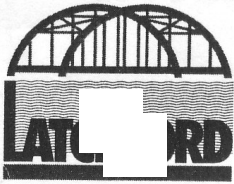


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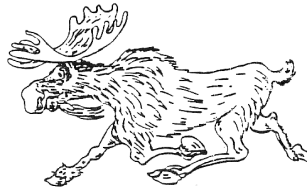
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PUBLIC NOTICE

~ **ALL** dogs must have current year tags per By-law 639/04. The cost per dog is: \$20.00 Spayed or Neutered or \$20.00 Non-Spayed or Non-Neutered (please provide papers upon obtaining license).

~ **Remember to Poop & Scoop** ~

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



THE LATCHFORD AND AREA

MOOSE CALL



August 2025

SUMMER
FUN

LATCHFORD SENIOR CITIZENS ACTION GROUP MEETINGS ARE HELD THE 1ST MONDAY OF EACH MONTH AT THE LEGION.

LATCHFORD LIBRARY BOARD MEETS THE THIRD TUESDAY OF THE MONTH AT THE FRED KEENAN CENTER.

COUNCIL MEETING FOR SEPTEMBER TO BE HELD ON THE 11th AT THE RECREATION CENTRE @ 7:00 PM. ALL ARE MOST WELCOME TO ATTEND.

Mayors Report

Hope all have been enjoying this weather. Sometimes a wee bit hot but as we know winter will be upon us fast enough. I first want to apologize that I did not get a report in last month. Things were a bit hectic and then I was away. Really not a good excuse but I will make sure there is one monthly going forward.

There have been a few things happening. Laurel our Interim Clerk Treasurer will be finished at the office end of Aug. and will be missed by many.

We have now filled Jamie's position. Malorie will be starting Sept. 2nd. She has municipal background, and I think will be a great asset.

I attended the grand opening of our new Fire Station on July 12th. Chief Beaupre and I cut the ribbon. I presented him with a plaque congratulating the fire dept on the building they worked very hard on.

Fire Dept. Will also be holding a Duck Race Aug. 23rd at 2pm at the Dam. Ducks are \$10 each. If you haven't purchased one you can reach out to the fire dept. Or myself. Hope to see you all out to watch!

I attended the grand opening of the Beach House Snack Shack Chip stand on July 19th. I presented the owners Maurice and Brad with a certificate of appreciation.

TMA meeting there was a discussion on having a joint Bylaw officer as Pete is looking to retire.

I attended a meeting for the Cobalt, Coleman, and Latchford Food Bank. I am sure all are aware that the group that look after this are going to be dissolving. They have stated they have exhausted all avenues, and the volunteers are not there. The meeting was to talk about other avenues that could be taken. There will another meeting as we didn't come up with anything concrete. There are somethings being checked on with other food banks. Hopefully we will have something soon. Attended a meeting for our museum and there are some repairs that we need to address. We are looking for anyone that could come and give some insight on how to get these things done. You could get a hold of Trina Breault or myself. This would be greatly appreciated.

Hope everyone has a great Civic Holiday and gets to enjoy family and friends.

Mayor Sharon Gadoury-East



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From the kitchen of Diana

Page 3

Raspberry Lemon Loaf Angela

This moist & sweet raspberry lemon loaf is the ultimate spring cake recipe. It's great for breakfast, snack, or dessert. Bursting with fresh berries & amazing citrus flavor the combination is hard to resist. An easy one-bowl recipe that tastes better than a slice from Starbucks. Share on Facebook
PREP TIME 10 mins COOK TIME 1 hr TOTAL TIME 1 hr 10 mins
COURSE Breakfast, Dessert EQUIPMENT
CUISINE American SERVINGS 10 CALORIES 317 kcal 9x5 loaf pan

INGREDIENTS

3 eggs room temperature is best
1 cup sugar 1 cup sour cream
½ cup vegetable oil
1 tablespoon lemon zest
2 tablespoons lemon extract
1 ½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 ¼ cups fresh raspberries washed & dry additional all-purpose flour for prepping the pan additional salted butter softened Lemon Glaze
¾ cup confectioner's sugar
1 tablespoon lemon juice
1 teaspoon lemon zest

INSTRUCTIONS

1. Rub softened salted butter all over the insides of your loaf pan. Dust with a few tablespoons of flour & shake it around until all the surfaces are coated so the cake will not stick. Preheat oven to 350°F. 2. In a large mixing bowl, add the eggs, sugar, sour cream, and oil - whisk until smooth. 3 eggs, 1 cup sugar, 1 cup sour cream, ½ cup vegetable oil 3. Add the lemon zest & lemon extract - whisk again. 1 tablespoon lemon zest, 2 tablespoons lemon extract 4. Add the dry ingre

dients - flour, baking powder, salt, and stir with a spoon until it just comes together. DO NOT over mix! Some lumps may be present and that is fine. 1 ½ cups all-purpose flour, 2 teaspoons baking powder, ¼ teaspoon salt 5. Fold in the fresh raspberries. Be gentle so they stay whole & do not get mushy. 1 ¼ cups fresh raspberries 6. Pour batter into the prepared loaf pan 7. Bake on the center rack of the preheated oven for 60-70 minutes. A toothpick should come out clean when inserted. * If the top starts to brown but the center is still not quite there, tent the loaf with loose foil for the final minutes. 8. Carefully remove the hot loaf pan from the oven. Let it cool for 30-60 minutes in the pan on a baking rack. Once ready, turn the loaf out onto a baking rack to continue cooling until no longer warm (another 30-60 minutes) 9. Whisk the glaze ingredients together in a small bowl. Drizzle it over the top of the cake. Slice & enjoy! NOTES
STORING & FREEZING: This cake keeps for days or months. Store for up to 3 days in a cool dry place such as the pantry or cabinet. To freeze, I recommend doing so before adding the glaze & freeze for up to 30 days. Defrost in the refrigerator for 2 days & then glaze to serve. TIPS FOR SUCCESS: Use dry raspberries so the batter isn't soggy & the berries hold their shape. Do NOT mix the batter too long, it will make it tough instead of tender. Cool the cake completely before glazing so it adheres & will not melt or run off. SUBSTITUTION NOTES: DO NOT use lemon juice or lemon oil instead of the extract. The recipe will not work. Frozen raspberries can be used instead of fresh. It is important to defrost & drain the berries to get as much moisture out of them so the cake isn't soggy. The color of the berries will bleed into the cake. Greek yogurt can be used in place of sour cream.

Hello everyone!

I hope everyone is doing well and enjoying the summer.

On August 9 th , Mel Fleming and Joe Tisdale will be representing Aubrey Cosens V.C Br 629 Latchford Legion at the Horseshoe Provincial Competition in Everett, ON. It has been many years since anyone from our Branch has gone to this. Good luck gentlemen!!

On Sunday September 21 st , there will be a Sheila Belanger Memorial Cribbage card game tournament. Sheila loved her cards! All are welcome! Registration is at noon, cards start at 1pm.

Please DO NOT leave pop cans at the Legion anymore. Thank you!

The Legion is open Friday at 7 pm, Saturday at 2pm. Come out and enjoy talking and soaking up the rays with family and friends on the back patio.

Come out and play pool, darts, corn hole bag toss , horseshoes, board games or watch sports on the TV.

The Executive Meeting will be on Tuesday September 2 nd .

The Branch Meeting for September will be on

Tuesday September 9 th at 7pm.

More events may be added. Keep checking our Facebook Page-Royal Canadian Legion Latchford. Sgt.

Aubrey Cosens V.C. Br 629 and Friends of Latchford page.

The Legion is open Friday nights at 7 pm, Saturdays at 2 pm.

Rental of the Legion for special occasions is available. Please contact Vicky (705-679-4062) or Sharon (705-676-1115) !

f you would like more information or to book a date.

If anyone would like to become a Branch member, please contact me or stop at the Legion for an application form.

If you would like to bartend, contact Vicky or Sharon. You will need a valid Smart Serve Certificate.

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
17 Main Street
Latchford On
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

Rosswell Norman Burns

1950 - 2025

The family announces with sorrow the peaceful passing of Ross Burns at Temiskaming Hospital on Tuesday, July 22, 2025, with family at his side. Ross was born, raised, and remained a life-long resident of Latchford.

Ross was predeceased by his father, Arthur John Burns; his mother, Evelyn; and his brothers, Gary, Arthur, and Dan.

He is survived by his sister, Laurie Taylor, and his special cousin, Janice Walsh. He will be fondly remembered by his many nieces and nephews: Brent Burns; Tracy (Ted) McGregor; Trevor Taylor; Robin (Phil) Koistinen; Dan (Bett) Burns; Dana Laronde; and Arthur Jr. (Tammy) Burns. Ross also leaves behind numerous great- and great-great nieces and nephews.

Ross was known for his warmth and friendly nature, easily forming friendships and connections throughout his life. Many will remember him as the owner and operator of the Northland Tavern in Latchford. In his earlier years, he

worked in the mines in Sudbury and contributed to pipeline contracts across Ontario.

The family extends heartfelt thanks to Dr. Sears, the attending physicians, and the nursing and personal support staff involved in Ross's care at Temiskaming Hospital.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation, the Temiskaming Hospital Foundation, or a charity of your choice.

A Celebration of Life will be held at a later date.

Mr. Burns' care was entrusted to Buffam Leveille Funeral Home.



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Rhonda's Garden Tip

Page 6

Natural Sleep Aids

There are several plants and herbs that may help improve sleep quality without causing addictive tendencies. These natural remedies can be used as supplements or in the form of herbal teas. Individual responses may be different, and if you have any medical conditions or are taking medication, you should ask your doctor before consuming. Here listed below are some plants and herbs that are commonly used to promote better sleep:

Lavender: Lavender is well-known for its calming and soothing properties. You can use lavender essential oil in a diffuser or as a pillow spray, or you can drink lavender tea before bedtime.

Chamomile: Chamomile is mild sedative that is often used to promote relaxation and improve sleep. Chamomile tea is a popular choice for bedtime.

Valerian Root: Valerian root is a herbal supplement that may help with insomnia and sleep disturbances. It is available in various forms, including capsules and teas.

Passionflower: Passionflower has been used traditionally to treat anxiety and insomnia. It can be consumed as a tea or in a supplement form.

Lemon Balm: Lemon balm is a calming herb that can help reduce anxiety and promote relaxation. It can be consumed as a tea or taken in supplement form.

Ashwagandha: Ashwagandha is an adaptogenic herb that may help reduce stress and anxiety, which can contribute to sleep problems. It can be taken as a supplement.

Magnolia Bark: Magnolia bark has been used in traditional Chinese medicine to improve sleep and reduce anxiety. It is available as a supplement.

Hops: Hops, the same plant used in brewing beer, can have a calming effect and may help with sleep when consumed as a tea or in supplement form.

Holy Basil (Tulsi): Holy Basil tea is known for its adaptogenic properties, helping the body adapt to stress. It can be calming and stress-relieving.

L-theanine: Although not a plant, L-theanine is an amino acid found in tea leaves, particularly in green tea. It can promote relaxation and improve sleep quality. You can consume it by drinking green tea.

Remember that these natural remedies may help with sleep, but it is important to ask your healthcare professionals.

**Bye for now
Rhonda**

rhonda's Cards



rhondas_artstudio



Subscribers News

Wow, this summer had been hotter than Hades here in Latchford (and elsewhere, I can well imagine) and if you would have ever told me ten years ago that central air was a worthwhile and needed home asset here, I would have outright laughed at you! Well, after the little woman decided to go that route two years ago, the dogs and I can't thank her enough! I would say that yes, climate change is impacting Latchford as well as the rest of the Globe.

We are in a transition process at the Town Office as current acting CAO, Jaime Allen and interim Clerk Treasurer Laurel Gadoury are leaving their roles in the municipal office and Suzi Roy adapts to her new role while we await the arrival of the new Town Clerk/CAO in September, I believe, we are going through a learning curve in the office relative to their involvement in the Moose Call. We possibly might miss mentioning a renewal or two but rest assured you will be renewed!

The first in this month was Valerie Clavelle who gifted her sister Violet Botham of South River for a year of the 'Call. That was supported by a renewal for two more years from my former classmate and lifelong friend, Irene Ranger now of Perth, ON., who opted for 2 more years of her hometown news. The extra so many give is greatly appreciated! On another front, I had a great visit with Victor "Pit" Cyr at his former primary school which now serves as Sgt Aubrey Cosens VC, Br 629. We reminisced over a couple of pints which is the first time Vic ever imbibed in school! Vic represents an era of Latchford lads that were all very athletic and while they all excelled at fastball in those days, Vic has a couple of sons who excel in athletics of another variety. One son is an equestrian and the other plays elite soccer in Italy!

On the health and fitness front, it has been another rough month in Latchford. We lost a lifetime resident and longtime business owner, Ross Burns suddenly on July 22. I am hopeful of getting an obituary for Ross and also his northern neighbour, Arthur Cole, who passed shortly after Ross did. And the dire times didn't end with those two as I understand that a very key member of the Moose Call family, Bill VanDenHoogen, had a medical incident that required attention and Gerald Fast who lives up on Empire Street also encountered a medical issue requiring attention but I did see him working in his meticulously cared for yard. Condolences are extended to the families of Ross and Arthur and get well wishes to Bill and Gerald.

I have always wanted to have a "Celebration of Living" rather than a Celebration of Life so that I could attend it "in the flesh". I have reached that age where I am attending many more end of life services than those beginning a marriage! Sharon and I are off to Stratford to attend a Celebration of Life for a dear friend, Rheo Thompson of candy making fame. Rheo used to come to Latchford complete with his marble slab to make "Linger Longer" candy for my mom and her friend Marguerite Saunders and in those days he travelled by train!

George L.

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Dad Jokes

Yesterday, I was washing the car with my son. He said, "Dad, can't you just use a sponge?"

I just applied for a job down at the diner. I told them I really bring a lot to the table.

I asked the IT guy, "How do you make a mother-board?" He said, "I tell her about my job."

Mountains aren't just funny. They're hill areas.

I'm Buzz Aldrin, second man to step on the moon. Neil before me.

What does a nosy pepper do? It gets jalapeño business.

My ladder and I are on different levels right now.

I broke my finger last week. On the other hand, I'm okay.

Did I ever tell you about the time I went mushroom foraging? It's a story with a morel at the end.

I hate my job — all I do is crush cans all day. It's soda pressing.

Mom keeps asking why I have so much candy. She doesn't know I always keep a few Twix up my sleeve.

I found a wooden shoe in my toilet — it was clogged.

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Fun Facts

A cloud weighs around a million tonnes. A cloud typically has a volume of around 1km³ and a density of around 1.003kg per m³ – that's a density that's around 0.4 per cent lower than the air surrounding it .

Giraffes are 30 times more likely to get hit by lightning than people. True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010.

Identical twins don't have the same fingerprints. You can't blame your crimes on your twin, after all .

Earth's rotation is changing speed. It's actually slowing. This means that, on average, the length of a day increases by around 1.8 seconds per century. 600 million years ago a day lasted just 21 hours.

Your brain is constantly eating itself. This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps preserve your grey matter.

The largest piece of fossilised dinosaur poo discovered is over 30cm long and over two litres in volume. Believed to be a Tyrannosaurus rex turd, the fossilised dung (also named a 'coprolite') is helping scientists better understand what the dinosaur ate.

Animals can experience time differently from humans. To smaller animals, the world around them moves more slowly compared to humans. Salamanders and lizards, for example, experience time more slowly than cats and dogs. This is because the perception of time depends on how quickly the brain can process incoming information.

Water might not be wet. This is because most scientists define wetness as a liquid's ability to maintain contact with a solid surface, meaning that water itself is not wet, but can make other objects wet.

Wearing a tie can reduce blood flow to the brain by 7.5 per cent. A study in 2018 found that wearing a necktie can reduce the blood flow to your brain by up to 7.5 per cent, which can make you feel dizzy, nauseous, and cause headaches. They can also increase the pressure in your eyes if on too tight and are great at carrying germs.

The world's oldest dog lived to 29.5 years old. While the median age a dog reaches tends to be about 10-15 years, one Australian cattle dog, 'Bluey', survived to the ripe old age of 29.5.

The world's oldest cat lived to 38 years and three days old. Creme Puff was the oldest cat to ever live.

Ants don't have lungs. They instead breathe through spiracles, nine or ten tiny openings, depending on the species.

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 Anne @705-676-2492

Dad Jokes

What do you call a fish wearing a bowtie? So-fishticated!

I got a new pen that can write underwater. It can write other words, too.

Shopping centers are so boring, because if you've seen one, you've seen the mall.

In 2025, I didn't do a marathon. I didn't do one in 2024, 2023 or 2022, either. This is a running joke.

I used to have a job at a calendar factory, but I got fired because I took a few days off.

Have you ever tried to catch the fog? I tried yesterday but I mist.

I hate it when people say age is just a number. Age is clearly a word.

They say that $3/2$ people are bad at fractions.

I just went to an ATM that only gives out coins. I don't know why I've never seen one like it before: It just makes cents!

I tried to start a professional hide-and-seek team, but it didn't work out. Turns out, good players are hard to find.

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 $\frac{1}{2}$ 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
- Suitable for beginners to the Experienced Yogi

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 to reserve your spot and answer and answer any questions you may have.



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