

Back Roads

...connecting communities - July 2012

July Observances ... Canada Day! National Make A Difference to Children Month, National Grilling Month, Hemochromatosis Screening Awareness Month & Family Golf Month. . . to name a few

National Grilling Month Grilling Safety

Serious burns can cause disfigurements, loss of joint mobility, severe pain and infection.

We've all seen the cartoon or sitcom dad have trouble lighting the grill. The slapstick gag of a father flambé brings a chuckle or a smile to anyone who has had difficulty with lighter fluid and charcoal briquettes, but the joke provides a good reminder of the necessity of barbecue safety.

Firefighters responded to an average of 7,700 home fires caused by barbecues and grills per year between 2004 and 2008, according to the National Fire Protection Association. Serious burns can cause disfigurements, loss of joint mobility, severe pain and infection. Following these straightforward guidelines will keep you grilling burgers instead of singeing eyebrows.

Know how to use your grill. Read the owner's manual before operating your grill, and be sure you always know what you're doing.

Most barbecue burns occur while starting the grill when accumulated gas or lighter fluid flares up. With a gas grill, leave the lid open and light the grill before too much gas builds up. With a charcoal grill, never attempt to restart or speed up a fire by putting lighter fluid or gasoline on hot coals.

Be able to put out a fire if one does occur. Have a fire extinguisher nearby and know how to use it, and use baking soda to control a grease fire.

Keep flammable materials away. Don't wear loose clothing and keep the grill away from plants, cloth or other combustible objects. Minor burns can occur from touching a hot grill, so use long-handed utensils that keep you from getting too close.

Never leave the grill unattended. Fires can occur while you're gone that can harm others or damage property. If you need to go elsewhere, make sure another adult watches the grill in your absence. Keep children away from the grill, and never leave them alone with a grill or fire.

Only grill outside in an open area away from windows. Enclosed spaces like garages, tents and trailers carry an increased risk of fire, and poisonous carbon monoxide can accumulate in the area.

Keep these tips in mind while out on the patio this summer to ensure that your cookouts are tasty, fun and accident-free.

By Joseph Michael Giangrasso, M.D., a board-certified emergency medicine specialist as submitted to www.algonquin.patch.com/articles/national-grilling-month-grilling-safety

GROULX EQUIPMENT

244 GROULX ROAD, ASTORVILLE (705) 752-2229



WE are your Local MASSEY FERGUSON Dealer
We have a COMPLETE LINE OF
COMPACT TRACTORS & LAWN TRACTORS

Days to Remember in July...

1	Canada Day
2	I Forgot Day
3	Compliment Your Mirror Day
5	Bikini Day
7	Chocolate Day
10	Don't Step On A Bee Day
10	Piña Colada Day
11	Cheer Up The Lonely Day
13	National French Fries Day
15	*Be A Dork Day: 15 Link
16	Global Hug Your Kid Day (Third Monday)
17	Yellow Pig Day
19	Get to Know Your Customers Day
20	National Lollipop Day
21	National Hot Dog Day (Third Saturday)
22	Parents' Day (4th Sunday)
23	Gorgeous Grandma Day
24	Cousins Day
24	National Tequila Day
25	Thread The Needle Day
27	Take Your Houseplant For A Walk Day
28	National Milk Chocolate Day
29	Lasagna Day
30	Cheesecake Day
30	Father-In-Law Day

WASI GARAGE

Lawrence Potts, Proprietor



2506 Hwy, 94
Callander, Ont. P0H-1H0
Tel. (705) 752-4944
Fax (705) 752-5434

Regular Features

Days to Remember	... 02
The Spunky Old Broad	... 03
Community Updates	... 04
Library Happenings	... 07
History from OUR BackRoads	... 8
Games & Puzzles	... 10
Local Happenings	... 14
From the Kitchen	... 15
Bumper Stickers	... 16
Advertising information	... 16

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

BackRoads will accept articles from local writers and is willing to print articles that 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.

**Things that make you go
HMMMMM ...**

- The Scarecrow got a brain, Tin Man got a heart, Lion got courage, Dorothy got home, what did Toto get?
- Was the pole vault accidentally discovered by a clumsy javelin thrower?
- What are imitation rhinestones?
- What do penguins wear for play clothes?
- What's the sound a name makes when it's dropped?
- When cows laugh, does milk come out of their noses?
- When day breaks who fixes it?

In support of a local food movement

Our complex food production and delivery system has provided us with an unprecedented level of convenience and diversity in our food supply. This system is reliant on superior goods management software, efficient long-distance travel mechanisms, refrigeration, cheap energy, and other technological marvels of our age.

However, many people see weaknesses in this scheme, they worry about how changing climate patterns will affect food production abroad, they distrust the industrialization of agriculture, they wish to make purchase decisions more supportive of local economy, or they simply want fresher food.

Where can a "locavore", a lover of local food, turn for information on sourcing local food? Traditionally, farmer's markets were the primary place to obtain fresh local produce and meats. An increasingly popular way to get local produce is to join a Community Share Agriculture (CSA). And yet another method is to meet a farmer and engage in direct-from-farm sales. In support of local food, Transition Town North Bay has engaged local producers to list on a local food producer map available at www.ttnorthbay.org, the local food map is a resource where producers can self-list and eaters can search out CSAs, local farmer's markets, meat sellers, and more. If you are a local eater or producer, please consider this map a prime resource in your local food adventure.

July is "National Make A Difference To Children" Month.

There are so many ways to make a difference to children, and helping children relieve stress is an important one! Childhood stress is considered one of the top 10 children's health concerns right now, and families are extremely stressed as well. Because of this, teaching effective stress management skills, and doing activities with kids that inherently help them relieve stress, can be extremely helpful for their physical health and emotional development. Helping children with stress management can set them up for healthier lives.

What are some ways you can help your kids relieve stress? You can teach them ways to think optimistically, which can help them perceive their stressors differently and likely experience more successes in life. You can enjoy fun activities with them, which can appeal to your own inner child. You can even teach them stress management techniques like breathing exercises. Helping your children manage stress can actually help you to keep stress management in the forefront of your mind as well, so everybody wins!

The Spunky Old Broad © Newsletter - Tips for you ...

- 1 Avoid comparisons to others and don't whine.
- 2 Commit your thoughts, "to-dos," reminders and projects to a single sheet of paper. It's easier to keep track. (Yes, you can do it electronically) but a sheet of paper is easier.
- 3 Take time to read, shop, think, watch sports, or listen to music so that you periodically take you out of yourself.
- 4 You can add something to your life on a daily basis, regardless of the environment or atmosphere you live in or your personality type.
- 5 Happiness through self-actualization is one of the real attractions for winners, not wealth.
- 6 A good listener can produce positive results without saying a word, simply be being attentive.

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

Read my blog at www.spunkyoldbroad.com/blg; Follow me on www.twitter.com/gaylecarson; Listen to me on www.wsradio.com every Tuesday evening 7 to 8 p.m. EST

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

Celebrate Canada Day in the Municipality of Powassan. The celebrations commences with a Street Dance 9:00 pm, June 30th at the Sportsplex. July 1st we have moved our Canada Day events to the Lions Park in Powassan. Kids games and entertainment begin at 11:00am. At noon the live music starts along with the Council serving up a Canada Day BBQ. Free swimming at the Powassan Pool is at 1:00 right after the singing of O'Canada. The Commanda Area Anglers and Hunters Fish Fry is at the Trout Creek Community Centre. And as always our fireworks will be at the Glendale Park at dusk.

July 8th will be holding our annual Powassan Family Fishing Derby. Registration begins at 8 am at the Hydro pond, or pre-register now at the municipal office. Bring your kids, and go after the big one. There will be prizes for the longest pike, pickerel, bass, and pan fish. New this year also, is a canoe race down the beautiful South River. Challenge yourself and enjoy a Family Fun Day on the water.

Finally our Fairview Lane Industrial Park has been approved with the adoption of our revised Official Plan. We have set aside designated properties within the municipality for the protection of Bobolinks and others species at risk. Now that the approvals are in place we can move forward developing the property. We are coming to the completion two important capital projects within the municipality. First is the curb restoration along Hwy 522 in Trout Creek. The second is the rehabilitation of manholes within Powassan. This will add additional capacity to our sewage system by reducing infiltration

~Peter

NIPISSING Pat Haufe, Mayor - nipissingwp@xplornet.com

With July comes sunshine and warm days, perfect for exploring and appreciating the beauty of nature and our heritage. The Nipissing Township Museum will be hosting a Strawberry Social on Sunday, July 8th from 10:30 a.m. to 1:30 p.m. We encourage everyone to come out and enjoy the delicious tastes of summer, the company of neighbours and friends and tour the museum. Nipissing is fortunate to have two museums within its boundaries, the Commanda Heritage Centre and the Nipissing Township Museum, so we hope that everyone will make a day of it and enjoy the local heritage and friendly faces! For more information on activities in Nipissing - visit our website www.nipissingtownship.com

~Pat Haufe

CHISHOLM

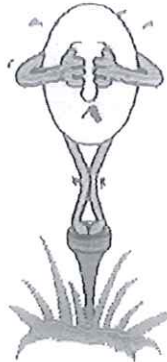


COUNTRY MARKET & FEED

Convenience Store Gas and Diesel
Local Products Livestock and Pet Feed Fertilizer
Propane Tank Exchange Animal Health Supplies
& the best Ice Cream around!

Phone: 705-724-1497

1497 Alderdale Rd



Our Clubhouse
is Open for
Breakfast - Lunch
& Dinner !!

Call us for Reservations or
to see what is on our menu!

705-724-5735

www.clearspringsgolf.com
870 Golf Course Road, Chisholm

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

Local municipalities are always looking for ways to encourage business activity in their jurisdictions. Tourism is very much at the heart of our business interests, not unlike many communities in our area. We have been able to offer the great outdoors to many a visitor but is it really enough? It is time we look for some type of major attraction in the area that would serve to boost tourism and our economy. Sudbury has Science North, the Race Track, I Max and more.

We need a regional strategy that invites and encourages co operation and support for each others thoughts and ideas. We had something of a regional strategy in place in "Blue Sky Region" which had a brief life. Nothing really came out of that. I think it was too big of a plan with many sectors involved. I understand Near North is involved in a tourism plan but I hear nothing encouraging from that organization either.

I trust this topic will be discussed amongst us and I look forward to some day having many attraction in the region in support of our Tourist sector.

~Hec

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

It's a pastime synonymous with living in Nipissing and Northern Ontario – fishing. Thousands will flock to the water in our area this summer, lured by the dream of landing the "Big One", whether it is out in a boat on Lake Nipissing, or in hip waders along a stream in the woods or one of the many backwoods, obscure ponds that you don't dare tell your friends about! I encourage young and old to get out and enjoy the warm weather and dip a line in the water (but make sure you're following all the rules as set out by the MNRR!) July 7-15 is License-free fishing week across Ontario. So long as you're a Canadian resident, you can fish license-free during that period! For those who take angling a little more seriously, there are smallmouth bass tournaments set for Mattawa at the government docks on August 11, and the following day at the government dock on Trout Lake in North Bay. But best and most important of all -- keep an eye out for the countless fish fries that'll be held around the area this summer! Until next month...

~Vic



CANFIN FINANCIAL GROUP
A qualified approach to wealth solutions

RRSP's, TFSA's, RESP's, RDSP's
Investments & Annuities
Life/Disability/Critical Illness Insurance

Doug Higgins BBA, PFPC - Financial Advisor
 1-877-422-6346 ext. 508
 dhiggins@canfin.com www.doughiggins.ca

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
 Great local produce, homemade baking, jewelry, handcrafts, live music & lots of neighbourly conversation!

For more info contact Jaimie Board
 705-729-1384 jaimieboard@gmail.com or
 Joanne Ribout 705-744-3988
 joeanneribout@sympatico.ca

* It's a cruel season that makes you get ready for bed while it's light out. ~Bill Watterson

* Deep summer is when laziness finds respectability. ~Sam Keen

* Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language. ~Henry James

BLOOD DONOR CLINIC

Canadian Blood Services would like to express its gratitude to the Powassan and area residents for their support at the last Blood Donor Clinic located at the Legion Hall on Tuesday, June 19th. It is because of your generosity that we were able to collect 85 units of blood, thus saving many lives.

Communities like Powassan are the backbone of the blood system. Not only are you life-savers in your local community, you are life-savers to thousands of patients needing blood right across the country. The need for blood is significant as it takes many donors to help save a life. That's why, Canadian Blood Services is rallying communities across the country this summer to come together - *Rally Together to Save Lives* - as a way to show that collectively, blood donations will make a positive impact on someone's life.

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 summer vacation!

Please consider bringing a friend or family member to the next clinic at the Legion Hall on Tuesday, August 21st from 4:00p.m.-8:00p.m. We would invite you to make an appointment today by calling 1-888-2-DONATE

Canadian Blood Services would also like to thank Wendy DiPersio who generously donated a dinner for two at Kudos Restaurant & Grill, 852 Main Street, Powassan.

Sincerely, Joanne Drake Community Development Coordinator

What am I??

(answers on back page)

- 1 Each morning I appear
To lie at your feet, All day
I will follow you
No matter how fast you
run, Yet I nearly perish
In the midday sun.
- 2 My life can be measured
in hours, I serve by being
devoured. Thin, I am
quick Fat, I am slow
Wind is my foe.
- 3 You hear me before,
Yet you hear me again,
Then I die, Until you call
me again.
- 4 I can be long, or I can be
short. I can be grown,
and I can be bought.
I can be painted, or left
bare. I can be round, or
square.



HELPFUL HINTS

Draping cane chairs: If the cane seats on your chairs are sagging, soak them with hot water and allow to dry in the sun. They'll shrink to size.

Wicker: Wash with salt-water solution and wicker won't turn yellow.

Clean hands: Pam will remove paint and grease from your hands. Keep a can in your garage for your hubby.

Longer is better: When mowing, cut off no more than 1/3 of the grass blade at a time. Longer grass blades will protect one another from the heat and hold moisture in longer. If you mow shorter than this, the grass will get shocked and turn yellow. Adjust your lawnmower to a higher setting for best results.

Eliminate ant hills: Pour boiling water or hot vinegar down an ant hill to kill ants without using harmful insecticides.

Grass glides off mowers: Spray mower blades with vegetable oil to keep grass from sticking.

GROULX EQUIPMENT
244 GROULX ROAD, ASTORVILLE
(705) 752-2229

Husqvarna CRT900
NOW JUST \$799.99

Husqvarna 440e
NOW JUST \$399.99



Husqvarna 445
NOW JUST \$429.99



TAMING THE WILD with HUSQVARNA
Come in and see Our COMPLETE LINE
OF CHAINSAWS & GARDEN SOLUTIONS

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, starting July 1st. 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 the draw will be held on Saturday October 20th @ noon at the start of the Library's first fund raising Auction. Think talents and treasures and start thinking about what you could donate to this fun Event.

All of the Events are to help the Library achieve the goal of raising \$200,000 towards the Library Expansion Project costs. This 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**

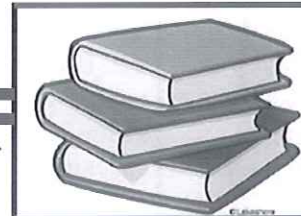
will be at the Powassan & District Union Public Library beginning at NOON! Don't miss this fun event!

Other Services

- **Ampersand News:** A list of books new to the library, as well as recommendations, Library news and information regarding the services and groups found within the Powassan Library
- **Movie Loans** (Videos and DVDs)
- **Adult Yoga**
- **Art Group & Gallery**
- **eBooks and audiobooks**

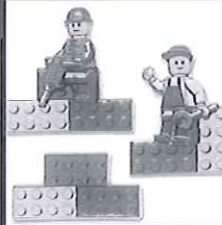
CRITTERS & KIDS

On July 6th at 1pm "Critters and Kids" will be visiting us. Meet Donna the Green Iguana, Tiny Tim the Veiled Chameleon, Sydney the Blue Tongued Skink, and many more! Price of admission is a donation to the Food Bank.



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"

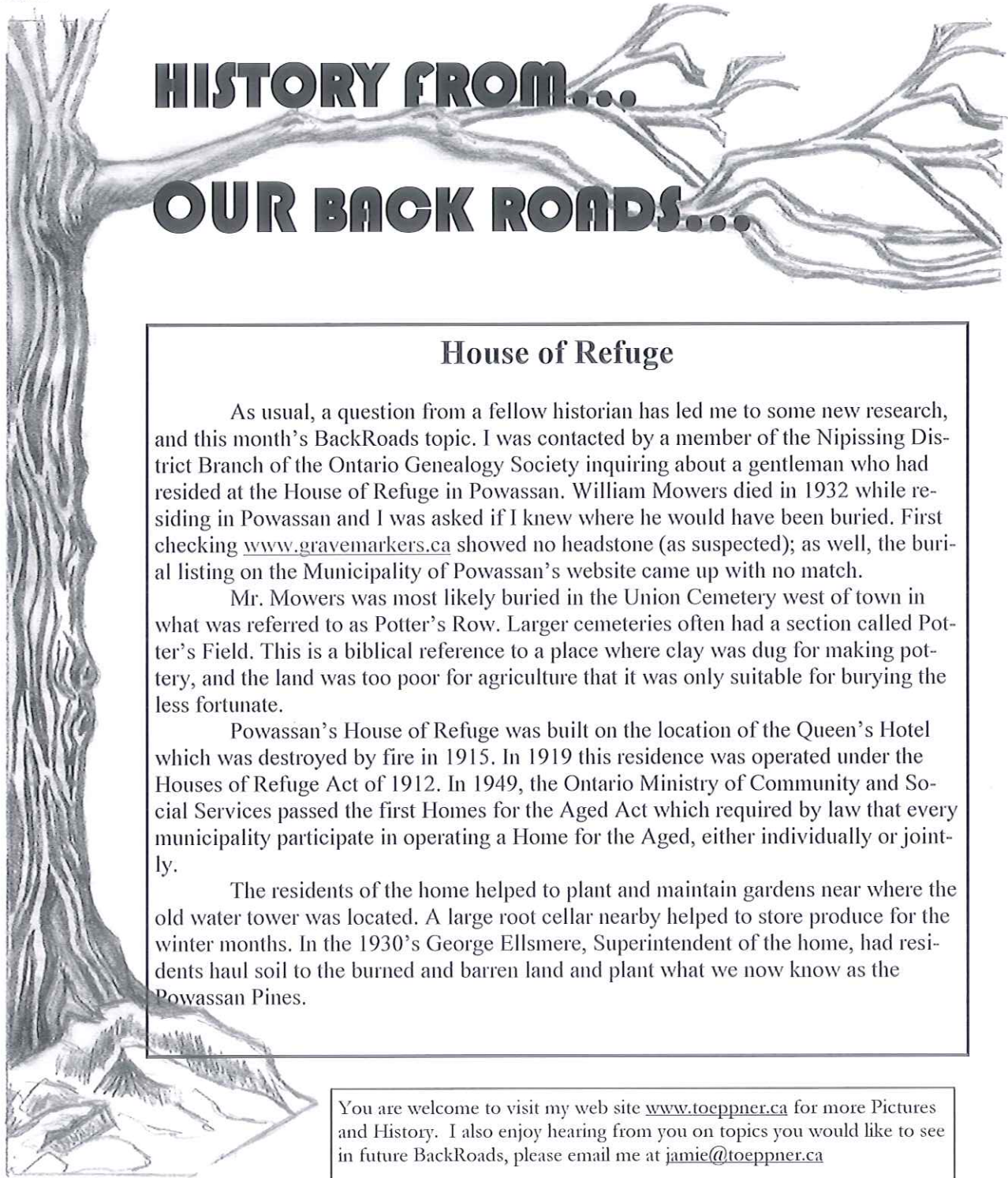


"The Powassan Lego Club".

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 for an hour and a half, beginning July 20th, at 1pm. See you there!

The Knitting Club is still meeting every Friday mornings at 11AM throughout the Summer.



HISTORY FROM... OUR BACK ROADS...

House of Refuge

As usual, a question from a fellow historian has led me to some new research, and this month's BackRoads topic. I was contacted by a member of the Nipissing District Branch of the Ontario Genealogy Society inquiring about a gentleman who had resided at the House of Refuge in Powassan. William Mowers died in 1932 while residing in Powassan and I was asked if I knew where he would have been buried. First checking www.gravemarkers.ca showed no headstone (as suspected); as well, the burial listing on the Municipality of Powassan's website came up with no match.

Mr. Mowers was most likely buried in the Union Cemetery west of town in what was referred to as Potter's Row. Larger cemeteries often had a section called Potter's Field. This is a biblical reference to a place where clay was dug for making pottery, and the land was too poor for agriculture that it was only suitable for burying the less fortunate.

Powassan's House of Refuge was built on the location of the Queen's Hotel which was destroyed by fire in 1915. In 1919 this residence was operated under the Houses of Refuge Act of 1912. In 1949, the Ontario Ministry of Community and Social Services passed the first Homes for the Aged Act which required by law that every municipality participate in operating a Home for the Aged, either individually or jointly.

The residents of the home helped to plant and maintain gardens near where the old water tower was located. A large root cellar nearby helped to store produce for the winter months. In the 1930's George Ellsmere, Superintendent of the home, had residents haul soil to the burned and barren land and plant what we now know as the Powassan Pines.

You are welcome to visit my web site www.toeppner.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@toeppner.ca

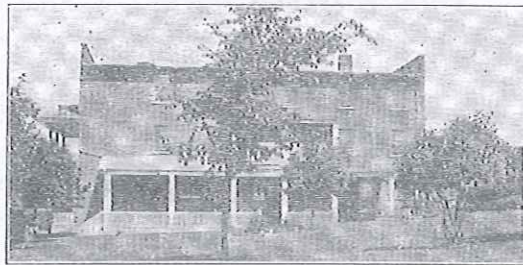
In the 1960's the government of Ontario provided funding for new residences to be built in the province. What was then named the Parry Sound Home for the Aged moved to a new building constructed in 1967 and opened in November under the name Eastholme Home for the Aged. Originally it housed 74 residents, and with expansions over the years there is now room for 128. Eastholme is one of, if not, the largest employers in the area.

After the old House of Refuge was vacated it was taken over two years later as a half way house for patients of the Ontario Hospital. The first operators were Roy Kyle and Vance Smith, hence the name Roy-Van Lodge. It changed owner and name in the later 70's or early 80's and was known as the Glowwood Lodge. In 1985 it was purchased by the Eide family and still operates today as Eide's Residential Home.

Although I did not locate the exact burial location for Mr. Mowers, I did learn a little more about local history. When you look at the burial listing for the local cemeteries there are many unknown graves. Some of these are most likely residents who once resided at the House of Refuge in the 1920's and 30's, who passed away with no money or family to pay for a headstone. The wooden crosses that once marked their graves have long since deteriorated and are all but forgotten, like the names of some early residents of our town of Powassan.

Board of Management :

F. L. WALTON, Parry Sound
 F. COOK, Parry Sound
 F. METCALF, Bar's Falls
 A. M. CHURCH, Sandridge
 J. B. LAKE, Powassan



Parry Sound District House of Refuge
 POWASSAN, ONTARIO

GEORGE J. ELLSMERE
 Superintendent
 L. F. ROBERTSON
 Sec.-Treas.

Letter Head from 1927

Game Pages

Last Month's Sudoku Answer

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

July 2012 Sudoku to keep you busy

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

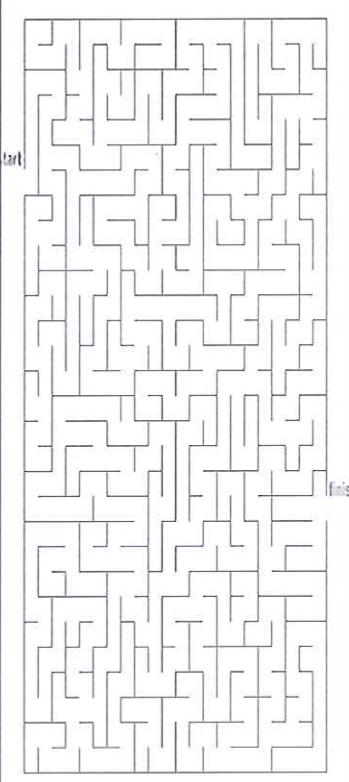
2		8			7	3		
	4		8					
	7					9	6	
	6	5						
	3	1				6		5
	2	9	6				7	
6	9						2	1
				5	1			6

Two Medium Games

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

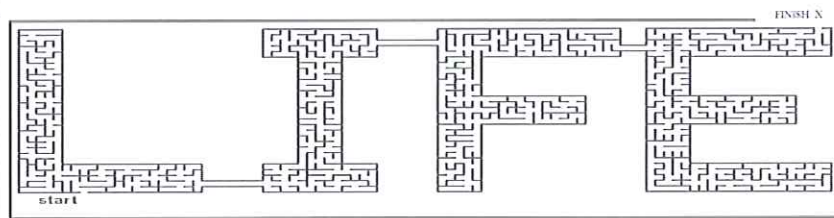
Two Hard Games

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



LOGIC PUZZLE: Answer for June - Breakfast Meeting

First Name	Breakfast Drink	Breakfast Meal	Drink to Go
Amy	Cranberry Juice	Egg Sandwich	Espresso
Brenda	Milk	Waffles	Cappuccino
Emily	Orange Juice	Pancakes	Decaf Coffee
Melony	Water	Omelet	Hot Tea



Summer: Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

- | | |
|-------------|---------------|
| ANTS | AUGUST |
| BARBECUE | BASEBALL |
| BEACH | BEEES |
| BICYCLE | BLUE SKY |
| BOATING | BREEZE |
| CAMPING | FISHING |
| FLIES | FLOWERS |
| GARDENING | GOLF |
| GREEN GRASS | HAT |
| HIKING | HOLIDAYS |
| HOT | ICE CREAM |
| JULY | JUNE |
| MOSQUITOES | NO SCHOOL |
| PICNIC | ROLLER BLADES |
| SANDALS | SKATEBOARD |
| SOCCER | SOLSTICE |
| SPRINKLERS | SUNBURN |
| SUNGLASSES | SUNSCREEN |
| SUNSHINE | SUNTAN |
| SWEAT | SWIMMING |
| U V RAYS | WASPS |
| | WATER FIGHTS |
| | WATERMELON |

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

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: A child is not a vase to filled but a fire to be lit"

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
																			2						

" T ' T ' ,
 7 2 24 25 24 9 7 4 23 7 2 24 25 19 7 24 24
 T ' ,
 7 2 24 25 24 7 17 20 14 6 7 12 23
 T ' T ! "
 7 2 24 24 3 9 9 23 10 2 7 9 23 19 23 12 12 26 16 15 23 24 12 23 26

"Sell Ontario Northland?" by Bond Keevil

The Ontario government has announced its plan to end the Ontario Northland passenger rail service and sell off the remaining assets of the ONR crown corporation over time. The plan includes introducing additional bus service to offset the lack of a passenger rail option.

The first tracks were laid in 1903 to facilitate the transportation of Northern Ontario's vast supplies of timber and mineral resources to larger markets in the south, paving the way for settlement of the region. Without the railway, economic development of the North would have occurred later and to a lesser extent. Along the railway, new towns and mines sprang up and land was cleared for agriculture. The expense of railway construction was deemed too large for the private investors of the day so a crown corporation was created to fund the construction of the rail line through taxation.

Over time, a better road network was built and truck transportation became the dominant means of moving goods around the province. Trucks can take goods from point A to point B in one trip, rather than being limited by the network of tracks and track extensions; trucks are therefore better suited for most industries despite the superior fuel efficiency of trains.

The passenger rail service was started in 1937 as part of an ongoing political effort to promote northern tourism that authorized the ONR to purchase boats, hotels, restaurants and tourist resorts. These policies failed because politicians didn't consider market demand, much money was lost, and today the needs of tourists are being met more efficiently by small family-owned businesses.

Perhaps a passenger rail service makes sense only in densely populated regions like Southern Ontario, where heavy traffic and a strong desire to reduce air pollution cause the GO train service to be widely used. But the low population densities of Northern Ontario and the existence of better options for transportation means that passenger rail is not, and never will be, a viable form of mass transportation for our region.

Efficient use of rural rail transport has only been achieved by high volume natural resource producers like smelters, fuel companies, granaries and lumber mills. These industries have been the bread and butter of Canadian rail lines since the turn of the century and continue to be so today. Prospective investors in ONR's assets would consider the rising price of fuel and the ongoing trend towards centralized production and conclude that commodity rail freight in the north has a promising future.

The continued misallocation of resources to undesirable enterprises like northern passenger rail and misguided tourism promotion has drained resources from more productive uses. Newly discovered mining prospects in the "ring of fire" near the James Bay coast could be developed sooner if there were rail lines connecting these projects to their markets. Expanding Internet data carrying capacity along railway corridors is in high demand and would help boost competitiveness for many northern enterprises. These under-developed commercial prospects and the jobs they would create suffer when we as a community insist on preserving an unprofitable passenger rail service that we don't use.

The ONR freight rail system is an important part of our economy and our history and should be preserved. Selling off its assets to private interests will eliminate railways as a political policy tool and help preserve rail transportation in our region by making it more economically productive.

Hereditary Hemochromatosis (HHC) is the most common genetic disorder affecting Canadians.

It is a crippling, potentially fatal condition caused by a defect of iron metabolism that leads to iron overload in vital organs, joints and tissues. The complications caused by the disorder are preventable if a diagnosis is made before the excess iron causes irreversible damage, and effective treatment exists. Hereditary hemochromatosis is a genetic, metabolic disorder that results in iron overload; the body absorbs and retains too much dietary iron. It is a primary disorder of iron metabolism that can affect many organ systems including the liver, pancreas, heart, endocrine glands and joints. It is potentially fatal, but easily treated if diagnosed early, before the excess iron causes irreversible damage.

Iron is an essential nutrient for the human body. Too little can compromise many important functions and lead to various diseases. Similarly, too much can cause severe damage to organs and tissues, leading to disease and early death. A normal diet provides between 10-20 mg of iron daily, of which the body absorbs only 1.0 to 1.5 mg through the intestinal tract. The rest of the iron not absorbed during digestion is excreted in the stool. Iron metabolism is a complex process. The body responds to increased or decreased demand by adjusting the amount it absorbs. Once iron is absorbed into the body, it is difficult to eliminate, and can only be lost in small amounts through blood loss, sweat, urine and the sloughing of skin and gut cells. Therefore, our body maintains a strict regulation of iron absorption.

Normally, the body has about 4,000 mg of iron, of which about 3,000 mg is contained in hemoglobin in the red blood cells. About 500 mg is bound to the storage protein ferritin, and 300 mg is stored in the liver. Transferrin, the protein that carries the iron from organ to organ around the body, helps regulate how and when iron is stored and transferred to bone marrow and other cells when needed for body processes. In hereditary hemochromatosis (HHC), the feedback signal within this complex system is not working properly. The gut continues to absorb iron at 2-4 times the normal rate, despite the body already being overloaded with iron. In response, the level of ferritin, the protein that stores unused iron in body cells, increases in an attempt to contain excess iron. As the transferrin protein gets saturated with iron, other proteins not usually involved in iron metabolism bind the excess iron. Unfortunately, these other proteins readily enter cells to deposit the iron in organs and tissues where it causes damage from free radical activity leading to specific organ dysfunction, disease and death. The liver and heart are particularly vulnerable, but the pancreas, endocrine glands, testes and ovaries, joints and skin can also be affected. Excess iron accumulation in HHC is chronic and ongoing, and while a normal body contains about 4 grams (4,000 mg) of iron, a hemochromatosis patient typically has at least 15-60 grams of iron upon diagnosis.

It takes time for iron overload to reach a level that will cause organ damage and failure. Men typically develop disease between 40 and 60 years of age, and women after menopause. Diet, vitamin pills with iron, and alcohol consumption all can have an effect. Because early symptoms can be non-specific and attributed to many other causes, hemochromatosis can be difficult to diagnose until more extensive damage has occurred. Even then, hemochromatosis is often overlooked as the causative factor in an observable disease. Some early symptoms include:

- chronic fatigue *depression * abdominal pain
- aching joints, especially in the knuckle and first joint of the first and second fingers
- loss of sex drive for both sexes, impotence for men, menstrual irregularities for women or early menopause
- discolouration or bronzing of the skin

For more information—see www.cdnhemochromatosis.ca

Local Happenings

Wednesday, July 4th *Piebird B&B* presents The Good Lovelies in concert at the Powassan United Church 462 Main St. Tickets \$25 advance/\$30 at door available at www.piebird.ca or by calling 724-1144

Sunday, July 8th - The Nipissing Museum will host their annual Strawberry Social from 11am - 2 pm
Stop by for strawberry shortcake with fresh local-grown strawberries.

July 30 to August 3 - Grace Pentecostal Church, 14 Main Street, Powassan is sponsoring a Vacation Bible School for children ages 6 to 12, at the church. Phone 705-724-2590 for more information.

Sunday, Aug 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 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! **July 6** Chicken Entertainment: Bill Vrebosch; **July 13** Schnitzel Entertainment: Victor John; **July 20** Roast Beef Entertainment: Back in Tyme; **July 27** meal TBD Entertainment: Bill Vrebosch; **August 3** Chicken Entertainment: Back in Tyme

Chisholm Farmers' Market - 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.

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

Do you have community events or happenings you would like us to feature?? Call us or Email us with details and we will list them for free! Cut off for printing is the 20th of the month (705-752-0383 or miltownsystems@live.ca)

Commanda Heritage Centre SEASON'S GRAND OPENING

Sunday July 1st BBQ - Picnic BBQ 12noon – 2pm

Music thanks to The "Commanda Creek" Band

Members David Little Johns and Andy McClelland joined by Ron Nigrini

At 1:30pm celebrate the unveiling of the Valley Belles "Heritage Quilt"

Door Price \$2.00 Lunch Tickets \$6.00

Door Prizes Meet our summer student Kids games

Summer exhibition: *Beyond the Battlefield - The War of 1812*

Celebrate Canada's past with us.... Admire an 1812 home settling that might have greeted a weary soldier so many years ago. **Open July 1st to Labour Day Weekend - Wednesday to Saturday 11-4pm**
Enjoy great food, music and time with friends in support of heritage preservation. The Gift Shop will be open with its finely made locally produced food and gift items. All proceeds going toward the many necessary building improvements, artifact storage requirements and our mortgage payments to secure the building for future generations to enjoy.

**Commanda Heritage Centre # 4077 HWY 522
705-729-2113**



JMI DESIGN STUDIO

58B Chiswick Line, Powassan

705-724-6408

Clothes not fitting? Need your Hem Raised?

Is your Zipper all Zipped out??

Come and see us for Alterations, Hems &
Zipper Replacement Services!

Ask us about our Hem Saver Cards!

Use it for 5 hems any style
& get the 6th hem done free!!

From the Kitchen July is the month of ...
Blueberries, Nectarines & Melons

Melon with Citrus Blueberry Sauce

Fresh melon and blueberries pair beautifully in this simple breakfast starter or light dessert.

This recipe makes 4 servings

Ingredients

- 1 pink grapefruit
- One cantaloupe or honeydew melon
- 1 tbsp (15 mL) lemon juice
- 1 tbsp (15 mL) liquid honey
- Pinch hot pepper flakes, (optional)
- 1/2 cups (125 mL) blueberries
- 2 tsp (10 mL) slivered fresh mint leaves

Preparation:

Scrape out seeds from cantaloupe. Cut into 8 wedges; cut off skin. Set aside.

Cut off rind and outer membrane of grapefruit.

Working over bowl to catch juice, cut between membrane and pulp to release fruit into bowl, squeezing membranes to extract juice.

Arrange melon and grapefruit on plates.

Remove all but 2 tbsp (25 mL) grapefruit juice from bowl and reserve to drink. Whisk lemon juice, honey, and hot pepper flakes (if using) into remaining juice in bowl. Stir in blueberries and half of the mint; spoon over fruit. Sprinkle with remaining mint. *Source: Canadian Living Magazine: September 2005*

*Internal Rhythms Mind
and Body Care*
Vanessa L Brown RMT
*Integrative Manual
Therapy
Massage Therapy
Thai Hot Steam Massages
& MORE!*
288 Worthington St W Unit #2
North Bay, Ontario
705-495-1315
www.internalrhythms.com

BLUEBERRIES

Ontario has two basic types: **low-bush** and **high-bush**. The lowbush grows wild and is cultivated in Ontario. Highbush blueberries grow up 6-8 feet in height. Highbush berry plants are sensitive to winter damage, but their fruit is larger than the low-bush variety.

Nutrition: Blueberries are a source of Vitamin C and fibre; one-half cup contains 41 calories.

History: Blueberries are native to North America with large stands in the Maritimes and coastal New England. In 1976, the highbush berries began to be cultivated in Ontario. Surprisingly, acid rain has stimulated the growth of natural stands of lowbush berries in some inland areas by reducing the pH level of the soil.

Nectarine Chicken Salad

- 2 cups cubed cooked chicken
- 1/4 cup dry white wine 1/4 cup mayonnaise
- 1/4 cup sour cream salt to taste
- 2 nectarines 1/4 cup slivered almonds
- greens

In a bowl, toss chicken with wine. Cover and marinate in fridge several hours or overnight. Stir together mayonnaise and sour cream and then stir into chicken; salt to taste. Coarsely chop 1 1/2 of the nectarines, slice remaining half for garnish. Stir chopped nectarine and almonds into chicken mixture. Chill. Serve on platter or plates lined with greens. Garnish with nectarine slices. *Nectarine Chicken Salad is located at www.justfruitrecipes.com*

Lydia's
Creative HAIR DESIGN
ESTHETICS
& TANNING
705-724-3201
520 Main St Powassan Ont

BUMPER STICKERS ...

- Friends help you move. Real friends help you move bodies.
- The gene pool could use a little chlorine.
- Make it idiot proof and someone will make a better idiot.
- A flashlight is a case for holding dead batteries.
- I don't suffer from insanity. I enjoy every minute of it.
- Okay, who put a "stop payment" on my reality check?
- We have enough youth, how about a fountain of SMART?
- It works better if you plug it in.
- If I knit fast enough does it count as aerobics?
- Time is what keeps everything from happening at once.
- Life is too complicated in the morning.

BackRoads is published by

Miltown Management Systems

91 Alderdale Rd, Chisholm

705-752-0383

miltownsystems@live.ca

Advertising Rates

1/8 page = \$25.00

1/4 page = \$50.00

1/2 page = \$100.00

*Advertise for
5 continuous months
and the 6th month is free!*

What am I? (pg 6)

- 1 Shadow
- 2 Candle
- 3 Echo
- 4 Fingernail

Powassan Hairstyling

For All Your Hair Care Needs



512 Main St, Powassan

Open Tuesday—Saturday

(Wed & Thurs until 7pm)

705-724-3301

Cori Hogan-Stillar

& Heather Grasser

From my side of the Road Is it just me or is this year just flying by? July is here—time for camping, family reunions, kids camps, fishing, BBQs ... for me meetings are less and vacation time is booked. Daytrips, RVing and R&R on the deck with the pups—that's my heaven. Had the joy of spending a Saturday in June with family on Georgian Bay - wow the sailboats were amazing—sunny day—blue blue water and sharp white sails. Being from the central part of Ontario my heart is partially there—where there are minimal bugs ... and part here—where the sites and sounds of summer seem to go on into the late days of October. Was watching the swamp areas on Hwy 11 as I was heading home last week—saw some hawks, Great Blue Heron, a couple of deer and some beaver hiding in the reeds ... very cool what you see if you watch for it (note to drivers—be sure and watch the road too ;)) ... Summer is my time to catch up on some picture taking ... and maybe even some craft work - in amongst the weed pulling. All very therapeutic ... well that's my story lol ... Catch up on your favourite hobby this year—promise yourself at least 1 hour of hobby every week ... can be in 2 sections of 30min each ... but no less ... let's see if you and I can work up to 2 hours per week by the end of August. I'll check in with you next month—to see if we are on track ... sunshine - family - hobbies ... **SUMMER HERE WE COME!!**

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