



Apsley
Backroads
MAGAZINE

MARCH
2026
FREE

**Apsley Legion
Branch 381
Celebrates 80 Years**

**Local Business
Owners Recognized**

**AMHA Hockey
Season Recap**

**Tax Tips From
Accurate Tax**



APSLEY



(705) 656-8727
335 McFadden Road

Apsley Outdoor Power Equipment & Rentals

Get Ready for Spring

WITH OUR MOWER SERVICE PACKAGES

Push Mower Service Package

Single Cylinder - \$89.99* – includes oil change, new spark plug, blade sharpening and a complete machine check.

Riding Lawn Mower Service Package

Single Cylinder - \$134.99* – Includes oil change and oil filter if applicable, new spark plug and a complete machine check.

**Prices do not include applicable tax. Any additional materials or services required will be extra. Pickup and delivery are \$25 each.*



STIHL[®]

Husqvarna

KOHLER[®]
ENGINES

OREGON[®]

Paslode[®]



KING[®] KING CANADA

Cub Cadet[®]

HONDA[®]
ENGINES



From The Editor's Desk MARCH 2026



This is a free magazine that publishes 8 times a year. Copies are distributed by Canada Post and for local pickup from Lakefield to Bancroft, Paudash, Cardiff and Coe Hill region including all of the Apsley area.

If you don't receive one in your mail box, you can pick up a copy at one of several local merchants in and around Apsley, along the delivery routes Sign up for a paid subscription! You can catch up online at apsleybackroads.com

The Publisher, Editor or any of the contributors to this publication shall not be liable and assume no responsibility for loss or damages relating to, or as a result of any written material or advertising in this publication.

Advertising

The rate card is available by contacting me directly at theapsleybackroads@gmail.com or check us out online at apsleybackroads.com

Subscriptions

Subscriptions are available for \$55.37 (HST included). Mailed to your door, 8 times a year

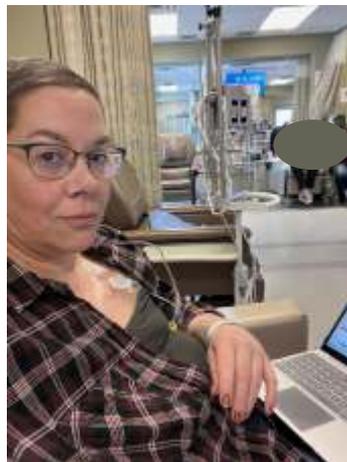
Cover Photo Credit: Unsplash.com

We're Back!!

It was perfect timing over December and January to be able to hunker down and recover from my Mastectomy and have time to plan for an exciting year ahead with the Backroads Magazine!

I've spent the last couple of months recovering from my Mastectomy and getting the blessed news that my body had what they call "pathological complete response" to my treatment (which means no cancer was detected from the cells they tested and chemo did its job perfectly. I am humbly and graciously taking each step forward this year with a renewed sense of hope and purpose. Thank you, from the bottom of my heart to those that reached out with well wishes, emails, notes and cards. I truly appreciated it. I am healing well (both emotionally and physically). I will be continuing treatment with what they call Trastuzumab (Herceptin) to help keep the type of cancer I had (Her2+ Breast Cancer) at bay. I go every three weeks for that and I can't say enough about the staff at PRHC Cancer Department. They are angels! Im actually writing this editorial while hooked up to my IV, I've got an uninterrupted hour - might as well work on the magazine!

Spring has always been a time for rebirth and new beginnings and my wish for you is take this month to soak in the sunshine on these chilly days to plant the seeds of adventures ahead! I promise you another year of the Backroads and everything we love about it - the stories, local resources and advertising, This edition, we celebrate some local business owners that have been recognized through awards and nominations - Check them out pg 17. There are some delicious power bowl recipes to



enjoy, pg 20/21. We recapped the Apsley Hockey Season for you on pg 22 - congratulations to another successful year, our teams have played hard, made fantastic memories and earned some tournament wins! Susan from Accurate Tax shares some important filing and tax penalty information, pg 19.

I welcome column ideas and content, please email me with any ideas you may have. Stay tuned in the May edition for our annual photo contest details and more!

Happy March everyone!
There is so much to be grateful for!

Helena McMann

9927 Highway 28
Apsley ON K0L 1A0

705-761-6213

apsleybackroads.com
theapsleybackroads@gmail.com

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fall Prevention Exercise Class 10 to 11:15am Darts 6:30pm, LEGION Pickle Ball (\$2) 6 to 9pm NKCC (not Stat Holidays) <p style="text-align: right;">2</p>	Shuffle Board Cornhole then Lunch, Euchre/Canasta 10:30am NKCC Table Tennis 7 to 9 pm NKCC Euchre 7:00pm Woodview <p style="text-align: right;">3</p>	Fall Prevention Exercise Class Then Pickle Ball Then Craft Class 10am to 4pm, NKCC ShuffleBoard 1pm, LEGION ShuffleBoard 1 pm, LEGION <p style="text-align: right;">4</p>	Playgroup 0-6yrs 10am-12 NKCC Pot Luck Lunch Canasta or Darts 12:30pm Woodview <p style="text-align: right;">5</p>	Duplicate Bridge 12:30pm NKCC Music Jam Session 4pm, LEGION <p style="text-align: right;">6</p>	TRAPPERS CARNIVAL 9am LEGION MEAT DRAW 12-4pm <p style="text-align: right;">7</p>
BALANCE CLINIC Community Care Fall Prevention Exercise Class 10 to 11:15am Darts 6:30pm, LEGION <p style="text-align: right;">9</p>	Snacks and Euchre/Canasta 12:30pm NKCC Table Tennis 7 to 9 pm NKCC Euchre 7:00pm Woodview 7pm Ping Pong NKCC <p style="text-align: right;">10</p>	Fall Prevention Exercise Class ShuffleBoard 1 pm, LEGION <p style="text-align: right;">11</p>	Playgroup 0-6yrs 10am-12 NKCC Pot Luck Lunch Canasta or Darts 12:30pm Woodview <p style="text-align: right;">12</p>	Duplicate Bridge 12:30pm NKCC Music Jam Session 4pm, LEGION <p style="text-align: right;">13</p>	ST PATRICKS DAY DANCE Legion 7:30pm <p style="text-align: right;">14</p>
Fall Prevention Exercise Class 10 to 11:15am Darts 6:30pm, LEGION Pickle Ball (\$2) 6 to 9pm NKCC <p style="text-align: right;">16</p>	Shuffle Board Cornhole, Lunch Euchre/Canasta 10:30am NKCC Table Tennis 7 to 9 pm NKCC Euchre 7:00pm Woodview 7pm Ping Pong NKCC <p style="text-align: right;">17</p>	LIONS EUCHRE NKCC 7pm Fall Prevention Exercise Class ABC Senior Craft Afternoon ShuffleBoard 1pm, LEGION <p style="text-align: right;">18</p>	Playgroup 0-6yrs 10am-12 NKCC Pot Luck Lunch Canasta or Darts 12:30pm Woodview <p style="text-align: right;">19</p>	Duplicate Bridge 12:30pm NKCC Music Jam 4pm, LEGION <p style="text-align: right;">20</p>	SPRING CRAFT SALE 10am to 4pm Legion <p style="text-align: right;">21</p>
Darts 6:30pm, LEGION Pickle Ball (\$2) 6 to 9pm NKCC <p style="text-align: right;">23</p>	Shuffle Board Cornhole Lunch, Euchre/Canasta 10:30am NKCC Table Tennis 7 to 9 pm NKCC Euchre 7:00pm Woodview 7pm Ping Pong NKCC <p style="text-align: right;">24</p>	ShuffleBoard 1pm, LEGION ABC Seniors Craft Afternoon <p style="text-align: right;">25</p>	Playgroup 0-6yrs 10am-12 NKCC Pot Luck Lunch Canasta or Darts 12:30pm Woodview <p style="text-align: right;">26</p>	Duplicate Bridge 12:30pm NKCC Music Jam Session 4pm, LEGION <p style="text-align: right;">27</p>	LEGION MEAT DRAW 12-4pm NORTH KAWARTHA SKATING SHOW 6pm NKCC <p style="text-align: right;">28</p>
Darts 6:30pm, LEGION Pickle Ball (\$2) 6 to 9pm NKCC <p style="text-align: right;">30</p>	Shuffle Board Cornhole Lunch, Euchre/Canasta 10:30am NKCC Table Tennis 7 to 9 pm NKCC Euchre 7:00pm Woodview 7pm Ping Pong NKCC <p style="text-align: right;">31</p>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;">  <p style="font-size: 2em; font-weight: bold; text-align: center;">Looking Ahead</p> <ul style="list-style-type: none"> April 5th EASTER Weekend April 11th Legion Meat Draw April 15th Lions Euchre Night April 18th TV BINGO, Legion May 2nd and 3rd Apsley Lions Home & Cottage Show May 20th Lions Euchre Night </div>			



LIONS COMMUNITY REPORT

by Jim Empringham,
Apsley and District Lions Club

This has been a winter to remember but, hopefully, spring is around the corner and brighter, warmer days lie ahead.

Of course, good weather means a busy season of community activities is upon us. The Lions Club has been busy all fall and winter planning the first Apsley Lions Home and Cottage Show for the first weekend in May. Mark your calendar because Saturday May 2 and Sunday May 3 will see many merchants, service providers and local entrepreneurs displaying and marketing their wares/products for one and all to consider. Seasonal and permanent residents are encouraged to come out and support these local businesses and discover how much there is to make use of in our community. As of this writing, there will be a range of boats, atv's, rv's, water toys, dock types, clothing, real estate, contractors and community services on display for information and consideration. There will be many Show specials and prizes to add to the excitement. If you are business owner and haven't yet booked your space in the

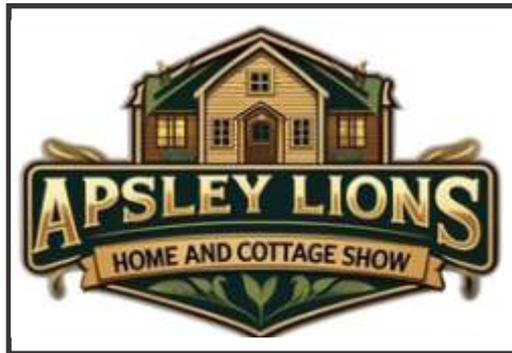
Show, there are still spaces available both inside and outside the NKCC. The Show is open on Saturday from 9:00 am to 4:00 pm & Sunday from 9:00 am to 3:00 pm.

The annual Lions Winter Carnival was a big success again this year. There were new activities added to the ones we enjoy every year. Thanks to Doug and Lion Wendy Clear for donating the funds needed to bring the Zoo to You experience to the Carnival again this year. Thanks to Lion Linda Patterson for organizing the day and providing the wonderful food choices. This is always a fun and free event that provides an opportunity for the Lions Club to say thank you to our community for its support of our efforts.

Euchre nights ran all winter this year on an experimental basis. The turn outs have matched those at the regular euchre nights. Thanks to all for helping us provide this fun break each month. Special thanks to Lions Lois Haines and Lyle Nesbitt for keeping the nights organized and fun. The next three euchre nights are the Wednesdays: March 18, April 15 and May 20. Come on out and enjoy an evening with friends new and old. Admission is \$5, play starts promptly at NKCC, 7:00 pm. The Lions Club has helped individuals going through health issues with financial support for expenses related to travel and accommodations again this winter. This is done with some of the funds we raise each year. The reality is this couldn't happen without the support of Lions fundraising efforts so this truly is our community looking after each other.

More Lions activities are on the horizon. We are always looking for new members and volunteers to make the work go easier and achieve success. Please consider being a part of this community energy. Contact any Lion for more information. We look forward to seeing you out at the activities that will bring fun and socializing to all of us.

Winter Carnival Pics! Thank you Lions Club!



Nostalgic Easter Traditions That Never Go Out of Style

Of all the holidays celebrated throughout the year, Easter is perhaps the one most rooted in symbolism and tradition. For followers of Christian faiths, Easter Sunday is the most important day of the year and gathering with friends and family to attend a church service—followed by a family meal, of course—is often at the center of the celebration. But the day has also become an important holiday around the world to mark the beginning of spring and its sense of renewal.



- Open Easter Baskets
- Attend an Easter Parade
- Wear an Easter Bonnet...
- Dye Easter Eggs
- Hunt for Easter Eggs
- Bake a Cake
- Display Easter Lilies
- Eat Hollow Chocolate Bunnies
- Fly Kites
- Pin On an Easter Corsage
- Make Hot Cross Buns
- Play Old Easter Games



**DESIGN
BUILD
RENOVATE**

Ask us about our planning services and island work

705-656-8414
www.waddellhomes.ca





ABC SENIORS

Contributed by Maaike Berg-Nonnekes

Wow! It has certainly been quite the winter in terms of weather and activities! However, spring is around the corner! The extremely cold temperatures and, it seems, the daily snowfall, have not deterred this resilient group from attending the many scheduled events. These activities and the time with friends, encourages the Seniors to keep moving, to be social and to help relieve that cabin-fever feeling!

The first ever Corn Hole Tournament on January 21 was a huge success for all the participants. It was organized to accommodate both the experienced 'throwers' and those who were giving it a try for the first time. Thank you to Terry and Rick for putting this friendly competition together and encouraging all the 'baggers.' This may become a popular annual event! Congratulations to the winners in the various categories.

The Seniors Antiques afternoon welcomed Wally James, the retired owner of Apsley Auctions. It was delightful to discover some of the historical information and value of our treasures and collectibles. Thank you for an informative presentation and uncovering some interesting surprises!



In early February, a delicious roasted chicken luncheon was served up for Valentine's Day. Thank you to the volunteers for crafting the theme-based decorative table arrangements. The following week was Pancake Tuesday - breakfast sausages and fluffy pancakes topped with fresh berries and whipping cream.

Another interesting and new activity was the jigsaw puzzle-making contest! Participants were paired up and given identical 300-piece puzzles to complete in the allotted time. Needless to say, it was a very focused and engaging afternoon. Thank you, Gail, for the novel idea and thanks to all those that took up the challenge and put the pieces together!

ABC Seniors are looking forward to another Bingo afternoon on March 4. Also, partnering with other Community groups, an exciting presentation from "The Eyrie" with their birds of prey is being provided as an inter-generational event at the NKCC during Spring Break. Plan to be there on Thursday, March 12 at 1:00 p.m. This is open to all ages.

Exciting Wednesday craft afternoons are planned for the 18th and 25th. In preparation for the Tuesday 'Easter Dinner' luncheon, we will have Thelma guide us in making our own fancy 'fascinator'



headpieces. These are a formal, decorative accessory worn on the head that is typically attached to a band or a clip. Another fun adventure.

This is also time when the board members resign after their year in office. Nominations were made in February and the elections take place March 3 for a new term commencing April 1. Thank you for an amazing year!

If you are considering joining ABC Seniors, please visit us on Tuesdays at the NKCC at 10:30 a.m. to find out what we're all about! Contact: abcseiorscommunications@gmail.com

Anstruther-Burleigh-Chandos (ABC) SENIORS

"An inclusive place for friendship, fitness and learning"

Join us for pickleball, cornhole, shuffleboard and other fitness program. Lunches, euchre, canasta hand & foot, bridge, crafts and relevant Senior's learning programs.

New Members are Welcome!

abcseiorscommunications@gmail.com
Pat Beck (705) 917-4800

Anstruther Burleigh Chandos Seniors Club

North Kawartha Community Centre
340 McFadden Rd, Apsley

Ontario
With support from the Government of Ontario



10326 Highway 28
Apsley

AGGREGATE & LANDSCAPE DEPOT

www.am-tech.ca



Custom Excavation
Licensed Septic Installation
Natural Stone Landscapes
Shoreline Restoration
Road Building and Maintenance
Haulage of Sand-Gravel-Top Soil

anthony@am-tech.ca

705-656-8485

SERVING AND LIVING IN
NORTH KAWARTHA AND
SURROUNDING AREA



MERSADIES
BURTON

Realtor®

Mersadies@TheBurtonGroup.ca
TheBurtonGroup.ca

THE BURTON GROUP
REAL ESTATE PROFESSIONALS
647-866-1744 705-243-9001

COLDWELL BANKER ELECTRIC REALTY,
BROKERAGE



PETERBOROUGH
COUNTY OPP

Preparing for Spring Water Hazards

By Provincial Constable Dan Gay, Community Safety/Media Officer

As February draws to a close, many of us are already looking forward to the warmer, brighter days that lie ahead. While spring is still a few weeks away, this transition period is an important time to prepare for the conditions that arrive with the thaw. Across Peterborough County, the changing season brings rising water levels, unstable ice, and fast-flowing, icy-cold rivers and creeks. The Peterborough County OPP is encouraging residents to plan ahead now to ensure a safe start to the spring season. Even before the snow fully melts, the sun and milder temperatures can weaken ice and increase runoff. That means waterways often become unpredictable long before they look dangerous. Water temperatures remain extremely cold well into the spring months, and cold water poses a serious risk. Sudden immersion in cold water can trigger a cold-shock response—gasping, difficulty breathing, and a rapid loss of coordination. These effects happen within seconds and can overwhelm even experienced swimmers. As we approach a season when people naturally spend more time outdoors, it's crucial to recognize that cold water remains a significant hazard long after winter ends. Runoff and melting snow can also create deceptively hazardous conditions. Rivers and streams begin to flow faster, levels rise quickly, and banks soften. Even when surfaces appear stable, the ground beneath may be eroded or waterlogged, leading to unexpected collapses. Debris hidden beneath cloudy or fast-moving water can create additional risks for anyone walking, fishing, or venturing close to the shoreline. Pets and children, in particular, are vulnerable to slipping into swift currents or breaking through deteriorating ice.

- Stay well back from riverbanks and shorelines: Thawing ground and rising water increase the risk of sudden collapses.
- Keep children and pets close and supervised: Fast currents and unstable ice can be extremely dangerous.
- Treat all ice as unsafe at this time of year: Late-winter and early-spring ice is weak, unpredictable, and prone to breaking.
- Wear a life jacket when on or near the water: Cold water drastically reduces your ability to swim or self-rescue.
- Be cautious when paddling: If you plan early-season outings, use proper cold-water gear and bring mandatory safety equipment.
- Respect the current: Never underestimate how quickly moving water can overpower you.

Another important safety tool we encourage residents to consider is the What3Words app. This free location service divides the world into 3metre squares, each identified by a simple three word code.

In an emergency—whether lost on a trail, disoriented on frozen or open water, or unsure of your location—What3Words allows you to communicate your exact position to first responders. The Peterborough County OPP uses this tool regularly in search and rescue situations, and it has proven to save precious time when accuracy matters most.

With spring approaching, now is the time to prepare. By staying informed, exercising caution near waterways, and using tools like What3Words, we can all help ensure a safer transition from winter to the open-water season ahead. Stay safe!



POEMS
By **WINSTON**

By Winston E Ralph, Bancroft, ON

The Eganville Lead

The Eganville Leader has been around for over 100 years
 And to hear of its demise makes folks shed tears
 In Eganville there in that little Ottawa valley town
 The paper for 124 years there it was always found
 Two papers there were away back many years ago
 After the fire the leader remained that we all know
 It reported on many things down through the years
 Some made the folks smile while others brought the tears
 Patrick McHugh got the machinery in Toronto to start the
 paper

And how many felt it would be a big caper
 Even though he was younger by his words he didn't jst
 While other papers around wished him all the best
 Train wrecks were reported and yes murders too
 And back then these things folks did do
 After the fire of 1911 there wasn't much left of the town
 As it burnt homes schools churches and businesses to the
 ground

There are many stories of someone drowning in a lake
 Or in a car accident or other their life it did take
 McHugh sold the place to tracey's back there in forty-four
 As the new owners took over he didn't own it any more
 Now the paper is gone will it become a store
 Since most folks will know the paper was there before
 A lot of misfortune was reported that people had
 But little good is reported so why always the bad
 The book reflection of a century is up to two thousand and two
 Gives us the reporting over the years they did do

There are pictures of many things including older folks
 As some were over one hundred and thats no joke
 Over the years they reported on all kinds of things
 But it doesn't appear they reported on a visit of a King
 Many names of folks who
 are gone at the back of the
 book

Business corporate and
 churches it you take a look



Ambrose Tracey (Right)

Patrick McHugh (Left)

The Eganville Leader



Your
 Pets
 General
 Store

CHANDOS
 PET SUPPLY

705-656-1113

Monday to Saturday 10am to 6pm

Closed Sundays

chandospetsupply@gmail.com

10020 Hwy 28, Unit 4, Apsley

 **Chandos Pet Supply** 

Valid for

One Complimentary

Nail Trim

w/First Purchase, expires Apr 30



Fresh Locally Grown Flowers 705-656-2235

6445 Jack Lake Rd. Apsley ON freshflowerfridays@gmail.com

FRESH
 FLOWER FRIDAYS
 by sue

**FRESH FLOWER
 SUBSCRIPTION**

Elevate your
 everyday

This year I am offering seasonal
 bouquet subscriptions as well as
 my weekly assortment available
 at The Grape & Wedge in Apsley
 beginning in early May

the most meaningful gift is simply a moment of beauty



What's Happening at the Library

Art Salon – Artful Conversation, First Fridays, 10:00am, Apsley Branch

Shout out to area Artisans! Join us on the first Friday of each month at 10:00am for artful conversation where artists, writers, and arts professionals come together to bond, network and get out of their heads for a little while. Its not just a conversation; its a place to share ideas and learn from others, sometimes its a support group; but its always a good conversation and a networking extravaganza! Coffee provided. Apsley Branch. Mark your calendar for all our upcoming Art Salons: Friday, March 6, 2026, Friday, April 3, 2026

Kid's Club, Thursdays After School, 3:15–4:15 pm, Apsley Branch

Feel free to drop-in to our fun and creative after-school program for kids up to and including Grade 6! Each week includes a story and a snack, followed by something new and exciting—like crafts, STEM activities, art, or games.

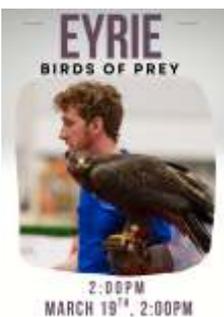
Wiggle and Read, Tuesday, March 10, 10:30 am, Woodview Branch

Once a month, bring your little ones for an engaging story time. This is a great way to spark imagination and literacy skills, make connections with others and create a sense of community for your children! Drop in, no registration required. Call Kim L. 705-654-1071 for more information. 66 Northey's Bay Road at Wilson Park.



March Break Bracelet Making, Tuesday March 17, 10:30 am, Woodview Branch

If you can tie a knot, you can make a bracelet! We will provide instruction and all the material. Free to attend, pre- registration required. Call Kim 705-654-1071 to sign up today! 66 Northey's Bay Road at Wilson Park



March Break Eyrie Birds of Prey! March 19th, 2:00pm, NKCC, Apsley

The Eyrie is a Birds of Prey centre with the goal of instilling a respect, sense of wonder, and knowledge of raptors in the public. Their focus is on educating the public on the raptors that live in both their own neighbourhoods & around the world

through live, up-close, free-flight demonstrations. There's nothing quite like seeing a hawk or eagle in person, and it leaves a lasting impression that inspires a lifetime of curiosity and a desire to learn. With support provided by the Government of Ontario, ABC Seniors and the North Kawartha Library are sponsoring this intergenerational event at NKCC, 340 McFadden Road.

Meet your Local Community Groups, March 19th, 1pm North Kawartha Community Centre, Apsley

Come to the North Kawartha Community Centre and meet your local community groups! Visit with ABC Seniors, Apsley Lions, Apsley Legion Branch, 381, Community Care, Apsley Office, Compass Day Care, North Kawartha Food Bank, North Kawartha Public Library and North Kawartha Township.

Seedy Sunday, Sun March 29th, 11am to 2pm, Apsley Branch



Connect with fellow gardeners, share tips and stories, and get ready for spring! Admission is Free and all are welcome!

- Bring your saved seeds and swap them for new varieties at our community seed exchange!
- Have your gardening questions answered by

Peterborough & Area Master Gardeners

- Learn from experts presenting at 11:30, 12:15 and 13:00
- Buy seeds, vegetable starts, tubers and more from the following vendors who are all returning this year Bulbs n Things by Irene, Seeds of Creation, Clearwing Eco Gardening & Restoration, Our Little Wormery, Loris Favourite Homegrown Veggies and Everlily Maples
- And, win fabulous door prizes!

Ukulele Group, March 24th, 6:30pm, Apsley Branch

Join us for a relaxed hour of ukulele strumming at the library! This welcoming gathering is open to all 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 making music together. Don't have a ukulele? No problem, the library has a few extras you can borrow. Drop in to join this welcoming group! Apsley 705-656-4333

Sew your own Pillowcase! Thursday March 26, 10 am - 2pm, Woodview Branch, Northeys Bay

While sewing along with Shirley, you will make your own burrito style pillowcase! Beginners welcome, all materials and instructions are included. Bring your own sewing machine or use one of our loaners (limited availability). The cost is \$25 per person. Spaces are limited. Pre-register by calling 705-654-1071

Books and Banter Book Club,

Tuesday March 31, April 28, 11:00 am, Woodview Branch

Join our book club in Woodview! We meet the last Tuesday of each month to discuss books we have read that match the monthly theme. No commitment to read a specific book. Informal coffee and chat. Bring a friend or meet new ones. Free to attend, no registration required. Call Kim to find out the theme each month 705-654-1071. 66 Northey's Bay Road at Wilson Park.

Drop in Knitting at both branches!



Kniterary, Every Wednesday at 3:00pm, Apsley Branch

175 Burleigh Street

Yarn Tales, Every Saturday at 10:00 am, Woodview Branch

66 Northey's Bay Road

An open, welcoming drop-in for everyone, from absolute beginners to seasoned knitters, and for all ages, young and young-at-heart. Join us to knit, crochet, and connect with others in a friendly, creative atmosphere. Whether you want to learn a new skill, share your talent, or simply enjoy some cozy company, there's a spot for you! We have needles and yarn available for beginners who'd like to give it a try. We look forward to stitching together with you!

Quilting Workshop

April 9th and 11th, 10 am to 2 pm, Woodview Branch

While sewing along with Shirley, you will make your own rag quilt! This is a 2 day workshop that will begin on Thursday April 9 th and conclude on Saturday April 11 th . Beginners welcome, all materials and instructions are included. Bring your own sewing machine, or use one of our loaners (limited availability). The cost is \$100.00 per person. Register by calling Kim in Woodview 705-654-1071. 66 Northey's Bay Road at Wilson Park.



Movie Screening National Canadian Film Day

April 15, 1:00 pm, Wilson Park Community Centre, Woodview

Join us for this a massive, coast-to-coast-to-coast salute to Canadian cinema! Launched in 2014,

CanFilmDay has brought together hundreds of thousands of Canadians, to celebrate our stories and the incredible achievements of our filmmakers. We will screen a movie chosen by you! To vote, visit either library branch or watch for the social media post. 🗳️ Stay tuned to see what movie the community has chosen! Hope to see you out to enjoy some popcorn and the film on Wednesday April 15th! Wilson Park Community Centre 66 Northey's Bay Road.



Meditation Workshop.

April 2 – May 7 th inclusive. Thursdays, 10:00am – 12:00

Pre-registration Required for 12-14 participants. Registration Deadline, March 27 th .

We are so pleased to introduce a meditation workshop at the library. Lee Smith, a registered psychologist, is offering this 6-week meditation workshop free to participants. So why meditation? Lot's of reasons, but one quick view would be this: Meditation works and exercises the brain's systems that mediate our awareness. With this exercise these systems strengthen. Consequently, we just tend to start living more moments a little more dialled in. Happening to pay more careful attention to your life as you live it may put you in more known contact with the joys that we miss while preoccupied. We may also become more aware of uncomfortable emotions and feelings and behaviours and attitudes that, oh, we just might try to not notice so much, but which naturally arise in your life. And the benefit is that we gain understanding and skill in working with our wild wild mind as it is, decreasing stress and anxiety, anger, a host of physical effects, and gaining more kindness to oneself and others. The workshop teaches us how gain balance and how to work with difficult moments and emotions just as they are, and to consider new ways of responding in the place of our customary ways of reacting. Pre-registration required, stop into Apsley or call Kim Tucker 705-656-4333.



LET'S GO TO THE LIBRARY...

CHEERS TO 80 YEARS



APSLEY
LEGION
BRANCH #381

Contributed by Lori Brock

PEST-RX
705-957-PEST
 (7378)

service@pest-rx.ca
 WWW.PEST-RX.CA

Ah! Spring is in the air and we cannot wait to share with you all of the exciting activities that are up and coming at your local legion. We are once again looking forward to our partnership with Apsley Public School and hosting the annual speech competition March 3rd. Look out for the winners to be announced on our social media and the next addition of the Backroads. These kids put in hours and hours of work into their speeches and deserve all the recognition. We were blown away last year with the maturity in the topics and the students. A phenomenal job done by all.

Buying or Selling a
HOME/COTTAGE

**DAWN
 ARMSTRONG**
Sales Representative

OFFICE: 705-655-2255
 CELL: 705-768-3296

We have been having great success at our Meat Draws and will continue this spring. We look forward to you joining us March 7th, March 28th and April 11th. For these draws our doors open at noon, a lite lunch is available for purchase and the draws start at 2pm.

BALL
 Real Estate Inc., Brokerage



For special events we have the St Patrick's day dance coming March 14th with our resident DJ Charlie doors open at 7:30pm admission ends 11:30 pm \$15.00 per person \$25.00 per couple. We will also have a spring craft sale March 21st 10am to 4pm. Keep an eye on our facebook to get a sneak peak of our vendors and items you can expect. We will also be hosting a spring dart tournament April 25th, with details to follow on our facebook.

GD Cubias
 BARRISTER, SOLICITOR & NOTARY

Real Estate, Wills & Estates, Civil Litigation,
 Corporate Law, Contract Law

135 Burleigh St.
 Apsley, ON K0L 1A0
 T 705-872-4100
 F 705-872-4101

Graciela Del Mar Cubias
 Hons. B.A., LL.B
 graciela@cubiaslaw.ca
 www.cubiaslaw.ca

In April we will be trying something new with TV Bingo on April 18th. Join us to play Kinsmen TV Bingo at 7pm, cards

ARMSTRONG TRUCKING

Cell: (705) 760-3617 • Home: (705) 656-2493

Excavating • Landscaping
 Rock Walls, Ponds
 Stone Slinger • Basements
 Topsoil, Gravel, Sand, Limestone
 Septic Installation

armstrongtrucking@outlook.com

are purchasable at Hunters General Store for a cost of \$6. All profits from Kinsmen TV Bingo goes back into communities where cards are sold. We promise

to bring the bingo hall vibes with snacks, the bar and most importantly the camaraderie.

As always we are looking for volunteers to help with events and can even help your teenager get those pesky community service hours before graduation! Reach out to us at apsleylegion381@gmail.com if you would like to help out.

As 2026 is the Royal Canadian Legion's centennial year they are offering a free 2026 membership. (For reference a yearly membership is currently \$70) This initiative is open to any first-time member who wants to support our veterans and community. Benefits include the MemberPerks© discount program and the digital Legion Magazine. Making this the perfect time to experience being a member of your local legion. How to join: Online: Visit legion.ca/join (select Branch 381). In-Person: Visit the Apsley Branch to fill out an application!

A Note From Our President:

Apsley it was my great honour to participate in our 80th anniversary celebration held Feb 8th. There was a nice turn out for the celebration. It was greatly appreciated to have Dave Smith MPP present a personally written message for our Anniversary. He also presented a written congratulatory message from Premier Doug Ford, these will be hung with pride within the Branch. We were also able to provide live entertainment through our faithful Friday night jammers, who are always willing to provide free entertainment to enhance events. Thank you Debbie, Cody, Colin, Dave, Sue, Doug, Lee and Marie.

Branch 381 Apsley received their charter Feb 8th 1946. The legacy of those charter members lives on today within the Branch. We continue to support veterans and give back to our community. This support would not be possible without a dedicated number of volunteers who assist with events and the community members who support these events.

Thank you!!
Dylinna Brock
President Legion Branch 381





THRIVE OR SURVIVE

by Helena McMann

Parenting Young Adults Not for the Faint of Heart

My youngest kid turned 18 as I sit down to write this and I know other mothers can relate...I'm not okay!

I've been blessed to have three kids and they are all officially adults now. Its been a ride and even though I joke about it being emotionally devastating I can confidently say there is a peace in my heart knowing they have been raised well. Not just by their dad and I, but our whole "village" - friends, family, community, teachers, coaches, mentors...

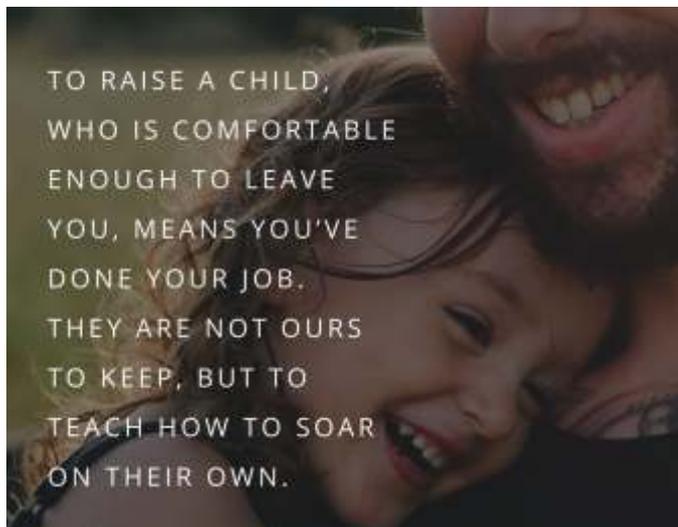
That's the thing about parenthood - it does take a village and its vitally important you fight for incredible people to be a part of it. The term Mama Bear is accurate...I am as fiercely protective of their well being as I am of helping them understand their self worth so they don't seek the attention of those that are unhealthy to have in their lives.

The hard work is from 0-18yrs, trust me! You need to be a parent first at that stage, so when they get older, you can claim your spot as one of their best friends. I know as parents we struggle with discipline, keeping consistent and hate being the "bad guy" but they need it.

They need you to be the person that will always have their back and in the same breath, be the first person that will take them down when they mess up!

Make them do the chores, help them with their homework, get a job, model moral and ethical behaviour, don't just preach it, have consequences to their actions and see them through. When you do all that, you've earned the right to sneak em ice cream before bed, play hookie from school with them, bend the rules and have some fun. You cant expect respect if you don't earn it.

I became a parent when I was 25 and I struggled with



settling into motherhood. It took a while for me to find my groove and confidence as a parent. We waited a bit before having our second child and then wasted NO time before number three...so their we were - our family of five and a wee dog. Life happens around us, and it's how we choose to respond to it that matters. One thing that is our responsibility (and I use that word emphatically) is ensuring that our kids do not shoulder the weight of things that are beyond their capacity. I'm not saying shelter them or baby them - I am saying that it's a blessing to bring children into the world and it is their God given right to have loving, positive environment to be raised in. Life happens, it isn't always easy, but how we "filter" it for our kids is important. They have a lifetime of needing to "adult" - raise them well and they will be prepared to handle challenges. The only way they learn is to screw up and then figure out how to fix it. Get uncomfortable, name the emotion, figure out how to navigate it. We haven't always been perfect when "bailin out the offspring" - but overall, I've definitely been a "tough love" kinda mama. Each of our children have stumbled and we tried our best to guide them through it...a quote I just love is "The saddest part of parenthood is raising the one thing you can't live without to be able to live without you".

How do you encourage confidence, problem solving, life skills, street smarts? It starts when they are young. Some things that come to mind are:

- *take the time to help them problem solve - good communication and patience. Does that always work!? NO...we have dragged our screaming toddler out of department stores by their shirts or slammed a door on a conversation cause that was better then wanting to throat punch the attitude out of their teenage mouths.

- *putting them in safe situations to allow them to "fall"let them stumble through something uncomfortable - like asking a girl face to face on a date, instead of texting - or calling and making their own doctors appts, planning and cooking a meal, being at a store and not having enough money to pay for it and they have to put some things back. Teach them humility - embarassment isnt a bad thing - it's a lesson to learn and an opportunity to realize who is important in your life and will support you unconditionally.

- *naming an emotion and teaching them how be non-biased - if they cant figure out what's bugging them, how can they work through it - they're going to have friend drama, co worker issues, highschool sweethearts and each of these experiences give them a chance to learn how to navigate their own emotions while understanding other personalities. Check out Mel Robbins very popular theory "Let Them" - it helps us live an abundant live and

not be crushed by the actions of others.

*Do the things with them and have the tough conversations like its as normal as putting on your underwear. Cook with them - it may make a mess and take longer, but do it. Budget with them - take half their paycheck and put it away, so they learn delayed gratification and proper finances. Get them driving - young - so they aren't afraid of it and respect the privilege of being behind a wheel. Talk to them about sex and relationships while your eating burgers at McDonalds because that conversation shouldn't be off limits - it shows them they can talk to you about anything without judgement, whenever and wherever. I look back on my time with each of my kids - especially my youngest whose sports has taken us all over Ontario and the US and we have had THE best conversations while putting highway miles under our belts. There was no where to hide when the conversation went toward penises and vaginas...nothing was off limits and then when it got weird we cranked the radio and sang it out.

*Be real for your kids - you're human. I talked earlier about "filtering" life for them - I suppose I mean to a point...its okay for them to be around "ALL of you" - falling apart or annoyingly happy. What you shouldn't do is burden them with issues that are beyond their life experience. Maybe it's a marriage ending, or a job loss, or a financial blow - it is your responsibility to only expose them to the solution - not the human response to heartbreak, anger or grief. That keeps their emotional resilience protected - we should never be a reason, they need to recover from their childhoods.

*On a lighter note...have FUN!! Work Hard Play Hard. Laugh, dance, force them to play board games with you - even when they don't want to. Get them off their screens. Be silly, do joyful things, be spontaneous.

Quite the checklist huh!? no pressure...lol You don't have to be perfect, but you do need to look after yourself so you can be your best for them. That brings me to this thought: devoting your life to raising your children is a gift. I spent 12 years of my career working with families and helping them to adjust to parenthood. The biggest fear the hundreds of families I worked with was "failing", then we spent time understanding what that word meant. It was an irrational fear stemming from your own insecurities. Kids need basic needs and to be loved...so forget the gadgets, and things...just show some effort - be real and be honest and try. I'm turning 50 this year and all my children are adults. I have spent time focusing more on them than myself, time focused more on my failing marriage than them, time focusing more on my own insecurities than my successes, time just enjoying life and letting it all go.

Have they been raised well? I like to think so and I'm humbled when others tell me so. But most importantly, now that they are 18, 19 and 24 - although they still need me emotionally - what they need most, is to know their mother has "a plan *without* them". Their peace of mind and courage to fly comes from a strong foundation that their parents are solid while they go off and embark on this next chapter. Being better for yourself shows them they will always have a place to come home to (not just a physical home, but an emotional one to lean on if needed). I have seen marriages fall apart after the kids have left home, because too much time was spent on the kids, not on each other or your own



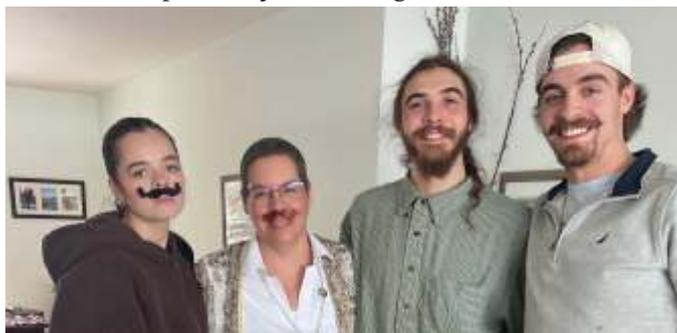
self worth. This next chapter is as much for them as it is for you. Who are you when your not a mom? What fuels or inspires you other than your children? What brings you joy when you're not needing to parent?

I found my role as a parent from baby to late teen years was more physically demanding and now its shifting to more of an emotional role, but along with that has come a new discovery of myself. As much as I am excited to figure that out, so are my kids...they want to see who I am when Im not needing to "mother".

I truly love this stage - my family is coming out of quite a few storms recently, I am looking forward to watching from the sidelines for a bit. We are ALWAYS a parent first, but now we get to be their buddy more. Major drama no longer revolves around late night feedings, diaper changes or whether you cut their sandwich in triangles instead of rectangles. Its stuff you can actually share experience on, hoping they find it helpful.

As I write this, my daughter just called and is about to leave to go back to college after a couple days home for family day weekend. We had already said our goodbyes and she was at her dads up the road. She just called to have "one more squeeze before she leaves"

When she got here we hugged and had a couple tears - she's fine and there wasn't anything specific we could name. So one last hug for the road, a quick selfie and she queued up "Mel Robbins Let Them Theory" on her bluetooth and embarked on her three hour drive back to Ottawa. She needed a safe space for a moment and she got it. After she left, did I have a wee cry in the kitchen, then proceed to put a shot of whiskey in my coffee? yes...and I'm calling it self care...so my one last bit of parenting advice...always pick up the phone and always be the last to pull away from a hug.





COUNCIL'S CORNER

by Mayor Carolyn Amyotte,
Township of North Kawartha

Please visit www.northkawartha.ca for all things municipal in North Kawartha. If you would like to receive regular municipal updates you may also subscribe to North Kawartha's email alerts via the website as well. If you would like to watch the Council meetings, please subscribe to the Township's YouTube Channel. For those of you that are active on social media please follow me @MayorAmyotte. It is my intent to share positive, factual and timely information about issues, events and happenings that impact our community and residents. To contact me directly, my phone number is (705) 931-1342 and my email is mayor@northkawartha.ca.



Year in Review!

Here's a look back at 2025:

Many of you are aware of my advocacy work for greater safety on Highway 28 and the creation of the Highway 28 Mayors Coalition. Well back in January 2025, I headed up a Mayors delegation with the Ministry of Transportation at the Rural Ontario Municipal Conference to outline our issues and concerns. Since that delegation, the MTO has undertaken a comprehensive safety review and is currently compiling the data to present their findings to all the Mayors in this year.

Something that 2025 will be remembered for is the Ice Storm late last winter. The County of Peterborough and many other municipalities in our region declared States of Emergency as we dealt with significant damage and prolonged power outages. The clean up went on for

months for both municipal staff and residents and like we did during the Derecho Storm of 2022 we provided free debris collection for all North Kawarthans at both transfer stations. This current winter has also been challenging with extended cold periods and lots of snow. While it may seem like a return to winters of old, these erratic and unreliable weather patterns are becoming the norm rather than the exception.

In 2025 we had several celebrations and recognitions for many folks. The Township honoured our CAO Alana Solman for 25 years of service, our Fire Chief Jesse Lambe for 15 years of service and our Parks and Rec Attendant Joel Smith for 5 years of service. North Kawartha welcomed back Laura Stone to provide in-house planning services. Some of you may remember Laura when she was our junior planner a decade ago. We were also pleased to hire Colleen Lockhart as our new Fire Prevention Inspector.

I also want to take a moment to recognize two very special North Kawarthans. ABC Seniors President Pat Beck who was chosen as North Kawartha's Senior of the Year and Mark Best- long time personal trainer and fitness class instructor at the NKCC. Both Pat and Mark have made a positive impact on the health and well-being of so many community members and celebrations were held to honour them and their contributions.

There are several on-going municipal programs that are worth noting as well. The Township, the Library and the Apsley Legion continued to work together on our Veteran Pole Banner Program. We now have all Veterans on the Cenotaph including some local surviving veterans honoured with individual banners that are displayed throughout Apsley during the beginning of November for Remembrance Day.

Back in 2023 Council began a road improvement program to surface-treat our gravel roads. We started in the south of the Township and treated many roads including Dunford's, Big Cedar and Don Wilson along with roads off of Northey's Bay Road. In 2026, we are taking the program north to complete double surface treatments on Glen Alda Road, Winter's Bay Road and Lakeview Crescent.

In November, Council received a presentation from Kawartha Land Trust regarding the devastating impacts of the invasive phragmites plant and asked North Kawartha to join a funding application to help control and monitor phragmites on public lands in our Township. Council approved the request and will provide funding of up to \$5000 through our Municipal Grant Program for Environmental Initiatives.

That's just a few highlights from a very busy year and 2026 promises to be just as busy. A big development that happened this year are the changes to the recycling program. The province has mandated that Producers are now responsible for blue box collection. As a result, only residential sources are considered eligible for collection, leaving Industrial, Commercial and Institutional sources ineligible. Despite intense lobbying by municipalities, this change took effect on January 1st, 2026.

Therefore, North Kawartha created a local solution to support those who now find themselves unable to use the traditional

JASON JARVIS
REALTOR

387 George Street South
Peterborough, ON K9J 3E1

C 905-244-3989
B 705-743-4444
jasonjarvishomes@gmail.com
jarvisrealestate.ca

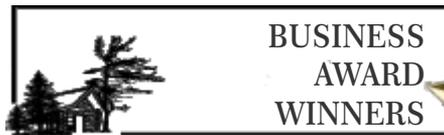
CENTURY 21
United Realty Inc.
BROKERAGE

collection services. Beginning this year, non-eligible source customers may take their recycling to either the Anstruther or Haultain transfer stations, free of charge. We will be placing extra bins at each site for the sole collection of non-eligible source recycling. North Kawartha is fortunate to be able to provide this option, unlike many communities across Ontario. Regardless, we will continue to lobby the province to mandate that Producers be responsible for all recycling regardless of the source.

This year we will also see the first annual Apsley Home and Cottage Show happen on May 2nd and 3rd, at the North Kawartha Community Centre hosted by our local Apsley Lion's Club. 2026 is also a municipal election year with the election scheduled for Monday, October 26th.

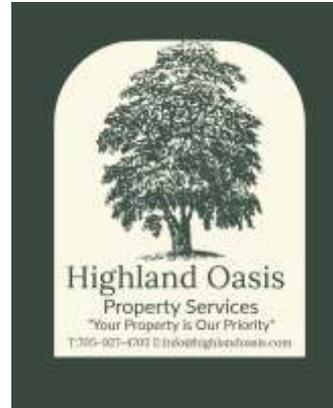
Lastly, I want to acknowledge another big change coming in 2026. Our Clerk Connie Parent and our CAO Alana Solman will be retiring. Connie at the end of May and Alana at the end of June. Their combined careers total nearly 60 years of public service. I have worked with both for over 2 decades and we have been through a lot together. Connie and Alana have contributed so much to making the Township a great place to work and North Kawartha a great place to live. They are leaving behind HUGE shoes to fill, but I also know that they are leaving us well prepared for the future.

That's it for the annual update. My regular monthly column will be back in the next issue. As always it is an honour and a pleasure to serve as your Mayor. Sincerely, Carolyn Amyotte



**BUSINESS
AWARD
WINNERS**

by Helena McMann



Canadian Choice Award honours the heart and soul of Canada's business world. Each year, we shine a spotlight on the small and medium-sized businesses that power our nation's economy, drive new ideas, and improve our communities.

Congratulations to Local Apsley Business owners Matt Graham of Highland Oasis Property Services for earning an award in Lawn&Garden Maintenance and Rachel Charlebois of Metal by Rachel in the Artist Category.



**LOCAL
BUSINESS
SHOUT OUT**

by Helena McMann

Bridget McCluckie is off to a running start this year as she has received two nominations recognizing her efforts as a young woman in business. First her nomination as small business of the year for Hermanas, which she runs with her sister Victoria as well as Young Entrepreneur of the Year. Thirdly, a Luminary Award nomination for Barrier Buster which celebrates a remarkable woman who has excelled in her field by breaking through barriers. She has faced challenges — whether gender-based, systemic, cultural, language, disability-related, or otherwise — and risen above them with skill, creativity, and perseverance.

Congratulations Bridget!

Three Nominations for Local Entrepreneur Bridget McCluckie



<https://smeawards.ca/>



The Strange, Enduring Bond Between Turtles and Calcium

Turtles don't just need calcium; they're shaped by it. Over 99% of their body's calcium is stored in their bones and shell, which itself is made up of more than 50 individual bones. Calcium plays a vital and layered role in a turtle's life. It forms the backbone of their shell and skeleton, acts as a biochemical buffer during deep dives and dormancy, and becomes especially critical during reproduction. But the calcium turtles depend on isn't just internal; it comes from the environment, and those sources are changing.

Let's look at how turtles use calcium through different stages of life, and what happens when those mineral sources start to fade.

The Living Shell: More Than Just Protection

A turtle's shell is often imagined as static armor, like a helmet they carry. But it's very much alive, vascularized and mineral-rich, storing not only calcium but also phosphate and magnesium. It serves as both protection and a resource, especially when oxygen levels drop.

For example, when a turtle dives deep or brumates (more on that in a moment), oxygen drops and lactic acid rises, conditions that would be dangerous for most animals. But turtles have evolved a workaround: they use their shell as a buffer.

Chemistry in Motion: How the Shell Helps Regulate Acidity

When blood becomes more acidic due to low oxygen (a condition called metabolic acidosis), that environment begins dissolving small amounts of calcium carbonate in the turtle's shell. This releases basic ions that help rebalance the blood's pH, like having a natural supply of Roloids on standby.

It's not a conscious process. The shell just quietly does its job, acting as a built-in chemical buffer: no alarms, no control panels, just quiet regulation keeping the turtle alive.

Brumation: Calcium in a Holding Pattern

In colder climates, turtles enter brumation, a reptilian hibernation in which metabolism slows but doesn't stop. During this time, they aren't feeding or taking in new calcium. Yet their body still depends on it for internal balance.

To get through the winter, they rely on what's stored in the shell. By spring, they often emerge slightly depleted, having weathered the season on reserves alone.

The Spring Return and the Demands of Reproduction

As turtles become active again, so does the biological need to reproduce. For females, that means quickly restoring calcium levels to build strong, healthy eggs. In the wild, they gather this calcium from mineral-rich

waters, snail shells, aquatic plants, and sediments.

When sources are abundant, they manage just fine. But in some areas, water is low in calcium. This can result in thinner-shelled eggs or, in some cases, egg collapse during incubation.

That calcium investment doesn't stop when the egg is laid. Developing embryos don't get calcium from the yolk, but from the eggshell itself. As they grow, they draw calcium from the inner surface of the shell to build their skeleton and first shell. A weak or low-calcium shell provides less support to the embryo and increases the risk of collapse. Researchers are exploring whether low calcium, combined with environmental stressors such as temperature swings, could be influencing egg development in vulnerable populations. It's not fully understood, but it's gaining attention in turtle conservation.

Environmental Changes and Calcium Availability

Calcium availability in freshwater isn't just about geology. Climate, weather, and human land use all play a role. And while turtles don't need huge amounts, even small shifts can ripple through their biology. Scientists have noted a slow trend in some ecosystems: a decline in calcium levels. This quiet loss of calcium from soil and water has been linked to multiple factors, many of which are worsened by climate change. For instance, heavy rainfall and runoff, especially in areas with a history of acid rain or poor-buffering soils, can leach calcium and other minerals from the land. That reduces the mineral content of streams, ponds, and lakes. Warming temperatures can also accelerate decomposition and alter plant communities, both of which influence soil chemistry.

In colder regions, milder winters may shift the timing and depth of brumation. That could change how long turtles rely on their reserves, and how quickly they must replace them. If calcium is already in short supply, those shifts may add up. It's not that climate change is "removing" calcium directly. But it is reshaping the water cycle, soil processes, and ecosystems in ways that affect how much calcium ends up where turtles and other species need it. This doesn't spell doom, but it does remind us: even subtle environmental changes can influence the delicate mineral relationships that many species, including turtles, rely on as they quietly navigate the calcium balance they've mastered for millions of years.

Reading the Shell as a Story

A turtle's shell is more than armour. It's a living record. The condition of the eggs, the strength of the eggs, and the growth of hatchlings can all offer clues about the health of their environment.

Turtles have been adapting through ice ages and shifting landscapes for over 200 million years. They continue to adapt now. But paying attention to the small, mineral-based relationships they depend on, like calcium, helps us better understand the quiet complexities of the ecosystems they live in.

If you have a question please phone or text Think Turtle Conservation Initiative at 647-606-9537 or email thinkturtle@yahoo.com.

www.thinkturtle.ca or follow us on Facebook.



TAX TIPS FROM ACCURATE

By Susan Northey, CPB, Accurate Tax

Updated relief for late filed tax returns

Taxpayer Relief Voluntary applications will be eligible for two different types of relief:

- Unprompted applications (general relief)
- Applications submitted with no prior compliance communication from the CRA
- Eligible for 75% interest relief and 100% penalty relief
- Prompted applications (partial relief)
- Applications submitted after receiving compliance communication from the CRA
- Eligible for 25% interest relief and up to 100% penalty relief

Note: Taxpayers under audit or investigation in respect of the information being disclosed will not be eligible for the program.

Applying to the VDP

When applying to the VDP, applications must:

- Be voluntary
- Be complete
- Include an error or omission with applicable interest charges, penalties, or both
- Include the payment or request for a payment arrangement for



the estimated tax owing amount, if applicable

- Include information that is at least one year past the due date for filing

If you are not sure the VDP may be the right program for you, you can call to schedule an anonymous pre-disclosure discussion with a CRA official to discuss your potential disclosure:

- Individuals (Canada and the United States): 1-800-959-8281
- Businesses (Canada and the United States): 1-800-959-5525

For more information on the changes to the program, go to IC00-1R7, Voluntary Disclosures Program and GST/HST memorandum 16-5-1, Voluntary Disclosures Program (Applications Received On or After October 1, 2025). For more information on the VDP, go to Voluntary Disclosures Program.

Late-filing penalty

- 5% of your 2025 balance owing, plus
- 1% of your 2025 balance owing for each full month late (up to 12 months)

Interest rates on balance owing is now at 5%.

Repeated late filing penalty

- 10% of your 2025 balance owing, plus
- 2% of your 2025 balance owing for each full month late (up to 20 months) if you were penalized in 2022, 2023, or 2024 and received a demand to file

We are now accepting new clients for corporate and personal taxes or monthly accounting services. Call (705)656-1200 for a no obligation consultation with a small business professional.

Susan Northey, CPB



Accurate

ACCOUNTING AND TAX SERVICES

5584 Hwy 28, Woodview
705-656-1200

Now
Accepting
New
Clients

accuratetax.ca
admin@accuratetax.ca

JARMUTH

CONSTRUCTION INC.

APSLEY ONTARIO CANADA

NEW CONSTRUCTION

RENOVATIONS

CONCRETE & STONE WORK

RESTORATIONS

LEVELING

FOUNDATION REPAIR

WATERPROOFING

COTTAGE MAINTENANCE

519-496-4964

info@jarmuth.com



RECIPES



Greek Mediterranean Power Bowl

Ingredients

DRESSING

2 Tbsp. red wine vinegar
Juice of 1/2 lemon
1 tsp. dried oregano
Kosher salt
Freshly ground black pepper
1/4 cup extra-virgin olive oil

FOR THE BOWLS

1 Tbsp. extra-virgin olive oil
2 (6- to 8-oz.) boneless, skinless chicken breasts
1 tsp. dried oregano
Kosher salt
Freshly ground black pepper
2 cups cooked quinoa or brown rice
1/2 English cucumber, chopped
1 avocado, thinly sliced
1 cup halved cherry or grape tomatoes
1/2 cup halved pitted kalamata olives
3/4 cup crumbled feta
Fresh dill, for serving

Directions

DRESSING

In a small bowl, stir vinegar, lemon juice, and oregano; generously season with salt and pepper. While whisking, slowly pour in oil until emulsified. Refrigerate until ready to use.

BOWLS

In a large skillet over medium-high heat, heat oil. Add chicken; season with oregano, salt, and pepper. Cook, turning halfway through, until golden brown and an instant-read thermometer inserted into thickest part registers 165°, about 8 minutes per side. Transfer to a cutting board. Let rest 5 minutes, then thinly slice. Divide quinoa among bowls. Top with cucumber, avocado, tomatoes, olives, feta, dill, and chicken.

Drizzle with dressing.



*Caring, Personalized & Professional
Funeral Services*

Comprehensive Planning Services
Traditional & Non-traditional Arrangements
Affordable Cremation & Burial Options
Pre-arrangement Services
AfterLoss & Bereavement Counselling

Funeral Director/Owner
Jeff Neuman

38 Bridge Street West 24 Hour Tel: 613-332-3990
P.O. Box 699 Fax: 613-332-1984
Bancroft, ON K0L 1C0 neumanfh@gmail.com

neumanfamilyfuneralhome.com
(Formerly Baragar Funeral Home)

Beef Burrito Power Bowl

Ingredients

3 Tbsp. olive oil	3 scallions, sliced
1 onion, chopped	1 tsp. ground cumin
1 1/2 cups long-grain white rice	3/4 tsp. black pepper
2 garlic cloves, chopped	1 1/2 lb. ground beef
2 1/2 tsp. kosher salt	1 tsp. chili powder
3/4 cup fresh cilantro, chopped	1 tsp. paprika
Grated zest and juice of 2 limes	2 15-ounce cans Cuban-style black beans, warmed
1 12-oz bag frozen fire roasted corn, thawed	Pico de gallo, Mexican-style shredded cheese, shredded lettuce and sliced jalapeños, for topping
1 4-ounce can diced pimientos, drained	

Directions

Heat 1 tablespoon olive oil in a medium pot over medium heat. Add half of the onion and cook, stirring, until softened, 3 to 4 minutes. Stir in the rice and garlic and cook, stirring, until fragrant, 1 minute. Add 2^{2/3} cups water and 1 teaspoon salt and bring to a boil. Reduce the heat to low and simmer, uncovered, for 5 minutes, then cover and cook until the rice is tender, 15 to 18 minutes. Remove from the heat; let sit, covered, for 10 minutes. Fluff with a fork and stir in the cilantro, lime zest and lime juice.

Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the corn, pimientos, scallions, 1/2 teaspoon cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring frequently, until warmed through, 3 to 5 minutes. Transfer to a serving dish and wipe out the skillet.

Add the remaining 1 tablespoon olive oil to the skillet over medium-high heat. Add the remaining onion and cook, stirring, until the onion starts to soften, about 3 minutes. Add the beef and cook, breaking up the meat with a wooden spoon, until browned, about 5 minutes. Pour off the excess fat.

Add the chili powder, paprika, and the remaining 1 teaspoon salt and 1/2 teaspoon each cumin and pepper. Stir in 1/2 cup water, reduce the heat to low and simmer until reduced, about 5 minutes.

Scoop some rice, beans, corn mixture and beef into individual bowls and add desired toppings.



ESA/ECRA # 7007818
b: (705) 656-1476
bkoehler81@msn.com

Apsley, Ontario
705-930-4626

Fully Insured
New Builds
Renovations & Additions
Garages & Decks

info@macecontracting.ca
PROUD TO BE LOCAL

705-313-3494
mary@marybrown.ca
marybrown.ca

Cottages • Waterfront • Rural Homes



Around The Rink

By Helena McMann, AMHA Board Secretary

Our Apsley Flames are having a great season - come cheer them on at their home games and we will be celebrating all our accomplishments at the year end banquet in April.



U11 2 Colborne Classic Champs



U11 2 Liftlock Consolation Champs



U9 B Champions, Apsley Winter Classic



U18 Silver Stick Regional Champions

U18's rocking their season: Qualifying for the Silver Stick Internationals. With some amazing teams, they fell short of the finals.

Earned tournament finalists out of 32 teams in Northumberland at the Nighthawk U18/U21 Tournament



U18 Northumberland Nighthawk Finalists

U11 2's are fired up this season as well: A shoot out win at the Peterborough U11 LiftLock Tournament (Consolation Champs) in January, then earning Colborne Winter Classic Champions in December!



U11 1, Liftlock Tournament Finalists!

Congratulations to Apsley Flames U11 Team 1 - Peterborough U11 LiftLock Tournament Roche Division Finalists!!

Congrats to our U9 team on a 6-0 win in the B Championship game at the Apsley Winter Carnival Classic!



THOUGHTS From GAYLE

Gayle Davis, Freelance

The Recipe for Winning

By the time you read this, the 2026 Winter Olympics will be history. The victories and defeats will be inscribed in history books and many of the athletes will go on to further competition or more training, or both. Some will go home and begin a new chapter in their lives.

Each victory has been celebrated. Each defeat has been analyzed and will continue to be to identify areas where improvements can be made for better future performances and better shot at Olympic Gold. There are a small number who have stood on the winners' podium and cradled their much sought after medal. Bronze. Silver. Gold - the world's recognition for the countless hours of practice and sacrifice. The prize is coveted by many and achieved by few.

But what about those who received no medal and not much recognition. Are their efforts invalidated because they couldn't achieve podium status? And what kinds of things contribute to a 'winner'? Is 'winning' a one-time thing or a mindset? And if it's a mindset, can it be applied to other areas of our lives?

Perhaps an understanding of the underlying mechanisms of winning, the character attributes, the attitudes, the way in which you react whether you win or lose can help us to be on the winning side even if we don't always 'get the gold'.

Watching the skiers and snowboarders was thrilling. But how many times have they fallen or broken a bone to perfect that one winning performance? Perseverance is an important trait of someone with a winning attitude. A fall, a broken bone, a blown ACL can be career enders. As we have seen recently, what seems to be an insurmountable injury can be overcome so the competitor can continue. You name the sport and a winning attitude and refusal to throw in the towel have contributed to many successful careers over the years. Is it easy? No. But to winners, the sacrifice is worth the discomfort. There is no other choice.

Laser sharp focus contributes to winning whether on the slopes or in life. The ability to stay on task and ignore the distractions that surround us will lead to overall better outcomes.

Focusing on the process that leads to winning rather than focusing on the actual outcome is another attribute of winners. Trusting the things that are controllable, such as the process, training, daily routines, attitudes is far more rewarding than just focusing on outcomes that are never under their control.

Emotional regulation is a sign of maturity and contributes greatly to outcomes in life. We don't always win whether we like it or not. A sign of maturity is taking losing in stride. You can learn far more from a loss than a win. Better to refocus on the next opportunity than to dwell on the mistakes we have made. Learning from our mistakes is an old adage, but one that serves us well if we realize that making mistakes helps us to understand better what we are trying to achieve and how best to accomplish it.

'Everybody loves a winner' is a common phrase and mindset. But

winning in life doesn't always involve medals and applause. Sometimes the greatest wins come quietly under the radar. And no one else knows; but we know and can gain confidence and feel pride in our ability to overcome the challenges that block our way to success.

Winning isn't about perfection. Being consistent, taking the time to prepare, and believing in your abilities all contribute to winning outcomes. Champions aren't born, they're made, one decision at a time. A winning mindset, as well as positive habits and behaviour will put you in the 'winners' circle' of life every time, whether you are an athlete or an everyday person. If you show up and do your best, you're a winner!



Your Dependable and Local Apsley Contractor specializing in Finish Carpentry, Restoration Projects and Quality Renovations.



MW
RESTORATION

**Mike
Watt**



705-768-8752
mikewatt11@outlook.com



by Rick de Haan

Ice Fishing Memories

I've fished a fair bit over the span of fifty-five years or so. The memories that always stand out are the trips in winter when the conditions become a little more challenging. Every time I think about some of my experiences venturing out onto lake ice in sub-zero temperatures, I still get that old-time excitement that wells up from somewhere deep within me.

The following is a true story from when I was a young teenager ice fishing for the very first time.

It was late in the day when I walked out onto the ice. The Lake of Bays in Muskoka was covered in deep snow. I looked forward to checking my fishing lines. There was a delicious thrill in going out on this northern lake in the waning light. It felt exciting, mysterious, and just a little scary all at the same time. As a bonus, there was the possibility of catching a fish or two for supper.

It was a fair distance out to the islands where I had two holes in the ice. The day before, the old man who owned the cottage resort where my parents and I were staying had invited me to go along to check his lines. We went out by snowmobile (my first time driving one) and drilled two additional holes near his own so that I could fish too. Since I had never ice-fished before, he showed me how. Now I had something to occupy my time during my stay. It was a kind gesture that I will always remember.

The air was crisp, and getting steadily colder as the sun neared the tops of the trees on the far shore. The down vest and parka I wore kept me comfortably warm in the -10° F temperature.

Hopefully there was enough time to check my lines and re-bait if I needed to before it got dark. The small

jar containing two live minnows sloshed gently in my pocket with each step. I was thankful that the packed down snowmobile track in the snow led straight to the holes.

I looked around at the vast ice-covered lake surrounded by massive tree-lined hills, and smiled. This is what I'd always dreamed of. Even though we lived in a bustling city, my heart was, and always would be, in the wilds of the north country.

The islands were getting closer and closer as I walked toward the setting sun. As my boots squeaked in the cold snow, I became distinctly aware of a feeling of timelessness. From my perspective there was nothing in sight to indicate any particular time period. As I walked, the clean, crisp northern air filled my lungs, and I began to imagine it was 150 years ago. I was a trapper, living off the land, on my way to check my lines in hopes of catching something for supper. I prayed that there would be two decent sized fish waiting for me in the watery depths below those two holes.

Finally, the spruce boughs I'd stuck in the snow came into view. It would have been nearly impossible to find the holes had I not used this age old method of marking them.

The axe I carried with me was put to good use since the holes had frozen over during the day. The first line I began to haul up felt disappointingly light on the other end. As the line came up, the hooked minnow rose slowly from the dark depths. No fish. The bait looked fine though, and it was just lively enough to remain on the hook till morning. I knew this area of the lake between the two islands was a good spot. I caught a pike in this particular hole just that morning. It took a half hour of sitting on my little stool, jigging the line up and down, but it had paid off.

I lowered the minnow back down to just above the bottom and packed snow over the hole, as well as the stout stick that the line was tied to.

I then made my way in the direction of my second hole with all the optimism I could muster. It was then that I heard it ... or did I? I stopped dead in my tracks, and after a few seconds of straining to hear, I heard it again ... a distant, low howl! I knew what it was—the most primeval of all wilderness sounds. The spine tingling hunting call of a wolf. A few seconds later another howl, only this time a lot closer! It made the hairs on the back of my neck stand up. Then the distant wolf answered with a long, quavering howl that sent shivers up and down my spine. These wolves were communicating over the span of what sounded like several miles!

I suddenly began to feel very lonely standing there on this cold,



Jim Alexander
Sales Representative
613-202-1495 (Cell)
jim@teamalexander.ca



BALL
Real Estate Inc. Brokerage
127 Burleigh St., Apsley Ontario Office # 705-655-2255



Roz Jones
Sales Representative
905-259-6687 (Cell)
roz@teamalexander.ca

quiet evening where the only other sound was the wind's gentle whisper in the pines on the nearby islands.

I looked to the north to see if there was a wolfish looking shadow near the point of land where I thought the howl had come from. Thankfully there was nothing that I could see in the waning light, but it would have been exciting and also terrifying to see one or two, or even a whole pack of timber wolves appearing like ghosts on the ice. What would I do if they came toward me? I had an axe by my side, and a hunting knife on my belt, but that was it. I'd read books by Jack London and other authors that graphically described trappers and miners throwing fire brands at wolves appearing out of the dark shadows, creeping menacingly toward them with bared fangs and slaving jaws, their amber eyes belying evil intent. I shivered as a primal fear sparked by ancient folklore dominated my thoughts. I could imagine I had a 30/30 Winchester rifle slung over my shoulder, but imagination would be a poor defence against a pack of hungry wolves.

I shook my head and smiled nervously. I tried to believe what I hoped was the truth about wolves. I'd once read that there had never been an authenticated attack on a human being by a wild wolf. This knowledge, however, did little to keep me from looking over my shoulder every few seconds to check for shadowy movement near the shore.

As it got darker, I looked up toward the grey sky and prayed for courage. Comforted, I continued to make my way to the second hole. Clearing the snow away, I gently chopped the crust of ice frozen over the hole. I then scooped the ice chips with my bare hands out of the numbingly cold water. I wished I'd brought along a strainer or a ladel. The water was so cold that my fingers ached. When I lifted the stick, I could feel a heaviness on the line. Was I hooked on a branch? The resistance moved and started to fight back. I had a fish! Thoughts of wolves suddenly vanished from my mind as the excitement and mystery of my unseen prize flooded my senses.

After a few minutes, seventy feet of line lay in ragged loops on the snow as a black form rose up from the depths. I carefully pulled the long wriggling form through the hole and let it flop around on the snow. It was a ling, or burbot, as it also was called. I had never heard of this type of fish before coming to this place, but the old man had brought us a plate with fresh ling filets early the previous morning. It had tasted delicious along with a plate of fried eggs and toast!

I never heard the wolves again after that memorable night on the lake, but it was an event that I will always cherish, and will certainly never forget.



GENERAC

TOTAL ELECTRIC

**RESIDENTIAL COMMERCIAL
COMMUNICATIONS HOME AUTOMATION
LANDSCAPE SECURITY LIGHTS
GENERATOR INSTALL & SERVICE**



705-868-1684

Jason Noffke
Master Electrician

JNoffke@live.ca
ECRA/ESA#7012657

APSLEY



**SelfStorage
& PORTABLE
CONTAINERS**

705-875-1196

info@apsleyselfstorage.ca

www.ApsleySelfStorage.ca



AROUND TOWN

Down the Road and Over the Fence



Skating Show Mar 28th, 6pm

The show is called "Ice Ice 80's"!

Skaters will skate to all the greatest hits from the 80's and will include trends such as neon, big shoulder pads and leg warmers.

It's at the North Kawartha Community Centre



Always a fun event!

BALANCE ASSESSMENT CLINIC

Apsley

Curious or concerned about your balance as you're aging? Community Care's EFP Team is running a balance assessment clinic by donation. Each assessment is done one-on-one, and will take approximately 20-30mins. At the end our team will go over your test results, where you may have lost points and may suggest some exercises you can add into your routine to help. Minimum donation of \$10.

Monday March 9th
To book your assessment contact:
Community Care in Apsley
705-656-4589

Looking for Contributors!!

The Backroads Magazine needs you.

- Book/TV/Movie/Music reviews
- General history of our town and surrounding areas
- Health and Wellness
- Short Story telling
- DIY/Handy around the house Tips
- Homesteading/Hunting/etc

email theapsleybackroads@gmail.com

Call 705-761-6213

THE KAWARTHA HALIBURTON TRAPPERS ASSOCIATION

PRESENTS



THE TRAPPERS CARNIVAL

SATURDAY MARCH 7TH 2026

NORTH KAWARTHA COMMUNITY CENTRE
340 MCFADDEN RD. APSLEY, ON
DOORS OPEN AT 9AM

FREE ADMISSION

OPEN TO THE PUBLIC

- GUESS THE WEIGHT OF THE BEAVER & MUSKRAT
- TRAP SETTING DEMONSTRATIONS
- RAFFLE PRIZES & DOOR PRIZES
- VENDOR BOOTHS
- ALL-DAY FUR HANDLING DEMONSTRATIONS
- FUR HANDLING COMPETITIONS FOR YOUTH & ADULTS
- FOOD CONCESSIONS BY GRAPE & WEDGE AND NKCC
- EDUCATIONAL & FUN FOR ALL AGES

KILNER 705-749-8411
 CONSTRUCTION Apsley, ON

FRAMING to FINISHING



KilnerConstruction.ca

Office: 705-656-1611
 Cell: 705-750-5864

c.tree 
 cttrees.ca



TREE SERVICES
 SINCE 1996

**LOCAL TREE CARE
 PROFESSIONALS
 YOU CAN COUNT ON!**



 peterborough

**Need
 help finding
 services?**



Peterborough County Hubs can help connect you to the services you need.

Free Drop-in

Get information on services and programs:

-  Healthcare services
- Mental Health services
- Addiction services
- Developmental services
- Employment
- Housing
- Income
- Services for Seniors and more.

Visit your local County Hub

 **Apsley**
 Community Care - Apsley
 126 Burleigh Street, Apsley
 1st and 3rd Wednesday | 10 am-3 pm

Need help now?

 Local Services Helpline Dial 211
 Mental Health Helpline Dial 988
 Social Services 855-738-3755

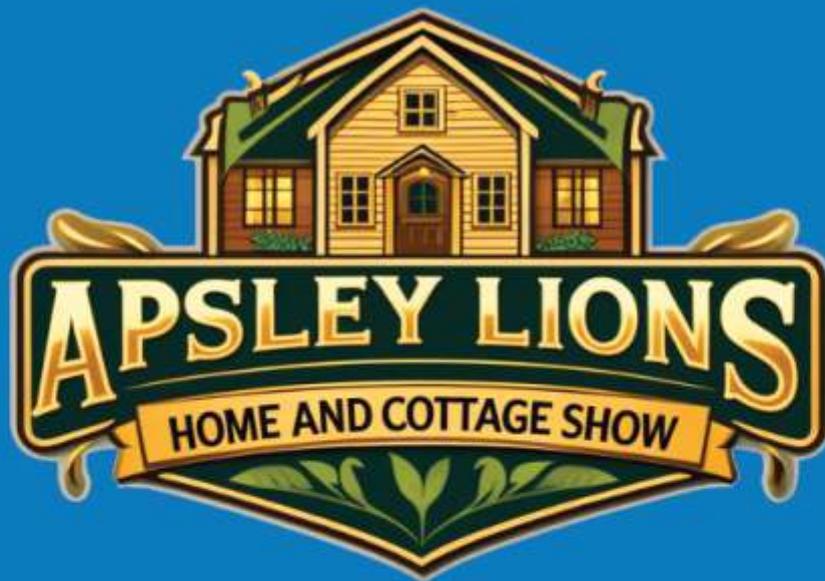
peterborough.ca/hubs | hubs@peterborough.ca



 **KV Custom
 Windows + Doors**



 613-334-0496
 sales@brlifestyles.ca
 brlifestyles.ca



NORTH KAWARTHA COMMUNITY CENTRE
340 MCFADDEN ROAD, APSLEY

MAY 2ND 9AM-4PM & MAY 3RD 9AM-3PM

Vendors showcasing items and services for home and cottage owners.
Meet contractors who can help with all your needs.
Large displays outside for boats and docks and all your large landscaping needs.
Something for everyone!

DOOR PRIZES
FOOD BOOTHS
50/50 DRAWS

PRESENTING SPONSORS



FOLLOW US
ON SOCIAL



BOOK NOW!! INDOOR & OUTDOOR BOOTHS AVAILABLE

Ted Topping 705-313-5266

Information & Registration apsleylionshomeandcottageshow@outlook.com