

Back Roads

...connecting communities - September 2011

September is the month for ... Leukemia & Lymphoma Awareness, National Chicken - Rice - Apple and Honey Month, National Coupon Month, Ovarian Cancer Awareness, Arthritis Awareness, Muscular Dystrophy Awareness, Women's Friendship Month, ...just to name a few ...

Muscular dystrophy is the name for a group of neuromuscular disorders that are characterized by progressive weakness and wasting of the voluntary muscles that control body movement. As muscle tissue weakens and wastes away, it is replaced by fatty and connective tissue. Each form of muscular dystrophy is caused by an error in a specific gene associated with muscle function; however, specific disorders within this group vary in many ways.

The muscles involved are different from one disorder to another. The severity of the symptoms, the age at which the symptoms appear, how fast the symptoms progress, and what pattern of inheritance the disorder follows, are all factors which differ among the various forms of muscular dystrophy. Even within a specific disorder, several individuals with the same disorder may experience the disorder and its symptoms quite differently.

Muscular dystrophies are genetic disorders. Forms of muscular dystrophy can be passed on from generation to generation, or they can occur spontaneously in a single individual as the result of a mutation of a particular gene. Contrary to popular belief, muscular dystrophy is not exclusively a childhood disorder - anyone can be affected. While some types of muscular dystrophy are first evident in infancy or early childhood, other types may not appear until later in life. Over time, persons with neuromuscular disorders may lose the ability to walk, speak, and ultimately breathe. For some individuals, the disorder is fatal. There is currently no cure.

For more information www.muscle.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

GROULX EQUIPMENT

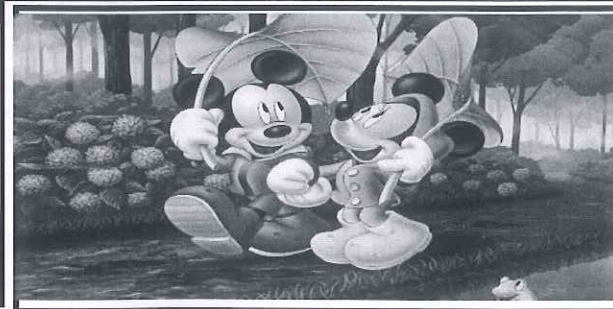


Sales & Service
Full line of Husqvarna
Chainsaws & Lawn
Equipment

 Husqvarna



244 Groulx Road, Astorville (705)752-2229



Days to Remember in September ...

2	National Lazy Mom's Day
4	Newspaper Carrier Day
5	Be Late For Something Day
5	Labour Day
7	Salami Day
8	International Literacy Day
9	Stand Up To Cancer Day
10	Swap Ideas Day
	National Grandparent's Day (First Sunday after Labour Day)
11	National Hug Your Hound Day
13	International Chocolate Day
16	Stepfamily Day
17	International Eat An Apple Day
18	National Respect Day
18	Wife Appreciation Day
22	Hobbit Day
23	Hug A Vegetarian Day
24	Kids Day (Kiwans Clubs) (4th Saturday)
25	National Museum Day
27	World Tourism Day
28	National Good Neighbour Day
29	National Coffee Day
30	Ask A Stupid Question Day (Last School Day of the Month)



WASI GARAGE

Lawrence Potts, Proprietor

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

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

I would like to start by congratulating Art and Shirley Barfoot, Seniors of the Year. I had the honour of presenting the award to Art and Shirley during the July 24th Powassan United Church Service. I did this right after the Barfoot's gave a presentation on their upcoming trip to Costa Rica to help build a school for those less fortunate.

Saturday August 20th, was Welcome Home the Afghanistan Veterans Day at the Callander Legion. Mayor's and Councillors from around the area joined in with the local Legions, including Powassan's Legion to pay tribute to the men and women who have fought so bravely for the freedoms we Canadians take for granted every day.

There will be two fall fairs within Powassan over the next couple of weeks. The Trout Creek Fall Fair runs from August 26th to the 28. There is a corn roast, horse show and craft and baking sales from local artists.

The Powassan Fall Fair runs from September 2nd to the 4th. This year the smash up derby will be moved to Friday night with live music. Saturday and Sunday will be the much anticipated Rodeo. Other highlights will be a Saturday night dance supporting the local food bank, Midway, Exhibits, Music, Parade, Vendors, Horse Pulls, Games, and a Petting Zoo

Located at 509 Memorial Park East the Windsong Music Festival is the Windsong Music Festival, August 27th. Fans voted Windsong one of the Top 40 music festivals in Canada during the CBC Radio 3 Searchlight competition. This is a very unique and intimate venue to listen to some of Canada's great musical talent.

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go." - Dr. Seuss

Chisholm - Councillor, Teresa Miller - www.chisholm.ca teresamiller@live.com Let me start by congratulating former Mayor Barbara Groves who has been nominated for Nipissing University's Alumni Achievement Award - This award is presented annually to an alumnus/a who has demonstrated leadership abilities, community involvement and/or displays promise of significant accomplishment in his/her chosen profession. Best of Luck Barb! On August 27th Chisholm held its first Annual Horseshoe Tournament & Corn Roast with a Sand Castle Building Contest. The day was sunny and warm and fabulous! Families and couples enjoyed the day of games, music and community spirit. We ended off the day with Corn on the Cob and Hot Dogs. Watch for the newsletter to get all the details of the winners! Thank you to all who helped with the organizing and donating or time and items - We even had a suggestion of doing something similar in the winter with toboggans!! A Reminder to all those artists out there - we are looking for a Centennial Logo ... get your entries in fast!!!

Be sure to get out to some meetings and get involved! :)Have a great September!



PET SALON

705-494-8558

NOW OFFERING OBEDIENCE TRAINING!
406 Lakeshore Drive, North Bay



Piebird DINNERS & LUNCHES (by reservation)

Bed & Breakfast & FARMSTAY **CONCERTS!**

HEMGROWN VEGETARIAN www.piebird.ca
in Nipissing (705) 724-1144

Join the 11th annual Million Minute Family Challenge™!

September 1 - December 31, 2011

Groups join the Million Minute Family challenge because it is an easy, yet effective way to re-energize and give incentive to spending time with family or friends. Board games and card games offer true face-to-face interaction that is disappearing in our daily lives. Playing a game creates a relaxed environment to converse, laugh and really get to know one another, and all of this can be accomplished in as little as 20 minutes.

Joining the Million Minute Family Challenge is easy: Register your group and receive a free organizer kit by mail. Gather your friends or family and play your favourite game. You can play one time or play as much as every day. Do what fits your schedule! Keep track of how long your group plays and return to this website to log your minutes. Every minute you log helps us reach our nationwide goal of one million. More info at www.millionminute.com!!

Leukemia & Lymphoma Awareness Month ...

Leukemia is a type of cancer that affects the blood and bone marrow, the spongy center of bones where our blood cells are formed. The disease develops when blood cells produced in the bone marrow grow out of control. About 4,800 people in Canada are expected to develop leukemia in 2010.

Common Types of Leukemia

The four most common types of leukemia are:

- acute myeloid leukemia (AML)
- acute lymphoblastic leukemia (ALL)
- chronic myeloid leukemia (CML)
- chronic lymphocytic leukemia (CLL)

Each main type of leukemia is named according to the type of cell that's affected (a myeloid cell or a lymphoid cell) and whether the disease begins in mature or immature cells.

Other types of leukemia and related disorders include:

- hairy cell leukemia
- chronic myelomonocytic leukemia (CMML)
- juvenile myelomonocytic leukemia (JMML)

After diagnosis and treatment, many people with leukemia live many good, quality years. You may find that knowing more about the disease and its treatment can help you cope.

Lymphoma is the name for a group of blood cancers that develop in the lymphatic system. The two main types are Hodgkin lymphoma and non-Hodgkin lymphoma (NHL).

In 2010 about 8,430 Canadians will be diagnosed with lymphoma. Most will be diagnosed with NHL - an expected 7,500 people.

Hodgkin lymphoma has characteristics that distinguish it from other diseases classified as lymphoma, including the presence of Reed-Sternberg cells. These are large, cancerous cells found in Hodgkin lymphoma tissues, named for the scientists who first identified them. Hodgkin lymphoma is one of the most curable forms of cancer.

NHL represents a diverse group of diseases distinguished by the characteristics of the cancer cells associated with each disease type. Most people with NHL have a B-cell type of NHL (about 85 percent). The others have a T-cell type or an NK-cell type of lymphoma. Some patients with fast-growing NHL can be cured. For patients with slow-growing NHL, treatment may keep the disease in check for many years. Find out more by going to www.llscanada.org

Questions to Ponder from George Carlin...

- * If you try to fail, and succeed, which have you done?
- * If a turtle doesn't have a shell, is he homeless or naked?
- * What was the best thing before sliced bread?
- * Why is there an expiration date on sour cream?
- * If the "black box" flight recorder is never damaged during a plane crash, why isn't the whole airplane made out of that stuff?

WANTED!!!!

29 people to lose 15-75 pounds

Risk Free!

Call Mary at 1-888-661-6768

Not Sure What to do with all those Vacation Pictures?!!!

I love photos. Photos help us celebrate our greatest moments and remember the special people, places and events that make up a well-lived life.

If you've ever looked for a way to tell a child how much they're loved, a spouse why they're appreciated, or friends or family what they mean to you, I've got the products and advice to help.

As a Creative Memories Consultant I can offer expertise, encouragement and the highest quality photo albums, scrapbook albums and photo books to help you express yourself and tell your stories, one meaningful page at a time.

Teresa's 5 top tips for scrapbooking – Dos and Don'ts

1. **Don't** just leave pictures on your camera or disk drive or social media. Do back up your photos – if they are on your camera then get them onto your computer and on a disk or external hard drive, then store that somewhere away from your computer.
2. **Don't** just look at the photos on your computer. Do print your photos! Either in a digital storybook or in regular 4 x 6 format.
3. **Don't** pile your pictures on your computer or around your house in drawers etc.. **Do get organized** – organize your pictures by date, or event, or person – your choice. Mark the back of the photos with names, dates and your story – use a photo safe pencil!
4. **Don't** delay – commit to creating something with your photos. **Do put your photos in a photo safe digital storybook or traditional album.** Sign up for a fall workshop today.
5. **Don't** put your photos in an album without a story – your photos are not a memory without your story. **Do journal your story and share it with your family and friends!**

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, www.mycmsite.com/teresaemmerson

Things that make you go ``HMMMM`` ...

- Why does rain drop for snow fall?
- What disease did cured ham have?
- What's the difference between unique and very unique?
- We put in our two cents, but only get a penny for our thoughts. Who gets the extra penny?
- When do you become important enough to be considered assassinated and not just murdered?
- Can you cry under water?
- Who decided that a round pizza should be put in a square box?
- When you get to heaven, are you stuck for eternity wearing the same clothes you were buried in?

HISTORY FROM...

OUR BACK ROADS...

As summer slowly winds down and we get closer to the end of August, the next thing the residents of Powassan look forward to is the Powassan Fall Fair. It has been a tradition for the community since 1895 when the South Himsforth Agricultural Society held the first fair. The first fairs were held along the boardwalk along Clark Street where the public school was located.

In approximately 1900 W.F. Clark supplied the land where the current fairgrounds are located and the name was changed to The Powassan Agricultural Society in 1907. The old Grand Stand (or round building as many people knew it) was built in the early 1920's and for many years was a prominent part of our town. The judges had the best vantage point from the upper deck to determine the winning horses on the track that circled the fairgrounds. The lower level was used as a band stand and a place for fair goers to get in out of the sun/rain. I remember the old round building very well as a child and it was a sad day when I heard that it had been torn down. Falling into disrepair, fundraising could not prevent its demolition in 1997.

Another building that has been the focal point of the fair was built in 1938. The O.W. Thompson Company donated the building and used it to store its harvest of fox pelts when not being used by the fair. This building is still used today to exhibit local resident's entries into many different categories. Everything from vegetables, grain, jams, pies, crafts, flower arrangements, quilts can be seen every fall, with many of the entries being submitted by school children. I remember winning a few ribbons when I was in grade school and I think there was even some cash prizes.

You are welcome to visit my web site www.toeppner.ca for more Pictures and History. I also enjoy hearing from you on topics you would like to see in future BackRoads, please email me at jamie@toeppner.ca

At one time a large livestock building was located on the fair grounds. I cannot find the dates of its construction or when it was torn down. In the book "Powassan Agricultural Society Commemorative Album" it is mentioned that the 1967 fair committee was looking into purchasing a steel building. In the early 1970's a new metal building was built and is used currently to exhibit chickens and other poultry.

I'm sure that every child looked forward to the parade. The smell of hot dogs and cotton candy and lining up to ride the midway was a yearly pleasure. It kind of made you look forward to going back to school! As a child grows into an adult you still get that exciting feeling when you see the fair being set up. In 2007 I got the opportunity of a life time at the fair. They were giving helicopter rides and I had the chance to see my home town from the air.

Over the years the fair has changed but always has the same feel. Some events have been eliminated while new things like the demolition derby have been added. This year the town is looking forward to the **A Bar K Rodeo** being featured at the fair. Bull riding, steer wrestling, barrel racing and bronco riding will bring much excitement to the Powassan Fall Fair.



This picture is of the Powassan Round House in the winter and would have been taken before 1986 - but unsure of the specific date.

Game Pages

TIC TAC TOE—August 2011 Solution

106

4	15	10	9	1	1	7	10	13	13	83
22	22	21	11	22	7	11	24	10	16	166
25	8	7	17	11	11	2	16	3	19	119
6	2	3	8	20	4	9	13	8	20	93
10	21	20	7	1	20	10	7	12	12	120
4	18	23	6	7	3	14	1	22	14	112
7	13	4	14	23	1	14	4	8	17	105
1	19	4	25	12	13	16	18	8	8	124
21	5	15	16	2	11	19	15	21	10	135
8	18	23	13	7	25	2	18	16	13	143
108	141	130	126	106	96	104	126	121	142	111

September 2011 - Sudoku

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

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

14 10 19 20 8 15 4 24 25 3 16 19 22 16 24 3 14 4 3 15 24

22 14 16 5 8 20 14 8 25 14 18 16 15 23 18 4 25 10 1 4 15 21

8 25 24 16 14 25 24 25 14 18 8 5 20 24 5 18 3 26 24 22 17 14 3

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: "Family is essential because we all yearn to feel like we belong to something greater than ourselves." -Laura Ramirez**

Word Search - September 2011

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

- | | |
|-------------|-----------|
| BINGO | BULLRIDER |
| BUSES | CLASSROOM |
| COTTONCANDY | DANCES |
| DEMOLITION | FALLFAIR |
| FLOATS | HORSES |
| JUMPING | PARADE |
| PICTURES | POULTRY |
| PRIZES | RABBITS |
| RECESS | RIDES |
| RODEO | SCHOOL |
| SHOW | TEACHERS |

Coupons 101 - Coupons & Refunding Basics

By Donna L Montaldo

Coupons and refunding has long been a popular way for thrifty shoppers to save money. Exploring all the different places to find coupons, keeping everything organized for easy retrieval and learning the steps to compound discounts will help maximize your savings. These resources will help you learn basic coupon and refunding strategies whether you want to clip coupons as a hobby or turn it into a more involved full-time project.

Finding, Organizing and Using Coupons

Food has increased in price more in the last two years than over the entire decade. As a result, more people are turning to coupons to help cut back on their grocery bills. For casual coupon clippers, it can mean a \$50 a month savings. For those who spend more time collecting, comparing and organizing, it can cut the grocery bill in half or more. The average family spends \$8,600 annually on groceries. Trimming 20 percent off by using coupons would save more than \$1,700 a year. So let's get going! Here are the basics you need to save with coupons.

Refunding Basics

Refunding is a way to save money on food, personal products and items for your auto and home. Unlike clipping coupons, refunding often requires keeping proof-of-purchase forms, refund forms, register receipts and more. All the extra work is well worth the time spent when in exchange you can eventually fill tables with free products. The following articles will introduce you to good refunding practices for increased savings.

Saving With Rebates

Many people are turned off by rebates because of bad experiences of not receiving the promised rebate or because it's too much of a hassle. But savvy shoppers know many of the best deals involve sending in rebate forms. There are methods which help insure that the rebate process goes smoothly and what to do if the rebate check never shows up.

For more information from Donna's article see the following site <http://coupons.about.com/od/groceryzone/u/couponsbasics.htm>



Convenience, Fuel and Feed
Homemade Baking Available Saturdays!
1497 Alderdale Road
RR #4 Powassan, ON P0H 1Z0
Phone: 705-724-1497 Fax: 705-724-2263

Local Happenings

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

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 in the lower level of Powassan Legion. For info call Donna 724-5791

Line Dancing To resume September 6th at Golden Sunshine Club 9am-10am (walk-in basis \$2 charge) Contact Connie Barber 705-474-5922 for more information.

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

Legion Friday Night Dinners **Sept 9th** - The Powassan Legion will be hosting a Special Friday Fall Affair, starting with an acoustic musical jam session around 3:30, then supper at 5:30, which includes an appetizer salad, entree, veggies, dessert tea/coffee. Euchre to follow at 7:00. More excitement in the planning

Powassan United Church is hosting a Vacation Church Day Camp Mon to Fri., Aug 22-26, 9am - 12 noon for ages 5 - 12 at Powassan United Church, 462 Main St; \$5 per child for the week. Games, crafts, music, stories & lots of fun. Register on-line at www.powassanunited.ca or just come.

Sundridge Sunflower Festival on Saturday August 13th at 10 am – 4 pm Activities for everyone!

Fossmill Tour on Sunday, September 11 at 2:00. Doug Mackey will be our guide. We will meet at the Chisholm United Church at 1:45pm

Basement Bookshop, Powassan United Church, 15,000 books, all categories, Open Thursday 10:00 - 3:00 and Saturday 9:00 - 12:00

Powassan Fall Fair Rodeo—Labour Day Weekend—check out the website—3 days! Sept 2 - 4th www.powassanfallfairrodeo.com or call 705-724-3141

The Commanda Heritage Centre is hosting a Fashion Show Fundraiser at the Golden Sunshine Club in Powassan on the evening of October 22. Local fashion designers, jewellers and accessory producers will be featured. Everyone welcome to join in. A retail area, refreshments and music all included in ticket price. Contact Jaimie Board 705-729-1384 for more details or look for posters.

A FAYE BLAIS Concert at Piebird B&B Farmstay in Nipissing Village - Saturday Sept. 24, 7:30 \$10 advance, \$12 at door / \$35 dinner and show. Limited seating for a home grown vegetarian harvest dinner is available before the show, please call 705 724-1144 to reserve. Dinner seating at 6:00, show at 7:30.

www.piebird.ca/concerts

A SCOTT COOK Concert at Piebird B&B Farmstay in Nipissing Village - Saturday, Oct 8, 7:30 \$12 advance, \$15 at door/\$35 dinner and show. Limited seating for a home grown vegetarian harvest dinner is available before the show, please call 705 724-1144 to reserve. Dinner seating at 6:00, show at 7:30.

www.piebird.ca/concerts

Sept. 18 to 24th is LEGION WEEK AT THE POSWASSAN LEGION There's something for everyone, so drop around the Legion, come in and say hello, and find out what we are all about. For more information, call the Legion at 705-724-2235

Sept. 18 - Powassan Legion Week Crib-4-Bucks. Doors open @ 12:00 noon. Games start @ 1:00 pm. Registration \$20.00 per team. Light lunches available. Everyone Welcome. For more information, call the Legion @ 705-724-2235

Sept. 22nd - the Powassan Legion Week FUN DARTS starting @ 7:00 pm. Everyone welcome. For more information, phone the Legion @ 705-724-2235

Sept. 23rd - Powassan Legion Week Friday Supper for \$10.00 per person. Includes appetizer salad, Entree, Veggies, Dessert, Tea/Coffee. Doors open @ 5:30. For more information, call the Legion @ 705-724-2235. Everyone is welcome

From the Kitchen

September is Rice, Apple, Chicken & Honey Month!

Chicken and Apples in Honey Mustard Sauce

Prep time: 5 minutes **Cook time:** 25 minutes **Yield:** Serves 4

The sauce this recipe produces is fairly mild. If you would like a more intensely honey-mustard sauce, double up on the apple cider/mustard/honey mixture and skip the broth.

INGREDIENTS

1/2 cup apple cider	1 1/2 teaspoons cornstarch
Salt	Freshly ground black pepper
1 Tbsp honey	2 Tbsp Dijon mustard
1/2 cup flour, for dredging	1 pound boneless, skinless chicken breasts
2 Tbsp olive oil	
2 small unpeeled apples, cored and cut into eighths (use Golden delicious, Granny Smith, Jonathan, Jonagold, Pippin, or McIntosh apples, good cooking apples)	
1/2 cup chicken broth	Fresh parsley for garnish

METHOD

- 1 Whisk cider, cornstarch, mustard, honey, salt and pepper (to taste) in a bowl. Set aside.
 - 2 Salt the chicken well and dust in flour. Shake off the excess.
 - 3 In a large non-stick skillet, heat the oil and add the chicken breasts. Cook over medium heat until golden brown on one side, about 3-4 minutes. Turn chicken, add apples, and cook until browned on the other side.
 - 4 Add chicken broth and cider mixture and bring to a boil. Turn the heat down to low, cover the pot and simmer until chicken is tender, about 15 minutes.
 - 5 With slotted spoon, remove chicken and apples to serving plates. Spoon sauce over chicken and apples and sprinkle with parsley. Serve with rice or noodles.
- Taken from www.simplyrecipes.com - lots and lots of ideas on this website!! Enjoy!!



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!

creative memories Teresa Emmerson
Independent Consultant

Scrapbooking,
Digital Photo Books & Framing

705-724-3460 or 705-495-9530

CALL TO SIGN UP FOR WORKSHOPS!

teresa.emmerson@sympatico.ca
www.mycmsite.com/teresaemmerson
your life | your story | your way

A little boy asked his grandmother how old she was. "39 and holding," she replied.
"Well, then, how old would you be if you let go?"

Miltown Management Systems
91 Alderdale Rd, Chisholm
705-752-0383
or 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!!

GROULX EQUIPMENT



244 Groulx Road, Astorville • (705) 752-2229

Bumper Stickers

- * The first rule of holes: If you are in one, stop digging.
- * I went to school to become a wit, only got halfway through.
- * It was all so different before everything changed.
- * Some days you're the dog, some days you're the hydrant.
- * I wish the buck stopped here. I could use a few ...
- * It's hard to make a comeback when you haven't been anywhere.
- * If God wanted me to touch my toes, He would have put them on my knees.
- * When you're finally holding all the cards, why does everyone else decide to play chess?
- * It's not hard to meet expenses. They're everywhere.

DO YOU HAVE SOMETHING TO SELL? CALL OR EMAIL US WITH THE DETAILS

- Antique Double Bed Frame Asking \$250 Call 705-724-3443
- VW Dune Buggy 1600cc 1964 chassis, new brakes, windshield, seats, fully tuned must see! \$5500 OBO Call 705-752-0383

.... from my side of the Road

Here's hoping that everyone has enjoyed their summer! What a nice few weeks we have had in August. I'm seeing the tomatoes and corn and vegetables of all kinds being sold along the roadways this time of year. The bounty has been good. I didn't get a chance to start a garden this year—but it's on the top of my list for next. I urge you to get out and partake in some of the harvest of your neighbours - there is nothing like biting into a fresh home grown tomato with the flavour bursting in your mouth. Or biting a slice of cucumber (after its soaked in vinegar for a bit!) School starts this month - I still remember my first lunch box ... it was red with white trim. Mom always made sure we had fresh veggies in our lunch for as long as the season would last. The other thing this time of year is the harvesting - the smell of the chaff and the straw when its just cut ... or hay after its baled. Yes the smells, sights and sounds of Fall are upon us now and soon we will be getting ready for Thanksgiving. Be sure to give thanks this month for the bounty and the beauty of this wonderful area—how lucky we are to call this home. That's how I see it from "my side of the road" ... Teresa