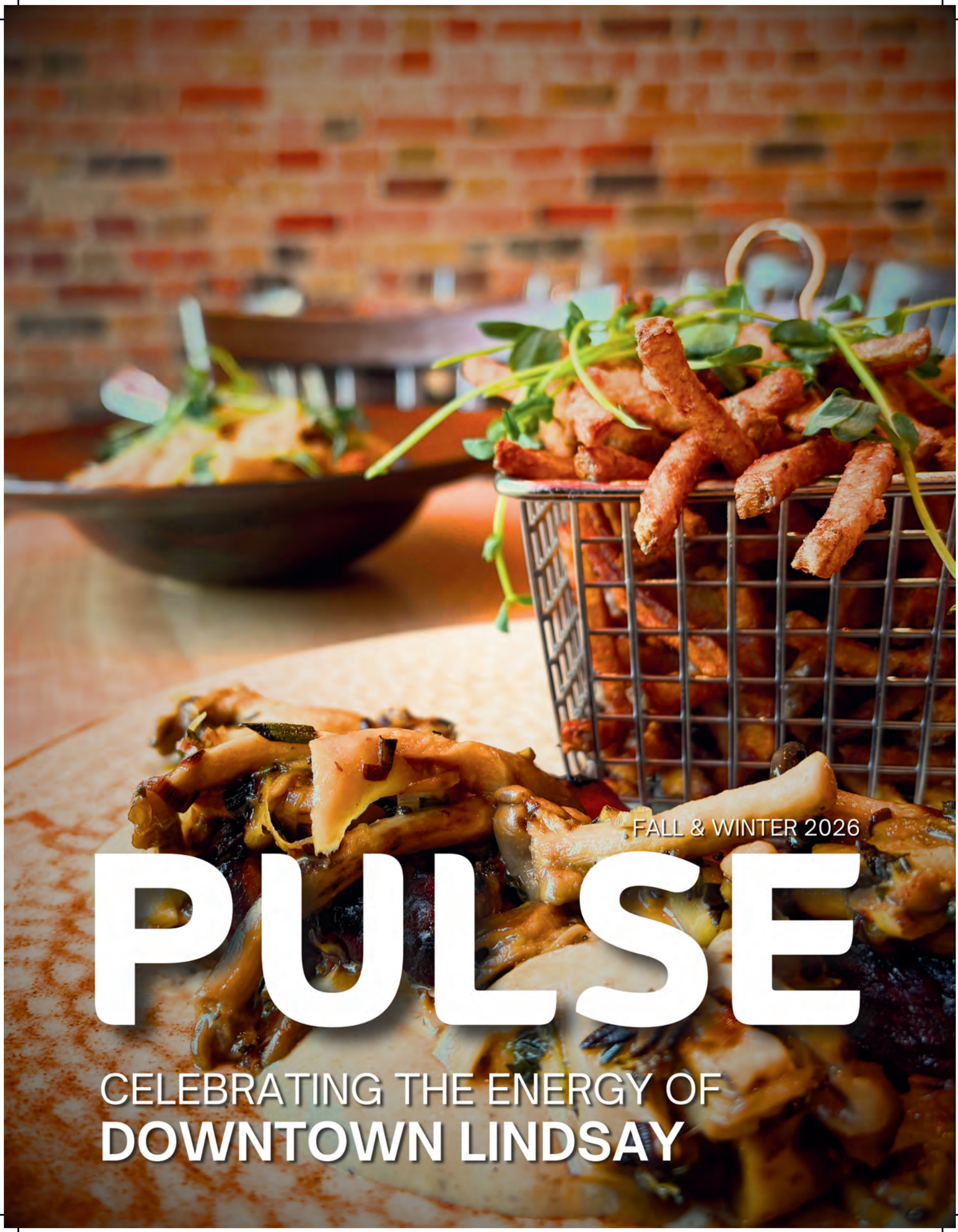


FALL & WINTER 2026

PULSE

CELEBRATING THE ENERGY OF **DOWNTOWN LINDSAY**

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The Lindsay Downtown BIA strengthens downtown vitality by supporting local businesses with targeted marketing, beautification and advocacy; fostering a strong sense of community pride in a vibrant downtown destination for residents and visitors.



Cover Photo | KB on Kent

50 YEARS OF THE LINDSAY DOWNTOWN BIA

This edition of Pulse arrives at a milestone.

In 1976, a group of downtown business and property owners came together to form the Lindsay Downtown Business Improvement Area, and fifty years later, that same idea, that downtown thrives when the people in it work together, still holds.

A Business Improvement Area is a self-funded partnership between downtown businesses and property owners, working alongside their municipality to invest directly in the streets they share. Membership isn't optional, and neither is the commitment: every downtown business contributes, and that collective investment funds everything from streetscaping to marketing, the things no single business could take on alone, or should have to.

A BIA is easy to overlook until you understand what it actually does. It's the volunteers who show up before sunrise to clear winter décor and plant flower beds each spring. It's the partnership with the City of Kawartha Lakes that keeps our streets, trees, and public spaces cared for. It's the advocacy, the activity on the streets, the marketing, and the hundred small decisions that keep a downtown feeling like somewhere people want to be, not just somewhere they pass through.

Fifty years in, Downtown Lindsay is still shaped by the people who own its shops, run its restaurants, and choose, year after year, to reinvest in these streets.

This edition is a celebration of that choice, and of everything a downtown becomes when a community decides to take care of it together.

Here's to the next fifty years.



Melissa McFarland
Executive Director
Lindsay Downtown BIA



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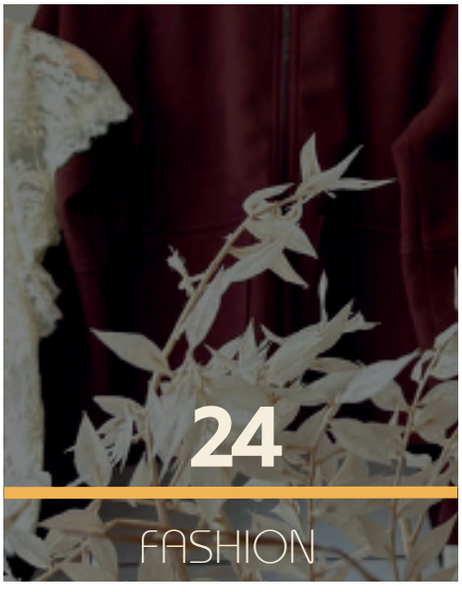
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LIFESTYLE

Cozy season comes with a particular kind of time, the sort you can spend on something that isn't urgent. Reading something that catches your interest. Learning the story behind a storefront.

Shorter days invite the longer story, the odd fact, the detail that changes how you see a place you thought you knew.

Downtown Lindsay has more of those than we could ever fit in one edition, and we keep finding more.

DOWNTOWN LINDSAY, ALL SEASON LONG

Autumn

Layer up locally.
Swap out your summer wardrobe for something cozier at a downtown boutique.

Chase the pumpkin spice (or better).
Warm up with a seasonal drink from a downtown café or cozy eatery — and check out their soup too!

Start your baking season early.
Stock your pantry with fall baking staples before the holiday rush hits.

Bring the outdoors in.
Browse for warm, seasonal home touches — think candles, throws, and autumn décor.

Freshen up for the season.
Book a haircut or spa treatment to feel your best as the weather turns.

Hunt for something one-of-a-kind.
Wander beyond Kent Street to explore downtown's side streets — home to so many hidden gems.

Discover downtown's newest community space.
Explore the Kawartha Art Gallery in its brand-new home on Cambridge Street, opening this fall.

Mark a milestone downtown.
The Royal Canadian Legion celebrates 100 years of service this year — take a moment to honour a century of community.

Take in a downtown event.
Check the calendar for markets and community gatherings — including workshops and programming at the Kawartha Lakes Public Library and Ampere Makerspace.

Cook a proper fall dinner.
Pick up fresh, local ingredients for a hearty seasonal meal.

Winter

Shop small for the holidays.
Find thoughtful gifts for everyone on your list without ever leaving downtown.

Warm up between errands.
Duck into a bakery, café or eatery for hot chocolate, specialty coffee, or a sweet treat.

Bake your way through the season.
Stock up on holiday baking essentials — sugar, spice, and everything nice.

Deck the halls, downtown-style.
Stroll downtown for spectacular holiday window displays, then pick up your own festive décor.

Comfort food, delivered — or picked up.
On the coldest days, let a downtown restaurant do the cooking — from comfort classics to global flavours you didn't know were so easily available downtown.

Find the perfect stocking stuffer.
Downtown's specialty shops are full of small, unique finds.

Warm up with a night out.
Enjoy a cozy dinner downtown, then catch a live show at the Academy Theatre or the latest blockbuster at Century Cinemas.

Gear up for winter fun.
Find the right layers and equipment for snowy adventures, from walks to skating.

Get party-ready.
Book a pre-holiday haircut, manicure, or spa day to look and feel your best.

Celebrate the season together.
Bundle up for our annual Holiday Kickoff, Tree Lighting & Santa Claus Parade, all happening the weekend of November 20th.



A STORY ON EVERY STREET

HOW HERITAGE BANNERS BROUGHT A CENTURY OF DOWNTOWN BACK TO ITS OWN SIDEWALKS

BY MELISSA McFARLAND,
LINDSAY DOWNTOWN BIA

Most of us walk downtown with our eyes at street level. We're looking at storefronts, watching for traffic, heading somewhere. **This summer, we aimed to give you a reason to look up.**

In total, 75 new banners went up on lampposts throughout Downtown Lindsay. Sixty carry historic photographs of these same streets. The other fifteen carry three phrases that kept surfacing as we worked: "Where Generations Have Gathered," "A Community Shaped By History," and "Where Every Street Has a Story."

The idea started, as many of our projects do, around a table. Our Beautification Committee had been talking about a downtown that wears its history proudly. The major reconstruction had just wrapped, and with it came 75 new lampposts designed to give our streetscape real character. They were beautiful. They were also empty.

New street banners had never quite fit within our operating budget, so for a while the idea stayed an idea. What changed things was the **City of Kawartha Lakes' Legacy C.H.E.S.T. Fund**, which supports community organizations delivering projects in heritage, arts, culture and more. From there it became a genuine partnership. Every banner carries the City's 'Jump In' logo alongside ours, right down to the Public Works crews who got 75 banners onto 75 posts.

Here is what I underestimated: the archives. We went looking for sixty good photographs. What we found was a community that has been carefully documenting itself for generations. The Kawartha Lakes Museum & Archives, the Municipal Archives of the City of Kawartha Lakes, and the Lindsay Branch of the Kawartha Lakes Public Library all opened their doors and let us dig. The Beall Collection at the Lindsay Library Branch is a real gem. The Kawartha Lakes Municipal Heritage Committee stayed with us throughout, helping us get the details right. We now weren't just scraping together enough material. We were choosing.

Then came the part that really started to change my perspective. When you spend weeks looking at the same four blocks across more than a hundred years, you start to see double. A storefront where you buy your coffee. A wagon parked where cars park now. Different signs, different awnings, different clothes on the people out front... but the same brick above it all, the same rooflines, the same intersection.

So much has changed along these streets. So much of the character has stayed exactly the same. That contrast is the whole project. The banners aren't there to tell you the past was better. They're there to tell you it was here, on this sidewalk, where you're standing.

Our banners will soon be coming down for winter — replaced with the beloved Veterans Banners ahead of Remembrance Day, then our gorgeous lit snowflakes to illuminate the streets through the long nights of winter. But our new historical banners will be back next spring — allowing our visitors another look at a downtown past.




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GHOST TOWN OF THE NORTH

DARTMOOR: THE RISE AND QUIET DISAPPEARANCE OF A DALTON TOWNSHIP SETTLEMENT

BY REESE BURNS, *BURNS BULK FOOD*

While many in the Kawartha Lakes can tell you about the prominent historical sites in and around Lindsay — the Old Mill, the Academy Theatre, the Victoria Rail Trail, just to name a few — not as many could tell you about the equally plentiful historical sites in the north of our beautiful municipality. For example: the ghost town of Dartmoor in Dalton Township.

The settlement that would become Dartmoor was the result of northward migration during Ontario's colonization road initiative of the late 1800s. In fact, the community would manifest near the crossroads of two major colonization roads: the Victoria Road which connected southern Victoria County to Vankoughnet in the north and the Monck Road which ran east to west all the way to the Ottawa region.

Dartmoor was located just west of Uphill — a larger town that formed at the exact junction of these roads. As pioneers who helped carve out these colonization roads claimed their free land grants in the vicinity, small, dispersed communities naturally began to form. Finding the soil of their land poorly suited for farming, the pioneers along Monck Road would turn to ranching and the lucrative lumber trade which was beginning to boom in the area.

It was in fact the lumber trade which elevated this small collection of pioneer homesteads into a proper community; one that would soon grow so much that it became necessary to give it a proper name and Dartmoor was eventually chosen. In 1870 Dartmoor's first post office was opened (postmaster John Gardiner), and with it came a listing on official maps.

From humble beginnings, Dartmoor was born. The community of Dartmoor was still far from a "town" as we would understand it. There was no main street, no line of shops and no hotel. For that kind of hustle and bustle, one would have to travel a few miles east to Uphill. What Dartmoor did have though is a modern brick schoolhouse.

S.S. #3 in Dalton Township was constructed in 1903 and replaced the log schoolhouse that had served the very first wave of pioneers to arrive in the area in the 1860s, even before the colonization road boom. This schoolhouse still stands today and is a private residence. Eventually the logging in the area would dwindle amidst tightening supplies of viable lumber, intense wildfire in the north and the gradual decay of the northern Victoria Road.

Without farmable land to fall back upon, many of Dartmoor's settlers would return south and the population began its gradual decline. The post office would close its doors for good in 1914 as the new rural mail delivery program was sufficient to serve the dwindling populace. Its final postmaster was James Johnston.

With its post office gone, Dartmoor's decline from thriving rural community to desolate ghost town was nearly complete; it would vanish from maps shortly after.

Today, many of the original pioneer structures that were once part of Dartmoor can still be observed when driving along Monck Road. The most striking of these is the large pioneer farmstead located next to the brick schoolhouse. Boasting an intact log cabin, a barn and several outbuildings in various states of repair, it's a charming look at what a "neighbourhood" in Dartmoor would have been like.



Reese Burns is the third-generation owner of Burns Bulk Food in Downtown Lindsay and an avid local history enthusiast. When not in the store he can often be found visiting any of the great number of historically significant places in Lindsay and the Kawartha Lakes.


The Season Starts Downtown
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Lindsay Downtown


We Love
Downtown
Kawartha Lakes
Jump In



EXPERTISE

As the year winds toward its close, attention turns to wrapping things up and setting things in motion — year-end decisions, plans for the new year, questions that have waited long enough.

Downtown Lindsay is home to knowledgeable professionals and trusted services offering expertise, direction, and solutions, all within a few blocks and a short walk out of the cold.

RATION THE SHUTTER

WITH AI, THE ANSWER IS EASY. THE ACCOUNTABILITY ISN'T.

BY TOD WARD, *COLOUR + CODE*

AI is making good answers cheap. The harder question is what happens when speed, efficiency, and convenience begin to pull against trust, experience, and human judgement.

For most of history, good answers came at cost. You had to know something, find someone who did, pay for expertise, search through documents, make a calculation, run a test, or spend enough time thinking that an answer eventually revealed itself.

Artificial intelligence is driving that cost down with remarkable speed. A small business can now ask for an analysis of a contract, a comparison of pricing models, or a plan for entering a new market and receive something useful in seconds. Not flawless or infallible, but often good enough to move the conversation forward. That may be the more important AI story: not that machines are becoming brilliant, but that reasonable competence is becoming cheap.

Economists pay attention when the price of something important collapses, because people behave differently when scarcity disappears. Digital photography did not simply make photographs cheaper. It changed how many we take, what we photograph and what a photograph means. We stopped rationing the shutter. AI may do something similar to answers.

But AI arrives with an unusual complication: almost every advantage it creates produces a tension somewhere else. Business leaders see an opportunity to move quickly; employees may see the same movement as a threat to their livelihood. An owner sees a tool that allows ten people to accomplish what once required fifteen. The ten people reasonably wonder what happens when it requires eight. A company sees an opportunity to capture the knowledge of its most experienced employees. Those employees may wonder whether documenting everything they know makes them more valuable or easier to replace.

The debate around AI is often framed as optimism versus pessimism, adoption versus resistance. In practice, the tensions run straight through individual organizations. The same technology can make a business stronger while making some of the people inside it feel less secure. Imagine asking employees to identify the most repetitive parts of their jobs. From the employer's perspective, it is sensible; the people closest to the work know where the friction is. From the employee's perspective, it can sound suspiciously like being asked to prepare a list of reasons their job should no longer exist.

The information the business most needs may therefore be held by the people with the least incentive to provide it. There is a paradox here: AI becomes more useful when an organization understands how work really happens, but much of that understanding exists inside people, in shortcuts, exceptions, relationships and accumulated experience. Accessing it requires trust precisely when the technology itself may be undermining that trust.

As the answers get better, another tension appears. When an organisation can generate ten possible strategies as easily as it once produced one, producing options becomes easy; choosing among them becomes harder. AI can dramatically reduce the cost of reaching a decision. It does nothing to reduce the cost of being wrong.

The answer is cheap. The consequence is not.

A recommendation to stop carrying an underperforming product may make perfect sense in a spreadsheet, while the owner knows people drive across town specifically for it and buy three other things while they are there. A staffing model may identify two employees as doing essentially the same work, while their colleagues know one of them is the person everyone calls when something unusual happens. A supplier may appear more expensive than its competitors until something breaks late on a Friday afternoon and the reason suddenly becomes obvious. Businesses are full of information like this. Context is the accumulation of things that seem irrelevant until suddenly they are not.

> ***A ladder remains perfectly functional without its bottom rung. It simply becomes considerably more useful to the people who are already on it.***

THE AI CONTRIBUTION SCALE

A scale for disclosing how AI was used in a written piece, developed by Blair Enns of Win Without Pitching.

AI-0 — Human
No AI used.

AI-1 — AI Researched
Author wrote it entirely; AI helped with research or proofing only.

AI-2 — AI Assisted
Ideas and prose are the author's; AI acted as editor or sounding board.

AI-3 — Human/AI Collaboration
Author directed the argument; AI drafted or rewrote some passages that made it into the final piece.

AI-4 — AI Drafted
Author supplied the idea and direction; AI wrote most of the first draft, and the author edited and verified it.

AI-5 — AI Generated
AI produced nearly the whole piece from a prompt, with light human review.

The AI Contribution Scale by Blair Enns / Win Without Pitching is licensed under CC BY 4.0.



Tod Ward is the president of Colour + Code. A Lindsay native and long-time resident, Tod brings more than 15 years of experience helping local and national businesses develop effective websites and marketing strategies. As a leader in AI-focused projects, Tod is exploring how businesses can adopt AI thoughtfully and ethically to improve their practices and productivity while protecting the value and role of the people behind the work.

The better AI becomes, the easier it will be to mistake a complete-looking answer for a complete understanding of the situation. We should also be careful about assuming humans will always possess some category of judgement machines cannot reach. History gives us little reason for that confidence. Tasks we once considered uniquely human have an inconvenient habit of becoming computable.

> ***AI can participate in a decision, but it cannot be accountable for one.***

There is, however, another distinction: AI can participate in a decision, but it cannot be accountable for one. A system can recommend laying off an employee, but it cannot look that person in the eye. It can recommend closing a location, but it does not live in the community after the doors are locked. It can identify the most efficient option, but it has no stake in deciding whether efficiency is the only thing worth preserving.

That does not make its recommendation wrong. One day, its analysis may routinely be better than ours. But advice and accountability are different things. The accountant who gave advice attached a professional reputation to it. The contractor who recommended a solution had to build it. The manager who changed a process lived with the employees affected by it. The business owner faced the customer if the decision went badly. AI begins to separate the recommendation from the person living with its consequences.

A similar tension appears in employment. Much AI adoption naturally targets routine and entry-level work. If software can perform the first draft, basic research or repetitive administrative work in a fraction of the time, removing that work appears to be an obvious gain. But some work has always performed two jobs. It produces something. And it produces somebody.

The junior accountant checking routine files is also learning what an unusual one looks like. The apprentice doing the simple repair is accumulating the pattern recognition required for the difficult one. The inexperienced employee handling ordinary customer questions is learning how customers behave. Viewed purely as output, this work can look inefficient. But the first hundred ordinary tasks are often the price of creating someone capable of handling the hundred-and-first when it is not ordinary.

Businesses have a legitimate incentive to remove work that technology can perform cheaply. Society still needs some mechanism through which inexperienced people become experienced. A ladder remains perfectly functional without its bottom rung. It simply becomes considerably more useful to the people who are already on it.

For small businesses and communities, these tensions matter beyond individual balance sheets. AI could allow a five-person company to access capabilities once available only to a fifty-person company. It could strengthen independent businesses, preserve knowledge, lower barriers to entrepreneurship and free people from work nobody particularly enjoys doing.

At the same time, those gains can alter employment, training, customer relationships and the distribution of knowledge inside organisations. Both things can be true.

Perhaps that is the more useful way to think about the AI landscape: not as a choice between embracing the future and resisting it, but as a series of bargains. Speed in exchange for what? Efficiency at the expense of what? Convenience instead of what? Knowledge captured from whom, and for whose benefit?

A business can make a perfectly rational decision and still create consequences beyond the thing it was trying to optimize. We are adopting artificial intelligence because it can make organisations more capable. It would be strange to assume that capability will be the only thing it changes.

As the price of a good answer approaches zero, the important questions increasingly sit around the answer itself: who benefits, who feels threatened, what knowledge disappears, what relationships change, and who remains responsible for what happens next.

A note on AI: *This article was developed through human-AI collaboration. The ideas, perspective and final judgement are mine. I used AI as a thinking partner to challenge the argument, explore connections, develop the structure and help shape the writing. Using Blair Enns' proposed AI Contribution Scale, I would classify this article as* ***AI-3: Human/AI collaboration.***

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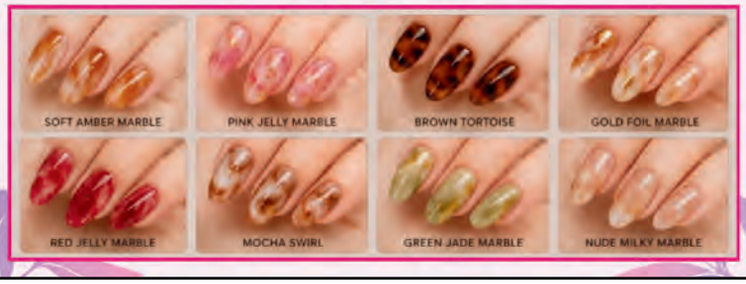
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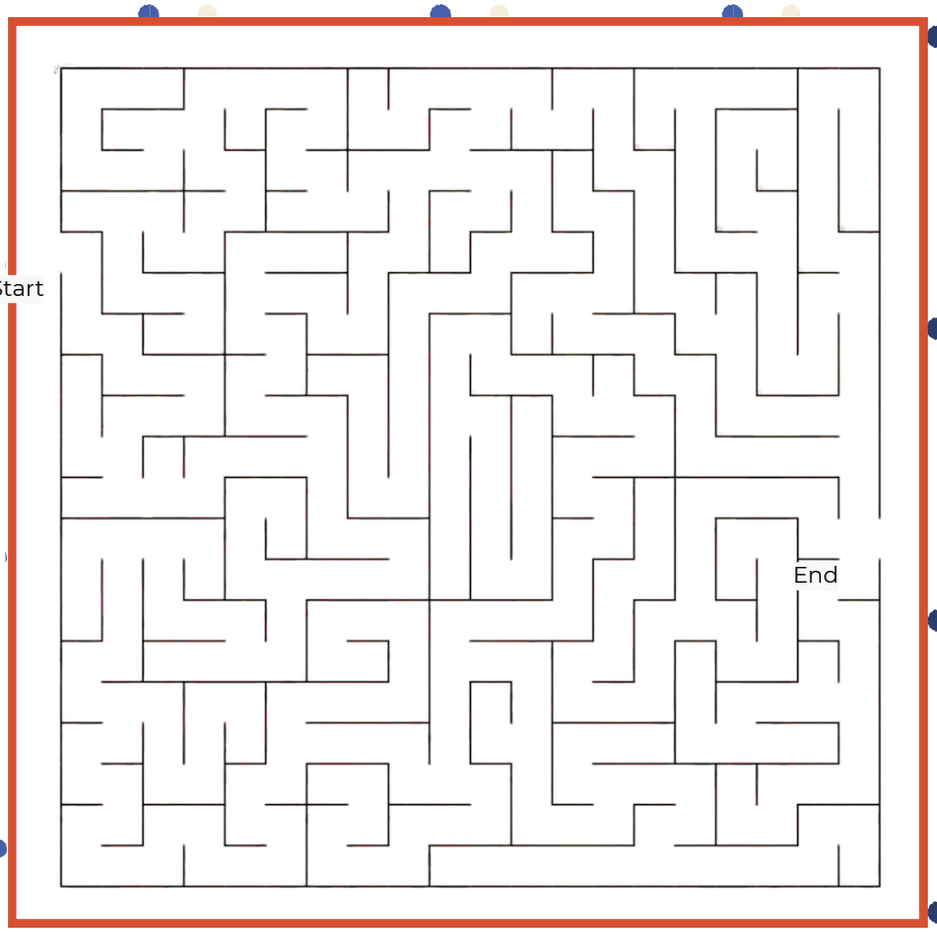








Downtown Maze



Downtown Word Search

S	X	G	T	T	K	I	N	B	V	U	J	T	T	H
J	O	N	E	P	Y	U	N	S	G	D	H	Z	G	N
X	E	D	O	W	N	T	O	W	N	E	P	Q	B	P
K	P	Z	V	R	A	C	X	E	A	W	I	X	Q	E
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C	L	U	R	B	U	Z	R	U	O	D	O	I	O	P
L	L	M	T	T	H	E	S	Y	O	T	N	T	F	F
A	A	S	H	Y	Y	C	Z	V	S	F	C	A	I	U
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S	B	Y	M	H	X	D	I	Y	J	F	P	E	C	A
I	B	Y	T	G	G	B	N	R	A	Z	X	I	H	D
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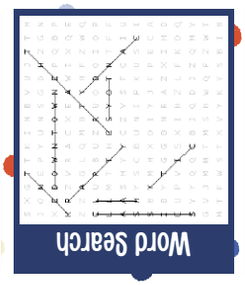
WORD BANK

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TOYS

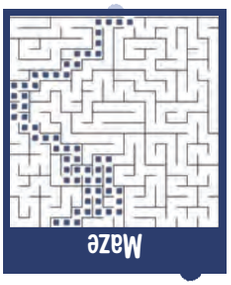
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Answer Keys:



Word Search



Maze



WELLBEING

As the light fades earlier, we naturally turn inward. Fall and winter ask for a different kind of care — warmth, restoration, and small comforts that carry us through the darker months.

Downtown Lindsay offers thoughtfully curated experiences that support your overall wellbeing, from restorative therapies to beauty and body-care services, helping you feel grounded, renewed, and glowing when the season isn't.

Gridley's Creative Bath & Body

WELL BEFORE WINTER

EIGHT HOLISTIC WAYS TO HELP SUPPORT YOUR IMMUNE HEALTH THIS FALL

BY SHELBY WILLIAMSON, NURSE PRACTITIONER | LAURA NICHOLSON, CERTIFIED HOLISTIC NUTRITIONIST & ALICIA LAURIAULT, COMMUNITY HERBALIST, *KAWARTHA HOLISTIC*

With children returning to school and more time spent indoors, it's the perfect time to shift our focus toward supporting our body's natural defences.

The good news is that there are simple, natural ways to support overall immune health. Rather than relying on a quick fix after illness strikes, think of immune health as part of the bigger picture.

Nourishing whole foods, quality sleep, regular movement, fresh air, hydration, a healthy gut, and managing everyday stress all work together to create a strong foundation for wellness. By caring for the body as a whole, we can better support its natural ability to protect and restore itself throughout the fall and winter months.

1 Start and End Your Day with Natural Light

Before reaching for your coffee, step outside and let your eyes take in some natural morning light. Morning light helps anchor your circadian rhythm, which plays an important role in sleep, hormones, metabolism, and overall health. Getting outside again in the early evening can also help reinforce your body's natural day-night rhythm and prepare you for restorative sleep. Quality sleep is an important part of maintaining healthy immune function which gives your body an opportunity to recover and regulate immune function. Aim for a consistent sleep schedule of approximately 7-9 hours for most adults. Even on a cool or cloudy day, bundle up and get outside. Natural light is one of the simplest—and most overlooked—forms of seasonal self-care.

2 Consider Nutrient Status

Certain nutrients — including vitamin D, iron, B12, folate, and zinc — play an important role in immune function. Many of these nutrients can be found in foods, but supplementation can be helpful when there is a documented deficiency, increased need, or individualized indication. Consider speaking to your healthcare provider about a nutrient-focused bloodwork panel.

3 Bring Back Elderberry Syrup

Also known by its botanical name, *Sambucus nigra*, elderberry has a long history of traditional use in herbal medicine to support the body during the colder months. It predominantly contains anthocyanins and flavonols, plant compounds valued for their antioxidant properties, and offers anticatarrhal, antipyretic, and antiviral properties that have shown the potential to clinically reduce symptoms of upper respiratory tract viral infections, including the common cold and influenza.

4 Pumpkin-Spice Everything

It turns out pumpkin-spiced everything may be onto something. While pumpkin spice itself isn't an immune remedy, pumpkin seeds are a nutritional powerhouse. Pumpkin seeds are an excellent source of zinc, a mineral that plays an important role in normal immune function. They also provide protein, healthy fats, fibre, and other important nutrients. Add a handful of pumpkin seeds to yogurt, salads, oatmeal, or homemade trail mix for an easy, fall-inspired nutritional boost.

5 Add Sauerkraut to Your Plate

Traditional sauerkraut is made by fermenting cabbage with beneficial microorganisms. Choosing sauerkraut that contains live cultures can be one way to incorporate fermented foods into your diet and support a diverse gut microbiome. Try adding a small spoonful of raw, unpasteurized sauerkraut alongside your meals. Its tangy flavour pairs especially well with roasted vegetables, chicken, beef, and hearty fall dishes.

6 Nourish Your Gut with Bone Broth

There's a reason a warm bowl of broth has been a staple in kitchens for generations. Bone broth is hydrating, comforting, and can provide protein and other nutrients, depending on how it is prepared. When it comes to immune health, the gut deserves plenty of attention. The gastrointestinal tract plays an important role in the body's immune system, making gut health an important part of overall wellness. Enjoy a nourishing cup of bone broth on its own, use it as a base for soups and stews, or even cook your rice and grains in it for an easy way to add flavour and nourishment to everyday meals.



7 Hydration: First Line of Defence

Adequate (or better than!) fluid intake supports your body's first line of defence — your mucus membranes. Your respiratory tract relies on properly hydrated mucus to trap and clear pathogens. Additionally it supports circulation, temperature regulation, and illness recovery.

8 Look Deeper

If you find yourself getting sick frequently, taking an unusually long time to recover, experiencing persistent fatigue, or feeling a shift in your health status, consider underlying contributors such as nutrient deficiencies, chronic stress, metabolic dysfunction, thyroid issues, digestive problems and more.

Supporting Your Immune Health, Naturally

Supporting your immune system doesn't have to be complicated. It's the combination of small, consistent habits —getting outside, nourishing your body with whole foods, caring for your gut, prioritizing quality sleep, staying hydrated, moving your body, and finding moments of rest—that creates a strong foundation for health throughout the season.

This fall, focus less on finding a quick fix and more on giving your body what it needs to thrive. Sometimes, the simplest habits are the ones that make the biggest difference.

Remember: Immune health is built year-round — not just when everyone around you is starting to get sick — give your immune system the resources and environment it needs to do its job.



Shelby Williamson, Nurse Practitioner – Primary Health Care; Laura Nicholson, Certified Holistic Nutritionist; and Alicia Lauriault, Community Herbalist, are honoured to bring their collective expertise to Pulse readers this season.

Homemade Elderberry Syrup

A cherished cold-season remedy in herbal traditions, this simple syrup comes together with just three ingredients and a bit of simmering.

INGREDIENTS

- 1 cup fresh or ½ cup dried elderberries
- 3 cups water
- Honey, in equal measure to the strained liquid (about 1 to 1½ cups)

DIRECTIONS

1. Combine the elderberries and water in a saucepan. Bring to a boil, then reduce the heat and simmer gently for 30 to 45 minutes.

2. Mash the softened berries and strain the liquid through a fine-mesh sieve. Measure the strained liquid and stir in an equal amount of honey by volume.

3. Transfer the syrup to a clean bottle or jar and refrigerate.

Keep refrigerated and consume within two months.

Lizzy's

by Cathy Allan

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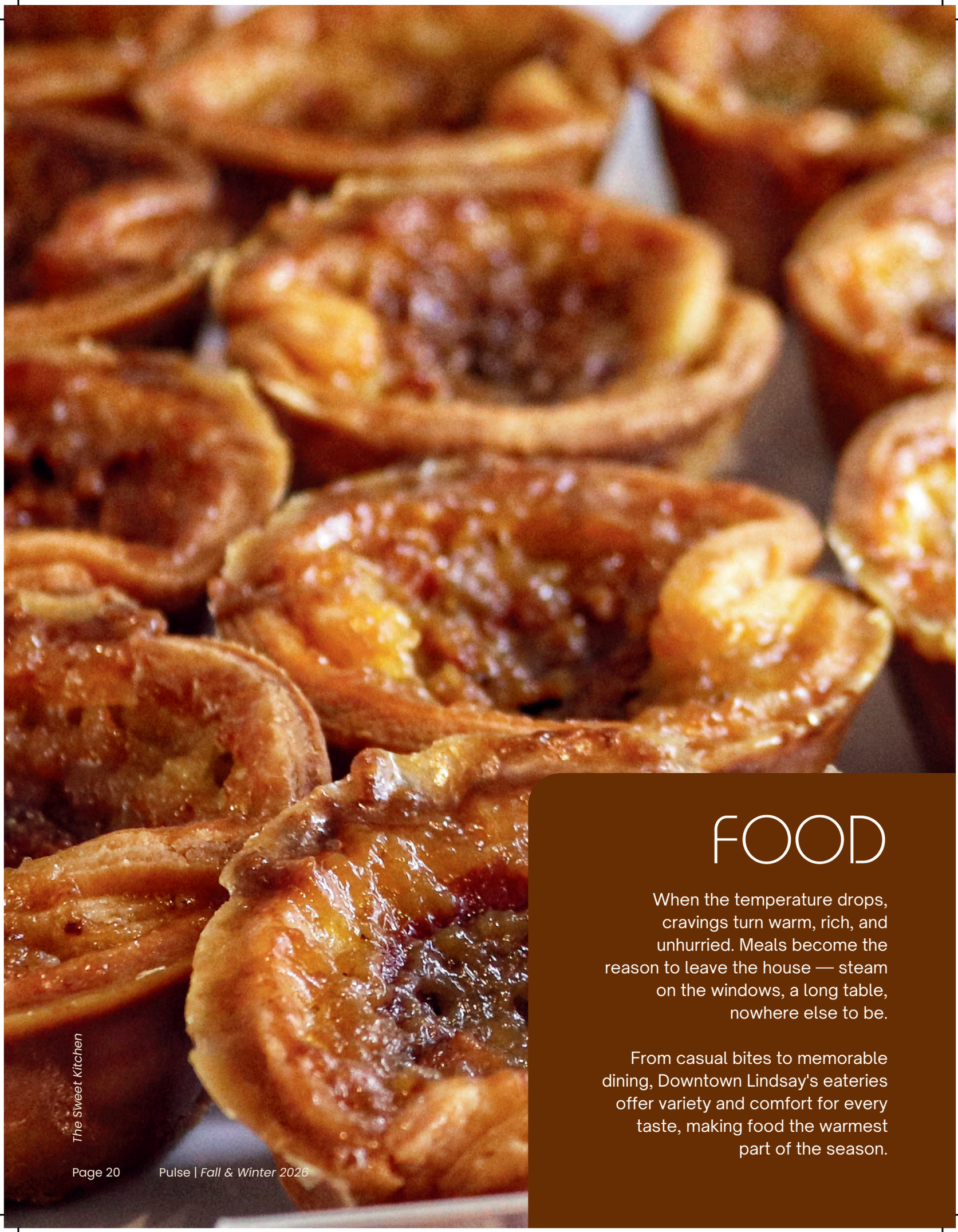
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FOOD

When the temperature drops, cravings turn warm, rich, and unhurried. Meals become the reason to leave the house — steam on the windows, a long table, nowhere else to be.

From casual bites to memorable dining, Downtown Lindsay's eateries offer variety and comfort for every taste, making food the warmest part of the season.

The Sweet Kitchen

MEASURE BY MEASURE

GETTING YOUR PANTRY WINTER READY

BY MELISSA McFARLAND, *LINDSAY DOWNTOWN BIA*







There's a particular smell that signals the seasons have turned in a baker's kitchen: cinnamon warming in the oven, butter browning on the stove, the first batch of shortbread cooling on the counter. As the days shorten and the ovens turn on more often, Downtown Lindsay's own Burns Bulk Food becomes something of a home base for anyone gearing up for a season of serious baking.

*We sat down with **Kay Hawkins, Manager at Burns Bulk Food**, to talk about what belongs in every baker's pantry this winter, which ingredient swaps are worth trying, and the small tricks that make holiday baking feel a little less chaotic. Whether you're a from-scratch traditionalist or just trying to keep the cookie plate stocked, Kay's got some ideas worth stealing.*

Fall and winter baking obviously ramps up around here — if someone's pantry is bare and they're starting their holiday baking list from scratch, what are the true must-haves you'd tell them to stock up on first?

Start with the basics: sugar, flour, baking powder, baking soda. After that, most people reach for chocolate or chocolate chips, butterscotch chips, and nuts like almonds, walnuts and pecans. Glazed fruits, raisins and coconut pick up too. One thing I always have in my own house heading into Christmas is sweetened condensed milk, because there's always a recipe that calls for a can of it.
I'd also say stock up on extracts. The top three to always have on hand are clear vanilla, natural vanilla and almond, but there are dozens of others worth exploring too if you want to add a bit of interest to your baking.

It's not just baking, either. This time of year, people are stocking up on soup bases and gravy mixes too. If you've made a roast and it's missing a little zip, a bit of soup mix or gravy mix rounds it right out. Same goes for soups and stews. I always keep barley on hand for beef barley or vegetable barley soup, and small noodles for chicken noodle soup, because everyone seems to catch a cold this time of year.

And don't forget the savoury side of holiday season. Nuts and Bolts is a big one for entertaining and gifts, so keep pretzels, peanuts, and cereals like Cheerios or Shreddies on hand, whatever you like to mix in, along with the spices for it, and poultry seasoning for your turkey.

Are there any ingredient swaps you'd recommend, either for flavour, cost, or dietary reasons, that people might not think to try?

For sugar, if you're diabetic, monk fruit sugar is a good option. We carry both a white and a brown. A little goes further than you'd expect. It's often labelled one-to-one, but that's really too sweet, so you can usually use less.

For a vegan option, we carry a vegan organic chocolate chip, and if you're dealing with an allergy, there are always workarounds. We just had someone looking for alternatives to standard chocolate — I told her she could make her own chocolate chips using cocoa, coconut oil, and honey or syrup, and she said she just might. You never know. We may have exactly what you need to DIY your own ingredients.

Is there a specific product or item currently in the store that you're personally excited about for this season?

Our dehydrated vegetables. They save you the work of chopping onions, carrots, celery and leeks, and even have little slivers of potato in the mix. It's an all-in-one that's great for any soup base, or to add into sauces and stews.

Soup mixes in general are a big one for us this time of year too, especially the ones that already include beans and barley.

Spices are such a big part of what makes fall and winter baking feel like fall and winter baking. Are there any spices or spice blends people sleep on that you think deserve more attention?

Allspice and ginger for sure. Mace is another one people don't reach for as often, but it's worth having. It's usually what goes into pumpkin pie, and some fruitcake recipes call for it too. It's one of the more expensive spices, but a little goes a long way.

What's a common mistake you see people make with storage or freshness once they've stocked up for a big baking season?

Leaving everything in the original bag. Once you're home, move things into mason jars or airtight containers, especially spices. They hold up much better in a proper jar than in a bag. If you're not going to use all your nuts right away, throw the extra in the freezer, and the same goes for glazed fruit. It'll keep just fine until next year.

Do you have a personal go-to recipe or treat this time of year, something you find yourself making on repeat, now or for the holidays?

I try to do a couple of new recipes every year. I get tired of making the same things! But there are a few staples people always request, like chocolate chip cookies and shortbread. One of my shortbread recipes is actually one that we used to make and sell in store, many, many years ago. But one of my family's favourites year after year is my Molasses Crinkle Cookies.

Between the spice blends, the smart swaps, and the case for stocking your pantry before the season gets busy, it's clear a little planning goes a long way toward a calmer, tastier winter. It also doesn't hurt to have someone behind the counter who's seen a few holiday seasons come and go, and who knows exactly which aisle has what you didn't know you needed. So next time you're mapping out a baking list, whether it's for a cookie exchange, a holiday dinner, or just a quiet Sunday with the oven on, Burns Bulk Food is a good place to start, with Kay and the team on hand to help you figure out exactly what you need (and maybe talk you into trying something new). Come for the flour and sugar, and leave with a few ideas you didn't have on your list.



Kay Hawkins has been part of the Burns Bulk Food family since 1989, and has had the pleasure of working for all 3 generations of owners. Her passion for quality ingredients and customer service makes her the perfect addition to their team.

Kay's Molasses Crinkle Cookies

Preheat oven 350°F | Bake time 10–12 min

Ingredients

- 2 cups all-purpose flour
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp cloves
- 1/4 cup extra white sugar, for rolling
- 1/2 tsp salt
- 3/4 cup butter, softened
- 1 cup white sugar
- 1/4 cup fancy molasses
- 1 large egg

Instructions

In a medium bowl, sift together flour, baking soda, cinnamon, ginger, cloves and salt.
Cream together butter and sugar until light and fluffy.
Beat in the molasses and egg until well combined.
Gradually add the dry ingredients to the wet.
When well mixed, if you have a cookie scoop, scoop dough into balls and roll in sugar.
Place on parchment-lined cookie sheets.
Bake for 10–12 minutes, until cookies have flattened and look cracked. Enjoy!

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FASHION

Cold weather is layering weather, and layering is where the fun starts. Fall and winter reward the good coat, the great boot, and the scarf you'll wear for a decade.

Downtown Lindsay is a destination for style, offering unique finds that suit every lifestyle, mood, and moment worth bundling up for.

Bonita Clothing & Co.



FALL INTO FASHION

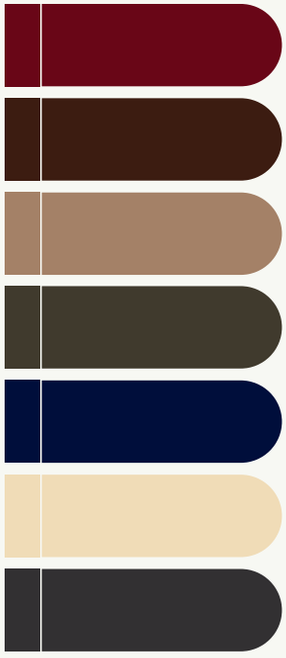
DISCOVER THE SEASON DOWNTOWN

BY ALEXSANDRA BARTLEY, *CATHY ALLAN LADIESWEAR*

Brittany n Bros

There's a certain magic to fall and winter fashion. The colours get richer, the fabrics get softer, and suddenly a sweater, a great pair of jeans and the right boots become an entire outfit.

This season brings together comfortable, wearable pieces with a little more polish. Relaxed silhouettes are still going strong, while tailoring, rich texture and beautiful colour add a fresh sophistication to everyday dressing. Whether you're updating your wardrobe, hunting for the perfect winter coat or getting ready for the holidays, there's plenty of inspiration waiting in Downtown Lindsay.



Fall Starts with Colour

The fall colour palette is one of the easiest ways to refresh your wardrobe.

This season, look for burgundy, chocolate brown, camel, olive, deep navy, cream and charcoal, along with richer jewel tones as we move toward winter.

Chocolate brown is proving to be a particularly versatile alternative to black, while burgundy adds just enough drama to an otherwise neutral wardrobe.

A new sweater, blouse or jacket in one of these shades can completely change the look of pieces already hanging in your closet.

Shoppers can explore seasonal fashion with plenty of opportunity to bring these fall colours and trends into their own wardrobes.

The New Shape of Denim

Denim continues to be one of the biggest foundations of the Canadian wardrobe, but the silhouette is changing.

Wide-leg, straight-leg and relaxed denim are taking their place alongside classic fits. Darker washes create a more polished look, while lighter denim continues to work beautifully with chunky sweaters and casual layers.

For a wardrobe that needs to work from weekday to weekend, denim remains one of the easiest places to experiment with a new trend without completely reinventing your style.

Layering Is the Look

Fall weather in Lindsay has a way of making layering both a fashion statement and a necessity.

Lightweight sweaters, blouses, cardigans, vests and blazers allow you to adjust your outfit as the temperature changes. As winter arrives, those same pieces become the foundation for warmer layers and statement outerwear.

One of the biggest styling trends this season is combining different proportions and textures. Try a relaxed sweater with a straighter jean, a tailored blazer over denim or a long coat over a simple monochromatic outfit.

The result is polished without feeling overly put together.



Cathy Allan Ladieswear


Hollowbrooks

Texture Makes Everything Better

If colour sets the mood for fall, texture creates the atmosphere.

Bouclé, corduroy, suede, velvet, chunky knits, faux fur and extra soft wool-inspired fabrics are all making their way into fall and winter wardrobes as the weather cools.

Texture is also one of the easiest ways to make neutral and basic outfits feel more interesting.

A cream sweater with textured trousers, a suede jacket over denim or a velvet piece paired with something casual or comfortable can create an outfit that feels considered without being complicated.


Sweet Annies


Lizzy's by Cathy Allan

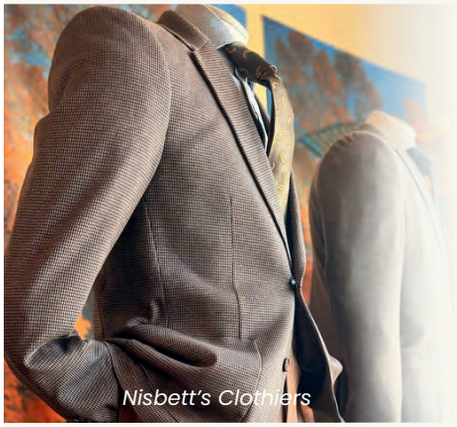
From Everyday to Occasion

Come December, sparkle is entirely appropriate. Velvet, satin, metallics, sequins and shimmer all appear as the invitations start filling the calendar.

Holiday dressing doesn't have to mean buying something you'll wear once. A velvet blazer goes with denim for dinner and trousers for a party. A satin blouse works with jeans or a dressier skirt. A statement dress becomes a different look layered with a blazer or sweater.

The best holiday pieces keep working long after the decorations come down. What you wear underneath matters too. Lingerie Loft rounds out the picture with intimates and swimwear that change how everything else fits and feels.


Homethreads Boutique


Nisbett's Clothiers

Not Just Women's Wear

A good downtown shopping day doesn't stop at women's fashion. Nisbett's and John G's bring men's clothing and seasonal style into the mix, because fall and winter wardrobes are about the whole family, the gatherings, and finding something for everyone on your list.


John G's Menswear


Down to Earth

Your Season Starts Here

The best part of shopping for a new season is finding what you weren't looking for. A colour you'd never normally wear. A denim silhouette you hadn't tried. A coat that changes an everyday outfit. A sweater you reach for all winter. Downtown Lindsay gives you the chance to browse, try things on and ask questions of independent retailers who bring their own perspective to what they carry.

You don't need every trend. Choose the ones that suit your lifestyle, start with what you already love, and let your wardrobe evolve with the season. From Sweet Annie's and Down to Earth to Brittany n Bros, Lingerie Loft, Cathy Allan Ladieswear, Lizzy's by Cathy Allan, Homethreads, Bonita, Hollowbrooks, Nisbett's and John G's, there are plenty of reasons to make Downtown Lindsay your fall and winter fashion destination.


Lingerie Loft

> "Because when the temperature drops, fashion doesn't have to."



As Team Lead at Cathy Allan Ladieswear, Alex Bartley loves nothing more than making women feel their most fabulous selves — in clothes that are wearable and fit their lifestyle. Even though she herself is most often found in black — she has a knack for dressing their customers in beautiful pops of colour.

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HOME

As we spend more time indoors, our spaces have to work harder — softer light, warmer textures, and small changes that make a room feel like a place to stay.

Downtown Lindsay's décor, home improvement, and specialty shops offer inspiration and solutions to help create spaces that feel comfortable, personal, and ready for a long winter.

A Buy & Sell Shop

THE POSSIBILITY OF HOME

WHY THE HOMES THAT PEOPLE FALL IN LOVE WITH OFFER MORE THAN JUST FRESH PAINT & TIDY COUNTERS

BY JOEL PRINGLE, *COLDWELL BANKER R.M.R.*



Kate & Co

> You can almost see the thought happen: I could live here.



Houghton Creek

Every spring and summer, the internet fills up with the same advice for homeowners preparing to sell: paint the walls beige, clear the kitchen counters, hide the family photos and make sure the driveway is spotless. There's nothing wrong with any of that. A clean, well-maintained home makes a good first impression.

But after more than 20 years as a REALTOR® in the Kawartha Lakes, I've learned that the homes people remember, and ultimately fall in love with, usually offer something beyond fresh paint and tidy countertops.

They offer a glimpse of a life.

When buyers come to the Kawarthas, they aren't only comparing square footage, bedrooms or closet space. They're imagining what their mornings might look like, where friends might gather, and whether they can see themselves belonging here. They're not simply looking for a house. They're looking for their version of The Kawartha Life.

STAGE FOR THE LIFE YOU LIVE

Preparing a home for sale doesn't mean stripping away every trace of personality and turning it into an anonymous hotel room. The goal is to help buyers see how the space can work for them. Think about the moments that make your home special. A front porch can be more than an entrance. Put out two comfortable chairs and a small table, and suddenly it becomes a place for morning coffee or watching the neighbourhood come to life.

A backyard can tell a story too. If there's a fire pit, make it inviting. Arrange the chairs. Let buyers imagine summer evenings with friends after a day on the water or walking around Downtown Lindsay.

The kitchen should feel like a place where people naturally gather. Clear the clutter, but don't remove all the warmth. A home should still feel like somewhere Sunday dinner could happen.

And don't overlook the garage or shed. In the Kawarthas, these spaces can be part of the adventure. Organize the bikes, kayaks and outdoor equipment so buyers can picture how their own hobbies might fit in.

I've seen the moment during a showing when a buyer stops looking at the house as a collection of rooms and starts imagining themselves living there. Sometimes it happens on a deck overlooking the water. Sometimes it's a porch, or simply a beautiful view. You can almost see the thought happen: I could live here.

That's when a property becomes more than a listing.

TELL A FOUR-SEASON STORY

It's easy to fall in love with the Kawarthas on a warm July afternoon. The lakes are sparkling, the patios are busy and everything feels like summer. But the people who truly fall in love with this region fall for all four seasons.

If you're selling, don't tell only the summer story. Let buyers see what your home offers in October, January and March. A fireplace can become the centre of an autumn evening. A reading nook beside a window can make a snowy afternoon look inviting. A mudroom, heated garage or covered porch suddenly becomes a feature when the weather changes. The message is simple: this isn't only a summer destination. It's a place to build a life.

> “The people who truly fall in love with this region fall for all four seasons.”

HOME IS BIGGER THAN THE PROPERTY

There's one thing a great set of listing photographs can never capture: belonging. It's recognizing someone on Kent Street. It's knowing where to grab your favourite coffee. It's finding a community event on a Saturday morning, or a new reason to get out on the trails. Those experiences aren't included in the square footage, but they're part of what people are buying when they choose to call the Kawarthas home.

And if you happen to leave a copy of Pulse on the coffee table during a showing, I won't argue. A little local reading material is a good way to remind someone they're not just looking at a property, they're discovering a community.

So, if you're thinking about putting your home on the market, by all means, wash the windows and clear the counters. But before you worry about paint colour, take a walk through your property and ask yourself a different question:

What does life here feel like? Then show that. Because the most compelling thing you can sell isn't the walls, the countertops or even the view. It's the possibility of home.

Joel Pringle is a Real Estate Broker with Coldwell Banker R.M.R. Real Estate and part of the family-run Pringle Real Estate Team. With over 20 years of experience, he is a four-time Top 10 performer in Canada within the Coldwell Banker network, a two-time REP Magazine Top 200 Agent, Manager of Coldwell Banker R.M.R. in the Kawarthas, and a Director with the Central Lakes Real Estate Association.





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