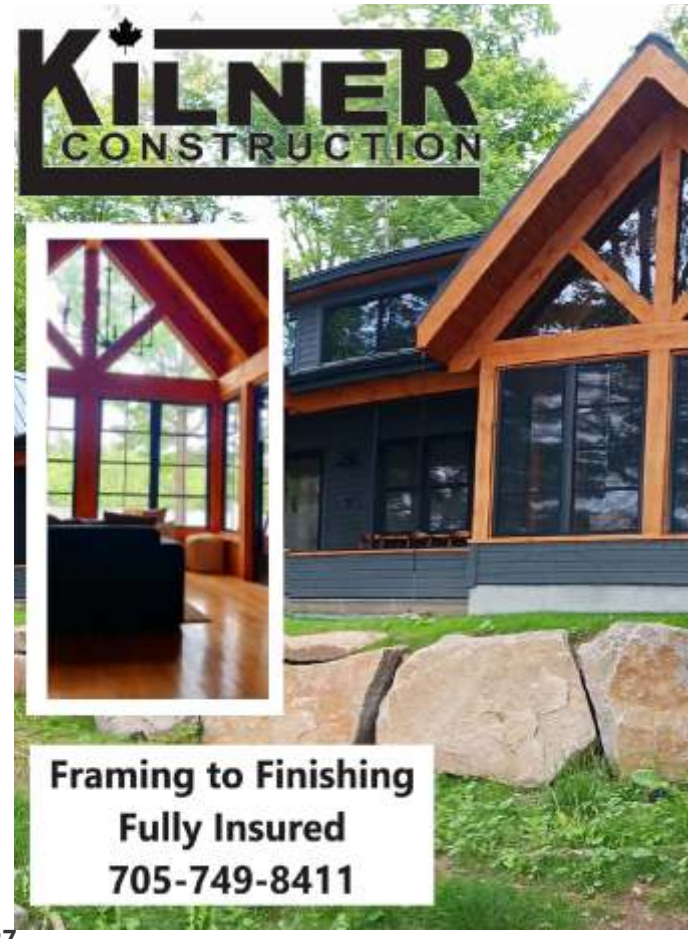
1 1/2 cups dry quinoa*
3 cups low-sodium chicken broth
1 Tbsp ancho chili powder
1 1/2 tsp ground cumin
1/4 tsp garlic powder
Salt and freshly ground black pepper
1 1/2 lbs boneless skinless chicken breasts
1 1/2 Tbsp olive oil
1 2/3 cups frozen corn , warmed (optional)
1 (14.5 oz) can black beans, warmed along with liquid from the can then drained
Mexican blend cheese or queso fresco (optional)
Plain Greek yogurt or light sour cream (optional)

Avocado salsa

3 medium roma tomatoes , diced
1 1/2 medium avocados , diced
1/2 cup chopped red onion , rinsed
1 jalapeño , seeded for less heat if desired and minced**
1 clove garlic , minced
2 Tbsp fresh lime juice
2 Tbsp olive oil
1/4 cup finely chopped cilantro

Instructions

In a medium saucepan stir together quinoa and chicken broth. Bring to a boil over medium-high heat then cover, reduce heat to medium-low and allow to simmer for 15 minutes or until broth has been absorbed. Remove from heat and let rest 5 minutes.
Meanwhile, heat a grill (or indoor grill, panini press, or cook over the stove in a grill pan) to 425 degrees F. In a small bowl whisk together ancho chili powder, cumin, garlic powder and 3/4 tsp salt and 1/4 tsp pepper. Pound chicken breasts to even out their thickness using the flat side of meat mallet. Brush both sides with the 1 1/2 tbsp olive oil then season both sides of chicken with the chili powder mixture (use all of it). Grill chicken until center registers 165 degrees on an instant read thermometer, about 4 minutes per side (or about 4 minutes total if using an indoor electric grill or panini press set at high heat or sear). Transfer chicken to a plate, cover and let rest 5 minutes then cut into pieces, season with more salt to taste if desired.
While the chicken is resting, prepare avocado salsa. In a medium mixing bowl gently toss together tomatoes, avocados, red onion, jalapeno, garlic, lime juice, olive oil, cilantro and season with salt and pepper to taste.
To assemble burrito bowls, divide quinoa among serving bowls. Top with chicken, corn, black beans, cheese, avocado salsa and Greek yogurt.
Serve immediately.



Bet (Elizabeth) Pitts

Passed away peacefully in her sleep July 3, 2025 at the age of 93 at Hastings Centennial Manor in Bancroft.

Will be greatly missed by her daughter Brenda and her husband Tom Drennan, great friends Sylvia Copland and Ethel Tucker.

Special thanks for the wonderful care from all the staff at Spruce Corners for 7 years and Hastings Centennial Manor - Glanmire for the last 2 years.

At her request there will be no service.

TO PURCHASE A PASS:
https://2025jlff.eventive.org

Doreen McIlmoyl Award goes to Violet Alexander

The North Kawartha Public Library Board Chair Cathie Leard and Board Member RuthAnne McIlmoyl were pleased to present the Doreen McIlmoyl Literature award to Violet Alexander at the Apsley Central Public School Graduation Ceremony. Your appreciation of literature and love of reading are admirable Violet. Congratulations!

St Stephens Anglican Church Closing it's Doors

"It's almost over" Peter 1: 4-7, "The end of all things is near. Therefore be alert and of sober mind so that you may pray." Yes, St. Stephens our beloved Anglican Church at West Bay Road and County Road 620, will soon be closing its doors. A beautiful little Country Church built in 1876 can no longer survive with the number of parishioners that attend each Sunday. Between paying for insurance, a Minister and upkeep it is no longer viable. In the 19 century, when around this area was mostly farmland about 30 plus parishioners used to attend. Today three to four people come. Not enough to sustain the Church's expenses . Unless some miracle happens, as of the end of August, the doors will be closed.

If you have never been inside this beautiful Country Church I recommend that you take one Sunday at 9:30 am in August to see its beauty .After August everyone is welcome to attend St. George The Martyr Anglican Church in Apsley Services are every Sunday at 11:00 am

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