



COMMUNITY CONNECTION



As we begin a new fiscal year, I find myself reflecting with a deep sense of gratitude.

There is much in the world right now that can feel heavy. In times like these, it is especially important to pause and recognize what is good, what is working, and what is worth building on. Gratitude helps create the balance we all need.

As of April 1, 2026, we have become the official operators of the Lanark Highlands - HNN SALC Program. I would like to thank those who helped bring us to this point - especially Chelsea, Suzanne, and the rest of the **Township staff**, who managed the finances on our behalf and gave us the time we needed to learn and grow.

To the **hall committees, activity hosts, event organizers, and HNN hall representatives** - your efforts make connection possible. Because of you, seniors in Lanark Highlands are able to stay engaged, supported, and connected.

To our **Advisory Board** - Kara, Victoria, and Marilyn - thank you for your guidance, your belief in our work, and your support in helping us grow, strengthen partnerships, and expand opportunities for our communities. Together, you are helping us build something that truly matters.

And we are just getting started.

A heartfelt thank you to the incredible **sponsors** supporting our upcoming Roadshows!

We are proud to recognize Almonte Independent, Candy Cane Kitchen, Redhead Roofing, Cameron's Maple Products, and Lanark Pharmacy for their generous support. Their commitment goes beyond sponsorship; it reflects a genuine investment in the people and communities they serve.

If you have the opportunity, we encourage you to support the businesses that continue to support our communities.

Social Health...from the Heart #7

By Barb Young



Where Do We Go When the Rain Comes?

I can't help but reflect on the irony that the classic children's book *Where Does the Butterfly Go When It Rains?* was written in 1961.

Those born in that same year are becoming seniors this year.

We rarely see butterflies in the rain. So, it feels only natural to wonder - where do they go?

Science tells us they find shelter - under leaves, deep in bushes, in the crevices of tree bark. They fold their wings, hunker down, and quietly wait out the storm.

And when it passes, they appear again.

It is remarkable

But what about seniors?

Where do they go when the rain comes into their lives —

when independence begins to slip,

when health declines,

when daily living becomes harder to manage alone?

Where do they find shelter?

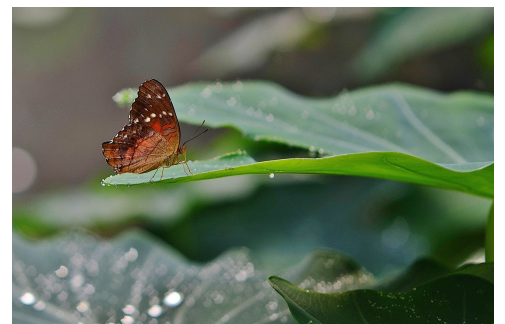
For some, the answer is clear. Those with financial means can access environments where support is built in.

But what about those without that option? Those without savings, without built-in support systems, those who want to remain in the place they've always called home? What about them?

Too often, the answer is: they do without.

And in doing without, they slowly decline.

For twenty years, I immersed myself in the daily lives of seniors living this reality - paying attention to what worked, what didn't, and what made the biggest difference.





What I came to understand is this:

We have built strong systems around medical care.
But there is another pillar of health which equally essential; something that has been largely overlooked.

It lives in connection.
In belonging.

In knowing someone will notice if you don't show up.

This is social health.

And the truth is - it IS already here.

It exists in places like our community halls.
In the euchre games.
In the potluck dinners.
In the people who say, "I'll pick you up."
In the quiet acts of connection that happen every day across the Highlands.

We don't need to build it from scratch.
We need to recognize it, strengthen it, and make sure it is there when it matters most.

Why this matters...

This spring, the **Highlands North Network** is taking the first step toward doing exactly that.

We will be hosting a series of community roadshows across the Highlands - not to present a finished plan, but to *build* one together.

Because the truth is, the strongest solutions will not come from outside.
They will come from the people who live here.

From you.

If you are thinking about how long you'll be able to stay in your home...

If you are concerned about someone you care deeply about...
If you believe that connection is essential to wellbeing...

Then we invite you to join us - in Darling White Lake, Tatlock, North Lavant, South Lavant, or Middleville.

Come and be part of the conversation.
Come and help shape what comes next.

Because if we get this right, more people will
find shelter when the rain comes.

And some - perhaps more than we expect - may even take flight again.

EVENT HIGHLIGHTS

Join Highlands North Network for a series of community roadshows focused on social health and aging well in our rural communities. Come share what matters most, hear what others are experiencing, and help shape future supports across our northern communities.

A welcoming introduction to social health and a new way of thinking about aging
Honest community insights — what's working, what's missing
The beginning of a shared path forward

Free Catered Lunch
Door Prize -for those pre-registered
entered in the free draw
Register 343-760-2000
or on the website at
highlandsnorthnetwork.ca

Darling White Lake Centre
Monday, April 13 | 11:00 AM to 2:00 PM
Register by April 6

Tatlock Hall
Friday, April 24 | 11:00 AM to 2:00 PM
Register by April 17

North Lavant Community Centre
Monday, April 27 | 11:00 AM to 2:00 PM
Register by April 20

Robertson Lake Hall
Tuesday, May 5 | 11:00 AM to 2:00 PM
Register by April 29

Middleville Community Centre
Monday, May 11 | 11:00 AM to 2:00 PM
Register by May 4





RECIPES



Tasty Coleslaw

Contributed by Laurel Crosbie-Michaud

Ingredients:

- 1 cup mayonnaise
- 1/4 cup apple cider vinegar
- 1 tbsp. dijon mustard
- 2 tsp. granulated sugar
- 2 tsp. celery seed
- salt & pepper
- 1/2 large head green cabbage
- 3 large carrots
- 1/2 red onion



Thinly slice the cabbage and onion and grate carrots.
Whisk together mayonnaise, vinegar, dijon mustard, sugar and celery seed.
Add to vegetables in a large bowl and mix thoroughly to combine.
Season with salt and pepper to taste.
Cover and refrigerate until ready to serve.

4-Generation Family Favourite Brownies

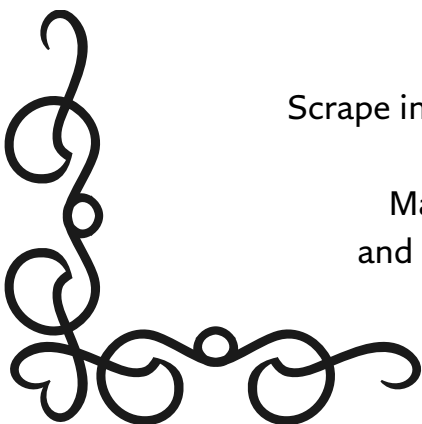
Contributed by Katie, Owner of Candy Cane Kitchen



- Preheat oven to 325 degrees
- Butter an 8" x8" pan
- 1/2 cup butter
- 1 cup white sugar
- 3 tbsp cocoa powder
- 2 large eggs
- 3/4 cup all purpose flour
- 1 tsp vanilla extract
- 1/2 cup shredded coconut

Melt butter in a saucepan over low heat.
Turn off the heat, stir the sugar and cocoa into the melted butter.
Beat in the 2 eggs until just combined
Stir in the flour, then vanilla, then coconut.
Scrape into the greased 8x8" pan and bake for 25-30 minutes.

Match with warm with ice cream or allow to cool
and dust with cocoa or your favourite chocolate icing.





Chocolate Peanut Butter Bars

Contributed by Julie Berthiaume

½ cup salted butter, melted
1 cup graham crumbs (biscoff, or other cookie crumbs)
2 cups of powdered (icing) sugar
1 cup peanut butter + 2 tbsp peanut butter
1 cup semi-sweet chocolate chips



- Line 9inch pan with parchment paper
- Mix in bowl- cookie crumbs with melted butter, then mix in ½ cup peanut butter
- Press evenly in bottom of lined tray
- melt 2 tbsp peanut butter with chocolate chips (either over low heat or in microwave, checking not to burn)
- spread melted chocolate over cookie crumb base
- refrigerate 2+ hours then cut into squares

Nancy's No-bake Cheesecake cups

Contributed by Nancy Veary

Great Value Honey Graham crumbs work well.

1 recipe for 24 muffin cups. (1 & ¼ cups crumbs mixed with ¼ cup melted butter)

Line muffin tin with baking cups.

Spoon 1 heaping tbs per baking cup - press down with bottom of a small glass.

Bake 6 minutes at 325F and let cool.

Whip:

1 & ½ cups whipping cream (35%) until stiff peaks and set aside.

Beat until smooth: (Scrape sides of bowl)

2- 250mg pkgs brick style Philly cream cheese (room temp).

Gradually add/beat/combine:

1 cup icing sugar; 1 tsp vanilla; 2 tsp lemon juice and
1/3 cup sour cream.

When smooth: Use spatula to fold in whipped cream.

Fill cups with creamed mixture (24 muffin cups).



*Fun Fact- these tasty desserts
were a hit at our local social
gathering event in Tatlock!*

Cover with parchment or foil. Refrigerate for 4 hrs.

Top with E.D. Smith's Cherry pie filling - Min 3 cherries per cup.

Remove filled cups from muffin pan and refrigerate (up to 5 days) or freeze (up to 3 months) in an air-tight container.

Cake Recipe author - Sam Merritt

Do you have a favourite recipe you would like to share with your community? We are always accepting submissions. Send us an email and we will do our best to feature it in a future newsletter

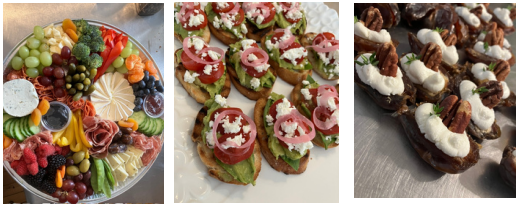


Local Business Spotlight



Candy Cane Kitchen

Candycanekitchen@outlook.com



Katie was born and raised on a dairy farm just outside of Almonte. After two decades of pursuing education and travel, she settled back in the Almonte area and opened her catering business, Candycane Kitchen, in the fall of 2020. Candycane Kitchen caters for parties of 15-200 and can accommodate nearly any request. Most popular have been dessert bars for weddings, beautiful hors d'oeuvres and party platters, charcuterie boards and picnic boxed lunches for groups on the move. Food can be picked up or can be delivered. If you require service staff for your catering that can also be accommodated. Every year Candycane Kitchen produces thousands of buttermilk tarts and over the years has built a very loyal following!

Owner, Katie, is a proud Sponsor of the upcoming HNN roadshows and was the on-site caterer for the Social Gathering at Tatlock Hall in March.

In 2021, after years of experience in the industry, John, owner of **Redhead Roofing**, launched his own business to better serve homeowners throughout the Ottawa Valley. Alongside his skilled team, John provides a full range of exterior services, including roofing, siding, soffit, and eavestrough cleaning and installation.

Based in Hopetown, Redhead Roofing is committed to delivering competitive pricing, dependable service, and high-quality workmanship. With a strong focus on solving exterior home issues and exceeding customer expectations, the company has built a reputation for reliability, earning the trust, exceeding expectations, and referrals of many happy clients.



RED HEAD
ROOFING & SIDING
redheadroofing.ca



John and his Team at Red Head Roofing are proud sponsors of the HNN Roadshows supporting social health within our community.

HNN-SALC Activity Schedule

Spring 2026

CONTACT INFORMATION:

DARLING WHITE LAKE: darlingwhitelakecentre@gmail.com

NORTH LAVANT: nlcclanark@gmail.com

TATLOCK: dnjibb@storm.ca

See Event Page on Website for Special Happenings!

343-760-2000

MIDDLEVILLE: nancy.affleck@gmail.com

SOUTH LAVANT: slarlh2021@gmail.com

WHITE LAKE SPORTSCENTRE: wpsc1376@gmail.com

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