HIGHLANDS NORTH NETWORK
Happy Matters!

Fall 2026

COMMUNITY CONNECTION



Dear Friends and Neighbours,

I have always felt a little sad saying goodbye to summer. I'm not fond of cold and ice, and fall brings us closer to snow and further from warm, sunny days at the lake.

One unexpected gift of being involved with HNN is that I feel that sadness less. Our plans for the future, and the people we hope to serve, have come to fill my mind and heart. There is so much to look forward to.

This fall, I'm especially hopeful about two grant applications. As I write this on the National Day for Truth and Reconciliation, nothing would please me more than news that our New Horizons for Seniors application has been approved. It would help us weave Indigenous programming into all we do in 2027, creating space for Indigenous voices, learning and understanding. I hope it will open doors to new friendships and a wider sense of belonging. Keep your fingers crossed that our next newsletter brings good news on that front!

Our second application, an Ontario Trillium Foundation Seed Grant, is a longer shot, but we remain hopeful. A decision is expected in early December. This grant would allow us to pilot paid Seniors Social Activity Leader positions—a first step toward paid social health stewardship. Social health matters as much as physical and mental health, and recognition of the people who nurture it is long overdue. HNN is proud to help lead the way right here in the Lanark Highlands.

Seniors Active Living Centre funding, which we gratefully receive, encourages us to bring generations together. That takes imagination in an area with so many retirees, but our Dream Team is turning ideas into plans to connect seniors and youth. I'll share more as those plans take shape.

There is more to share than this page can hold! Keep an eye on our website's blog page for news that can't wait until until the December newsletter, and visit our Events page for upcoming gatherings. The amazing Cashmen Ford is returning to entertain us in November and Gail Gavan, whom we missed last Christmas, will help bring us into the holiday spirit.

Thank you for being part of HNN. You give us so much to look forward to, whatever the season.

Socially Yours,
Barb Young,
President, Highlands North Network

Funding provided by the Government of Ontario

Ontario

Social Health... from the Heart #9:



Community Culture Matters Too
By Barb Young

In rural communities like the small hamlets in Lanark Highlands township, relationships are often long-lasting and deeply interconnected. That closeness can be one of the greatest strengths of rural life, creating strong bonds between neighbours, friends, families, and generations. But closeness also creates responsibility.

Words travel quickly in small communities. Partial stories, assumptions, and emotionally charged perspectives can sometimes become accepted as truth before all sides are understood. Over time, gossip, judgment, and social division can quietly damage trust, belonging, and emotional safety within a community.

For those on the receiving end, the impact can be profound. In rural areas especially, where social circles are smaller and opportunities to rebuild connections may be limited, exclusion and harassment can lead to isolation, withdrawal, loss of confidence, and deep emotional hurt.

What is important to understand is that socially connected communities are not automatically socially healthy communities. Communities, like organizations and families, can develop unhealthy communication patterns over time if compassion, fairness, discretion, and accountability are not intentionally nurtured.

When gossip, public judgment, exclusion, clique behaviour, and assumptions based on partial or second-hand information become normalized, these patterns can slowly become entrenched within a community culture. People may begin staying silent to avoid conflict, withdrawing from participation, or feeling pressured to “take sides” rather than seek understanding. Over time, this can create emotionally unsafe environments where fear, distrust, and division quietly grow beneath the surface.

As we move forward in our efforts to bring social health out of the shadows, it is important to recognize that healthy communities require more than activities, programs, and services. Social health is also shaped by culture — by how we speak to one another, how we handle conflict, and whether people feel psychologically safe within the communities they call home.

Socially healthy communities are strengthened when people resist gossip, avoid rushing to judgment, seek understanding before taking sides, and recognize the importance of protecting dignity and belonging — even during disagreement or conflict. Healthy communities are built when individuals choose fairness over assumption, responsible communication over speculation, and compassion over exclusion.

Social Health... from the Heart #9 con't

It is also important to recognize that unhealthy communication patterns can emerge gradually within any close-knit community. Most people do not intentionally set out to cause harm, and many may not fully realize the impact that words, assumptions, exclusion, or repeated narratives can have over time.

Perhaps one of the greatest signs of a socially healthy community is not perfection, but the willingness to reflect, grow, extend grace, and choose healthier ways of relating moving forward. We all play a role in shaping the emotional climate of the communities we share.

As we continue developing social health within our communities, this means paying attention not only to what we offer, but also to the kind of culture we create around it. Fairness, emotional safety, inclusion, discretion, compassion, respect, and responsible communication all matter.



This October, an opportunity is coming our way that speaks directly to this conversation. Lanark County Community Justice, and the Perth & District Community Foundation are hosting When Harm Occurs: Becoming a Trauma-Responsive Community, a virtual presentation by lawyer, speaker and educator Myrna McCallum.

The session will explore how trauma can affect the way people think, feel, behave, and respond, and how communities can respond to hurt, conflict, and challenging behaviour in ways that promote safety, dignity, accountability, and healing rather than creating further harm.

The Highlands North Network would like to bring people together in one of our communities to watch the presentation as a group and participate in the guided Learning Circle that follows. It seems especially fitting that we not only talk about what a socially healthy community looks like, but also take opportunities to learn together how we can help create one.

If you are interested in participating with us, please call HNN at 343-760-2000 and leave a message.

Strong communities are not built simply by bringing people together. They are built by creating environments where people feel safe, respected, valued, and protected from harmful social division. Social health is about more than activities and services. It is about how we treat one another. It is built through compassion, fairness, inclusion, respect, discretion, encouragement, and an understanding of the profound impact human relationships have on our wellbeing.

EVENT HIGHLIGHTS

OCTOBER

Have a Say in Our Township's Future!

LANARK HIGHLANDS • ELECTION 2026

MEET THE CANDIDATES • OCTOBER 17

9 a.m. • Ward 2 — Darling White Lake Centre
236 Cedar Cove Road

1 p.m. • Ward 1 — Robertson Lake Hall
4101 South Lavant Road

NEED HELP VOTING?

Oct. 19–23 • 9 a.m.–4 p.m.
Municipal Office

Oct. 20 • 4–8 p.m.
Robertson Lake Hall

Oct. 21 • 4–8 p.m.
Tatlock Community Hall

Oct. 24 • 9 a.m.–3 p.m.
Darling White Lake Centre & Municipal Office

Oct. 26 • 9 a.m.–8 p.m.
Municipal Office

Need a voter PIN or registration help?
613-259-2398 ext. 231

Most importantly — VOTE!

NOVEMBER

Ontario

THIS EVENT IS SUPPORTED BY THE GOVERNMENT OF ONTARIO

BACK BY POPULAR DEMAND
THE HNN PROUDLY PRESENTS



$20 INCLUDES CONCERT AND DINNER

CASHMEN FORD

AT THE MIDDLEVILLE COMMUNITY CENTRE
4203 WOLF GROVE ROAD

SATURDAY, NOVEMBER 21
2:00 PM – 5:00 PM
DINNER TO FOLLOW
PASTAS, SALAD, GARLIC BREAD, DESSERT, BEVERAGE

Call 343 760 2000 by Nov 14 to reserve your seat

Cost should never prevent anyone from attending. HNN will accommodate all participants 55+, regardless of ability to pay. Please speak privately with us when registering.

DECEMBER

HIGHLANDS NORTH NETWORK
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Join Us at Our Next HNN Quarterly Meeting

We'd love to see some new faces around the room!





Interested in learning more about HNN or helping us shape what comes next? Come hear our plans and share your ideas in a friendly, respectful setting.

There is no obligation to take on a role.

Lunch is on us!

Darling White Lake Centre
236 Cedar Cove Road
Date: **Mon. Dec. 7** Time: **11:00–2:00**

Call and leave your name and number. We'll call you back for a chat and confirm your attendance before the meeting.

343 760 2000

DECEMBER

HIGHLANDS NORTH NETWORK *presents*

Christmas from the Pontiac

Gail Gavan and Friends



An Ottawa Valley favourite, Gail brings lively country music, Irish traditions and the warmth of the Valley to the stage.

Tuesday, December 15, 2026
Concert: 2:00–4:30 pm
Turkey Dinner to Follow

CLAYTON HALL

Only $20 per person
Concert & dinner
Just 125 seats available

Call HNN at **343-760-2000** to reserve your seat.
Lanark Highlands residents have priority for sseats.

Food bank donations gratefully accepted.
Let's help make sure no one goes hungry this year.

Supported by the Province of Ontario | Ontario

RECIPES

Gluten Free Orange Yogurt Cake



- 2 c almond flour
- ½ c oat flour
- 1 tsp baking powder
- ¼ tsp baking soda
- pinch of salt
- 3 eggs
- ½ c greek yogurt
- ⅓ c honey
- ¼ c coconut oil melted
- juice of 2 oranges
- zest of 2 oranges

Optional

- 1 c chopped dates
- 1 c chopped nuts

Preheat oven to 350° F
Whisk together dry ingredients
Mix wet ingredients together in a separate bowl
Fold dry ingredients into wet, until just combined. (Do not overmix)
Bake for 35-45 minutes until golden

Pumpkin Muffins

1 c all purpose flour
1 c whole wheat flour
½ c sugar
2 tsp baking powder
½ tsp salt

½ tsp cinnamon
¼ tsp nutmeg
¼ tsp ginger

1 c pumpkin puree
1 egg
¾ c milk
¼ c either apple sauce
or vegetable oil

Preheat oven to 400° F
Place baking cups into a 12-cup muffin tin
Combine all dry ingredients together
Blend all wet ingredients in a separate bowl
Mix wet and dry ingredients together
Scoop batter into muffin tin
Bake for 20-30 minutes, until a toothpick comes out clean
Makes 12 muffins

Local Business Spotlight

Hidden gems, close to home.

Discover two unique businesses bringing creativity and relaxation to our rural communities.

MAPLESTONE
RANCH & RETREAT

MAPLESTONE RANCH & RETREAT

A peaceful escape, just 8 km from Middleville.







Unwind at this adults-only thermal day spa and nature retreat. Enjoy a warm saltwater pool, hot tubs, saunas, a cold plunge and walks through the maple forest.

Meet, groom and connect with one of their beautiful horses during a private experience, on your own or with a group.

613-464-8800
info@maplestoneranchandretreat.ca

LIVING STONES

Discover the beauty in stone.

Handcrafted in Lanark by stone artist John Schweighardt







Bring a little local artistry into your home or garden.

Sculptures • Bird Baths • Bowls • Vessels • Fountains • Monuments

613-259-2203 | www.livingstones.art

1787 3rd Concession Dalhousie, Lanark, Ontario

HNN-SALC Activity Schedule
Fall 2026



See Event Page on Website for Special Happenings!
343-760-2000

CONTACT INFORMATION:

DARLING WHITE LAKE: darlingwhitelakecentre@gmail.com
NORTH LAVANT: nlcclanark@gmail.com
TATLOCK: tatlockhallassociation@gmail.com
MIDDLEVILLE: nancy.affleck@gmail.com
SOUTH LAVANT: slarlh2021@gmail.com
WHITE LAKE SPORTS CENTRE: wlsc1376@gmail.com

Frequency	Day	Location	Time	Description: Activity/Event
Weekly	**Monday** **Oct** 5, 12, 19, 26 **Nov** 2, 9, 16, 23, 30 **Dec** 7, 14, 21, 28	Tatlock	7:00 pm	Bid Euchre; $5 - New players welcome
	Tuesday **Oct** 13, 20, 27 **Nov** 3, 10, 17, 24 **Dec** 1, 8, 15, 22, 29	Darling White Lake	1:00 - 3:00 pm	Knitter Knatters; $2
	Oct 6, 13		6:00-7:00pm	Yoga
	Wednesday **Oct** 7, 14, 21, 28 **Nov** 4, 11, 18, 25 **Dec** 2, 9, 16, 23, 30	Darling White Lake	1:30-2:30 pm	Experienced Line Dancing- $2
	Thursday **Oct** 8, 15, 22, 29 **Nov** 5, 12, 19, 26 **Dec** 3, 10, 17	Darling White Lake	9:00 - 11:00 am	Coffee Hour; $2
		Tatlock	1:00 - 3:00 pm	Bingo; $10
	Friday **Oct** 9, 16, 23, 30 **Nov** 6, 13, 20, 27 **Dec** 4, 11, 18	Darling White Lake	1:00 - 3:00 pm	Darts; $2
Bi-Weekly	**Wednesday** **Oct** 7, 21 **Nov** 4, 18 **Dec** 2, 16, 30	North Lavant	12:00 - 3:00 pm	Euchre; $5, Snacks
	Oct 14, 28 **Nov** 11, 25 **Dec** 9	South Lavant	12:30 - 4:00 pm	Lunch (donation) & Euchre $5
	Friday **Oct** 9, 23 **Nov** 6, 20 **Dec** 4, 18	Middleville	7:30 pm	Crokinole; $5

WE DON'T WANT *Anyone Left Out*

Would you like to attend an HNN activity, event, meal, or trip—but need a little help to make it possible?

PLEASE LET US KNOW WHEN YOU REGISTER.

Whether the concern is cost, transportation, mobility, or something else, **we will do our best to help you participate.**

All requests will be handled privately and respectfully.



FINANCIAL ASSISTANCE



TRANSPORTATION SUPPORT



MOBILITY ACCOMMODATIONS



OTHER NEEDS WE CAN HELP WITH

If you're not sure what's possible — just ask!
We will work together to find a way.

Call HNN at 343-760-2000
We're here to help.

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Thank you for being part of a caring, connected, and age-in-place-friendly northern Lanark Highlands.

Together, we're stronger.

Highlands North Network | 343-760-2000 | highlandsnorthnetwork@gmail.com | www.highlandsnorthnetwork.ca