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**Crowe Lake
Waterway
Association**

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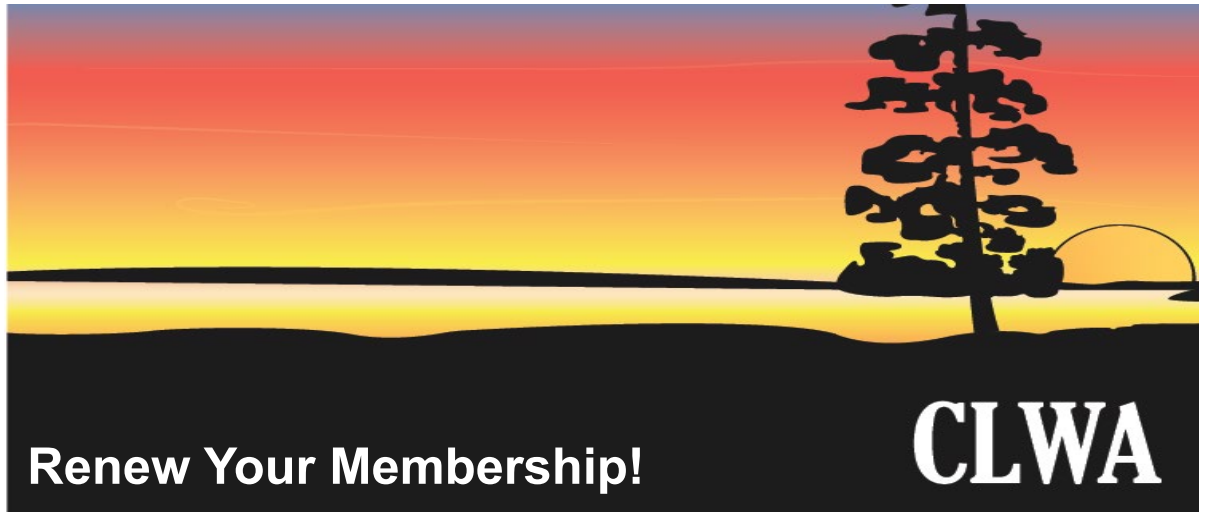
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Renew Your Membership!

CLWA

Crowe Lake Waterway Association, P.O. Box 192, Marmora, Ontario K0K 2M0

www.clwa.ca

Boat Parade and Fireworks August 1 from Bill Neill

The CLWA Lighted Boat Parade and Fireworks on the Lake will be on Saturday August 1. This is the August long-weekend and a Civic Holiday. The fireworks are supported by the generosity of the CLWA members and Bill Neill has planned another exciting show.

The Boat Parade will begin about 8:30 PM with a gathering of the boats at the Blairton Lighthouse. The parade will circle the lake and end up at Stoney Island for the fireworks show. Fireworks will start at dusk, about 10 PM, after all the boats have gathered following the Parade. The rain-date is Sunday August 2.

Marker Buoys from Paul Morton

We placed 44 markers around the lake and river the beginning of May. There is a map of the lake on the CLWA website www.clwa.ca showing the approximate position of the markers. These are rough guides and things may change in their placement versus the location of the hazard. Boaters should always exercise caution when in these areas. This is not a marking of all hazards.

Disclaimer: The Crowe Lake Waterway Association (CLWA) assumes no responsibility for the accuracy or completeness of these or other hazard markers. Their installation and maintenance are solely an assist to safe boating. Boaters are still required to exercise caution in respect to water depth and unforeseen hazards.

Spring

Crowe Lake Matters

2026



President's Message - Terry Murphy

For many years, the Crowe Lake Waterway Association has been proud to deliver a wide range of programs that support, protect, and celebrate life on our lake. These include our water sampling program, invasive species monitoring, shoreline observation activities, the installation of speed and safety signage, and the sharing of important safety and stewardship information through our newsletters. We also bring our community together through events such as the annual fishing derby, photo contest, and our much-loved fireworks display.

Thanks to your continued membership and generous donations, we have been able to sustain and grow these programs. Your support has made a real and lasting impact on the health of our lake and the strength of our community.

However, we want to be transparent about a growing challenge. The rising costs and increasing logistical demands of organizing the annual fireworks display are making it more difficult to sustain this program long-term. While all programs—including the fireworks—will proceed as planned for 2026, we must acknowledge that the future of the fireworks display beyond this year is uncertain.

Should we be unable to continue the fireworks in 2027, our commitment to fostering a vibrant lake community remains unchanged. We will look to introduce new programs and events

2026 Membership Renewal And Recruitment from Ritch Smith

Renewal Forms for 2026 were sent in early May by email instead of Canada Poste this year. We are trying to use email to control costs and reduce our budget as much as possible, but we will mail to those who do not have an email.

We need someone to spread the CLWA message and distribute CLWA information in Booster Park, Glen Allen Park, and along Beaver Creek. If you can volunteer a little time for this, please contact us at info@clwa.ca.

that bring people together and enhance the Crowe Lake experience. Ideas already suggested including smaller music events throughout the summer or a larger concert tied to the boat parade. We are open—and eager—to hear your ideas.

At the same time, we will continue to maintain all of our core programs and, where possible, expand our environmental monitoring efforts. Protecting the health and safety of Crowe Lake remains our top priority so that it can be enjoyed by everyone for generations to come.

Your voice matters. We invite you to share your thoughts—whether it's ideas for new programs, suggestions for fundraising, or ways to help sustain the fireworks tradition. Please reach out to us through our website or email us at info@clwa.ca and let us know how you would like to be involved.

Thank you for your ongoing support and commitment to Crowe Lake.

Upcoming Events

| | |
|-----------|---|
| Jul 01 | Canada Day |
| Jul 11 | CLWA AGM, Curling Club, 9:30 AM |
| Aug 01 | CLWA Lighted Boat Parade and Fireworks |
| Aug 02 | Lighted Boat Parade and Fireworks Rain Date |
| Aug 03 | Civic Holiday |
| Sep 04-07 | CLWA Members Fishing Derby |
| Sep 07 | Labour Day |
| Nov 15 | CLWA 2025 Photo Contest Deadline |

Spring

Contact us at info@clwa.ca

2026

ALTO Letter



[A letter has been sent to government officials to express CLWA's concerns and opposition to the proposed ALTO high speed rail project.]

This letter is sent to you from the Crowe Lake Property Owners Association, Inc., operating as Crowe Lake Waterway Association.

The purpose of our Association is to promote stewardship of the environmental, public and social interest of the area around Crowe Lake. We represent a substantial number of property owners and renters who own or lease property in and around Crowe Lake.

We have noted with concern that the proposed northern route for the Alto train from Peterborough to Ottawa includes the entirety of Crowe Lake and the surrounding areas.

If that northern route is selected, we are very concerned with respect to its effect on the properties of our members, the effect on Crowe Lake and the access to properties owned or leased by our members.

We express concern on many levels. We are concerned with respect to the value of the properties on our lake and how are members will be able to sell those properties. We are also concerned with respect to the environmental effect of the construction on our lake and the resulting impact on the unconfined aquifer pollution which will inevitably follow any major construction.

We spend a lot of effort in keeping the water of our lake in a clean condition. We participate in clean water programmes which we believe preserves the quality of our lake water and the fish who live in our lake. The type of construction necessary to construct the proposed rail line across our lake will destroy the habitats for those animals living in and around our lake.

A 300 km/h electrified rail corridor is an industrial scale disruption. We require a detailed Environmental Impact Study specifically addressing the Crowe River Watershed, including the impact of continuous security fencing on local wildlife corridors and the projected decibel levels of high-frequency train passes across open water. This will result from the construction phase and which will continue throughout the life of this project. This proposal will destroy our lake, the wildlife living in our lake and around our lake and will destroy the value of the properties bordering on our lake.

We are also concerned with respect to the contamination of the ground and the wells of those who depend on the wells for their water. Many of our members rely on shallow wells. Construction vibration and the placement of deep pier foundations for bridges can permanently alter underground water channels or cause wells to collapse.

If that route is selected, we ask therefore that you advise us how the route will transverse the lake, which properties will be selected for expropriation and how you would propose that our members reach their properties from Highway 7 which is the closest major highway providing access to our Lake. Where will the bridges be built to allow our members to get to their properties? It is unreasonable to ask our members to drive great distances, cross over bridges just to get to their properties.

Please also advise as to how many of the major north/south highways in our area will be impacted. Will they all have over/underpasses built? If they do not have such over/underpasses built, it will be catastrophic for our already struggling municipality and will drastically increase emergency response times for the police, the fire department, ambulances and school buses.

We ask that you send to us a copy of the Preliminary Alignment Plan for the Crowe River crossing. If the proposed rail follows the old CP bridge site, we ask that you advise us the widening requirements for a double-track electrified line.

Spring

Is Your Neighbor A Member?

2026



ALTO Letter, Continued...

Many of our members are seniors who have chosen our area around Crowe Lake for their retirement. They are certainly not in a position to move, acquire new properties and bear those costs which the expropriation of their properties will not cover.

We would like therefore if you could provide to us more detailed plans as to how this train route will affect our lake and the surrounding properties. We ask therefore that you provide us with an Impact Assessment Zone map. What is the planned width of the "Safety and Noise Buffer Zone" beyond the sixty-to-eighty-meter construction corridor.

Considering all of the above, the Crowe Lake Waterway Association is strongly opposed to any route that has a negative impact on the

environment of the Crowe River Watershed and has a negative impact on any of our Watershed residents.

The local economy relies on recreational tourism and seasonal residents. A high-speed rail line through the heart of our municipality would convert our quiet recreational zone into an industrial transit corridor thereby destroying the peace and quiet that is so important to our lake and our municipality.

Thank you for your anticipated response and cooperation.

Yours very truly

Terry Murphy, President

Hanging Wasp Nests

I found a hanging wasp nest. How do I safely remove it?

11 key questions about wasps, answered.

By Anita Lahey: August 19, 2025

<https://cottagelife.com/outdoors/11-key-questions-about-wasps-answered>

Step one: wait till after dark, when the colony is at home and less active. A daytime assault may incite swarming. It could also leave you with a slew of angry, homeless wasps when workers return from foraging. Wear a hat, long sleeves, and long pants. Come armed with an even-tempered assistant, a sturdy garbage bag (or two), and a long-handled pruner. A headlamp with a red light is handy: you'll see the wasps, but they can't see the red wavelengths. While one of you cuts the anchoring stalk, the other should hold the bag open around the nest, enclose it, and seal the bag—pronto. Pop the

whole thing in the freezer and be quick about it: wasps can chew their way out. Leave it for at least a week; that way you can be sure the colony is dead. Then the amateur scientist in you is free to cut the nest apart and check out the multi-level condo inside or just compost it. For underground nests or those hidden away in cavities, you're best to call in professionals. And if your nest is high in a tree or off the beaten track, consider letting it be. Destroying it won't guarantee wasp-free happy hour on the dock anyway.



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CLWA Fishing Derby Sept 4

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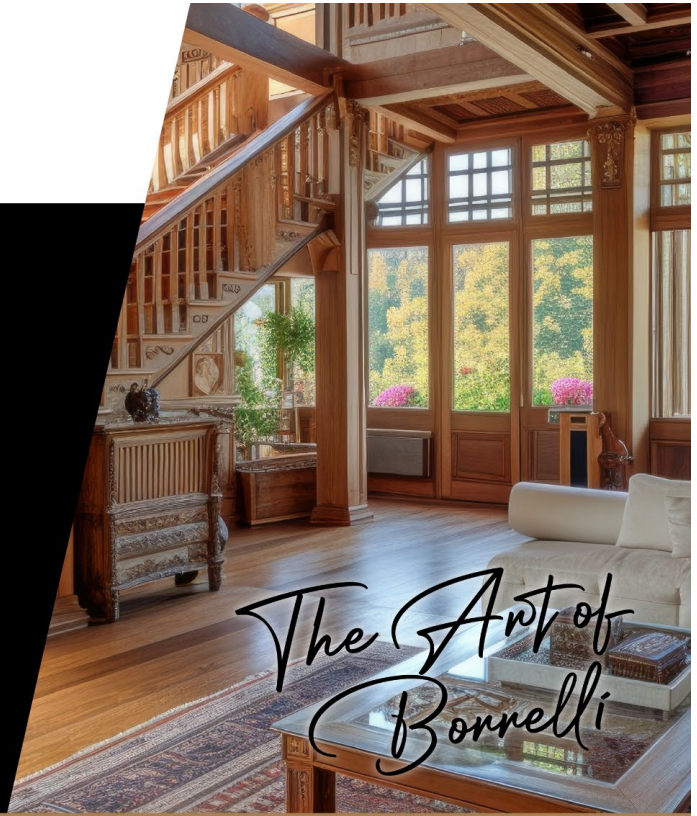


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Life on the lake is good. Sharing fun times with family and friends or relaxing on the deck on a summer's day. It's comforting to know Campbellford Memorial Hospital is just a short distance from the lake when something unexpected happens.



Cottagers Care Program

Every Summer, the number of visits to CMH's Emergency Department increases dramatically compared to other seasons. Cottagers and tourists drive the upswing. So now we need your help to create an upswing in cottager donations to CMH. **VISIT givetocmh.ca to register for 3 years of caring today!**

Do you know government funding does not cover the cost of new equipment at the hospital? Donor support ensures our staff have the life-saving and comfort-giving tools available when they need to help you. **Please donate to CMH!**

We're counting on you - and thank you for caring about CMH just as we will keep caring for you, your family and your guests when you need us.



146 Oliver Road, Campbellford, ON
705-632-2014 • foundation@cmh.ca
givetocmh.ca

Spring

Contact us at info@clwa.ca

2026



Your Role in Lake Stewardship

(FOCA publication)

There are many things you can do to take care of your lake so that future generations can enjoy it too! Here is a summary of some of the key points in Lake Stewardship.

- Remember that what goes on your property and into your drain eventually finds its way into the lake, so avoid the use of harsh cleaners, pesticides, herbicides and fertilizers.
- When undertaking construction projects along the shoreline reduce disturbance to aquatic habitat, and contact your local Conservation Authority, Ministry of Natural Resources and Forestry or Parks Canada.
- Keep your boat speed under 10km/h whenever you are within 30 meters of the shore and careful with oil and gas when filling gas tanks and emptying bilge water.
- Watch your wake! Respect the shoreline zone and reduce erosion and damage to bird nests by adjusting your speed and direction to minimize impact.
- Clean and inspect your boat before moving it to other lakes to control the spread of invasive species.
- Protect your shoreline from erosion, Canada

geese and runoff by maintaining or planting a buffer zone of native vegetation – don't mow to the water's edge!

- Enhance biodiversity on your property by leaving rock piles, fallen tree limbs and brush piles untouched so they can function as wildlife habitat.
- Encourage native species of flowers, shrubs and trees to limit your maintenance work and provide shelter to local wildlife species.
- The water you drink is precious! Practice water conservation inside and outside your cottage and have your drinking water tested regularly.
- Maintain your septic system by booking regular pump outs and inspections.
- Involve the next generation! Explain the reasons for boat speed and wake controls to your children and grandchildren. Let them plant the native species. They can be the next Lake Stewards.

Short-term Accommodation Information For Hosts in Marmora & Lake

Short-term accommodations (Airbnb, Vrbo, cottage rentals, etc.) are not licensed within the Municipality of Marmora and Lake. Even so, guests are expected to abide by all Municipal bylaws while staying in Marmora and Lake, and property owners are ultimately responsible and liable for all activities and occupants at their property at all times.

Related Bylaws

- 2022-09 Noise & Fireworks Bylaw
- 2002-13 Parking Bylaw
- 2001-33 Property Standards Bylaw
- 2011-36 Control of Burning Bylaw
- 2012-41 Trailer Bylaw

2026 Water Sampling

CLWA will expand our water sampling program. For many years, CLWA took samples through the Lake Partner Program. Samples were collected to test for phosphorus and to evaluate lake clarity. This summer, we will also take water samples in three locations in early part of the summer and in the fall. An additional 6 samples. Details are still being worked out but that is the objective. There will be a report on the program's outcome in the Fall Newsletter and on the CLWA Website.

Spring

Visit us at clwa.ca

2026

Climate Change is Happening Here



(FOCA publication)

Within the last 40 years, Ontario has experienced changes in temperature, rainfall patterns, and extreme weather events that can have pronounced environmental and economic effects on lakes, rivers, nearshore habitats and wetlands. Within aquatic ecosystems in the Great Lakes Basin, surface water temperatures are on the rise, water levels are in flux, and the composition of plant and animal communities in wetlands, lakes, and rivers is changing.

Temperatures Are Increasing

40 years of data show that Ontario is getting warmer. Minimum air temperatures have increased in northern Ontario between 1.4 and 3.8 degrees C. By comparison, temperature increases experienced in southern Ontario have been less: between 0.7 and 2.1 degrees C.

Warmer water temperatures have also been observed in Ontario inland lakes and the Great Lakes, reducing the amount of suitable habitat for fish species that are typically found in lakes and streams. In the last century, surface water temperatures of the Great Lakes have increased by as much as 3.5 degrees C.

Rainfall Patterns Are Changing

As temperature increases, we have experienced changes in rainfall patterns. Generally, conditions have become slightly wetter and lake effect precipitation is on the rise which is leading to increases in stream flows. Small increases in precipitation may not be sufficient to offset the more significant rises in temperature and may lead to overall drier conditions. Fluctuating water levels were observed in the Great Lakes between 1985 and 2005, through natural phenomena (precipitation,

evaporation and transpiration) and also driven by human activities such as water withdrawals.

Extreme Weather Events Are More Frequent

Ontario is experiencing more frequent extreme rain and storm events, and more flooding and drought. During the first half of the 20th century, there were less than 10 flood disasters per decade in Ontario; however, by the 1990s, the frequency of floods per decade had increased five-fold. Waterfront properties affected by extreme events such as windstorms, ice storms, summer heat waves, droughts, floods, and wildfires can take decades to recover after the disturbance, and ecosystem structure and productivity may change as a result.

DID YOU KNOW?



Did you know bees communicate through a 'waggle dance' to share information about food sources?



A single honeybee makes only about 1/12 of a teaspoon of honey in its lifetime.

Did you know bees have five eyes – two large compound eyes and three simple eyes on top of their head?



Did you know there are over 20,000 species of bees around the world?



Did you know bees can recognize human faces using pattern recognition?



Male bees (drones) die immediately after mating with the queen.



Did you know honey never spoils – it's been found in edible condition in ancient Egyptian tombs?



Spring

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2026



Sound Desensitization [ai]

Sound desensitization is a therapeutic process that reduces extreme, painful, or anxious reactions to specific noises (hyperacusis or sound phobias) by gradually exposing individuals or pets to these sounds at controlled, low volumes, increasing them over time. It retrains the brain to habituate to sounds, often taking 6–12 months.

Key Aspects of Sound Desensitization:

- Method: Involves using recorded sounds (fireworks, thunder, construction) starting at a very low, non-threatening volume and gradually increasing over months.
- For Humans (Hyperacusis/Tinnitus): Audiologists often use Sound Therapy or Tinnitus Retraining Therapy (TRT). This may involve wearing noise-generating devices for 6–8 hours daily, aimed at increasing overall sound tolerance
- For Pets: Used to calm anxious animals by playing trigger sounds (e.g., thunderstorms, vacuums) at low, increasing volumes while rewarding them to change their emotional response.
- Mechanism: The goal is to move from avoidance to habituation, allowing the brain to stop treating the sound as a threat.

It is recommended to work with a specialist to avoid overwhelming the system, as improper exposure can sometimes worsen sensitivity.

Fishing Derby News

The CLWA Members Labour Day Fishing Derby is Friday September 4 through Monday September 7. More details will be in the next newsletter and on the CLWA Website and Facebook page in August.

Marmora & Lake Taxes

Taxpayers will see an annual increase of 5.78% on their total tax bill.

The Council of the Municipality of Marmora and Lake passed the 2026 Budget at the Special Budget Meeting on Thursday, March 12, 2026, with an overall increase of 5.78%. The final budget has been posted on the municipal website. You can find it here: <https://marmoraandlake.ca/budget>

Overall, the 2026 capital budget is \$2.6 million. Major capital projects include the completion of Centre Line Road rehabilitation, along with 3.5 km of Deloro Road. The overall Transportation capital budget is \$1.5 million, and \$200,000 is being set aside in reserves for future bridge repair and replacement. The Dr. Hamilton Crawford Memorial Arena is receiving much-needed upgrades of \$450,200, and \$241,000 has been allocated for Parks & Recreation equipment, improvements, and reserves. The Environmental Services Department is receiving \$147,400 for infrastructure, funded from utility rates.

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2026

Should I Stop Using Lead Sinkers?



Yes. Lead fishing weights are dangerous because lead is a toxic heavy metal that harms humans (especially children and pregnant women) and wildlife through ingestion or exposure to dust/particles, causing developmental issues, neurological problems, and death. Health risks arise from handling, accidental swallowing, or environmental contamination from lost tackle. These weights can get lost in water, where they contaminate the water and threaten many species. For example, birds like common loons and swans often die from swallowing fishing weights made of lead. Alternatives like tungsten, steel, and bismuth are available, and proper hygiene (handwashing) is crucial when using lead gear.

Dangers to Humans

- Ingestion/Exposure: Can happen from handling weights and then touching your mouth, or from lead dust/fumes when making homemade weights.
- Health Effects: Causes memory/attention problems, high blood pressure, developmental issues in children, and risks during pregnancy (miscarriage, low birth weight).
- No Safe Level: There's no safe amount of lead exposure for children.

Dangers to Wildlife & Environment

- Ingestion: Birds (loons, swans) and other animals mistake small weights for food, leading to fatal lead poisoning.
- Bioaccumulation: Lost weights erode in water, contaminating sediment, and the lead moves up the food chain.
- Environmental Persistence: Lead doesn't break down, making lost weights a long-term hazard.

How to Reduce Risk

- Switch to Alternatives: Use non-toxic weights made from steel, tungsten, tin, or bismuth.
- Practice Good Hygiene: Wash hands thoroughly with soap and water after handling lead tackle; wash fishing clothes separately.
- Supervise Children: Keep lead tackle away from kids and never let them put it in their mouths.
- Be Careful When Making: Avoid cutting or melting lead at home due to dust/fume hazards; buy commercial weights.

So – get the lead out.

OPP Marine Item #1

Personal flotation devices (PFDs) and life jackets are the first thing that police officers look for in a boat inspection. There needs to be a PFD for every person on board. They must fit properly and show no wear or be missing fasteners. They must be readily accessible (if you're not actually wearing yours). The fine for non-compliance applies to every person on board who is not in compliance. Typically, the fine for not having the right life jacket is \$240 in Ontario.

2026 New Members

| | |
|--------------------|----------------|
| Mike & Kelly Walsh | Mackenzie Road |
| Timo Tenhunen | Cook Rd |
| Dianna Parkin | Bayview Park |
| Dale Perkins | Bayview Park |

Spring

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2026



Neanderthal First Dentist. From 1440, May 14, 2026

The earliest known dental procedure dates back 59,000 years and was conducted by a Neanderthal, a new study reveals. Explore images of the tooth here.

Archaeologists discovered the molar in a Siberian cave. A deep hole suggests a sharp tool, possibly a toothpick made of local jasper, was used for the beginnings of a root canal. The process would have taken between 35 and 50 minutes, according to researchers, who conducted similar procedures on three modern human teeth. Wear patterns indicate the Neanderthal was able to continue eating with the tooth following the procedure.

The discovery marks the first such procedure by any species other than Homo sapiens. It also challenges prior understandings of Neanderthals' cognitive abilities, showing they could identify a source

of pain as well as determine—and administer—proper medical treatment, which would require physical dexterity.



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Spring

AGM June 11

2026

White River Crossing by Ian McGuire



Goodreads rating 4.03 [Editor note: The following review is from goodreads. The Marmora Public Library has a copy of the book.]

A breathtaking and cinematic novel about the lust for gold and its bloody consequences, set in the unforgiving landscape of the sub-Arctic Canadian wilderness, from the acclaimed author of *The North Water*

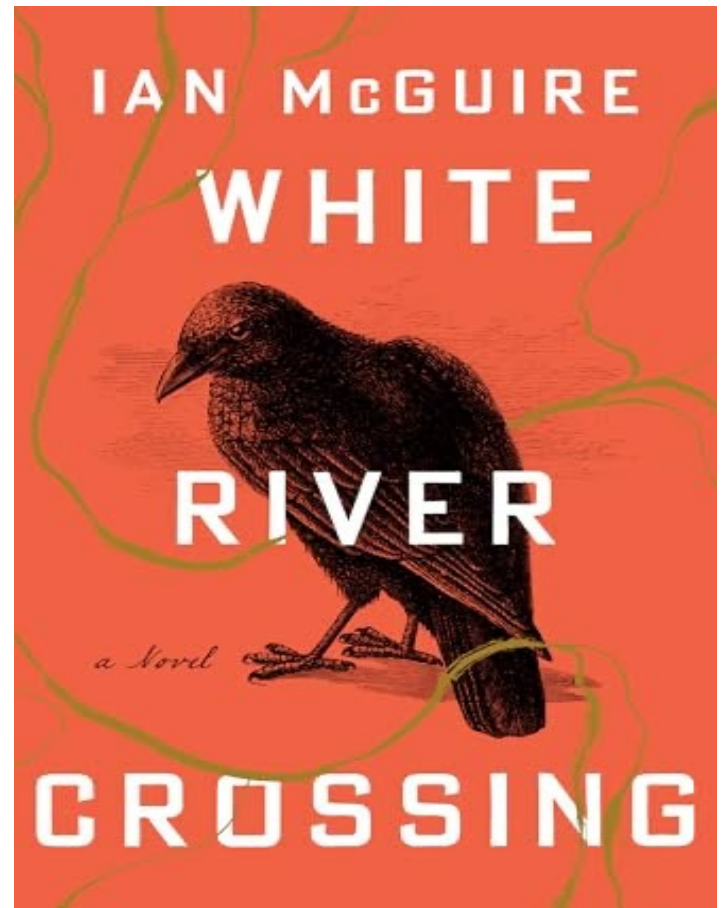
A ragged fur peddler arrives at a remote outpost of the Hudson Bay Company in the winter of 1766 with a lump of gold, claiming that there is plenty more like it further north at a place called Ox Lake. The outpost's chief factor, Magnus Norton, dreams of instant riches and launches a secret and perilous expedition to find the treasure and bring it back.

Led by a family of native guides, the party of prospectors includes Norton's brutish deputy, John Shaw, and Thomas Hearn, the insular and intellectual first mate from the factory's whaling sloop. During their long journey north, Shaw's callousness and arrogance lead him to commit an act of sexual violence whose disastrous consequences will only fully emerge once they reach their final destination. There, amidst the bleak beauty of the Barren Grounds, as Norton's carefully crafted plans begin to fall apart and the brutal arctic winter starts to descend, Hearn is forced to make a choice that will define his character and determine his future forever.

Utterly captivating, *White River Crossing* transports us back to the furthest edges of the eighteenth-century British empire where two radically different worlds—indigenous and European—collide with calamitous and deadly results.

Ian McGuire is the author of *White River Crossing*. His previous novels are *The Abstainer* published in September 2020 by Random House (USA) and Simon & Schuster (UK), *The North Water* published by in 2016 by Henry Holt (USA)

and Simon & Schuster (UK), and *Incredible Bodies* published in 2007 by Bloomsbury. Ian lives in Manchester, England and teaches at The University of Manchester's Centre for New Writing. He is a winner of the Royal Society of Literature's Encore Award and Historical Writers' Association Gold Crown Award.



Spring

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2026



Canadian medaled in both Summer and Winter Olympic sports

History, (Sarah Anne Lloyd, January 26, 2026) and Wikipedia

Olympians train for years, sometimes their entire lives, to become the best of the best at what they do. And some athletes even manage to compete at that high level in more than one sport. Just a handful of people, seven in total, have managed to take home medals in both the Summer and Winter Olympics, in entirely different events.

Clara Hughes (born September 27, 1972) is a Canadian cyclist and speed skater who has won multiple Olympic medals in both sports. Hughes won two bronze medals in the 1996 Summer Olympics and four medals (one gold, one silver, two bronze) over the course of three Winter Olympics.

Hughes is one of the few athletes who have competed in both the Summer and Winter Olympic games. Hughes is one of only six people to have podium finishes in the Winter and Summer versions of the Games and is the only person ever to have won multiple medals in both. Hughes was the first Canadian woman to win a medal in road cycling at the Olympics, winning two in the 1996 Atlanta Olympics.

As a result of her success in multiple sports and her humanitarian efforts, Hughes was named to both the Order of Manitoba and as an Officer of the Order of Canada. She is involved with Right To Play, which is an athlete-driven international humanitarian organization that uses sports to encourage the development of youth in disadvantaged areas. After winning her gold medal in 2006, she donated \$10,000 to Right to Play.

Guardian

MARMORA PHARMACY

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| | |
|----------------|---------------|
| 9 am - 5:30 pm | Monday-Friday |
| 9 am - 3 pm | Saturday |
| 10 am - 2 pm | Sunday |

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Spring

Go Take a Photo For the Contest!

2026

10 Warning Signs of Dementia



(Alzheimer Society of Hastings – Prince Edward)

Whether you're concerned for yourself or someone you care about, it's important to know the most common warning signs of dementia so you can ensure an early diagnosis.

Sign 1: Memory changes that affect day-to-day abilities

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number only to remember them a short while later. However, a person living with dementia may forget things more often or may have difficulty recalling information that has recently been learned.

Sign 2: Difficulty doing familiar tasks

Busy people can be so distracted from time to time that they may forget to serve part of a meal, only to remember about it later. However, a person living with dementia may have trouble completing tasks that have been familiar to them all their lives, such as preparing a meal or playing a game.

Sign 3: Changes in language and communication

Anyone can have trouble finding the right word to express what they want to say. However, a person living with dementia may forget simple words or may substitute words making that person hard to understand.

Sign 4: Disorientation in time and place

Have you ever forgotten what day of the week it is or can't remember why you went into

your bedroom? It happens to all of us. However, people living with dementia can become lost on their own street, not knowing how they got there or how to get home.

Sign 5: Impaired judgment

From time to time, people may make bad decisions such as putting off seeing a doctor when they are not feeling well. However, a person living with dementia may experience changes in judgment or decision-making, such as not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6: Problems with abstract thinking

From time to time, people may have difficulty with tasks that require abstract thinking, such as managing finances. However, someone living with dementia may have challenges understanding what numbers are and how they are used.

Sign 7: Misplacing things

Anyone can temporarily misplace a wallet or keys. However, a person living with dementia may put things in inappropriate places. For example, a remote in the refrigerator.

Sign 8: Changes in mood, personality and behaviour

Sometimes people feel sad and moody, or experience changes in their behaviour. But a person living with dementia may experience more severe changes. For example, they may quickly become tearful or upset for no obvious reason. They may be confused, fearful, suspicious and withdraw from others. They may act differently from what is normal for them.

Spring

Fireworks and Boat Parade Aug 1

2026



10 Warning Signs of Dementia, Continued...

Sign 9: Loss of initiative

It's normal to lose interest in housework, business activities or social obligations, but most people regain their initiative. However, a person living with dementia may become passive and disinterested. They may need cues and prompts to become involved.

Sometimes dementia can be the cause of these issues, and it's important to see a doctor and an eye specialist to get everything checked out.

If you are concerned about any of these signs, the next step is to talk to your doctor. Only a qualified health-care provider, after multiple assessments and tests, can confirm whether you or someone you know has dementia.

Sign 10: Challenges understanding visual and spatial information

A person with dementia may have problems with vision, depth perception and movement. They may have challenges with finding their way around their environment or placing items on a table.

<https://alzheimer.ca/en/about-dementia/do-i-have-dementia/10-warning-signs-dementia>

<https://alzheimer.ca/hpe>

Unlock energy incentives



[This is an email from Hydro One. Links to the savings incentives: Energy Savings for Homes | Hydro One]

At Hydro One, we're here to connect you to safe, reliable power while keeping you informed about offers that make energy-saving upgrades more affordable.

Explore the latest Save on Energy programs designed to support your energy-efficient home upgrades. From major renovations to smaller equipment improvements, you may qualify for incentives that help reduce costs while conserving energy. See program details, check eligibility and apply today to start saving more.*

Current programs include:

- Rebates for upgrades on insulation, smart thermostats, energy-efficient appliances, windows and solar panels
- Free energy-saving kits with LED bulbs, weatherstripping and more
- Up to \$25,000 in funding toward heat pump equipment and installation
- Dedicated offers for Indigenous customers and communities

Belmont Lake Brewery
The Bearcroft Family
Brewers & Owners

54 FR 17, Havelock, ON
*Situated at the north east end of the lake,
just south of Deer Bay
(look for the house with the blue roof!)*

705.803.3001
belmontlakebrewery@gmail.com
belmontlakebrewery.com

Spring

Volunteer in 2026

2026

Fear of fireworks and thunderstorms noise in dogs



Cornell University, Veterinary Medicine
Departments

The sounds from fireworks, thunderstorms and other loud noises are common sources of fear and anxiety in many dogs. There are several reasons why a dog may develop this type of fear, such as a negative experience around a specific noise, lack of early socialization as a puppy, underlying illness, or because of worsening anxieties as they age due to changing brain chemistry. The signs of fear can range from mild to severe, including trembling, vocalizing, panting, pacing, drooling, hiding, digging at doors and escape attempts.

When pets get scared, they may try to flee and escape in search of safety. The source of firework noise can confuse our pets, so dogs may frantically try to escape outside. This leads to pets running away from home and putting themselves in danger of injury or getting lost in their most frightened state. Always ensure your dog's ID collar and/or microchip information are current and secure your home and yard as a precaution.

With some advanced planning, you can help your dog feel safe during a stressful time. Set your dog up for success with the following tips:

-Talk to your veterinarian about anti-anxiety medications well in advance. If medications are prescribed, trial them first on a day without noise to see how your dog tolerates them. Give prescribed anti-anxiety medications early enough before the fireworks or thunderstorms start. It is much easier to prevent a fearful reaction than to reverse one.

- Exercise or play outside earlier in the day. Plan bathroom breaks and outdoor exercises accordingly to avoid going outside after the fireworks or storm start. If you must go outside, keep them on a leash, even in a fenced-in backyard, as a precaution.

- Stay home to comfort them. Many dogs with noise phobias may also have some separation anxiety, so your absence may make them even more stressed. If this isn't possible, consider a pet sitter they know and trust. Punishment must never be used because it will only increase your dog's distress.

- Create a safe space. This should be in a location of the home they are familiar with and have a cozy bed or blankets. Keep them in a room farthest from the noise and with few or no windows to help decrease outside sound. Only use a crate if they are already accustomed to it and consider it a safe spot.

- Play white noise and music. Layering two different types of sound can help drown out the noise. Calming classical music may also help reduce stress.

- Offer long-lasting treats such as stuffed frozen Kongs, Lickimats, or other food toys.

In some cases, adjunctive therapies, such as pheromones or other nutraceuticals, may be helpful additions. Always seek scientifically supported therapies as recommended by your veterinarian. If your dog's fear, anxiety and stress feel unmanageable during fireworks, thunderstorms, or other loud noises, speak to your veterinarian, or consider a referral to a veterinary behaviorist, as more extensive treatment, including medications and behavior modification, may be needed.

EV Charging Stations

3 jul EV charging stations are being installed in the parking lot behind the stores on the west side of Forsyth Street. They are not functional at this time, pending completion of an agreement with Hydro.

Spring

Is Your Neighbor A Member?

2026



Free Fish(ing)

During Family Fishing Weekends Canadian residents can fish in Ontario for free. This means you do not need to buy a fishing licence. There are 3 Fishing Weekends in the summer of 2026.

- Mother's Day Weekend (May 9 - 10, 2026)
 - Father's Day Weekend (June 20 - 21, 2026)
 - Family Fishing Week (June 27–July 5, 2026)
- www.ontario.ca/page/free-family-fishing

Did You Know?

Spring doesn't begin the same time for everyone. Springtime starts differently in some parts of the world. Spring in the Northern Hemisphere occurs when it is autumn in the Southern Hemisphere.



Spring

Time to Renew!

2026