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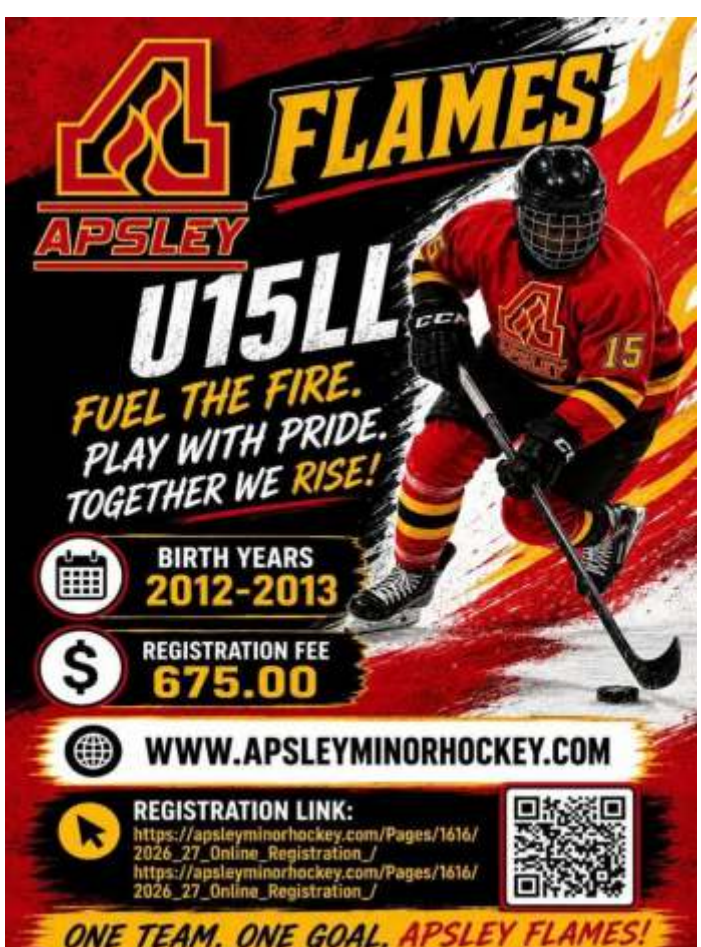


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Apsley Backroads MAGAZINE

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From The Editor's Desk

OCTOBER 2026

Sweater weather, bring it ON!!
Happy October everyone: - pumpkins, crisp mornings, crock pots and Halloween candy!!

Its also an Election year!
Check out our North Kawartha Candidates on pages 7, 8 & 9 to see what they stand for and be sure to VOTE October 26th. Congratulations to Carolyn Amyotte, Mayor and Jim Whelan Councillor Ward 2 (previously Burleigh Anstruther) - whose positions were acclaimed.

This months magazine is chock full of delicious recipes, great articles, and cozy fall graphics to help us settle into the "Ber" months.
Fall is my favourite time of year and it always has me reflecting on how things are going - I just mentioned to my daughter the other day - that September seems to be like January for our family - when others make New Years resolutions, we tend to dig deep and get refocused in the Fall. I've started an Aquafit class (and my kids have affectionately classified me as old) - however with the damage chemo, my mastectomy, hormone treatments and menopause have done to my heart and body...a nice low impact class that's easy on my joints is right up my alley.
What a great time of year to take a look back on how things have gone and know you still have THREE whole months to finish the year off with a BANG.

Happy 11th anniversary to our favourite Magazine - I have loved being the driving force behind the scenes and truly hope we can find another dedicated entrepreneur to take over for 2027.
Reminder - there is no magazine in November, we will see you again in December with a big beautiful holiday collectors edition designed and published with all my heart.

Helena

Cover Photo Credit:
Terry Walsh, taken on Jack Lake this summer



Reminder: No Magazine in November

Apsley Backroads Magazine

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Looking Ahead **NOV 7 Seniors Bazaar** **NOV 11 Remembrance Day** **NOV 21 Holiday Extravaganza** **NOV 28 Santa Claus Parade** **DEC 21 First Day of Winter** **DEC 25 Christmas Day** **JAN 23 Lions Winter Activity Day**			**NATIONAL SENIORS DAY** 1	**Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION 2	3
Fall Prevention Exercise Class **10 to 11:15am** **Darts** 6:30pm, LEGION **Pickle Ball** ($2) 6 to 9pm NKCC 5	**Snacks and Euchre/Canasta** 12:30pm NKCC **Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **7pm Ping Pong NKCC** 6	**Fall Prevention Exercise Class** **10 to 11:15am** **ShuffleBoard** 1 pm, LEGION 7	**Playgroup 0-6yrs** 10am-12 **NKCC** **Pot Luck Lunch** Canasta or Darts 12:30pm **Woodview** 8	**Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION 9	10
 12	**Shuffle Board** **Cornhole,Lunch** **Euchre/Canasta** 10:30am NKCC **Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **7pm Ping Pong NKCC** 13	**Fall Prevention Exercise Class** **ABC Senior Craft Afternoon** **ShuffleBoard** 1pm, LEGION 14	**Playgroup 0-6yrs** 10am-12 **NKCC** Pot Luck Lunch Canasta or Darts 12:30pm **Woodview** 15	**Duplicate Bridge** 12:30pm NKCC **Music Jam** 4pm, LEGION 16	17
Fall Prevention Exercise Class **10 to 11:15am** **Darts** 6:30pm, LEGION **Pickle Ball** ($2) 6 to 9pm NKCC 19	**Shuffle Board** **Cornhole Lunch,** **Euchre/Canasta** 10:30am NKCC **Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **7pm Ping Pong NKCC** 20	**Fall Prevention Exercise Class** **10 to 11:15am** **ShuffleBoard** 1pm, LEGION **ABC Seniors Craft Afternoon** 21	**Playgroup 0-6yrs** 10am-12 **NKCC** Pot Luck Lunch Canasta or Darts 12:30pm **Woodview** 22	**Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION 23	**PTBSC 50th Anniversary Party NKCC** 24
ELECTION DAY **Fall Prevention Exercise Class** **10 to 11:15am** **Darts** 6:30pm, LEGION **Pickle Ball** ($2) 6 to 9pm NKCC 26	**Shuffle Board** **Cornhole Lunch,** **Euchre/Canasta** 10:30am NKCC **Table Tennis** 7 to 9 pm NKCC **Euchre** 7:00pm **Woodview** **7pm Ping Pong NKCC** 27	**Fall Prevention Exercise Class** **10 to 11:15am** 28	**Playgroup 0-6yrs** 10am-12 **NKCC** Pot Luck Lunch Canasta or Darts 12:30pm **Woodview** 29	**Duplicate Bridge** 12:30pm NKCC **Music Jam Session** 4pm, LEGION 30	 31

Candidates for Deputy Mayor



Ruth Anne McIlmoyl

905-995-6153 ram4dm@yahoo.com

North Kawartha has always been home for me. I grew up just outside Apsley on Hwy 28 where I spent my childhood learning what community really means. Even when I left to pursue education and build my career, this place stayed at the center of who I was. My professional background is rooted in financial management. Over the years I've worked in customer service, collections, sales, business systems analysis, and financial planning.

Eventually I focused on supporting young families build financial stability and prepare for the future. That practical, thoughtful, planahead approach is the same one I bring to municipal service. Community involvement has always been part of my life. I've volunteered with organizations such as Crohn's & Colitis Foundation of Canada, MS Society of Canada along with others and since returning home, with local groups including the Lions Club, the Library, the Legion and Apsley Central School Parent Teacher Council. Being part of North Kawartha means showing up for one another, and I'm committed to doing exactly that. I'm currently completing my first term as Councillor at Large. I was drawn to municipal government because its decisions shape our everyday lives, our roads, housing, waste management, services, and well being. I bring a grounded, informed perspective shaped by my experience in finance, systems, community engagement. Dedicated to serving North Kawartha methodically, careful planning and a deep commitment to our community's future.



Colin McLellan

647-876-5430 cm4dm@yahoo.com ColinM.ca

I am looking to use the knowledge gained and skills developed over the past eight years to drive real improvements in North Kawartha. I am also looking forward to making sure our voices are heard down in County chambers on Water Street.

We can begin by removing barriers to public input, simplifying the process for residents who want to address Council, and making better use of features already available through Township software. Better access to information means better informed residents, better informed Council, and ultimately better decisions.

While I'm not afraid of by-law analysis and word rearranging, I also believe there is more to building a community than managing development. If we want to attract and retain housing, we need to give people reasons to want to live here. Outdoor pickleball at the NKCC, stronger event support, and making North Kawartha a more attractive and active place to live are critical and under discussed parts of the housing conversation.

And while it may feel like a repeat of every campaign in North Kawartha history, responsible development must remain a priority. The construction industry is a major local employer, and the desire to build here is tied to what makes this community special in the first place, its natural beauty and character. Finding the balance between encouraging development and protecting what makes North Kawartha worth developing in is an essential responsibility of Council and critical to the community's long-term economic health. Full platform available at ColinM.ca

TOWNSHIP OF North Kawartha

VOTING DAY OCTOBER 26



Candidates for Councillor Ward 1 (Previously Chandos)



John Lovatsis

416-570-0767 johnlovatsis@bell.net

I am running for Councillor in Ward 1 because I believe North Kawartha deserves strong, responsible and community-focused leadership—leadership that listens to residents, understands our challenges and delivers practical results.

I have been a property owner on Chandos Lake since 2019 and have been actively involved in our community for many years. Since 2022, I have served as a board member of the Chandos Lake Property Owners Association (CLPOA). For the past four years, I have served as Advertising Director for the CLPOA annual yearbook, raising an additional $63,000 for the association.

For the past two years, I have also organized and run the CLPOA's Annual Charity Golf Tournament, raising more than $3,000 for deserving local North Kawartha charities. I also volunteer at CLPOA summer social events, organizing and running food service. These experiences have strengthened my belief in community involvement, responsible stewardship and working together to achieve results.

I want to bring that same commitment to municipal government. My priorities include protecting our lakes, shorelines and environment; managing taxes and spending responsibly; maintaining roads and infrastructure; strengthening the local economy and revitalizing Apsley; and improving access to municipal services, housing opportunities and reliable high-speed internet.

Growth must be carefully planned to support our community without compromising the character, environment and quality of life that make North Kawartha special. Both permanent and seasonal residents deserve a voice in shaping our future. Ultimately, I care about North Kawartha, I am actively involved in our community, and I want to put my experience, energy and commitment to work for Ward 1.

Together, we can build a stronger community.

If you'd like to start a conversation, you can visit my election Facebook page at https://www.facebook.com/2026Lovatsis



Bruce Paterson

705-875-7795 brucepaterson4@gmail.com

I have lived in Peterborough County my entire life, and my connection to North Kawartha goes back generations. My family is one of the oldest cottage families on Chandos Lake, with more than a century of history in the area. I became the owner of our family property in 2009, and for decades I have spent as much time as possible here throughout all seasons. About three years ago, I moved to North Kawartha as a full-time resident, and since retiring, I have been able to dedicate my time entirely to the community I've always considered home.

My long-standing involvement in North Kawartha has given me a clear understanding of the issues, strengths, and character of Ward 1, formerly Chandos Ward. I believe that effective representation begins with being accessible, informed, and present. Living here year-round allows me to be available to residents, attend local discussions, and respond to concerns without delay.

If elected, my focus is on providing steady, transparent representation and ensuring that decisions are made with the long-term wellbeing of the community in mind. I aim to listen carefully to residents, understand the diverse needs within Ward 1, and contribute to a council environment where collaboration and clarity guide our work. My goal is to support responsible planning, maintain the character of our community, and ensure that residents feel heard and respected in municipal decision-making.

Candidates for Councillor at Large



Joe McCauley

705-933-6369 joem.election@gmail.com

I am running for Councillor At Large because I want to bring a voice for all areas of the township to the council meetings. Now what makes me a unique candidate is that I pride myself on not making empty promises. I try to promise things that I can actually achieve, or try to put steps in place to get a solution in a timely manner. I believe every person in the township deserves equal representation, and I want to try and bring that to the council.



Guy Sprung

705-656-3868 guy4catl@gmail.com

After over 60 years of enjoying the benefits of North Kawartha, now in semi-retirement, I feel it is time to give back to our community. I believe in the values of our community and know that I have a lot to contribute to North Kawartha. I live on Highway 620, in Ward 1 but co-own a cottage in Ward 2 and so am, as it were, a dual citizen. As Councillor At Large I can represent both Wards. Also, as both cottage owner and also a homeowner in North Kawartha I can represent both seasonal and full-time residents. I am a strong believer in community engagement and transparency. If there is an issue you believe needs council attention, please get in touch. As President of Long and Loucks Lake Cottage Owners Association, I understand and support the rights of property owners and cottagers and also support the need to cherish and protect our pristine nature. Playing hockey with the Apsley Old Timers Tuesdays and Friday mornings at the NKCC. I understand the need for, and will support recreation choices for all seniors.

As a published writer and former literary columnist for the Montreal Gazette I will work with our North Kawartha Library as it continues to develop its programming and public recognition. As a member of the Bancroft Fish and Game Club, as a hunter myself, I will support safe hunting practices that abide by Ontario Hunting Regulations. I'll work with Municipal staff to explore the possibility of turning a segment of Eels Creek into a public canoe route. I will endeavour to bring council's support to any development plans the Lions Club has for the Lions Club Park.

I'll work with Municipal staff to explore the feasibility of adapting the Banquet room in NKCC into a flexible performance space. I am known for getting things done. My neighbours talked to me about the dangers of driving along our section of Highway 620. I listened. On July 14, I made a deputation to our Municipal Council imploring them to impose a slower speed limit and no-passing zone on the section of 620 that curves around Chandos public beach and the adjacent boat launch. I warned Council it was not a question of "if" but a question of "when" an accident would happen. Only 24 hours later a pickup truck smashed dangerously into the guard rails right at the boat launch. A week later I got a phone call from Peterborough County highways office. They were sending a crew out to examine the safety of that section of the road. I listen; I get things done. North Kawartha is the jewel north of Highway 7. We just have to get the word out a bit more.



MAYOR
Carolyn Amyotte
Acclaimed



Councillor Ward 2
(previously Burleigh Anstruther)
Jim Whelan
Acclaimed

THE MIGHTY PUMPKIN

Vegan Baked Spaghetti Squash with Pumpkin and Green Onion Alfredo



INGREDIENTS

1 medium spaghetti squash
1 tablespoon extra virgin olive oil
1 shallot, minced
1 garlic clove, minced
1 ½ cups raw cashews (soaked in 2 cups water for 1 hour)
⅔ cup pumpkin puree
3 tablespoons nutritional yeast
2 tablespoons grated, vegan Parmesan
2 green onions, thinly sliced
salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375F.

Slice squash in half lengthwise and place onto a baking sheet, cut side down and roast for about 1 hour or until squash becomes fork tender.

Allow squash to cool for about 15 minutes, before scraping the flesh out with a fork, making sure to keep the peels intact. Place squash innards in a mixing bowl, lightly season with salt and pepper and set aside.

Add oil to a small skillet and place over medium heat. Add shallots and garlic and sauté for 3 to 4 minutes.

Remove from heat and transfer to a blender. Drain cashews and add to blender along with 1 ½ cups water, pumpkin puree and nutritional yeast. Blend until mixture is smooth. Season with salt and pepper and add more water, if needed. Pulse a few times.

Add spaghetti squash to the skillet and toss together with alfredo sauce and half of sliced green onion. Adjust seasonings and stuff hollowed squash peels with squash mixture.

Top each stuffed squash with a sprinkle of vegan Parmesan.

Place squash until a broiler and broil for about 2 minutes or until the tops of each squash brown and bubble.

Top each stuffed squash with more vegan Parmesan and thinly sliced green onion and serve.

https://www.spoonforkbacon.com/vegan-baked-spaghetti-squash-with-pumpkin-and-green-onion-alfredo/

Pumpkin Mac n Cheese



INGREDIENTS

1/4 cup plus 2 tbsp. unsalted butter, divided
3 cloves garlic, grated and divided
1/2 cup panko breadcrumbs
2 tsp. kosher salt, divided, plus more for pasta water
3/4 tsp. ground black pepper, divided
1/4 cup grated parmesan cheese
1 lb. dry cavatappi pasta
6 sage leaves
1/2 medium yellow onion, grated
2 Tbsp. all-purpose flour
1 tsp. ground mustard
1/4 tsp. ground nutmeg, 1/4 tsp. cayenne pepper
2 cups whole milk
1 (15-oz.) can pumpkin puree
8 oz. fontina cheese and 8 oz. smoked gouda, shredded

DIRECTIONS

In a small nonstick skillet, melt 2 tablespoons of the butter over medium heat. Add 1 grated garlic clove and cook until fragrant, about 30 seconds. Stir in the panko breadcrumbs, ½ teaspoon salt, and ¼ teaspoon pepper and toast, stirring frequently, until the panko is golden brown, 2 minutes.

Remove the mixture to a small bowl and cool for 5 minutes. Stir in the parmesan.

In a large pot over medium-high heat, bring water to a boil. Add the pasta and salt to taste. Cook, stirring the pasta, until just under al dente, 5 to 6 minutes. Drain the pasta, reserving ½ cup of the pasta water.

In the same pot over medium heat, melt the remaining ¼ cup of butter. Stir in the sage leaves. Cook, stirring frequently, until the sage is lightly fried and the butter is deeply golden and smells toasty. Remove the sage leaves to a paper towel-lined plate and add the onion to the butter. Cook until the onion is soft and translucent, 3 to 4 minutes. Add the remaining 2 grated garlic cloves and cook until fragrant, about 30 seconds. Whisk in the flour, mustard, nutmeg, cayenne, the remaining 1 ½ teaspoons of salt, and the remaining ½ teaspoon pepper. Cook until the raw flour smell disappears, 3 to 4 minutes. Gradually whisk in the milk until smooth. Whisk in the pumpkin puree and cook until very thick, 5 minutes.

Remove the pot from heat and gradually add the shredded cheeses, whisking until melted before adding more. Taste for salt.

Fold in the drained noodles, adding pasta water 1 tablespoon at a time until the sauce coats the noodles.

Serve the pumpkin mac and cheese hot, sprinkled with the toasted panko bread crumbs and crumbled sage.



Chai Pumpkin Meringue Pie



INGREDIENTS

Chai Spice Mix

1 and 1/4 teaspoons ground cinnamon
3/4 teaspoon ground cardamom
3/4 teaspoon ground ginger
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves*

Crust

1 unbaked pie crust - Make your own or use store bought ready crusts
egg wash: 1 large egg yolk beaten with 1 Tablespoon milk

Filling

one 15-ounce can (about 2 cups; 425g) pumpkin puree*
2 large eggs
1 cup (200g) packed light or dark brown sugar
1 Tablespoon (8g) cornstarch
1/4 teaspoon salt
2 and 1/2 teaspoons chai spice mix (above)
2/3 cup (160ml) heavy cream*
1/3 cup (80ml) whole milk*

Meringue Topping

3 large egg whites, at room temperature
1/3 cup (67g) granulated sugar
1/8 teaspoon cream of tartar
1/2 teaspoon chai spice mix, or to taste (above)

INSTRUCTIONS

Preheat oven to 375°F (190°C).

Par-bake the crust: Line the pie crust with parchment paper. Crunching up the parchment paper is helpful so that you can easily shape it into the crust. Fill with pie weights or dried beans. (Note that you will need at least 2 standard sets of pie weights to fit.) Make sure the weights/beans are evenly distributed around the pie dish. Par-bake the crust for 10 minutes. Carefully remove the parchment paper/pie weights. Brush edges lightly with egg wash. Prick the bottom of the crust all over with a fork to create steam vents and return crust (without weights) to the oven for 7–8 more minutes or until the bottom is *just* starting to brown.

Make the pumpkin pie filling: Whisk the pumpkin, 2 eggs, and brown sugar together until combined. Add the cornstarch, salt, 2 and 1/2 teaspoons of the chai spice mix, heavy cream, and milk. Vigorously whisk until everything is combined. (You'll have plenty of chai spice mix, so if you want to increase to 2 and 3/4 teaspoons, you can; the extra-deep flavor is delicious.)

Pour pumpkin pie filling into the warm crust. Bake the pie until the center is almost set, about 55–60 minutes. A small part of the center will be a bit wobbly—that's OK. After 25 minutes of baking, be sure to cover the edges of the crust with aluminum foil or use a pie crust shield to prevent the edges from getting too brown. (See this post on the best tools for baking pies for how to make a pie crust shield out of foil.) Start checking for doneness at minute 50.

Once done, transfer the pie to a wire rack and allow to cool completely at room temperature for at least 3 hours before adding the meringue topping. Pie can be made through this step up to 1 day in advance; cover and keep at room temperature before adding the topping.

Make the marshmallow meringue: Place egg whites, sugar, and cream of tartar in a heatproof bowl. Set bowl over a saucepan filled with 2 inches of simmering water. Do not let it touch the water. (You can use a double boiler if you have one.) Whisk constantly until sugar is dissolved and mixture has thinned out, about 4 minutes. The mixture's temperature taken with an instant read thermometer should be 160°F (71°C). If it's not, keep cooking and whisking until thinned out and temperature is warm enough. Remove from heat. Add 1/2 teaspoon chai spice mix, and then, using a handheld or stand mixer fitted with a whisk attachment, beat on high speed for 5 minutes or until stiff glossy peaks form. Taste, and whip in a little more chai spice mix if you have any left/if desired.

Spread meringue on top of cooled pie, or pipe with large star piping tip such as Wilton 1M. Serve immediately or store at room temperature or in the refrigerator, uncovered, for up to 8 hours before serving. If desired, toast the marshmallow topping with a kitchen torch just before serving. If you want to use the oven to toast instead, see detailed recipe Note.

Cover and store leftovers at room temperature for 1 day or in the refrigerator for up to 5 days.

ABC SENIORS

Contributed by Maaike Berg-Nonnekes

Did you know that October 1 is National Seniors Day and that this year is its 15th anniversary? This day was designated in 2011 and it coincides with the 'United Nations Day of Older Persons.' "This is a day for all Canadians to appreciate and celebrate seniors who have dedicated their lives to our country. They deserve our thanks as they continue to be influential mentors and leaders in our communities," Minister Wong. "The Government of Canada is taking actions to ensure that our policies, programs and services continue to improve the well-being and quality of life for Seniors."

The ABC Seniors are affiliated with United Senior Citizens of Ontario (USCO) and supported its advocacy work to bring forward to the government the concerns and service needs of Seniors. Unfortunately, due to various changes, this important voice for Seniors may be unable to continue.

October is also a time to highlight giving thanks. Making gratitude a habit and acknowledging what and who we are thankful for isn't just feel-good advice. It can also decrease feelings of loneliness, it can reduce inflammation and pain perception and it can positively affect general well-being and better sleep. Take a daily pause to think about or list some of the goodness in your life.

We are thankful for the ABC Seniors and its volunteers for the regular time together over lunch, cards, crafts, and pickleball. We appreciate the efforts that are required to offer and plan special events and entertainment. These extra activities over the summer months included a Golf Day in August at Marvel Rapids, lunch on the patio at Cody Inn in Buckhorn and live theatre, "Fiddler on the Roof" in Bancroft.

Take note of a number of interesting and relevant workshops (free) that are coming up and available to anyone. These all take place at the North Kawartha Community Centre.

September 28, Monday at 11:00 a.m. - noon: Getting the Most Out of Your Health Care Appointment

September 28, Monday at 12:30 p.m.: Managing Stress: Powerful Tools for Caregivers

October 1, Thursday at 1:30 p.m.: Back Pain in Older Adults at NKCC (provided by Community Care)

November 4, Wednesday at 1:30 p.m.: Bone Health presentation at NKCC

For ABC Seniors members, Bingo is scheduled for Wednesday, October 7 from 1:30 p.m. - 3:30 p.m. and the second annual Corn Hole Tournament is in the afternoon on Wednesday, October 21. A First Aid course was made available on Wednesday, October 28 and is for registrants only.

The Seniors are preparing for their annual Bazaar on Saturday, November 7 at NKCC from 10:00 a.m. - 2:00 p.m. Raffle prizes: a twin hand-stitched quilt (Merle Post), a hand-felted shawl (Judy Ranieri) and an acrylic painting, "Red Fox Dawn" (Brenda Rudder).

If you are interested in finding out more about Anstruther-Burleigh-Chandos Seniors, join us on Tuesdays at NKCC or send a message to abcseniorscommunications@gmail.com.







FUN FALL FAMILY ACTIVITIES

Autumn BUCKET LIST

- [ ] Make a fall playlist
- [ ] Go on a nature walk
- [ ] Visit a pumpkin patch
- [ ] Make a homemade treat
- [ ] Volunteer with your family
- [ ] Go to the farmer's market
- [ ] Jump in a pile of leaves
- [ ] Harry Potter movie marathon
- [ ] Light a fall candle
- [ ] Decorate your home for fall
- [ ] Start a gratitude journal
- [ ] Read a book together
- [ ] Go on a hayride
- [ ] Go apple picking

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What's Happening at the Library



UPCOMING LIBRARY PROGRAMS:

Home Alone Course
Saturday October 3rd
9:30 am to 2:00 pm
Sign your child up for this informative session presented by Heffernan First Aid at the Apsley Branch. This course has been designed to build confidence and establish routines when in the house unsupervised. Topics include entering and exiting the home, stranger danger, phones as your lifeline, feeling scared, dealing with emergencies, basic first aid, and internet safety.
$50.00 per person. Pre-registration required. Recommended for ages 9+.

Yarn Tales
Saturdays 10:00 am
Are you looking to get a little more social with your crafting activities? If so, bring your knitting (or any needlework project) to the Woodview Branch every Saturday morning starting October 3rd. Coffee, chat, create. Repeat! Free to attend. Drop in.



Mah Jongg Club
Tuesdays October 6th and 20th
10 am to Noon
Have you been hearing about how much fun Mah Jongg is to play, but you haven't had a chance to experience it yet? Come join in and meet the beginners and experts who have been gathering at the Library to play this very popular game. Free to attend. Drop in, Woodview Branch.

Full S.T.E.A.M. Ahead
Wednesdays, October 7th to November 25th
3:30 pm to 4:30 pm
Afterschool activities have never looked so good! Come join in the fun as we explore a different activity every week focusing on Science, Technology, Engineering, Art, or Math! Free to attend.
Drop in, Apsley Branch. Recommended for ages 7-11.

SEWING WITH SHIRLEY – LEARN TO HEM
Friday October 9th
10:00 am to Noon
Bring your sewing machine to the Apsley Branch along with an item you want to hem, and Shirley will guide you through the process. Pre-registration required. $20.00 per person. A limited number of loaner sewing machines are available.

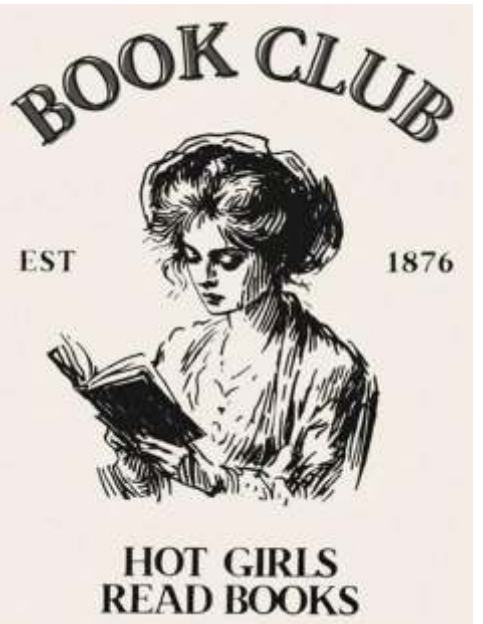
Heads Up for Healthier Brains
Thursday October 15
1:00 pm
The Alzheimer's Society will present this informative session all about brain health. Learn about the connection between body and brain and tips for a healthier lifestyle to support brain function.
Free to attend. Drop in, Apsley Branch.

Wildfire101 with MNR
Saturday October 17th –
10:00 am
We welcome the Ministry of Natural Resources (MNR) back to the Library by popular demand to teach us the reality of wildfire management in Ontario and Canada. Learn about prevention, mitigation, and preparedness. This timely session will share important information for residents and cottagers preparing their properties for the coming year. Free to attend. Drop in, Apsley Branch.

Let's Get Loud for Libraries with the Kawartha Youth Orchestra
Saturday, October 24th
10 am
Help us celebrate Ontario Public Library Week with the Lead Conductor of the Kawartha Youth Orchestra

(www.kawarthayouthorchestra.org). This year, we will be learning about rhythm through bucket drumming. Come make beautiful, loud music with us to tell the world how wonderful public libraries are! Free! Drop in, Apsley Branch. Recommended for ages 7-99

Books and Banter Book Club
Tuesday October 27th
10:00 am
Want to participate in a casual, fun book club with a different theme every month at the Woodview Branch? October's theme is "Spooky Crime". Drop in to talk about the books you have read and find out next month's theme. Meetings are the last Tuesday of each month with the next ones Nov 24 and Jan 25



Coffee and Chat with Local Author Ramune Luminaire
Saturday November 7th
11:30 am
Join the author of Coming Of Age...Again as she shares the inspiration for her book. Her fiction title centers around relationships and love in older women and takes place in the Kawarthas.
Dealing with topics of menopause and dating, this candid, humorous story is full of surprises and cuts through to what's important. Ramune, a Big Cedar Lake resident, will have her book available for sale at this event. Free to attend. Drop in, Woodview Branch.



ONTARIO PUBLIC LIBRARY WEEK
OCTOBER 20th to 24th
Refreshments and giveaways at both branches. Don't forget to participate in our special draw. This year, our draw winner will select ten (10) items* to add to the Library starting our inaugural "OPLW Collection". Have your say at the North Kawartha Public Library and help us make sure our items reflect your interests!
*Note that any suggested item addition must meet the conditions of the Library's Collection Development Policy.

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LIONS COMMUNITY REPORT

by Brenda Lenson
Apsley and District Lions Club



Even though it's early October, the Lions thoughts are heading towards Christmas!

Our next event is the annual Santa Claus Parade on Saturday, November 28th . Once again, this year, we are having an evening parade starting at 6:00 p.m. Start thinking about putting a float in this year, it's fun.

Following the parade, everyone is welcome to come to the Community Center for hot chocolate and goodies. Santa will be there to greet the kids, and there will be gifts for all kids ten and under.

Our band of merry elves will once again be cutting down a large Christmas tree and putting it up at the old Royal Bank Building to light up the town for the season.

The Winter Carnival will be on Saturday, January 23. This is a free event that we put on every year for all kids with games, the Mad Scientist, Zoo to You and other fun activities. Mark the day on your calendar and we hope to see you there.

Have you ever thought about being a Lion? It is a great way to meet new people and serve your community as well. Please contact our Membership Chair Ted Topping for more information at (705)313-5266.





The Science of Gratitude

Article pulled Mindful.org
Misty Pratt February 2022

Research shows gratitude isn't just a pleasant feeling—being grateful can also support greater health, happiness, and wisdom in ourselves and our communities.

Gratitude offers us a way of embracing all that makes our lives what they are. More than just a happy feeling for the parts of our lives currently going our way, gratitude encompasses the willingness to expand our attention so that we perceive more of the goodness we are always receiving.

In the past two decades, a growing body of evidence in the field of social science has found that gratitude has measurable benefits for just about every area of our lives. Gratitude appears to contribute substantially to individual well-being and physical health. So much so that the Greater Good Science Center at the University of California, Berkeley—a leader in research on the science of social and emotional well-being—describes gratitude as the "social glue" key to building and nurturing strong relationships.

Gratitude helps people realize that they wouldn't be where they are without the help of others.

Robert Emmons, professor of psychology at the University of California, Davis, and one of the world's leading experts on the science of gratitude, defines gratitude as having two parts. The first is an affirmation of goodness: People can learn to wake up to the good around them and notice the gifts they have received. The second part of gratitude is recognizing that the source of this goodness rests outside of oneself—that we receive these gifts from other people, and sometimes from a higher power, fate, or the natural world. In other words, gratitude helps people realize that they wouldn't be where they are without the help of others.

A Brain Built On Gratitude

Gratitude is more than just a momentary good feeling. Scientists who have studied written gratitude interventions, such as gratitude letters or journals, have found benefits for an individual's mental health and well-being. Gratitude practices also appear to help you feel more satisfied in life and can boost your self-esteem, according to peer-reviewed research.

The Science: Feel Happier

In one study involving nearly 300 adults seeking counseling services at a university, one randomized group wrote a gratitude letter each week for three weeks. The gratitude group reported significantly better mental health (compared to the control group) at follow-up, 12 weeks after the last writing exercise. Another type of written gratitude practice is counting blessings, or "Three Good Things."A study of this practice found that people who wrote down three things that had gone well in their day and identified the causes of those good things were significantly happier and less depressed, even six months after the study ended.

How It Works: Strengthen Positive Recall

How exactly do these practices work to improve our mental well-being?

In general, people are more cognitively aware of their "headwinds" (or barriers they face) than "tailwinds" (benefits they receive). By paying more attention to our tailwinds, studies have shown that we can accentuate feelings of happiness, optimism, and positive emotion.

"Strengthening your positive recall bias makes it easier to see the good things around you even when times are dark," says Nancy Davis Kho, author of the book The Thank-You Project: Cultivating Happiness One Letter of Gratitude at a Time. Nancy set a lofty goal of writing 50 thank-you letters to people in her life and found that the practice improved her ability to weather some of life's bigger challenges.

At first, Nancy found it difficult to come up with a list of 50 people. After she got started on the letters, the practice naturally boosted positive emotion and she was able to extend her gratitude well beyond her family and friends. Nancy encourages those writing gratitude letters to find "the creative people whose work carries you beyond yourself, whose vision helps you clarify your own, whose talent and hard work have combined to create a body of work that brings you simple joy."

Why Practice: Deepen Resilience

Enduring gratitude is not just about happiness and positivity; it doesn't require you to ignore or stifle negative emotions. In the book The Gratitude Project: How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good, Robert Emmons writes that "practicing gratitude magnifies positive feelings more than it reduces negative feelings." Gratitude helps you see the bigger picture and become more resilient in the face of adversity.

Nourish a Grateful Body

When digging into the science of gratitude, we begin to see there are more dimensions to this emotion than meet the eye. In the scientific literature,

gratitude is studied in several different ways:
Trait gratitude, which refers to whether people have a natu- rally grateful personality. Gratitude as a mood, which tracks daily fluctuations in gratitude. Gratitude as an emotion, which describes a passing feeling of gratitude (when receiving a thank-you letter, for example).
The "practice" of gratitude and the interventions that scientists use in their studies are activities designed to boost gratitude as a mood or emotion.

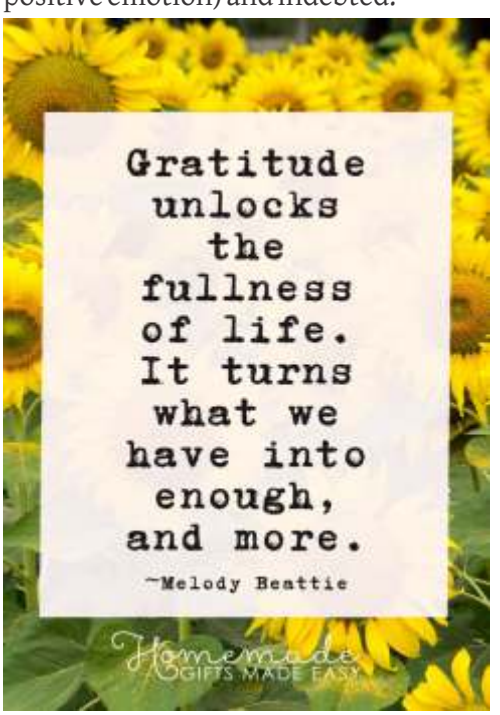
The Science: Boost Immunity and Heart Health
Research published in the last decade has shown that grateful people (those who have "trait gratitude") have fewer common health complaints, such as headaches, digestion issues, respiratory infections, runny noses, dizziness, and sleep problems. It appears that practicing gratitude could also help to alleviate those pesky health problems. In one study, a group of college students who wrote about things they were grateful for once per week for 10 weeks reported fewer physical symptoms (such as headaches, shortness of breath, sore muscles, and nausea) compared to two other control groups.

How It Works: Calm the Nervous System
"Physiological changes associated with gratitude are typically a reduction in blood pressure and increase in vagal tone, which is taken as an index of increased parasympathetic influence on the peripheral nervous system," says Dr. Emiliana Simon- Thomas, Science Director at the Greater Good Science Center. The parasympathetic nervous system (the part of the nervous system that allows our body to "rest and digest") can help you conserve energy by slowing the heart rate, stimulating digestion, and contributing to overall relaxation.
This soothing of the nervous system may be one mechanism by which gratitude works to calm the body. A study of heart-failure patients who were randomly assigned to either an eight-week gratitude-journaling group or a treatment-as-usual group found that patients in the gratitude group showed more parasympathetic heart-rate variability, which is a sign of better heart health.

Why Practice: Make Healthier Choices
Strange as it may seem, gratitude can also encourage us to fuel our bodies with nourishing foods. Research shows grateful people report better physical health because they tend to engage in healthy activities such as focusing on nutrition. "We have found that getting people to express gratitude could help them work toward healthier eating behaviors, like more fruits and vegetables and less junk food," says Lisa Walsh, PhD, a postdoctoral research associate in social/personality psychology at University of California, Los Angeles, whose graduate studies included research with Sonja Lyubomirsky's Positive Activities and Well-Being (PAW) Laboratory at the University of California, Riverside. In one of the PAW lab's studies, high school students preselected a healthy eating goal and were asked to either write weekly gratitude letters or list their daily activities. Teens who expressed gratitude reported healthier eating behavior over time compared to those who just listed their activities. Other studies of people's physical health outcomes have found that gratitude journaling can lead to better-quality sleep and lowered blood pressure.

Thankful to Those We Love
In addition to giving individual benefits, gratitude may also help to strengthen ties with friends, loved ones, and those in our wider communities. The find-remind-bind theory, first proposed by psychologist Sara Algoe—an associate professor at University of North Carolina at Chapel Hill—suggests that gratitude can help people identify good candidates for a new relationship (find), appreciate existing relationships (remind), and motivate people to maintain or invest in these relationships (bind). As Sara writes in a 2012 paper on her theory, "Gratitude starts inside one individual and its effects spread to a dyadic relationship and perhaps throughout a social network."

The Science: Stronger Connections
"Social connection is likely key to well-being," says Lisa Walsh. She explains that gratitude might not be an emotion that just makes people feel good; it appears to have social implications by motivating individuals to improve themselves. In an upcoming study from the PAW Laboratory at UC-Riverside, high school students who expressed gratitude had a mixed experience—they felt "elevated" (a positive emotion) and indebted.

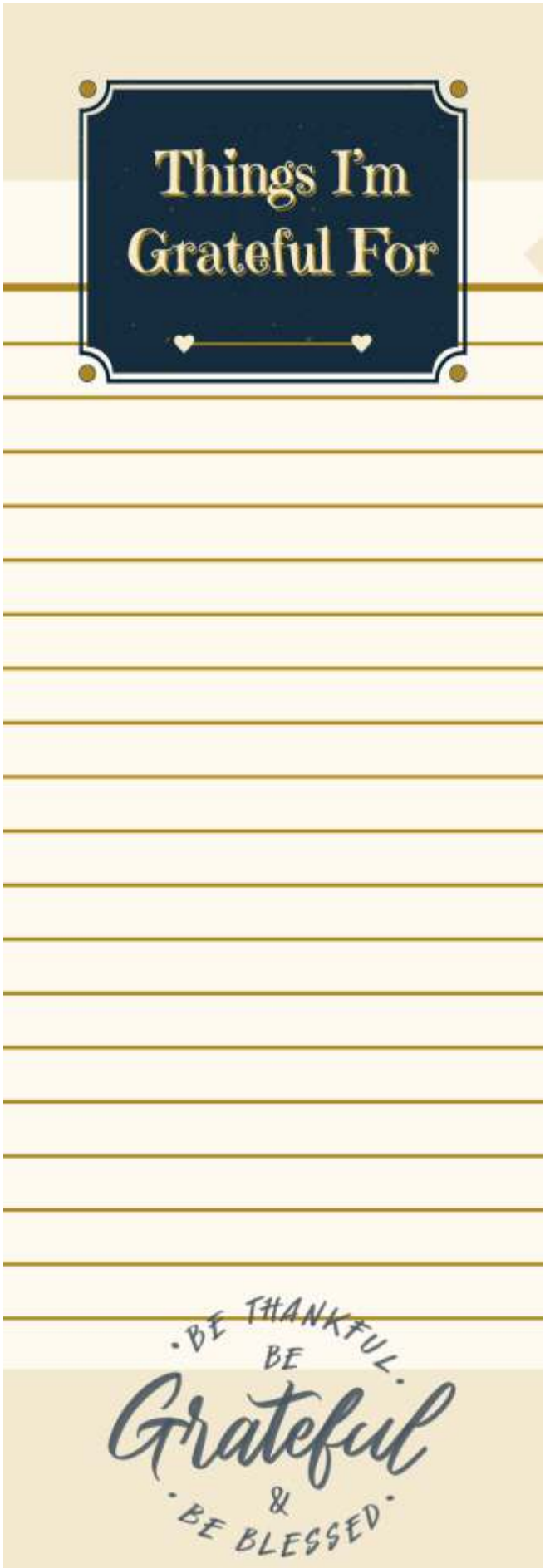


Immediately after writing their gratitude letters, the students also felt motivated to improve themselves.
Find-remind-bind theory suggests that expressing gratitude may prompt individuals to pay back the kindness they have received, and can also motivate a person to make decisions that will strengthen their relationships. Gratitude may increase a person's desire to spend more time with someone, and it encourages prosocial behaviors.

How It Works: Better Communication
Gratitude also plays an important role in maintaining romantic relationships, acting as a "booster shot" to remind us why our partners are valuable and worth holding onto. By practicing gratitude, couples can initiate a cycle of generosity—one partner's gratitude inspires the other to act in a way that reaffirms their commitment. One study found that receiving a thoughtful gesture from a partner was followed by increased feelings of gratitude and indebtedness. Experiencing gratitude from these acts of kindness led both partners to feel more connected and satisfied with their relationship the next day.
While many studies have examined the effects of writing gratitude, all the ways we communicate—letters, conversation, and social media—are avenues for expressing gratitude. Gratitude may also open the door to healthier communication styles within a relationship. Since the practice leads to more positive perceptions of our partners, friends, or family (and likely, greater trust), we may feel more comfortable talking through disagreements. In one study, participants who expressed gratitude toward a romantic partner or close friend reported greater ease when voicing relationship concerns in the future.

Why Practice: It's Better Together
"Gratitude has made our family closer," says Randi Joy, a chiropractor and life coach living in Ottawa. She's been practicing gratitude with her family for about five years. "When we talk about our gratefulness and what we're grateful for...we have a better connection," she says. Whether it's a gratitude walk where they discuss what they're grateful for, or a list of their "gratefuls" at the dinner table, Randi's family takes every opportunity to practice together.

Whether you hope to boost your mood and mental health, protect your physical health, or improve your personal relationships, a rich body of research in the field of social sciences has found that gratitude offers significant benefits. The takeaway: Cultivating gratitude can open the door to a different perspective-one that values the goodness in our lives. With practice, we can learn to see the bigger picture and navigate adversity with greater resilience.



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.

Here's a few things that happened since my last update:

- Council approved the implementation of the Riverview Park Enhancement Plan and has engaged the services of Clearwing Ecological Gardens to create naturalized and native gardens along with and outdoor classroom
- We approved the dangerous tree removal from the Glen Alda Cemetery and several other municipal properties
- Council received a strategic plan update and is looking forward to a new plan being created in the next term of Council
- The Township has requested quotations for commercial real estate brokerage services to lease out the old bank space at 135 Burleigh St
- We received the tender results for the 143 Burleigh St parking lot reconstruction
- Council set the dates for our 2027 Budget deliberations: November 19, 2026, Capital Forecast meeting, December 17, 2026, Special Budget meeting #1 and January 28, 2027, Special Budget Meeting #2
- A Celebration of Life for Councillor Jim O'Shea was held on September 19, 2026, at the NKCC
- An All-Candidates meting was held on September 26 at the NKCC

ELECTION DAY is October 26, 2026! Eligible electors in North Kawartha will be able to vote electronically using the internet or telephone. You can confirm you are on the voters list by contacting the Municipal Office by phone, email or in person. For more information, please visit the Voters Information page at www.northkawartha.ca. Your vote is your Voice-make sure you can use it!

Here's the upcoming meeting schedule:

Regular Meetings of Council are held on the first and third Tuesdays of the month. Regular Meetings of North Kawartha Library Board on the fourth Tuesday of the month

THINK TURTLE CONSERVATION

By Kelly Wallace

Turtles are Early Winter Planners

One nice thing about July and August is seeing fewer turtles crossing roads. June is another story altogether. During nesting season, turtle movement is at its peak, and as many as 50 injured turtles a day can arrive at the Ontario Turtle Conservation Centre (Ontario's Turtle Hospital). The quieter weeks that follow are a welcome break.

Then September rolls around.

By mid-month, nesting season is behind us, many nests have hatched, nights are getting cooler, and another change in turtle activity begins.

Winter Is Coming, and Turtles Know It

For turtles, preparing for winter does not involve a furnace, a stack of firewood, or a warmer coat. It does, however, involve getting to the right place to survive the months ahead.

As fall progresses, turtles begin moving toward overwintering areas. Sometimes that means another part of the wetland they already occupy. In other cases, it can mean traveling overland to another pond, marsh, or wetland. Unfortunately, getting there can mean crossing a road.

Why Move Somewhere Else for Winter?

A wetland that works well for a turtle in July may not provide what it needs in January.

Most of Ontario's turtles overwinter underwater, but not just anywhere. They need a site that retains enough water beneath the ice, provides relatively stable temperatures, and offers suitable bottom material such as mud, silt, or decaying vegetation where they can settle. Dissolved oxygen levels can also matter.

As the water cools, a turtle's metabolism slows dramatically, reducing the amount of oxygen and energy it needs. Some species, including Snapping Turtles, can absorb dissolved oxygen from the water through specialized tissues. Others, such as Painted Turtles, are well adapted to surviving periods when very little oxygen is available.

Spring-fed areas can sometimes provide good overwintering conditions because groundwater may help stabilize water temperatures. But being spring-fed does not automatically make a wetland suitable. Water depth, temperature, oxygen, and bottom conditions all matter.

That is why a turtle may leave perfectly good summer habitat as winter approaches. The place that meets its needs in July may not be the place that can carry it safely through January.

Turtles do not read calendars, but they certainly recognize that their world is changing. Shorter days, cooler nights, and falling water temperatures provide seasonal cues that influence their behavior and physiology.

Adults Aren't the Only Ones Preparing

Juvenile turtles may be years away from mating or nesting, but winter preparation begins long before adulthood.

Young turtles already have the biological responses that allow them to react to the changing season. What they lack is experience. An older turtle may be returning to an overwintering site it knows, while a juvenile is still becoming familiar with the different places it needs throughout the year. Depending on the habitat, that juvenile may spend winter within the wetland it already occupies or move elsewhere to find suitable conditions. So a juvenile moving in September/October is not necessarily lost. Being young does not mean it has nowhere to go.

What About This Year's Hatchlings?

Hatchlings are a little different. A turtle emerging from its nest in September or October is not making the same kind of fall journey as an older turtle returning to a familiar overwintering area. It has only been in the world for days/weeks and has no previous winter destination to return to. For many hatchlings, the first job is reaching suitable water and finding the shelter and conditions needed for their first winter. Once they reach aquatic habitat, they generally stay in or near it rather than setting off on a long overland journey elsewhere.

Their trip from nest to water can still take them across yards, trails, driveways, and roads, which is why we continue to watch for them throughout Sept/Oct.

Not every hatchling leaves the nest in fall either. Hatchlings of some species, including Painted, Map, and Blanding's Turtles, may remain underground in the nest chamber through their first winter and emerge the following spring after the ground thaws.

For those that do emerge, winter comes remarkably soon after their first steps into the world. Not bad for a little turtle about the size of a loonie.

Instinct, Experience and the Approach of Winter

Turtles do not have to reach adulthood before they know how to respond to the changing season. Those biological responses are there from the beginning. What changes over time is experience.

An adult may be returning to an overwintering area it has used before. A juvenile has fewer seasons behind it, while a hatchling emerging this fall is preparing for winter for the very first time; different ages, different levels of experience, but all responding to the same approaching season.

Long before the ice forms and snow begins to fall, turtles are already preparing for winter.

Winter is coming. The turtles know it. When their path crosses ours, a little awareness and care can help them get where they need to go.

If you have any questions, phone or text Think Turtle Conservation Initiative at 647-606-9537. For more information about Ontario's turtles and the many ways you can help them, visit thinkturtle.ca or follow Think Turtle Conservation Initiative on Facebook.



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VIEW FROM THE CABIN

by Rick de Haan

Animals I Have Known Part Two

Kim and I had only been married for a year or two. We lived in an apartment, a triplex, ground floor, with a large farmer's field just across the road. Being a nature guy, I could frequently be found exploring the field and its adjoining woods.

One wet morning after a night of rain, I was walking through the field and came upon a small half-drowned mouse, or "meadow vole". Feeling sorry for the poor thing, I brought it home. Kim and I managed to warm the tiny creature and put it in the only thing we had; an old bird cage. It survived the night, staying warm in an old hand towel and some dry grasses which made its environment seem natural. As the vole dried out and became more active, we fed it some bird seed and gave it water. Pretty soon it was running around in the cage like it owned the place.

Not long into the second day, the vole, which now appeared quite a bit bigger due to its now dry fur, began to squeeze out between the wires of the cage. We quickly realized that the bird cage was only meant to keep a bird, not a mouse that could stretch itself out and wiggle sideways to freedom. We aptly named our little friend "Houdini". Houdini practised his little act over and over (under our watchful eyes) until he could escape in under a second! We then decided that since he had fully recovered from his near death experience, he was now ready for freedom. And with well wishes, we let him go in the field where I had found him.

For about a year, I worked at a golf course to make ends meet. On my rounds one day I noticed a pair of ducks—barnyard ducks in one of the many ponds on the course. How they got there I had no idea. They couldn't fly, but just waddled away from any machinery that got too close. Over time, the nesting pair had ducklings. Since there were no predators except the odd fox, they did fairly well. At the end of a day of mowing fairways, I decided to see how they were making out. It was then that I noticed one of the ducklings could barely walk due to an apparent leg deformity. Knowing it probably wouldn't survive, I managed to catch it and took it home in my jacket.

Kim was leery at first. Not too many people have a lame duck gimping around in their apartment. But she warmed up quickly to the little ball of fluff. We kept it in a cardboard box at night and gave it some freedom during the day. On the kitchen floor it would scuttle into a hand or lap to be held. Our little duck like to snuggle into things and sit there and look about at the goings on in the kitchen. One of my moose-hide mocassins was a favourite (see pic). It also had a strange habit of nibbling at Kim's eyelashes if she held it close to her face.

But, alas, we knew we couldn't keep the duck. We didn't have a pond in the backyard. Plus, our landlord happened by one day and noticed our little visitor. He was not impressed. After a few days, I was able to find it a home on a farm where there was lots of space, complete with a pond.

My propensity for finding animals and bringing them home went from the wild to the domestic. Working in printing at that stage in my life, one of my clients that I provided stationery for was a Christian men's shelter. One day I wandered in to deliver two cartons of envelopes and nearly tripped over a black kitten. When I bent down to pet the little thing, it purred and looked up at me with friendly eyes. The manager said it had wandered in through the open kitchen door the day before. They weren't sure what to do with it. I thought, well, we could use a good cat! So, I said I'd take it home on the condition that my wife would approve. Certainly she would fall in love with it, I thought!



Well ... Kim thought the kitten was adorable, but quickly reminded me of what I already knew, but in my enthusiasm had forgotten—she was allergic to cats!

I hated to do it, but I headed back to the men's shelter the next day where an old man, who was at the shelter for just a few nights, fell in love with it and was able to give it a home.

There was a time when the kids were about 10 or 12 years old that we decided to get a dog. Well, it was mostly me I guess. I liked to hunt upland game birds, grouse mainly, and had wanted a good bird dog to

flush them out and retrieve them. But a good bird dog from a breeder was well over a thousand bucks, and I knew I couldn't afford that. So we went to the local animal shelter instead. After looking at all kinds of dogs, we decided on a nice calm dog that looked like he was part hound. So for a hundred bucks I now owned a recently inoculated and fully neutered hunting dog.

When we got him home we found out a few interesting things about Zeus. He had never played with a ball—he simply did not know what to do with it. We had to teach him how.

I also found out that he had a few phobias that I hadn't realized. He skulked away and hid when I got my shotgun out, even though I tried to assure him that he was completely safe. Out in the woods I flushed a grouse—which Zeus unfortunately hadn't noticed—and fired a shot at it. Zeus, with bulging eyes turned and ran back the way we came. I later found him hiding behind a tree peeking out to see if the coast was clear. When I tried to encourage him to swim out to fetch my grouse, which had unfortunately landed in the middle of a pond, he dug in and would not even be persuaded to get a toenail wet! Ugh. So much for a dream hunting dog!

For all his peculiarities, Zeus made a great pet. He loved life, as long as it was on dry land. His favourite thing to do was laze around and sleep 18 hours a day. He had an incurable habit of sprawling out at the end of the driveway, almost on the road. Drivers would invariably slow down or stop to see if he was alive. If he was awake, Zeus would raise his head to look at the concerned driver and flop his tail up and down in a cloud of dust to greet them.

Zeus was a very polite dog. I got up one fine summer morning and found him sitting on the deck waiting for his turn at his food dish while two crows pecked at his kibble.

Even though he wouldn't hunt, or be coaxed into the water to retrieve grouse or ducks, Zeus was a good companion with whom we shared many happy memories.





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Around the Rink

By Helena McMann,
AMHA Board Secretary

Another exciting Season ahead for the Apsley Minor Hockey organization and the North Kawartha Skating Club. Sharpen your skates, grab a warm cup of hot chocolate and see you at the rink! Check out their Facebook pages for more details and updates.

To purchase raffle tickets to support AMHA, reach out to your favourite player or email amha.reg@gmail.com



THOUGHTS From GAYLE

Gayle Davis, Freelance

October Goes Out with a Howl

Pretty soon we will see the hills hunker down, resplendent under a blanket of fresh snow. The days are getting cooler and the nights are getting longer. But before that happens, we have the colourful month of October to enjoy. Leaves in riotous displays of colour. Dry leaves crunching underfoot during a walk in the woods. Delicious tummy pleasing foods to savour. The Thanksgiving celebration brings family back together from busy lives, to share a sumptuous meal. Warm coats and fuzzy mittens to keep Jack Frost at bay. Cozy evenings under a blanket reading or watching our favourite show.

In addition to the Thanksgiving celebration, October winds down in a blaze of colour as we observe Halloween.

Kids in costumes. Bowls of candy being offered at each door knock. Halloween parties for both kids and adults where sometimes the most bizarre outfit receives the highest accolades, mixed in with a few laughs and 'wows'.

Halloween traditions began approximately 2000 years ago and had Celtic roots. The pagan celebration marked the end of the harvest season and the start of colder weather. To ward off evil spirits, Celts dressed in animal skins and danced around huge bonfires to repel wandering evil spirits who were thought to have escaped from the grave.

October 31st was believed to be the day that blurred the boundary between the living and the dead, where graves were opened and malevolent spirits wandered at will to prey upon the living.

Over the decades, the celebration evolved. In the 20th century it became more of a secular celebration of fun, with costumes, trick-or-treating and parties. During the Victorian era many costume parties were held but eventually interest died off. Masquerade parties became very popular in the 1920s and 1930s. The observation became child- centric following World War II, adults being discouraged from participating due to increasing vandalism and pranks.

The modern adult revival was seen in the 1960s and 1970s as parties and parades became community celebrations for adults, with their festivities being more lighthearted than frightening.

Today's celebrations see children walking door to door shouting, 'trick or treat' and being rewarded with candy or fruit. Carving pumpkins is another event that gets the family involved as 'jack'o lanterns' are prepared for the spooky evening. Homes are decorated, some quite elaborately, with spiders, spider webs, skeletons and orange- coloured lights. And once the outdoor activities are finished, there is always a scary movie or two to watch while munching on candy.

Halloween is a late fall tradition, the celebrations passed down through generations. With a focus on fun and safety it can be a great event.

However you choose to spend it, I hope you have a spooktacular time!



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PTBSC CELEBRATES 50 YEARS

Guest contributor, Charlie Atkinson Volunteer with Paudash Trail Blazers Snowmobile Club



We invite the community to help celebrate an incredible milestone: 50 years of volunteers, landowners, sponsors, and riders working together to support snowmobiling throughout the region.

Our club is a not-for-profit, volunteer-run organization. We manage and maintain over 300 kilometres of trails that connect and cross all of our County communities.

The club's 50th Anniversary Party will take place on Saturday, October 24, 2026, at the North Kawartha Community Centre in Apsley. Doors open at 7:30 p.m.

This special 19+ celebration will feature live music and dancing with Trouble in B-Town, a cash bar, snacks and food provided, and memories from five decades of club history, all for a great evening with the people who have helped make the Paudash Trail Blazers what they are today.

Since 1976, the volunteer-led club has built and maintained an extensive trail network connecting communities throughout Haliburton County and the Bancroft area. Along the way, the club has supported winter tourism, strengthened the local economy, and built lasting relationships with hundreds of generous landowners, volunteers, businesses, and community partners.

Tickets are $25 and are available at Bancroft Sport & Marine, Wayne's World Polaris, Algonquin Cookhouse in Harcourt, Woody's in Apsley, Wally's/Gilmour Bay Marina, and AM/PM Gourmet Outdoor Grill.

Whether you are a snowmobiler, volunteer, landowner, sponsor, longtime supporter or simply someone looking for a great night out, the Paudash Trail Blazers invite you to come celebrate 50 remarkable years and help kick off the next 50.

Event: **Paudash Trail Blazers Snowmobile Club 50th Anniversary Party**

Date: **Saturday, October 24, 2026**

Location: **North Kawartha Community Centre, Apsley**

Doors open: **7:30 p.m.**

Admission: **$25** Age: 19+ and Cash Bar

Entertainment: **Live Music by Trouble in B-Town Band**



Excerpt from 1976 Newsletter

PAUDASH
TRAIL BLAZERS SNOWMOBILE CLUB
NEWSLETTER

Hi there snowmobilers:

Didn't get to see too many members at the Thanksgiving Meeting-A little disappointing but so was the weather.

First of all we need all the help we can muster for a trail making bee on Saturday November 20th 1976. We will meet at the Paudash Lake Marina at 9:00 am. Bring axes, chainsaws ect. whatever you have we will get one trail ready for sure and if enough help is available we will work on a second trail; we must have the help if we are to be sucessful. Bring potential members along with you. The more the merrier. You should bring some lunch along with you;

We are sadly in need of finances to carry out our financial obligation, so if you would send in your membership dues $5.00 per machine, we would greatly appreciate it.

CLPOA
JLA
ROUND THE LAKES

FISHING DERBY
Co-Ordinator needed for the July 2027 season

The Chandos Lake Properties Association (CLPOA) is looking for an Event Coordinator to help us manage the wonderful team of people making this Fishing Derby possible.

Essentially, the Event Coordinator is the backbone of the derby. You would be responsible for advertising (local papers, flyers) and advertise for volunteers (local papers, posters).

Additional duties include sourcing and prepare prizes, "loot bags", "T" shirts for kids, and entertainment.

You would be responsible for checking in volunteers on the morning of the event, assigning them to their stations—like the baiting stations, safety zones, and prize tables— and making sure everyone knows their role. Before the event, you would also help us send out a couple of brief email updates to the volunteers so they know where to park and what to bring.

The CLPOA leadership group would also provide assistance with the BBQ lunch, setup, website communications, and on-site support.

It is a fantastic leadership role for someone who loves community events and wants to make a direct impact on the kids' experience.

Does this sound like the kind of responsibility you would be comfortable taking on this year?

If so, please contact Mike Lucassen at mablucassen@gmail.com for further information





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AROUND TOWN

Down the Road and Over the Fence

PLEASE JOIN US FOR A

Celebration of Life



Linda Eva Harvey

Saturday, October 17, 2026

1:00 - 4:00 p.m.

Apsley Legion Branch 381

150 Burleigh Street, Apsley, ON

Please join us as we gather to remember and celebrate a life deeply loved.

Coffee, tea and light refreshments will be served.

The bar will be open for guests wishing to purchase other beverages.

Family and friends are warmly welcome.

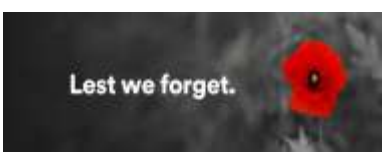


Happy 100th Birthday Mom, Grandma and Gigi.
Margaret Reddick
September 23rd.
Love from your family
Gigi and one of her great-granddaughters Emilyn.

NOVEMBER DATES TO REMEMBER



NOVEMBER 7th
Seniors Bazaar
NKCC



NOVEMBER 11th
Remembrance Day



NOVEMBER 21st
Holiday Extravaganza
NKCC



NOVEMBER 28th
Santa Claus Parade, Apsley

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JOHN LOVATSIS

WARD 1 (CHANDOS)

Building a Stronger Community



VOTE OCTOBER 26

1 PROTECT OUR LAKES & ENVIRONMENT

Protect water quality, shorelines and sensitive areas.
Ensure effective septic management.

2 MANAGE TAXES & SPENDING RESPONSIBLY

Control costs, prioritize essential services,
and keep property taxes affordable.

3 MAINTAIN ROADS & INFRASTRUCTURE

Keep our roads, bridges and infrastructure safe, reliable
and in good condition — now and for the future.

4 GROW OUR ECONOMY & REVITALIZE APSLEY

Support local businesses and tourism, attract investment
and plan for growth that protects our roads, services, water bodies,
shorelines and the character of Apsley & North Kawartha.

5 DELIVER RELIABLE SERVICES & ACCESS FOR ALL

Provide dependable municipal services — waste/recycling,
recreation, fire protection, communications and community services —
equitably across the Township.

6 DEVELOP & PROMOTE OPTIONS FOR YEAR ROUND HOUSING

Ensure short term rentals are managed responsibly so that they
benefit our local economy, while protecting neighbourhoods and ensuring
that all residents can enjoy their properties.

7 EXPAND RELIABLE INTERNET CONNECTIVITY

Close the connectivity gap with high-speed internet access for residents,
businesses, remote work, education, healthcare and emergency services.

EXPERIENCE
Knowledge. Results.

INTEGRITY
Honest. Transparent. Accountable.

COMMITMENT
Community. Service. Progress.

VOTE
RuthAnne McIlmoyl



OCTOBER 26th 2026

DEPUTY MAYOR

North Kawartha Roots,
North Kawartha Values.

My Priorities for North Kawartha

- **Responsible financial stewardship.** With a background in financial services, I bring real experience in planning and accountability to how the township manages its budget and long-term investments.
- **Housing that fits our community.** Attainable housing options, modernized zoning bylaws, and development that respects our rural character, worked out in partnership with the county, province and federal government, for both permanent and seasonal residents.
- **Protecting our lakes and forests while growing our local economy.** Education and community awareness are key to protecting our lakes, forests and wildlife. I also support local tourism, small business and year-round economic activity, including better broadband and digital infrastructure.

905) 995-6153 ram4dm@yahoo.com
RuthAnne for North Kawartha Deputy Mayor

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Colin McLellan

for Deputy Mayor



Happy Thanksgiving!

Between tidying gardens and moving docks, we should all take a moment to be thankful for things truly important to us.

I am thankful for friends and family that support me unconditionally.

I am thankful to live in a free, safe, and respectful Canada.

I am thankful to call North Kawartha home.

Responsible Development.
Community Engagement. Progress.

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Paid for by the campaign of Colin McLellan

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Saturday, November 21, 10am - 4pm

North Kawartha Community Centre

Apsley