

Back Roads

...connecting communities - May 2012

May Observances . . . Mother's Day, Community Living Month, Gifts From The Garden Month, Huntington's Disease Awareness Month, Motorcycle Safety Month, Tourette Syndrome Awareness Month ... just to name a few

May is Community Living Month in Ontario

OUR MISSION

To provide quality services to citizens with an intellectual disability and their families. We are committed to our role in creating a supportive and accepting community.

OUR VISION

We envision a community where all citizens thrive, are respected and valued.

In the early 1950s, a group of parents who had a vision of a better quality of life for their children with developmental disabilities met to discuss how this dream could become a reality. The parents' major concern was that their children with developmental disabilities had to be transferred to institutions far from their family homes in order to receive any education. Through the vision of these parents, they started an association which would have a tremendous impact on their community.

In 1954 the association of parents formed the "North Bay and District Association for Retarded Children", and began to provide school services to eight children in a church basement. That same year, these parents joined the Ontario Association for the Mentally Retarded and received their charter as a charitable organization. Their first major project was West-Bay-Field School (named for the three areas it provided service for; North Bay, West Ferris and Widdifield). The school was built in 1963 and operated by the Association until 1969, at which time the Nipissing Board of Education assumed responsibility.

The second project was the building of a work training centre for handicapped adults. The centre opened in May 1969. Since then, the Association staff has grown from two (2) to a total of one hundred and eighty-two (182) employees and provides a variety of service to the people of North Bay and surrounding area.

In 2008, the North Bay and District Association for Community Living changed its name to Community Living North Bay. Community Living North Bay is registered as a Charitable Organization. The Association is incorporated under the Incorporation Act in the Province of Ontario.

For more information

and to find out all that they are doing please contact

Community Living North Bay

161 Main Street East, North Bay, ON P1B 1A9

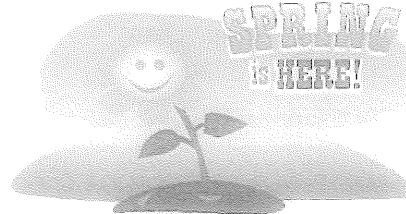
Tel: (705) 476-3288 / Fax: (705) 476-4788

Email: info@communitylivingnorthbay.org

SEE PAGES 8 & 9
FOR THE FULL LIST OF

TIME, TALENTS
& TREASURES
AUCTION

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Days to Remember in May ...

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

- 1 National Dance Day
- 1 *New Homeowner's Day
- 3 *Lumpy Rug Day
- 3 National Day of Prayer (First Thursday)
- 4 International Firefighters Day
- 5 Join Hands Day
- 5 National Homebrew Day (First Saturday)
- 6 World Laughter Day (First Sunday)
- 7 Accountant's Day or Accounting Day
- 8 *No Socks Day
- 9 Occupational Safety and Health Professionals Day
- 10 *Windmill Day
- 11 *Eat What You Want Day
- 12 National Babysitters Day (Saturday before Mother's Day)
- 13 *Frog Jumping Day
- 13 Mother's Day**
- 14 *National Chicken Dance Day
- 15 *National Chocolate Chip Day
- 16 *National Sea Monkey Day
- 18 National Pizza Party Day (3rd Friday)
- 19 Mike, The Headless Chicken Day (Always 3rd weekend)
- 20 Neighbor Day
- 21 *I Need A Patch For That Day
- 21 Victoria Day**
- 23 *National Taffy Day
- 24 *International Tiara Day
- 25 *Towel Day
- 27 *Cellophane Tape Day
- 30 National Senior Health & Fitness Day (Last Wednesday)
- 30 World MS Day (Multiple Sclerosis) (Last Wednesday)
- 31 *What You Think Upon Grows Day

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Things that make you go HMMMMM ...

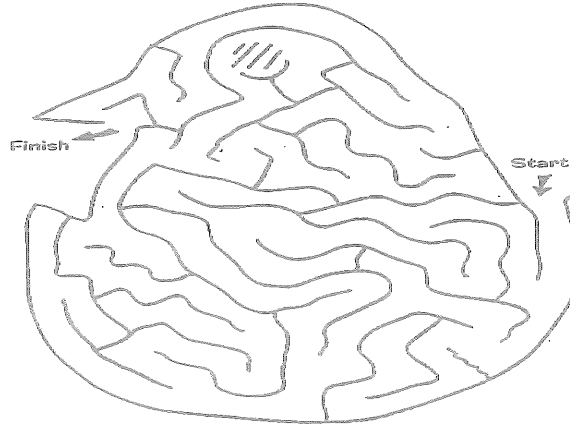
- * Why is it that night falls but day breaks?
- * Why is it that only adults have difficulty with childproof bottles?
- * Why does the sun lighten our hair, but darken our skin?
- * Why doesn't glue stick to the inside of the bottle?
- * Why doesn't Tarzan have a beard?
- * Why is it you must wait until night to call it a day?
- * Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons
- * Why is the alphabet in that order? Is it because of that song?
- * Why is the man who invests all your money called a broker?
- * Why is the time of day with the slowest traffic called rush hour?
- * Why is your index finger the same size as your nostrils?
- * Why isn't there a special name for the tops of your feet? --Lily Tomlin
- * Why isn't there mouse-flavored cat food?
- * You can't have everything. Where would you put it?

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Can you make it through this maze?



The Spunky Old Broad © Newsletter

S.O.B. Power Relationships

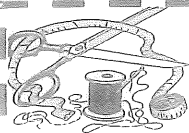
As an S.O.B. you must find the road map that works for you and use that formula over and over again. Who do you count as your best friends--male or female? I'm sure that everyone is different with a different perspective but they also have your best interest at heart. Who are the people you can share anything with who won't judge you?

Associate with people who like to do various things so you can mix it up and experience all kinds of fun in different ways with many people. You can have a lot of acquaintances and that's important because it helps to have contacts in diverse areas, but there will always be that special "group" whom you share your secrets with.

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

(Just a quick Thank-you to Dr. Carson for allowing BackRoads to print her Newsletter—please visit her website!)



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The Colouring of Experience . . .

To see the world through the eyes of a child
To hear the sounds with the wings of a bat
It is not that we are able - Or that we may learn
It is the chance of a lifetime to do all of it 'first'
How refreshing it would be to have that sense we once knew
To know it again before we knew what we know.



Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

A BIG THANK YOU to the Powassan Maple Syrup Festival Committee. April 28th was the 15th year of the festival. Over the years the committee has worked tirelessly to provide a day of entertainment and fun for people of all ages. Everyone enjoyed the West Coast Lumberjacks and the Scottish Heavy Events. Many took a Sugar Bush Tour and walked through Giesler Boats. Some even learned new ways to cook with maple syrup and of course the more brave had a ride on the mechanical bull. The petting zoo for kids and a sheep shearing demonstration for adults were also hits with the crowds. Hope you made it ... if not there is always NEXT year!

March was Budget month for the Municipality of Powassan Council. The 2012 Budget will enable the municipality to continue to upgrade our roads, with the rebuild of Butler Drive and part of Bridge Street. We will also replace curbs in Trout Creek. As promised the municipality has put monies aside for the purchase of a fourth plow truck to improve winter service delivery. We will continue to invest in the Trout Creek Community Center, bringing our facility up to Fire Code. Our Fire Department will continue to have funding to ensure that their safety equipment is replaced in a timely manner. Along with these and many more programs Council was also able move over \$150,000 into municipal reserves for future investments.

2011 was our first year basing water bills on metered consumption with a flat rate, not on how many bedrooms someone has in their house. Most people should have realized significant reductions to their water bills in 2011 from 2010. The 2012 Water and Sewer Budget will allow the Municipality to complete the upgrades to the sewer system, reducing ground water infiltration. Reducing infiltration will allow the much needed expansion of the system.

Source Water Protection Policy is still being discussed at the Council table. Recently Councillor Giesler and I met with the North Bay Mattawa Conservation Authority to discuss the effects the Source Water Protection Policy will have on the home owners of Trout Creek. Council will continue to work toward removing Trout Creek from the policy. After our meeting last month with the Minister of Municipal Affairs, I have asked our staff to request a meeting with the Minister of the Environment.

~Peter

Are you a Mayor in our area? Are you in Political office locally?? Would you like your chance to tell the rest of us ... just what makes your area special?? Email us to have a spot here every month. Are you in a local area and do not see your Mayor here on this page ... please let them know that you would like to see what he has to say ... without the screening of the big papers Hope to see more here next month Thank you to those that do submit when able.

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It's been a tumultuous spring at Queen's Park, with the budget vote now behind us. It was nice to get home last month and visit yet another of the great hidden gems Nipissing has to offer – the Canadian Ecology Centre near Mattawa. I want to thank Executive Director Bill Steer for a wonderful tour. If you're not aware, there are some very exciting things happening there right now. The Ecology Centre is currently undergoing a major expansion, assisted by the Northern Ontario Heritage Fund. Work is continuing with an opening for their new building scheduled for the end of June. The Ecology Centre continues to be a meeting place for many different groups – a group of high school students from Georgetown recently paid a visit to receive GPS certifications. It continues to be a unique drawing card in our area, and my hope is this new expansion will only build upon that. Until next month...

~Vic

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NIPISSING Pat Haufe, Mayor - nipissingtwp@xplornet.com

The snow is gone...well it does return briefly to remind us. This special time of year brings out the children headed to school on their bikes and adults anxious to engage in the many activities of springtime. Winter garb begins to find its way back into the closet. Communities begin to focus on special events where we gather together to celebrate, reunite with folks and catch up on the latest news. All seasons in our great area are uniquely different but spring seems to bring on a burst of enthusiasm and anticipation. The Township of Nipissing will be kicking off the season with a Diamond Jubilee Celebration in honour of Queen Elizabeth II, on Saturday, June 30th beginning at 7 p.m. with fireworks, entertainment, cake and of course friendship and fun. We urge everyone to come out and join us. We hope to see you there! Also, for the anglers throughout the area, opening day this year is Saturday, May 19, 2012. Be sure to check the 2012 Fishing Ontario Recreational Fishing Regulations Summary for more details. For more information on activities in Nipissing, please visit our website at www.nipissingtownship.com.

~Pat

What did the mother broom say to the baby broom? It's time to go to sweep.
What did the necktie say to the hat? You go on ahead. I'll hang around for a while.
What did the rug say to the floor? Don't move, I've got you covered.
What kind of cats like to go bowling? Alley cats.
What kind of eggs does a wicked chicken lay? Deviled eggs.

Long Gun Registry has Ended

Submitted by Bond Keevil

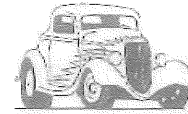
The controversial long gun registry came to an end on April 6th after bill C-19 received royal ascension. This act removes the requirement to register non-restricted firearms and mandates the destruction of all non-restricted firearm records.

From the outset, the long gun registry faced stiff opposition from rural residents, taxpayer groups, and shooting sports clubs. Several provincial governments, including Ontario, objected to the program's high costs, dubious value, and federal interference in what they consider matters of provincial jurisdiction. Originally the program was to cost \$119 million to implement with all but \$2 million being raised through registration fees but before long it was revealed that there would be massive cost over-runs and revised estimates of \$527 million were released in 2001 and \$1 billion by 2004. Independent estimates have put the total program costs at approximately \$2 billion.

The program was also plagued by scandal. A liberal party consultant was apparently paid \$380,000 to lobby the federal government, at the time a liberal government, prompting the Canadian Shooting Sports Association to ask the RCMP to investigate allegations of improper lobbying. The gun registry was also implicated in the sponsorship scandal when ad agency Group Action received \$18 million for television commercials to promote the registry.

The public has also been opposed to the registry, particularly in rural areas. A poll in 2010 showed that 72% of Canadians did not believe the long gun registry helped to deter crime. Several police organizations including the OPP have come out against the long gun registry, saying that most crimes are committed with un-registered firearms or firearms smuggled into Canada from the US. Despite this, many general duty police officers say they feel safer as a result of the gun registry.

The conservative party had promised to end the long gun registry since its inception and with a majority government has finally been able to do so, however the ending of the registry does not preclude provincial governments from implementing similar programs. Quebec recently filed for an injunction against the destruction of 17 years of firearms registry data because it would like to use this data to implement their own provincial gun registry.

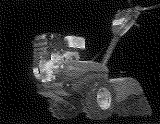


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25th Anniversary of the Chisholm's Volunteer Fire Department

Chisholm's Council & Staff would like to congratulate the Volunteer Fire Department on their 25th Anniversary! The Volunteer Firefighters give a great deal of time, energy & commitment to the Township and its residents. We are very grateful to have such a dedicated Team!

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)

Programs and Events available to YOU!
See our website or call us for more information!!
 Adult Book Club ~ Adult Yoga ~ Art Group
 Local Artists' Gallery ~ Scrabble Club
 Raising Readers ~ Story Time Yoga
 CyberCamp ~ Powassan Purls Knitting Club

Raising Readers - Tuesday at 6:15pm!

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!

The Powassan Library offers a number of computer workshops for both beginner and advanced computer users. Classes take place weekly, pertaining to different topics of interest each week. You can sign up for classes at the front desk by calling the library.

Upcoming Classes:

Beginner Classes - Tuesdays 6:30-7:30

Tuesday, May 1 - Computer Basics

Tuesday, May 8 - Microsoft Desktop

Tuesday, May 15 - Microsoft Word

Tuesday, May 22 - Exploring the Internet

Tuesday, May 29- Using Email

Using Our Catalogue

Friday, May 11 - 3:00-3:30

Friday, May 17 - 6:30-7:00

Other Classes

Pinterest - Friday, May 4 - 3:00-4:00pm *Facebook or Twitter account required

Pinterest - Thursday, May 10 - 6:30-7:30pm *Facebook or Twitter account required

Facebook - Friday, May 18 - 3:00-4:00 *email required

Facebook - Thursday, May 24 - 6:30-7:30 *email required

Photo Basics - Friday, May 25 - 3:00-4:00 *bring a camera

Photo Basics - Thursday, May 31 - 6:30-7:30 *bring a camera

The Fund-Raising Committee: The first Fund Raising Event for 2012 is happening on Saturday May 5, 2012. The Pledge forms for the Walk-A-Thon are now available at the Library's front desk. Come and participate, or sponsor a participant for this fun day. Registration takes place at 10:30 and the Walk starts at 11:00.

This year's Ticket Draw Event, starting July 1, 2012 will be in partnership with the Powassan Lions Club. Tickets will be sold for \$2 apiece and there will be three cash prizes.

The Himsworth South Cross Country Ski Trails on Lindquist Line, Powassan closed in 2010. The trails had been operated by volunteers and all donations to the trails were on a voluntary basis. Over the years the funds grew. Upon closure the executive decided to divide the funds between two worthwhile projects. On March 8, 2012 Bill Vogl presented a cheque for \$4000 to the Library CEO and the Chair of the Fund Raising Committee towards the Expansion Project. They also donated to the Municipality of Powassan Trails Committee.

Please check the Library's website for all the updates, and if you have any questions at all related to the fund raising events, please don't hesitate to contact Linda Morrin, Fund Raising Committee Chair @ 724-6430.

TIME, TALENTS & TREASURES AUCTION
CHISHOLM UNITED CHURCH

Bidding can be done by phoning 724-6223 between 5:00 & 8:00 p.m., Wednesday, May 9 to Friday, May 11, 2012. Some items will be on display at Chisholm Country Market, Alderdale Road, Chisholm.

#	Item	Donated By
1	Mother's Day Gift Basket	Chisholm U.C.W.
2	Grocery Hamper Chisholm U.C.W.	
3	2 Nights Camping with Hydro and Water	Booth Landing Camping & Cottages
4	10 lb. Fresh Ground Beef	David & Anne Dockendorff
5	10 lb. Fresh Ground Beef	David & Anne Dockendorff
6	10 lb. Fresh Ground Beef	David & Anne Dockendorff
7	Pfaff Portable Sewing Machine (rarely used) minimum bid \$50	Heidi O'Brien
8	Jack LaLanne's Juicer (just like new) \$25 value	Heidi O'Brien
9	2 Face cords Firewood	Marilyn & Gary Humphrey
10	2 Sugar Pies	Randy Brousseau
11	Business Card Size advertising in Backroads (\$25 value)	Milltown Management
12	Set of 12 Homemade Photo cards	Teresa Jones
13	Pieced & Machined Quilted Table Runner vibrant Batik fabrics in Summer colours of Turquoise Blues, Yellows and Greens	Linda Plant
14	Brown Paddock Riding Boots, Child Size 10	Gloria Anderson
15	Black Paddock Riding Boots, Child Size 11	Gloria Anderson
16	Services of a Town Crier, \$75 value (Create Cry for Special Occasion)	Hugh Smith
17	Bushel Basket of Organic Potatoes (ready in Fall)	Susan Major
18	\$25 Gift Certificate for Oshell's Valu-Mart	Taylor Hogg
19	10" Cherry Cheesecake	Cheryl Longstaff
Creative Memories Scrapbooking Workshops		
20	12 Hour Workshop, in June or October at the Golden Sunshine Club from 9 am - 9 pm (Dinner included), \$30 value	Teresa Emmerson
21	All day Workshop, Tuesday, June 12 or 26 at Teresa's home from 9:30 am - 2:30 pm (Lunch included), \$10 value	Teresa Emmerson
22	Evening Workshop, Wednesday, June 13 or 27 at Teresa's from 7 - 10 pm, \$7 value	Teresa Emmerson
23	Panasonic Electronic Typewriter R335	Joyce Lavallo
24	18-1/4" x 22-1/4" Unpainted Mirror	Joyce Lavallo
25	Brand New Game of Life	Joyce Lavallo
26	Fancy Wicker Basket - Open Curved	Joyce Lavallo
27	8 Hours Handyman Work	Dave Hodgins
28	4 - 500 ml Raspberry Jam	Marilyn Humphrey
29	4 - 500 ml Strawberry Jam	Marilyn Humphrey
30	Quilted Sweater Jacket, Aqua (Medium)	Marilyn Humphrey

TIME, TALENTS & TREASURES AUCTION
CHISHOLM UNITED CHURCH

#	Item	Donated By
31	4 Quarts Pickled Beets	Marilyn Humphrey
32	2 Meat Pies - Tourtiere	Barb & Oscar Giroux
33	2 Jars Bread & Butter Pickles	Barb & Oscar Giroux
34	Pail Full of Tools - Set of Screwdrivers Pliers, Hammer	Garth & Fay Pigeau
35	Ride to Appointment in Sudbury / North Bay	Barb & Oscar Giroux
36	10 lbs. Potatoes - ready now	Heidi O'Brien
37	20 Bales of Hay - small squares in season	Ray & Susan Ford
38	Handmade Choker Necklace - Green	Susan Ford
39	New Hamilton-Beech Toaster Oven	Ray & Susan Ford
40	10 Tomato Plants (can be sold individually)	Anne & David Dockendorff
41	Christmas Pudding with Sauce	Elinor Smith
42	2 Dozen Dinner Rolls	Elinor Smith
43	1 Dozen Cinnamon Buns	Elinor Smith
44	2 Crocheted Stuffed Lamb	Elinor Smith
45	6 Dozen Assorted Cookies	Elinor Smith
46	\$25 Gift Certificate for Oshell's Valu-Mart	Grace Frederick
47	Handmade Quilted Shopping Bag in Autumn Colours, 18" x 12"	Sandra Rahn
48	Will pick 2 - 4 qt. baskets of Strawberries in season	Sue Brousseau
49	Chocolate Wacky Cake	Sue Brousseau
50	2 Raisin Pies	Grace Frederick
51	Kids Pail of Junk Food	Chisholm Country Market & Feed
52	Basket of Horse Products, \$45 value 4 Bandages, Absorbing Liniments, Citronella Shampoo, Fly Spray	Chisholm Country Market & Feed
53	Violin/cello duo by the Heuer Sisters - to play 20 min of music for an occasion	Heuer Sisters
54	Twig Patio Planter with Geranium	Jim Ismond

**A HUGE THANK YOU TO ALL WHO HAVE DONATED THEIR TALENTS & TREASURES
AND TO THOSE OF YOU WHO WILL BE CALLING IN TO BID ON THEM!**

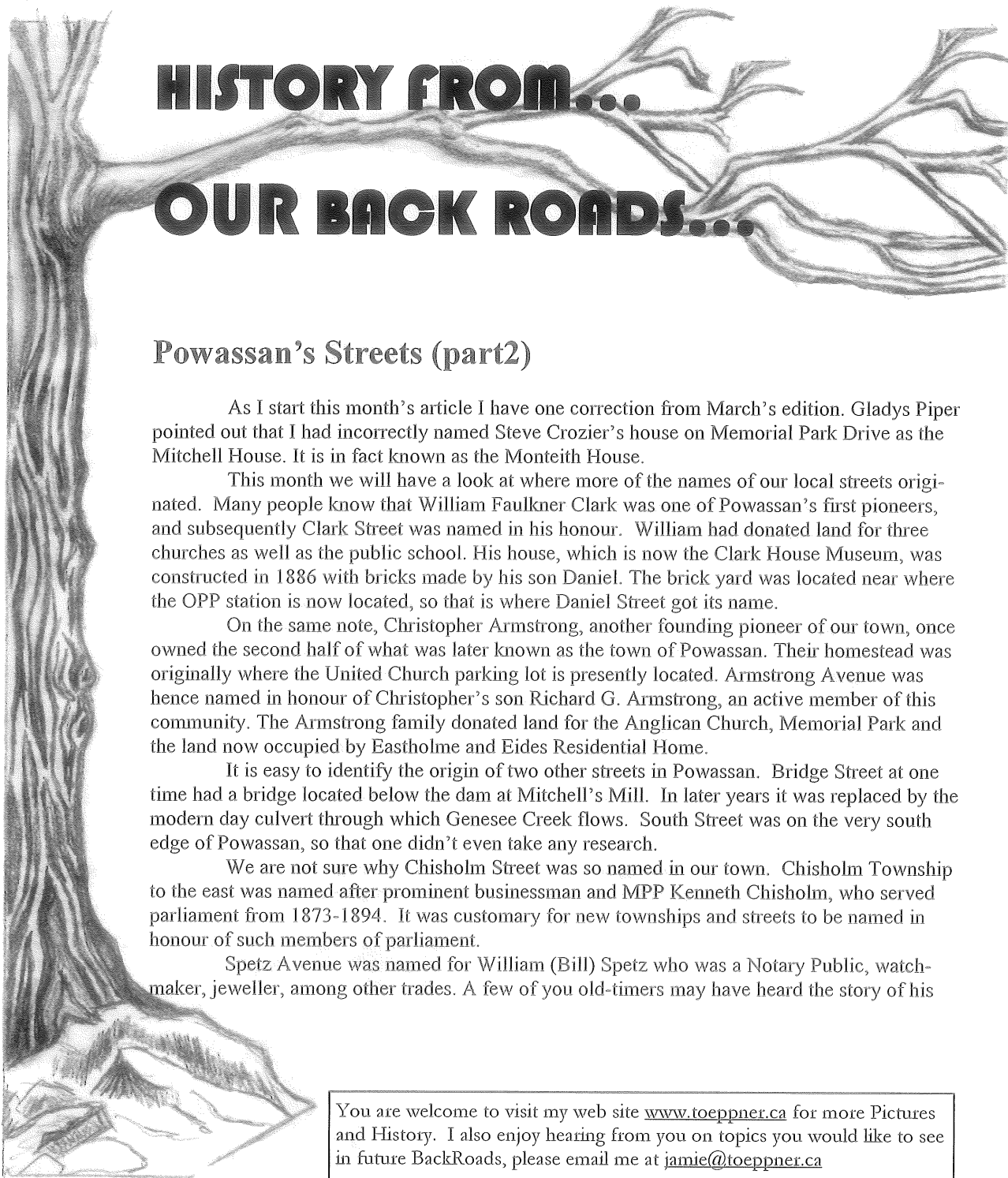
Salt stains

To help get those winter salt stains off your carpet or floor mats try scrubbing them with a mixture of one part vinegar and two parts water. This will take them right off.

Paint skin

Avoid the paint skin problems by closing lid tightly and storing can upside down. When you open the can to use it, the skin will be on the bottom.





HISTORY FROM... OUR BACK ROADS...

Powassan's Streets (part2)

As I start this month's article I have one correction from March's edition. Gladys Piper pointed out that I had incorrectly named Steve Crozier's house on Memorial Park Drive as the Mitchell House. It is in fact known as the Monteith House.

This month we will have a look at where more of the names of our local streets originated. Many people know that William Faulkner Clark was one of Powassan's first pioneers, and subsequently Clark Street was named in his honour. William had donated land for three churches as well as the public school. His house, which is now the Clark House Museum, was constructed in 1886 with bricks made by his son Daniel. The brick yard was located near where the OPP station is now located, so that is where Daniel Street got its name.

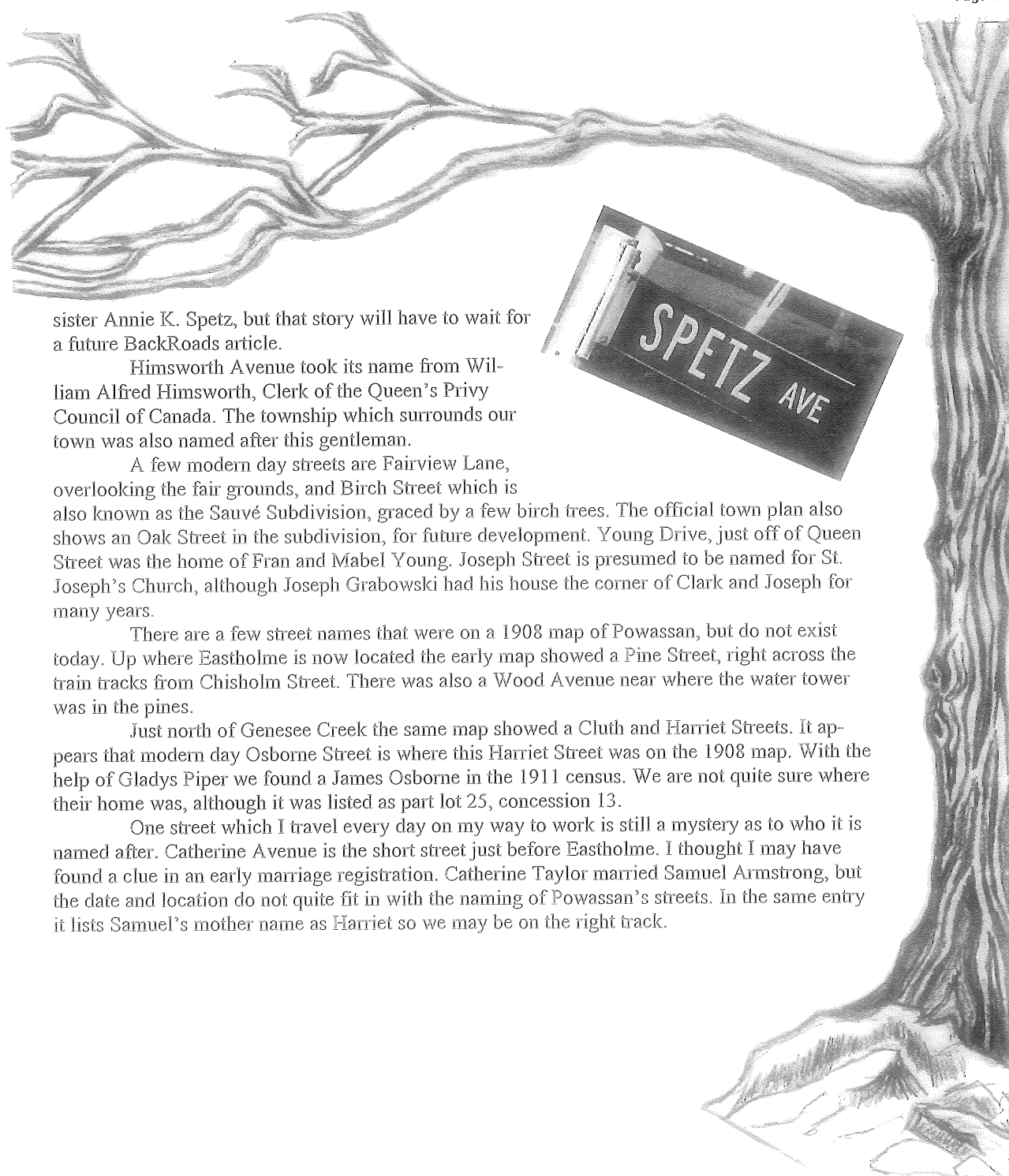
On the same note, Christopher Armstrong, another founding pioneer of our town, once owned the second half of what was later known as the town of Powassan. Their homestead was originally where the United Church parking lot is presently located. Armstrong Avenue was hence named in honour of Christopher's son Richard G. Armstrong, an active member of this community. The Armstrong family donated land for the Anglican Church, Memorial Park and the land now occupied by Eastholme and Eides Residential Home.

It is easy to identify the origin of two other streets in Powassan. Bridge Street at one time had a bridge located below the dam at Mitchell's Mill. In later years it was replaced by the modern day culvert through which Genesee Creek flows. South Street was on the very south edge of Powassan, so that one didn't even take any research.

We are not sure why Chisholm Street was so named in our town. Chisholm Township to the east was named after prominent businessman and MPP Kenneth Chisholm, who served parliament from 1873-1894. It was customary for new townships and streets to be named in honour of such members of parliament.

Spetz Avenue was named for William (Bill) Spetz who was a Notary Public, watchmaker, jeweller, among other trades. A few of you old-timers may have heard the story of his

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



sister Annie K. Spetz, but that story will have to wait for a future BackRoads article.

Himsworth Avenue took its name from William Alfred Himsworth, Clerk of the Queen's Privy Council of Canada. The township which surrounds our town was also named after this gentleman.

A few modern day streets are Fairview Lane, overlooking the fair grounds, and Birch Street which is also known as the Sauvé Subdivision, graced by a few birch trees. The official town plan also shows an Oak Street in the subdivision, for future development. Young Drive, just off of Queen Street was the home of Fran and Mabel Young. Joseph Street is presumed to be named for St. Joseph's Church, although Joseph Grabowski had his house the corner of Clark and Joseph for many years.

There are a few street names that were on a 1908 map of Powassan, but do not exist today. Up where Eastholme is now located the early map showed a Pine Street, right across the train tracks from Chisholm Street. There was also a Wood Avenue near where the water tower was in the pines.

Just north of Genesee Creek the same map showed a Cluth and Harriet Streets. It appears that modern day Osborne Street is where this Harriet Street was on the 1908 map. With the help of Gladys Piper we found a James Osborne in the 1911 census. We are not quite sure where their home was, although it was listed as part lot 25, concession 13.

One street which I travel every day on my way to work is still a mystery as to who it is named after. Catherine Avenue is the short street just before Eastholme. I thought I may have found a clue in an early marriage registration. Catherine Taylor married Samuel Armstrong, but the date and location do not quite fit in with the naming of Powassan's streets. In the same entry it lists Samuel's mother name as Harriet so we may be on the right track.

Safe Driving Tips for Motorcycle Riders -The Evolution of Motorcyclists

Today's average motorcyclist is probably not what most people would picture. The image of a young, thrill-seeking motorcyclist looking to save money on the cost of transportation has been replaced by a generation of middle-aged riders with powerful, more expensive machines.

In Canada, motorcycle sales have quadrupled in the last decade - from 24,000 in 1996 to over 82,000 in 2006. Recent studies also show that the average age of buyers is about 46 years old and that the profile is that of a college-educated, established family man.

In Ontario, roughly 85% of all newly licensed motorcyclists enroll in the Gearing Up program, a motorcycle rider training program offered by the Canada Safety Council that has achieved world-wide recognition for its excellence in content and delivery. This program has helped hundreds of thousands of new motorcyclists across Canada become safer riders by learning basic skills such as how to properly balance the motorcycle, using the clutch and controlling the motorcycle at slow speeds.

Details to REMEMBER

Motorcyclist Be Visible

Be Safely Dressed

Be Smart

Be Prepared

Motorcyclist Be Visible

Remember that motorists often have trouble seeing motorcycles and reacting in time. Make sure your headlight works and is on both day and night. Use reflective strips or decals on your clothing as well as your motorcycle. Always be conscious of the blind spots inherent in cars and trucks. Use lane positioning to be seen; ride in the part of a lane where you are most visible. Flash your brake light to alert other motorists that you are slowing down or stopping. Use your horn - If you suspect that a motorist doesn't see you, give them an audible cue.

Be Safely Dressed

Always wear your helmet. It's for your own protection, and it's the law. Wear leather or other thick, protective clothing. Your T-shirt won't protect you if you fall. Wear bright clothing and a light-coloured helmet. Even in the summer, choose long sleeves and pants, over-the-ankle boots and gloves. Remember that the only thing between you and the road is your protective gear.

Be Smart

Don't ride when you are tired or under the influence of alcohol or other drugs. Be conscious of your surroundings, including on-ramps, traffic lights and pedestrians. Give yourself enough space and time to respond in case of an emergency. Give other motorists enough space and time to respond to you. Watch for turning vehicles and signal your next move well in advance. Don't weave between lanes. Understand and follow the rules of the road. Stick to the speed limit.

Be Prepared

Take the time to get to know your bike and how to use it. If you haven't already, get formal training. If you have, refresher courses are always a good idea. Practice. Before you venture out into heavy traffic, know how to handle your bike.

Sources: The Motorcycle Safety Foundation, Canada Safety Council,
The Motorcycle & Moped Industry Council



What is Tourette Syndrome?

Tourette Syndrome (or TS) is a neurological disorder characterized by involuntary movements and sounds, referred to as tics. In recent years, the number of people diagnosed with TS has increased. The incidence of the disorder tends to be greater in males than in females. Cases of TS have been reported throughout the world without differentiation based on race, culture, or socioeconomic level.

Tics are the most noticeable symptom of TS. A tic is a physical or verbal behavior that people with TS do, even though they have no control over it. People with TS have motor and vocal tics, and these tics can be simple or complex. Examples of simple and complex motor and vocal tics are provided below.

Some people have tics but do not have TS. To be diagnosed with TS, someone must have both motor and vocal tics; these tics must have started before the person was 18 years of age, but tics usually start when a

Simple Motor Tics	Complex Motor Tics	Simple Vocal Tics	Complex Vocal Tics
Eye Blinking	Jumping	Whistling	Repeating Words
Head Jerking	Smelling Objects	Humming	Changes in volume of voice
Shoulder Shrugging	Touching Objects	Throat Clearing	Making animal-like sounds

child is between 5 and 8 years of age.

Tics are involuntary; while some people can suppress them for a while, the tics usually emerge more intensely after this period of suppression. Imagine trying not to blink; after a while, you would just have to do it. An individual's tics change over time, involving different parts of the body and different sounds. Also, tics increase and decrease in severity at irregular intervals. This waxing and waning of symptoms is considered a hallmark of TS.

A relatively rare but well-publicized type of complex vocal tic is called coprolalia, in which the person involuntarily utters obscene or profane words. While this type of TS is often shown in the media, it actually occurs in only about 15% of the TS population.

Cause: Research has determined that TS is primarily an inherited disorder that may be expressed in a child even if the parent does not exhibit any symptoms. Genetic studies have not found a single "TS gene" that causes the disorder, so the pattern of inheritance may be complicated. Studies have suggested that tics are caused by differences in the neurotransmitter chemicals in the brain, specifically a hypersensitivity to dopamine, the neurotransmitter that carries messages about movement. Many researchers are investigating the brain and genetic basis of TS, so knowledge about the cause or causes of the disorder is growing.

Treatment: While there is no cure for TS, medications can decrease symptoms of the disorder. The type of medication used depends on the symptoms that are most troubling for a specific individual and how that individual responds to the medications. Medications differentially diminish tics, obsessions and compulsions, anxiety, inattention, and hyperactivity. However, side effects are likely, and adjustments to the type of medications and dosage may be necessary to find the right fit for the child.

Long Term: The symptoms often become less severe as individuals grow older. TS is NOT a degenerative condition and is NOT life-threatening. TS does NOT impair intelligence. Individuals with TS live normal, healthy lives. People with TS are in every profession and enjoy all kinds of recreational activities.

Please see our website for more information www.tourettesyndromeontario.ca

Or Call Toll Free: (888) 274-2226

Mailing Address:

The Tourette Syndrome Association of Ontario
20 Procee Circle, RR#1, Barrie, Ontario, L4M 4Y8

Why did the bicycle not make it across the road? It was two tired.

Game Pages

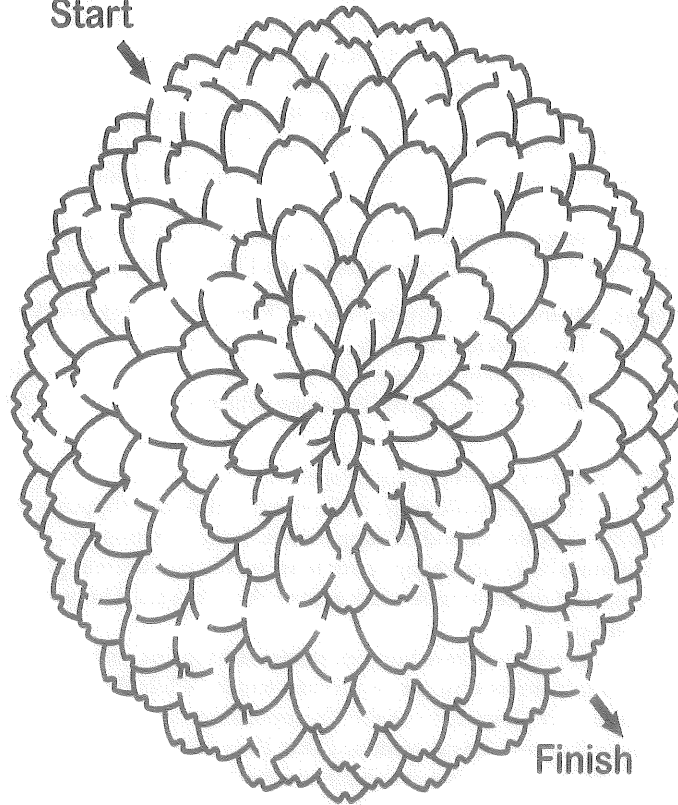
May 2012 Sudoku

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

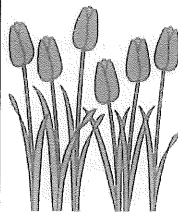
Last Month's Sudoku Answer

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

Start



Finish



Answer from Last Month's Logic Puzzle

#	Owner	Wore	Colour
1	Alfred	3	red
2	Alice	2	green
3	Arthur	4	blue
4	Anne	1	yellow

LOGIC PUZZLE: A logic puzzle is basically a description of an event/gathering/contest, etc. Using the clues provided, you have to piece together what actually happened. This involves clear and logical thinking - hence 'logic' puzzles.

Albert is a keen dog admirer and over the years has had a number of dogs. He has had an Alsatian, a Dalmatian, a Poodle and a Great Dane, but not necessarily in that order. Albert had Jamie first. The Dalmatian was an adored pet before the Great Dane. Sammy, the Alsatian, was the second dog Albert loved. Whitney was housed before the Poodle and Jimmy was not a Great Dane.

Can you tell each of the dogs' name and the order in which Albert had them?

Golf: Find and circle all of the golf words that are hidden in the grid.
The remaining letters spell a Mark Twain quotation.
The hidden message from April : APRIL SHOWERS BRING MAY FLOWERS

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

- Word List**
- ALBATROSS
 - APPROACH
 - BACK NINE
 - BACKSPIN
 - BALL
 - BIRDIE
 - BOGEY
 - BUNKER
 - CADDIE
 - CART
 - CHIP
 - CLUBHOUSE
 - CLUBS
 - CONDOR
 - COURSE
 - DIVOT
 - DRIVER
 - DRIVING RANGE
 - EAGLE
 - FAIRWAY
 - FLAGSTICK
 - FORE
 - GREEN
 - GRIP
 - GROSS SCORE
 - HANDICAP
 - HOLE IN ONE
 - HOLES
 - HOOK
 - IRON
 - NET SCORE
 - PAR
 - PUTTER
 - ROUGH
 - RULES
 - SHOT
 - SLICE
 - STROKE
 - SWING
 - TEE OFF
 - TREES
 - WATER HAZARD
 - WEDGE
 - WOOD

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. *In this puzzle the letter "A" is represented by the number 22.* Last Month's Cryptogram: *What you get by achieving your goals is not as important as what you become by achieving your goals. Henry David Thoreau*

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
22																									

A _____ A _____
22 1 1 15 22 2 15 13 10 16 26 13 2 14 2 13 26 9 16 24
A _____
7 16 13 24 7 16 10 22 6 9 15 18 7 26 13 18

POWASSAN BLOOD DONOR CLINICS

I would like to thank everyone for their help attaining our quota at the last blood donor clinic. We were one unit short. We have definitely made progress thanks to everyone's support. Remember "It's in you to Give." The next clinic is scheduled for Tuesday June 19 at the Powassan Legion Hall.

UNITS OF BLOOD REQUIRED FOR EMERGENCIES AND SURGERIES

Abdominal surgery--up to 4 units

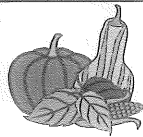
Heart bypass surgery--up to 8 units

Car accident--up to 50 units

Liver transplant--up to 100 units

for ongoing treatments: cancer patients--up to 8 units per week
(examples provided by Canadian Blood Services)

Thanks Doug Billingsley, Powassan Blood Clinic Coordinator



Chisholm Gardeners



After a long winter of planning the perfect garden you must be anxious to get something started. Before you finalize your planting schedule consider this:

2012 is Chisholm's Centennial anniversary and what better way to celebrate than by starting a Chisholm Farmers Market.

We're tentatively planning an evening market (Wednesday evening 4to 7pm), once a month, and holding it in the yard to the south of Kelly's Chisholm Country Market store. This is not just about exchanging food but also about getting the Chisholm Community together. Perhaps, if there is adequate interest, we could hold the market weekly. It's up to all of us to decide.

If you are interested in selling local food at the market, 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.

What am I??

(answers on back page)

* Man walks over, man walks under, in times of war he burns asunder. What am I?

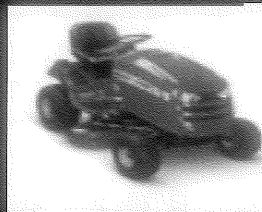
* I have no eyes, no legs or ears and I help move the earth. What am I?

* Tear one off and scratch my head, What once was red is black instead.

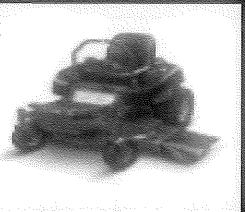
* What sneaks through doors and windows without knocking? What heats an unlit stove? What gives the cat a snug place to rest?

GROULX EQUIPMENT

244 GROULX ROAD, ASTORVILLE (705) 752-2229



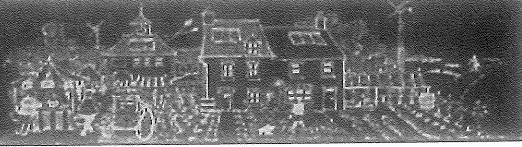
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Transition Town North Bay

Local Resilience to Peak Oil and Climate Change



Transition Town North Bay is looking at ways to help our city and its surrounding communities adapt to a future with less fossil fuel energy. Global warming tells us that we must end our dependence on fossil fuels, and the end of cheap oil tells us that this will happen whether we want it to or not.

Our mission is to help make the transition to a lower carbon society smoother by undertaking projects in our own communities that promote a more sustainable way of living. The world-wide transition movement prescribes a set of principles and techniques that have proven themselves to be successful in bringing about change. Much of these techniques are drawn from the study of perma-culture (permanent cultures), studying the history of civilizations that successfully navigated change, and efforts to understand our own inner natures and the psychology/spirituality of change.

Transition town members from around the world are working on a wide variety of ideas to help communities become more resilient. Our local initiative has started projects to promote local food consumption and food security. We are also partnering with other local environmental groups to build awareness of what the problems are and why change is inevitable. Our local North Bay initiative is still in the exploratory stages but hopes to become recognized as an official transition initiative once we meet the criteria.

Some of the initiatives that we are working on ...

LOCAL FOOD MAP: There are many benefits to supporting our local food producers. Fresher food is one of them, but there is also a lot of energy consumed and CO2 emitted transporting food vast distances from large factory farms to our dinner table. An easy way to make a difference in the fight against climate change is to support our own local farmers.

As the cost of energy rises in response to dwindling oil supplies and rising demand for energy, our local farmers will find they play an increasingly important role in our local economy. Food transport costs will cause our local food prices to increase, giving our local farmers a competitive edge against larger operations in more favorable growing climates. In any case, having a healthy and profitable agricultural community is good for everyone in North Bay because it increases our resiliency and helps our economy re-localize. We are creating a map of local food producers to help people in North Bay to connect with their local farmers.

COMMUNITY GARDEN: Community gardens provide an opportunity for people from the community to come together to grow food, while sharing skills, knowledge and providing a means for social interaction. The community garden project aims to secure land for community garden space, identify and apply for grants to support the development of community gardens, and to act as a network for other community gardens in North Bay.

To get involved in this project, contact Erin Reyce

YARD SHARE PROJECT: Have unused yard or garden space? Landless but want to garden? Our yard sharing program will help you connect.

There are many benefits to growing your own food:

- Eating your own organically produced vegetables
- Exercise from maintaining your garden
- Peace of mind and food security
- Less food miles = lower carbon emissions and lower energy demands

Whatever your reason is for growing your own food, one of the primary barriers that prevents people in the city from enjoying this healthy and environmentally friendly activity is the lack of available land. There are many things to consider when choosing a gardening partner and a wide range of potential arrangements that people engaging in yard sharing enter into. There are many websites offering advice on yard sharing arrangements and what to consider..

For more information on Transition Town North Bay please see their website www.ttnorthbay.org

Local Happenings

Sat May 12th - Spring Fashion Show of comfy clothes at Powassan United Church, 11am - 1pm
 Tickets are \$15 Clothing for all ages and sizes. Featuring the creative talent of Judy Thorne.
 Lots of fun with a lunch thrown in too! For tickets 724-3913 or just come!

May 11th, the Powassan Legion is hosting another Coffeehouse and by popular demand will be from 7:00 pm to 10:00 pm. An Amateur Musicians Showcase with lots of good music, Musicians are welcome to participate but must sign in by 6:30 pm. Everyone gets a chance to play. The public is welcome for only \$3.00 and includes coffee and nibblers. Cash Bar, 50/50 tickets. A real fun night. Join us. For more information, call the Powassan Legion at 705-724-2235.

May 18th The Powassan Legion is hosting a Roast Chicken Breast Dinner, baked potato, Caesar salad, veggies and dessert, all for \$10.00 tax incl. Serving starts at 5:30 pm. Everyone is welcome. Reservations recommended. Phone the Legion @705-724-2235.

May 23rd is the Powassan Legion Br. #453 Honours and Awards for 2011/2012 which will be held in conjunction with the General Meeting @ 7:30 pm. There will be a Social gathering after the Awards for members to greet their friends and meet the new Officers and Executive for the 2012/2013 term. The names of those receiving awards was listed in the Branch newsletter, and we ask that you please advise us if you will be able to attend. Please phone 705-724-2235.

June 2nd! Centennial Day at Chisholm—Come and celebrate our 100th Anniversary! We are having a history day at the Township Office on Chiswick Line beginning at 11am with Opening Ceremonies and Cairn Unveiling beginning at 11:30am. Family History Displays, Fire Department Displays and entertainment to go from 11am - 3pm. Antique Cars and Vehicles will be seen at the Public Works Garage along with some of our New machines! Come out and enjoy!! For more information please contact the Office at 705-724- 3526

Raising Readers at the Powassan & District Union Public Library Tuesday evenings at 6:15pm
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! Cut off for printing is the 20th of the month (705-752-0383 or miltownsystems@live.ca)

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From the Kitchen May is the month of ...
Potatoes, Limes, Sweet Vidalia Onions, Vinegar

Key Lime and Pretzel Pie

Prep Time: 15 Minutes Cook Time: 7 Minutes

Ready In: 1 Day Servings: 8

Ingredients:

- 1/3 cup butter
- 3 tablespoons white sugar
- 1 1/4 cups crushed pretzels
- 1/4 cup key lime juice
- 1 (14 ounce) can sweetened condensed milk
- 1 cup frozen whipped topping, thawed

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Spray 9 inch pie plate with non-stick spray. In a saucepan, melt butter and stir in sugar. Remove from stove. Stir in crushed pretzels until mixed well. Press into pie plate. Bake for 7 to 9 minutes. Cool before filling.
2. In a medium bowl, combine key lime juice and sweetened condensed milk. Mix well and pour into crust. Chill in refrigerator overnight.
3. When ready to serve. Spoon the whipped topping into a pastry bag and pipe it decoratively around the outer edge of filling.

Submitted By: Jen www.allrecipes.com

Notes: 1/4 cup Key Lime juice is = to about 7 Key limes – Use a garlic press to squeeze the limes quickly and easily (cut limes in half)
- be sure and crush the pretzels until graham wafer consistency

Vidalia Onion Pie

Prep Time: 20 Minutes Cook Time: 1 Hour

Ready In: 1 Hour 20 Minutes Servings: 16

"A light dinner of Vidalia onion pie, a nice salad on the side, and a ice cold glass of homemade lemonade is perfect for hot summer nights! Optional additions can be sweet red pepper to the onions as they cook and/or crumbled bacon or fresh ham bits may be added to the mixture prior to baking.

Ingredients:

- 6 Vidalia onions, thinly sliced
- 4 eggs beaten
- 1 cup sour cream salt and pepper to taste
- 1/2 cup unsalted butter
- 1/4 cup grated Parmesan cheese
- 1 pinch paprika
- 2 tablespoons hot sauce
- 2 (9 inch) pie shells, baked
- 1/2 cup grated Parmesan cheese for topping

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium skillet, cook onions in butter for about 10 minutes, or until clear and soft; stir often. Reserve juices.
3. In a large bowl, mix onions with eggs and sour cream. Stir in onion juices, butter and cheese. Add salt and pepper and hot sauce to taste. Make sure all ingredients are well blended and then pour into the 2 pie shells.
4. Sprinkle grated cheese and paprika on top of pies. Bake in preheated oven for 20 minutes. Lower temperature to 350 degrees F (175 degrees C) and bake for an additional 30 to 40 minutes, or until lightly browned on top. Let cool for a few minutes to settle before slicing.

Submitted By: SHERRY-LYNN www.allrecipes.com

To kill weeds

Mix and apply 1 litre of vinegar,
1/4 cup of dish soap, 1/2 cup of salt.

Vinegar Cookies

Servings: 18 "Tasty cookies."

Ingredients:

- 1 cup butter, softened
- 1 cup white sugar
- 1 1/2 cups all-purpose flour
- 1 teaspoon distilled white vinegar
- 1 teaspoon baking soda
- 1 cup chopped walnuts

Directions:

1. Preheat oven to 325 degrees F (170 degrees C).
2. Cream butter or margarine and sugar. Add other ingredients. Drop by teaspoon on lightly greased cookie sheet.
3. Bake for 18-20 minutes.

Submitted By: Cynthia www.allrecipes.com

BUMPER STICKERS ...

- * Time is what keeps everything from happening at once.
- * Warning: Dates in Calendar are closer than they appear.
- * Give me ambiguity or give me something else.
- * Consciousness: that annoying time between naps.
- * Out of my mind. Back in five minutes.
- * Computers help us to do stupid things faster
- * I get enough exercise just pushing my luck!
- * Oh sure. But what's the speed of dark?

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What am I?

- | | |
|-----------|---------|
| 1) Bridge | 2) Worm |
| 3) Match | 4) Sun |

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CENTENNIAL PINS & HISTORY BOOKLETS!

Centennial Commemorative Pins have JUST arrived at the Office, and let me tell you, they are beautiful!

Mr. Doug Mackey has written and compiled a brief history of the Township, and prepared a booklet that is now for sale. The pins and booklets are being sold for \$3 each at the Township Office. Great Deal! All proceeds will support Centennial activities.

TABLES AVAILABLE FOR CENTENNIAL DAY -

Do you have family stories or Chisholm history to share? We would love to have you be a part of our special day! Please contact the Township Office at (705) 724-3526 or Teresa Miller at (705) 752-0383 for more information. For those who have already booked tables, please confirm your attendance by filling out the form available at the Township Office.

Centennial Cairn

A beautiful handcrafted Cairn is being crafted by Stone Mason, Shane Hughes to commemorate 100 years of Chisholm Township.

The Township of Chisholm Centennial Ad Hoc Committee is currently looking for support for this project in order to purchase the brass plate that will be included on the Cairn.

Donations can be made on behalf of pioneering families, in memoriam, or simply on your own accord. Persons who make a donation of \$50 or more will be included in a framed citation to be hung at the Township Office, as appreciation for your contribution.

The Centennial Committee would like to thank those families who have already come forth with donations. Thank you to Shane Hughes for donating the labour for this project, Reg Laporte for donating the sand and use of his truck, and Trevor Coleman for donating the concrete required.

Donation forms can be filled out at the Township office. The unveiling of the Cairn and Citation will take place at the June 2nd Celebration Day.

Thank you for your support!

... from my side of the Road will return in June ...
leaving space for other news this month. From my side of
the road to yours, enjoy the sunshine of May ... God Bless
... Teresa