

# Back Roads

...connecting communities - August 2012

## The Oak Tree

The mighty Oak has fallen, and though it never made a sound  
The impact was felt by many for many miles around  
No one saw it coming for how could it be so  
That such a tree of majesty would one day have to go?

And now there is a vacant spot where once this proud tree stood  
The forest is out of balance and darker are the woods  
When it stood it was sturdy, it was dignified and strong  
Hard winds blew through its branches, which it turned into a song.

Varied many had found refuge in its branches or its shade  
It was leaned upon, depended on and in it children played.  
The mighty Oak a landmark and a point of certainty  
On which we drew our bearings when our way we could not see

Now that time is over and there's emptiness in the air  
The winds song has grown silent and it just seems so unfair  
The sun still rises in that place where once the Oak stood tall  
The world keeps turning and we keep learning but change affected all

The winds now blow right through that spot and bend the present through  
But the protection the Oak provided allowed the others to grow strong.  
How big and indestructible the Oak Tree seemed to be  
And now although its fallen its so much bigger I can see

Richer is the forest and stronger are the trees  
Because of that provided from the life of that Oak Tree  
The mighty Oak has fallen but it left behind a glow  
It's great effect on the forest around we'll never fully know.

by Steven Beaton

## \*\*\*August Observances\*\*\*

Cataract Awareness,  
Children's Vision and Learning  
Motorsports Awareness  
National Water Quality  
National Panini,  
Celery and Fennel Month  
... just to name a few ...

Remember to Celebrate Heritage Day!!

## Water Quality Facts

- Approximately 57% of Canadians are served by wastewater treatment plants, compared with 74% of Americans, 86.5% of Germans, and 99% of Swedes.
- In developing nations, 80% of diseases are water-related.
- Of all Canadians, 26% rely on groundwater for domestic use.
- One drop of oil can render up to 25 litres of water unfit for drinking.
- One gram of 2,4-D (a common household herbicide) can contaminate ten million litres of drinking water.
- One gram of PCBs can make up to one billion litres of water unsuitable for freshwater aquatic life.
- One gram of lead in 20000 litres of water makes it unfit for drinking. Older homes often contain plumbing made of lead or soldered in lead, which can then leach into water.

For more information see Environment Canada at [www.ec.gc.ca](http://www.ec.gc.ca)

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**Days to Remember in August . .**

NOTE: An \* in front of the day means that the observance is on the same date every year regardless of the day it falls on.

1	*Girlfriend's Day
3	* Watermelon Day
4	*National Chocolate Chip Day
4	National Mustard Day (First Saturday)
5	*International Beer Day
5	Sister's Day (First Sunday)
7	*Professional Speakers Day
8	*Happiness Happens Day
8	*Odie Day (Garfield's pal)
10	*S'mores Day
11	National Garage Sale Day (2nd Saturday)
12	*Vinyl Record Day
13	*International Lefthander's Day
15	*Best Friends Day
17	Hug Your Boss Day (3rd Friday)
18	(World) Daffodil Day
19	*"Black Cow" Root Beer Float Day
20	Cupcake Day (Third Monday)
21	*Senior Citizen's Day
22	*Be An Angel Day
24	*National Waffle Day
25	*Kiss and Make Up Day
26	*National Dog Day
28	*Race Your Mouse Around the Icons Day
29	*More Herbs, Less Salt Day
30	*National Toasted Marshmallow Day
31	*Love Litigating Lawyers Day

Did you hear about the snail that got beat up by two turtles?  
 At the police station they asked him, "Did you get a good look at the turtles that did this?  
 He said, "No, it all happened so fast."

**Regular Features**

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**Freedom of speech  
 will always make us think . . .**

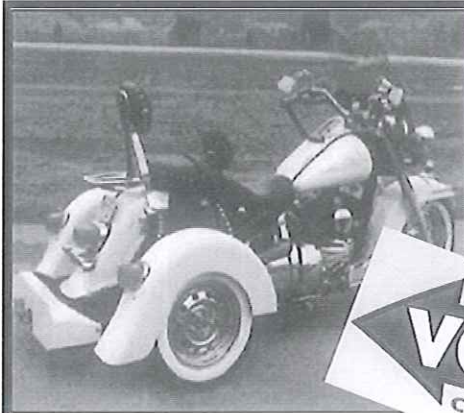
BackRoads will accept articles from local writers and is willing to print articles that may or may not be of management's opinion. We continue to hold the right to choose if and when these articles will appear in our publication. We would like to thank those that have written articles in the past and current issues—hoping they will continue to contribute when time allows ... and we continue our search for more writers who wish to contribute.



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### The Spunky Old Broad © Newsletter - TIPS AND BEYOND

Think about having a tip for the day. Certainly there must be something that you can tie into your business. I've always felt there was always something I could give someone to improve how they conducted business and generate more income for them. What is there you can do? If you have a plumbing company, what could you tell someone like me, who knows nothing at all about plumbing except that I want it to work, that would save me time and money. Are there things I should be doing that would save me expensive repairs if I knew about them?

I know I have to change the oil in my car every 3000 miles or so if I want it to work properly. It's also a good idea to have my teeth cleaned every three months and brush and floss so cavities don't come my way. It's a great idea to take vitamins even though by eating the correct foods I am supposed to receive enough of my necessary daily intake. Think about the product or service you provide. You're probably such an expert, that you don't even think about what people should be doing to protect themselves or maximize efficiency. If you have a sign in front of your office space, that's where your "tip of the day" should go. If you have a hold button that plays a message, that is where you can offer your tip. If you send out e-mails, you could attach your tip to your message. Just think, at the end of the year, you'd have enough tips to make a small booklet that you could include in your mailings.

People love clever information, and you would set yourself apart by doing this. You might even put the tip into a message that would suggest additional services. For example, we know that McDonald's always asks, "and would you like fries with that?" Airlines ask "Will you be needing a rental car?" What if you said, "Be sure to ask about our Monday 10% discount. You can then be sure you are getting the best deal of the day. However, just remember, do a good deed today and make someone's life brighter." This way, you are putting a sales idea in their head along with a positive thought. Become known for great suggestions and even better value. There are ways to combine both and not even have people realize what you're doing. It's part of the subconscious power of suggestion and it works.

Your S.O.B., Dr. Gayle Carson

Read my blog at [www.spunkyoldbroad.com/blg](http://www.spunkyoldbroad.com/blg); Follow me on [www.twitter.com/gaylecarson](http://www.twitter.com/gaylecarson)

## Community Updates

### **POWASSAN Peter McIsaac, Mayor - [pmcisaac@powassan.net](mailto:pmcisaac@powassan.net)**

As many of you may have heard, there is a proposed wind development within the Municipality of Powassan on Maple Hill, between Tower and Weiler Line. The Council of the Municipality of Powassan is not against clean green energy. However at this time there are too many questions regarding the effects to health and property values of people living in the immediate area around these developments. During the July 3<sup>rd</sup> Municipality of Powassan Council Meeting a resolution was passed requesting the Province of Ontario to impose a moratorium on future wind energy projects until an independent study is completed to determine the effects of large scale wind turbines on humans and wild life, also the impacts to property values within two kilometers of a wind development.

Our Municipal Recreation committee has been very busy over the last month. First the Canada Day Celebrations. We moved our events from the Glendale Park to the Lions Park to take advantage of the pool and playground equipment for children's events. Our fireworks remained at Glendale and once again our Volunteer Fire Department put on a spectacular show.

We had 38 people take part in our annual Fishing Tournament at Reservoir Lake, the Hydro Pond. Prizes were handed out for the longest walleye, pike, perch, bass, and sun fish. This year we added a Canoe Race down the South River. Launching our canoes at the end of McFadden Line south of Trout Creek, the final destination was at the Public Beach at the Hydro Pond at the end of Purdon Line in South Himsworth. The race is estimated to be 11 kilometers. We are hoping it catches on in popularity at it too becomes an annual event.

It has been a very dry summer. Before you burn, this included camp fires, bon fires, burning brush and fireworks, please inquire as to the status of a Fire Ban with the staff at the Municipal Office. During a Fire Ban any existing Fire Permits suspended. Have a great summer ~Peter

### **NIPISSING Pat Haufe, Mayor [nipissingtwp@explornet.com](mailto:nipissingtwp@explornet.com)**

Summer kicked off with the Queen's Diamond Jubilee and Canada Day celebrations and now we move into August. We would like to thank all of our volunteers for their hard work which produced such a successful Diamond Jubilee and Canada Day Celebration.

The Township of Nipissing will be celebrating its 125th Anniversary next year and we are asking for everyone's input in planning our activities. Please share your memories and ideas with us by email at [admin@nipissingtownship.com](mailto:admin@nipissingtownship.com), by phone at 705-724-2144 or by stopping in at the Township Office at 45 Beatty Street. As we move forward with our planning, please refer to our website for event information and updates.

As we continue to enjoy our summer, please remember to take care. Observe fire bans when in effect, respect your neighbours and fellow residents, and we will all continue to enjoy the wonders that our community has to offer. For more information on activities in Nipissing, please visit our website at [www.nipissingtownship.com](http://www.nipissingtownship.com).

~Pat



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***CALLANDER Hector Lavigne, Mayor - mayor@callander.ca or call me 705-845-5010***

I am sure all are aware of the loss of 55 Main St. The building was somewhat of a landmark and I am sure there are mixed emotions about the loss of the building. The bottom line is that 7 families lost their homes and most of their possessions. Regardless how you feel about the fire, all our hearts go out to those who were living there and for their loss. Thank you to those who have jumped in to help. The Lions Club is heading up the collection of donations. The Callander Hotel is now accepting donations of food and clothing etc. We trust that everyone will be able to pick up the pieces and move on with their lives.

Thank goodness that the fire happened when it did. Surely there would have been loss of life if the fire occurred in the middle of the night given how quick it broke out and spread. The saving grace for the rest of Main Street was the fact that there was no wind that evening.

The Funfest and Canada Day celebrations went off without a hitch. Both parades were attended by an enthusiastic crowd of Callanderites and visitors alike. We had a great day in the park and absolutely the best fireworks show around courtesy of our friends with the Callander Fire department. What a job! They seem to outdo themselves every year. Thank you to all who volunteered and who came to enjoy the day. I am looking forward to next year's celebration.

*~Hec*

***CHISHOLM Leo Jobin, Mayor - www.chisholm.ca***

As you know summer is upon us and work planned is already underway. Calcium has been placed on the roads to reduce dust, ditching has begun where needed most and will take approximately 3 weeks or more. Grass cutting on roadsides should begin next week. Repairs to Golf Course Road will begin September 4th. Remember that there will be construction on that road for 10-12 days while prepping for the asphalt is done and then is left to settle for 3 weeks before the final coat is put on.

Our Strategic Plan is coming along - we will be having a public workshop meeting in September to have YOUR input into the plan and to answer questions about what the process for setting priorities on future projects. This is the time we need you to step up and help mold this plan into one that is for the community and its future - we hope to see you there ... watch for details in the Chisholm Newsletter and on our website.

It has been a very dry summer therefore there is a complete fire ban on any fires including fireworks and incinerators. Please check with the office after any rain before assuming the ban is off.

August is here and the plans for our Annual Horseshoe Tournament and Corn roast is underway. It will be held on Saturday, August 25th from 12:30pm - 5:00pm. For the kids we are again having a Sand Castle Competition. There is no cost to come but donations for the food bank would be appreciated. Horseshoes will start about 1:30 so be sure to get there early to register your team! Come out to Wasi Beach and have a fun afternoon - See You There!

Again I'm asking that all drivers take great caution and care when passing Horse Riders, Buggies and Pedestrians. I'm also asking the persons on or with the horses to be attentive to vehicles approaching and passing you. Lets keep our community safe for everyone!

*~Leo*

**MPP NIPISSING, Vic Fedeli**  
*vic.fedeli@pc.ola.org or (705) 474-8340*

There has been no shortage of warm, wonderful weather this summer in Nipissing and it's my hope that you've been able to get out and make the most of it. It's hard to believe summer will soon be winding down, but August still holds plenty of great things to do around the riding. That includes one of our greatest traditions – the fall fair. The first one in our area takes place in Bonfield on August 18 & 19 at the Agridome. Of course, this year's event has special meaning as Bonfield is celebrating its 125<sup>th</sup> anniversary in 2012. The Trout Creek Fall Fair is the following weekend on August 24 & 25 and features a corn roast, horse show, and craft and bake sales. The Labour Day weekend, of course, means the Powassan Fall Fair & Rodeo at the Fairgrounds off Highway 534. The addition of the Rodeo last year drew thousands to an already wonderful weekend. I can't wait to see how they top it this year!

It's my hope you'll get out and support these great events, and we'll see you there! Until next month...

~Vic

**POWASSON, ONTARIO**  
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- Children's Parties • Balloon Animals •
- Kids' Games • Face Painting • Crafts •
- Promotional Events • Fundraisers •
- Anniversaries • Retirement Parties •
- Family Reunions • Company Picnics •



**Powassan Blood Donor Clinic**  
**Tuesday, August 21st at the Legion Hall, 62**  
**Main Street, from 4:00 p.m. - 8:00 p.m.**

*During the summer months, donors change their routine, take vacations and are involved with outdoor activities, so donating blood is not always top of mind. However, the need for blood does not take a vacation!*

*Powassan and area residents are urged to donate blood before heading off on their summer travels. Please call 1 888 2 DONATE (1888 236-6283) to book an appointment or on-line at [www.blood.ca](http://www.blood.ca) and help meet the continuing need for blood.*

*Thanks for your support! Joanne Drake  
 Community Development Coordinator,  
 Donor Services*

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Shut Up and Trouble were walking down a path. Trouble got lost. So, Shut Up went to the police officer. The police officer asked, "What's your name?" He answered, "Shut Up." He asked again "What's your name?" "Shut Up." The police officer asked, "Are you looking for trouble?!" "Yeah, I lost him down a path about two miles ago."

**What am I??**

(answers on back page)

1. The man who invented it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What is it?
2. I run over fields and woods all day. Under the bed at night I sit not alone. My tongue hangs out, up and to the rear, awaiting to be filled in the morning. What am I?
3. At night they come without being fetched, and by day they are lost without being stolen. What are they?
4. If you break me, I do not stop working. If you touch me, I may be snared. If you lose me, Nothing will matter. What am I?

**The Powassan & District Union Public Library**  
Visit us at 324 Clarke Street, Powassan, ON P0H1Z0

Phone: 705-724-3618 Fax: 705-724-5525

SUMMER HOURS (JULY - AUGUST) Monday - 11am - 7pm ~ Tuesday - 11am - 7pm ~ Thursday - 11am - 7pm  
Friday - 11am - 6pm ~ Saturday - 11am - 3:30pm (Closed on Sunday & Wednesday)

**FUNDRAISING COMMITTEE UPDATES**

The Powassan & District Union Public Library will once again be doing a Ticket Draw Event. Tickets are \$2 each and there are three cash prizes to be won. The third prize, donated by Helen McDonnell, is for \$100, the second prize worth \$200 was donated by the Powassan Line Dancers, and The Powassan Players donated the first prize of \$300. Tickets are available at the Library front desk and will be sold at the Powassan Fall Fair! The draw will be held on Saturday October 20th @ noon at the start of the Library's first fund raising Auction. We are looking for talents and treasures for our Auction - start thinking about what you could donate to this fun Event. All Events are to help the Library achieve the goal of raising \$200,000 towards the Library Expansion Project costs. This expansion will assist the Library to meet its current and future needs for building space and expansion. If you have any questions at all, please contact the Fund Raising Committee Chair, Linda Morrin, at 724-6430.

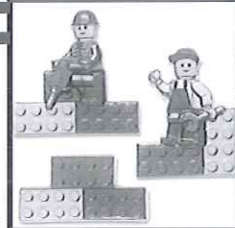


Mark **August 16** on your calendar. On that date the **Cool Science Caravan**

from **Science North** will be at the Powassan & District Union Public Library 1pm to 5pm All are welcome, fee is a food donation for the Powassan Food Bank.

**"The Powassan Lego Club".**

If you are between 6 and 12 years old, love to create with LEGOs, love to play with a huge amount of LEGOs, this is the club for you. The club will meet every Friday at the Library from 1 to 2:30 pm: LEGO club where children can play, create, and share with others LEGO aficionados. See you there!



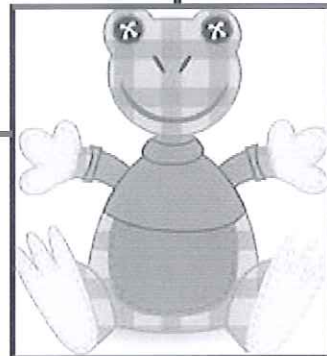
Children are invited to sign up for our TD Summer Reading Club which will start on July 17. The program includes reading, crafts, games, and a whole lot of fun. This summer's theme is "Imagine"

**August 9 from 1 to 2:30 pm: TD**

**Summer Program** - children will participate in some paper maché



**August 23rd from 1 to 2:30 pm: TD Summer Program** - there will be a **Stuffed Animal Show**, where children will display special or unique stuffed animal. Prizes will be given for the largest, the most-loved, the most unique, etc.



# The HISTORY FROM... OUR BACK ROADS...

## The Letter Home . . .

Dear wife, children, grandparents and in-laws. No day passes that I don't think of you. Hundreds of times during the night in my dream I am with you in Mobenbeersel. I feel sad sometimes thinking how will I ever reach my goal although I feel that I like it here and am well satisfied with the joyful thought of when you get here after 5 years.

I'm hoping that I can become a farmer. Peter bought himself a couple of spring bulls and they cost him \$20.00. He who wants to work can do well.

You're probably anxious to know how I'm doing myself. I can tell you dear, the 28th of December I moved into the (Root) cellar. My bed is made out of 4 bags filled with tree leaves and fine moss, a blanket and 3 coats. My tools consist of 3 hoes, axes, cultivator, a shovel and a "short saw". The last place I worked I earned a thousand pounds of rye and a hundred pounds of peas. I haven't had any work in the last five weeks and I've run out of money. I had \$8 coming from Peter and \$9 from another neighbour but they are also out of money. Peter had just bought a couple of steers and the other neighbour a couple of horses. We drive all together on Sunday to church by sleigh.

I sold 20 bushels of potatoes and I used the money for furniture and a pair of pants for \$2 and I'm quite satisfied.

I've got plenty of room 8' long 10' wide — it requires quite a bit of work. I hit a rock at 5' and I dug it out and the water started running — so I've got a spring right outside next to the wall. Its covered, so it won't freeze.

The stove works good it's a heavy stove and I'm very pleased with it. Now you probably want to know what furniture I've got. I've got 2 chairs without arm rests, one table, an oven, 3 spoons, 2 pails, 2 kettles and 2 teapots—ones got a little hole in it and the other is not watertight. I've got a metal pan and make bread in — its good even with little holes in it.

There's lots to accomplish yet. I'm now cutting trees for the house and I'm going to get them drawn out. They are going to do that in one day but whatever. I've had my heart set on when I left you did not take place because it's too political here. The roads are unorganized and the land still full of tree stumps.

The harness of the horses totally - - - - -. I'm a bit light in my head and therefore didn't dare get behind it. I had a strong feeling for it. When I lay me down at night about 9 o'clock I think about you and all those living in that house. I'm up at 6 o'clock and thank God for another day and for you my dear wife and children, that God will bless you in all your ways and endeavors. Dear in-laws, to whom I owe so much, words cannot thank you.....



Nicholas Renette immigrated to Canada from Belgium in 1884. He had come to clear the land and to build a new home for his wife and their children. This is the letter that he wrote in 1886 detailing his life in Ontario. At the age of 51 he had left his homeland and settled along the Alsace Road in Nipissing Township. I found out that he was granted Lot 13 Con. 2 in 1890 and Lot 13 Con. 3 in 1904. The homestead was located west of the Stillar Side Road. My Great Grandfather Frederick Toepfner homesteaded two lots over, so I assume that they were friends as well as neighbours.

It is hard to imagine a person making a shelter by digging a hole in a hill. The winters must have been long and tough; surviving on what food they could set aside in the fall, and just a small cook stove for warmth.

Nicholas's wife Gertrude and their six children arrived in Canada sometime in 1887. We assume that Nicholas had his house finished to shelter his family. A seventh child was born to them in Canada. Mary Rose would grow up and marry Bernard Giesler, founder of B. Giesler and Sons Boat Builders.

After a long and hard life, Nicholas died in 1916 at the age of 82. He is buried in the Alsace Cemetery and his grave is located on the burial map. He has no headstone, but in the area that he and his wife are buried, there is an iron cross. I wonder if this was placed there so many years ago to mark his grave. On my web site <http://www.toepfner.ca/> have a look at The Alsace Cemetery Project that I completed in 2008. It is interesting to note that the name on the headstone for Nicholas's two sons, Peter and Theodore, the name is spelled "De Renette", possibly the Flemish way.

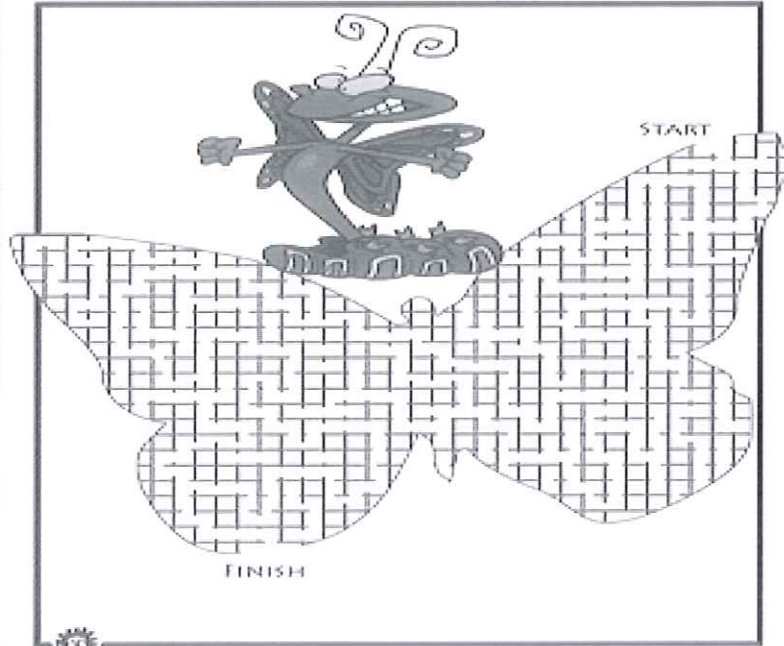
Nicholas, Gertrude and Rose Renette  
(photo provided by Bernie Giesler)



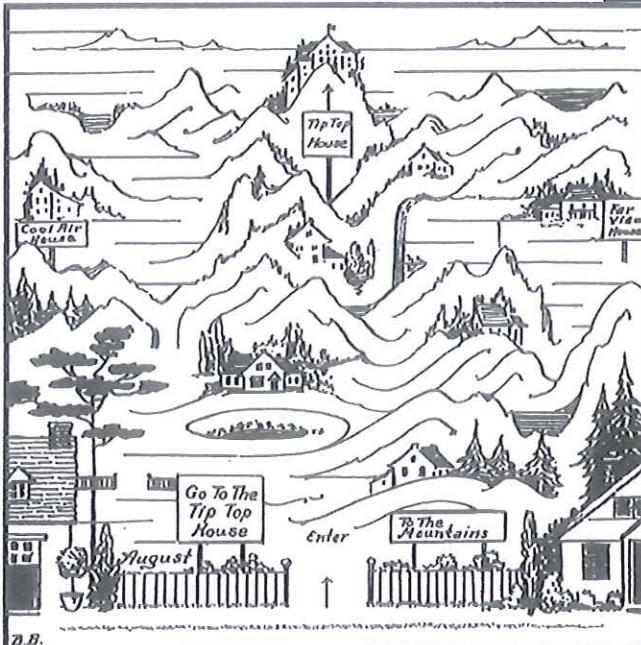
You are welcome to visit my web site [www.toepfner.ca](http://www.toepfner.ca) for more Pictures and History. I also enjoy hearing from you on topics you would like to see in future BackRoads, please email me at [jmie@toepfner.ca](mailto:jmie@toepfner.ca)

Game Pages

7	4							
		1		9				
2	6							3
8		5		4	7	1		
					3	8	4	
	2	3	1					6
		6						
4					9			2
8								5
			3					
	1	6						9
		3	2		5	4		
	9		7					6
6			5		2			
2			1		5			7
	7		8					
		7	3					



Why does a flamingo lift up one leg?  
 Because if he lifted up both legs it would fall over!  
 Why did the king go to the dentist? To get his teeth crowned!  
 How do you prevent a Summer cold? Catch it in the Winter!



Answers to July Puzzles

Sudoku Puzzle 1 Solution

2	5	8	9	6	7	3	1	4
9	4	6	8	1	3	7	5	2
1	7	3	5	4	2	9	6	8
7	6	5	1	3	4	2	8	9
8	3	1	7	2	9	6	4	5
4	2	9	6	8	5	1	7	3
6	9	4	3	7	8	5	2	1
5	1	2	4	9	6	8	3	7
3	8	7	2	5	1	4	9	6

Sudoku Puzzle 2 Solution

3	6	4	5	7	9	2	1	8
1	5	8	2	3	6	7	9	4
7	9	2	1	4	8	6	5	3
9	3	1	6	8	7	4	2	5
2	4	5	9	1	3	8	6	7
8	7	6	4	2	5	9	3	1
4	2	3	7	9	1	5	8	6
6	1	7	8	5	2	3	4	9
5	8	9	3	6	4	1	7	2

Sudoku Puzzle 1 Solution

3	8	1	2	7	6	9	4	5
4	5	7	8	3	9	2	1	6
9	2	6	5	4	1	8	7	3
8	1	3	6	5	4	7	2	9
6	4	5	9	2	7	1	3	8
7	9	2	1	8	3	5	6	4
5	7	9	3	6	2	4	8	1
1	6	4	7	9	8	3	5	2
2	3	8	4	1	5	6	9	7

Sudoku Puzzle 2 Solution

8	7	4	1	3	9	5	2	6
1	5	9	6	7	2	8	3	4
3	6	2	8	5	4	7	9	1
2	3	1	9	4	8	6	7	5
5	8	6	3	1	7	2	4	9
9	4	7	5	2	6	1	8	3
7	2	5	4	6	3	9	1	8
4	1	8	2	9	5	3	6	7
6	9	3	7	8	1	4	5	2

**Astronomy** - Find and circle all of the Astronomy related words that are hidden in the grid. The remaining letters spell a secret message.

- ANDROMEDA GALAXY
- APOGEE      ASTEROID
- ASTRONOMER    ATMOSPHERE
- AURORA    BINARY STAR
- BLACK HOLE    CONSTELLATION
- CORONA      CRATER
- DEEP SPACE    ECLIPSE
- EQUINOX      GALAXIES
- GALILEO      GRAVITY
- HUBBLE        KEPLER
- LIGHT YEAR    METEOR
- MILKY WAY    MOON
- NEBULA        ORBIT
- PARSEC        PERIGEE
- POLARIS
- PROXIMA CENTAURI
- PULSARSQUASARS
- RED GIANT     SATELLITE
- SOLAR SYSTEM    SOLAR WIND
- SPACE SHUTTLE
- SPACECRAFT    STARS
- SUN            SUPERNOVA
- TELESCOPE    TIDES
- UNIVERSE     WHITE DWARF

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

**MISSING WORDS FROM JULY'S WORD FIND!** My apologies for the missing words in last month's word find ... for that reason we are delaying the publishing of the answer to the additional summer item found in the remaining letters ... here are the words that were missed in some of our July issues:  
**SWEAT    SWIMMING    U V RAYS    WASPS    WATER FIGHTS    WATERMELON**

**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: "It's a smile, it's a kiss, it's a sip of wine ... it's summertime!" Kenny Chesney

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
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8	13	2	3	15	14	19	15	1	19	16	12	7	10	13	22	13	12	23	15	7	21		

20	19	19	2
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### Do You Have Voice?

“Does the cat have your tongue?” Do you remember that age-old expression? How about: “Speak up!”? This phrase remains current. If these phrases have echoed in your ears, there is a possibility that your voice has been silent.

I have always equated “voice” with “power”. I am not saying that a person who speaks a lot has more power than someone who speaks with few words. Indeed often that is not the case! I do think that those who speak well have power. Most of us can identify at least one politician, evangelist, newscaster or activist who speaks well and we shudder and exclaim “I could never speak like that!”. Some people are naturally gifted with “silver tongues” and are able to influence thousands.

This “silver-tongued” ability still is not the essence of my concern. I hold true to the constitutional ideal that we have a right or a freedom of speech which means that we have the right to express our opinions or ideas. If we deny ourselves that right or if we permit someone to take that freedom away from us, we render ourselves “powerless”. That is my concern!

Some people are naturally quiet. Some people are described as “shy” and “introverted”. Some people get “tongue-tied” and stumble over their words. Some people have been ridiculed in the past perhaps as children and have withdrawn into themselves. Probably, most of the people in these categories feel as if they have been branded with the fear; their voices never had the chance to develop.

There have also been people who have had unfortunate life experiences. They may have encountered the verbally abusive, degrading parent or the aloof parent. They may have been mocked when providing a wrong answer to a question in class. The boss may have been intimidating, never satisfied and accusatory. There may have been a string of bad relationships. Their voice may have some superficial roots but the voice was brow-beaten out of them.

Fear of public-speaking continues to be listed in the top ten fears. While public-speaking infers speaking in front of a large crowd, it could also mean speaking to one or two people in a public area where others can come into and drop out of the conversation. It could suggest speaking with people with whom you are not comfortable, those who are not considered family and friends. It could mean expressing your thoughts and ideas to someone in authority. Fearful, public-speaking situations are plentiful and are uniquely ours.

What is the action? In psychological circles this is the time when “they” speak about “systematic desensitization”. In my circles, it is called relearning, practising by taking baby steps and repetition. Add to that a supportive environment. Find yourself a coach (it could be a person who competently and confidently displays the characteristics you desire, or it could be a professional organization such as *POWERtalk* International). Set small realistic goals for yourself with the help of your coach. An example of a goal could be: Introduce your coach to an acquaintance or a stranger, giving an interesting bit of information about both your friend and an acquaintance) such as: “Bob, I would like you to meet my friend, Larry Doss. Larry is from Toronto and comes up to North Bay every summer to vacation and fish. Larry, this is a co-worker of mine, Bob Smith. Bob enjoys fishing as well.”. The information will possibly facilitate the two gentlemen in carrying on with the conversation as they have similar interests. Carry on with this task until you feel absolutely comfortable and then move onto your next challenge. If you do not have a coach and if you have a difficult time determining your goals, may I suggest that a professional organization such as *POWERtalk* International is the way to go.

Has the cat got your tongue? Reclaim it. It is important for you to find your voice and use it. In the constitutional ideal, we have the right to freedom of speech; we have the duty and responsibility to use it wisely.

Karen Sherry PC FITC, *POWERtalk* International

POWERtalk International is a non-profit learning organization which focuses on training people in public-speaking, leadership and organizational skills and the development of self-confidence. For more information: <http://powertalkinternational.com/> POWERtalk International (North Bay) club meets every second Monday from 11 am – 1 pm from September to June. Guests are welcome and are encouraged to attend 3 meetings to assist them in determining whether or not they desire to become a member. For more information, contact: Fred Barrett, (705) 474 – 1192.

If you would like to hear more about POWERtalk International or would like to have a member come to present an educational session or mini-workshop on any topic within our scope, contact Karen Sherry (705) 474-8673. POWERtalk International is a non-profit learning organization which focuses on training people in public-speaking, leadership and organizational skills and the development of self-confidence. For more information: <http://powertalkinternational.com/> POWERtalk International (North Bay) club meets every second Monday from 11 am – 1 pm from September to June. Guests are welcome and are encouraged to attend 3 meetings to assist them in determining whether or not they desire to become a member. For more information, contact: Fred Barrett, (705) 474 – 1192. If you would like to hear more about POWERtalk International or would like to have a member come to present an educational session or mini-workshop on any topic within our scope, contact Karen Sherry (705) 474-8673.

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**Did you know this about Golf?**

- There are 336 dimples on a regulation golf ball.
- The chances of making two holes-in-one in a round of golf are one in 67 million.
- Golf was actually invented in Japan.
- In Japan they use plastic golf balls.
- Of all the golfers in Canada, 71% golfers are male, 29% are female.
- There are more recreational golfers per capita in Canada than any other country in the world.
- There are three golf balls on the moon.
- The world's first ever golf tournament for women was held on New Year's Day 1811 at Musselburgh, East Lothian UK
- The most holes-in-one in a career is 68 by Harry Lee Bonner from 1967 to 1985.



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## Local Happenings

**August 5th Heritage BBQ Fundraiser** at the Commanda Heritage Centre 12-462 Main St. Tickets \$25 advance/\$30 at door available at [www.piebird.ca](http://www.piebird.ca) or by calling 724-11442pm

**August 6th and Every Second Monday - Bingo** at Powassan Legion. For more information call 705-724-2235

**August 12th Piebird B&B** in Nipissing Village presents the 4th annual Piebird Picnic & Garden Concert featuring The Unseen Strangers. Tickets \$20 in advance/\$25 at gate. For more information see [www.piebird.ca/picnic](http://www.piebird.ca/picnic) or call 724-1144

**The Callander Legion** has the following **Friday Night Dine In and Entertainment** planned for only \$9.00 per person. All are welcome **August 3** Chicken Entertainment: Back in Tyme; **August 10** Schnitzel Entertainment: Rebecca; **August 17** Roast Beef Entertainment: Back in Tyme; **August 24** T.B.A. Entertainment: Victor John; **August 31** T.B.A. Entertainment: Bill Vrebosch

**Chisholm Farmers' Market - Market date is last Wednesday of the month At Chisholm County Market & Feed** If you are interested in selling local food or if you are willing to help plan the market, please call Anne Dockendorff at (705) 724-9183. Note: All food vendors will need to apply for a permit two weeks prior to the date of the market date.

**Argyle Farmers' Market Open Every Wednesday June 27th to August 29th**

**9am-1pm Rain or Shine** Located behind Arnold Gehrke Sales & St. Andrews United Church # 11716 Hwy 522, Loring For more info contact Jaimie Board 705-729-1384 [jaimieboard@gmail.com](mailto:jaimieboard@gmail.com) or Joanne Ribout 705-744-3988 [jocanneribout@sympatico.ca](mailto:jocanneribout@sympatico.ca)

**August 12th Callander Residents Fundraiser:** Supporting the Callander residents who lost their homes in the fire - at the Callander Legion, 3pm—7pm, music by Vrebosch, Admission Free - donations appreciated - Kitchen will be open.

**Aug. 10th & 24th, Friday Night Supper @ the Powassan Legion.** All home made by LeeAnn Jobin. Servings starts at 5:30 pm. Reservations Recommended. For more information or reservations, phone the legion at 705-724-2235

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

**Basement Bookshop, Powassan United Church, 15,000 books, Thursday 10am - 3pm & Saturday 9am-noon**

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THEIR ANNUAL  
HELEN & STEVE MATHIAS  
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From the Kitchen August is the month of ...  
Panini, Celery & Fennel

**Turkey Avocado Panini**

Prep Time: 17 Minutes    Ready In: 25 Minutes

Cook Time: 8 Minutes

Servings: 2

"A Panini sandwich with avocado mayonnaise is layered with smoked turkey, roasted red peppers, and provolone cheese, and pressed until the sandwich is crisp and toasted and the filling is melted."

**Ingredients:**

1/2 ripe avocado                      1/4 cup mayonnaise  
2 ciabatta rolls    1 tablespoon olive oil divided  
2 slices provolone cheese  
1 cup whole fresh spinach leaves, divided  
1/4 pound thinly sliced mesquite smoked turkey breast  
2 roasted red peppers, sliced into strips

**Directions:**

1. Mash the avocado and the mayonnaise together in a bowl until thoroughly mixed.
2. Preheat a Panini sandwich press.
3. To make the sandwiches, split the ciabatta rolls in half the flat way, and brush the bottom of each roll with olive oil. Place the bottoms of the rolls onto the Panini press, olive oil side down. Place a provolone cheese slice, half the spinach leaves, half the sliced turkey breast, and a sliced roasted red pepper on each sandwich. Spread half of the avocado mixture on the cut surface of each top, and place the top of the roll on the sandwich. Brush the top of the roll with olive oil.
4. Close the Panini press and cook until the bun is toasted and crisp, with golden brown grill marks, and the cheese has melted, about 5 to 8 minutes.

Information Servings Per Recipe: 2

Calories: 723

**Amount Per Serving**

Total Fat: 51.3g	Cholesterol: 62mg
Sodium: 1720mg	Total Carbs: 42.1g
Dietary Fiber: 5.9g	Protein: 25.3g

*Printed from Allrecipes.com*

**Hair problems??** Cool whip will condition your hair in 15 minutes - Mayonnaise will kill lice, will also condition your hair - Shiny hair-use brewed Lipton Tea - Heavy dandruff-pour on the vinegar (maybe not with coloured hair :)

**Caponata**

This is good to have on hand as a starter course for barbecue meals or as a side salad. Just before serving, add some freshly chopped Italian parsley and a few black or mixed oil-cured olives. Season with pepper and if desired, salt to taste.

Prep Time: 20 Minutes    Cooking Time: 15 Minutes

Standing Time: 30 Minutes

Servings: About 5 cups (1.25 L)

**Ingredients:**

1 Ontario Eggplant (about 1 lb/500 g)    Salt  
4 tsp (20 mL) Demerara sugar  
6 tbsp (75 mL) olive oil  
5 medium-size firm, red-ripe Ontario Tomatoes  
1 large Ontario Sheppard or Sweet Red Pepper  
1 Ontario Sweet Green Pepper  
1 Ontario Cubanelle Pepper  
1 large Ontario Yellow Onion, coarsely chopped  
6 cloves Ontario Garlic, thinly sliced  
1 cup (250 mL) coarsely sliced Ontario Fennel or Celery  
6 tbsp (75 mL) balsamic vinegar  
2 tsp (10 mL) chopped fresh thyme  
4 or 5 sprigs fresh basil  
1 tbsp (15 mL) drained capers

**Preparation:** Without peeling, cut eggplant into 1-in. (2.5 cm) thick slices; layer in large bowl, sprinkling each layer with salt. Cover with cold water. Weigh down with small inverted plate; let stand for 30 minutes. Rinse eggplant; cut into cubes and press out excess liquid. In bowl, toss eggplant with sugar and half the olive oil; set aside.

Peel and halve tomatoes, gently press out seeds, cut into chunks and set aside. Seed and remove ribs from red, green and cubanelle peppers; cut into 1-in. (2.5 cm) squares.

In large, shallow, microwaveable dish, combine peppers, onion, garlic and fennel; add remaining oil and toss well. Microwave, uncovered at High for 6 minutes or until onions are translucent. Transfer to large bowl; set aside. Spread eggplant in the shallow dish; microwave, uncovered, at High for 4 to 5 minutes or until tender-firm, stirring half-way through. Add to pepper mixture.

Place tomatoes in the shallow dish; toss with 3 tbsp (50 mL) balsamic vinegar and the thyme. Tuck basil among tomatoes; microwave, uncovered, at High for 5 minutes or just until cooked through, rotating dish once. Discard basil.

Add to eggplant mixture along with remaining vinegar, capers and 1/2 tsp (2 mL) salt. Let cool, toss gently. Refrigerate in sterilized, tightly covered container for at least 24 hours or for up to 2 weeks.

*For more great recipes using Ontario Produce see [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)*

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What am I? (pg 6)

1. Coffin
2. A shoe
3. Dreams
4. One's Heart



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**BUMPER STICKERS ...**

- Don't look back, they might be gaining on you
- Drive defensively - buy a tank.
- Drive carefully, we need every taxpayer we can get.
- Red meat isn't bad for you. Fuzzy green meat is.
- Get in - buckle up - pipe down - and hold on!
- Where are we going and what am I doing in this hand basket?

**CHISHOLM is hosting its**  
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**TOURNAMENT &**  
**CORN ROAST**



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Games - Sand Castles - Swimming  
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Register at 12:30pm  
Tournament starts about 1:30pm  
Sand Castle Judging at 3:30ish  
Corn and Hot Dogs - 4:30pm  
(there will be no charge  
Food Bank donations are welcome)



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**From my side of the Road** July brought

some needed rest for me—but also some difficult decisions with family ... and work too ... did you ever think that you could want to do so many things and have so many options open to you that you wouldn't be able to choose? Well some days that happens to me and I just want to say Yes to it all ... time however stops me dead in my tracks. I get asked what would I tell someone if they were choosing a career or a life path ... usually I say—well be sure you like what you are doing (good advice I think) ... too bad I didn't always take my own advice (hmmm don't laugh—I'm sure you have ignored your 'good advice' voice too at one time or another) ... how easy it is to guide others when we have no vested interest in the event huh ... so for me it is back to the drawing table for a review of my options and a re-evaluation of what I will take with me through my next few years—and what I will leave behind or put on my "to do" list for the future... a good way to spend a sunny Saturday afternoon—don't you think? When was the last time YOU took inventory on your activities and 'stuff'. Take time to do it now ... Don't Forget to take advantage of all the fresh veggies and fruit out there - tastes of summer can't be beat!

From my side of the road to yours, God Bless ... Teresa