

# BackRoads

*...connecting communities - March 2012*

March Observances ... National Chronic Fatigue Syndrome Awareness, National Craft Month, National Eye Donor Month, Small Press Month, Bell Peppers, Broccoli, Berries & Cherries & Peanut Month ... just to name a few ...

Small Press Month celebrates and promotes small publishing companies and up and coming authors. We at BackRoads would like to thank all of our readers for their support and continued interest in our little paper. Some of the funniest writing I have read had been in little papers just like this ... This snip-it proves that almost anything can make it into the paper :) ... It made me chuckle ... I'm hoping you find the humour in it as well ...

## Letter from Camp

Dear Mom,

Our scout master told us all write to our parents in case you saw the flood on TV and worried. We are OK. Only 1 of our tents and 2 sleeping bags got washed away. Luckily, none of us got drowned because we were all up on the mountain looking for Chad when it happened. Oh yes, please call Chad's mother and tell her he is OK. He can't write because of the cast.

I got to ride in one of the search & rescue jeeps. It was neat. We never would have found him in the dark if it hadn't been for the lightning.

Scoutmaster Webb got mad at Chad for going on a hike alone without telling anyone. Chad said he did tell him, but it was during the fire so he probably didn't hear him. Did you know that if you put gas on a fire, the gas can will blow up? The wet wood still didn't burn, but one of our tents did. Also some of our clothes. John is going to look weird until his hair grows back.

We will be home on Saturday if Scoutmaster Webb gets the car fixed. It wasn't his fault about the wreck. The brakes worked OK when we left. Scoutmaster Webb said with a car that old you have to expect something to break down; that's probably why he can't get insurance on it. We think it's a neat car. He doesn't care if we get it dirty, and if it's hot, sometimes he lets us ride on the tailgate. IT gets pretty hot with 10 people in a car. He let us take turns riding in the trailer until the highway patrolman stopped and talked to us.

Scoutmaster Webb is a neat guy. Don't worry, he is a good driver. In fact, he is teaching Terry how to drive. But he only lets him drive on the mountain roads where there isn't any traffic. All we ever see up there are logging trucks.

This morning all of the guys were diving off the rocks and swimming out in the lake. Scoutmaster Webb wouldn't let me because I can't swim and Chad was afraid he would sink because of his cast, so he let us take the canoe across the lake. It was great. You can still see some of the trees under the water from the flood. Scoutmaster Webb isn't crabby like some scoutmasters. He didn't even get mad about the life jackets. He has to spend a lot of time working on the car so we are trying not to cause him any trouble.

Guess what? We have all passed our first aid merit badges. When Dave dove in the lake and cut his arm, we got to see how a tourniquet works.

Also Wade and I threw up. Scoutmaster Webb said it probably was just food poisoning from the leftover chicken, he said they got sick that way with the food they ate in prison. I'm so glad he got out and became our scoutmaster. He said he sure figured out how to get things done better while he was doing time.

I have to go now. We are going into town to mail our letters and buy bullets. Don't worry about anything.

We are fine.

Love your son, Cole

P.S. How long has it been since I had a tetanus shot?

**Days to Remember in March ...**

1	*Pig Day
2	Dress in Blue Day
2	*Dr. Seuss Day
3	*I Want You To Be Happy Day
4	Daughters' and Sons' Day
7	Learn What Your Name Means Day
8	*Day for Women's Rights & International Peace
9	*Get Over It Day
10	*International Day of Awesomeness
11	*Dream 2012 Day
13	*Earmuffs Day
14	*Potato Chip Day
15	Companies That Care Day
16	*Lips Appreciation Day
17	*St. Patrick's Day
18	*Awkward Moments Day
18	*Forgive Mom and Dad Day
19	National Chocolate Caramel Day
20	*Alien Abduction Day
20	First Day of Spring
20	*Snowman Burning Day
21	Kick Butts Day
22	*International Goof-off Day
24	*National Chocolate Covered Raisins Day
26	*Make Up Your Own Holiday Day
29	*National Mom & Pop Business Owner's Day
30	*Doctors Day
31	National Love Our Children Day

**Things that make you go hmmm . . .**

- Do Lipton employees take coffee breaks?
- How do a fool and his money GET together?
- How is it that a building burns up as it burns down?
- If a train station is where the train stops, what is a workstation?
- If nothing ever sticks to Teflon, how do they make Teflon stick to the pan?
- If the pen is mightier than the sword, and a picture is worth a thousand words, how dangerous is a fax?

**Regular Features**

Days to Remember	... 02
Community Updates	... 04-05
Vic & Jay have their Say ...	... 06
Powassan Library Happenings	... 07
History from OUR BackRoads	... 08-09
Games & Puzzles	... 10-11
Local Happenings	... 14
From the Kitchen	... 15
From my side of the Road	... 16
Advertising information	... 16

**Thank you to all the businesses where you can pick up your BackRoads ....**

- Callander Legion, Callander
- Chisholm Country Market & Feed
- Chisholm Township Office, Chisholm
- Continental Barber, North Bay
- Echoes Restaurant, Powassan
- Ethel's Restaurant, Powassan
- Gerry's General Store, Restoule
- Groulx Farm Equipment, Astorville
- Hawke 'n Fox, Powassan
- Krause Farms Food & Feed, Powassan
- KUDOS Restaurant & Bar, Powassan
- Nipissing Township Office, Nipissing
- Northern Custom Tattoo & Piercing, North Bay
- Oshell's Valu-mart, Powassan
- Perron's Freshmart, Astorville
- Powassan & District Union Library, Powassan
- Powassan Hairstylists, Powassan
- Powassan Legion, Powassan
- Powassan Medical Clinic, Powassan
- Powassan United Church Bookstore, Powassan
- Serenity Paws - Pet Salon, North Bay
- Sparrows Nest, Powassan
- Stories Gas Station, Nipissing
- Trout Creek General Store, Trout Creek
- Wasi Corner Restaurant, Callander
- Wasi Garage, Callander
- Young's South Shore Centre, Nipissing

Education: that which reveals to the wise, and conceals from the stupid, the vast limits of their knowledge. ~Mark Twain



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### **POWASSAN BLOOD DONOR CLINIC at POWASSAN LEGION**

**MARCH 21, 2012 from 5pm to 7:45pm**

Every minute of every day, someone in Canada needs blood. That's why Canadian Blood Services is rallying communities across the country this winter to come together--Rally Together to Save Lives-- as a way to show that collectively, blood donations can make a positive impact on someone's life. We need the community to rally together and to continue to support the Powassan Blood Clinic. Blood is very important to each and every one of us. It's in us to give, the donation process takes approximately an hour to complete.

Walks-Ins ~ Newcomers ~ Repeat donors are ALL Welcome!!!

**WE NEED YOUR HELP! "IT'S IN YOU TO GIVE"**

**Doug Billingsley, Powassan Blood Clinic Coordinator.**

(To make an appointment please call 1 888 2 DONATE (1-888-236-6283). Booking on line available at [www.blood.ca](http://www.blood.ca) If you need to cancel your appointment for any reason please call and cancel it so another donor can be allocated your time slot.)



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## Community Updates

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

Congratulations to the volunteers of the Trout Creek Community Center and the Trout Creek Booster Club for organizing another great Winter Carnival. All your hard work and commitment showed as this year's Carnival was once again a fun filled weekend for people of all ages.

On Wednesday 14th I have been invited to speak at the regular meeting of the Trout Creek Seniors regarding Source Water Protection and Septic System Inspections. The meeting starts at 1:15pm and it will give people a chance to have their questions answered regarding the changes being proposed to the Ontario Building Code and the Municipality's position.

March 1st, 7:00pm will be the first Municipal Budget Meeting for 2012. These meetings are open to the public and resident participation is always encouraged and welcomed. If you can't make the March 1st please forward your comments to myself or any other member of Council.

The 2012 Maple Syrup Season is about to kick off. This year the Official Tree Tapping Ceremony is at Mathews Maple Syrup, 239 Ski Hill Road on March 10th at 11 am- 3pm . Come out for the ceremony, go for a sleigh ride, and enjoy some maple taffy on ice, a Matthews's tradition.

The Municipality of Powassan has taken up the challenge to increase the turnout at our local blood donor clinics. Last month I wrote about the need to donate blood through the Canadian Blood Services. The Powassan Blood Donor clinics need higher participation. The Municipality has registered as a Partner for Life with Canadian Blood Services. Regardless if you are a regular or first time donor, please register on our team and be a partner for life with us. Our Partner ID# is THEM012667. You can register at the March 21<sup>st</sup> Blood Donor Clinic being held at the Powassan Legion from 4:00 to 7:45 or go online at [www.blood.ca](http://www.blood.ca). Please every donation counts.

~Peter

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**CALLANDER Hector Lavigne, Mayor - [mayor@callander.ca](mailto:mayor@callander.ca) or call me 705-845-5010**

In last month's edition it was funny how everyone started off with comments about winter. I would say great minds think alike but I am sure there are a few out there that might disagree with that. I would like to comment on the Drummond report and the effect on municipalities. The suggestion is that bottom line ,we will get less money from the government in annual funding and a lot quicker than originally planned. They (the Gov't) suggests that the justification is the uploading of many social programs that leaves more money in the pockets of the municipalities. Certainly there has been uploading but the bulk of these funds are being swallowed up by the agencies that levy the municipalities ( DSSAB, Health Unit, Land ambulance, Home for the aged). I do not fault these agencies. They also have priorities and mandates to deliver but there has to be a way to have some of the savings, as a result of the uploads, filter down to the municipalities. It is the smoke and mirrors that upsets people. Reality is, it is the property owner in Ontario who is paying more than there fair share of health and social services.

We, local politicians, have our hands full holding the line on taxes while delivering the ever increasing demand for services. It is my belief that we can't rely on the other levels of government to sustain existing levels of funding so we need to look at new and innovative ways to get things done such as private/public partnerships in the delivery of capital projects, sharing of services with our neighbors to name a few.

~Hec



***NIPISSING Pat Haufe, Mayor - nipissingtwp@xplornet.com***

With Spring approaching, our hard-working Volunteers are starting to plan the upcoming Summer events for the Nipissing Township Museum and Recreation Committee.

Our Museum has scheduled the Opening Day for Tuesday, June 12th and we are looking forward to another successful and enriching year. Our first big celebration of the Summer season will be the Queen's Jubilee Celebration and Canada Day which is scheduled to take place on Saturday, June 30th at the Heritage Park in Nipissing Village beginning at 6 p.m. We invite everyone to come out and enjoy children's activities and games, cake, entertainment and fireworks. Please visit our website, [www.nipissingtownship.com](http://www.nipissingtownship.com), for further details.

Our Museum has also planned the annual summer events of the Strawberry Social on Sunday, July 8th beginning at 10:30 a.m. to 1:30 p.m. The Annual Yard Sale is scheduled for Saturday, July 21st from 8:00 a.m. to 2:00 p.m. The Museum Board is always looking for Yard Sale donations, please keep us in mind when doing any Spring cleaning! Museum Heritage Day is scheduled for Sunday August 19th with details to be updated via our website as the final planning takes place.

We hope everyone comes out to enjoy our events and celebrate our community with us. Please have a safe and happy wrap up to the winter season.

~Pat

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Lawrence Potts, Proprietor



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A Palindrome: RE: NO GAS IN AGE? BEWARE. Warren, old as sin, am red. Lost—or reviled—a female. (No, a hag!) Elder, it passes old lot. Fossil. Lip sags, eh? Flesh sags. Poor devil! At one, nips. A store, cafe, zoo. “Pops.” No, is elder, has gas till it's late. Menace. No bristle, few warts on nose. Hoots. Peels, eh? Park, late: talk, rap. He sleeps, too. (He's on no straw. We felt, sir: Bone. Cane. Metal.) Still, it sags. Ah! Red lesions pop, ooze. Face rots. A spine, not alive, droops. Gash self? He's (gasp) ill, is soft, old, loses sap, tired. Leg? Aha, one lame! Fade. Liver rots. Older man is sad loner, raw. Era we began is a goner.

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

We are working 'full speed' ahead on our Centennial celebrations! Did you get into the Powassan Library to see our display over February?? Do you have your calendars marked for May 5th for the Tweedsmuir Historical Evening being held at the Chisholm United Church with history displays and entertainment for all. Our main kick-off event will be on June 2nd, 2012 - with an afternoon of music, stories and displays of both history and antiques (as well as some new equipment from our Public Works). We are working on a Chisholm Centennial Cairn which will be built in an area coming into the township property (we are taking donations for this project to help with the costs - please contact me for more information). As you can see, many things have been decided and still working on a few others. Other Ideas have been brought to us and we are asking citizens who have ties to Chisholm to come forward and let us know—we are looking for displays of your memories and memorabilia. Our plans for celebrations for our 25th Anniversary of our Volunteer Firefighters is also well underway. (be sure and see our website for more information)

In other areas of the township we are making some progress as well - we have almost finished our application for the new playground funding and preparations - hoping this will be a reality by mid-summer! Work on our Strategic Plan has begun with a goal set of finishing it by end of September 2012. ... there is more going on in the - but we need something for next month too :). Have a great month!

~Leo

### Vic & Jay have their say ...

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

The spring session of the Legislature is under way and let me assure you the issues you care about in Nipissing are priority one for me. I hope you'll indulge me this month and let me talk a little bit about the Drummond report that was released last month. It's to be a blueprint for getting Ontario's finances back on track and eliminating our \$16 billion deficit. It indeed told us things were worse than we thought, and the way back to fiscal health will be much harder and painful than previously believed. In some cases, Drummond's recommendations mirror things I touted during last fall's election campaign. Others call for either major changes or total reversals of key government policies. MPPs have tough decisions ahead of them in the weeks ahead. That's why it was so wonderful to see so many come out last month to my pre-budget consultations in Mattawa and North Bay. Their input is being personally delivered to the Finance Minister for his consideration. Despite Drummond's stark outlook, our caucus will continue to push our plan to create new skilled trades jobs and re-establish a business-friendly climate to bring prosperity back to Ontario.

*~Vic*

**MP NIPISSING-TIMISKAMING, Jay Aspin** [jay.aspin@parl.gc.ca](mailto:jay.aspin@parl.gc.ca) or (705) 474-3700

The New Year is young, but already productive! Earlier this winter, I joined Nipissing MPP Vic Fedeli and local Mayors Randy McLaren, Wayne Brown, Dean Backer, Peter Murphy and Robert Corriveau in forming a Jobs and the Economy Task Force to deal with the urgent economic problems facing the Mattawa-Bonfield area - the "Group of Seven, North of 7"!

The community of Mattawa and the surrounding region have lost two forest operations and a ski hill, putting a lot of hard-working people in a difficult position. We need to pull together to find a long-term solution to job loss in the area.

Our Task Force will be working with the Mattawa Bonfield Economic Development Corporation to find a solution that works for the people who lost jobs following the closure of the Tembec property and the Mount Antoine Ski Hill. I see a lot of potential for local economic growth and I am excited to be working with a strong team of community leaders take on these challenges.

As a task force, we want to support projects that will give a boost to the local economy, promote business development and bring new opportunities for the region. I am proud to be a partner in this exciting opportunity.

*~Jay*

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## The Powassan & District Union Public Library

Visit us at 324 Clarke Street, Powassan, ON P0H1Z0

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

Monday - 10:30 - 8:00 ~ Tuesday - 10:30 - 8:00 ~ Thursday - 10:30 - 8:00

Friday - 10:30 - 6:00 ~ Saturday - 10:30 - 3:30 (Closed on Sunday & Wednesday)



The Fund-Raising Committee of the Powassan & District Union Public Library is planning three fund-raising activities for this coming year. These events will be supporting the Expansion Project to address the Library's current and future growth needs.

The first event is a Walk-A-Thon which will be held on Saturday May 5, 2012. As well, there will be a Read-A-Thon in partnership with children at our local schools. Pledge forms are available at the Library. Registration & pledges are to be submitted on the day of the Walk-A-Thon. Registration starts @ 10:30 & the Walk takes place at 11:00.

The second event, which starts July 1, 2012, is another Ticket Sales Event, as was held last fall during Library Week. Tickets will be sold @ \$2 apiece, and there will be three cash prizes (the amounts & donors have yet to be determined). The draw for the winning tickets will be held at the beginning of our third event.

Library Week is the third week of October, and on Saturday, October 20, 2012 we will be holding an Auction (site as yet to be determined, I have just made initial contacts to review the sites, and determine costs). We would ask the community to start thinking about items they would like to donate, either a "treasure" or perhaps a service they have to offer.

For further information on any of these upcoming events, please watch for updates in the BackRoads newsletter, the Library's website, or contact Linda Morrin @ 724-6430.

### What is Raising Readers?

The Raising Readers Program is a provincially funded initiative, designed to introduce the importance of reading at a young age by encouraging parents to read to their children from the time they are infants. The program runs on every Tuesday from 6:15 to about 7:00 pm. If you have any questions, would like to know more details, or want to let us know you're coming call the Library at 724-3618.

### Powassan & District Union Library Events

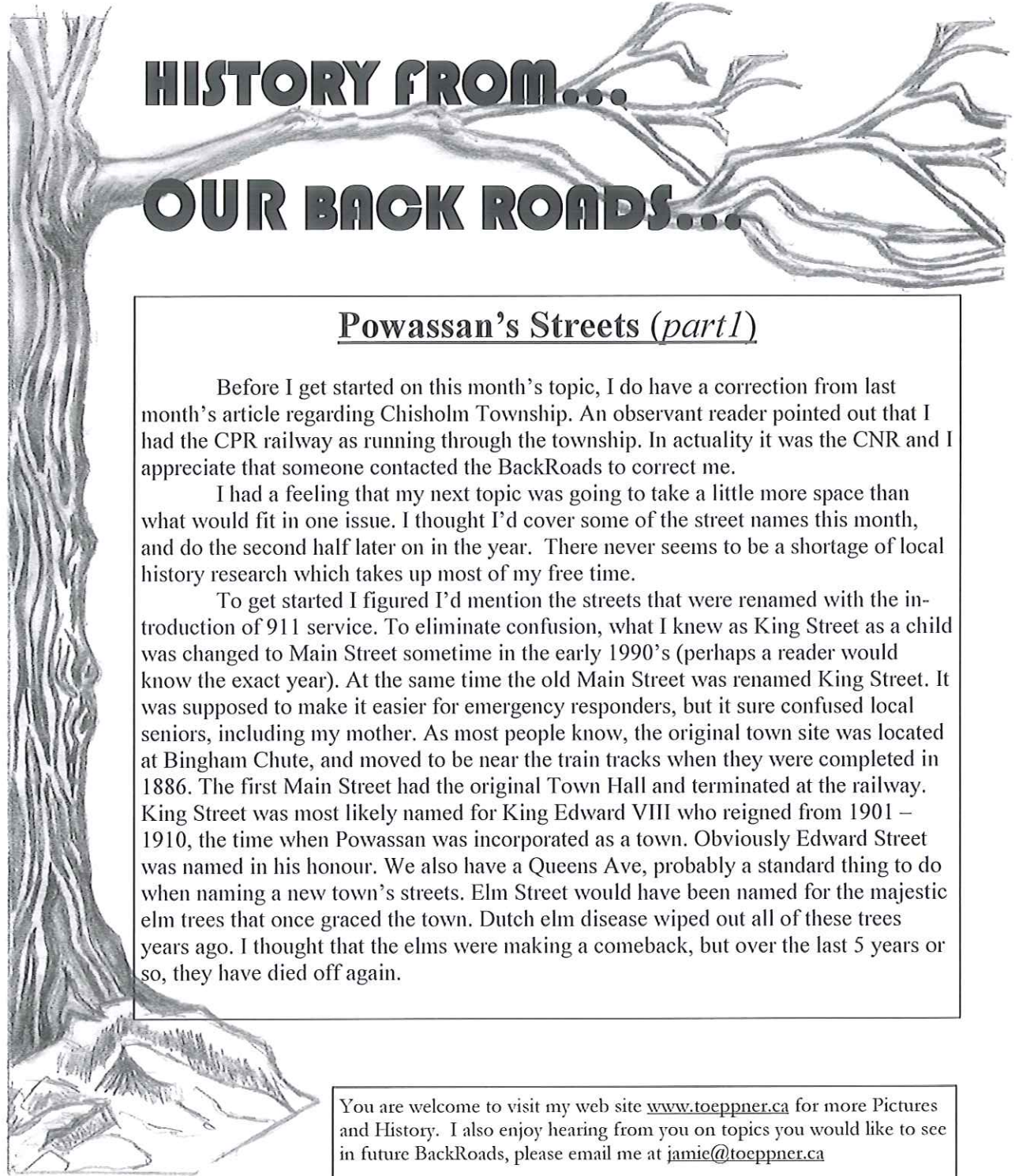
\* Thursday February 23, and the following three Thursdays (to March 15th) from 6:30 – 8:30pm, we will be hosting "The Missing Chapter: What we Didn't Learn in School" with Maurice Switzer from the Union of Ontario Indians. These sessions will provide an opportunity to grow in our understanding of First Peoples in Canada in a respectful, interactive environment. There is a \$10.00 fee for the 4 sessions, and a limit of 20 participants. To sign-up call the library at 705 724-3618, email [hmcdonnell@live.ca](mailto:hmcdonnell@live.ca), or drop into the library at 324 Clark St., Powassan. The fee paid in advance confirms your registration. For more information on the series contact Powassan United Church (co-sponsors of the event), 724-2815 or [tdjones@ontera.net](mailto:tdjones@ontera.net)

**Cybercamp:** Every Saturday, from 1:00-2:00pm kids ages 6-12 meet at the library for CYBERCAMP! In Cybercamp, kids use computers, games, and crafts to learn about a whole bunch of new things! This program is free -- just drop in and join the fun!

### DID YOU KNOW?!

The Library has seven computers with high speed internet connections, all available during Library Hours. There are also four printers for printing colour and black & white, as well as two scanners. Black and White pages are \$.30 and colour prints are \$2.00 each. The use of the scanners is free.

All computers have Microsoft Office and Internet Explorer. Two computers are available in the kid's section that have a variety of children's games to occupy the young ones. One of these is a Early Literacy Station, equipped with a touch-screen, and entertaining educational games designed to build literacy and numeracy skills in children. The games are intended for children from 2-10 years old. (Remember, before using our computers, visitors to the library must agree to abide by the rules in our Internet Policy. )



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

## Powassan's Streets (part 1)

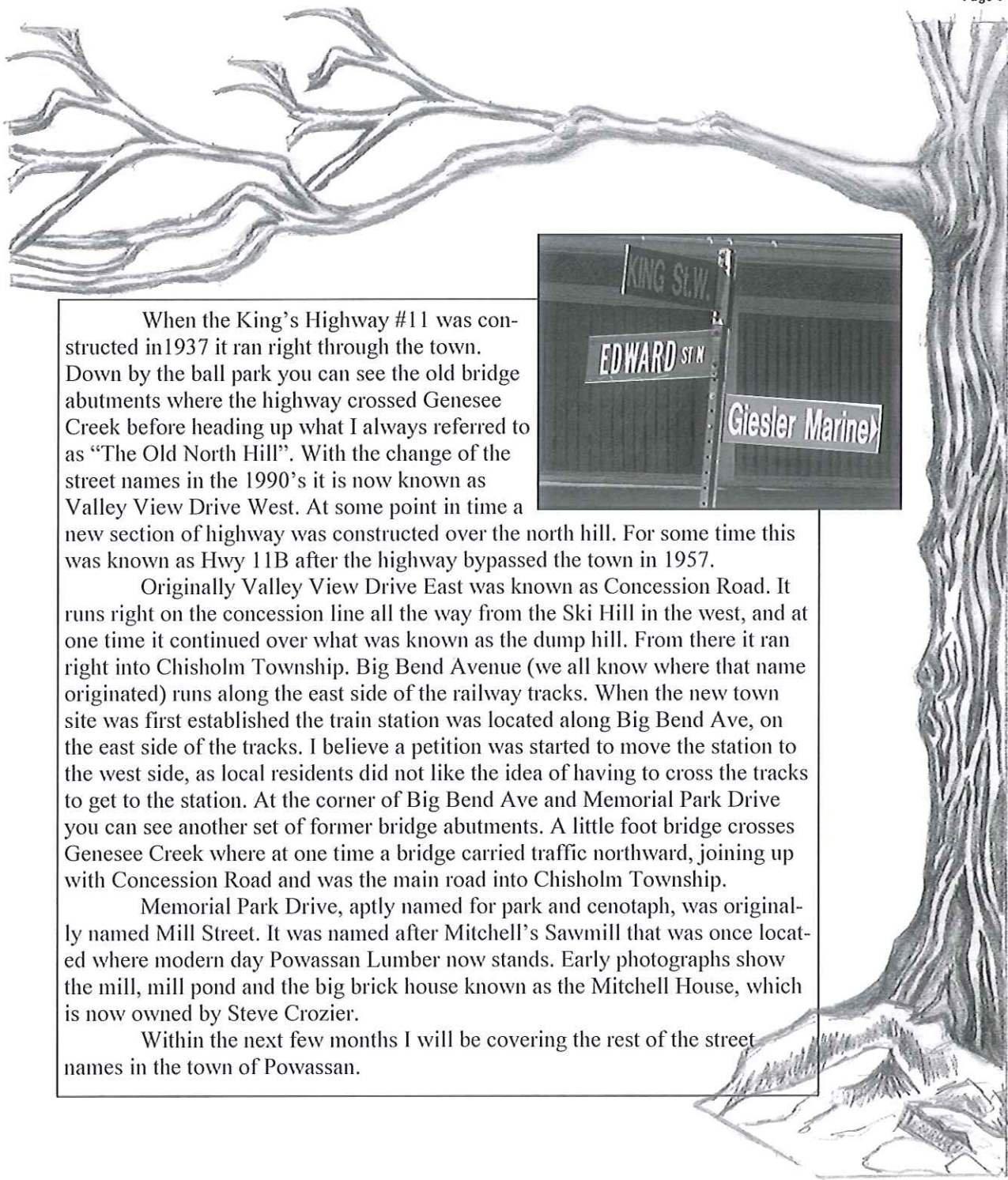
Before I get started on this month's topic, I do have a correction from last month's article regarding Chisholm Township. An observant reader pointed out that I had the CPR railway as running through the township. In actuality it was the CNR and I appreciate that someone contacted the BackRoads to correct me.

I had a feeling that my next topic was going to take a little more space than what would fit in one issue. I thought I'd cover some of the street names this month, and do the second half later on in the year. There never seems to be a shortage of local history research which takes up most of my free time.

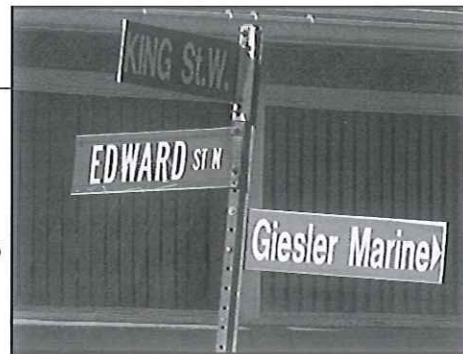
To get started I figured I'd mention the streets that were renamed with the introduction of 911 service. To eliminate confusion, what I knew as King Street as a child was changed to Main Street sometime in the early 1990's (perhaps a reader would know the exact year). At the same time the old Main Street was renamed King Street. It was supposed to make it easier for emergency responders, but it sure confused local seniors, including my mother. As most people know, the original town site was located at Bingham Chute, and moved to be near the train tracks when they were completed in 1886. The first Main Street had the original Town Hall and terminated at the railway. King Street was most likely named for King Edward VIII who reigned from 1901 – 1910, the time when Powassan was incorporated as a town. Obviously Edward Street was named in his honour. We also have a Queens Ave, probably a standard thing to do when naming a new town's streets. Elm Street would have been named for the majestic elm trees that once graced the town. Dutch elm disease wiped out all of these trees years ago. I thought that the elms were making a comeback, but over the last 5 years or so, they have died off again.

You are welcome to visit my web site [www.toeppner.ca](http://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 [jamic@toeppner.ca](mailto:jamic@toeppner.ca)





When the King's Highway #11 was constructed in 1937 it ran right through the town. Down by the ball park you can see the old bridge abutments where the highway crossed Genesee Creek before heading up what I always referred to as "The Old North Hill". With the change of the street names in the 1990's it is now known as Valley View Drive West. At some point in time a



new section of highway was constructed over the north hill. For some time this was known as Hwy 11B after the highway bypassed the town in 1957.

Originally Valley View Drive East was known as Concession Road. It runs right on the concession line all the way from the Ski Hill in the west, and at one time it continued over what was known as the dump hill. From there it ran right into Chisholm Township. Big Bend Avenue (we all know where that name originated) runs along the east side of the railway tracks. When the new town site was first established the train station was located along Big Bend Ave, on the east side of the tracks. I believe a petition was started to move the station to the west side, as local residents did not like the idea of having to cross the tracks to get to the station. At the corner of Big Bend Ave and Memorial Park Drive you can see another set of former bridge abutments. A little foot bridge crosses Genesee Creek where at one time a bridge carried traffic northward, joining up with Concession Road and was the main road into Chisholm Township.

Memorial Park Drive, aptly named for park and cenotaph, was originally named Mill Street. It was named after Mitchell's Sawmill that was once located where modern day Powassan Lumber now stands. Early photographs show the mill, mill pond and the big brick house known as the Mitchell House, which is now owned by Steve Crozier.

Within the next few months I will be covering the rest of the street names in the town of Powassan.

**Game Pages**

Last Month's Sudoku Answer

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

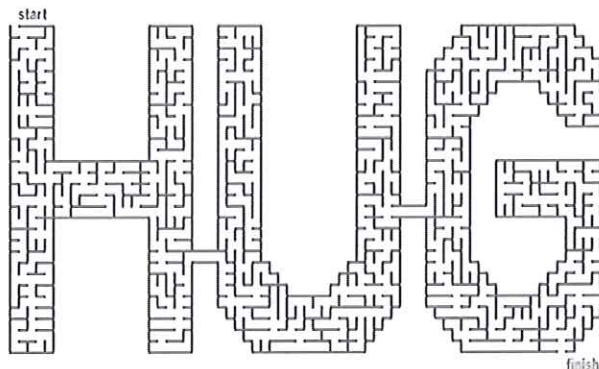
March 2012 Sudoku

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



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**March is National Craft Month!** What a terrific reason to celebrate! For those of us who love to craft, vow to try a new crafting technique during National Craft Month; or perhaps you can teach someone how to do your favorite craft. I think National Craft Month can also be the perfect excuse to pull all those half-finished projects out of their hiding places and get them done. For those who don't make crafts, what better reason to start crafting? Crafting has many benefits; it can help reduce stress, bring families closer together, and you can learn new skills also! go to this website to get some ideas of some new crafts you can try over March Break!!  
[www.familycrafts.about.com/od/craftstechniques101/a/National\\_Craft\\_Month.htm](http://www.familycrafts.about.com/od/craftstechniques101/a/National_Craft_Month.htm)

Interviewer: Do you think you can handle a variety of work?  
 Candidate: Yes I think so, I have worked in 10 different places in the last 3 months.  
 \*\*\*\*\*  
 Employee: I got to have a salary increase. Three other companies are after me.  
 Boss: Really? Which are the three companies?  
 Employee: The electric company, the telephone company and the gas company.





### Chronic Fatigue Syndrome or Myalgic Encephalomyelitis

By Catherine Seton, MD and Lori Montgomery, MD, CCFP

**Introduction:** Chronic Fatigue Syndrome and Myalgic Encephalomyelitis (say: my-AL-jic en-sef-uh-loh-may-ug-LAHY-tis) are terms used in place of each other. In Canada, this complex, often debilitating medical disorder is known as ME/CFS. In 2003, Health Canada wrote a clinical case definition of ME/CFS. It is: "an acquired illness that affects all body systems, predominantly (mostly) the neurological, endocrine, and immune systems." ME/CFS is grouped with neurological diseases in the WHO International Classification of Diseases. It is very poorly understood by patients, health care professionals, and researchers.

**Causes:** We think that about 20,000 to 30,000 Canadians have ME/CFS. These numbers may not be accurate, partly because many people do not see a doctor for their symptoms. Another problem is that some people think they have ME/CFS, but have never been tested for some of the things that cause similar symptoms, like infection, diabetes, or thyroid disease.

Some researchers now believe that ME/CFS happens in people who are genetically predisposed to have the disease, although others have shown evidence that a viral infection of some kind or an impaired immune system might be the reason for it. When these people are exposed to a trigger event such as infection, traumatic injury, emotional trauma, hormonal change, or chemical exposure, their body's ability to cope with physiologic stress is impaired.

**Signs and symptoms:** This abnormal stress response, plus the wear and tear on the body from the trigger event, is thought to cause the wide range of symptoms that may occur such as:

sudden onset of lasting, severe fatigue that severely reduces the patient's activity level; may combine extreme tiredness, weakness, exhaustion, heaviness, and slowed response time; feeling very tired, lasting more than 24 hours after very little physical or mental work non-restorative sleep (sleep after which they do not feel rested); muscle pain that moves around, sometimes without a clear reason; joint pain without redness or swelling; headache; impaired memory or concentration; recurrent sore throat; tender lymph nodes: most often at sides of neck and under arms; feeling dizzy or weak upon standing; not tolerant to heat or cold; sensitive to light, noise, odors; new sensitivities to food/medicines/chemicals; gastrointestinal problems such as irritable bowel syndrome

**Education:** When a clear diagnosis is made, one of the most important parts of treatment is to educate the patient, family, friends, co-workers, and employers about what having the disease means to the person's life. Many health care providers still doubt that this condition is a distinct disease. Patients will therefore find speaking with those providers difficult unless armed with enough information. It is also important that the patient have a good therapeutic alliance with a health professional that is educated about ME/CFS.

(To find out more about this disease and to read more of this article please see:  
[www.prc.canadianpaincoalition.ca/en/chronic\\_fatigue\\_syndrome.html](http://www.prc.canadianpaincoalition.ca/en/chronic_fatigue_syndrome.html) and  
[www.prc.canadianpaincoalition.ca/en/chronic\\_fatigue\\_syndrome.html](http://www.prc.canadianpaincoalition.ca/en/chronic_fatigue_syndrome.html) )

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### Fun Facts about Peanuts ...

- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- There are enough peanuts in one acre to make 30,000 peanut butter sandwiches.
- In 1884, Marcellus Gilmore Edson of Montreal, Quebec was the first person to patent peanut butter.
- Peanut butter was first introduced to the USA in 1904 at the Universal Exposition in St. Louis by C.H. Sumner, who sold \$705.11 of the "new treat" at his concession stand.
- Dr. John Harvey Kellogg, a physician wanting to help patients eat more plant-based protein, patented his procedure for making peanut butter in 1895.
- Adrian Finch of Australia holds the Guinness World Record for peanut throwing, launching the lovable legume 111 feet and 10 inches in 1999 to claim the record.
- Peanut butter was the secret behind "Mr. Ed," TV's talking horse.
- Arachibutyrophobia is the fear of getting peanut butter stuck to the roof of your mouth.
- Ever wonder where the term "Peanut Gallery" comes from? The term became popular in the late 19th century and referred to the rear or uppermost seats in a theater, which were also the cheapest seats. People seated in such a gallery were able to throw peanuts, a common food at theaters, at those seated below them. It also applied to the first row of seats in a movie theater, for the occupants of those seats could throw peanuts at the stage, stating their displeasure with the performance.

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- A TV can insult your intelligence, but nothing rubs it in like a computer.
- The voices in my head may not be real, but they have some good ideas!
- I have great faith in fools; self-confidence my friends call it.
- A computer once beat me at chess, but it was no match for me at kick boxing.

To help with Awareness of National Eye Donor Month we at BackRoads thought you might like some information on the organization for ALL organ donations ... Trillium Gift of Life Network was created in December 2000 by the Ontario Government and assumed the role of Ontario's central organ and tissue donation agency with the challenge to significantly increase organ and tissue donation across the province and improve related processes and functions. As outlined by the Trillium Gift of Life Network Act, the Network's mandate includes:

- Plan, promote, coordinate and support activities relating to the donation of organs and tissue for transplant.
- Coordinate and support the work of designated facilities in connection with organ and tissue donation and transplant.
- Manage the procurement, distribution and delivery of organs and tissue.
- Establish and manage waiting lists for organ and tissue transplants and establish and manage a system of fair allocation.
- Undertake to ensure that patients and their families have appropriate information and opportunities to consider whether to consent to the donation of organs and tissue and facilitate the provision of that information.

Provide education to the public and to the health care community about organ and tissue donation and facilitate the provision of such education by others.

To find out more about Donating your Organs please go to [www.giftoflife.on.ca](http://www.giftoflife.on.ca)

## Local Happenings (Also see Page 10 for Library Events!)

**MARCH 4TH AT 7pm** POWASSAN WESLEYAN CHURCH presents a movie night. This Sunday we will be screening "Apocalypse, Caught in the Eye of the Storm. The first in a series of four end time movies by Peter & Paul Lalonde. All are Welcome! For more information call 705-724-3818

**Friday Night Dine In and Entertainment** Callander Legion has the following evenings planned for only \$9.00 per person. All are welcome!

March 2	Roast Chicken	Entertainment: Julie McCorrie
March 9	Schnitzel	Entertainment: Victor John
March 16	Roast Beef	Entertainment: Back in Tyme
March 23	Fish & Chips	Entertainment: Rebecca
March 30	Spaghetti	Entertainment: Back in Tyme

**March 9th - The Powassan Legion is hosting a Pasta Supper** with homemade meat sauce, garlic bread, Caesar Salad, dessert, tea/coffee. Serving starts @ 5:30 pm. Everyone is welcome. Reservations recommended. For more information and to place reservations, phone the Legion at 705-724-2235

**March 11th - The Powassan Legion is hosting a Crib-4-Bucks Tournament.** \$20.00 per team. Registration starts @ 12:00 noon, Games start @ 1:00 PM. Kitchen opens @ 12:00 noon. Everyone is welcome. For more information, please phone the Legion at 705-724-2235

**March 17th, 2012 Callander Legion Presents Granny Franny's Corned Beef & Cabbage**

Dinner: Corned Beef, Cabbage, Potatoes, dessert, tea & coffee \$10 - served 4 - 6pm Music by: Rebecca 2 - 6pm For tickets call: 705.752.1322 for more info

**Mixed Curling Bonspiel** Mar 9 - Mar 11 at Powassan Curling Club. Starts at 7pm on Friday night and 9am in the mornings on Saturday & Sunday - all are welcome to come and cheer the teams on! Call Gerry Giesler to enter team (705)493-4054.

**March 23rd - The Powassan Legion's Friday Night supper** will be a Chicken Pot Pie, Mashed potatoes, salad, veggies, dessert, tea/coffee. Everyone is welcome. Reservations recommended. For more information and to place reservations, phone the Legion at 705-724-2235

**March 25th - The Powassan Legion** will be holding the **Annual Tammy Byers Dart Tournament.** Registration starts at 10:00 am, play starts at 11:00 am. Registration fee is \$40.00 per 4 player team. Kitchen opens at 10:00 am.

**The "First Tapping Ceremony"** for the Powassan Maple Syrup festival is **Saturday, March 10th** from 11 am- 3pm at Matthews Maple Syrup, 239 Ski Hill Rd., Powassan. At 1 pm. Powassan's Town Crier will hearken the awakening of the forest, and the dignitaries will officially tap their tree. As is tradition at Matthews, we will be offering taffy on ice. The Powassan Lions will BBQ hot dogs and sausage. Weather permitting; there will be horse drawn sleigh rides in the sugar bush.

**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

**TOPS** Tuesday weigh-in 5:30, meetings 6:45-7:30pm Lower level of Powassan Legion. For info 724-5791

**Line Dancing** Golden Sunshine Club 9am-10am (walk-in basis \$2 charge) Contact Connie 705-474-5922

**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! We need the events by the 20th of the month to list in the next issue Reach us at 705-752-0383 or [miltownsystems@live.ca](mailto:miltownsystems@live.ca)

**Oven Spill.** When you have a spill in your oven, sprinkle some salt on it right away. Then when the oven cools wipe it off. This works great!



From the Kitchen March is the month of ...  
Bell Peppers, Broccoli, Berries & Cherries, and Peanut Month

**Lesco**

Serve this Hungarian stew, colourful with Ontario tomatoes and peppers, over rice or noodles for a quick family meal. For a spicier taste, substitute some hot Ontario peppers.

**Preparation Time: 10 minutes**

**Cooking Time: 15 minutes Servings: 4 to 6**

**Ingredients:**

2 tbsp (25 mL) vegetable oil  
 1 large Ontario Onion, halved and sliced  
 4 Ontario Tomatoes, chopped  
 2 Ontario Sweet Green Peppers, sliced  
 1 clove Ontario Garlic, crushed  
 1 tsp (5 mL) paprika  
 8 oz (250 g) smoked sausage, chopped

**Preparation:**

In large saucepan or Dutch oven, heat oil over medium-high heat. Stir in onion; cook, covered, until softened, about 5 minutes. Stir in tomatoes, green peppers, garlic, paprika and smoked sausage; simmer, covered, for about 10 minutes or until vegetables are tender. (found at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca))

**Broccoli Pesto Sauce**

Easy to make using fresh Ontario Broccoli, this zesty sauce is perfect for pasta. **Preparation Time: 15 minutes** **Cooking Time: 4-5 minutes**  
**Servings: makes 2-1/2 cups (625 mL)**

**Ingredients:**

3 cups (750 mL) cut-up Ontario Broccoli florets and stems  
 2 cloves Ontario Garlic  
 1/3 cup (75 mL) slivered almonds or pine nuts  
 3 tbsp (45 mL) olive oil  
 1/4 cup (50 mL) chopped fresh Ontario Basil or 1 tbsp (15 mL) dried basil  
 1/3 cup (75 mL) grated Ontario Parmesan Cheese

**Preparation:**

In medium saucepan, cook broccoli in boiling water 4 to 5 minutes or until crisp-tender; drain and cool. In a food processor or blender, combine broccoli, garlic, almonds, oil and basil. Process until coarsely chopped. Add cheese; process until well mixed. **Serving Tip:** Toss Broccoli Pesto with hot cooked pasta and sprinkle with shaved Ontario Parmesan cheese, if desired. (found at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca))

**Cherry Berry Brown Betty**

When you're looking for a dessert that's easily portable, this one's ideal. Combining the fruits of summer with the goodness of oatmeal and spice, it's delicious as is or topped with a dollop of whipped cream.

**Preparation Time: 15 minutes**

**Cooking Time: 30 minutes**

**Servings: 24 squares**

**Ingredients:**

2 cups (500 mL) large flake rolled oats, traditional style  
 2 cups (500 mL) all-purpose flour  
 1 1/2 cups (375 mL) packed brown sugar  
 2 tsp (10 mL) cinnamon  
 1/2 tsp (2 mL) baking soda  
 1/2 tsp (2 mL) nutmeg  
 1/4 tsp (1 mL) salt  
 1 cup (250 mL) butter, at room temperature  
 2 tbsp (25 mL) lemon juice  
 2 tbsp (25 mL) each of cornstarch and granulated sugar  
 3 cups (750 mL) pitted Ontario Cherries  
 2 cups (500 mL) Ontario Blueberries or Raspberries or combination of both

**Preparation:**

Lightly butter 13 x 9 inch (3.5 L) baking dish. In large bowl, stir together rolled oats, flour, brown sugar, cinnamon, baking soda, nutmeg and salt. Using your fingers, add butter to flour mixture and crumble until well blended. Firmly pat two-thirds of the oat mixture into bottom of prepared dish. In medium bowl, stir together lemon juice, cornstarch and sugar until cornstarch is dissolved. Add cherries and berries; toss until evenly coated. Pour over oat mixture in pan. Sprinkle with remaining oat mixture. Bake in 350°F (180°C) oven 30 to 35 minutes or until topping is golden and a little crisp. Cool completely, then cut into squares. (Best served the same day, as juices from fruit may make base a little soggy.) (found at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca))



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**Bumper Stickers**

- \* Cover me!! I'm Changing Lanes
- \* Time is the best teacher; Unfortunately it kills all it's students.
- \* Pride is what we have. Vanity is what others have.
- \* Warning: Dates in Calendar are closer than they appear.
- \* Give me ambiguity or give me something else.
- \* According to my calculations the problem doesn't exist.
- \* Why is 'abbreviation' such a long word?

***... from my side of the Road***

So March is upon us – a month of maybes ... maybe snow – maybe rain – maybe spring ... maybe more winter ... Maybes. In this neck of the woods it's also Tax time ... and Maple Syrup time ... and Budget time ... well some of those are fun ... some – not so much. I'm wondering what time it is for many of my readers ... time to get started on some of those New Year's resolutions? Time to start some inside projects – that were to be finished before Christmas? Time to make a list of things that need done once the snow is gone? Time to take a vacation? Whatever time it is for you – hope you are able to get off that procrastination couch and getting it done ... started ... finished ... March is the start of a new season but it's also a time that I notice two traffic issues that seem to get under my skin more and more. I feel that, as editor, it is okay for me to rant a bit ... so here goes ... the brave riders of bicycles who face the cold and slush – good for you! ... but there are some in your group who still do not think themselves as part of the law abiding public ... and who continue to ignore stop signs and road rules. So ... if this is you ... remember ... when you are riding your bicycle on the streets and roadways you are bound by the rules of the road – you are required to stop at all Stop signs and you are required to use signals when turning ... did you know that there used to be (and I'm thinking still is) a traffic law that said if you were driving a “wheeled” mode of transportation you had to come to a complete stop at all Stop signs (this included carriages and strollers) and if you didn't you would lose points on your driver's license? While I'm ranting ... let me move to those on the road that insist on using their bright light setting on their headlights (lets not forget those who have extra unneeded running lights). Being one of the many that suffer from night blindness - one who finds bright lights blinding ... I would like to let you know ... that when you are driving on a divided highway ... although it is divided you are still coming up on to traffic heading in the other direction .... We can still see you and Your lights are still blinding - Please turn them down :) I'm not naïve to think that this will stop some of you from making the choices you do ... but maybe it will make one or two of you think again when pedalling through a stop sign when the roads are icy or slippery and I am having problems stopping before I hit you ... or when you are on a highway or back road with the bright lights on to see deer ... maybe ... just maybe you will think about the other people on the road and how they are just as hopeful to get home without injury as you are. Rant is over ... So whether you are hoping for more spring or maybe more snow – may March keep you happy and healthy ... From my side of the road to yours, God Bless .... Teresa