

# BackRoads

...connecting communities - November 2011

November Observances: Remembrance of our Veterans and our Armed Forces who protect us daily, National Diabetes, Banana Pudding Lovers Month, Epilepsy Awareness, Gluten-Free Diet Awareness, Lung Cancer Awareness, National Alzheimer's Disease Month, National Family Caregivers Month, National Life Writing Month, Vegan Month, and for Food Awareness we have Plums, Pomegranate, Spinach, Squash and Peanut Butter Month ...just to name a few ...

## In Flanders Fields

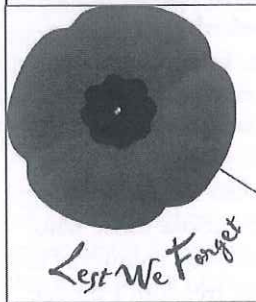
Wikipedia.org tells us the following ... "In Flanders Fields" is one of the most notable poems written during World War I. It has been called "the most popular poem" produced during that period. Canadian physician and Lieutenant Colonel John McCrae is popularly believed to have written it on May 3rd, 1915, after he witnessed the death of his friend, Lieutenant Alexis Helmer, 22 years old, the day before. The poem was first published on December 8th, 1915 in the London-based magazine *Punch*. "

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*To those who have fought and died,  
to those who have fought and survived & to those who still fight ...  
... we the readers, contributors and publishers of BackRoads  
salute you and thank you.  
May God Bless you and keep you Safe.*



## Days to Remember in November ...

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  | *All Saints' Day                                 |
| 1  | *Give Up Your Shoulds Day                        |
| 1  | National Go Cook For Your Pets Day               |
| 2  | *All Souls Day                                   |
| 2  | *Cookie Monster Day                              |
| 3  | National Men Make Dinner Day                     |
| 4  | *Use Your Common Sense Day                       |
| 4  | Pumpkin Chunkin Days 4th-6th                     |
| 6  | Zero Tasking Day                                 |
| 7  | *National Bittersweet Chocolate with Almonds Day |
| 8  | *National Parents As Teachers Day                |
| 9  | National Young Reader's Day                      |
| 10 | *Area Code Day                                   |
| 10 | *Sesame Street Day                               |
| 11 | *Veterans Day                                    |
| 12 | Domino Day                                       |
| 13 | *World Kindness Day                              |
| 14 | *Loosen Up, Lighten Up Day                       |
| 14 | National Girls Day                               |
| 14 | *World Diabetes Day                              |
| 15 | *I Love to Write Day                             |
| 16 | *International Day for Tolerance                 |
| 17 | *Homemade Bread Day                              |
| 18 | *Mickey Mouse Day                                |
| 19 | Family Volunteer Day                             |
| 19 | *Have A Bad Day Day                              |
| 19 | *World Toilet Day                                |
| 20 | Children's Day                                   |
| 21 | *World Hello Day                                 |
| 23 | Tie One On Day                                   |
| 24 | *Celebrate Your Unique Talent Day                |
| 25 | Buy Nothing Day                                  |
| 25 | Flossing Day                                     |
| 26 | International Aura Awareness Day                 |
| 27 | *National Day of Listening                       |
| 29 | *Electronic Greetings Day                        |
| 30 | *Stay Home Because You're Well Day               |

ADVERTISE  
YOUR  
BUSINESS  
HERE!!

CALL US  
TODAY!!

November

### Quotes to remember ...

**John Diefenbaker:** I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.

**William Wallace:** They may take away our lives, but they'll never take our freedom!

**Joseph Campbell:** A hero is someone who has given his or her life to something bigger than oneself.

## Fun Facts about Peanut Butter

- 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.
- Dr. John Harvey Kellogg, a physician wanting to help patients eat more plant-based protein, patented his procedure for making peanut butter in 1895.
- Grand Saline, TX holds the title for the world's largest peanut butter and jelly sandwich weighing in at 1,342 pounds. Grand Saline outweighed Oklahoma City's 900 pounds peanut butter and jelly sandwich in November 2010. Oklahoma City, OK had been the reigning champ since September 7, 2002.
- Astronaut Allen B. Sheppard brought a peanut with him to the moon.
- Tom Miller pushed a peanut to the top of Pike's Peak (14,100 feet) using his nose in 4 days, 23 hours, 47 minutes and 3 seconds.
- As early as 1500 B.C., the Incans of Peru used peanuts as sacrificial offerings and entombed them with their mummies to aid in the spirit life.
- Peanut butter was the secret behind "Mr. Ed," TV's talking horse.
- The world's largest peanut butter factory churns out 250,000 jars of the tasty treat every day.
- The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates high school.
- The amount of peanut butter eaten in a year could wrap the earth in a ribbon of 18-ounce peanut butter jars one and one-third times.
- Women and children prefer creamy, while most men opt for chunky.

## What and Why Vegan?

(By Sherry Milford of Piebird)

Vegan refers to a person, who chooses not to eat any animal products such as meat, milk, cheese and eggs. Some avoid honey too. Most vegans also avoid using animal derived ingredients/products (i.e.: casein, leather, fur, wool) and avoid products tested on animals as well, like some cosmetics.

Some choose a vegan diet for health reasons, to lower fat and cholesterol and to lose weight. Cow milk contains protein designed for baby cows to make them gain weight very quickly, these protein molecules can't be absorbed very well by our bodies because they were designed for another mammal.

Research has shown that vegans are less likely to suffer from obesity as well as coronary heart disease, high blood pressure, type II diabetes and other degenerative diseases. Others choose to go animal-free for ethical reasons -- they do not feel it is justifiable for another being to suffer for their comfort and survival when there are so many other dietary options available.

People unfamiliar with the idea of the vegan diet might think it's full of boring or weird food but there are a lot of "normal" foods that are traditionally animal free that you will be familiar with: bean burritos, falafel with tahini (spiced chick pea balls with sesame paste), rice with stir fried veggies, hummus (chick pea dip) and pita, tabouleh (cous cous salad), pasta with tomato sauce.

It's interesting to note that many of these types of foods have originated in non-American countries where there hasn't been a marketing push and lobbying for decades from the dairy industry to falsely promote cow milk as a necessity for human survival. The countries that have the highest rates of osteoporosis such as the United States & England also consume the most milk. This is because a high animal protein diet includes twenty times more phosphorous than calcium, which in turn depletes calcium in our bones resulting in osteoporosis and tooth decalcification.

As you can see, the topic of vegan is multi layered and sometimes political. Simply put, it's a plant based diet. Hopefully you are encouraged to learn more and most importantly: eat more vegetables! For more information, recipes and workshops visit [vegan-dad.blogspot.com](http://vegan-dad.blogspot.com) (North Bay based), [www.piebird.ca](http://www.piebird.ca) (Nipissing Village based)

**The Canadian Diabetes Association at [www.diabetes.ca](http://www.diabetes.ca) tells us ...** Today, there are more than 9 million Canadians living with diabetes or prediabetes. With more than 20 people being newly diagnosed with the disease every hour of every day, chances are that diabetes affects you or someone you know. Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin to use glucose as an energy source. There are four types of diabetes: type 1, type 2, gestational, and prediabetes.

Your body gets energy by making glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body control the level of glucose (sugar) in your blood. **Type 1 diabetes** is a disease in which the pancreas does not produce insulin. If you have type 1 diabetes, glucose builds up in your blood instead of being used for energy. **Type 2 diabetes** is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. If you have type 2 diabetes, glucose builds up in your blood instead of being used for energy.

Pregnancy is a time of promise and expectation, but it can also raise the possibility for some women that they will develop **gestational diabetes mellitus (GDM)**. GDM is defined as high blood sugar (hyperglycemia) with onset or first recognition during pregnancy. In Canada, GDM is higher than previously thought, varying from 3.7% in non-Aboriginal women to 8-18% in Aboriginal women.

**Prediabetes** refers to blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Although not everyone with prediabetes will develop type 2 diabetes, many people will. It is important to know if you have prediabetes, because research has shown



## WASI GARAGE

Lawrence Potts, Proprietor

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

### WHO KNEW THIS WAS ENGLISH?

**Finnimbrun:** A trinket or knick-knack

**Mungo:** A dumpster diver – one who extracts valuable things from trash

**The pomegranate** is native from Iran to the Himalayas in northern India and was cultivated and naturalized over the whole Mediterranean region since ancient times. It is widely cultivated throughout India and the drier parts of southeast Asia, Malaya, the East Indies and tropical Africa. The tree was introduced into California by Spanish settlers in 1769. In this country it is grown for its fruits mainly in the drier parts of California and Arizona. The pomegranate is a neat, rounded shrub or small tree that can grow to 20 or 30 ft., but more typically to 12 to 16 ft. in height. Dwarf varieties are also known. It is usually deciduous, but in certain areas the leaves will persist on the tree. The trunk is covered by a red-brown bark which later becomes gray. The branches are stiff, angular and often spiny. There is a strong tendency to sucker from the base. Pomegranates are also long-lived. There are specimens in Europe that are known to be over 200 years of age. The vigor of a pomegranate declines after about 15 years, however. (info taken from [www.crfg.org](http://www.crfg.org))

## Kudos Restaurant & Bar

Every Monday night  
ALL YOU CAN EAT  
WINGS for \$16.95!!

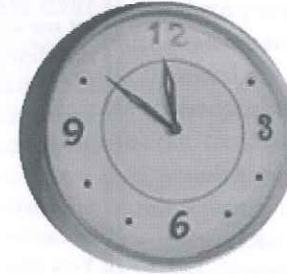
Come Watch the Game & have a Beer!  
852 Main St, Powassan  
705-724-1400 Fax: 705-724-1401

**CREATIVE** Teresa Emmerson  
**MEMORIES** Independent Consultant

Scrapbooking,  
Digital Photo Books  
& Framing

705-724-3460 or 705-495-9530  
CALL TO SIGN UP FOR WORKSHOPS!  
[teresa.emmerson@sympatico.ca](mailto:teresa.emmerson@sympatico.ca)  
[www.mycmsite.com/teresaemmerson](http://www.mycmsite.com/teresaemmerson)  
your life | your story | your way

BE SURE  
TO SET  
YOUR CLOCKS  
BACK  
ONE HOUR  
NOVEMBER 5TH!



**Epilepsy** is a medical condition that produces seizures affecting a variety of mental and physical functions. It's also called a seizure disorder. When a person has two or more unprovoked seizures, they are considered to have epilepsy. Seizures happen when the electrical system of the brain malfunctions. Instead of discharging electrical energy in a controlled manner, the brain cells keep firing. The result may be a surge of energy through the brain, causing unconsciousness and contractions of the muscles. One in 10 adults will have a seizure sometime during their life.

If only part of the brain is affected, it may cloud awareness, block normal communication, and produce a variety of undirected, uncontrolled, unorganized movements.

Seizures can last from a few seconds to a few minutes. They can have many symptoms, from convulsions and loss of consciousness to some that are not always recognized as seizures by the person experiencing them or by health care professionals: blank staring, lip smacking, or jerking movements of arms and legs. Most seizures last only a minute or two, although confusion afterwards may last longer. An epilepsy syndrome is defined by a collection of similar factors, such as type of seizure, when they developed in life, and response to treatment. Taken from [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org) also see [www.epilepsyontario.org](http://www.epilepsyontario.org) for more information and how to help.

### Things that make you go ``HMMMM``

- A stitch in time saves nine what?
- After eating, do amphibians have to wait one hour before getting out of the water?
- Are female moths called myths?
- Are part-time band leaders semi-conductors?
- Are there any unguided missiles?
- Are you breaking the law if you drive past those road signs that say "Do Not Pass"?
- Before they invented drawing boards, what did they go back to?
- Can you get cavities in your dentures if you use too much artificial sweetener?
- Day light savings time - why are they saving it and where do they keep it?

## Community Updates

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

With the recent Provincial Election completed I would like to congratulate Victor Fedeli our new member of Provincial Parliament. I look forward to working with Victor to continue to move Powassan forward.

Please take the time on November 11th to observe two minutes silence to reflect on the sacrifices that brave Canadians have made in the past and will continue to make in the future for each and every one of us.

The end of October is an exciting time for children with Halloween. I hope that everyone takes the time on October 31st to go to the Powassan Fire Station for trick or a treat.

For a second year we are holding a Family First Event on New Year's Eve at the Trout Creek Community Center. We are hoping that everyone can come out for some family fun.

The Municipality of Powassan continues its rehabilitation of its sewers, in an attempt to prevent ground water infiltration into our existing sewage system. Correcting the infiltration issue will allow the municipality to expand our existing water and sewage system thus allowing the Municipality of Powassan to grow its serviced areas. Happy Halloween!!

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

This will be my first attempt to write something for BackRoads. It will be a pleasure to report the goings on in my neck of the woods and read up on what my neighbours are doing.

We have 2 projects on the go of significant size. First the expansion of our lagoons. Now, it would be something if I could write about the lagoons and hold your interest but it is a test project of some pretty interesting technology that is exciting. The technology consists of a mechanism that delivers oxygen to the lagoons through an ionization process which serves to break down solids and removes phosphates amongst other things. The technology is worth approximately \$290,000 but can save upwards of 1.3 million in capital costs if the technology works. Now that is exciting! The tests will run through the winter and we are crossing our fingers that the test proves successful.

It seems like our municipal dock has been in a state of disrepair forever. We hope that changes and repairs are forthcoming with the final phase of our Waterfront Revitalization Plan expected in the next few weeks. It is clear that we need repairs but had to prove the economic benefit of the dock to our funding partners before we made any application for money to repair. I am confident that we can move forward with our plans to repair.

Otherwise, life is good in Callander and look forward to future articles

### On VOLUNTEERING

**\* I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.**

(Mahatma Gandhi)

**\* Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace. A soul generated by love...**

(Dr. Martin Luther King, Jr.)

There's no use talking about the problem unless you talk about the solution.

- Betty Williams

### Chisholm - Councillor, Teresa Miller - [www.chisholm.ca](http://www.chisholm.ca) [teresamiller@live.com](mailto:teresamiller@live.com)

Chisholm has seen its final Public Meeting for the Official Plan on October 20th - we were sorry that so few came out—but thrilled at the few that did - it is only with informed meetings like this that we are able to convey how we see our community growing ... The council of Chisholm has decided to form a Strategic Planning Committee and are requesting letters of interest for those members of the community that are interested in sitting on this committee. Strategic Plans are needed in every municipality and are used in all funding requests and grant applications. Without such a plan Chisholm may lose out on some federal and provincial funding ... come and help us put together the best plan we can to get us the most funding possible! Another happening around the Council table is the beginning of the budget process. Seems like we just got through the budget for 2011. Council has decided to get a 'jump' on the 2012 Budget and hopefully have that finalized in early 2012. Our first budget meeting will be held on November 17th at 9:30am. All are welcome! If you think we should be focusing on certain areas for our budget this is the time to have your thoughts heard! If you can't make it in person - please submit something in writing to the office prior to this date so we can consider all ideas.

The Centennial Committee has been working and planning ... We are still accepting Centennial Logo ideas - until November 15th ... the logo will be used for a commemorative pin - please keep the design as simple as possible. We are also in need of some funding ideas & would love you to come and brainstorm with us! Our main event will be on June 2nd, 2012 and we are planning a day of History displays and music at the Township Office as well as a possible dinner & dance at the Clear Springs Golf Course. The Women's Institute and United Church Women are getting together in the spring to hold a History Evening on May 5th, 2012 ... and you know how well they bake!! We are also planning some history bus tours throughout the year - lots happening to Celebrate our 100 year Birthday!

Winter is coming and as you know Public Works is doing its best to get the township in shape for the snow ... with the working on ditches and roadside brush. Please be mindful of the placement of garbage and recycle boxes at the road ... soon we will have the plow going by.

November is also the month that we take a special moment and give thanks to those men and women and their families that have given so much for our country and are the ones we thank everyday for our freedom. Remember to get out and pay tribute to our troops - past, present, and future. Service times are listed on pg 14 of this issue.

Would you like to see YOUR Mayor/Councillor here chatting about YOUR area - call me and let me know—better yet YOU call them and have them call US!



**CANFIN FINANCIAL GROUP**  
A qualified approach to wealth solutions

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

Doug Higgins BBA, PFPC - Financial Advisor  
1-877-422-6346 ext. 508 or [dhiggins@canfin.com](mailto:dhiggins@canfin.com)  
[www.doughiggins.ca](http://www.doughiggins.ca)

*Powassan Hairstyling*

*For All Your Hair Care Needs*



512 Main St, Powassan

Open Tuesday—Saturday

(Wed & Thurs until 7pm)

705-724-3301

Cori Hogan-Stillar

& Heather Grasser



# HISTORY FROM...

## OUR BACK ROADS...

### LEST WE FORGET ...

The year was 1918, the eleventh of November, in a place called The Forest of Compiègne France. Germany signed the Armistice with its allies at 5 a.m. that morning and it was to take effect at 11:00 a.m. France time, the eleventh hour. This was the end of WWI and in 1919 King George V dedicated the day to observe all the armed forces personnel who died in the war. We also pay homage to those who were wounded or were taken prisoners of war.

In 1927 the cenotaph in Memorial Park was erected and paid for by The Imperial Order of Daughters of the Empire, Powassan Chapter. The names of those from the local community who fought and died serving our country were engraved in the monument, and following WWII the names of the fallen soldiers were added. Reading the list of names you can see that many families around Powassan lost sons, fathers, husbands or grandfathers.

My grandfather Herbert Toepfner joined the army at the age of 22 and was stationed in Scotland cutting timber for the war effort. During WWII he became a member of the Veterans Guards of Canada and helped guard at P.O.W. camps in Northern Ontario. I believe he also helped guard the hydro electric dams at Niagara Falls.

Just after the end of WWII the first meeting of Branch 453 of the Royal Canadian Legion was held in the Powassan Town Hall. The chapter was granted in 1947 and with the fund raising efforts of many of the local veterans their own hall was built at its present day site in 1949.

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

A large addition was constructed in 1965. The Legion plays a very active role in our community and through their fundraising and donations have benefited many organizations over the years. The most important role that the Legion plays in our community is to ensure that the younger generations will continue to honour those who have died in all the wars serving our country. Each Remembrance Day the local school children are encouraged to attend and participate in the wreath laying ceremony at the Powassan cenotaph.

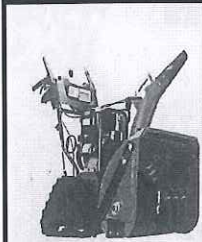
Wars have been waged from almost the beginning of civilization and brave men have joined in the fight. We as Canadians must be proud of all the men who have sacrificed their lives for our freedom.

*They went with songs to the battle, they were young,  
Straight of limb, true of eyes, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.  
They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.  
Lest we forget*

**Ode of Remembrance** taken from  
Laurence Binyon's poem "For the fallen" 1914

**Dropped in Error from October's Story** - I am sure that the Masonic Lodge has helped out many more ways in our community. If you would like to learn more have a look at their web site [www.muskoka-parrysoundmasons.ca](http://www.muskoka-parrysoundmasons.ca)

**GROULX EQUIPMENT**  
YOUR LOCAL HUSQVARNA DEALER



**Premium features**

- Remote chute & deflector control
- Hydrostatic transmission
- Heated handles
- Heavy duty auger
- High speed impeller
- Electric start
- Halogen light
- Weight bar

**Husqvarna 440e**

- Lightweight, rugged & precise cutting power
- 40cc power plant / Standard 16" bar
- TOOL-LESS chain tensioning
- Inertia activated chain brake
- X-TORQ - LowVib - Air injection Smart Start

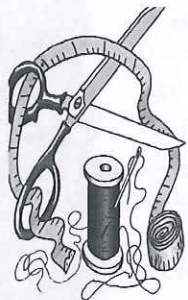
**\$399.99**  
MSRP \$439.99



244 GROULX ROAD, ASTORVILLE  
(705)752-2229



**JMI DESIGN STUDIO**  
58B Chiswick Line, Powassan  
705-724-6408



Are your clothes not fitting?  
Do you need your Hem Raised?  
Is your Zipper all Zipped out??

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

**National Life Writing Month**  
Start telling Your Family Stories!

Ever heard the saying a picture is worth a thousand words? Well I think that is a little mixed up – a picture without any words is worthless – or a story of a thousand words is what makes a picture a story. Have you ever received a box of photos with nothing written on the back and tried to figure out who is in the pictures? Would it not have been easier if someone had written a short story on the back of each photo, or better yet put them in a photo safe album with an accompanying story?

Do you have photos in boxes or on your computer just waiting for their stories to be told? Me

too! I am organizing those photos, finding out what story is behind each photo and preserving them in a photo safe album. I am doing this because I love to enjoy my photos! I am doing this because I want my children to enjoy their photos and their stories.

We all want to know about our family – the good and the bad! Although we don't often take photos of the bad stuff do we? We take photos at the events in our lives because we want to remember them. I am also making these albums because I do not want to forget the stories!

When my kids are off doing their own thing, creating their own memories, with their own families I want to have my albums in my lap, laughing in my rocking chair at all the fun stories that are in my albums all about my family.

Want an album in your lap?

Let's get together and make it happen!!

Workshops available right here in Powassan – Teresa's place – 250 Chisholm Street.

Contact me, Teresa Emmerson at 705-724-3460, cell 705-495-9530,

[teresa.emmerson@sympatico.ca](mailto:teresa.emmerson@sympatico.ca), [www.mycmsite.com/teresaemmerson](http://www.mycmsite.com/teresaemmerson)

"Oh bear!" said Christopher Robin. "How I do love you!" "So do I," said Pooh

**Alzheimer's disease** is a progressive, degenerative disease of the brain, which causes thinking and memory to become seriously impaired. It is the most common form of dementia. (Dementia is a syndrome consisting of a number of symptoms that include loss of memory, judgment and reasoning, and changes in mood, behaviour and communication abilities.) The disease was first identified by Dr. Alois Alzheimer in 1906. He described the two hallmarks of the disease: "plaques" - numerous tiny dense deposits scattered throughout the brain which become toxic to brain cells at excessive levels and "tangles" which interfere with vital processes eventually "choking" off the living cells. As well, when brain cells degenerate and die, the brain markedly shrinks in some regions.

At this time, we do not yet know what causes Alzheimer's disease or how to stop its progression.

Researchers have discovered that Alzheimer's disease:

- \* is not a part of normal aging
- \* affects both men and women
- \* is more common in people as they age -- most people with the disease are over 65
- \* is not caused by hardening of the arteries
- \* is not caused by stress

Scientists are looking at three areas:

**Family history** For a few families, there is a definite connection between family history and Alzheimer's disease. While for others, a family history of Alzheimer's disease puts them at greater risk than someone with no family history. Though knowledge in this area is growing, the connection to heredity is not fully understood.

**The external environment** The cause of Alzheimer's disease may be in our environment -- perhaps something in the water, soil or air.

**The internal environment** Alzheimer's disease may be caused by something within the body. It could be a slow virus, an imbalance of chemicals or a problem with the immune system.

Researchers today believe there is no single cause of Alzheimer's disease. Instead, they believe it is caused by a combination of factors. There is still much that we don't know about the disease, but researchers continue to look for causes.

The population of Canada continues to age dramatically as the baby boomers reach 60. Alzheimer's disease is the second most feared disease by Canadians as we age.

To assist in the understanding of this complex issue, the Alzheimer Society released a new report January 4, 2010 which evaluated the impact of dementia on Canadian society.

This report, *Rising Tide: The Impact of Dementia on Canadian Society*, was conducted by RiskAnalytica, a leading firm in risk management. Through their specialized Life at Risk® evaluation framework, combined with the Alzheimer Society's extensive network of leading researchers and clinicians, the Society has been able to determine the current and future extent of health and economic impacts of dementia in Canada over the next 30 years.

- Today, half a million Canadians have Alzheimer's disease or a related dementia. Approximately 71,000 of them are under age 65.
- This means that 1 in 11 Canadians over the age of 65 currently has Alzheimer's disease or a related dementia.
- This year alone, more than 103,000 Canadians will develop dementia. This is equivalent to one person every five minutes. By 2038, this will become one person every two minutes, or more than 257,000 people per year.
- If nothing changes, the number of people living with Alzheimer's disease or a related dementia is expected to more than double, reaching 1.1 million Canadians within 25 years.
- Alzheimer's disease is the leading form of dementia. It currently represents 63% of all dementias. This will increase to 68% by year 2034, i.e. within a generation
- Vascular dementia is the second most common form of dementia. It currently represents 20% of all dementias and will continue to do so within a generation.

**Article taken from [www.alzheimer.ca](http://www.alzheimer.ca) for more information please see the website or call our local Alzheimer's Office** 1180 Cassells St., Unit 3 North Bay, ON P1B 4B6 Tel: (705)495-4342E-mail: [alzheimersociety@cogeco.net](mailto:alzheimersociety@cogeco.net) Web: [www.alzheimernorthbay.com](http://www.alzheimernorthbay.com)

**Game Pages**

**Last Month's Sudoku Answer**

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

**November 2011 Sudoku**

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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

5 7 2 6 9 25 26 20 9 20 6 9 20 7 23 12 7 2 23 12 7 10 20 10  
 19 23 3 10 5 20 9 19 16 23 19 20 7 6 9 23 19 21 22

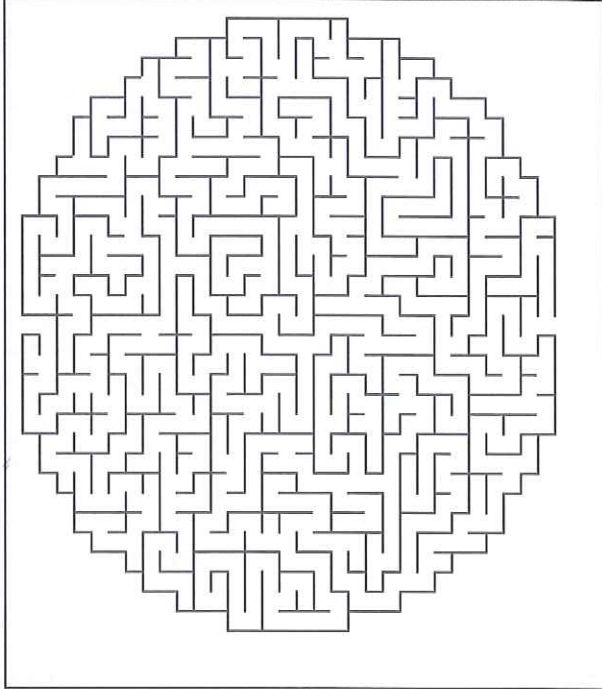
**CRYPTOGRAM** A Cryptogram is a type of puzzle which consists of a short piece of encrypted text. Each letter is replaced by a different letter or number. To solve the puzzle, one must discover the original lettering. Last Month's Cryptogram: "I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion. - Henry Thoreau"

"If a walker is indeed an individualist there is nowhere he can't go at dawn and not many places he can't go at noon. But just as it demeans life to live alongside a great river you can no longer swim in or drink from, to be crowded into safer areas and hours takes much of the gloss off walking -- one sport you shouldn't have to reserve a time and a court for." Edward Hoagland

**A Word Search for the Bakers in the Crowd ...**

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

- |             |            |              |
|-------------|------------|--------------|
| ALMOND      | BRAN       | BUTTERSCOTCH |
| CHOCOLATE   | CINNAMON   | COCONUT      |
| GINGERBREAD | MACAROONS  | MERINGUE     |
| MOLASSES    | OATMEAL    | PEANUT       |
| PECAN       | PEPPERMINT | PUMPKIN      |
| RAISIN      | SHORTBREAD | SUGAR        |



This Maze starts on the left side of the circle at the middle and ends on the right side at the middle—but does not create a straight line—can you find your way across the circle? Good Luck!

**.... And I QUOTE! ...**

**Inside every older person is a younger person wondering what the hell happened. Cora Harvey Armstrong Inside me lives a skinny woman crying to get out. But I can usually shut her up with cookies. Unknown The hardest years in life are those between ten and seventy. Helen Hayes (at 73) I refuse to think of them as chin hair - I think of them as stray eyebrows. Janette Barber Old age ain't no place for sissies. Bette Davis Thirty-five is when you finally get your head together and your body starts falling apart. Caryn Leschen If you can't be a good example - then you'll just have to be a horrible warning. Catherine Aird**

**NUMBER BLOCK**  
 Try to fill in the missing numbers. The missing numbers are integers between 1 and 9. And can be repeated in the row. 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.

|    |    |    |    |    |
|----|----|----|----|----|
|    |    |    |    | 28 |
| 1  |    | 7  |    | 23 |
|    | 7  |    | 7  | 22 |
|    | 8  |    | 9  | 31 |
|    |    | 2  | 1  | 16 |
| 11 | 30 | 25 | 26 | 18 |

## Local Happenings

**October 29th - The Ladies Auxiliary Royal Canadian Legion - BR445 Callander** invite you to their annual Craft and Bake sale starting at 10am - 4pm at 345 Lansdowne St, Callander. Crafts, Bake Sale & Lunch (11-2). All welcome and FREE admission!

**October 29, 2011 HALLOWEEN PARTY** Callander Legion at 7:00 p.m. No cover charge. PRIZES! GHOSTLY GHASTLY MUNCHIES! MUSIC BY THE MAYOR! All are Welcome!

**October 30th Powassan Wesleyan Church** presents Movie Night ``Grace Card`` for a preview go to YOUTUBE GRACE CARD. Starts at 7pm for more information call 705-724-3818

**October 31st, 2011 Halloween Treats** at the Powassan Fire Station

**Powassan Legion's Friday Night Suppers** call 705-724-2235 for extra information: Nov. 04th Spaghetti Supper with garlic bread, Caesar salad, coffee/tea + dessert Nov. 18th Ham with scalloped potatoes dinner, with Caesar salad, coffee/tea + dessert All dinners are \$10.00 per person. Advance reservation recommended as the tickets sell quickly.

**Friday Dinners - Ladies Auxiliary of Callander Legion Br 445 (345 Lansdowne St, Callander)** invites you to a the following Friday dinners: Oct 28 - Octoberfest Sausage Nov 4 - Veal Cutlet Nov 18 - Liver & Onions Nov 25 - Lasagne & Garlic Bread All meals include; salad, veggies, dessert, dinner roll, tea / coffee Serving 5pm to 6:30pm - \$9.00 per plate Everyone Welcome!

**November 5th - Fall Turkey Dinner** at Powassan United Church 4:30pm -6:30pm Adults \$13.00; Students (6yr-12yr) \$6.00; 5yrs and under \$free

**November 5th, Marina Point** hosts their Annual Christmas Craft Show 10am-3pm

**November 6th, Elks Club (North Bay)** hosts a Craft Show (Royal Purple) 9am - 3pm

**November 13th—SGT WILSON'S ARMY SHOW** at Callander Legion Branch 445 Dinner 5pm-730pm Show 8pm Dinner & show \$ 25.00 Show only \$10.00 Tickets now on sale 705-752-3773

**November 19th Christmas Tea and Bazaar** at St. Joseph's Church, 120 Memorial Park Drive, Powassan; 11am-2pm there will be baking, candy, cookies, white elephant table, Christmas crafts, knitting, sewing & more!

**November 26th, Trout Creek Lions Country Craft Show** at Trout Creek Community Centre 9am-3pm

**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** Every Tuesday weigh-in 5:30, meetings 6:45-8pm Lower level of Powassan Legion. For info call Donna 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

### REMEMBRANCE DAY SERVICES

**Nov. 06th - Trout Creek** - Powassan Legion Branch #453 will be holding a Remembrance and Wreath Laying Service at Trout Creek at 12 noon. Form up at the Fire hall at 11:45 and march to the cenotaph. Everyone is encouraged to join us in Remembering those who gave their lives so we have the freedom we know today.

**Nov. 06 - Powassan** - Powassan Legion Branch #453 will be holding a Remembrance Service in the Powassan Legion Hall @ 2:00 pm Weather permitting, the service will be followed by a march to the cenotaph, and wreath laying. There will be a memorabilia display at the Legion Hall from before and after the service. Everyone is encouraged to join us in Remembering. Everyone is encouraged to join us in Remembering those who gave their lives so we have the freedom we know today.

**Nov. 11th - Powassan** - Powassan Legion Branch #453 will be holding a "Wave of Silence" service at the Powassan Cenotaph at 11:00 am. Please come out and join us in this cross-Canada "Wave of Silence" as it goes across the country at the 11th hour, of the 11th day, of the 11th month, and help us remember those who gave their lives that we have the freedom we know today.

**Nov. 11th - Callander** - Callander Legion, Branch 445 345 Lansdowne Street, Callander 10:00 am - Church Service in Main Hall @ Callander Legion 10:45 am - March to Cenotaph 11:30 am - return to Legion or Refreshments & Comradeship 12:00 - 6pm Music provided by Bill & Gisele Vrebosch & Callander Legion Pipe Band Everyone invited to attend service & afternoon Comradeship

**November 11th - Callander** - Callander Legion, Branch 445 345 Lansdowne Street, Callander 10:00 am - Church Service in Main Hall @ Callander Legion 10:45 am - March to Cenotaph 11:30 am - return to Legion or Refreshments & Comradeship 12:00 - 6pm Music provided by Bill & Gisele Vrebosch & Callander Legion Pipe Band Everyone invited to attend service & afternoon Comradeship

## From the Kitchen November is the month of ... Plum, Pomegranate, Spinach, Squash & Peanut Butter

### Plum and Apple upside down cake VEGAN

Prepare a 9 inch square pan by oiling it and layering 1 cup each of sliced plums and apples.

Cover and place in preheating oven while preparing batter.

In a large bowl mix together:

1/2 cup oil

1/2 cup brown sugar

2 tablespoon ground flax seed powder

2 tablespoons apple cider vinegar

1 tsp vanilla

**In a separate bowl combine:**

1 1/2 cups flour

2 tsp baking powder

1/2 tsp salt

Add dry ingredients to oil mixture alternately with 3/4 cups of rice milk. Make 3 dry and 2 liquid additions.

Turn into prepared pan and bake for 40 minutes or until cake tester comes out clean.

Invert immediately onto serving dish.

**Recipe by Sherry Milford of Piebird B&B Farmstay in Nipissing Village. We specialize in animal-free cooking and baking. If you would like to learn more on vegan baking and cooking please sign up for one of our workshops at piebird.ca.**

### **GLUTEN-FREE Creamy Spinach & Artichoke Baked**

Pasta (Published by Chatelaine on 01/09/2011)

Prep time 25 min Cooking time 10 min

Makes 4 Servings

#### **Ingredients**

250 g pkg gluten-free fusilli 2 tsp olive oil

3 garlic cloves, minced

1 bunch green onions, about 1 cup chopped

3 cups packed, chopped fresh spinach

398 ml can artichokes, drained and chopped

1 cup vegetable broth, preferably sodium-reduced

1 cup grated parmesan cheese

1/2 250 g brick cream cheese, softened

1 tbsp lemon juice

1/2 tsp red-pepper flakes

1/4 cup panko bread crumbs, (optional)

Preheat oven to 500F. Cook pasta in a large pot of boiling water, following package directions but omitting salt, until just barely tender, 6 to 8 min. Heat a large frying pan over medium-high. Add oil, then garlic and onions. Cook for 1 min. Stir in spinach and artichokes. Cook until spinach starts to wilt, 1 min. Stir in broth, parmesan, cream cheese, lemon juice and pepper flakes. Stir until cheese is melted, then add pasta. Transfer to an 8-in. square baking dish. Sprinkle panko overtop. Bake in centre of oven until topping is golden, about 5 min. **If you are making this dish for celiac friends (who can eat the rice pasta) the panko crumbs are not gluten free.**

### **BUTTERNUT AND ACORN SQUASH SOUP**

1 butternut squash, halved and seeded

1 acorn squash, halved and seeded

3 Tbsp. butter

1/4 c. chopped sweet onion

1 quart chicken broth

1/3 c. packed brown sugar

1 (8 oz.) pkg cream cheese, softened

1/2 tsp. pepper

ground cinnamon to taste

Preheat oven to 350 F. Place squash halves, cut side

down in a baking dish. Bake 45 min or until ten-

der. Cool slightly. Scoop pulp from the skins, and

discard skins.

Melt butter in a skillet over medium heat, and sauté

onions until tender. In a blender or food processor,

blend squash pulp, onion, broth, brown sugar, cream

cheese, pepper and cinnamon until smooth. This

may be done in several batches. Transfer to pot and

reheat over medium heat until heated through.

**Recipe provided by Wendy DiPersio from Kudos**

**Restaurant & Bar - Powassan - where all her**

**soups are homemade ...**

How many cookies could a good cook cook

If a good cook could cook cookies?

A good cook could cook as much cookies

as a good cook who could cook cookies.



**Miltown Management Systems**  
**91 Alderdale Rd, Chisholm**  
**705-752-0383**  
or [miltownsystems@live.ca](mailto:miltownsystems@live.ca)

Advertising Rates

1/8 page = \$25.00    1/4 page = \$50.00

1/2 page = \$100.00

\*\*When you advertise for five continuous months - the 6th month is free!!

**Bumper Stickers**

- Why is 'abbreviation' such a long word?
- Procrastinators Unite!... Tomorrow
- Dyslexics Untie!
- Consciousness: that annoying time between naps.
- Out of my mind. Back in five minutes.
- Seen it all, done it all, can't remember most of it.
- My reality check bounced
- Ever stop to think, and forget to start again?
- Of all the things I've lost I miss my mind the most
- I just got lost in thought. It was unfamiliar territory

**Containers &  
Truck Boxes for sale**  
**Call to see our selection!**  
**91 Alderdale Rd**  
**Chisholm**  
**705-752-0383**

"There is an art to wandering. If I have a destination, a plan - an objective - I've lost the ability to find serendipity. I've become too focused, too single-minded. I am on a quest, not a ramble. I search for the Holy Grail of particularity, and miss the chalice freely offered, filled full to overflowing."  
- Cathy Johnson, On Becoming Lost

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

November is always an in-between month for me - in-between fall and Christmas ... somewhere in the middle of nice and snow ... you know what I mean ... for our sports fans out there - hope you are enjoying the transition from Football to Hockey ... As we transition into the wintery months of our year ... take a moment to Thank our Veterans for their past service and to pray for those who still fight for our freedom that they may be kept safe and be returned home soon.

'Tis the time of year for hunting, putting summer and fall items away and to get the Christmas Lights out (I think hubby just ran out the door!) lol ... I'm a big lover of Christmas and the lights and tunes and shopping and ... well you get the idea ... this year I'd like to know how to light up my Christmas lawn boards without paying for the upper management of Hydro to go to Miami for their vacation ... needless to say I'm going to check out some solar options ... this is also a time that I like to take in auction sales and such - most would like this during the warmer months—but I like to take in some inside auctions in the area during the cooler months—for a nice way to spend an afternoon - I consider it my "indoor yard sales" during the winter.

November is also the month of my Dad's birthday - hard to believe this will be the second year without him - hope you are having a great party in heaven Dad!! As we grow older (not necessarily wiser as we were led to believe lol) it is so important to slow down and take the time for the things important to us. So my wish for you this month is that you take the time to do something to make you smile. Whether it's a day with a good book - a visit with an old friend (or a new one) ... helping at one of the many food banks or coat drives ... or just singing the loudest at Church. Enjoy your 'in-between' time and remember Smiling helps us all from both the outside and the inside. ... That's how I see it from "my side of the road, God Bless" ... Teresa