

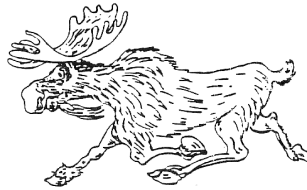
THE BEST LITTLE TOWN BY A DAM SITE!

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36 YEARS!!!

Issue Price FREE



THE LATCHFORD AND AREA

MOOSE CALL



# January 2025



### PUBLIC NOTICE

~ **ALL** dogs must have current year tags per By-law 639/04. The cost per dog is: \$20.00

~ Remember to Poop & Scoop ~

Animal complaints can be reported to the Town Office @ 676-2416

**COUNCIL MEETING FOR JANUARY TO BE HELD ON THE 14th IN THE COUNCIL CHAMBERS AT THE LATCHFORD TOWN OFFICE @ 6:00PM. ALL ARE WELCOME TO ATTEND. COUNCIL MEETING WILL NOW BE THE SECOND TUESDAY OF EVERY MONTH @ 6:00PM IN PERSON AT THE TOWN OFFICE.**

**LEGION MEETINGS WILL BE HELD THE SECOND WEDNESDAY OF EACH MONTH AT THE ROYAL CANADIAN LEGION IN LATCHFORD.**

# Mayors Report

Hoping that everyone had a great holiday season. There has been lots of people sick thru the holidays and I was unfortunate to be one of them. Our tree lighting went very well and had many people attend. Everyone had lots of positive comments. Would like to thank Betty and her elves for doing such a great job of the decorating and the stations with activities to do.

Senior's bags were delivered Dec. 15th and thanks to the volunteers that helped make the bags and deliver. Unfortunately, there were people missed so I ask that you make sure you get your name into the office for next year because we don't know everyone's ages.

Would also like to thank Ryan and Megan Campsall, Ken and Laura Olson, James and Robin Macewen, Aron and Candic Flannigan, Mike and Brenda Garton and Scotty Dinell for purchasing the homemade pies from Leis Landscaping Yard & Country store that were part of the senior's bags.

The special gift bags were also donated!

We received a message from Leis and felt it needs to be shared.

(On behalf of Leis Landscaping Yard & Country Store we were honoured that Barbara asked us to make the gift bags with our products for Diane's Wish. Barbara is an amazing soul helping bring smiles across our community. This meant a lot to be a part of this community action project!

The fulfilment of Diane Quilty's final wish to ride a horse undeniably moved hearts and went viral on a global scale. Through the love and caring compassion, she received in her final days, she desired to see others receive acts of love and kindness, starting in the Tri Towns" the community she grew up in. Diane was so filled with love and gratitude she wanted her story to reach far and wide! Diane's Last wish reached magazines, artists, strangers and communities all over the world, who are carrying out acts of loving kindness. There is currently a TV video in production highlighting this positive impact.

Diane wanted her story to go far and wide and this wish too, has been fulfilled.)

I delivered meals from R U Hungries on Christmas Day and it also was well received. This is my third year doing this and really do enjoy seeing people's faces. Thanks to them for the donation of the meals and many that were alone were able to have a Turkey dinner also.

Also, our council meetings will be done in person going forward. We will still have them recorded to watch. We will be going to once a month and it will be the second Tuesday of the month.

Hoping everyone has a great January and hopefully it doesn't get too cold.

Thanks

**Sharon Gadoury-East**

# From the kitchen of Diana

Page 3

## SPINACH STUFFED CHICKEN BREAST (6 INGREDIENTS)

4 8-oz Boneless skinless chicken breasts  
2 tsp Sea salt  
1/2 tsp Black pepper  
6 oz Fresh spinach (chopped)  
2 oz Cream cheese (softened)  
2 cloves Garlic (minced)  
1 cup Mozzarella cheese (shredded, divided)  
1 tbsp Olive oil  
1 medium Roma tomato (sliced thinly into 8 slices)

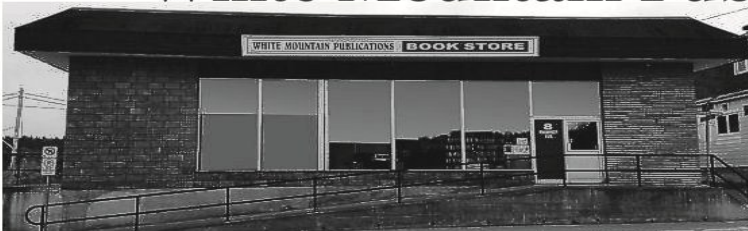
1. Preheat the oven to 450 degrees F (232 degrees C)
2. Pat the chicken breasts dry. Season both sides with salt and pepper. Cut a slit in each chicken breast horizontally, creating a pocket. Set aside. Place the spinach into a large bowl. Steam the spinach in the microwave for 2-3 minutes, until wilted. (Alternatively, saute on the stove for 3-5 minutes, until wilted.) Set aside to cool until it's not too hot to handle. Meanwhile, in a large bowl, mash together the softened cream cheese and garlic. (If you forgot to soften the cream

cheese, you can microwave it to soften it.) Stir in 1/2 cup of mozzarella cheese. When the spinach is cool enough to handle, squeeze over the sink to release as much water as possible. Stir into the cream cheese mixture. Stuff the spinach mixture evenly into the chicken breasts. Use toothpicks, positioned horizontally, to secure the filling inside the pockets.

3. Heat the olive oil in a large (at least 12-inch) cast iron skillet over medium-high heat, until shimmering. Add the chicken and sear for 4-5 minutes per side, until golden brown on both sides. Working quickly, top each piece of chicken with 2 tomato slices and 2 tablespoons of shredded mozzarella cheese.

4. Transfer spinach stuffed chicken breast to the oven. Bake for about 15 minutes, until the internal temperature reaches 165 degrees F (74 degrees C). (Make sure your meat thermometer is inserted into the chicken and not the filling to check the temperature.) If the cheese is not as dark as you like, place under the broiler for 1-3 minutes – this is optional.

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**Happy New Year!! Bonne Anne!!**

Hello everyone!

I hope everyone had a great holiday with family and friends!

Starting in January, we will be open every Sunday at 1 pm to 6 pm for Games Day. Come out and play pool, darts, Texas horse-shoes, corn hole bag toss , watch sports on the TV or sit with friends and family.

Starting in January, every Saturday starting at 7pm we will be having a dart league. Come out and have fun trying to get the 180!

Book your calendars for upcoming events in January and February.

Sunday January 5 th the IIHF World Juniors Championship games, Bronze and Gold Medal Games will be televised at the Legion. Doors open at 2 pm.

Saturday January 18 th , we will be holding a Karaoke Night. Come out and sing your heart out!! The Legion opens at the regular time of 2pm. Karaoke starts at 8pm.

Saturday January 25 th , Debby Burrows will be having a pickerel dinner. Tickets will be \$20.00. Please reserve in advance or before January 18 th . Dinner starts at 5pm. Please

call Debby at 705-493-6147 to reserve your ticket.

Sunday February 9 th , the Super Bowl will be televised. Race starts around 4 pm.

Sunday February 16 th , Nascar race-Daytona 500 will be televised at the Legion. Doors open at 1 pm. More events may be added. Keep checking our Facebook Page-Royal Canadian Legion Latchford. Sgt.

Aubrey Cosens V.C. Br 629.

The Legion is open Friday nights at 7 pm and Open Saturdays at 2 pm. If anyone would like to become a Branch member, please contact me or stop at the Legion for an application form.

The Branch meetings will be every 2 nd Wednesday of each month starting at 7pm. All members are welcome.

**Here is the Legion contact information:**  
**sgtaubreycosensv.c.629@hotmail.com**

**705-679-4062**

**Lest we forget.**

**Vicky Gray-Wilks**

**Branch President**

**Terry Burrows Contracting**

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Call or text 705-676-1113

Are you looking to have home or cottage renovations done.

Give me a call, I can do it all from new kitchens, baths, decks, docks, windows just to mention a few.

I have space on my calendar this winter if you would like an idea of cost we can come have a look and work out an estimate for you.

## Obituary

**Stanley Ernest Bates August 3, 1931 - December 16, 2024**

It is with deep sadness that we lost our husband, father, grandfather, and great-grandfather, Stan Bates on Monday, December 16, 2024.

Stanley Ernest Bates (Stan) was born on August 03, 1931 in Latchford, Ontario and passed away on December 16, 2024 surrounded by family. He leaves behind his loving wife, Bella of 70 years; three daughters, Connie (Jim), Nancy (Bernie), and Karen (Rod). He was blessed with 9 grandchildren, Tanya (Kenny), Merla Mae (Tim), Erin, Kim (Roger), Jason (Stacie), Todd (Laresa), Justin (Trena), Jordan, Brent (Jessica) and 26 great-grandchildren and numerous nieces, nephews and friends.

He was predeceased by his mother, Clara (Anderson) Bates; father, Percy Bates; brother, Ted Bates; and daughter, Karen Duncalfe-Bates and survived by his sister Helen (Bates) LaRose.

Stan was a popular multi-sport athlete during his years in Latchford as an all-star calibre catcher for the Latchford Lumber Kings fastball team. He caught for the likes of big Jim Sargent, Sonny Moore (a Bear Island Braves tournament pick-up), Pat O'Shaughnessy, and his younger

brother Ted Bates, while delivering many a timely hit. Stan, and his friend Alfred Dubie, played some semi-pro hockey in the Sundridge area during the early 1950's.

Prior to moving to Alberta, Stan served his hometown Latchford in a variety of ways including as a member of Council and as Mayor. He was actively involved in the highly successful 1967 Centennial Celebrations in Latchford and he and his wife, Bella, operated "Bates General Store" in that community for a number of years. He is fondly remembered by all in that community who knew and remember him.

A Celebration of Life will be held at the Saint Agnes Catholic Church in Carstairs on Saturday, December 28, 2024 at 11 A.M. Internment will follow for the family and close friends. Following the cemetery, everyone is invited to the Carstairs Community Hall where Stan's eulogy, memories and stories will be shared.

We would like to thank the Doctors, Nurses, and staff at the Peter Lougheed hospital for their hard work and kind help through this rough time.

In lieu of flowers donations can be made to the Heart and Stroke Foundation, [www.heartandstroke.ca](http://www.heartandstroke.ca)

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# Rhonda's Garden Tip

Page 6

## Showing Creativity in 2025

Happy New Year!! Say hello to 2025! Every January we start to think about new goals big or small that we would like to achieve, and every year I always seem to pick the same activity – to become more creative. Creativity is so important in our everyday lives, and so important in the garden. Since it's too cold to garden outdoors, we need to find ways to soften winter's chill and bring gardening indoors by taking on activities that still allow us to enjoy nature's beauty from the inside. January is a great time to bring that creativity and love of gardening to the indoors.

Having indoor house plants can be beneficial on all levels, and healthy for our five senses too! I'm not sure if our hearing sensory is included in this because plants don't make sounds. However, the silence they have maybe beneficial to some. Adding greenery to our indoor rooms adds the colours of nature that pleases our sensory for sight. Our sensory for taste is taken care of through edible plants, like herbs. The touch sensory is achieved through the texture of the plant, and our sense of smell is used when the plants purify our indoor air quality, and add fragrance from the blossoms. Did you know that a spider plant can remove up to 80% of air pollutants found in our homes? Indoor house plants act as a filter by replacing the bad air for more pure oxygen. If you like this idea, choose plants that thrive in low light interiors which can occur during the winter months. An indoor spider plant, Chinese evergreen, bamboo palm, chrysanthemum, snake plant, Peace lily, English ivy, Gerbea daisy, and a Golden Pothos are all excellent choices. The best way to care for your indoor plants is to water thoroughly and then let the soil dry out in between watering.

Creating a simple herb garden for your windowsill may be the way to go this winter, and this kind of garden doesn't care what the season is. Adding herbs and spices to everyday cooking can keep us healthy. Fresh chives, thyme, parsley, tarragon, sage, and sweet marjoram are all great picks. They're versatile too, from adding flavour to any dish to making teas to sooth any discomfort or illness.

Another way to show our creativity in the New Year is to create a natural setting to capture winter photos of northern birds. Set up a feeder outside close to your window, then position a camera on a tripod inside to snap a clear photograph of those curious black capped Chickadees, Blue-jays, or maybe a pileated woodpecker if you have a suet feeder. Try anchoring a pine branch close to the feeder to encourage the birds to rest so you have a few minutes to snap a picture. A shimmering layer of ice or snow can transform an ordinary photo to something beautiful, and who knows, you may enjoy taking pictures so much during the winter that you'll want to continue being creative during the spring and summer. For those seasons, just change the prop from a branch to a flower to attract the birds. So, there you have it, a couple of examples on how to show your creativity this winter from bringing gardening inside, to other fun activities, like taking photographs of our northern birds during winter! Check out Sandra Leonard's Photography on Instagram!



Bye for now



Rhonda

## Subscribers News

As predicted, I am late with this month's 'Call! The trip to the US to spend Christmas with our family took more out of this old dude than was available it appears. We were gone a total of 10 days during which I drove the total 49.33 hrs and a distance of 4420 kms. Enough of that nonsense, in future I will turn the wheel over to my navigator (Sharon) much more frequently.

Winter started relatively gently here in Latchford, even providing a bit of rain while we were absent, but early January is proving that winter is seriously with us for the foreseeable future.

Renewals were great during the month and began with one from Laurie (Carmody) Christo of New Liskeard for another year. Then I followed that by renewing for my daughter Jennifer Miller of Plymouth, Illinois, grand-daughter Hannah Gravelle of Lincoln, Illinois and grandson-in-law, Travis Bruins of Jacksonville, Illinois; all for another year's reading.

Then we got a renewal for another 2 years from our friend Louis Quenneville of Cobalt who grew up here in Latchford. That was followed by summer resident, Shirley Rice of London, also renewed for another 2 years. 2 years remained the flavour of the day when a descendent of our namesake, Francis Robert Latchford, Brendan Latchford renewed for that like number and then the month was rounded out by yet another 2 year renewal from Sandra Houghton who has now relocated to Dundas, ON. Thanks to all who insist on including the extra which continues to be much appreciated.

On the health and fitness front, it just didn't seem to want to end the exceptionally bad year for families with Latchford roots or ties. First down was Stan Bates who passed on December 16 in Carstairs, AB. Stan's obituary is included in this issue and he is survived by his sister Helen Larose, now in the Northdale manor, New Liskeard, and numerous other relatives still here in Latchford. Then we received word that Wilhelmina (Willie) Newton of Pugwash, NS had passed away on December 20 after a brief battle with cancer. Unfortunately, I do not have an obituary for Willie but many from here fondly remember her as she grew up in Latchford and leaves behind many relatives and friends here. Then word was received that Jim Godden had passed away on December 22. Jim and his wife, Louise, had lived here for a number of years and Jim's brother Rob (Lynn) still lives here. 2024 has to go down as one of the worst years for losses in at least my memory. Sincere condolences to all.

**George L.**



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Announcements, Want Ads, Employment, etc..... 2.00

**Submission Deadline**

All ads must be in by the 23rd of each month to be published in the following month's newsletter. Articles may be edited for space

**Circulation**

Sharon Lefebvre 676-2129 or write to Circulation Manager at P.O. Box 10, Latchford, ON P0J 1N0.

**Subscriptions**

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**Editorial Policy**

: We will not print any news, items, letters, or otherwise containing slanderous, defamatory, or injurious information in reference to the character of any person or entity. The writer of all articles must be identified when items are submitted but may request to remain anonymous in print. All such requests will be honoured.



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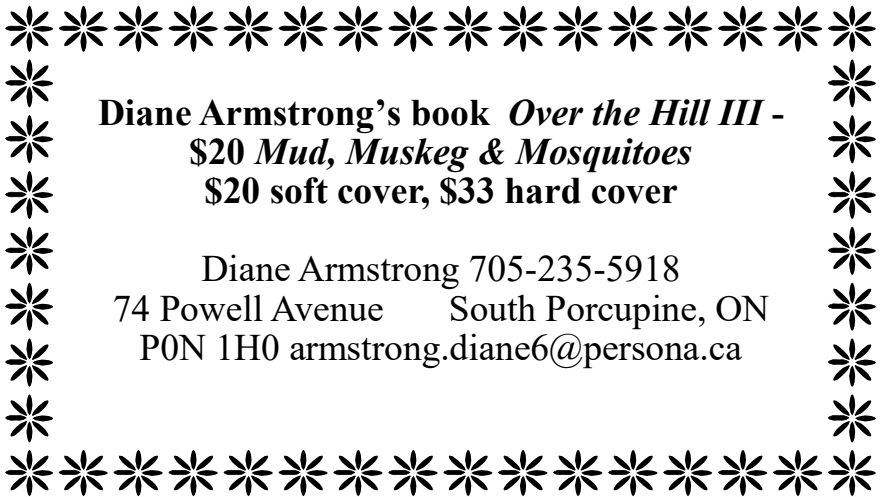
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**PUBLIC NOTICE**

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**Winter Storage available for boats, cars, trailers, ATVs etc.  
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### Obituary

#### James Kenneth Godden

It is with deep sadness that the family announces the passing of James Kenneth Godden from New Liskeard at the age of 78. He passed away peacefully at home on December 22, 2024 surrounded by his family.

He was predeceased by his loving wife Louise Godden (Neddo), parents Joseph and Jean Godden, brother in law Jan Oukes and his beloved dog Brie.

He is survived by his daughters Bonnie Gagnon (Billy), Tammy Godden (Roger), Tanya Pouliot (Martin), Amanda Godden (Kevin) and Angela Grant.

Loving brother to Rob (Lynn) Godden and Shirley Oukes.

Proud grandfather to Jennifer Boros, Brittney Boileau, Ryan and Kally Pouliot who he cherished dearly.

As a boy, Jim grew up around farming and construction as this is where he developed the love for horses which he passed on to "his girls".

Jim was a transport truck driver for well over 20 years before stopping due to health. Jim was extremely outnumbered at home with all his daughters but that never stopped him from instilling all the things they should know to become strong independent women. Jim enjoyed hunt-

ing, fishing, ATVing, puzzling and spending time with his family, The family would like to express their deepest appreciation to Dr. Colleen Davies who went above and beyond right at the end and to his dear friend, Ann East who remained a constant throughout.

In keeping with Jim's wishes, there will be no service and cremation has taken place at Lakeview Crematorium, Haileybury.

Memorial contributions to the Heart and Stroke Foundation, Ducks Unlimited or any other charity of choice would be greatly acknowledged by the family. A celebration of life will be held for Jim at a later date.



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## Dad Jokes

- I told my wife she should embrace her mistakes. She gave me a hug. Air used to be free at the gas station, now it costs 2.50. You want to know why? Inflation.
- Stop looking for the perfect match; use a lighter. How you fix a broken pumpkin? With a pumpkin patch.
- What state is known for its small drinks? Minnesota. Where do boats go when they're sick? To the dock.
- If two vegetarians get in an argument, is it still called beef? What has ears but cannot hear? A cornfield!
- I have a clean conscious—it's never been used. I'm so good at sleeping that I do it with my eyes closed.
- I love telling Dad jokes. Sometimes, he even laughs. What do you call a pencil with two erasers? Pointless.
- How do you stop a bull from charging? Cancel its credit card. I hated facial hair but then it grew on me.
- My kid is blaming me for ruining their birthday. That's ridiculous, I didn't even know it was today! What did the plumber say to the singer? Nice pipes.
- My kid gave me a 'World's Best Dad' mug. At least she inherited my sense of humor. Why is Peter Pan always flying? Because he Neverlands.
- What happened when the blue ship and the red ship collided at sea? Their crews were marooned. Why was the broom late to class? It over-swept.
- I'm thinking I should do lunges to stay in shape. That would be a big step forward. How does a lawyer say goodbye? I'll be suing ya!

**NOTICE**

**The Latchford Recreation Committee would invite residents to consider joining their group, as several members have resigned and some are moving away, so very few members will remain. Should they not be able to recruit more people, this organization could very easily fold and this would be very detrimental to the children and adults of Latchford as they provide many activities for all ages throughout the year. Call the Town Office @705-676-2416 to join up!**

## Fun Facts

Mount Everest was possibly shrunken by an earthquake.

Pope John Paul II was made an honorary Harlem Globetrotter.

Quebec City is the only walled city in North America north of Mexico.

Frank Sinatra was offered the starring role in Die Hard when he was in his 70s.

Antarctica has the largest unclaimed territory on Earth.

Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first class.

Close to 70 percent of the world's freshwater is held in glaciers and ice sheets.

The fastest gust of wind ever recorded on Earth was 253 miles per hour.

Dentistry is one of the oldest professions in the world. Evidence of teeth being drilled into dates back up to 9,000 years ago!

Al Capone's business card said he was a used furniture dealer.

## Discover Your Inner Zen

With the Support of the Latchford Town Council

### I am pleased to announce Community Based Yoga

Join Tricia Anderson every Wednesday for a rejuvenating 1 hour Yoga Session

Suitable for ALL Levels

Time: Wednesday April 17th 5:30-6:30 Pm

Location: The Latchford Recreation Centre

Cost: \$10 per session and ½ price for Seniors

### Benefits of Yoga

- Improve flexibility and Strength, not only strength of Body but of Mind
- Reduce stress and enhance your mental clarity
- Connect with others in YOUR Community
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I am a Certified Yoga Instructor and will guide you through each pose with care and expertise

Please Bring your own mat, water and wear comfortable clothing. No PRIOR yoga experience is necessary- just an open mind and a willingness to learn.

**Contact Tricia Anderson via email [Triciaanderson23@icloud.com](mailto:Triciaanderson23@icloud.com) to reserve your spot and answer and answer any questions you may have.**



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**Sabin Metal Worldwide Companies**

Now that we are in the middle of the heating season, here are some tips to keep a furnace safe.

First thing I would like to suggest, is snow accumulation. So far this year there has not been a whole lot of accumulation, but the winter is not over. Keep in mind with snow on the roof it can cover some important pipes. Like the air pipe for the plumbing system. If this pipe is covered you may experience slow moving drains.

The more important pipe is the furnace exhaust pipe. With this pipe covered it can cause an accumulation of C.O. in the house. Sating this last statement it is important to have a working C.O. detector on each level of the house.

**Here are 4 DIY Furnace Maintenance Tips**

Conducting these simple furnace inspections before temperatures drop can maintain your furnace's optimal performance, reduce energy consumption, and help extend the lifespan of the equipment for winters to come.

**Look Out for Leaks, Deterioration, and Loose Ductwork**

Inspect your air ducts for leaks or significant wear. Look out for any visible deterioration, like kinks or dents on or around their air ducts. A homeowner may notice that their ductwork is loose, especially in rooms like the basement or furnace room, where there is exposed ductwork that makes rattling noises when the furnace turns on.

Loose ductwork may result in poor system performance and a lack of heat circulating through certain areas of the home.

Ductwork isn't typically inspected during regular furnace maintenance, so if you've found this

and suspect you may have an issue, we recommend you consult a technician.

**Frequently Inspect Furnace Filters**

The furnace filter can collect common contaminants like dust mites, allergens, mold, pet dander, and more. Many homeowners forget to replace their filters, leading to equipment inefficiencies and potential breakdowns. Ideally, you should replace your furnace filter every three months. At a minimum, homeowners should switch out their furnace filters twice annually—once before the cold weather season and once after.

**Clean Dust and Lint Around the Furnace**

Dust accumulation around the furnace can reduce the efficiency of the equipment. Before you enter the cold weather season, clean the area around the furnace. Cleaning can be as simple as vacuuming the area and wiping it down with soap and water.

**Don't Block Air Outlets or the Furnace's Air Supply**

Check all of your air vents to ensure any furniture or rugs aren't obstructing them. Blocking air outlets prevents optimal heat outflow throughout the home.

Inspect the area outside your home that supplies your furnace with fresh air. Leaves, snow, or dirt can block this outlet and prevent proper air intake. Throughout the season, homeowners should inspect this area and remove any accumulation of natural debris.

**When to Call a Professional**

- Dirty Blower Fan Blades
- Improperly Firing Burners
- Blocked Condensate Drain
- Deteriorated Electrical Components
- Carbon Monoxide (CO) Leaks

**Have a safe New Year**