

Backroads

...connecting communities – September 2012



HOW THE APPLITECK RODEO CAME TO BE

20 degrees Celsius plus sunshine grows more than a fine crop of hay!

With the horses settled after winning their pull, Director #A (of the Powassan Agricultural Society) sipped her coffee, enjoying the small town Quebec fair. Over to the right, a rainbow of denim and spandex swarm the bleachers searching out the best vantage point to cheer on their favourite bronc rider. “Look at all those people waiting to watch the rodeo”, she thought. “Hmmm!”

That same fine, sunny late summer day in small town southern Ontario, Director # B witnessed overflowing bleachers surrounding the bull riding ring. He headed to the fry stand

and thought, “Hmmm...a rodeo...it just might work in Powassan!”

Later that week, the Directors met and said, simultaneously, “I have an idea!”

Before long, a group of dedicated, enthusiastic friends and acquaintances joined the Powassan Agricultural Society, formed the Rodeo Committee and the Powassan Fall Fair and Rodeo was born ...and the rest...is a work in progress!

For more information and a list of the events please watch in the mail the week of August 27th for the detailed brochure!! IF YOU CAN'T WAIT ... please see the website at powassanfallfairrodeo.com

SEE YOU AT THE FAIR!!

Barbara Dawn Gibbings, Director
Powassan Agricultural Society

September Observances

Happy Cat Month, Library Card Sign-up Month, Sea Cadet Month, Healthy Aging Month & Fall Hat Month . . .
just to name a few . . .

Remember to get out and see all the Fall Fairs!! And Celebrate Labour Day!

Special Request for Powassan Fall Fair Attendees!!

On Sunday Sept 2 we will be giving back to the community.. We are asking all spectators and all participants in the Rodeo to Join Us in Supporting Our RODEO TOUGH in PINK We have two initiatives... One to support a Local Family with a Beautiful Young 2 yr old daughter who has Leukemia.. There will be time During the North Shore Mining Kids Sheep Scramble to make a contribution to the family... Also On Sunday is Our BREAST CANCER AWARENESS EVENT... We will be have a booth set up for purchasing pink ribbons as well as making donations by passing the Cowboy Boot :) PLEASE WEAR PINK TO SHOW YOUR SUPPORT :)

SEE page 3 for more information on wristbands—fair—and access to fairgrounds on Friday and Saturday evenings

Days to Remember in September . . .

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

1	*National No Rhyme (Nor Reason) Day
3	Labor Day
4	*Newspaper Carrier Day
5	*Be Late For Something Day
7	National Lazy Mom's Day (First Friday)
8	International Drive Your Studebaker Day
9	National Grandparent's Day
9	*Wonderful Weirdoes Day
10	National Boss/Employee Exchange Day
11	*Libraries Remember Day
12	*Video Games Day
13	*International Chocolate Day
14	*National Kreme Filled Donut Day
15	*Felt Hat Day
15	*International Dot Day
16	*Stepfamily Day
16	Wife Appreciation Day (3rd Sunday)
17	*Time's Up Day
18	*National Respect Day
19	*Talk Like A Pirate Day
21	*World's Alzheimer's Day
22	*Elephant Appreciation Day
22	*Ice Cream Cone Day
22	*National White Chocolate Day
24	Family Day - A Day to Eat Dinner With Your Kids
25	*National One-Hit Wonder Day
26	*Shamu the Whale Day
27	*World Tourism Day
28	Ask A Stupid Question Day
28	Love Note Day (4th Friday)
29	*National Coffee Day
30	*Blasphemy Day



Regular Features

Days to Remember	... 02
The Spunky Old Broad	... 03
Community Updates	... 04
Library Happenings	... 07
History from OUR BackRoads	... 08
Games & Puzzles	... 10
Local Happenings	... 14
From the Kitchen	... 15
Bumper Stickers	... 16
Advertising information	... 16

What am I??

(answers on back page)

I am a seed, three letters in the name,
Take away two and I sound quite the same.
What am I?

Made of ten but two we make,
When assembled others quake,
Five apart and we are weak,
Five together havoc wreak.
What are we?

I am too much for one,
enough for two,
but nothing to three.
What am I?

Powassan Hairstyling

For All Your Hair Care Needs

512 Main St, Powassan
Open Tuesday—Saturday
(Wed & Thurs until 7pm)
705-724-3301
Cort Hogan-Stillar
& Heather Grasser

~JOIN US FOR THE PARADE! ~

The Powassan Fall Fair Parade is an exciting annual event. This year it will be kicking off at 7:00 PM on Friday, August 31. The parade leaves Eastholme and travels right through town, ending up at the Powassan Fair Grounds. Bring your whole family out for this exciting event and line the streets to watch it pass by!!

~ WRISTBANDS ~

Advance wristbands for the Powassan Fall Fair and Rodeo are now on sale. By buying in advance, you will save some money on the price of admission:

August 1 -30- Adults \$30 seniors/students/13-18yrs \$20 6-12 \$10 5yrs & under free

Fair Grounds-Adults \$35 seniors/students/13-18yrs \$25 6-12 \$10 5yrs & under free

Wristbands can be acquired from the following locations:

All Scotia Bank Locations (Powassan, Mattawa, North Bay, Sudbury),
Lydia's Creative Hair Design, Appliteck Inc., Powassan Auto Service, Krause Farms Food and Feed, Kudos Restaurant & Bar

~ JUST WANT TO SEE THE EXHIBITS? ~

For those who would like to only view the exhibits and entries to the fall fair, remember that admission on Friday night and Saturday after 6 PM is only \$8.

This is the gate price so you do not need to purchase in advance.

This is your chance to come out and see what you would like to see if you are not interested in the rodeo.

The Spunky Old Broad @ Newsletter - ETHICS

A key element that many businesses are now putting in the forefront is something called ethics. Although I was raised in an era of ethics and integrity, they've gotten lost in the last few years. Now they are making a comeback and I'd like to ask you where you stand on the subject.

Before you get upset at me for thinking you might not be completely honest in all your business dealings, you have to think about a few things. If you overcharged a customer by mistake and he didn't catch it, would you call him and tell him about it? If you knew a competitor might do a better job for a customer and charge them even less than you could, would you tell her about it? If you caught a team member fudging some numbers to make something more saleable, would you report that person?

I know your immediate reaction is to say of course, but when it actually happens, what do you do? In my mind, there is absolutely no justification for not being honest. Do you say something when it is hurtful or spiteful-- of course not. But there are many instances where we can get away with something and no one would be the wiser, except for us.

And in my mind that is where ethics starts and stops. We must lead the way for everyone else in our organization. We represent our company and people look to us for role behavior and a person to model themselves after. Remember the expression, "walk your talk." This is where it is the most important.

Ethics state who you are. It determines what you do and how you do it. It broadcasts to the world what you stand for. I know there are many hard and difficult choices that you have to make on a daily basis, but if your decisions are based on what is fair to all people involved, ethics will usually be served.

Sometimes there is not one clear answer. And of course, there are always two sides to every story. This is where your mission and vision statement become important. No, you don't have to make them complicated, and no, people don't want them on your web site necessarily, but they do serve to put people on notice as to your beliefs and purpose. If you use them to guide your ethics, everything should be in perspective.

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

Read my blog at www.spunkyoldbroad.com/blg; Follow me on www.twitter.com/gaylecarson

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

We have a busy month ahead of us in the Municipality of Powassan. First off we are travelling to Ottawa for the annual Association of Municipalities Ontario (AMO). This year we were able to attain delegations with Ministers. Minister Bartolucci, Northern Development Mines and Forestry - Minister Bradley, Environment and Minister Millroy, Community and Social Services. We are hoping to be awarded funding which would assist with the installation of an elevator in the Sportsplex in order to make the hall more accessible to members of the public. This funding will also benefit The Trout Creek Community Center which requires fire separation from the lobby to the hall as well as other upgrades. We will also be applying for funds in order to complete some much needed repairs to the Lions Park and Public Pool.

We had an issue with lightning strikes on our municipal water service in early July. First the communications tower was hit by lightning causing staff to manually monitor reservoir levels. Then, three days later, lightning damaged the hydro transformer on Fairview that powers the pumps for the municipal water service. We immediately asked residents to conserve water. Thanks to the work of Hydro One the transformer was replaced immediately and the municipal water system was safely running again.

August 24th to 26th is the Trout Creek Fall Fair. There is lots to do, starting Friday night with karaoke. Enjoy the WHAO Horse Show, MNR Canine Unit, Craft Show and a live performance by Cats n' Jammers. Saturday Night's Spaghetti Dinner begins at 5:30. On Sunday morning breakfast will be served starting at 8:30.

The 7th annual Windsong Festival WILL BE HELD August 24th and 25th. This festival gives music fans a chance to get up close and personal with their favourite Canadian artists. With only 200 tickets being sold this music festival ensures that everyone experiences great music in an intimate venue. The festival grounds are located at 509 Memorial Park Drive, Powassan. Everyone is encouraged to bring chairs, blankets, as well as their own food and refreshments. Arrangements for camping at the festival can be made. This year's line-up includes Brock Zeman, Hawksley Workman, Ruth Moody, Doug Paisley and Anne Lindsay.

The Powassan Fall Fair and Rodeo kicks off Friday August 31st with the annual parade. This year, the parade will be starting at Eastholme at 7:00 pm, making its way to the Powassan Fair Grounds. Friday night is the Smash Up derby which is always a hit with the crowd. Later on the Swamp Donkeys will take the stage. Saturday is a busy day with the agricultural displays, horse pulls, rodeo events, truck and tractor pulls. There will be live entertainment by Johnny Williams and Pam Miller. Sunday features a Cowboy Breakfast, then rodeo events and more live music all day.

Remember its back to school, so watch out for all the kids as they head back to school.

~Peter

CHISHOLM Leo Jobin, Mayor - www.chisholm.ca

Well folks, we were in great need of rain and we are sure getting some now. The fire ban has been off for the past few weeks but please don't forget to get your fire permit & that no burning is allowed in daytime (before 6pm).

Our 2nd Annual Horseshoe Tournament will be taking took place on August 25th from 12:30—5pm - hoping you were able to come out and join us for a great afternoon of horseshoes, sand castles and corn-on-the-cob. The afternoon events were free but donations to the food bank were be appreciated.

Work needed on Golf Course Road is still on tap to start on September 4th 2012. Please slow down when passing workers and equipment on the roads.

Our Centennial Committee have planned two Bus Tours for September 15th & 29th, leaving Chisholm Township Office at 1:00pm. The Strategic Plan Public Forum is scheduled for September 20th 2012 at the Chisholm United Church at 7:00pm and I hope to see many of you folks there. Soon the school's will be in again so please don't forget to follow the safety rules and let's all come back home safe.

~Leo

CALLANDER Hector Lavigne, Mayor - mayor@callander.ca or call me 705-845-5010

It seems like fall already. Sure cools down at night but I am confident that we still have some good weather to come.

I am off to the Association of Municipalities of Ontario (AMO) conference in Ottawa this week where sparks will fly I would think over the whole ONTC fiasco. Cheers to all who have opposed the government on this. It is wrong on so many levels and to ignore calls to discuss the matter certainly leaves a bad taste in my mouth.

More and more people are saying, "Maybe Ed Debiel was right, an independent Northern Ontario is the only answer". We at least need a voice, a say, in decisions that effect the North. I certainly support a Northern Ontario say or stamp of approval on decisions that effect us directly. I had a recent encounter with an MP (gov side). He wanted to tear a strip off of me when I suggested his government needs to face the situation no matter how ugly it is. That we haven't seen anyone from his government in our area to defend the action. His rebuttle was that he has been to Northern Ontario, namely Sudbury and Thunder Bay many times over the last few months. What I thought was good advice was obviously viewed as a slight. I probably wasn't the first one to mention it, I guess. I must be more careful not to offend.

If John Vanthof, MPP Timiskaming - Cochrane, would include Parry Sound in his private members bill to address the very notion of a final say on matters effecting the North by Northerners, **that would be a great start.**

~Hec

NIPISSING Pat Haufe, Mayor admin@nipissingtownship.com

Beginning May 1, 2013, the Township of Nipissing will join a growing number of communities in Ontario and across Canada as we implement a Clear Garbage Bag program. This change, along with the new Electronics Collection Bins, are expected to help extend the life of our landfills and help to protect our environment. Most municipalities using a clear bag system are reporting 15 to 30% waste diversion findings.

One of the first reactions when people hear about a clear bag system is the perceived invasion of privacy that will occur. Our program will allow for one small, white kitchen size privacy bag per clear bag of waste. As we are a depot program, rather than a curbside collection program, each person is in possession of their bag until it is deposited in our landfills. Once the bag is placed in the landfill, it is in an area that is supervised by our Landfill Attendant and will be compacted on a regular basis. One of the most important things you can do to ensure your privacy is protected is to shred all personal paper items such as correspondence or discarded mail. Using clear, blue or green see through bags will allow us to ensure that recyclables and hazardous waste are not entering our landfills. Extending the life of the landfill will have considerable cost savings as we move forward as well as helping our natural environment to remain beautiful and pristine. We will be providing more information on suggestions and solutions for common concerns during this transition on our website. Please visit www.nipissingtownship.com or contact our Township Office for further information.

Thank you and have a safe September!

~Pat



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!!

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

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

The summertime in Nipissing-Timiskaming is absolutely beautiful – we truly are a region tailored for the outdoors. From fishing to exploring trails, the summer has something for everyone. But what really stands out and truly shows the strength and vitality of our region, are our festivals and celebrations. During the summer and early fall our communities band together to run unforgettable shows and spectacles.

While our festivals celebrate a whole range of different things they all capture the spirit of what it means to be a northerner... a sense of community. A strong healthy community is what it takes to put on festivities like Mattawa's Voyageur Days, The Bikers Reunion in Temiskaming Shores, or Summer in the Park in North Bay. Hundreds of volunteers and sponsors need to get together to plan, organize, and host these events. Our smaller communities are no exception. The Bonfield Summer Fair, the Trout Creek Fall Fair, the Powassan Fall Fair and Rodeo, and Temagami Blueberry Festival provide equally exceptional pride and enthusiasm.

These events showcase the culture and spirit of our region. From main street gallery exhibits to reptile petting zoos, from old timer car displays to sold out concerts, from corn roasts to rodeos – the summer festivities have something for all ages and backgrounds.

You can tell how anticipated and successful these festivals are by how many people participate. Summer in the Park and The Bikers Reunion both bring in about 25,000 people each – some even from as far as Europe! Voyageur Days even manages to triple Mattawa's population over its duration. Families and friends get to enjoy all kinds of attractions along with spectacular local and world famous performers.

These festivals and events are very important for the health of our region. They add to our culture, celebrate our heritage, raise money for good causes, showcase local talent, provide our economy with tourism, expose us to all kinds of new and different things, and of course make the experience unforgettable. Moreover these festivities *excite* people, so much so that many get involved the next year round helping to make the events even bigger and more diverse.

I am very proud to be a Member for a region so vibrant and full of life. It has been such a pleasure to visit and partake in these celebrations over the summer and I look forward to the upcoming events in the fall.

~Jay

*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

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

When many people think of honey in our area, you wouldn't be alone if Board's in Restoule first jumped to your mind. They have such a terrific facility on Highway 534 and such a unique variety of products there. However, you should know they're not the only apiary in our area. I recently had a very interesting visit to Calvin Township and the home of Donna and Leonard Spinks. They not only happen to be the mother and father-in-law of local radio host Dean Belanger, but they also operate an apiary with their partner, Dave Douglass. I donned the protective gear and got a first-hand look at some of the 400,000 bees they have on premises. They produce about 500 pounds of home-grown honey every year. We're so fortunate to have such quality products being made right here in Nipissing in our own backyard. It's my hope you'll get out soon to see what the "buzz" is all about! 8 colonies = 500 lbs. of honey annually. VERY exciting!

Until next month... ~Vic

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

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

SUMMER HOURS (JULY - AUGUST) Monday - 11am - 7pm ~ Tuesday - 11am - 7pm ~ Thursday - 11am - 7pm
 Friday - 11am - 6pm ~ Saturday - 11am - 3:30pm (Closed on Sunday & Wednesday)

Powassan & District Union Public Library

Expansion Project

TICKET DRAW

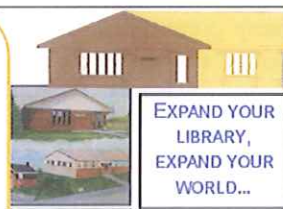
Tickets \$2.00 each

1st Prize: \$300 donated by
 The Powassan Players

2nd Prize: \$200 donated by
 The Powassan Line Dancers

3rd Prize: \$100 donated by
 Helen McDonnell

Tickets available at the Library and
 at the Powassan Fall Fair
 Draw October 20 at Noon at the Auction



FUND RAISING AUCTION

October 20, 2012 at Noon
 Mak Academy

Now accepting talents and
 treasures to be donated to our
 Auction.

What could you contribute to this
 fun event?

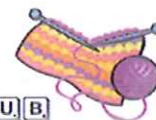
All proceeds of these fundraising events will help the Powassan
 & District Union Public Library reach its goal of \$200 000.

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

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
- **S.C.R.A.B.B.L.E C.L.U.B.**
- French Conversational Group
- Computer Classes
- Yoga Club
- Lego Club
- **KIDS CYBER CAMP**
- Rising Readers
- teen book club
- "to be named" teen group



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

September is Library Card Sign-up Month -
 is YOUR card up to date ??

The Library has seven computers with high speed internet connections, all available during Library Hours. There are also four printers for printing colour and black & white, as well as two scanners. Black and White pages are \$.30 and colour prints are \$2.00 each. The use of the scanners is free.

All computers have Microsoft Office and Internet Explorer.

Two computers are available in the kid's section that have a variety of children's games to occupy the young ones. One of these is a Early Literacy Station, equipped with a touch-screen, and entertaining educational games designed to build literacy and numeracy skills in children. The games are intended for children from 2-10 years old.





The HISTORY FROM... OUR BACK ROADS...

Barkerton or Little Bend?

This is my nineteenth write up in the BackRoads and I believe I have made it once around the area. Having so many great topics to choose from, I have not been ignoring Trout Creek, it has been on my list to do.

Around the time the railway arrived in 1886 a small settlement named Melbourne had been started. We assume that this name was from one of the early settlers, and there still is a street named Melbourne Street today. When the post office opened in 1887 the tiny community was officially named Barkerton. The first postmaster was Neil McEachern and in 1888 Michael Corkery took over the position.

In 1890 the town and post office was renamed Trout Creek, a fitting name for the trout filled stream that flowed through the community. Apparently another name considered was Little Bend, but it was turned down as it sounded inferior to the town of Powassan at the Big Bend of the South River.

Like most communities in our area, its beginning goes back to lumbering. One of the first lumber operations in the area was conducted by the Fraser brothers, who cut and drove timbers down the South River, destined for J.R. Booth's mills. The earliest saw mill I could locate was the one started by William Carr around 1884. The mill was located just west of the modern day town, where a good size waterfall provided power to operate the machinery. A large fire swept through the area in 1892 destroying many trees and Carr's sawmill. The property was taken over by the Trussler Brothers and they realized that the huge charred timbers were still suitable to be sawed into timbers. A stone dam was built on the Trout Creek and a water turbine provided the power to run the machinery.

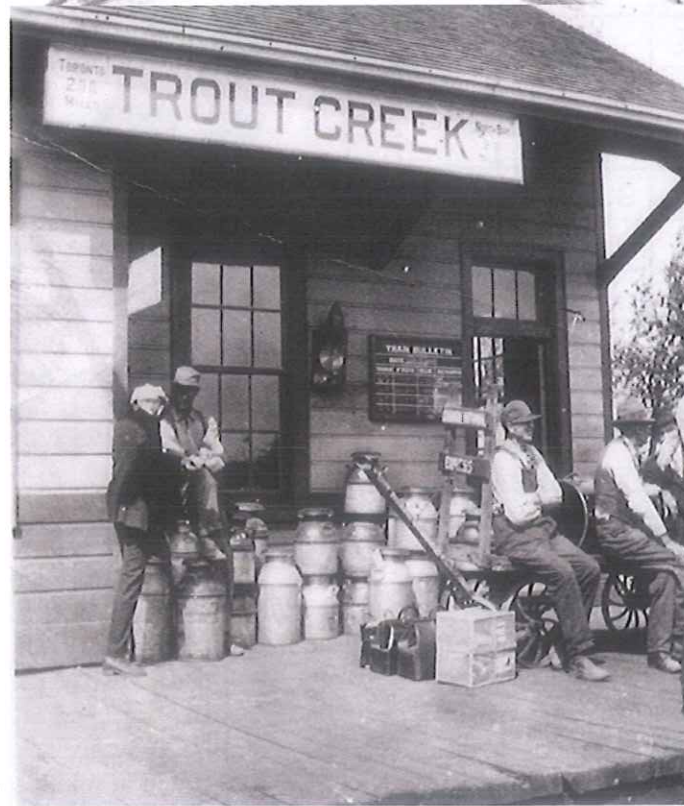
It is always interesting to see how the area grew, with some communities starting, only to be abandoned for another. One of the first inhabited places was the Barrett Settlement. The Barrett Road was cut from the Nipissing Rosseau Road, near Commanda heading east. James Barrett and his son Richard settled the area in 1880, just to the west of the South River. Soon other farmers settled in this area and a log church was built in 1883. A cemetery was started, and the only remnant of it today is a big pile of stones brought by local farmers for a proposed new church. A cross was erected in 1967 to mark the location of St. Mary's Cemetery. The early graves had been marked by wooden crosses which have long since vanished.

At one time the railway was to run through this settlement, but when the line was built to the east in 1886 the community shifted to what would become Trout Creek. Eventually the post office was closed at the Barrett Settlement, as well as the church. It is said that even some of the people from the cemetery were relocated to the one in Trout Creek.

As the community grew in the late 1900's, Trout Creek had three hotels; the Queens, the Peterborough and the Carr House. There was a butcher shop, watch maker, blacksmith as well as other stores. Gilbert Trussler purchased the Sexsmith Store and renamed it the Trussler Bros. General Store. With the Trussler Mill employing many men the store served a large area. Everything from clothing to furniture, food to farm feed and even coffins could be ordered through there.

These company stores even served as a bank and credit union, extending credit to the workers in the off season. They also acted as a wholesaler, supplying goods to other stores in Commanda, Loring and Golden Valley. In 1905 Harry Pedder was hired as the manager and it became the most reputable business in the area. Mr Pedder stayed on as store manager until 1912 when he retired. The business was sold to Bill Mogridge and he ran it into the late 1940's. The building burned to the ground around that time.

Many other names have been a part of lumbering in the Trout Creek area. Frederick Baechler Sr had started the Trout Creek Lumber Company in 1896, and the Dominion Wood Company had a logging railway that ran from Trout Creek into Algonquin Park. It is hard to sum up history on our early towns, so I may have to come back to the Trout Creek area in another article.



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

Game Pages

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



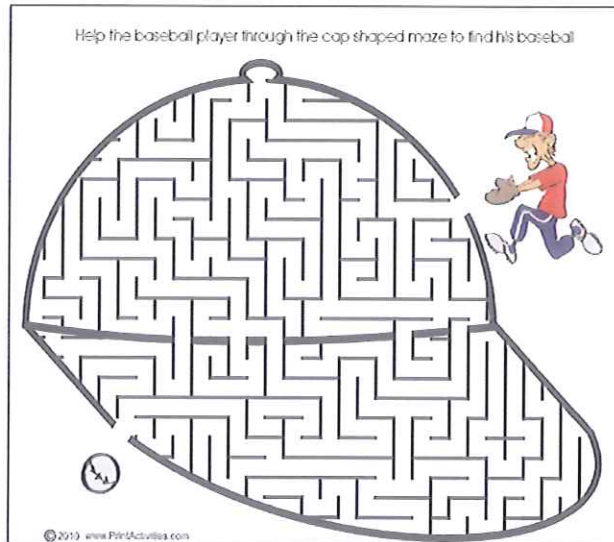
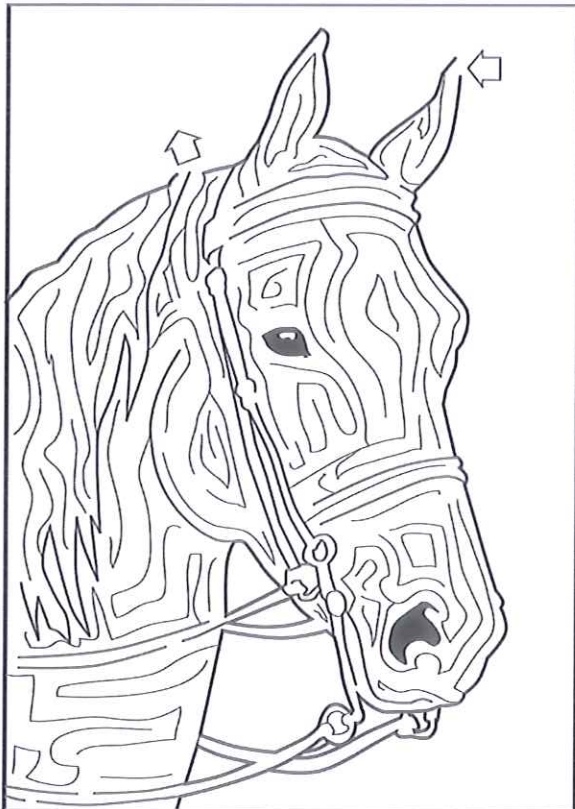
	1			7		
		7			5	
	5	9	2	8		7
9	7			3	8	5
			9		2	
	8		5	7		1
7				4	5	1
		5				2
			1			7

How does a pig go to hospital? In a hambulance.
 How do you make a hot dog stand? Steal its chair.
 How can you get four suits for a dollar? Buy a deck of cards.

Answers to August Puzzles

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

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



Public Library -Find and circle all of the words that are hidden in the grid. The remaining letters spell a secret message - a Henry Ward Beecher quotation.

- | | |
|-----------------|------------|
| APPLIED SCIENCE | ARTS |
| BIOGRAPHY | BOOKS |
| BORROW | BRANCH |
| CATALOG | CHAIRS |
| CHECKOUT | COMPUTERS |
| DUE DATE | DUE DATE |
| ENCYCLOPEDIA | FICTION |
| FINES | GEOGRAPHY |
| HARDCOVER | HISTORY |
| INFORMATION | INTERNET |
| LANGUAGES | LIBRARIAN |
| LIBRARY CARD | LITERATURE |
| MAGAZINES | MOVIES |
| MATHEMATICS | MUSIC |
| NEWSPAPERS | NOVELS |
| OVERDUE | PAPERBACK |
| PERIODICALS | PHILOSOPHY |
| PHOTOCOPIER | PSYCHOLOGY |
| QUIET | READ |
| RECREATION | RELIGION |
| RENEW | RESEARCH |
| RESERVE | SHELVES |
| SOCIAL SCIENCES | TABLES |
| TECHNOLOGY | |

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

August's Hidden sentence:
THE FIRST PERSON TO SET FOOT ON THE MOON WAS NEIL ARMSTRONG

July's hidden message is: **SUMMER VACATION**

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:
 "Deep summer is when laziness finds respectability." Sam Keen

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
											6														

" L
 16 6 26 7 1 26 12 23 18 7 20 10 8 20 14 26 26 11 23 1 19
 L L L
 10 8 20 1 7 6 18 10 20 23 10 16 26 6 11 18 19 11 4 7 1 13 23 26 19
 L L L L
 14 1 6 6 1 18 13 4 12 6 6 20 19 5 7 2 18 19 10

Dealing with Shaky Knees

Many new speakers describe themselves as having shaky knees, butterflies in the tummy, cold sweats, sweaty palms, numbness and nausea. Yet, as listeners, we may only see their hands clutching the lectern. Most frequently, speakers perform much better than they believe they do!

Here are some tips on how to settle those shaky knees:

Speak about a topic you know well, believe in and are passionate about. If you speak on a topic you are not comfortable with, there will be a tendency to memorize or read the speech in case the mind goes blank. If we choose a topic we know well and love, the words will just flow out of us...perhaps not as organized as we would like but we will not freeze.

Write the way you speak. As you write your speech, you adopt different personae. Speeches become creative and flowery, with words that are not normally used. All these changes make the speech more difficult to retain in the memory banks. Try to stay close to your everyday language and manner of speaking.

Practice. Start off by reading and re-reading your speech. Where will you put pauses? Where can you jazz it up with gestures? On your speech, make notes where you will pause and what gesture you will incorporate. Now get on your feet and read your speech out loud and incorporate the pauses and gestures. Do this exercise until they feel natural. Next, try to give your speech with notes available but totally dependant on them. Your biggest practice is out loud in front of a live audience, family members, friends, even the family pet.

Find friendly faces in the audience. Perhaps friends will be attending the function where you have been asked to speak. Ask them to be a smiling presence and ask them to sit towards the back of the room so that they can let you know if you have good volume (finger up suggesting you need to increase your volume/projection). If you are on stage, make contact with others about the room, speaking momentarily to them. The people around them will also feel as if they are getting your attention.

These suggestions are just the tip of the iceberg. If you want the opportunity to learn more, visit us at POWERtalk International (North Bay). For more information, call Karen at (705)474-8673.



Hector Lavigne, CMB (ONT)
Commercial Lines Manager

1145 Cassells Street,
North Bay, ON
P1B 4B4

T: 705.474.4430
F: 705.474.5374



h.lavigne@rivet-insurance.com
www.rivet-insurance.com

**For ALL your Business
Insurance Needs!**



Our Clubhouse
is Open for
Breakfast - Lunch
& Dinner!!

Call us for Reservations or
to see what is on our menu!

705-724-5735

www.clearspringsgolf.com
870 Golf Course Road, Chisholm

CALLING ALL COOKS & BAKERS!

Do you have a favourite
holiday recipe (Thanks-
giving OR Christmas)
that you would like to
share - please email by
the 20th of month to
have them considered to
be printed in the upcom-
ing issues)



At the Slo-Pitch Tournament was held on the weekend of August 17th in support of the Northern Cancer Foundation. The tournament was hosted by the Royal Canadian Legion, Powassan. In the picture above Powassan Legion President, John Turner presents a donation cheque for \$1000.00 to Tannys Laughren, Executive Director, Northern Cancer Foundation.

CHISHOLM



Monday-Friday 8-6
Saturday 9-6 Sunday 10-5

Now stocking deer feed along with our extensive line of competitively priced livestock feeds & medicines!

1497 Alderdale Road, Chisholm 705-724-1497

"IT RAINED, IT POURED, AND THE MUD WAS ALMOST ANKLE DEEP, BUT THE GAMES CARRIED ON!"

The Powassan Legion's annual 3 day Helen & Steve Mathias Memorial Slo-Pitch Tournament held on Aug 16/17/18th was a great success, enabling the Legion to donate \$1,000.00 to the Northern Cancer Foundation, while all the winning teams donated their money back to the Cancer Foundation for an additional \$1,400.00.

What a wonderful gift.

The winning teams were:

- | | |
|-----------|--------------|
| 1st place | Dilligaf |
| 2nd place | Carneys |
| 3rd place | 3 Expertise |
| 4th place | Burger World |

A big Thank-you goes to Mayors Peter McIssac and Leo Jobin for working the BBQ on Saturday, the Players, the umpires, the score keeper and the Legion set-up/take down crews, the workers on the refreshment tent, the runners, the security, just everyone that helped during the 3 days.

You were all great!

AND THE SUN DID SHINE
FOR THE PLAY-OFFS."

GROULX EQUIPMENT

244 GROULX ROAD, ASTORVILLE

(705) 752-2229

TAMING THE WILD with HUSQVARNA



Exclusive Snow King Engines - the engine with Outstanding performance, EVERY TIME!

At the **Mattawa and District Museum**, we have 3 floors of exhibits to see as well as a small gift shop. Some of the exhibits that we have on our ground level... a large Aboriginal exhibit including "Anahareo", a local Mattawa girl, and her husband Grey Owl. More exhibit info next month or please come & see us! Open 10am - 4pm daily until end of August please email or call for hours after then. Mattawa & District Museum, Explorer's Point, 285 First St, PO Box 9, Mattawa, ON P0H 1V0 Tel: 705-744-5495 or mattawamuseum@on.aibn.com www.visitamuseum.com

Local Happenings

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

Chisholm Farmers' Market - Market is every **Wednesday of the month** At **Chisholm County Market & Feed** If you are interested in selling local food or if you are willing to help plan the market, please call Anne Dockendorff at (705) 724-9183.

Second Chance Shoppe (Grace House) - Tuesday & Thursday 9am—3pm & Saturdays 9am -noon
Basement Bookshop, Powassan United Church, Thursday 10am - 3pm & Saturday 9am-noon
Saturday, September 22 Chisholm United Turkey Supper, 4:30 to 7:00 pm.

Sept. 18th, Tuesday - **The Powassan Legion** will be hosting an "Advance Viewing" of THE MEMORIAL ARMED FORCES MUSEUM. This is a MUST SEE. The Curator, Mr. Dan Taylor has been able to obtain many wonderful photos, uniforms, and military artifacts. Come and view these displays and see how many interesting things he has obtained so far. The Museum is downstairs, and can be entered by coming in through the Lounge. There will be a "Meet & Greet" with some Legion Officers and coffee/tea/cookies for your enjoyment upstairs in the Legion Hall after you view the museum. (sorry, we can't eat before going into the museum). The museum will be open from 1:00 to 4:00 pm. Join us, you'll be glad you did".

Sept. 3—The Powassan Legion Monday Night BINGO is **CANCELLED** as the Legion will be closed for the Labour Day Holiday. Join us on Sept. 17th.

Sept. 17th The Powassan Legion is hosting a Legion Week - Monday Night BINGO. Doors open at 6:00 pm. Games start @ 6:45. The jack-pot is based on attendance. The more that come, the higher the prize. We need your support. Join us and help keep the BINGO GOING. Without your participation, we can not continue. For more information, please call the Legion at 705-724-2235.

Sept. 19th - The Powassan Legion will be hosting a "1 on 1" Cribbage Tournament @ \$10.per person Games start @ 7pm, Winner takes all! For more information, call the Legion at 705-724-2235

Sept. 21st - The Powassan Legion Week Friday Supper will feature featuring a Beef Pot Pie, and will include Beef Barley Soup, Pasta Salad, Tossed Salad,, Fresh Bread and Rhubarb Upside Down Cake, all for only \$10.00 per person. Special rates for Children under 12. Servings starts @ 5:30, Reservations are recommended, so come early and not miss out. For more information and to reserve your dinner, call 705-724-2235.

GROULX EQUIPMENT
 244 GROULX ROAD, ASTORVILLE
 (705) 752-2229



YOUR Local Dealer of
MASSEY FERGUSON
 COMPACT 1600 Series
 TRACTORS

0% for up to
 72 months* OR
 CASH REBATE
 up to \$1500

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 :)!!



Drive Alert - Please Watch for Children

From the September Kitchen ...Beef, Peaches, Mushrooms Recipes this month come from www.foodland.gov.on.ca to help with quick meals as you ease back into the school year!

Gingered Beef with Peppers

This fast and easy stir-fry dish has plenty of colour and flavour. Serve with rice.

Prep Time: 15 min Cooking Time: 10 min

Servings: 6 to 8

Ingredients:

- 1-1/4 lb (625 g) Ontario Beef Top Sirloin stir-fry strips
- 2 tsp (10 mL) grated gingerroot
- 1/2 tsp (2 mL) minced garlic
- 1 each Ontario Greenhouse Red and Green Sweet Pepper, cut in thin strips
- 2 Ontario Cooking Onions, cut in thin strips
- 4 oz (125 g) Ontario Mushrooms, sliced
- 1-1/3 cups (325 mL) beef stock
- 3 tbsp (45 mL) Sodium-reduced soy sauce
- 1/4 cup (50 mL) water 3 tbsp (45 mL) cornstarch

Preparation:

Spray wok or large skillet with nonstick cooking spray; heat wok. Stir-fry beef, ginger and garlic over medium-high heat for 3 minutes or until browned.

Add sweet peppers, onions and mushrooms; stir-fry until tender-crisp. Add beef stock and soy sauce; bring to simmer. Cover and steam for 1 minute.

Combine water with cornstarch; stir into wok and simmer, stirring, for about 1 minute or until thickened.

Mushroom and Shrimp Pasta

Prep Time: 15 min Cooking Time: 8 min Svgs: 4 - 6

Ingredients:

- 4 cups (1 L) farfalle or rigatoni pasta
- 1 tbsp (15 mL) vegetable oil
- 1 lb (500 g) mixed Ontario Mushrooms, sliced (crimini, shiitake and/or white button) 3 cloves garlic, minced 1 large Ontario onion, finely chopped
- 1 tsp (5 mL) each of dried thyme leaves and salt 1/4 tsp (1 mL) pepper
- 3 tbsp (45 mL) all-purpose flour 2 cups (500 mL) 2% milk
- 1/2 cup (125 mL) sodium-reduced chicken stock 1 lb (500 g) large frozen shrimp, thawed peeled and deveined
- 1/2 cup (125 mL) freshly grated Parmigiano-Reggiano cheese, divided
- 2 tsp (10 mL) hot pepper sauce or to taste 2 tbsp (25 mL) finely chopped fresh Italian parsley

Preparation: In large pot of boiling salted water, cook pasta according to package directions; drain and set aside. In same pot, heat oil over medium-high heat; cook mushrooms, garlic, onion, thyme leaves, salt and pepper; stirring occasionally, for about 5 minutes or until mushrooms have browned.

Whisk flour into milk and gradually stir into pot along with chicken stock; bring to simmer. Add shrimp; cook for 2 minutes. Stir in drained pasta, 1/3 cup (75 mL) of the cheese and hot pepper sauce; cook, stirring gently, until thickened and shrimp are cooked. Taste and adjust seasonings with more hot pepper sauce, salt and pepper if desired. Stir in parsley; sprinkle with remaining cheese.

Chicken, Peach and Snow Pea Stir-Fry

Prep Time: 20 Min Cooking Time: 10 - 15 Min

Servings: 4

Ingredients:

- 1/4 cup (50 mL) cornstarch
- 1 tbsp (15 mL) teriyaki sauce
- 1 clove Ontario Garlic, minced
- 2 chicken breasts (about 1 lb/500 g), skinned, boned and cut into strips
- 1 can (10 oz/284 mL) chicken broth
- 1/3 cup (75 mL) teriyaki sauce
- 3 tbsp (50 mL) vegetable oil
- 1 tbsp (15 mL) minced fresh gingerroot
- 1 medium Ontario Onion, cut in chunks and separated
- 4 oz (125 g) Ontario Snow Peas, halved lengthwise
- 4 medium Ontario Peaches, peeled, pitted and sliced
- Toasted sliced almonds
- Hot cooked rice or Oriental noodles

Preparation:

In medium bowl, combine 1 tbsp (15 mL) of the cornstarch, 1 tbsp (15 mL) teriyaki sauce, garlic and chicken; let stand 15 minutes. Meanwhile, combine remaining cornstarch, chicken broth and 1/3 cup (75 mL) teriyaki sauce; set aside. Heat 2 tbsp (25 mL) of the oil in hot wok or large skillet over high heat; stir-fry chicken 3 minutes; remove. Heat remaining oil in same pan; stir-fry gingerroot and onion 3 minutes. Add snow peas and stir-fry 3 minutes. Add chicken, teriyaki sauce mixture and peaches to pan. Cook, stirring, until sauce boils and thickens and peaches are heated through. Garnish with sliced almonds. Serve with hot cooked rice or noodles.

BackRoads is published by
Miltown Management Systems
91 Alderdale Rd, Chisholm
705-752-0383
miltownsystems@live.ca

Advertising Rates

1/8 page = \$25.00
1/4 page = \$50.00
1/2 page = \$100.00

*Advertise for
5 continuous months
and the 6th month is free!*

**Freedom of speech
will always
make us think . . .**
BackRoads will accept
articles from local writ-
ers and is willing to
print articles that may or
may not be of manage-
ment'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.



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
dhiggins@canfin.com www.doughiggins.ca

What am I? (pg 2)

- 1 - A Pea
- 2 - A Fist
- 3 - A Secret

BUMPER STICKERS ...

A closed mouth gathers no feet.

Any small object when dropped will hide under a larger object.

All that glitters has a high refractive index

Lottery: A tax on people who are bad at math.

BEER: It's not just for breakfast anymore.

Out of my mind...Back in five minutes.

From my side of the Road So September is here - school has started ... or will be soon ... where the heck did summer go! I always get to this part of the year and shake my head that the last 8 months have come and gone and my list of "to dos" isn't much shorter than when I started in January! Actually its longer ... guess I was wishful thinking!! I'm wondering if it ever gets slower ... our lives ... better choices will slow down the pace - or so I'm told ... but how do we pick from all the great things we are involved in. I'm wondering how some of you do all that you do - hats off to you who are sports parents ... and volunteers ... and able to put "it all" into your days and evenings ... must be my age showing ... lol ... I'm not sure I could keep the pace some of you do. Actually I'm pretty much positive I could not! I've had the pleasure of working with some amazing people in the Township of Chisholm this year - working and planning and enjoying our Centennial Events ...we are finishing off the events with 2 Bus Tours Sept 15th and 29th - meet us at the Township Office at 1pm both days - our Tour Guide will be Doug Mackey and Friends! ... yes it is free!! Call the office 705-724-3526 and get your name on the bus list or just meet us on the day! OKAY PEOPLE Time to get out and have some fun!! See you at the Fairs and Tours ... pick up a camera and make some memories! ... and above all hug the ones closest to you - guaranteed if you don't need the hug - THEY do! From my side of the road to yours, God Bless ... Teresa



WASI GARAGE



Lawrence Potts, Proprietor

2506 Hwy. 94
Callander, ON POH 1H0
Tel: 705.752.4944
Fax: 705.752.5434