

BackRoads

...connecting communities - May 2011

May is ...Arthritis Awareness Month, ALS Awareness Month, Healthy Vision Month, National Barbeque Month, National Salad Month, National Salsa Month, Fibromyalgia Education & Awareness Month and Creative Beginnings Month ... just to name a few ...

THE MOTHERS DAY STORY The story of Mothers Day is a long one. It is neither a recent phenomenon as many people believe it to be. Nor it is the creation of card and gift marketers syndicate as assumed by cynics of Mothers Day festival. To the surprise of lot many people Mothers Day celebrations are first said to have taken place in the time of ancient Greeks and Romans hundreds of years ago. Even Mothers Day celebrations in UK began much before the tradition saw the light of the day in US. In US the efforts of Ms. Julia Ward Howe and Ms. Anna Jarvis are greatly recognised for starting the tradition of Mothers Day but several other women too made remarkable contribution to further the cause of Mothers Day holiday.

Today Mothers Day is celebrated in more than 46 countries around the world though at different times in the month of May and in some countries it is celebrated in entirely different times of the year. In the present time Mothers Day has come to be internationally recognized as the day to honour all mothers and thank them for the services they impart for the benefit of their individual child and consequently to the development of mankind. ... If you haven't taken the time today - Please thank your Mom, where ever she may be. (taken from www.mothersdaycelebration.com)

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Palindromes is a word or sentence that reads the same forward as it does backward
* Was it a car or a cat I saw? * Step on no pets * No lemon, no melon * Rise to vote, sir.

Days to Remember

- Free Comic Book Day: 1
- Mother Goose Day: 1
- Garden Meditation Day: 3
- Lumpy Rug Day: 3
- Cartoonists Day: 5
- National Day of Prayer: 5
- No Diet Day: 6
- No Homework Day: 6
- National Babysitter's Day: 7
- National Scrapbooking Day: 7 (First Saturday)
- No Socks Day: 8
- Mother's Day: 8
- Accountant's Day or Accounting Day: 9
- Eat What You Want Day: 11
- Limerick Day: 12
- National Nutty Fudge Day: 12
- Frog Jumping Day: 13
- National Chicken Dance Day: 14
- International Day of Families: 15
- National Chocolate Chip Day: 15
- Victoria Day: 16
- World Telecommunications Day: 17
- National Employee Health & Fitness Day: 18
- National Bike to Work Day: 20
- Neighbour Day: 22
- Brother's Day: 24
- Cookie Monster's Birthday: 25
- Rural Life Sunday Day: 29

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For You Mom

By mortisha

For all the times you have been there

From the day that I was born

You gave me the courage

You kept me safe and warm

You taught me to be faithful

So loving and so true

Whenever I am lonely, Mom

My thoughts come back to you

Even when I am with you

I know how proud I am

To have you as my mother

It was part of God's great plan

You call just to say hello

Send me notes to say you care

And when we get together

Special moments we can share.

DID YOU KNOW

- The common goldfish is the only animal that can see both infra-red and ultra-violet light.
- The pupil of an octopus' eye is rectangular.
- Camel's milk does not curdle.
- Hamsters love to eat crickets
- It takes a lobster approximately seven years to grow to be one pound.

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net Despite the weather the Powassan and area Maple Syrup Festival once again was a great success. A special thank you goes out to all the volunteers for putting on a wonderful event.

The Council of the Municipality of Powassan is very pleased to announce that Maureen Lang has accepted the promotion to Clerk – Treasurer on a full time basis. When our CAO – Clerk resigned in February the Council decided to take the opportunity to review our staffing needs. Council felt that we needed to make sure we moved forward with the right person and the right operational structure. Council asked Maureen to take on the additional duties of the Clerk giving Council time to make a decision. Over the last two months the entire Council just could not ignore the exceptional job Maureen has been doing. Maureen's performance made Council's decision easy. Congratulations Maureen.

The Council of the Municipality of Powassan have passed the 2011 Operating Budget. This year there will be a 2.45% decrease to the Residential Tax Rate. This decrease will help offset the average 6.2% property assessment increase we are receiving for 2011 from MPAC. For 2011 the average residential increase will be 3.75%. With a \$100,000 increase for police services, the equivalent to an overall four percent increase to the residential tax rate, we had to move a lot of money around and find ways to cut spending without reducing services. In 2011 we added a onetime \$90,000 increase to the Trout Creek community Center Board Budget. This money will go towards a fire alarm and other items required to bring the building up to fire code.

One of the highlights of the 2011 budget was the co-operation Council received from our Fire Department. We were able to restructure the Fire Department's Budget moving \$40,000 into reserves for future capital equipment purchases, with only a \$2,000 increase.

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Chisholm - We are planning our annual Yard Sale Day in Chisholm scheduled for June 11th - final preparations will be discussed on May 4th at 7pm at the Chisholm Township office. We are planning a BBQ for those who are taking part. Be sure to register your address by June 3rd to get on our Yard Sale Map!!

www.chisholm.ca Councillor, Teresa Miller



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... from my side of the Road

I was sitting on the back deck the last week of April (in my winter coat & mittens) and hearing those early sounds of spring coming from our ``wetlands`` beside our pond - my how those frogs croaking and the birds singing bring a feeling of renewal to one who is feeling a bit over-run these days. As most of you know I'm knee deep in tax returns this time of year - but although I am busy I wanted to take a few minutes out and just clear my head of numbers. Thinking of the month ahead and all the little jobs that need done before the planting is even thought about. Gardening is something I enjoy - it's the weeding that I'm not fond of. I try to keep it under control - but there is always one flower bed that seems to get the better of me and by the end of the season I'm yanking out anything that doesn't have a flower ...I can still hear my Mom trying to teach me when I was younger - my how patient she was when I pulled out her flowers and not the weeds :) Let's move on to a more fun pastime - Yard Sales and Flea Markets ... now there's a sport. Most of us have 1 or 2 days off from work every week, and what do we do with that time away from work - we get up earlier than the birds ... pour our ``coffee-to-go`` ... and get in our vehicles (bags and boxes in the back seat ... In case we find `something` good). Our right hand buddy is in the passenger seat with the area sales all mapped out so we don't miss any... and venture out for the morning to find that treasure we have been searching for. A time more of bonding, venting and laughing and not really about shopping. Yes we have lots to do in the upcoming months ... making a mental note to make a list ... better get back to the numbers ... Enjoy the sunshine everyone—SPRING is FINALLY HERE! ... that's how I see it from "my side of the road" ... Teresa

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Fibromyalgia Education & Awareness Month ...

Fibromyalgia (fi-bro-my-AL-ja) syndrome (FMS) produces chronic body-wide pain, which migrates and can be felt from head to toe.

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. "Tender points" refers to tenderness that occurs in precise, localized areas, particularly in the neck, spine, shoulders, and hips. People with this syndrome may also experience sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, cognitive problems ("foggy mind") and other symptoms. Careful research in London Ontario in 1997 suggests the adult Fibromyalgia population percentage was a minimum 3.3%. Since then, it seems there are more cases of children being reported, which the study did not include. The higher estimate for Canada would be about 5%, but there is little research, and a need for more. Canada has more than 1 million FM & CFS patients, as many as 1.5 million Canadians. A city with 1 million people will have between 33,000 and 50,000 people with this illness. It is the type of illness that affects the whole family, so the number of 'directly affected' people rises quickly. These illnesses are different experiences for different people. Sometimes the illness hits quick and hard, in other cases it comes on slowly. There is no definitive test yet for the illness, so at best the diagnosis by process of elimination. Because of this and because the world has only really begun to take note of the illnesses in the past decade, many physicians haven't learned much about them, nor stayed up to date. This means the onset of the illness can be a trial in itself. Consider awaking one day in an otherwise good life to have the symptoms of a bad flu - aches, fatigue, depressed immune system, and a cognitive fog. You expect it to go away soon and may take a few days off work. Welcome to a chronic illness. This isn't going away. After a week you seek advice and for most patients this begins a process where many of the physicians you consult will tell you it's in your head, there's nothing wrong with you. What's the take-home message for your employer and family? That's when relationships with employers and family often begin to fall apart. This illness might be fair game for suspicion if only 10,000 had it, but 1,000,000 - 1,500,000? Something very real is going on. Unfortunately this situation has led to most patients being misdiagnosed and given the wrong medication. A definitive test would change this situation, but more compassion is needed, and more education. Fighting loss of employment, the break-up of relationships, and facing disbelief from physicians is not the recommended situation for coping with FM & CFS. The onset of the illness is traumatic and can be depressing, which doesn't help. Imagine your life suddenly changing like this. (From FM-CFS Canada for more information please see the site we used www.fm-cfs.ca)



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HISTORY FROM...

OUR BACK ROADS...

The most fascinating thing about writing a history article, is reading what has already been recorded. A few months back I found a copy of Everett Kirton's book "History of Northern Parry Sound District" at an antique show. I had seen the book before, read a few pages, but never realized how much information it contained. Once I started reading the book, I could not put it down. The book was written in 1962 (the year I was born) and contains so much information on early life in the area.

Everett was born in 1894 in the Loring area. As a young child, he spent many hours sitting and listening to the stories from the old men of the area. He enjoyed hearing these stories more than playing with children of his own age. It must have been interesting, hearing firsthand, how they immigrated to Ontario to make a home in this unsettled area. Everett worked much of his life for the Department of Lands and Forests and lived in Powassan in his later life.

The first part of the book talks about the early logging companies that ventured up the French and Pickerel Rivers to establish lumber camps. Tote-roads were built from these camps to give access to the timber rich lands. With so much logging history, Everett wrote a second book in 1977 called "Logging in Parry Sound District". Along with the lumber camps came the merchants to supply goods, and other trades like blacksmiths and tailors to provide the basic necessities of the time. Farmers did their part to provide fresh meat, milk and eggs, as well as oats to make flour for bread.

THE PIONEERS

I love to hear the pioneers
Tell of their days of yore,
And why he left his native land
To seek another shore

To brave the breeze where forest trees
Were almost hid with snow,
And there to build his cabin home
Some eighty years ago.

Where wolves and bears in packs and pairs,
And other beast of pray,
Prowled round their shanty every night,
Where Indians prowled by day.

Men risked their lives, their wee-suns and wives,
As I will try to show,
While clearing up this wilderness
Some eighty years ago.

At times it is difficult to read of the hardships, young men trying to provide for their families. I quote "The first year or two of their occupancy were the worst as the settlers did not have enough land cleared to grow sufficient to feed themselves. Many eked out a precarious existence on the few turnips they grew and the deer they shot or snared and the fish they caught". As tough as it was many became self-sufficient; growing crops, keeping livestock and raising their children.

If you would like to read Everett's book, it is available at the Powassan Library 971.315 KIR. I am sure you will find it as interesting as I did. At the beginning of the book there is the poem (printed on the right) that I thought you would enjoy reading. (I am not sure if Everett wrote it, or if he adapted it.)

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

Game Pages

TIC TAC TOE

Try to Fill in the Blanks The missing numbers are integers between 0 and 50. 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.

TIC TAC TOE—April 2011 Solution

										296
0	41	33	46	40	29	28	30	13	29	289
2	1	8	11	45	32	38	26	50	32	245
34	13	21	22	13	6	18	45	44	38	254
3	40	39	13	28	34	19	19	23	17	235
39	37	0	29	3	12	19	21	32	49	241
0	44	21	34	10	15	9	9	13	16	171
22	14	4	1	1	28	33	42	2	12	159
5	23	44	48	17	21	50	50	4	28	290
47	40	39	15	33	2	20	21	28	29	274
46	28	9	16	47	48	43	41	17	2	297
198	281	218	235	237	227	277	304	226	252	166

MAY 2011

										227
5	30	39		11	29	48	12	25	47	255
48		1	32	26		48		13	39	291
31	31	23			29	48	28	13	22	264
32	39	8		22	2	31	39	6	47	264
26	46	0	38		3	25	8	44	24	255
13			34	39	15	17	29	44	26	271
13	44	41	6	3	37		22	28	10	243
	15	7	13	24	10		38	1	44	178
13	29	12	41	14	46	16	23	49	11	254
	42	39		43	11	37	9	18	41	311
218	317	212	269	251	225	322	220	241	311	318

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

10 25 13 1 18 16 23 24 3 3 20 13 5 25 5 7 20 19 25 2 13 21

7 1 25 7 23 20 19 25 19 13 18 19 25 21 20 21 16 3 16 2 13 25 9

17 7 10 21 20 19 25 8 16 15 5 25 1 20 13 21 8 24 2 25

3 7 11 25 5 13 3 9 2 25 9 10 11 25 2 5 7 1 20

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: **"There's nothing better than a good friend, except a good friend with chocolate."** Linda Grayson "The Pickwick Papers"

Word Search - May and all that it stands for ...

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

BARBECUE
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 FLOWERS
 GARDENS
 HOMESHOWS
 LILACS
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 MOVING
 PUPPIES
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DID YOU KNOW ...

The **doors in public buildings open outward** to allow a large number of people quick exit in case of danger, such as fire. If the doors opened inward, people might pile up at the exit as everyone pushed to get through at once instead of stepping back to allow space for the door to be opened.

The front **doors of private homes mostly open inwards** because they sometimes have to be removed from the hinges in to allow furniture to be moved in. If the hinges were on the outside, burglars could remove them easily. Since there are fewer people in a home, there's no danger of a pileup at the door in case of fire.

A politician was running for re-election and was talking at a campaign stop to his constituents. "My opponent has called me a liar. Rest assured, I have never lied to you. The only problem I have is that the facts don't always match up with what I believe."

Local Happenings

(Do you have something going on? Send in the details via email or by telephone by the 20th)

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 6pm-8pm at St Gregory's School. \$25/person Call Karen 724-5965

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

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

Powassan & District Horticultural Society is having its Spring Cleaning Bee in the Park in May for more information please call Susan Topham at 705-724-3993

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

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

The Magnificent 7's Bluegrass band from Winnipeg in concert at Piebird B&B Farmstay in Nipissing

Village Saturday May 28. For tickets and more info go to www.piebird.ca/concerts or call 705-724-1144

International Dinner at Widdifield High School May 12th 5pm - 7pm, tickets \$20 adults for more information call School office

Spaghetti Supper & Bake Sale - St Joseph - Scollard Hall May 18th 5:30pm - 7pm, Adults \$10, students \$5, family of 4 \$20 proceeds go to mission work in Sarchi Costa Rica through the Duke of Edinburgh organization for more information or donations contact 705-472-9141

Legion Friday Night Dinners - May 6th & May 20th - Every other Friday night 5pm - 7pm, Call the Legion for Menu - pricing depends on menu \$8-\$10 per plate. 705-724-2235

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From the Kitchen

May is BBQ, Salad & Salsa Month!!



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Snappy Strawberry Salsa

This salsa makes a lovely accompaniment for grilled chicken.

1 tbsp balsamic vinegar 1 tsp liquid honey

1/4 tsp coarsely ground black pepper

2 cups sliced strawberries

1/2 cup halved green grapes

2 tbsp chopped fresh basil. In large bowl, whisk together vinegar, honey and pepper.

Stir in strawberries, grapes and basil. Let stand for 20 minutes.

Tex-Mex Tomato Salsa

Tex-Mex Tomato Salsa pairs nicely with quesadillas or grilled pork tenderloin.

This recipe makes 4 cups servings

1/4 cup lime juice

1 clove garlic, minced

1/4 tsp pepper

1 pinch salt

3 large plum tomatoes, diced

1/2 small onion, diced

1 small jalapeño peppers, seeded and minced

2 tbsp chopped fresh coriander

In large bowl, whisk together lime juice, garlic, pepper and salt. Stir in tomatoes, onion, jalapeno pepper and coriander. Let stand for 20 minutes

MOJITO FRUIT SALAD

1 cup cubed seeded watermelon

1 cup seedless grapes

1 cup fresh blueberries

3 sprigs fresh mint

1 cup cubed cantaloupe

1 cup hulled and quartered strawberries

1 cup peeled and quartered kiwi

2 teaspoons white sugar

3 tablespoons fresh lime juice

Preparation: 1. Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid; top with the blueberries.

2. Stir the mint, sugar, and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavours; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.

3. Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing

*How to get watermarks off a wood table Rub a little bit of mayonnaise over the mark, wait a few minutes and wipe up. The spot should disappear.

*Rub corn syrup lightly onto grass stain and toss in the washer.

*If you are preparing vegetables or noodles and want to be sure not to have them boil over while you are doing other chores, coat the rim of the pot with butter.

*When you defrost fish, save the liquid to water your houseplants. Save the bones to put in the ground by your outdoor plants. Both the water and bones are great fertilizer.

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Hundreds of dewdrops to greet the dawn,
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Hundreds of butterflies on the lawn,
But only one mother the wide world over.
~George Cooper

Ode to Spring
Spring has sprung,
The Grass has riz,
I wonder where the birdies is?
The little bird is on the wing,
But that's absurd!
Because the wing is on the bird!

Bumper Stickers
*Before giving someone a piece of mind ...
be sure you have enough to spare
*Change Is Inevitable ... Except From a
Vending Machine
*Consciousness: that annoying time be-
tween naps.
*Do Vegetarians eat animal crackers?
*Don't judge a book by its movie
*Don't play stupid with me... I'm better
at it

FOR SALE OR TRADE

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