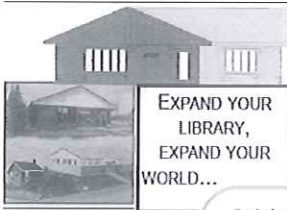


# Back Roads

...connecting communities - October 2012

## Powassan & District Union Public Library Live Fund Raising Auction Expansion Project Event



EXPAND YOUR  
LIBRARY,  
EXPAND YOUR  
WORLD...

October 20, 2012 at Noon  
Viewing begins at 11:00 a.m.

**Mak Academy**  
250 Clark St., Powassan  
Auctioneer: Stephen Morrin

Now accepting donated talents  
and treasures.

What could YOU contribute to  
this fun event?

Bidder Cards \$2



All proceeds of these fundraising events will help the Powassan  
& District Union Public Library reach its goal of \$200 000.

For more information, contact Fund Raising Committee  
Chair, Linda Morrin at 705-724-6430

### \*\*October Observances\*\*

Financial Planning, Halloween Safety, Positive Atti-  
tude, Vegetarian Month, National Reading Group  
Month . . . just to name a few . . .

Remember to give thanks for family, friends,  
Successes & lessons on your Thanksgiving Day!



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

Clothes not fitting? Need your Hem Raised?

Is your Zipper all Zipped out??

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

Ask us about our Hem Saver Cards!

Use it for 5 hems any style & get the 6th hem done free!!



*Internal Rhythms Mind  
and Body Care*

Vanessa L Brown RMT

*Integrative Manual  
Therapy*

*Massage Therapy*

*Thai Hot Steam*

*Massages & MORE!*

#2 - 288 Worthington St W  
North Bay, Ontario

705-495-1315

[www.internalrhythms.com](http://www.internalrhythms.com)

**What is Literacy?** The International Adult Literacy Survey (IALS) de-  
fines literacy as "the ability to understand and employ printed information  
in daily activities at home, at work and in the community - to achieve one's  
goals, and to develop one's knowledge and potential."

Literacy is also about the ability to think, to communicate, to  
problem solve, to continually learn and to use technology. The North Bay  
Literacy Council has been improving literacy and essential skills in our com-  
munity since 1978. We are a not for profit registered charity. We offer one  
to one tutoring services, small group literacy classes, workplace essential  
skills training, GED preparation, and a variety of workshops. "If you want  
to learn... we want to help" Find out more about becoming a learner, a  
volunteer or supporter. For more information please see  
[www.northbayliteracycouncil.ca](http://www.northbayliteracycouncil.ca) OR call the office at 705-494-9416.

## Days to Remember in October . . .

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	World Day of Bullying Prevention / Blue
2	*Guardian Angels Day
4	*Improve Your Office Day
5	*World Teachers Day
6	*Mad Hatter Day
7	*You Matter To Me Day
8	National Kick Butt Day
8	*National Pierogy Day
9	National Face Your Fears Day(2nd Tuesday)
10	Emergency Nurses Day
10	National Bring Your Teddy Bear To Work & School Day (2nd Wednesday)
12	*International Moment of Frustration Scream Day
13	Universal Music Day (2nd Saturday)
14	*Be Bald and Be Free Day
15	*International Day of Rural Women
15	* National Grouch Day
16	*Boss's Day (or National Boss's Day) If it falls on a weekend then the closest <b>Work-day</b> .
18	Get to Know Your Customers Day
19	*Evaluate Your Life Day
20	*Information Overload Day
21	National Sunday School Teacher Appreciation Day (3rd Sunday)
25	*World Pasta Day
27	*Cranky Co-workers Day
27	Make A Difference Day
28	Mother-in-Law Day (Always 4th Sunday)
28	*National Chocolates Day
30	*Devil's Night or Mischief Night
30	*Haunted Refrigerator Night
31	* Halloween or All Hallows Eve

### Regular Features

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### 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*



### What am I?? (answers on back page)

1. What English word has three consecutive double letters?
2. What's black when you get it, red when you use it, and white when you're all through with it? .
3. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
4. When young, I am sweet in the sun.  
When middle-aged, I make you gay.  
When old, I am valued more than ever

### The Gifts of L'Arche North Bay

Jean Vanier, the son of one of Governor-General, Georges Vanier, though a naval officer, is better known as a philosopher and humanitarian. He is also the beloved founder of L'Arche, communities for persons with developmental or intellectual disabilities existing around the world. L'Arche North Bay is one such community. We have 13 Core Members (persons with disabilities) who live in our 3 homes with those who assist them. We also have another building which houses our Day Program and our office.

We live in relationship seeking to explore the gifts of each other. We are forever called to grow deeper in living the philosophy of L'Arche as originated by Jean Vanier and carried on through L'Arche International and L'Arche Canada. This year throughout the whole community, mixed groups of Core Members, Assistants, Staff and Board Members have come together to work through a process of sharing and determining the primary gift that each of us offers to others. The gifts are so plentiful as well as varied and we have barely touched the surface of the exploration. We invite people from the larger community to come and share their gifts with us either by being a Friend of L'Arche which could mean being a friend to one of our Core Members, gardening, coming out to our events, baking for events, or sitting on the public awareness or fundraising committees. You may wish to consider being a Board Member. If interested, contact our L'Arche Office for more information or to submit your name and telephone number and specify your interest at 705-474-0081.

In the meantime, look in this issue for our announcement inviting you to our annual Spaghetti supper.

### The Spunky Old Broad @ Newsletter      HAVING FUN IN BUSINESS

If your employees were asked, would they say your company is a fun place to work. I know the idea of having fun while you're working is foreign to a lot of people, but I believe every one should enjoy what they're doing since most of their day is spent away from home, family and friends. Especially in an entrepreneurial organization, fun should be part of the formula. That's one of the reasons people like to work for small companies.

How do you bring brightness and sunshine into the lives of your people? Are you always enthusiastic and eager or do you walk through the front door with a chip already on your shoulders? If you aren't happy coming to work and it's your business, why should I want to come in with a smile? It reminds me of the story of the mother who goes to her son and tries to get him out of bed and to school. She tells him all the reasons why he should be going, and he tells her that everyone dislikes him, gives him a hard time and doesn't want to let him enjoy himself. The closing line is....."Why do I have to go?" She replies, "Because you're the principal." That may be stranger than it sounds. Sometimes we become captive of our own business, and get so involved in the problem area, we aren't sure why we got into business in the first place.

It's important for us to set the standards. We need to be happy we are there, and we need to create happy experiences. Have pizza parties, ring bells when sales are made, celebrate if someone's son makes the soccer team, empathize if there's an illness, and let everyone share in the good things that happen. It's up to you to set the tone and make it happen. It should be a pleasure doing business with you.

I should rave about the people working for you. I should think so much of what you do and how you do it, I brag to everyone I meet. And I can tell you, there are very few people and businesses I do that for. What would it take to create that kind of environment? Every day is a new adventure and also some tough new issues. In the rapidly changing world of today, it isn't easy keeping up with the new trends and customer demands, but if you can't do it, you probably should be re-thinking how you are "doing" your business. It doesn't get any better either. It's a constant push all the time, but you have to ask yourself, would I choose to do anything else? If the answer is no, then you should have fun doing what you do!

Your S.O.B., Dr. Gayle Carson

Read my blog at [www.spunkyoldbroad.com/blg](http://www.spunkyoldbroad.com/blg); Follow me on [www.twitter.com/gaylecarson](http://www.twitter.com/gaylecarson)

## Community Updates

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

October is Volunteer Month. On behalf of the Municipality of Powassan I would like to thank everyone who gives their personal time to make our community a better place to live. October 15th to 21st is Local Government Week. To celebrate this year, The Municipality of Powassan Council has asked our two local elementary schools to recognize grade five students who will then shadow the Council at the October 16th Council Meeting. Hopefully local students will become more interested in their local government after participating in a real Council Meeting.

Congratulations to entire Powassan Eagles Jr. A Hockey Club organization. The Sportsplex had a full house for the inaugural home opener September 22nd. The Eagles managed to not to disappoint the crowd by defeating a very determined Mattawa team to keep their winning record going.

The Council of the Municipality of Powassan has agreed in general to take the lead and support the Powassan and Area Family Health Team and their plans to relocate to a new building. The Municipality will join the Family Health Team Doctors and other surrounding municipalities to assist in moving the Health Team to a larger building, so that the Family Health Team can expand the valuable services they provide.

Remember that October 23 is our Blood Donor clinic at the Powassan Legion. Please come out and give the gift of life.

*Have a Happy Thanksgiving! - Peter*

**CHISHOLM Leo Jobin, Mayor - [www.chisholm.ca](http://www.chisholm.ca)**

School has definitely started so always be cautious for kids and school buses.

Our Centennial History Tour on September 15th - a bus tour of some historic areas in the area - all who came enjoyed the stories and interaction of the moderator - Mr. Doug Mackey. The Fossmill Tour on September 29th was also well attended. Thank you to both Doug Mackey and Jerry Rose for sharing a significant piece of history with us. Thanks to all who came and to the volunteers who helped organize the tour.

Work is still happening on Golf Course Road, please drive with care. In the near future we will be starting our Budget Meetings - put your thinking caps on and lets make some miracles.

We will be starting the Playground area in October with an official opening in the spring ... thanks to the Trillium Fund for their financial aid to this project.

Hope everyone has had a great Summer and wishing you the same for the Fall.  
... Remember ... Hunting season is close—so please remember Safety First, lets not ruin the sport.

*~Leo*

**NIPISSING Pat Haufe, Mayor**      [admin@nipissingtownship.com](mailto:admin@nipissingtownship.com)

The Township of Nipissing has been making some changes to the fire services over this past year and the most notable change we are implementing is the requirement for fire permits all year long. Fire Permits are now valid for 7 days rather than 3 and are available from Fire Wardens throughout the Township. The fire season is defined as April 1 to October 31 of each year, within that time there is no daytime burning permitted. As of November 1 there are no time restrictions on burning.

With changing weather patterns, we have started to see dryer fall seasons and an increased level of fire hazard. Please monitor fire conditions on our website, signs at our fire halls or by contacting our Fire Department (705) 752-2772 or the Township office (705)724-2144.

Please visit [www.nipissingtownship.com](http://www.nipissingtownship.com) or contact our Township Office for further information on the Open Air Burning regulations and Fireworks regulations.

Thank you and have a safe October!

*~Pat*

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

As the frost grows thicker on the pumpkins, it's a stark reminder that winter is closing in fast, and we'll soon hear the roar of snowmobile engines with the first significant snowfall. It was a great pleasure to be on hand in Powassan recently to provide an Ontario Trillium Foundation Grant to the South Shore / Restoule Snowmobile Club for \$19,900. The money is being used to purchase a new drag which will help the 30-plus volunteer club members improve trail grooming efforts this coming winter on their trails. Snowmobiling is such an important part of our four-season recreational economy here, and initiatives like this go a long way to enhancing the experience for local trail riders and visitors alike. A reminder that if you haven't got your trail permit yet, be sure to do so. The early bird discounted rate offered up by the OFSC is only in effect until December 1<sup>st</sup>. It's my hope all the area clubs will have a safe and banner winter season ahead!

*Until next month... ~Vic*

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

When I ran in the federal election over a year ago it was my solemn pledge to "raise the bar" for the people of this region. I pledged this as I believed a Member of Parliament was someone who should continuously work their hardest for their constituents, make sure they are heard in Ottawa, and consistently deliver results. I am pleased to report that is exactly what I have been doing.

It is no secret that the global economic downturn has made it tougher for many Canadians and their families. That is why I saw the summer recess from Parliament as an opportunity to spend more time in the riding and work as diligently as I could to create jobs, economic development, investment and support for our arts and culture. To help me accomplish this I was pleased to host the Prime Minister and three Ministers over the summer.

In June, Labour Minister Labour Raitt convened an important roundtable on Labour Relations involving representations of two dozen regional businesses. In July, Treasury Board President and Minister responsible for FedNor, Tony Clement was present to announce over \$2 million in job creation and economic development stimulus enhancements for my riding. In August, Heritage Minister James Moore convened a regional discussion on Official Languages and announced close to \$800,000 of investments for the arts and cultural community.

It was very important to me to host Ministers for roundtables, announcements, and public input as it gave our business and community leaders and constituents the opportunity to express their perspectives and share their experiences. It continues to be my goal that Nipissing-Timiskaming has a strong voice in Ottawa.

In fact delivering economic results is part of my goal. I also believe an MP should play an active role in their community to support and promote its culture and values. It has been such a pleasure to attend as many festivals and cultural events as possible. I have also been honoured with the privilege to recognize several exceptional citizens in Nipissing-Timiskaming with Diamond Jubilee Medals this summer.

One specific event which gave me particular pride was the visit of our Prime Minister the Right Honourable Stephen Harper on Armed Forces Day in June. The military has played such a vital role in the development of our community's history and culture. The men and women of our armed forces sacrifice so much so that the rest of us may enjoy peace, freedom, and prosperity. I don't think they could have been more suitably recognized than by the leader of our nation and I was honoured to play a lead role in making it happen. I am inspired by the challenge and hard work in actively assisting our communities and citizens to consistently "raise the bar" to deliver results for the people, municipalities and businesses of Nipissing-Timiskaming.

*~Jay*

Lydia's  
**Creative** HAIR DESIGN  
 ESTHETICS  
 & TANNING  
 705-724-3201  
 520 Main St Powassan Ont

### MATTAWA MUSEUM - COME AND SHARE OUR HISTORY!

If you live in the area, you already know the air is cooling and the fall colours are warming up. The cool air, the changing smells, might make you want to take a drive somewhere. How about the Mattawa Museum? Come for a visit and sign our guestbook. Maybe become a member.

Fall is also a good time for looking back. The exhibits at the Mattawa and District museum are like windows into the past, sometimes telling us about things we didn't know before, and sometimes reminding us of old familiar things we haven't thought of for a while. One display recalls the Finnish settlers who made their farms in Cameron Township a century ago. They were a close-knit community, and photos show them grouped in front of the halls they built for social gatherings. Other groups, from other times, have had their names recorded in embroidery on historic quilts: One quilt shows names of local people returning home from military service in 1945. Another series of quilts is embroidered with the names of thousands of people living in Papineau Township when they celebrated their centennial in 1987. So much work went into these treasures, and we are fortunate to have them to show here, hanging in our upper level of the museum.

October hours are Wed-Sun, 10 a.m. - 4 p.m.

Mattawa & District Museum, Explorer's Point, 285 First Street, P.O.Box 9, Mattawa, ON P0H 1V0

Tel: 705-744-5495 Fax: 705-744-5495 Email: [mattawamuseum@on.aibn.com](mailto:mattawamuseum@on.aibn.com)

Web: <http://mattawamuseum.com> (under construction) or <http://www.visitamuseum.com>

### HAVE A SAFE HALLOWEEN!!

Halloween can be an exciting time for children and with the distraction of candy and costumes, safety rules can easily be forgotten. In fact, research shows that distractions can increase a child's chances of being struck by a car.

**Check out these simple tips to keep Halloween night a safe night for all:**

1. Children under the age of nine should be accompanied by an adult or responsible older child since they lack the developmental skills to cross the street on their own. This is a year-round tip that will help keep your child safe while you share good pedestrian habits and pass on a legacy of safety-minded behaviour.
2. Teach your child to stop at the curb, look left, right and left again, and to listen for oncoming traffic. This vital skill is especially important when children are distracted and excited. Never rely on traffic signals alone - use your eyes and ears to make sure it's safe to cross.
3. It's unsafe to cross between parked cars or other obstacles - always cross at crosswalks, street corners or intersections. Many injuries occur when children run out between parked cars, but even at intersections it's vital that children practice tip #2.
4. Stay on the sidewalk or path when walking from house to house and if there is no sidewalk, walk beside the road, facing traffic so drivers can see you. From a very young age, children can be taught that roads are for cars and sidewalks are for kids. If your community has no sidewalks, walking beside the road at night can be very dangerous - adult accompaniment and flashlights are a must, regardless of the child's age.
5. Select costumes with bright colours to increase your child's visibility and choose face paint instead of masks. Masks can make it hard for your child to see properly and often restrict peripheral vision, making it difficult to check for oncoming traffic before crossing a road.

**Tips for drivers:** Halloween means that there will be more children out on the streets. Drivers need to take extra care.

1. Drive slowly in residential areas where children are more likely to be trick-or-treating. Did you know that drivers cannot accurately judge their own speed when driving? The higher the speed, the less likely you are to see a child pedestrian, and the harder it is to stop quickly.
2. Watch out for kids, many of whom may be wearing costumes with masks that make it difficult for them to see. With the excitement of Halloween, children may forget simple pedestrian safety rules. They have a tendency to dart out in the most unexpected places - the most common being between parked cars. Remember also that costumes can limit a child's vision and they may not be able to see your vehicle.
3. Reduce your distractions and stay alert. All your concentration should be on the road, not diverted by cell phones or loud music.
4. Remember to enter and exit driveways slowly and carefully. Excited trick-or-treaters may run on sidewalks, or dart out unexpectedly. Proceed with caution, when entering or exiting the roadway.

**The Powassan & District Union Public Library**  
 Visit us at 324 Clarke Street, Powassan, ON P0H1Z0

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

REGULAR HOURS Monday - 10:30am - 8pm ~ Tuesday - 10:30am - 8pm ~ Thursday - 10:30am - 8pm  
 Friday - 10:30am - 6pm ~ Saturday - 10:30am - 3:30pm (Closed on Sunday & Wednesday)

**The Library's Fund Raising Committee** members have been busy gathering items generously donated by individuals and businesses for the upcoming **Auction on Saturday October 20, 2012**. Viewing will be at 11:00 a.m. and the Auction will commence shortly after noon, following the drawing of the winning tickets from our **Ticket Draw Event**, that has been happening since July 1st. A refreshment table, provided by the Piebird B & B, will have beverages/snacks for sale at the Auction. Auction items are still being requested, so if you have anything or you know of anyone who has something they'd like to donate, please contact Marie Rosset at the Library (724-3618) or Linda Morrin, Fund Raising Committee Chair (724-6430). The Auctioneer, Stephen Morrin, will help to make this a fun and successful Event, and hoping to see you there."

### Scrabble Club

Scrabble is Monday nights and players of all levels are welcome! First game starts at 6 pm, second game starts at about 7 pm. Learn and teach new scrabble skills. Book of words allowed. It's Free to join in the fun!



Call us for updates on all of our October and Halloween activities!!! You just NEVER KNOW what we are planning at the Library ..... BOOOOO!

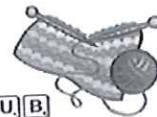
### Raising Readers

Raising Readers for children 2-6 years old, takes place on Tuesday nights at 6:15 pm to 7:00 pm bi-weekly.

### Your Powassan Library's Fall Activities

Get Involved! Join one, or two, or three...four...

- Friends of the Library
- Powassan Book Club
- Powassan Art Club
- Powassan Purl Knitting Club
- **SCRABBLE CLUB**
- French Conversational Group
- Computer Classes
- Yoga Club
- Lego Club
- **KIDS CYBER CAMP**
- Raising Readers
- teen book club
- "to be named" teen group



Call us at 705-724-3618 for more information!

### Friends of the Library

This group makes a number of items which are sold as part of their fundraising to support the library. Proceeds from these items are used to buy books, materials, and more for the library.

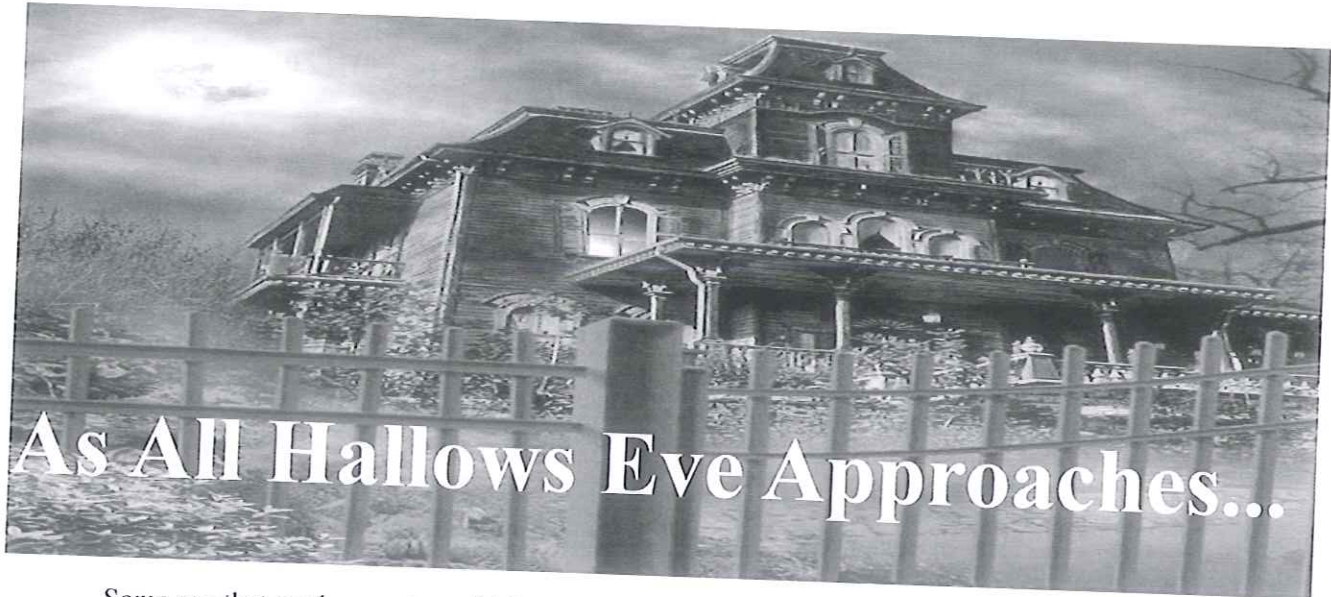
Adult Slippers = \$4.00  
 Children's Slippers = \$2.00  
 Dishcloth = \$2.00 Hats = \$5.00  
 Aprons = \$12.00

### Great Ideas for Christmas Gifts!!

See our website for pictures of all of these great items!!

[www.powlib.www2.onlink.net](http://www.powlib.www2.onlink.net)

If you reside or own property in the following townships, it is free to join the Library & have access to all of the Library's services: The Municipality of Powassan, Township of Nipissing, Township of Chisholm, Restoule and Laurier Local Services Board Areas For non-residents, a year membership costs \$20.00 a person or \$25.00 for a family



Some say that on the evening of All Saints Day, what we know as Halloween, the spirits and souls of those lost long ago are most active. It is believed by some that on the evening of the 31<sup>st</sup> of October the veil between the living and the dead is at its weakest and the spirits are able to travel both ways.

I am not saying that I believe in ghosts, but there are many stories and happenings that have occurred over the years to suggest that they do exist. Growing up in Powassan and spending most of my life here I have heard many different stories. When we were in grade school I remember several abandoned houses and being afraid to go near them, especially at night!

Two memories stand out in my mind, so I will limit myself to these in this month's article. Many years before I was born, and years before most others who reside in Powassan now is where we start. From a couple of different people I have been told of a troubled soul in the Union Cemetery. A young woman died suddenly of appendicitis in 1907 and was buried soon after. Her husband, a local merchant, was troubled by haunting nightmares, that his wife was buried alive. He had a problem convincing the undertaker of the day, James McArthur to exhume the body.

We are not sure if money was exchanged, or if McArthur finally believed the grieving husband, but the grave was reopened. We have two accounts of what was witnessed when the coffin was unearthed. One of Mr. McArthur's assistants claimed the inside of the coffin was shredded to pieces. The cloth lining was totally torn apart and deep gouges could be seen on the lid of the coffin. Mr. McArthur on the other hand told a different story: he claimed that the body was lying just as it was placed, but when he touched her body..... it just turned to dust. Both unbelievable stories, since she had only been deceased for a week or so.

The one person who told me this story is a fellow historian. While doing some research he visited the cemetery and had taken a roll of 35mm film. When he had it developed every picture turned out, except one. A single photograph of this woman's headstone was distorted and a ghostly image could be seen standing next to the head of the grave.





We now jump ahead 100 years to one of Powassan historic houses. Like many, it was constructed by one of the town's early craftsmen, Edward Topps. He was born in 1851 in England and immigrated to Canada in 1888. He is credited with constructing many of Powassan's finer buildings, including the Clark House, Porter's Store (now the Hawk and Fox), Scarlett's Store (Stillar/Purdon's), and numerous other houses.

I am sure there are many places in town that have skeletons in their closets, but I do know of one that has more. In the last few years I have got to know the owner, an elderly gentleman. He is a spiritual person and soon after he purchased the house realized that it was already occupied. I'm not sure if I should refer to them as ghosts, or lost spirits? He says that he has not seen them himself, although he often senses their presence.

Family and visitors to the house have reported seeing figures both in the daytime and at night. A few people have seen what appear to be children swinging in a tree in the front yard, although there has not been any swing there in many years. Inside the house the "guests" tend to play tricks on the owner, turning on the bathroom faucet in the middle of the night, turning on and off lights, and moving small items from place to place. We are not sure who these people were, but a gentleman in a white coat has been seen on numerous occasions.

I have visited the gentleman a few times and he said that the spirits are friendly, and sometimes you will feel coldness on your left hand side. Apparently your guardian angel is always on your right side. It must be difficult for frequent visitors and those more sensitive to their presence, and I asked how they deal with it. He said that you just have to say "I don't want to see you... go away" and they usually do.

Our house dates back to the early 1910's and although we have not noticed any abnormal activity ourselves, our dog Geddy quite often looks up at the corner of the ceiling for no apparent reason.

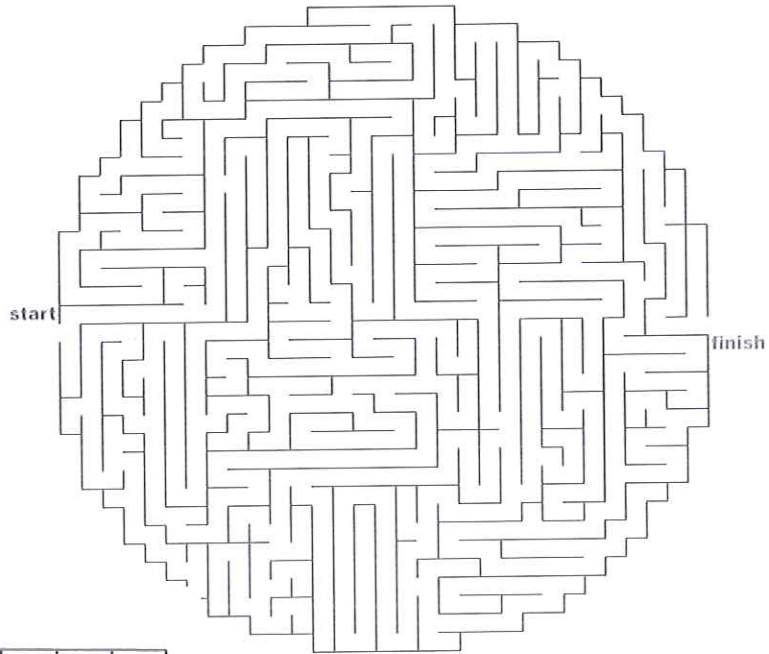
You are welcome to visit my web site [www.toeppner.ca](http://www.toeppner.ca) for more Pictures and History. I also enjoy hearing from you on topics you would like to see in future BackRoads, please email me at [jamic@toeppner.ca](mailto:jamic@toeppner.ca)

Game Pages

September Sukudo Answers

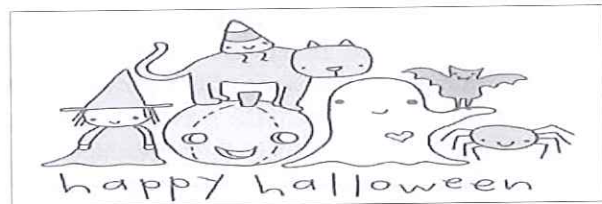
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E	I	C	N			L	P	I	E
E	R	E	T			T	P	E	S

Arrows indicate word connections: a right arrow from 'S' to 'T', a down arrow from 'S' to 'T', and a left arrow from 'R' to 'T'.



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

If you will rearrange the letters in the horizontal rows (the rows that go across) so that they spell four-letter words, you will find you can also spell words vertically (down). Then you will have five connected word squares. The center square has already been worked correctly, as are the words marked with arrows.

## HALLOWEEN

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween

- |                |            |
|----------------|------------|
| APPLES         | BATS       |
| BLACK CAT      | BROOMSTICK |
| CANDLE         | CANDY      |
| CEMETERY       | COFFIN     |
| COSTUME        | DRACULA    |
| FRIGHTENING    | FULL MOON  |
| GHOSTS         | GHOULS     |
| GOBLINS        | GRAVEYARD  |
| JACK O LANTERN | MASK       |
| MUMMY          | NIGHT      |
| PUMPKIN        | SCARECROW  |
| SCARY          | SCREAM     |
| SKELETON       | SKULL      |
| SPIDERS        | TOMBSTONE  |
| VAMPIRE        | WEREWOLF   |
| WITCHES        | ZOMBIE     |

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

September's Hidden sentence: A LIBRARY IS NOT A LUXURY BUT ONE OF THE

What do you get when you cross a vampire and a snowman? Frostbite...  
 How do witches keep their hair in place while flying? With scare spray...  
 Why don't skeletons go out on the town? Because they have no body to go out with...  
 What do ghosts add to their morning cereal? Boo berries...

**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: "Glorious are the woods in their latest gold and crimson." *William Cullen Bryant*

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

2	11	20	12	22	22	4	2	12	3	20	21	6	17	17	22	4	23	9	2	15	23	8	5
18	14	22	20	21	22	4	23	18	23	6	14	22	5	22	4	6	22	15	22	2	17	17	
8	23	9	6	2	12	15	6	12	12	23	21	8	6	12	3	22	4	23					
11	2	6	8	5	20	21	6	5	20	14	12	1	1	2	8	17							

## Getting Rid of the Jitters

While there is a basic fear about getting up to speak in front of an audience, there are tips for dealing with that nervousness. In a previous issue of Back Roads, we spoke about preparing your speech and practising it until you know it. Here are some more tips.

Sometimes this fear will result in us breathing shallowly which means that there is insufficient oxygen entering into our bodies. Not only are our minds in panic mode, our bodies respond similarly. Days and hours before speaking, practice deep breathing 10 times per interval. Prior to standing up, do this exercise again. Rehearse your speech introducing a deep breath in between paragraphs.

For some people, there will be a build up of nervous energy. Try to work this off by using your large muscles. Walking or running a few hours before speaking will effectively manage the energy. There are other activities for you to consider if you are not a walker or a runner such as dancing, housework, or swimming. If possible, do something you enjoy.

During the speech, you can incorporate activity as well but this requires more control otherwise it will accentuate your nervousness. Shift your weight from leg to leg. Use larger gestures which make you let go of the lectern! Mickey Mouse gestures at the waist just won't do it. You can take a few steps during your speech to stress a point. Of course, you are leaving the safety net of the lectern but if it will settle you, do it.

The more often you speak the more comfortable you will be. The truth is our nervousness is seldom seen. Contact Karen 705- 474- 8673 POWERtalk International (North Bay) Club for more information about our meetings.



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### Advantage of Investing Early

October is Financial Planning Month, so I thought it appropriate to show a little illustration of why we should encourage our children to start saving as soon as they are able. Here we see the dramatic difference between starting saving at 30 years of age vs. 45 years old. If we can show our youth the benefit of starting early, it can make a huge difference to their financial well being down the road.. Also, a financial plan is the key to putting them on the right path, and keeping them on course via regular monitoring and making appropriate adjustments - as required. Imagine the possibilities if we could get them on track even earlier! The best way to stay the course is with the guidance of a professional advisor, as shown by the Ipsos Reid study outlined below.

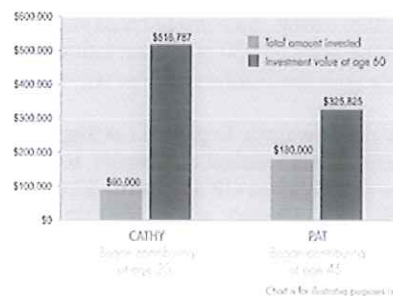
**If we fail to plan we plan to fail!**

An early start to investing can be one of the best ways to build wealth. Time is on your side  
 Here is an example ... Cathy makes annual RRSP contributions of \$6,000 from the age of 30 until the age of 45; she holds onto her investment until her retirement at age 60. Pat doesn't begin contributing to his RRSP until age 45, but then contributes \$12,000 per year to age 60. At age 60, Cathy's portfolio will be worth almost 60% more than Pat's, even though Pat invested twice as much.

The sooner you invest, the more time your money can reap the benefits of compounding - all it takes is planning. Talk to your advisor.

	CATHY	PAT
Years Contributed	15	15
Years Invested	30	15
Total Amount invested	\$90,000	\$180,000
Investment Value at Retirement	\$516,787	325,825

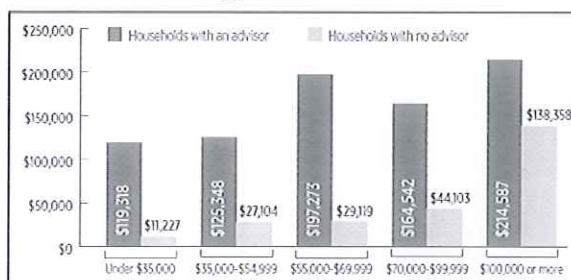
\*Both investment scenarios earn an annual return of 8% (Hypothetical).



Source: IA Clarington Investments

### PEOPLE WITH AN ADVISOR HAVE MORE INVESTABLE ASSETS

Household average investable assets based on household income



Source: IFIC's Value of Advice, Investment Funds Institute of Canada, IPSOS Reid, 2010

Thanks to Doug Higgins for submitting this article: Contact him for help with setting up your TFSA or RRSP. Home visits gladly in Almaguin / North Bay area

[www.doughiggins.ca](http://www.doughiggins.ca)

### Local Happenings

Do you have a non-profit organization you want to promote? Meetings you are having—events??  
Email us the details & we will advertise for you :)

Every Second Monday - Bingo at Powassan Legion. For more information call 705-724-2235

Line Dancing Tues and Thurs. 9:00 am at Golden Sunshine Club. \$2:00 per session. For further information contact Connie Barber at 705-474-5922

October 26th, Powassan United Church Soup and Sandwich lunch, 11:30am - 1pm

POWERtalk International (North Bay) Club, a public-speaking and leadership training organization will be meeting on Monday Oct. 1st, 15th and 29th from 11 am - 1 pm at the Watersun, 533 Lakeshore Drive. All are welcome. Call Karen 705-474-8673 for more information or if you plan to attend.

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

Basement Bookshop, Powassan United Church, Thursday 10am - 3pm & Saturday 9am-noon

October 20 - L'Arche North Bay invites you to its annual Spaghetti Supper on Saturday, from 5-7:30 pm at the Pro-Cathedral on Algonquin Avenue. Cost: Adults -\$12.00, Children 6-10 years - \$5.00, and Children 5 years and under - Free. Monies gathered will go toward a wheelchair accessible van. To order or reserve tickets call the L'Arche Office at 705-474-0081. Come out and meet us.

Oct. 5th, the Powassan Legion will be hosting a special Thanksgiving Dinner by LeeAnn Jobin - "From my family to yours" comprised of her family's traditional menu, Tourtiere Pie, Cipaille (pronounce cee-pie), dumplings and gravy, mashed turnip, carrots, homemade bread and Pumpkin pie, coffee or tea, all for \$10.00 Tax Incl. (special prices for children). Serving starts at 5:30 pm. Reservations are recommended, We are expecting a large turnout for this supper, so please place your reservations early so we will be able to ensure a place for you. Please phone the Legion @ 705-724-2235.

Oct. 20th, the Powassan Legion is hosting a MUSICIAN'S SWAP MEET from 9:00 am to 4:00 pm. Bring your used musical instruments, musical accessories, records, CDs or anything else musical for sale. Buyer's entry fee is FREE. The Seller's fee is as follows: UP to 3 items- \$2.00, one half a table - \$10.00, one table - \$20.00. Hamburgers and hotdogs will be available for \$3.00 each, coffee @ \$1.00, Bar will be open from 1:00 pm to 6:00 pm. Free music provided by "PJ's" (Powassan Jammers) For further information, contact Ron Shortt @ 705-724-2235 .

Oct. 27th, the Powassan Legion is hosting a Dinner of ham, caramelized pineapple, Scallop Potatoes, baked beans, homemade bread, salad and dessert, tea/coffee all for \$10.00 tax incl. ( special price for children) Serving starts @ 5:30 pm. Reservations are recommended, so please call the legion @ 705-724-2235

October 9th - Powassan Horticultural Society meeting for more information call Susan Topham at 705-724-3993

October 23rd - Blood Donor Clinic The next clinic in this area is at the Legion Hall (Main Hall) in Powassan on Tuesday, October 23, 2012 from 4:00 p.m. – 8:00 p.m. The target for this clinic is 96 units of blood and we still have 52 available appointment slots. For more information please contact Joanne Drake, Community Development Coordinator, Donor

Services Canadian Blood Services 705-688-7344 or by email at joanne.drake@blood.ca

Oct 6 Thanksgiving vegetarian dinner and concert with Sweet Alibi at Piebird B&B.

Since their debut in the spring of 2009, Sweet Alibi has been captivating audiences with their alluring blend of soulful melody and folk/roots tradition. Concert 7:30 \$15, tickets at door.

Dinner (seating at 6)

plus show is \$35

Call 724-1144 or see

www.piebird.ca



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## From October's Kitchen . . . Apple, Rhubarb, Pizza, Chili

### Carrot and Apple Salad (from www.eatrightontario.ca)

**Preparation Time:** 5 Minutes      **Makes:** 2 servings

**Serving size:** 250 mL (1 cup)

**Ingredients:**

2 carrots, peeled and grated	
1 large apple, grated	
Soybeans (shelled edamame) or chopped walnuts	50 mL 1/4 cup
Lemon juice	15 mL 1 tbsp
Cinnamon	5 mL 1 tsp
Liquid honey	5 mL 1 tsp

**Preparation:** Add soybeans to a small saucepan of boiling water. Cover and simmer for 2 minutes. Drain and place in a large bowl. Combine carrots, apple, soybeans, lemon juice, honey and cinnamon. Stir to coat well.

**Tips:**

1. If your kids don't like the apple skin, simply peel it before grating.
2. Look for soybeans (edamame) in the freezer section of the grocery store. It may be with regular frozen vegetables or in the organic section of the grocery store. Edamame should be cooked according to the package instructions before adding to a dish.
3. When using apples that are in season, which are usually very juicy, you may want to squeeze some of the juice out of the apples after grating.
4. This salad can be covered and refrigerated for up to 2 days for kids to enjoy when they come home from school.
5. For a sweeter hint to this salad simply drizzle in a bit more honey to taste.
6. Try this salad with nuts or canned beans like kidney or chickpeas instead of the edamame.

**Nutritional Information (per 250 mL/1 cup):**

Protein: 2 grams Fat: 1 gram Carbohydrates: 26 grams Sodium: 45 mg Calories: 112

Home brew for coughs Boil a whole lemon in a cup of water, then cut in half and extract the juice, stir in ¼ cup honey and mix well. Take one teaspoon at a time as needed, stirring well before each dose.

Untarnished silver Store silver jewelry in plastic bag full of cornmeal to keep it from tarnishing.

### Easy Crockpot Chicken Chili

(from www.lowfatcooking.about.com)

**Prep Time:** 10 minutes    **Cook Time:** 8 hours

**Ingredients:**

- 3 medium carrots, sliced
- 1 medium red pepper, chopped into 3/4-inch pieces
- 1 pound boneless, skinless chicken thighs, trimmed of fat and cut in half
- 1 15-ounce can no-salt-added corn, drained
- 1 15-ounce can reduced-sodium kidney beans, drained and rinsed
- 1 16-ounce jar low-sodium organic salsa

**Preparation:** Place carrots and peppers at bottom of 4 quart crockpot, followed by chicken thigh pieces. Add corn, kidney beans and salsa. Cook on low for 6-8 hours. Serves 4-6

**Per Serving:** Calories 402, Calories from Fat 46, Total Fat 5.2g (sat 1.2g), Cholesterol 94mg, Sodium 750mg, Carbohydrate 56.7g, Fiber 12.2g, Protein 32.4g

### Chicken Pineapple Pizza

This recipe makes 2 servings

**Ingredients**

- 1 12-inch prebaked pizza crust
- 1/2 cup tomato sauce
- 1 tbsp chopped fresh oregano
- 1-1/2 cups sliced sweet green peppers
- 1-1/2 cups sliced sweet green peppers
- 1 cup pineapple chunks
- 1 cup sliced cooked chicken
- 1 cup shredded part-skim mozzarella cheese

**Preparation:** Place pizza crust on pizza pan or baking sheet. Spread tomato sauce over top; sprinkle with oregano. Arrange green peppers, pineapple and chicken over top; sprinkle with cheese. Bake in 500°F (260°C) oven until cheese is melted and bubbly, 8 to 10 minutes

**Source :** Canadian Living Magazine: May 2005

### ~~COOKS & BAKERS~~

Do you have a favourite holiday recipe that you would like to share - please email by the 20th of month to have them considered to be printed in the upcoming issues!!

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**Freedom of speech  
will always  
make us think . . .**

BackRoads will accept articles from local writers and is willing to print articles that may or may not be of management's opinion. We would like to thank those that have written articles in the past and current issues—hoping they will continue to contribute when time allows and we continue our search for more writers who wish to contribute.

Broken Down

The highway of life is a dim lonely place  
When your car stalls and hinders a lane  
Though you'd so like to see a kind caring face  
All around is impatient disdain.

Get out of the way, says a voice passing by  
A rude gesture they offer your way  
But the engine won't turn though you try and you try  
A soft sorry is all you can say.

Have I been so cruel? you think in your state,  
And cast thoughts that were much less than kind?  
You suppose many times your impatience was great  
And you gave the wrong piece of your mind.

And now here you sit like a beam in the eye  
A great bother to those all around  
You are anxious and frightened and starting to cry  
And you pray you could give up this ground.

Then someone stops by with concern on their face  
A bright glow for the dark dismal day  
They shoulder you up till you're free from this place  
And you're thankful to be on your way!!

Not many would stop you say in your mind  
Though the traffic be thick here and there  
What a difference was made by this person so kind  
Who would show that there are those who care.

*By Steven Beaton*



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What am I? (pg 2)

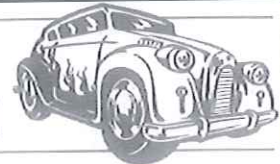
1 Bookkeeper 2 Charcoal 3 An Ear of Corn 4 Wine



**BUMPER STICKERS ...**

- \* If you think nobody cares if you're alive, try missing a couple of payments.
- \* A bank is a place that will lend you money, if you can prove that you don't need it.
- \* A computer once beat me at chess, but it was no match for me at kick boxing.
- \* The shinbone is a device for finding furniture in a dark room
- \* The voices in my head may not be real, but they have some good ideas!  
With sufficient thrust, pigs fly just fine.
- \* A bargain is something you don't need at a price you can't resist

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