



COMMUNITY CONNECTION



Dear Friends and Neighbours,

Highlands North Network recently said goodbye to Frank Sodonis, a valued member of the HNN Board whose contributions have left a lasting mark on our work. Frank's deep appreciation for the north, together with his remarkable ability to transform data into one-of-a-kind maps that bring important local realities to light, has been invaluable in strengthening all we do. His passion for helping shape the future of Lanark Highlands has inspired him to put his name forward for a position on Township Council this fall. While we are sorry to have seen him leave the Board, we sincerely thank him for all he contributed and wish him every success in this next chapter.

With the Roadshows now behind us, we are moving forward with a clearer sense of direction, building on everything we learned from the 130 neighbours who generously shared their experiences, concerns, and hopes for the future.

Our heartfelt thanks go to everyone who attended, completed a questionnaire, shared an idea, or added their voice to this important conversation about aging in place and strengthening the future of our northern communities.

If you have not yet read the Roadshow Report, I encourage you to visit the HNN website. Three messages stood out clearly:

- Most of you want to remain in the communities you call home.
- Many are eager to volunteer and help us move forward.
- Our halls, volunteers, neighbours, and gathering places are essential to the social health and well-being of northern Lanark Highlands.

The Roadshows also led to the formation of the HNN Dream Team, a small committee that develops promising ideas and presents them at future HNN Quarterly Meetings. The goal is to generate enough interest and support for committees to be formed to take those ideas forward and begin developing workable plans. As a member of the Dream Team, I am genuinely excited about what is emerging and can hardly wait for others to hear the first three ideas at our September Quarterly Meeting.

For now, I hope you enjoy this beautiful season, connect with neighbours and friends, and find a few peaceful moments for yourself in one of the many beautiful natural settings that surround us.

Socially Yours,

Barb Young,

President, Highlands North Network

Social Health... from the Heart #8:

Building More Than a Canoe

By Barb Young



Recently, the Perth and District Community Foundation invited its 2026 grantees to participate in The Path: Your Journey Through Indigenous Canada, an online learning program developed by Jennifer David and NVision Insight Group. We later had the honour of meeting with Jennifer in person to share reflections on what we had learned.

The experience was eye-opening, inspiring, and deeply motivational. It encouraged me to think more carefully about Indigenous history, culture, rights, reconciliation, and the importance of building genuine relationships.

As I worked through the course, I found myself reflecting on something that has become central to my work with the Highlands North Network: lasting change often begins with what happens at the personal and community level.

When Indigenous children were taken from their families, communities, cultures, and ways of life, the effects were devastating. The loss of connection, belonging, identity, language, and culture affected individuals, families, health, and future generations.

While we cannot change what happened in the past, we can help create a better future by learning, listening, and seeking opportunities to build meaningful relationships with Indigenous people today. Through shared experiences, honest conversations, friendship, and a willingness to learn, we can deepen our understanding and appreciation of Indigenous cultures, traditions, knowledge, and perspectives.

The Highlands North Network has applied for funding through the New Horizons for Seniors Program so that more seniors from across our service area could have an opportunity experience just how inspiring and motivational Jennifer David is.

If our application is successful, we hope to bring a group of seniors together at one of our rural community halls to participate in The Path with Jennifer in person.

The learning would not end when the course is completed. Participants would then use what we have learned to help initiate two small Indigenous partnership projects or events within our communities. Our hope is that these first steps will lead to Indigenous learning and programming becoming an ongoing part of what HNN does. We would like to create opportunities for seniors to continue learning, forming relationships, sharing experiences, and supporting Indigenous-led activities in respectful and meaningful ways.

Social Health... from the Heart #8 con't

Looking further into the future, I would love to see our communities build a birch bark canoe together under the guidance and leadership of Chuck Commanda, an Anishinaabe Traditional Knowledge Holder and master canoe builder from Kitigan Zibi Anishinabeg First Nation.

Such a project would be about much more than producing a canoe. Participants would spend time together, work side by side, listen, ask questions, learn new skills, share stories, and gradually come to know one another as people and neighbours. This is where I see a powerful connection between social health and reconciliation. Both are strengthened through relationships, shared experiences, and opportunities to learn from one another.

Not only will we continue our efforts to bring social health out of the shadows, but we will also create opportunities to use our social health platform to shed light on Indigenous history, rights, culture, and traditions. In doing so, we may discover perspectives, values, and ways of understanding community, relationships, and our connection to the land that can help guide us toward a more inclusive, respectful, and hopeful future.

Perhaps one day, together, we will build that beautiful, birch bark canoe.
And, when we do, we will let it carry us down a river of learning, understanding, respect, and appreciation.

Who knows where that journey might lead?



Jennifer David
Senior Consultant

EVENT HIGHLIGHTS



Come and Get Your Game On!

BOCCE BALL Tournament

New to bocce?
Click here to watch the short video on how to play.



Lots of other fun stuff to choose from:

- swimming
- ladder ball
- horseshoes
- cornhole

26 AUGUST 2026

4101 South Lavant Rd - Robertson Lake

9:30 AM - 12:00 PM
FREE LUNCH TO FOLLOW

Registration required by August 12 for the tournament and lunch
Call 343-760-2000

Bring your own chair!

Genealogy & British Tea Party

Join us for an informative talk on exploring family history, an assortment of sweet and savory treats and tea!

Admission: \$5 (Fascinators Optional)

Tuesday, August 18, 2026
2 - 4 pm

Robertson Lake Hall
4101 South Lavant Road

Paul Cripwell is a member of the British Isles Family History Society of Greater Ottawa. He will discuss the who, what, when, where, why and how of Family History and Genealogy and give information on research sites.



HNN IS ON THE ROAD AGAIN WITH OUR 55+ GANG!



TO MERRICKVILLE FOR A TOUR OF THE MUSEUM & LUNCH

DATE: TUESDAY, SEPTEMBER 15

PICKUP TIMES AND LOCATIONS:

1	Hopetown: 9:30 am
2	Middleville: 9:37 am
3	Union Hall: 9:45 am

COST: \$10 PER PERSON INCLUDES COACH TRANSPORTATION, LUNCH AND MUSEUM ADMISSION

Call today to reserve your seat
760-343-2000

THIS TRIP IS SUPPORTED BY THE GOVERNMENT OF ONTARIO

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.

Limited Seating. Call to reserve your spot today!



RECIPES

Watermelon Salad with Feta

Dressing:

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt

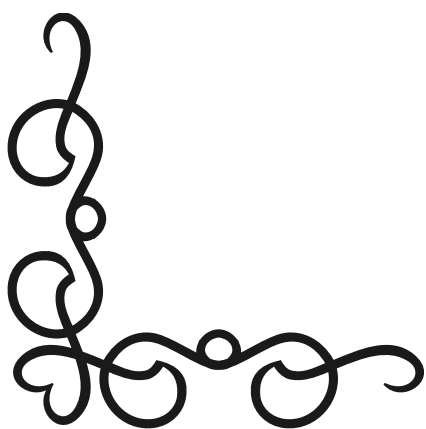


Combine cubed watermelon with cucumber and red onions.
Crumble in some feta cheese and top with fresh mint.
Top with dressing and toss to serve.

Gingered Green Beans

- bunch of fresh green beans
- 2 cloves of garlic, crushed
- ½ teaspoon fresh ginger, grated
- 1 ½ teaspoon soy sauce
- 1 teaspoon rice vinegar
- splash sesame oil

Cook whole green beans to just under desired softness. Drain and set aside.
Heat a small amount of vegetable oil in a pan, on medium heat and add crushed garlic and grated ginger.
When garlic softens, add beans into the pan and toss till coated.
Raise heat to high and add a teaspoon of rice vinegar and one and half teaspoons of soy sauce.
Turn off the heat and add a splash of sesame oil for flavour.



Local Business Spotlight



Eli's Berry Boutique

elisberryboutique511@gmail.com



Eli's Berry Boutique is a roadside stand, owned and operated by Eliane, who is now 14, she is selling a variety of locally produced products, ice cream, fresh fruit (in season) and home baking. You can find her at 5737 Highway 511 just North of Hopetown.



Marsh Maintenance and Repair

- MAINTENANCE
- REPAIR
- LANDSCAPING
- HANDY MAN!



SCOTT MARSH

647-965-9159 ● marshscott115@gmail.com

Lanark Highlands

25% discount for seniors

Scott Marsh is a handyman residing in North Lavant, offering maintenance, repairs and landscaping services, and odds jobs from changing spark plugs in a lawn mower to snowplowing.



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 SPORTS CENTRE: wslc1376@gmail.com

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

**Restarting in Early
October**

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.



**HIGHLANDS
NORTH NETWORK**
Happy Matters!

Happy Matters!

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

*Together,
we're stronger.*

