

BackRoads

...connecting communities - March 2011

**March is ... National Nutrition Month, Noodle Month ,
Sing with your Child Month & International Ideas Month**

Looking for an outlet for your IDEAS? Why not try a local Organization!!

The Powassan & District Horticultural Society is an active group in our area that always has interesting things going on. For over fifty years the group has held plant sales, garden tours and flower shows. Their meetings aren't all work and no play either! In the past they have had guest speakers that inform, entertain, and educate on all aspects of gardening. And of course there is always the opportunity to meet and exchange ideas with others in our community to share a common interest. This group has been very important to our community and giving back is also a focus--they have worked together to maintain the flower beds in Memorial Park, holding spring & fall cleaning bees, and keeping up light maintenance through the summer months. They are inviting anyone who would like to learn more about plants and gardening by coming out to their next meeting the week of April 11th (actual date to be announced) at the Golden Sunshine Club at 7:00 pm. The guest speaker will be Cliff Cookman, speaking on building and maintaining ponds. They will be having their Spring Cleaning Bee in the Park in May. (Many hands make light work!) A guest speaker for June has not been firmed up yet.

This group is made up of a fun bunch of people who want to meet you!

Join them at their next meeting or join in to help at any of their events!

To learn more please contact Susan Topham (Club Secretary) (705)724-3993

Start your March by Humming a Little Tune!!

"Music Together" is an internationally recognized early childhood music program. March, the beginning of spring, is symbolic of rebirth and growth. This month we celebrate "Sing with your Child Month" reminding us to help our most precious resources grow, our children! Making music is fun, free and easy and what a way to enhance your child's development and a special way to make memories. SO, turn on a radio and sing-a-long, be a band for the afternoon using things around the house for the band—boxes for drums—spoons—box of KD for shakers ... use your imagination—better yet - let your kids use theirs - Let us know when the first concert is!!

April is Maple Syrup Month At BackRoads! Get your ads in now for our special edition promoting our local area and one of the largest little festivals in the area!

THE POWASSAN MAPLE SYRUP FESTIVAL

See their website for more information!

<http://www.powassansyrupfestival.ca>

CELEBRATE FOOD ... FROM FIELD TO TABLE!

Dietitians of Canada's Nutrition Month 2011 campaign focuses on a celebration of food – right from where it's grown and harvested all the way to appetizing and healthy food on our tables. Choose Canada's finest healthy ingredients for every recipe you make. Make the decision to start eating healthier. One reliable way to eat healthier is to cook at home more often. Cooking Food in your own kitchen, whether it's from scratch or using some short cuts, allows you to have more control over the quality of ingredients you use, and how much you spend. While many cookbooks, such as Dietitians of Canada's latest cookbook "COOK!" are focused on healthy eating and healthy cooking, some of your favourite cookbooks may not do the same. When choosing healthy recipes, first and foremost, choose recipes with ingredients that have lots of nutrients, such as fruits, vegetables, whole grains, lean meats, legumes, lower fat milk products and healthy oils like canola, olive, sunflower or corn, etc. If most of the ingredients are less healthy choices, find another recipe! For more helpful hints on what to look for in a recipe and where in Canada our food comes from see www.dietitians.ca. They have a huge amount of information on this website – including recipes, how to shop, preparing foods, etc. The Dietitians of Canada also have their website linked to the eatrightontario.ca site that continues with more information and ideas to make your meals at home something to look forward to! Have a great FOOD FILLED month! (This article was taken directly from one of the factsheets on the Dietitians of Canada's Website for Nutrition Month – Celebrate Food ... From Field to Table! "Select Recipes with Care" Go to the website to see the rest of the information on how to select different foods for healthy eating). www.dietitians.ca

**"We do not remember days, we remember moments.
The richness of life lies in memories we have forgotten." (Cesare Pavese)**

March Days to Remember

- | | |
|--------------------------------------|-------------------------------------|
| 1- National Pig Day | 2- National Salesperson Day |
| 4- Employee Appreciation Day | 7- Daughters & Sons Day |
| 8- International Women's Day | 9- Ash Wednesday |
| 11- Johnny Appleseed Day | 12- Fireside Chat Day |
| 13- Earmuff Day | 14- Potato Chip Day |
| 17- St. Patrick's Day | 18- National Buzzard Day |
| 19- National Quilting Day | 20- Spring Equinox |
| 21- Bird Day | 22- As Young as You Feel Day |
| 23- National Puppy Day | 24- National World Tuberculosis Day |
| 25- National Pecan Day | 28- Something on a Stick Day |
| 29- National Knights of Columbus Day | 30- Doctor's Day |
| 31- National Bunson Burner Day | |

If a word is misspelled in the dictionary, how would we ever know?
If Webster wrote the first dictionary, where did he find the words?

Community Updates

POWASSAN - I would like to start this month by congratulating the volunteers who put together another successful Trout Creek Winter Carnival. The Trout Creek Winter Carnival is an event that impacts not just the residents of our community, but it brings home family and friends year after year. To those who volunteered their time, well done and thank you.

Four years ago the Council of the Municipality of Powassan invested 3.5 million dollars into upgrading the municipal water and sewer system. As part of the upgrades to the actual pipes in the ground, there needed to be an upgrade to the way that the residents who received municipal water and sewer service paid for that service.

Two years ago we began to move forward with the installation of water meters. For years in Powassan water and sewer bills were calculated based on the size of your home, number of rooms and the number of taps in your house. This will no longer be the case. As of January 1st, 2011 water bills will now be based on readings from your water meter. Water bills for the two month period beginning January 1st, to February 28, 2011 will be mailed out the first week of March. The installation of water meters makes our system now a fair user pay system. Simply put, you will now pay only for the water that you use. **Peter McIsaac, Mayor** - pmcisaac@powassan.net

CHISHOLM - Chisholm's Community Services Committee is in full swing. For those that aren't familiar with this committee - our focus is on community events and services. Such as the Beach Program, Anniversary Celebrations, Playground, Projects such as Cleanup Days, etc. We currently have 2 ad hoc committees being set up: 1) to deal specifically with the feasibility of a Beach Program in 2012 and 2) to organize Centennial Celebrations for 2012. If you would like to be a part of either one of these committees please contact the Township of Chisholm Office 705-724-3526. Our next Meeting is March 3rd, 7pm at the Chisholm Township Office. We look forward to seeing you there!! **Teresa Miller, Councillor** - teresamiller@live.com www.chisholm.ca

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.... from my side of the Road

.... Lions, Lambs & Seasons ...

So In like a lamb and out like a lion huh ... well almost as accurate as the Ground Hog from last month. Kind of funny if you think about it – comparing the clouds and winds to animals and then trying to get one to predict the spring coming ... oh 6 more weeks ... nope just a month and a half. Boy that helps.

March brings many things around here ... the start of planting for those that begin their seeds inside, the end of the snowmobile season - getting in that last ride, the middle of school terms – with “March Break” and in some cases midterm exams.

With the changing of seasons ... they each bring with it a different event – a different ‘milestone’ in our year, and at the end of it we always seem to wonder where the time went – and how we didn’t quite get everything done or went everywhere we wanted to.

Life is like seasons too, and each season has its time broken into seasons as well. So if that’s the case – I’m in the Fall of my life ... somewhere about Summertime I think ... wondering what happened to the Spring and Summer of my life and then remembering some of the treasured memories. Its amazing the memories we keep and those we throw away. I have recently reconnected with some school friends ... now I’m talking Kindergarten thru to High School friends. The ones I have reconnected with—thank you Facebook—are scattered across the country & the “pond”.

Some remember the parties we went to—some the piano lessons (or better yet the misbehaving at them). We all started in a small town just a bit bigger than here ... but really very much like the Powassan area—a farming community drenched in history and family. Some of us related by blood—others related by location. We went to dances, parties, skating on a weekend afternoons, hockey games and baseball tournaments. Winter carnivals and Fall Fairs always had a school flavour. I remember when the whole high school got on top of and front of— 3 buses (or was it 4) for the yearbook picture. Memories are tricky though—not always how we saw them when we lived them ... I remember bands in the parades, Grade 7 & 8 when Gym was changed to Dancing lessons (at that time - yuck), School plays, trips to the Science Centre, afternoons off for football, Track & Field for the whole day, naps in the afternoon in Kindergarten class—and finger painting when we were good. Monkey bars at recess, smoking behind the hill, the first time we exploded a flask in Chemistry class. Teachers we admired—and those we didn’t. Bus rides home—summers off. Just a few of the good memories that have been brought to mind. So for your March 2011 take some time to reconnect, remember and yes laugh at the seasons of your lives that have passed ... and may your current season give you as much pleasure.

... and that’s how I see it from “my side of the road” ... have a great month, Teresa

"Discontent is the first step in progress. No one knows what is in him till he tries, and many would never try if they were not forced to." – Basil Maturin

WHERE TO FIND BACKROADS

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Medical Centre

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Trout Creek General Store, Trout Creek

Wasi Corner Store, Callander

MORE PLACES TO COME!



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DID YOU KNOW ...

- The world's termites outweigh the world's humans 10 to 1!
- Porcupines float in water!
- A mole can dig a tunnel 300 feet long in just one night!
- Sliced bread was patented by a jeweller, Otto Rohwedder, in 1928. He had been working on it for 16 years
- Many sailors used to wear gold earrings so that they could afford a proper burial when they died
- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!
- A car uses 1.6 ounces of gas idling for one minute. Half an ounce is used to start the average automobile.

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History and Ancestry

Even before the first edition of BackRoads hit the streets, I already had the topic for my next column. While researching early post offices in the area, many interesting facts caught my attention. The first local post office opened in 1870 at what was first called Nipissingan. John Shaw was the first postmaster and the name was changed to Nipissing in 1881. Mail first travelling up the Ottawa River, portaged into Lake Nipissing and arrived by boat. When the Rosseau – Nipissing Road was completed in 1873 the mail arrived tri-weekly by stage.

As the road to Nipissing carved its way through the bush, new immigrants arrived and small settlements sprung up along the way. Commanda opened its post office in 1877 and was originally called Commanda Creek. The farming community of Alsace opened a post office in 1879 at the home of Phillip Straus. In 1885 John Gerber took over the position of postmaster and the office was moved to his home, located where Stanley Toeppner now lives. 1879 was also the year that the Barrett Settlement opened its post office, but it was closed in 1895. Trout Creek which was located on the rail line became the growing community.

Bingham Chute was the original location of Powassan and the first post office opening in 1880 with John Clark the postmaster. When the Northern and Pacific Junction Railway reached the area a new post office was opened in 1886. The new post office was originally called Powassan Station, and with the town site moving to be close to that train tracks, the post office at Bingham Chute closed in 1888. A petition to keep the office open was unsuccessful and Powassan Station was renamed Powassan in 1891.

Chisholm's first post office was located at Kells, opening in 1887 with Henry Anderson as postmaster. The office was closed in 1917. Chiswick opened in 1895, Alderdale 1905 and in 1909 a post office was opened at Genesee Rapids. It was ran by E.C. Mick at his general store. Wasing and Fosmill at one time also had their own post offices.

During my research for this article I made a list of over 35 post offices that once existed, or still are open. One of the more interesting places was located on the south shore of Lake Nipissing, down by the French River. In 1880 The John B. Smith Lumber Co. started a sawmill at Franks Bay, and soon a community was being built. The post office opened in 1887 and operated until 1905. With the timber supply depleted the town faded away after 1912.

Visit my web site <http://www.toeppner.ca> for a complete list of all the post offices in this area.

jamie@toeppner.ca



Many thanks to the Postal History Society of Canada for the information they have provided.



HMMM ... wonder who the children are in the picture??

If you know—
please let us know!

Christian Valley Post Office
1909 - 1915

Game Page

TIC TAC TOE

Try to Fill in the Blanks The missing numbers are integers between 0 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.

						96
14				4	23	88
	13			15	20	81
19		6	16	12		61
		12			13	68
					3	71
		17	5	17		66
98	35	93	73	68	68	48

Last Month's Word Search

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

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: Don't be afraid to give up the good for the great." Kenny Rogers
 (My apologies for the O being itself)

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

11	12	20	14	16	7	20	23	1	24	7	12	20	1	1	18	13	11	11	18	4	13	24	16	8
26	12	20	20	13	11	18	18	11	12	20	13	7	5	24	23	23	4	20	11	12	20			
4	20	8	24	16	16	24	16	8	18	1	15	12	15	9	9	24	20	13	23	24	1	20		
1	18	13	18	14	13	7	20	23	21	20	7	12	20	23	20	16	25	20	23	23	20	13		

Which Way is UP?

Try to fill in the missing numbers. Use the numbers 1 through 36 to complete the equations. Each number is only used once. Each row is a math equation. Each column is a math equation. Remember that multiplication and division are performed before addition and subtraction.

	+		-		-		+		+		91
X		X		+		+		X		-	
	-		X		+		-		+		41
-		+		X		/		+		+	
	X		+		/		+		-		295
-		+		+		-		-		X	
	+		+		-		+		-		84
+		+		-		X		+		-	
	-		+		-		-		/		-45
-		-		-		+		/		-	
	/		X		+		-		+		103
314	344	49	-282	666	64						

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

Word Search: BANDS, BLOOD, CHILDREN, DESIGNS, DRUM, EATING, ENGINEERING, GIVING, HARVEST, HEALTHY, IDEAS, MARCHING, MUSIC, NOODLES, PARADE, PLANTING, SINGING, SPRING, STREET, SUNSHINE, WONDER.

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Local Happenings

DO YOU HAVE AN EVENT HAPPENING?? SEND IN THE DETAILS VIA EMAIL OR TELEPHONE—PLEASE INCLUDE CONTACT NAME &/OR NUMBER

Official Maple Tree Tapping Ceremony 2011—March 12th (first Sat. of March Break) Its that time of year again! This is the official beginning of our local Maple Syrup Season. This year the tapping is being held at Sugarstone Farm 150 Lindsay's Hill Road south of Trout Creek-follow the signs. Your Hosts Andy & Shelley Straughan will greet you at 11am with Lumber Jacks, BBQ, tours, horse & wagon rides and more all continuing until about 1:30pm - see you there!!

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

Women's Recreational Volleyball, Wed Nights 6pm-8pm at St Gregory's School. \$25/person Call Karen 724-5965

Free Computer Classes Powassan Library (to register 705-724-3618)Feb. 1, 8, 15 at 6-8 pm and Feb. 7, 14, 28 at 1:30-2:30 pm

Raising Readers Powassan Library (Parents & children) ages 2-6 Tuesdays 6:15pm-7:15pm

Yoga Classes (Beginner & Story time Yoga) Powassan Library Thurs 12-1 pm & 1:15-2:15 pm

World Day of Prayer - Friday, March 4th - 1:30pm at St. Mary's Anglican Church, 16 Memorial Park Dr, Powassan **Everyone Welcome!!**

TOPS Every Tuesday weigh-in 5:30, meetings 6:45-8pm in the lower level of Powassan Legion. For info call Donna 724-5791 or 1-800-932-8677

Line Dancing Tuesday & Thursday at 9am-10am at Golden Sunshine Club (walk-in basis \$2 charge) Contact Connie Barber 705-474-5922 for more information

Low Impact Aerobics Tuesday & Thursday 10am - 11am (walk-in basis \$2 charge)

Soup & Sandwich Last Friday of the Month - Powassan United Church 11:30am - 1pm, \$7.00

Pancake Breakfasts—EVERY SATURDAY March 12th - April 9th at the Powassan United Church 9am-Noon, Cost Adults \$7.00 Children 6-12 \$3.00 and 5 & under Free

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

The Good Lovelies in Concert at the Golden Sunshine Club Friday March 11, 8pm

Advance tickets \$20, at the door if available \$25 www.piebird.ca/goodlovelies Presented by *Piebird*

Rob Szabo in Concert at Piebird B&B in Nipissing Village Friday April 15, 8pm Advance tickets \$12, \$15 at door if available www.piebird.ca/concerts



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From the Kitchen

March is National NOODLE Month

Penne and Italian Sausage (from 1999 Milk Calendar)

- 1 lb Italian sausage
 - 1 onion chopped
 - 1 clove garlic, minced
 - 1 tsp. Italian seasoning
 - ¼ tsp. crushed red pepper, or to taste
 - 1 tbsp. cornstarch
 - 2 cups milk
 - 1 can (19oz) tomatoes, chopped (use stewed if desired)
 - ½ lb penne pasta
 - 1 cup grated Mozzarella cheese (or Monterey Jack)
- Remove sausage casings. Cut into 1" pieces. Cook in large frying pan or dutch oven until well browned on all sides. Add onion, garlic, Italian seasoning and crushed red peppers; cook until onion is tender. Stir in cornstarch. Add milk, stir until mixture comes to a boil and thickens. Add tomatoes and penne pasta. Return to boil, cover and simmer 15 minutes or until pasta is tender. Stir in cheese and serve. (Thank you Rose T. for sending this in!!)



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Rice Flour Noodles (Gluten-Free)

- | | |
|------------------------------|----------------------------------|
| ½ cup rice flour | ½ cup potato flour |
| 1/3 cup cornstarch | ½ teaspoon Salt |
| 1-2 tablespoon Vegetable Oil | Optional: 2 eggs, lightly beaten |

Sift dry ingredients into a bowl...repeat 3 - 4 times...make a well in the center and add the oil and the eggs or enough water to equal 2 eggs. Gradually draw dry ingredients from the edges of the bowl into the liquid to form a stiff dough. Use hands to knead the dough into a smooth ball. Generously dust board and rolling pin with rice flour. Roll out the dough as thin as possible. Cut into noodles. The pasta is now ready to cook or freeze uncooked for future use. Cook in boiling salted water for about 10 minutes or until al dente.

Notes: Dough is fragile and needs gentle handling. It is not suitable for use in a pasta maker. Vegetable oil is variable...add enough to make a smooth ball. Noodles require longer cooking time than wheat pasta does. food processors are not recommended in this recipes preparation. (From www.celiac.com via Amy S. Thank You!!)

Marriage means
commitment. Of course,
so does insanity.

Miltown Systems
31 King St, Powassan
705-724-9559 or
miltownsystems@live.ca



BackRoads provides advertising, stories, puzzles & items for sale for all who pass through the area. We include snip-its of fun and serious items to help you pass the time and advertising from some of our local businesses. We also have a "For Sale or Trade" section where individuals can advertise their items for sale. We hope you enjoy our "coffee-read" Let us know what you would like to see next month.

Advertising Rates
1/8 page = \$25.00
1/4 page = \$50.00
1/2 page = \$100
Full Page = \$180.00
**When you advertise for five continuous months - the 6th month (same size) is free!!

BUMPER STICKERS

- A cubicle is just a padded cell without a door.
- If at first you do succeed, try not to look astonished.
- I'm just driving this way to get you mad.
- Don't force it, get a larger hammer.
- The 2 most common elements in the universe are hydrogen and stupidity.

FOR SALE OR TRADE

This area is for individuals to place free ads of items for sale. Businesses will be allowed to advertise in this section with the purchase of a business ad.

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Truck Box—24ft x 8 1/2 approx - Good Condition—Great for Storage—Roll up backdoor and side Man door \$1800 705-752-0383

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I live in my own little world, but it's ok, they know me here.