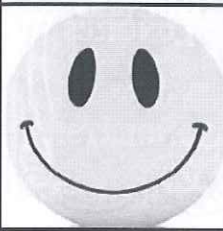


BackRoads

...connecting communities - August 2011

August is the month for ... Children's Eye Health & Safety; Cataract Awareness, Mushroom and Onion, National Spinal Muscular Atrophy Awareness, Golf Month, National Immunization Awareness, Get Ready for Kindergarten, Orange and Papaya and Happiness Happens Month ...just to name a few ...



Are you happy? Have you told anyone about it? August is National Happiness Happens month, and everyone is encouraged to share life's little moments of joy.

According to The Secret Society Of Happy People, there are three goals for this month. They are to help people: • Recognize and express happiness • Listen to others talk about their happiness • Not rain on other people's parades (*this could be a challenging month for some of us - lol :)*)

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Cori Hogan-Stillar
& Heather Grasser

CATARACTS - More than 2.5 million Canadians have cataracts. They are painless, develop within the existing lenses in your eyes, and are usually detected during routine eye exams.

As you age, your lenses naturally harden and may also turn cloudy. A cloudy lens blocks light from reaching the retina and interferes with vision - the effect is similar to looking through a dirty car windshield. Cataracts may form

in one or both eyes, at the same time or at different times. Fortunately, cataracts can be removed and your vision can be restored. Surgery is usually recommended once a person feels their vision interferes with daily activities such as driving, reading or watching TV. See more at www.cnib.ca



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Monday - Friday 7am - 7pm
Saturday 9am - 6pm Sunday 10am - 5pm

Days to Remember in July ...

- Girlfriend's Day: 1
- National Night Out: 2
- Watermelon Day: 3
- National Chocolate Chip Day 4
- National Mustard Day: 6
- Friendship Day: 7 (First Sunday)
- Sister's Day: 7
- National Kids' Day: 7
- Happiness Happens Day: 8
- Sneak Some Zucchini Onto Your Neighbour's Porch: 8
- S'mores Day: 10
- International Lefthander's Day: 13
- National Garage Sale Day: 13 (2nd Saturday)
- Best Friends Day: 15
- National Thrift Shop Day: 17
- Cupcake Day: 18
- Sandcastle & Sculpture Day: 20
- Be An Angel Day: 22
- Kiss and Make Up Day: 25
- Daffodil Day: 26
- More Herbs, Less Salt Day: 29
- National Toasted Marshmallow Day: 30

The Chisholm United Church Women have been busy! They have a hand done quilt for sale—Queen size, white and burgundy/wine with a burgundy/wine border. The design is called a schoolhouse ... workmanship is amazing!! They are asking \$350.00. Please call Elinor at 705-724-6223 if you want more details.



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Community Updates

**POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net
Powassan Activates its Emergency Management Plan**

On Monday July 18th Emergency Management Ontario (EMO) contacted The Municipality of Powassan in regards to accepting people who found themselves displaced by the wild fires in North-Western Ontario. We were informed that we were going to be hosting as many as 250 people in our community for a total of 24 days from July 21st until August 14th. We did not hesitate, agreeing to provide assistance to people in need and immediately reviewed our Emergency Management Plan and began to prepare for their arrival.

We met with volunteers from all of our community groups and began to organize schedules for food preparation, cleaning and other necessary services that would be required upon the arrival of 250 people. To put this undertaking into perspective we would have been required to make 18,000 meals over the 24 days.

Thursday July 21st the Municipality was informed that our evacuees were to arrive at 4:00pm. As Mayor I signed a declaration declaring an emergency, executing the Municipal Emergency Plan. At noon we were pushed back to a 9:00pm arrival. At our Emergency Management Meeting at 5:00pm we were informed that we were not to receive anyone until Friday morning. We continued to prepare meeting with volunteers and setting up cots.

11:10pm July 21 EMO put Powassan on hold. The following day Friday July 22nd, just prior to our Emergency Management Meeting, EMO informed Powassan that we were on stand down and that no evacuees would be coming to Powassan.

Although we did not receive any evacuees, the response from volunteer organizations and individuals was nothing short of incredible. The Municipality of Powassan showed an amazing volunteer spirit. I am sure that we would have been able to meet everyone's needs and expectations if they had arrived.

Chisholm - Councillor, Teresa Miller - www.chisholm.ca teresamiller@live.com Chisholm has had some road work done lately—thanks to Public Works who have been keeping up - it is some hot out there & you are doing a great job!

The Centennial events have been decided on - what a great brainstorming was done on July 20th! Thanks to everyone who came out to help narrow the ideas down. (we had LOTS!). Our next meeting is September 21st @ 7pm. We hope to see you there! We have a major event planned and some smaller ones - OH WILL YOU BE SURPRISED! We are also putting out a call to all Chishom-ites ... we are looking for a Centennial Logo to put on all of our communications (in addition to our current Chisholm Logo) - we would like all suggestions handed into the Township office by September 15th for review at the September 21st meeting.

MARK YOUR CALENDARS!! August 27th 12:30 pm - 5ish pm we are having a Horseshoe Tournament & Corn Roast at the Wasi Beach! Sign up your Teams at 12:30pm ... Games will be starting about 1:30-2ish ... be sure to come prepared for a Day at the Beach!! We are also having a Sand Castle Parade for all the young residents who want to come and build for us! Corn Roast starts at 4pm ... Hope to see you all there! There is no charge but we will welcome Food Bank Donations! Have a great August! T.



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A computer once beat me at chess, but it was no match for me at kick boxing

Questions about Vaccination

Vaccination is...

- A) making a virus in a laboratory
- B) Immunization
- C) only for children
- D) most common after age 15

What does "getting your shots" mean?

- A) doing well at basketball
- B) being vaccinated
- C) taking your medicine
- D) having bloodshot eyes

What does the term "flu" stand for?

- A) another name for the common cold
- B) the viral infection, influenza
- C) a vaccine against influenza
- D) fever

What does "contagious" mean?

- A) a disease that spreads easily
- B) a virus that is like another virus
- C) itchy
- D) painful

What is an epidemic?

- A) many cases of the same disease happen at the same time among a lot of people
- B) a needle
- C) an ambulance worker
- D) the outside layer of skin

What are the two ways to get immunity from a disease?

- A) by staying away from germs and eating healthy food
- B) by getting enough exercise and sleep
- C) by natural infection and by vaccine
- D) by keeping houses and schools very clean

What is the symptom you will notice most with chickenpox?

- A) an itchy rash
- B) earache
- C) knee pain
- D) weight gain

What is the symptom you will notice most with chickenpox?

- A) an itchy rash
- B) earache
- C) knee pain
- D) weight gain

You can be immunized against chickenpox.

- A) True
- B) False

Measles is highly infectious.

- A) True
- B) False

What is a booster?

- A) a repeat immunization
- B) a lump that forms after an injection
- C) a second infection
- D) a side effect

(answers on pg 9)



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Funny Facts about Golfing ...

- * For most golfers, the only difference between a one-dollar ball and a three-dollar ball - is two dollars.
- * A perfectly straight golf shot with a big club is a fluke.
- * Golf is not, and never has been, a fair game.
- * Golfers who claim they never cheat also lie.
- * The mind messes up more shots than the body.
- * Most people play a fair game of golf - if you watch them.
- * The only thing constant about golf is its inconsistency.
- * Everyone replaces his divot after a perfect approach shot.
- * A tap-in is the larval stage of a hop-out.
- * You really only need four clubs to hit every bad shot in golf.
- * No putt ever got longer as the result of a ball being marked.
- * Golf is a game of misses. The guy who misses the best is going to win.
- * The Mulligan was invented by an Irishman who wanted to hit one more twenty yard grounder.
- * A tap-in is a putt that is short enough to be missed one-handed.

August is National Spinal Muscular Atrophy Month

Spinal Muscular Atrophy (SMA) refers to a group of diseases which affect the motor neurons of the spinal cord and brain stem. These critically important cells are responsible for supplying electrical and chemical messages to muscle cells. Without the proper input from the motor neurons, muscle cells can not function properly. The muscle cells will, therefore, become much smaller (atrophy) and will produce symptoms of muscle weakness. There are dozens of diseases which affect the motor neuron.

Degeneration and death of the motor neurons (also called Anterior Horn Cells) in the brain stem and spinal cord produces weakness in the muscles of swallowing, breathing, and limbs. This disease afflicts infants, children, and adults worldwide. It is estimated that spinal muscular atrophy occurs in between one-in-6,000 and one-in-20,000 births. Advances in our understanding of the genetics of this disorder confirm that the majority of children and adults afflicted with SMA, have inherited this disorder by receiving one gene from both their mother and their father. This is termed "autosomal recessive genetic transmission."

Between one-in-40 and one-in-80 "normal" men and women carry the gene for spinal muscular atrophy. If both a man and woman carry the gene, the chances are 25% that any of their children will manifest SMA.

Despite the fact that SMA was described many decades ago, there is still a great deal of confusion among patients, parents, and physicians as to the diagnosis, treatment, and genetic counselling which should be provided for those affected with this disease. Some of these questions have been answered by advances in the science of molecular genetics. We now know that the common forms of SMA are the result in a change in a gene located on chromosome #5. Even though we refer to "different types of SMA," most of these are the result of a number of alterations (mutations) in the gene which are ultimately responsible for the degeneration or premature death of the anterior horn cells. It is still useful to think in terms of several different types of SMA to assist in guiding appropriate treatment, depending on whether the disease is severe or relatively benign. In virtually all cases of SMA, the symptoms are dominated by muscle weakness. There are no problems with sensation of the face, arms, or legs. Intelligence is unaffected, and in fact many physicians who have worked with hundreds of children with SMA are impressed that these children tend to be unusually alert, interactive, and socially gifted.

(The above was written for Fight SMA by: Robert T Leshner, M.D., Professor, Neurology and Pediatrics, Children's National Medical Center, Washington DC Article was taken from the website www.fightsma.ca/Guide.html Some Canadian organizations that are raising funds and awareness can be found at www.rebeccarun.com and www.curesma.ca)

Did you know ...

Heinz Catsup leaving the bottle travels at 25 miles per year.

It is possible to lead a cow upstairs but not downstairs.

A mole can dig a tunnel 300 feet long in just one night.

Peanuts are one of the ingredients in dynamite.

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

A quarter has 119 grooves on its edge, a dime has one less groove.

Duct tape is like the force. It has a light side, a dark side, and it holds the world together.

HISTORY FROM...

OUR BACK ROADS...

This month I am privileged to have had assistance writing my BackRoads article. I had stopped by the Nipissing Museum to drop off a couple of items from the Toepfner farm and to have a look around. Joe Steele asked if I would do a write up about the museum for August's edition. He offered the assistance of his summer student Robin Gallagher to write down a few points. Well, as you can read below there was no way that I could improve on what she wrote! Thanks for your help Robin.

~Jamie

A hidden gem of local history sits at the junction of highways 654 and 534 in the Township of Nipissing. Comprised of three buildings the Nipissing Township Museum houses the treasures and family heirlooms of its local residents. The curator Joe Steele works tirelessly to promote an environment which fosters an ongoing discussion continually asking its visitors "what can we learn from those who came before us?"

In an attempt to promote a greater level of understanding amongst the present and future generations through the preservation of the past, a quick stroll through the 129 year old church offers its guest a nostalgic trip down memory lane. With a countless number of artifacts the church houses antiques from schools, churches, general stores and individual homes.

You are welcome to visit my web site www.toepfner.ca for more Pictures and History. I also enjoy hearing from you on topics you would like to see in future BackRoads, please email me at jamie@toepfner.ca

Our recently established third building displays trapping equipment, blacksmithing and carpentry tools etc. Our office, in addition to other artifacts also holds dozen of family tree albums belonging to the families from Nipissing and the surrounding area. Visitors can take their time browsing through our catalogues, historical texts and documents.

Overall the Nipissing Township Museum offers a positive learning experience to all those who would like to take a small piece of local history home with them. Whether our guest be a historian, a Nipissing resident or a happy traveler, there is something here for everyone to appreciate.

Come and visit us, we're open Tuesday through Sunday from 10:00am to 4:00pm, and join us for a day of fun as we celebrate our Heritage Day on August 21, 2011.

Robin Gallagher



Game Pages

TIC TAC TOE

Try to Fill in the Blanks The missing numbers are integers between 1 and 25. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

August 2011

106

4	15	10	9	1		7		13	13	83
22	22	21	11	22	7	11			16	166
25	8	7	17	11	11			16	3	119
6	2	3	8	20		9	13	8	20	93
10	21	20	7			10	7	12	12	120
4	18	23	6	7	3	14	1	22		112
7	13	4	14	23	1	14	4	8		105
1		4		12	13	16	18	8	8	124
	5	15	16	2	11	19	15	21	10	135
8	18		13	7	25	2	18	16	13	143
108	141	130	126	106	96	104	126	121	142	111

TIC TAC TOE—July 2011 Solution

233

50	5	25	11	35	41	42	40	5	254
3	32	39	30	10	34	44	21	28	241
10	1	23	44	15	38	9	9	34	183
27	7	15	32	3	38	17	30	46	215
25	22	38	26	37	25	13	9	33	228
7	18	19	26	14	39	16	3	26	168
16	2	37	4	35	19	45	48	13	219
21	40	22	21	13	20	14	22	45	218
20	32	40	9	20	10	23	23	33	210
179	159	258	203	182	264	223	205	263	313

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

3 21 20 11 1 9 11 26 18 26 26 18 24 25 11 21 1 19 18 6 21 5 26 18

22 18 21 1 1 9 18 21 12 24 25 7 3 18 18 1 1 11 2 18

22 18 19 18 1 7 24 23 25 7 26 7 20 18 25 8 11 24 23 23 12 18 21 25 18 12

25 8 21 24 7 5 12 26 18 1 13 18 26 1 21 5 12 21 12 21 20 11 12 18 16

CRYPTOGRAM A Cryptogram is a type of puzzle which consists of a short piece of encrypted text. Each letter is replaced by a different letter or number. To solve the puzzle, one must discover the original lettering.
Last Month's Cryptogram: "As is our confidence, so is our capacity. William Hazlitt"

Word Search - August 2011

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

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DUCKS	FAMILY	FRIENDS
FUN	HAT	HORSESHOES
LAKES	LAWNCHAIR	MOSQUITO
NEIGHBOURS	PARTY	PICNICS
REUNIONS	ROASTS	SANDCASTLE
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Now, sir, a war is never even--
 sir, a war is won .

- (b) Vaccination (or immunization) is a way to protect people from a disease caused by infection. Years ago, "vaccination" referred only to the smallpox vaccine. Now, vaccination and immunization mean the same thing to most people.
- (b) Getting vaccinated is often called "getting your shots." Other names for immunization and vaccination are: needles, baby shots and vaccines.
- (b) The word "flu" comes from the word "influenza". Influenza is an infection in the throat and lungs. It is caused by the influenza virus. The problem with this virus is that it spreads easily from person to person in the spray from coughs and sneezes.
- (a) "Contagious" means that a disease is easy to get and easy to spread.
- (a) An epidemic is when many cases of the same disease happen at the same time among a lot of people. It could also be called an outbreak.
- (c) There are two ways to get immunity: by natural infection and by vaccine. Both produce almost the same results.
- (a) Children with chickenpox will have a rash that feels very itchy. The illness also causes fever, headache, and aches and pains.
- True. The chickenpox vaccine was approved for use in Canada in 1998.
- True. Measles spreads very easily from person to person. Children are contagious before anyone even knows they have measles. Children with measles may infect others for 8 days (4 days before the rash appears and 4 days after).
- A "booster" is a repeat immunization that helps protect people, over time, against a certain disease. Many vaccines protect people for a very long time. With other vaccines, you must have a repeat shot called a "booster".

Local Happenings

(Do you have something going on? Send in the details via email or by telephone)

The Edge youth group for grades 6,7,8 Monday 6:45pm - St Joseph Church, Powassan in the downstairs hall All welcome. Call for more details 724-5964

Computer Classes: Free beginner and advanced computer classes every week at the Powassan & District Union Public Library, call 705-724-3618 for schedule

Raising Readers a reading program for pre-schoolers, every Tuesday from 6:15-7 pm at the Powassan & District Union Public Library

TOPS Every Tuesday weigh-in 5:30, meetings 6:45-8pm in the lower level of Powassan Legion. For info call Donna 724-5791

Line Dancing To resume September 6th at Golden Sunshine Club 9am-10am (walk-in basis \$2 charge) Contact Connie Barber 705-474-5922 for more information.

Second Chance Shoppe (Grace House) - Tuesday & Thursday 9am—3pm & Saturdays 9am -noon

Lake of Stew plays Piebird's 3rd annual Picnic Garden Concert Sunday Aug 7th. This lively bluegrass band hails from Montreal and will be sure to please the crowd from the hay wagon stage in the garden! Bring your picnic blanket, sunhat, lunch or call us to order your lunch grown right at Piebird. Tickets \$20 in advance, \$25 at the garden gate. See www.piebird.ca/picnic for more details 724-1144

Legion Friday Night Dinners August 12th The Powassan Legion will be hosting their 3rd Summer BBQ with a Fresh Garden Salad, BBQ hamburgers, Italian Sausages, Hot dogs, and fresh Corn-on-the-Cob, plus dessert and tea/coffee for only \$10.00 Doors open at 5:30 pm, for more information or reservations 705-724-2235

August 26th will be 4th Summer BBQ. which will include the Entree, (to be decided) and salads, dessert, tea/coffee, all for only \$10.00 per ticket. Doors open @ 5:30 pm. For more information, phone the Legion @ 705-724-2235

Sept 9th - The Powassan Legion will be hosting a Special Friday Fall Affair, starting with an acoustic musical jam session around 3:30, then supper at 5:30, which includes an appetizer salad, entree, veggies, dessert tea/coffee. Euchre to follow at 7:00. More excitement in the planning

Powassan United Church is hosting a Vacation Church Day Camp Mon to Fri., Aug 22-26, 9am - 12 noon for ages 5 - 12 at Powassan United Church, 462 Main St; \$5 per child for the week. Games, crafts, music, stories & lots of fun. Register on-line at www.powassanunited.ca or just come.

Sundridge Sunflower Festival on Saturday August 13th at 10 am - 4 pm Activities for everyone!

Chisholm United Church's Harvest Share on Wed., August 31. Anyone wishing to bring some of their garden produce and share with others and if nothing to share, help yourselves to others harvest. This will be at Chisholm United Church at 7:30 during/after our regular church service.

Fossmill Tour on Sunday, September 11 at 2:00. Doug Mackey will be our guide. We will meet at the church at 1:45 or meet at Fossmill at 2:00.

BASEMENT BOOKSHOP, Powassan United Church, 15,000 books, all categories, Open Thursday 10:00 - 3:00 and Saturday 9:00 - 12:00

Powassan's Clark House is hosting a Heritage Day celebration August 13th!

Powassan Fall Fair Rodeo—Labour Day Weekend—check out the website—3 days! Sept 2 - 4th www.powassanfallfairrodeo.com or call 705-724-3141

"Life is what happens to you when you are busy making other plans."-John Lennon

From the Kitchen

August is Papaya, Orange, Mushroom & Onion Month!

Supergirl Summer Smoothie

Serves 6

Ingredients

- 2 bananas, broken into chunks
- 1 cup cubed papaya (optional)
- 1 cup cubed fresh pineapple
- 1 cup cubed honeydew
- 1 cup seedless grapes (optional)
- 3 cubes ice cubes (optional)
- 2 (6 ounce) containers fruit flavoured yogurt
- 1/2 cup orange juice, or as needed

Place bananas, papaya, pineapple, honeydew, grapes, ice cubes, and yogurt into the bowl of a blender. Pour in orange juice. Cover and puree until smooth, adding additional orange juice if needed to achieve desired consistency. (taken from allrecipies.com)

Beef Burgundy III

Serves: 6

Ingredients

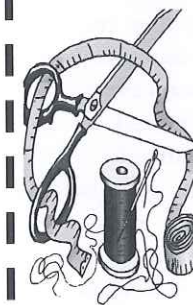
- 2 pounds sirloin tips, cubed
- 1 medium onion, chopped
- 12 ounces mushrooms, chopped
- 2 tablespoons butter
- 1 (10.75 ounce) can condensed golden mushroom soup
- 1/2 cup Burgundy wine

In a Dutch oven over medium-high heat, sear beef on all sides. Stir in onion, and sauté until golden brown. Add mushrooms, butter, mushroom soup and wine. Reduce heat, cover, and simmer for 2 hours (taken from allrecipies.com)

* One portabella mushroom has more potassium than a banana. White and crimini mushrooms are also good sources of potassium. Potassium helps the human body maintain normal heart rhythm, fluid balance, and muscle and nerve function.

* The largest living organism ever found is a honey mushroom, *Armillaria ostoyae*. It covers 3.4 square miles of land in the Blue Mountains of eastern Oregon, and it's still growing!

* There are close to 40,000 varieties of mushrooms.



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Facts about Onions Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavour. The Red onion, with its wonderful color, is a good choice for fresh uses or in grilling and char-broiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavour when sautéed.

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- * Hard work has a future payoff. Laziness pays off now.
- * Smile, it's the second best thing you can do with your lips
- * Beauty is in the eye of the beer holder.
- * I don't have a license to kill. I have a learner's permit.
- * Taxation WITH representation isn't so hot, either!
- * To live is so startling it leaves little time for anything else.

.... from my side of the Road

I was at a reunion last month - boy how our family has grown! ... as one said - 'What are they feeding those kids?!' ha ha ... well I'm not sure what some are feeding their kids but yes they are growing leaps and bounds every year ... Wondering how many of our readers still have reunions? It's a great time to reminisce and catch up - also a time to remember those that have passed away over the last 12 months and those that are away serving our country. As we start into the next school year we also have fall fairs and celebrations of harvest. These events give us a chance to catch up with friends and family and to meet new neighbours that have moved in over the summer. Do you take that step to say hi or introduce yourself to the 'newbies' on the block? If not - why not? We are a society of privacy and **old** friends and we can be so much more! Oh I know we are busy - and I also know it's a little unnerving for some to step up and put out that hand. But what better way to start the conversation by letting the newest comer to the neighbourhood know when the next 'shindig' is! Communities are made up of old friends, family, and new friends - and maybe even those we have 'known' but never knew ... take the opportunity this month to get out and see the sites - get out and enjoy some of the events going on in your community - get out and just have some fun! So to **my neighbours** - hope to see you at the Horseshoe Tournament & Corn Roast - August 27th - Wasi Beach - bring your chairs—hats—and smiles ... lets get reacquainted and have some fun! .. That's how I see it from "my side of the road" ... Teresa

OH - and be sure and stop in at the Chisholm Country Market & Feed on Alderdale Rd and say HI to Kelly & Clint! The store is open as of August 1st! (see their ad on the Front Page)

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