



## NEWS!

Goodbye summer! Hello Freddy Vette and the Plowboys!!! Are you in the mood for some good, old country tunes? The date for this concert was changed to November 16th and moved indoors to ensure that the weather would not be a deterrent. Limited seats available. Reserve your seats today if you haven't already! Details in the Events section. Here is a link to Freddy and the band singing some country classics:  
<https://www.youtube.com/watch?v=P8G3b5INBJA>

This year, instead of travelling to Morrisburg to take in a Gail Gavan concert, we are excited to be bringing Gail Gavan to the Lanark Highlands. Gail and her band will be performing at Tatlock Hall on Saturday, December 6<sup>th</sup>. As always, the HNN will be subsidizing tickets for those 55+ living in the Lanark Highlands, and for the much-appreciated volunteers who host hall activities within our service area. We now have the funder's permission to include those who attend activities in HNN-affiliated halls, regardless of where they live. If you are looking for something special to do to bring in the holiday season, please call us at the number below, leave your name and number, and we will get back to you. Don't delay. Gail is a fantastic entertainer, and these will sell quickly. More info is available on the Events Page.

In an effort to spread the message on the importance of social health, we have enlisted the support of ChatGPT to add a new component to the mailer - one we hope will tickle your funny bone. We are calling it ***Socially Silly***, and we look forward to any ideas you might have for future cartoons. Please see two cartoons in this edition, one in the Social Health from the Heart segment and the other on the Events Page.

It seems that every time we host an event with homemade food prepared by volunteers, one thing is certain. Someone will ask, "Can I get your recipe?" We had the idea that rather than share it with only one person, we would share the requested recipes with everyone. You will find the recipes in the mailer and on the Recipe Blog on the HNN website. We hope this new feature adds a bit of flavour to your life!

Finally, to keep people informed about the many talents in the north, we are launching a business feature page. Each new mailer will highlight two to four businesses that operate within our service boundaries. In exchange for the added exposure for them, these businesses have agreed to spread the word about us. If you know of any business that might like to have an ad in a future mailer, please give us a call or send an email.

**Funding is available to cover participation fees and transportation for those who need it. Please reach out if we can help you in any way. 343 760 2000.**

## Social Health from the Heart #5 ...Spreading the Word on Social Health

By Barb Young

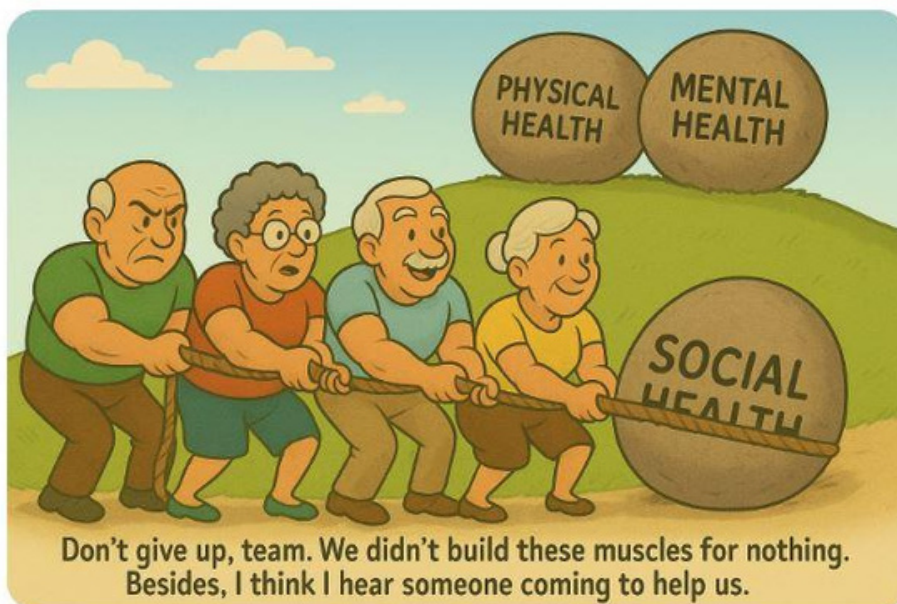


In a recent meeting with our Advisory Committee, we focused on the HNN Strategic Plan and ways to better align it with our Mission Statement. We discussed strategies to increase participation in activities that raise awareness about the importance of social health in our communities, as well as among those who can influence policy change. Social health is just as important as physical and mental health, and the time is long overdue for the government to respond with increased support for organizations like ours that dedicate their services to positively impacting social health. We were strongly encouraged by our advisors to seize every opportunity to promote the significance of social health through both words and actions.

In this light-hearted segment of *Social Health from the Heart*, I have enlisted the help of ChatGPT to illustrate what you can expect to see more of in the future as we focus on spreading the word about the importance of social health. We will seize more opportunities to use merchandise to promote messages like "*Happy Matters*", our organization's motto.



We will add a cartoon segment called "Socially Silly" to our mailer and website to shed a humorous light on the importance of social health.

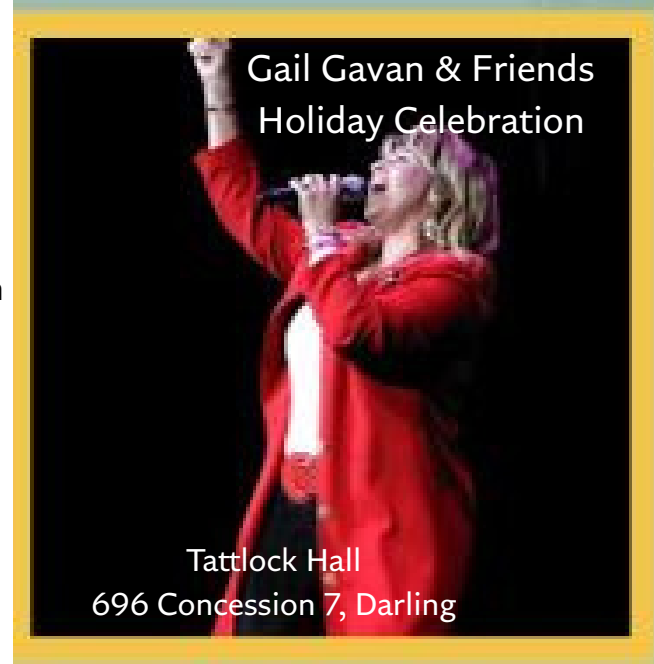


**GET YOUR SOCIAL HEALTH ON TODAY!**

# EVENT HIGHLIGHTS



**Sunday, November 16th**  
3:00 pm- 5:00 pm



**Saturday, December 6th**  
1:30 pm- 3:30 pm



Fall Hall Events (Check out the HNN Website for more details)		
Darling White Lake Centre	Thursday, October 30 <sup>th</sup> Starts at noon with lunch	Epoxy Resin Class; \$10
North Lavant Community Centre	Saturday, November 8 <sup>th</sup> at 6:00 pm	Hunters and Harvest Dinner \$15; kids free
Markets: 1. White Lake Crafter Market 2. North Lavant Christmas Market	Saturday, November 15 <sup>th</sup>  Saturday, Nov. 29 <sup>th</sup>	Both events offer free tables for vendors! Check out the Events Page

# NEW BLOG SERIES: CAN I GET YOUR RECIPE?

The HNN frequently organizes gatherings that include lunch or dinner. During these events, many wonderful recipes (some family heirlooms) are shared by volunteer chefs and bakers. Now, we are sharing them with you!

The first HNN recipe-sharing blog segment comes from the HNN Quarterly Meeting in South Lavant (Robertson Lake) on August 11th. Enjoy! Keep an eye on the website for new additions.



*Here is the first batch of requested recipes:*

- 1. Nancy's Bean Salad*
- 2. Barb's Coconut Cream Pie*
- 3. Barb's Currie Rice Salad*
- 4. Laurel's Ginger Cookies*

# NANCY'S BEAN SALAD:

## BEAN MEDLEY SALAD

Nancy Jibb

2 cans green beans  
2 cans yellow beans  
2 cans lima beans  
2 cans kidney beans  
2 cups celery  
1 cup green pepper  
1 cup red pimento  
2 Spanish onions

Olives  
Dressing:  
1 cup sugar  
1 1/2 cups vinegar  
1/2 ~~cup~~ vegetable oil  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp dill seed



Drain all beans. Mix together.

Make dressing and add to bean mixture. Marinate for 24 hours.

# BARB'S COCONUT CREAM PIE:

Bake one 9-inch pie shell.

In a saucepan, combine 2 cups of milk, 2 slightly beaten egg yolks,  $\frac{3}{4}$  cup sugar, 1 tsp. vanilla and 3 tbsp corn starch (mix with a bit of the milk before adding). Place in a pot and cook over low-medium heat, stirring constantly until the mixture thickens.

Continue cooking for 30 seconds after bubbles break the surface. Do not cook it any longer than 30 seconds (important to prevent separation)

Remove from heat and add 1 cup of sweetened, flaked coconut. Let stand for 5 or 10 minutes.

Pour into the baked pie shell, and when cool, refrigerate.

After the pie has chilled, top it with whipped cream or meringue. I prefer whipped cream. I usually toast some coconut to sprinkle on the top for presentation. Enjoy!!



# BARB'S CURRIE RICE SALAD:

There is a bit of a chuckle to share associated with this recipe. People were asking “Who made the quinoa salad?” The thing was, no one made a quinoa salad. But this salad, if you can't find a regular-sized box of minute rice, and you settle for Jasmine minute rice instead, that is what you get - an end product that doubles as quinoa salad. My preference is still one made with regular minute rice but that is just me. All in all, a super easy, and delicious salad to make. Very popular!

4 cups of rice (Minute Rice works well in this recipe).

1 pkg. of frozen peas (Cook them first).

¼ cup of onions (green are nice)

¼ cup of celery (chopped)

½ cup oil

½ cup sugar

4 tbsp soya sauce

2 tsp curry powder

1 tbsp vinegar

Mix all ingredients except rice and vegetables. Pour over rice and add vegetables. Can't get easier than that!

# PAN CHANCHO'S GINGER COOKIES:

This is a recipe that I obtained from my daughter who found these cookies in Kingston while attending Queen's University. She had a rough schedule one semester on Monday's whereby she had no breaks all day. She would buy a large ginger cookie before classes started and allow herself one bite after each class. She claims that is what got her through her day! I have been baking them for about 20 years, and I always get lots of great compliments.

Ingredients:

2 cups of flour

2 tsp baking soda

1 tbsp ground ginger

1 tsp ground cinnamon

½ tsp salt

¾ cup unsalted butter (I use margarine)

1 cup + 2 tbsp white sugar

1 large egg

¼ cup molasses



Preheat oven to 325 degrees F.

Line two large cookie sheets with parchment paper (or don't).

Cream butter and sugar until light and fluffy with an electric mixer.

Stir in egg.

Mix in molasses.

In a large bowl, mix dry ingredients.

Add dry ingredients slowly to wet ingredients and mix until combined.

Roll into 24 balls and shake individually in a Ziploc bag with ¼ cup of sugar.

Place on cookie sheet and bake for 16 to 20 minutes.

Submitted by Laurel Crosbie-Michaud

# Against the Grain Outdoors

E: [atgoutdoors21@gmail.com](mailto:atgoutdoors21@gmail.com) C: 289-683-4106

Located in Lanark, Ontario, **Against the Grain Outdoors (ATGO)** is a family-owned business specializing in **chainsaw carvings, bandsaw/chainsaw milling, and CNC projects.** With a passion for craftsmanship and locally sourced materials, we take pride in creating unique, high-quality wood products.

We are thrilled to announce our storefront is officially open! Located at our current workshop – **1338 French Line Road, Lanark, ON** – this space offers a selection of our handcrafted wood sculptures and other local artisans' products for purchase.



## **South Lavant Resident and Artsie Founder Julie Berthiaume**

In the spring of 2025, Julie traded boardrooms for brushstrokes, committing fully to her previously part-time passion. Working primarily in rich oils and vibrant acrylics, her art captures the fleeting magic of the natural world: the beauty of birds and wildlife, the delicate folds of flowers, the dance of the aurora borealis. Every piece is layered with texture and intention, balancing bold energy with meditative stillness. She infuses passion and positivity in every creation.



What began as a leap of faith has since blossomed into something extraordinary. For Julie, this journey is about more than creating art; it's about reconnecting with wonder and inviting others to do the same. When she's not in the studio, you'll find her venturing on new trails for inspiration or sharing insights with fellow artists and collectors.

Recognizing the challenges many creatives face, Julie founded Artsie with a vision to support artists who struggle with self-promotion, navigating shows, social anxiety, or lack the time and resources to manage a personal website. Artsie is an inclusive, affordable platform that empowers artists of all backgrounds to showcase and sell their work online without the stress of technical hurdles or high costs. This allows them to focus on what they love most—creating—while still reaching an audience that values and supports their talent.

Be sure to check out Julie's website: <https://artsie2.mysharetribe.com/>

# HNN-SALC Activity Schedule

Fall 2025

## CONTACT INFORMATION:

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

**DARLING WHITE LAKE:** [darlingwhitelakecentre@gmail.com](mailto:darlingwhitelakecentre@gmail.com) **MIDDLEVILLE:** [nancy.affleck@gmail.com](mailto:nancy.affleck@gmail.com)  
**NORTH LAVANT:** [nlcclanark@gmail.com](mailto:nlcclanark@gmail.com) **SOUTH LAVANT:** [slarlh2021@gmail.com](mailto:slarlh2021@gmail.com)  
**TATLOCK:** [dnjibb@storm.ca](mailto:dnjibb@storm.ca) **WHITE LAKE SPORTSCENTRE :** [wpsc1376@gmail.com](mailto:wpsc1376@gmail.com)



Frequency	Day	Location	Time	Description: Activity/Event
Weekly	<b>Monday</b> Oct. 6, 13, 20, 27 Nov. 3, 10, 17, 24	Tatlock	7:00 pm	Bid Euchre; \$5
	<b>Tuesday</b> Oct. 7, 14, 21, 28 Nov. 4, 11, 18, 25	Darling White Lake	1:00 - 3:00 pm	Knitter Knatters; \$2
	<b>Wednesday</b> Oct. 1,8, 15, 22, 29 Nov. 5, 12, 19	Darling White Lake	1:30 - 3:00 pm	Line Dancing; \$2 (Experienced only)
	<b>Thursday</b> Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20, 27	Darling White Lake	9:00 - 11:00 am	Coffee Hour; \$2
		Tatlock	1:00 - 3:00 pm	Bingo; \$10
	<b>Friday</b> Oct. 3, 10, 17, 24, 31 Nov. 7, 14, 21, 28	Darling White Lake	1:00 - 3:00 pm	Darts; \$2
Bi-Weekly	<b>Wednesday</b> Oct. 1, 15, 29 Nov. 5, 19	North Lavant	12:00 - 3:00 pm	Euchre; \$5 Snacks
	Oct. 8, 22 Nov. 12, 26	South Lavant	12:30 - 4:00 pm	Euchre; \$5 Lunch (Donation)
	<b>Friday</b> October 10, 24 Nov. 7, 21	Middleville	7:30 pm	Crokinole; \$5 Lunch

**COME JOIN US AND GET YOUR HAPPY ON!**