



HAVELOCK RAIL

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October 2024

Edition 64



CHAMPION ARMWRESTLER PATRINA BROOKS SETS SIGHTS ON WORLD CHAMPIONSHIP

By Laurie Deshane



Patrina Brooks' family were raised in Cordova. Her grandmother, Carmel Redcliffe lived in the house that the Fire Chief now occupies. Her grandfather Dave Brooks also grew up in Cordova. Their granddaughter is a World Champion Armwrestler. Yes, I did say "Armwrestling? This is becoming a very popular sport and John and I were lucky to be able to attend a competition held in Peterborough a few years ago and fortunate to see Patrina compete. "Fast forward" to today and the journey and dedication that Patrina has travelled is surpassed only by the skills she has developed along the way, with the strength and power in both her arms.

Patrina Brooks was 7 years old when she acquired an interest in armwrestling. Her father Tony Brooks happened upon an armwrestling tournament while at a restaurant; was invited to their practices and Patrina and her sister accompanied him. They both began practicing and Patrina fell in love with the sport! Tony became her coach and biggest fan and constant source of inspiration. She perfected her skills at the Belleville Armwrestling Club and started at small local tournaments. She eventually made her way up to provincial and national tournaments.

Patrina is a Team Canada athlete, and her tenacity has driven her to become a 27-time Provincial champion and a 13-time National champion. Her most recent and major win occurred this year in Las Vegas where she became the North American champion on March 16th. She captured the Provincial championship on May 18th and then won the National championship on June 30th. She has achieved "female armwrestler of the year" 6 times! She is now training for the IFA World Armwrestling Championship held in Greece this month. Her training is rigorous and intense and involves 15 classes/workouts a week. With all of this dedication and training, sacrifices are made; less time with families and friends; strict diets; but when her dream of becoming a World champion occurs; all of this will be worth her continued perseverance.

Continue story on page 3.

WHAT'S INSIDE

Check out what's happening in your community

Look for news and updates from local community groups

H-B-M Happenings on page 19

Check out local businesses



CONTACTS:

For the Editor: havelockrail@gmail.com
 havelockrail.news@gmail.com
 havelockrail.ads@gmail.com
 havelockrail.finance@gmail.com
 havelockrail.cevents@gmail.com
 havelockrail.announcements@gmail.com
 havelockrail.classifieds@gmail.com

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SUBSCRIPTIONS

The Havelock Rail is distributed free of charge to all K0L 1Z0 postal codes. Distribution outside of our postal district is significantly more expensive so we must charge a subscription fee. If you would like to receive the Havelock Rail in your mailbox, contact us and we can arrange delivery. There will be an annual fee of \$36.00 for 12 monthly editions.

ELMER'S EDITORIAL

October is here and Thanksgiving will soon be upon us. We have much to be thankful for. As far as we know our politicians have not been convicted of fraud or sexual assault. And as far as I know none of our politicians are hawking bibles and sneakers to pay legal bills. We do seem to copy the hate and personal attacks on our politicians and civic officials that have spread on social media. I do not visit social media so I cannot verify that local elected officials have been attacked on various platforms. This is not something to be thankful for!

We can be thankful that we have the Havelock Rail which tries to report a variety of news and information articles and supply accurate information to our readers. If we make an error in an article we try to correct it as we have done in the Norwood Hospice story. We are certainly thankful for all the sponsors who cover the cost of printing and production. We also thank all the volunteer writers and committee members who make this possible.

We can be thankful that we have an active volunteer committee managing the Food Bank. They always need donations and do their very best to support the food insecure people in our community. We also give thanks to all the volunteer clubs and organizations that make Havelock a better place to live. This includes the Royal Canadian Legion, the Lions Club, the Havelock Centre, Community Care, Seniors Centre and a host of volunteer coaches in hockey, softball, soccer and figure skating. These volunteers make Havelock a great place to live.

This wouldn't be a Thanksgiving message without mentioning the Norwood Fair. Hope to see you at the Fair.



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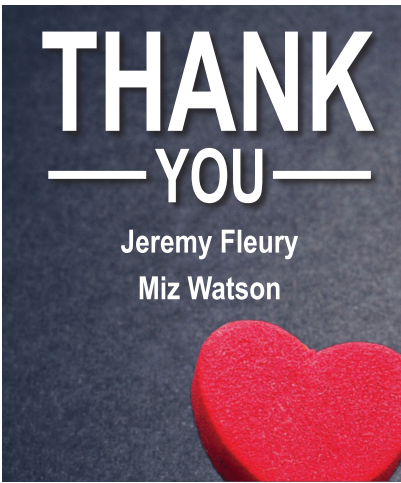


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Continued story from page 1.

CHAMPION ARMWRESTLER PATRINA BROOKS SETS SIGHTS ON WORLD CHAMPIONSHIP

When Patrina is not in the "ring" she can be found teaching Jiu-jitsu & kickboxing. She's a martial arts expert with a purple belt in Brazilian jiu-jitsu and a Muay Thai fighter and she is highly respected by her students, teammates and coaches. How does one pay for all of the costs associated with this sport? Patrina has a Gofundme page; raffles; 50/50's to help her realize her dream. Athletes such as Patrina must be able to financially cover these costs in order to train and compete; sponsorship or donations are always greatly appreciated.

Her father says she is a "unique one of a kind young woman" "the kind of woman you wish your best self to be; people young and old are inspired by her". With him by her side she can achieve this amazing title of World Champion. Good luck to Patrina in her quest. If you would like to "follow" Patrina, get more information on this sport or would like to help Patrina get to Greece, you can find her on FB at Patrina Brooks!



CORRECTION

By Kathy Clement

My sincere apologies for two errors on our article in the September edition. First, John Stewart gifted the home to Hospice Norwood (not the village) and secondly, to date, Hospice Norwood has raised over \$500,000.

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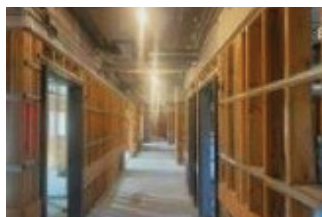
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A LOOK INSIDE

By Larry Pick

On August 9, 2023 I attended the ground breaking for Station Place LTC. This project was initiated many years ago by our local council members and concerned citizens, a story most Havelock residents are very familiar with. In our 2024 August Rail edition, we were presented with ariel photos of the facility. I have to say, the facility is even more impressive from the inside.



AON has lost no time in the construction of the building. As a volunteer next door at Community Care, I have watched the building grow.

My contacts in the seniors' apartments have been keen to keep me updated on the progress they have seen from their windows. As well as the builder of Station Place, AON will also use its expertise in LTC operations to make the facility blossom for Havelock and the area.

Fast forward 13 months. I was fortunate to be invited to a progress tour along with Council members and other local officials on September 13. Most of the interior framing is complete and drywall installation has begun. With a little imagination it is easy to visualize the beauty of the project when it is completed.

AON project staff described the physical amenities of the building: the home-like environment, the room design, care

areas (bath/shower areas, private relaxation areas, nurses' stations, and common space for family visits or communal activities).

The building is set up as four individual home areas with private dining areas and an interior open-air courtyard for resident use. As well the units share common parking and a common entrance.

This photo shows a "deck" over the main entrance to the facility.



The view is from the gallery on the second floor. There was discussion as how to decorate the deck: a common thread of the discussion was to come up

with a display to highlight the railroad history associated with Havelock. Any ideas? Contact your local Councilor or The Rail.

With a grand opening in the summer of 2025, the push within AON is to develop the staff team. The team will include 140 full- and part-time professionals. Personal Support Workers will be an integral part of the team. AON/Station Place have put in place a PSW training program and is actively recruiting individuals who are looking to start their new career in Havelock.

More information on this program at stationploaceltc.com.



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WE ALL WANT A HEALTHY OLD AGE

By Paul Stevens

There used to be a common story back in the 1950s and 1960s. It was about people who had recently retired and were looking forward to taking it easy and wound up passing away in less than a couple of years after retirement. I remember my parents talking about friends that this happened to. It always seemed incredibly unfair. Modern research reveals that it is also unnecessary in most cases. I recently read a book by Peter Attia MD called "OUTLIVE." In this book, he references study after study that shows that exercise has a profound effect on your lifespan and your health span. People who exercise regularly can add as much as ten years to their lifespan compared to non-exercisers. Peter delivers some excellent news in his book. "For those who are not habitual exercisers (yet), you're in luck: The benefits of exercise begin with almost any amount of exercise north of zero- even brisk walking- and go up from there.... any exercise is better than remaining sedentary."

As Peter points out, with exercise you don't just live longer, you live healthier and are more able to do things and avoid injury.

There are many opportunities to participate in structured exercises in Havelock. Just check out the back page of the Havelock Rail for a list of community events and you will find a wide selection of activities, including seated yoga, Zoom exercises, Zumba, Cardio & Weights, Line Dancing, Body Balance, and Yoga. All of these events are guided by individuals who are knowledgeable and able to provide attendees with additional suggestions for home activities.

For those with access to the internet and a wish to learn more about maintaining a longer and healthier lifespan, a search on YouTube for "Peter Attia Longevity" will provide you with a number of videos running from 5 – 10 minutes long that will provide information to you in bite sized pieces. But breaking it down, getting up and doing almost anything will have a positive impact on your future health and wellness. So let's all get moving.

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HAVELOCK FARMER AND ARTISAN MARKET IS WINDING DOWN

There are two more dates, October 4th and 11th to pick up local produce at the Havelock Farmers Market. You can also sample the Jerk Chicken from our new vendor Jermaine Jackson who sells under the name King's Jerk Chicken. Jermaine also owns Kings Reliable Used Cars which is located in the plaza at the east end of Havelock. So far the chicken has been well received at the market.



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CORDOVA CORNER NEWS

By Laurie Deshane

The **Cordova Mines Receptions Association's Cordova Classic Car Show** was a huge success with 75 cars, trucks, jeeps and bikes on display. There was live music from Owen Wright to entertain and face painting from the talented Larissa Clayton. Hamburgers and hotdogs with



refreshments were enjoyed by all. The 50/50 draw winner graciously donated their winnings back to the CMRA.

The **Belmont Health and Wellness Centre in Havelock** will be relocating to Cordova. There has been no official opening date, but plans are now unfolding for the move. The new location will be the historic Cordova Mines Free Methodist Church recently purchased by new owners and now under renovation. Megan Danielis, the owner of Belmont Health and Wellness Centre, feels that bringing the Centre to the Hamlet of Gold, in a beautiful historical building will provide a more spiritual, emotional and physical positivity. More details to follow. As well, some exciting news and announcement from the new owners of the Cordova Free Methodist Church will be in our November issue.



In September, the "Top of the Hill" farm went to conquer their first ever Ontario Trillium 24 Championships. All the girls worked very hard accomplishing and supporting each other throughout the competition. I want to give a big shout out to **Mariah Pomeroy from Havelock** who has been riding for

about three years and has been barn training for the last year, as she placed 7th "under saddle" out of 32 competitors! Congratulations Mariah!

The **Cordova Mines Recreation Association (CMRA)** are busy preparing for the **FREE Kids Halloween party** on Saturday, October 26th from 11:00am to 1:00pm at the Cordova Community Centre. There will be a costume contest; spooky games, treats and drinks! Why not have your kids enjoy a supervised party with lots of fun and activities! But be prompt, as it really does end at 1:00pm sharp and last year it was a "Sold-out" FREE event!

The **Cordova Mines Recreation Association (CMRA)** will begin hosting their amazing dinners at the Cordova Community Centre beginning in November with a delicious roast beef dinner (I know last year was a huge success). For more details or news on any upcoming events check them out on FB at *Cordova Mines Recreation Association*. It's also nice to enjoy the many photos from previous events on their site.

Cordova Mines Recreation Association

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LOCAL MEAT FROM FAMILY OWNED BUTCHER SHOP

By Paul Stevens



Ron & Barb Hilts opened Hilts Butcher Shop LTD 1977. Randy (Ron's Son) and Jeannine Hilts currently own Hilts Butcher Shop and purchased it in 1992. Today the business is operated by Randy and Jeannine, along with two of their children Matthew and Kate. That meets the definition of a multi generational family business, and on any given day there can be four generations in the plant helping with operations.

The livestock sold in their storefront is sourced from local farmers. Hilts has acquired its beef from the same trusted Peterborough source for a quarter century, and pork similarly from a reliable Campbellford farm. Hilts sells its own chicken products and occasionally processes and sells lamb. It is what we feed our families, and quality is one of our main commitments. This assorted variety of locally sourced meat is the very definition of local food!

I asked what kind of variety they deal with on the processing side of the business, and Randy Hilts answered, "We have many evolving facets to our family business. We process for farm families who eat what they raise. We process for local farmers who sell at farm stands and markets. We also process for larger farm operations that wholesale and sell through websites. There are no minimum processing requirements with us. Some farm families we see twice a year with what will meet their needs, other farmers we see more frequently to keep up with the demands of local meat."

They don't sell their products outside of Ontario. The local farmers they process for sell in many different markets.

I asked Randy if Hilts offers a subscription service to its customers. Randy answered that they don't offer a subscription service, or website purchases. The bulk of our customers enjoy coming into the storefront and seeing what they are purchasing. They can choose Fresh steaks for the BBQ right from the cooler, have new ones cut at a desired thickness and have them packaged accordingly, they can also chat with a butcher and place custom orders. Other customers will call in an order with a dollar amount; ex. For fall they would like roasts, ground beef, some stewing beef, and chicken breasts and we will do our best to get them the most product for their dollar value. We also offer gift cards for families to use at a later date.

I asked Randy if there was anything further they would like the public to know about their operation. He told me Hilts Butcher Shop is a family-run business with strong ties to our community. Supporting local businesses allows us to invest back within the community. They support the local school, hockey teams, and foodbank, they live in the community and are invested in the success of the community.



A BIG THANK YOU TO BOOK LOVERS

By Paul Stevens

Last summer I set about two tasks, to reduce my personal library to a reasonable size and to raise funds for a charitable cause. My thoughts were simple. Sell a significant portion of my books and turn all of the money raised over to the Food Bank. The results encouraged me to try again, so this past spring I focused on the Friends of Havelock Foundation which is in the middle of winning Federal approval for it's creation. It is now a non-profit Corporation but is aiming for charitable status.

Both of these book-selling efforts have benefitted from the generosity of local residents. Not only have they come out to the Havelock Farmer and Artisans market where I have been manning a couple of tables with both fiction and non-fiction for sale, and to sales hosted by the Seniors Building on George St., but they have also donated books to the cause. It has been a great experience for me, particularly at the market where the opportunity to chat with visitors from out of town as well as locals makes for an interesting afternoon.

Books are not as popular as they once were, but the recent raft of "fake news", disinformation, and the exposure of some

corrupt influencers as well as the widening use of AI to create content that all seems to tediously be the same may be putting some of the shine back onto nonfiction that has been written by experts over months or even years. Just talking to book buyers and discussing some of their favorite books and interests has encouraged me to not give up on humanity just yet.

I am going to try to get out to a few more markets, assuming the weather holds out (rain and wind are both hell on paper) so maybe I will see you a couple more times this October.

PS I talked to Sandy at our local Public Library about running a short article promoting underappreciated books from the stacks. Every librarian I have ever met has a list of books that they believe are not read by enough people. So I threw the challenge out to the staff (like they already don't have enough to do) and asked them to come up with a list of books, and reasons why they should be read more frequently. Is this something you think would be of interest? If so, let me know and if there is a positive desire on your part to see it happen, we will make an effort to meet your request.



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TIPS ON SAVING VEGETABLE SEEDS ~ PREPARING FOR NEXT SEASON

By Kathy Reid, Norwood and District Horticultural Society

This time of year, when we are harvesting many of our favorite vegetables, take some time to save the seeds for next season. It is relatively easy and can be a rewarding activity. Using proper seed saving techniques, you can preserve the best traits of your plants. Here are some tips to saving vegetable seeds.

1. Select healthy, vigorous plants that were disease resistant, robust, and were good producers. And, select for open-pollinated or heirloom varieties, as they retain their characteristics over generations.
2. Seeds need to be fully mature. For example, beans and peas should remain on the vine until the pods dry completely. Tomatoes need to ripen fully before you can collect seeds.
3. Beans or peas can be spread out on paper in a dry, ventilated area. But wet seeds, like tomatoes and cucumbers, need to be soaked in a jar of water and shaken to help separate the seeds from the pulp. Once

separated, place the seeds on a paper towel to dry.

4. It's essential to avoid direct sunlight, which can damage the seeds. Typically, drying takes a few days to a week, depending on the seed type.

5. Store seeds in a cool, preferably dark, dry place in paper or plastic bags making sure that no moisture gets in. Be sure to label with the plant name and date of harvest.

For more on this topic, join the Norwood and District Horticultural Society as it welcomes members and guests to the October 8th meeting with a presentation by Cate Henderson. Cate is an accredited organic land care practitioner and will speak on indigenous seed preservation and stewardship. The meeting will be held at the Royal Canadian Legion in Norwood ~ doors open at 6:30 p.m. followed by the guest presentation at 7:00 p.m. Hope to see you there!

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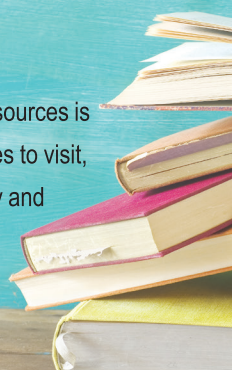
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LIBRARY NEWS By Nancy Law, Havelock-Belmont-Methuen Public Library

Are you planning an upcoming vacation? The Havelock and Cordova Libraries have you covered. One of our many on-line resources is Global Road Warrior which gives in-depth information on 175 countries. It will tell you what currency you need, weather, places to visit, food and even what electrical adapter you might need. You can use this on-line resource from home or come into either library and use one of our public use computers. You can even learn the language using another one of our on-line resources Lingolite.

As always follow us on Facebook or our website hbmlibrary.on.ca for upcoming events, new books and library hours for each branch.



ENVIRONMENTAL TIP OF THE MONTH

By Lorraine Roulston

TRASHING NON-RECYCLABLE HALLOWEEN CANDY WRAPPERS: During October's 'Circular Economy Month in Canada', the Circular Innovation Council, offers online tips for communities, businesses, teachers, and individuals to investigate methods of reducing waste through the 3 R's and composting. During Halloween, choose candies in recyclable or compostable wrappers and wear makeup without using chemicals. Jack O'Lanterns can be made into soup and dessert recipes, as well as be composted.

The following link featured Eco Halloween ideas. <https://canadianteachermagazine.com/2022/09/26/eco-friendly-halloween/>



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FALL FOLIAGE

October brings out the best of the colours in our fall foliage.

What does foliage mean? It's just a fancy term meaning plant or leaves from a tree. We refer to fall foliage when referencing to the changing of the leaves on the trees.

The change happens because of the changing of the seasons and the amount of sunlight we receive throughout the year.

We will see the vibrant red, oranges and yellows that show the beautiful change to fall.

The peak of fall colours in Southern Ontario typically lasts for about two weeks, although that can vary year to year.

One of the most popular spots for viewing the fall colours is Algonquin Park but we have some amazing colours locally. If you get the chance check out the foliage at the Petroglyphs. Enjoy the view while you can. The white stuff comes next!

ANOTHER PERSPECTIVE ON THANKSGIVING

Indigenous Peoples in North America marked the Fall harvest with prayers, dance and a potlatch (sharing food) thousands of years before Europeans showed up and joined in celebrations which eventually became known as Thanksgiving.

The much glorified and celebrated American Thanksgiving in 1621 in the thirteen colonies has more associated myths than facts. There were apparently 53 settlers and 90 indigenous people present but no turkeys. Only 5 women attended. The meat enjoyed was venison. Turkey did not become a staple at Thanksgiving until the 18th century.

A CANADIAN THANKSGIVING

By Kathy Clement

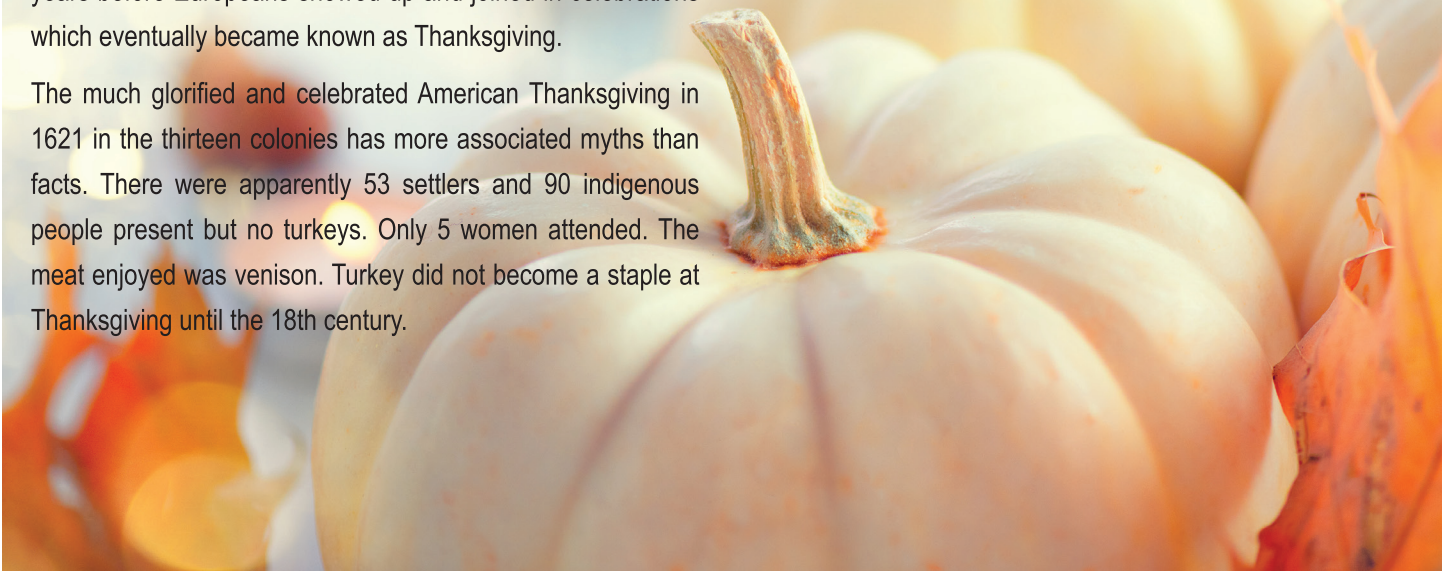
Each year on the second Monday of October, many people celebrate in this harvest festival. A time to enjoy the end of the harvesting period and the time before the cold weather sets in. It quite often is a time to spend with family and enjoy the beautiful fall weather that we enjoy here in Ontario.

The first official Thanksgiving in Canada was celebrated on November 6, 1879. The date had changed many times over the years. On January 31st 1957, the Governor General of Canada, Vincent Massey issued a proclamation stating "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed- to be observed on the second Monday in October. While Canadians celebrate Thanksgiving our friends in the USA celebrate Columbus Day.

Pumpkin pie and butter tarts are two of the common desserts in Ontario. We also will see sweet corn, squashes and yams.

For the sports enthusiasts, the Canadian Football League usually has held a nationally televised doubleheader, the Thanksgiving Day Classic.

Whether you are enjoying a feast with your family, closing up the cottage, going for a drive to view our spectacular fall foliage, we here at The Rail wish you and your family a happy Thanksgiving.



SPORTS

HAVELOCK HAWKS HEADLINER

By Keri-lyn Toms

HOCKEY SEASON HAS OFFICIALLY BEGUN! Our Havelock Hawks hit the ice for the first time on September 18 for some in-house pre-season ice time. This was a great opportunity for our players to get a jump start on the 24/25 season. It was also the perfect time for players to try out new equipment and make any needed adjustments, get those skating legs back and to meet this season's coaching staff ahead of the October 1 regular season start date.

Normally the ice is installed and ready for our skaters in early October, but this season we are thrilled to beat that date by 3 weeks! We are so grateful to the H-B-M Arena Staff, Josh, Steve and Sam for all of their hard work getting the ice installed and ready for us! Thanks Guys!

HMH is happy to say that we also hosted a gently used Equipment Swap that same September evening. We gave families a chance to browse our kindly donated hockey equipment. By bringing in a gently used piece of equipment that no longer worked for them, they were able to swap out the old for something that they needed in the proper size. Thanks to everyone who came out.

We would like to take a moment to thank everyone who helps to make Havelock Minor Hockey possible- the players and their families, the coaching staff and all of our wonderful volunteers and supporters.

A big thanks goes out to the members of the HMH Executive. They have been working hard behind the scenes since the end of last season, busily preparing for this season. THANKYOU! We are excited for another great season of hockey in Havelock. See you at the rink!

For all updates and season schedules follow us on Facebook or at havelockminorhockey.com. Have any questions? Email us at havelockminorhockey@gmail.com

BASKETBALL HAS FOUND A HOME NEARBY

By Paul Stevens

Mens recreational basketball is available to folks living in the Havelock area. Last year was the first one for men's recreational basketball in the form of pickup games, running Thursday evenings in Norwood at the high school. Taking advantage of the Kawartha Pine Ridge District community use of schools program thirty-four dates are booked and can be accessed one of two ways. The full season runs from September 26th to June 12th and costs \$80 per person (less than \$3 a game), or \$5.00 for a casual drop-in. Starting March 6th, the evening games shift to an 8:00 start time to make room for the youth skills program.

The range of ages and skills was pretty wide. At least two of the attendees were 14 years old, and a couple of the players were north of 65 years old. The games were friendly, and players were expected to call their own fouls. The make-up of the teams varied from week to week, with attention being paid to equalizing talent. Most of the players had spent time on high school teams at some point or other. If you want to find out more, and get a copy of the schedule, contact Paul Stevens via email. Some Thursdays do not have games because of high school activities, so grabbing a schedule is a good idea if you think you want to give it a try. pstevens2@gmail.com.



FIND THE ICE CREAM: Find the five ice creams in the ads of our supportive advertisers and send your answers to ottleydeb@gmail.com to win a \$20 gift certificate from The Cottage.



The winner of the Mikita Impact Drill Set is Kiara King.

PATTERSON

By Kathy Clement



In honor of Duncan Otto Patterson, a donation of \$450.00 was made by Pat Patterson, Paul Parsons, Janet & Tim Toms to the Havelock Legion. Mr. Patterson was a WW1 veteran and a native of Havelock.

Born in Dummer on July 20th, 1896 and passed away in 1977. Mr. Patterson is in the Maple Grove Cemetery.

GERRY WRIGHTLY

By Kathy Clement



On September 4th, 2024 when the Mid-Weak Jammers convened again for the fall, Norm Hardy presented Gerry's fiddle encased in a cabinet that he had made. He also wrote the following poem about his friend.

GERRY WRIGHTLY

*Here stands the fiddle of Gerry Wrightly's.
It has been played by the gentleman himself.
In the morning, in the afternoon and sometimes at night.
Many tunes have come out of this four-string fiddle in
someone's basement,
or on someone's lawn or in a recreation hall.
Most memorable have been played in the Old Havelock Hall.
Thanks Gerry "May they rest in peace".*

The CR 48 Road Reconstruction (Phase 1) is progressing. Staged road closures will remain in place as work continues.

What's been completed so far:

Installation of new buried infrastructure, including water mains, sanitary sewer, and storm sewer.

What's left to be done:

All surface works, including concrete sidewalks, curb and gutter, asphalt surface paving, and landscaping.

All remaining work of Phase 1 is scheduled to be completed by November.

Construction will be continuing westerly between the Havelock Community Center entrance to Victoria St.

- 🏢 Businesses remain open throughout construction.
- 🅅 Alternative parking arrangements will be available.

COUNTY ROAD 48 PROJECT UPDATE



Scan to learn more!
or visit www.ptbocounty.ca/countyroad48

@PtboCounty @PtboCounty @ptbocounty 705-743-0380





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RECIPE

PUMPKIN PUREE

By Kathy Clement

Don't throw the pumpkins out in the garbage! They can be roasted and the pulp can be frozen to be used just as you would canned pumpkin.

Wash your pumpkin. Cut it in half and scoop out the seeds. Lay the halved pumpkin pieces face down on a lightly greased cookie sheet. Bake at 375 for approx. 30-45 minutes or until fork tender.

Remove from oven, let cool, peel off the outer skin and put the pumpkin flesh in a food processor. Blend well.

Pumpkin puree will freeze well for several months. I put 2 cups in a Ziploc bag, take out as much air as possible and freeze.

Pumpkins are available at your local markets. Please check out our Havelock Farmer and Artisans Market every Friday on Hwy. 7 until Thanksgiving.

PUMPKIN BREAD

INGREDIENTS

- 1-1/3 cups all purpose flour
- 1 cups sugar (or a bit less)
- 1 tsp. baking soda
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ cup oil
- 1/3 cup water
- 1 cup pumpkin puree



Preheat the oven to 350. Combine the dry ingredients in a bowl. Add the oil, water and pumpkin. Grease a loaf pan and pour the batter in. Bake for 45 minutes or until a toothpick inserted comes out clean.

Your Family Matters

MARTIN ALEXANDER PARTRIDGE, LAWYER

Bachelor of Science, McMaster University
Juris Doctor, Osgoode Hall Law School

(705) 778-7878

MartinAlexanderPartridge@eagle.ca
P.O. Box 1 Havelock, Ontario K0L 1Z0

BELMONT-METHUEN AND HAVELOCK HISTORICAL SOCIETY

By Marg Harris

*“School Days, School Days,
Dear old golden rule days.
Readin’ and ‘ritin’ and ‘rithmetic
Taught to the tune of a hick’ry stick.....”*

Of course in 2024 our children are enjoying learning their 3R's without the encouragement of a hickory stick. We hope the year has started well for everyone and that these days will become the “dear old golden rule days” that they will look back on fondly in years to come.



Best Wishes to all our students from the members of the Belmont Methuen and Havelock Historical Society.

COUNCIL CORNER

By Donelda Fraser

Meetings held on September 3, 17, 2024. September 10 special Strategic Plan Meeting.

- Delegation from Peterborough County re: Road Transfer Policy and Road Rationalization Policy Draft. Doug Saccoccia was accompanied by Kyle Darling and Pete Hynes. A bit of background was included, such as how the County which can transfer roads to the Lower-tier Municipality, or which can be also done in reverse. Mentioning the seven steps that are followed, with a report to the municipality prior to being finalized. Deputy Mayor Webb questioned "Does this only pertain to roads? It doesn't include bridges." Saccoccia responded "Just roads". This being a collaborative agreement between the County and Municipality.
- Sarah Groves Account Manager of Property Assessment and Tax System. She explained the roles and responsibilities of the Ontario Government, MPAC, Municipalities, and Property Owners. MPAC is responsible for updating every property assessment across the Municipality. The last time MPAC completed an assessment was in 2016. A video was shown on how property taxes are calculated. Such as assessed value of property.
- Lionel Towns Treasurer, re funding for Ball Diamond. There are hopes of potentially securing a grant and if successful in obtaining grant monies, there is a possibility this project might be able to be fully completed.
- Budget Priorities for the next budget. Each member of council agreed with Mayor Martin that nothing new be added, due to the list already in the works. This should be completed before adding anything else. The items that are in the works are George St., Community Centre, New Sports Field, WasteWater Treatment Plant. It was also mentioned that there is a short fall with our roads system. Several business owners have requested that some type of beautification be done for George Street.
- Campbellford Memorial Hospital looking for support from Havelock Belmont Methuen Township. Mayor Martin suggested a letter be drafted and sent to the Provincial Government and MPP Dave Smith, in support as many of our residents use this facility.
- Delegation from the Belmont, Methuen and Havelock Historical Society, presenter Al Mack on behalf of Diane Mack. An in-depth history of the development of this society was given. Inception being in 1995 receiving artifact donations, monetary contributions etc. Surprised that council didn't approach them prior to the meeting earlier before bringing this up at a previous meeting. A letter was read that had been sent in by former councillor Larry Ellis, we need to preserve our history and artifacts. He praised Diane Mack for all the hard work that she has done to bring this to fruition. Many people are indeed interested in the history of HBM Township and the forefathers who developed the area. Mayor Martin stated "We are not trying to take over but would like to work together with this committee. Further adding that there may be grants out there that the council could help obtain for the society." The outcome is to have a joint meeting between council and Historical Society.
- Delegation Ontario Clean Water Agency, and Cambium Incorporated. Discussing the potential to draw water from the Trent River, or a new well at the water tower. As Well #3 has a persistent problem with the quality of water. There was a suggestion that a new well to solve the issues with Well #3. Costs to drill would be between 10,000 to 20,000 dollars. Then the testing would begin for another amount and according to provincial standards. Motion to receive passed.
- Next meeting October 1, 2024. Just a reminder that a full council meeting may be viewed on YouTube.




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H-B-M HAPPENINGS



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Phone: 705-778-2308 Fax: 705-778-5248

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

OFFICE CLOSURE:

The Township Office will be closed on Monday, October 14, 2024 in observance of Thanksgiving Day 2024. We hope you have a safe and happy Thanksgiving weekend with friends and family!

COUNCIL MEETING SCHEDULE:

Please note all meetings are hybrid, which means they are open to the public within the Council Chamber and virtually via zoom. All regular meetings will begin at 9:30am.

- Tues. Oct. 1, 2024 @ 9:30 am – Regular Council Meeting
- Tues. Oct. 15, 2024 @ 9:30 am – Regular Council Meeting (Electoral Ward System Dissolution is on the agenda.)

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

PARKS, RECREATION, & FACILITIES:

2024-25 Public Skating

Public skating is provided for FREE, and all are welcome. The public skating timeframes are:

- **Sundays from 1:00 – 2:00 pm**
- **Wednesdays from 1:00 – 3:00 pm**
- *Skate Sharpening is available on site, \$5.00 per pair*

Note: There will be a 10-minute flood within the scheduled timeframe. HBM Township strongly recommends skaters wear a CSA certified helmet, AND all children under the age of 12-years must be accompanied by a parent or guardian.

ELECTORAL WARD DISSOLUTION:

Dissolution By-law - At the Open Session Regular Council Meeting to be held on Tuesday, October 15th at 9:30 am, a by-law will be presented for adoption that will dissolve the existing ward system and replace it with an at-large voting system whereby the positions of Mayor, Deputy Mayor, and three members of council are elected by all the voters of HBM Township.

Resident Observation - Residents are encouraged to attend in-person or via zoom. The zoom link will be noted on the first page of the Regular Council Meeting agenda, which is available at <https://events.hbmtwp.ca/council>.

BUILDING BY-LAW FEE REVIEW - SEPTIC PERMIT FEES:

As of October 28, 2024, Peterborough Public Health (PPH) will no longer oversee the delivery of septic permit services. Septic permit services will be moved over to local municipalities. On September 17, 2024, the Township of Havelock-Belmont-Methuen (HBM) enacted a By-law to change the Building By-law Fees, specifically to add septic system permit fees. For further information visit our website at www.hbmtwp.ca or contact the Municipal Office at 705-778-2308.

ADVERTISING OPPORTUNITIES



HBM Community Centre

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

On-Ice Board (36" x 94 3/4") \$237.30/year (HST Included)

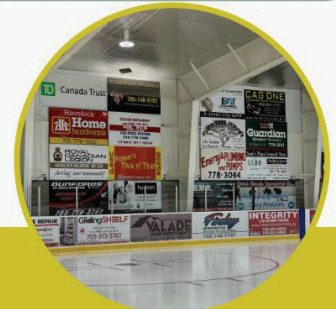
Sponsor Public Skating (1.5 Hours) \$195.00 (HST Included)

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To book advertising or sponsor contact:

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jstorey@hbmtwp.ca



**3RD ANNUAL HAVELock
PUMPKIN PARADE**
Friday, November 1, 2024
Starts at Dusk



*Bonfire and Benches,
warm Apple Cider
and More!*



Parade held in the Mathison Conservation Area behind the Havelock arena. This is a FREE event!

COMMUNITY CALENDAR OF EVENTS

A List of Local Events in Your Community

MONDAY

Community Care: Seated Yoga every Monday at noon (17 Smith Dr.).

Community Care: Blood Pressure Clinic October 7 & 21, 9:30-10:30am. (17 Smith Dr.).

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

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

TUESDAY

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

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

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

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

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

WEDNESDAY

The Legion: Line Dancing from 9:30-10:30am.

The Legion: Cardio & Weights from 10:45-11:30am (bring your own weights).

The Legion: Body Balance from 11:40am to 12:15pm.

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

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

Cordova Community Centre: Yoga every Wednesday, 6:30-8pm. \$20. Please call or text 705-760-1296 to ensure that a class is running.

Community Care: Diners Club October 2 at the United Church. \$14pp.

Havelock Seniors: Line Dancing every Wednesday starting October 16th, 6:30-7:30pm.

Havelock Seniors: Hearing Presentation 10:30am (Hear Right Canada).

THURSDAY

Havelock Seniors: Chair Yoga from 11am-12pm. \$3.

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

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

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

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

The Legion: Haunted House (Please call the Legion for time and details).

FRIDAY

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

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

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

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

Havelock Seniors: Line Dancing from 10-11am. October 4, 18 & 25 (no class on the 11th).

SATURDAY

Havelock Seniors: Bid Euchre Tournament October 5, doors open at 11:30am and food is available \$.

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

The Legion: Cathy Penny/Tim Casey Dart Tournament (Call the Legion for details & time).

The Legion: Halloween Dance doors open at 7pm, \$5 with a Costume \$10 without a costume.

SUNDAY

Havelock Stone Hall Sessions Concert Series: 4th Sunday of every month at 2pm (Highway 7 and 6th Line.).

Havelock Seniors: Bingo at 6pm, doors open at 4:30pm, light lunch available.

SUNDAY - CHURCH SERVICES

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

Havelock Fellowship Baptist Church 10:30am.

Havelock United Church 10am. Trent River.

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

Cordova United Church 9:30am every Sunday.

Knox Presbyterian Church 11am-12pm.

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

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