

# Back Roads

...connecting communities

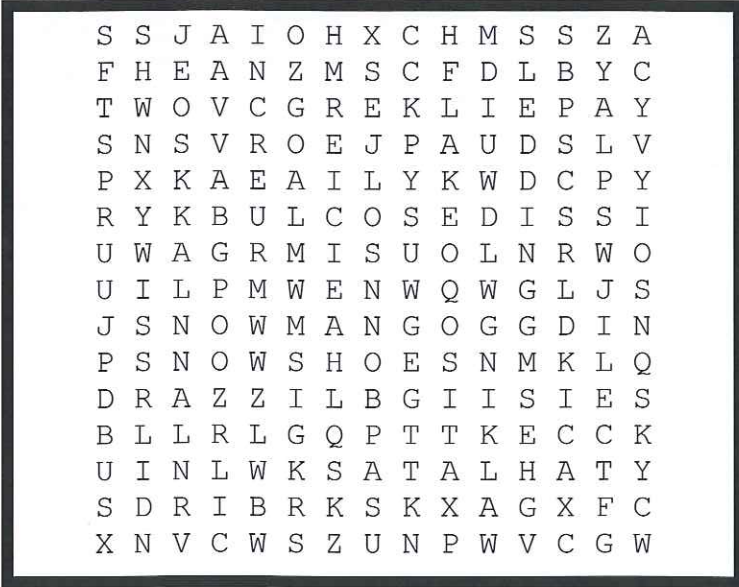
## Are you ready for the next decade?

Well the first month of the new decade is over—have you been able to keep those resolutions for 2011 for a full month?? The first month of the year is always exciting—everything is new again—like a “do over” if you will. To say that we are always starting again isn’t quite true—but to say that we have a chance to regroup and continue on, with renewed purpose, is really closer to the truth when it comes to most at this time of the year. So lets review the most common “do-overs” and “regroupings” . . . Lets get organized! Lets lose weight! Lets get a hobby! Lets start a budget! . . . oh boy—all sound like really good ideas—and all sound like they would take a bit of time. Lets not get bogged down in the whole picture—but rather take each item bite by bite. Are you hoping to get more

organized this year—well start with a small pile . . . and work your way from there. What about losing some weight—how about a simple meal plan—or adding a walk at lunch and progressing from there? A hobby—well although that can be a bit more complex—especially if you aren’t sure what you want to do—maybe look back at what areas of your life you really enjoy—and work from there—is it preparing dinner parties? Maybe a cooking class that is a bit outside the box . . . (in my case that would be something OTHER than what is in a box LOL ) Is it reading a great book? Maybe volunteer to read to a group? Or just walking and enjoying the outside. Your possibilities are endless. What was that other thing? Oh yes—a budget. Well even that can make us stop in our tracks—

but it can be easier than you think. Sometimes we are so overwhelmed by the entire picture that even the small steps look insurmountable. The two main distinctions of your expenses are those you can control monthly and those that are set or fixed (mortgage/rent and loans are the most common of these). Set your budget up listing your fixed expenses first—then add your variable expenses (everything else) in order of importance . . . starting with utilities and ending with those luxury items like dinner out. When preparing a budget ALWAYS give yourself a bonus for following your plan . . . if you are saving for something specific get a picture of that item . . . or trip . . . or whatever and put it up somewhere you will see it everyday (how about on your bathroom mirror?) If you are just trying to fit all the expenses in then its time you give yourself a treat . . . say you are on a TIGHT budget—yes we are out there . . . then try to put aside maybe \$1.00 per day . . . or split your pocket change in half—the first half for “you” and half to go back into the budget. There needs to be some payment back to you and although the “experts” say 10% we don’t always have 10% to spare . . . so lets start small and achievable and increase from there . . . It is very surprising where you can save and how much we can save. Whatever you choose for goals and accomplishments over the next year or decade—always remember to review your plan regularly, adjust accordingly as life will most definitely get in the way and be sure to take time for you . . . after all . . . isn’t it a better you that you are truly planning for?

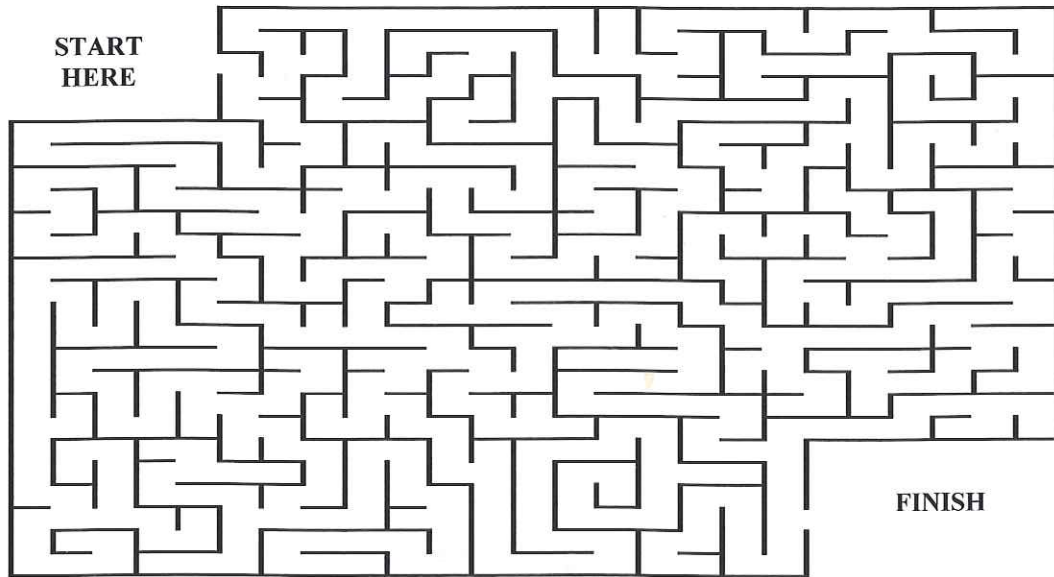
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Cryptogram: IOR'N FC UGTUEI NO YEHC QJ NVC YOOI NO YO GOT NVC YTCUN. PCRRLL TOYCTD



My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

**Community Updates**

The Municipality of Powassan brought in the New Year with a bang. Over 200 people came out to enjoy our first New Years Eve Family First Evening at the Trout Creek Community Centre. Although there was a steady rain - it did not dampen the spirits of the participants or the volunteers. A special thank you to John and Candy Burns for providing horse drawn sleigh rides, also a huge thank you to Derek Benison who once again put on a fantastic fireworks display despite the poor weather.

In August 2010 the Municipality of Powassan was awarded a Family Health Team from the Ministry of Health and Long Term Care. We are currently working on the required business plan that

must be delivered to the Ministry by February 15<sup>th</sup> 2011.

What does this mean for our community?? It means more doctors and medical staff to provide for our growing population. It means the facilities we can offer will have new and leading edge equipment and services. It means we will have the ability to have after hours access to our own doctors without having to go to North Bay. It means the Municipality of Powassan and our surrounding neighbours will get the medical care that we have needed for so long. We need you to help with this process – so what do you need to do? If you have a family doctor, please ask him or her if you are on their roster. If not you will be asked by your doctor to sign a roster form.

By signing this form you are agreeing to be a patient of your family doctor. **If you do not have a family doctor please register at Health Care Connect.** It takes only a few minutes to become registered. You will need a valid Ontario Health Card. Only persons registered with Health Care Connect will have the opportunity to be selected as a patient once we begin to expand our medical services in the future. You can reach Health Care Connect by calling 1-800-455-1822 or by going online to

<http://www.health.gov.on.ca/en/ms/healthcareconnect/public/default.aspx>

Peter McIsaac - [pmcisaac@powassan.net](mailto:pmcisaac@powassan.net)

[www.powassan.net](http://www.powassan.net)

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# History and Ancestry

Thanks to the effort of Teresa Miller, the Powassan area now has it's own little paper to enjoy with a cup of coffee. Being a history fanatic I was honored when she asked if I'd like to do a monthly history column.

With over 135 years of people living in this area it shouldn't be hard to write an article, but where to start? The first settlers who came to this area had followed the route of the voyageurs, travelling by boat up the Ottawa and Mattawa Rivers. A few families had settled in the mid 1860's, where the village of Nipissing is now.

In 1874 the Rosseau—Nipissing Road was officially opened and many new people came to open up this part of Canada. My Great-grandparents were among those early immigrants.

Himsworth Township was surveyed in 1876 and Chisholm Township in 1880. New roads were reaching in to the pristine wilderness as farmers cleared their land and built homes.



Frederick Toepfner 1854-1926



Josephine Toepfner 1863-1934

Small communities and sawmills soon sprung up as more people came. Many descendants of these original families still live in this area, and over the next year I will try to share a little history of these people and places.

With this publication being distributed in the Powassan, Callander, Chisholm and surrounding areas I will try to cover the whole area with my article. Each month I will pick a different area and topic and if I ever run out of topics I may ask for suggestions.

I will also be giving suggestions and sharing web sites that may help with your own family tree research. With all the information and resources available, digging up your roots is much easier then just a few years ago. At one time you would have had to request microfilm and spend hours and hours going through the reels. Today you can visit the Powassan & District Union Public Library and search the Ancestry web site for free (All you need is a library card and some free time).

If you have a chance, have a look at my web site: <http://www.toepfner.ca>

I have a little local history and some photos already on there and I plan on adding more as time goes on.

Another collection of great photos and information is in the facebook group I started a while back "Plenitudinous Powassan Photos". I am sure many of you readers have already joined the group, we have over 600 members.

[jamie@toepfner.ca](mailto:jamie@toepfner.ca)



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## Local Happenings

**The Edge** youth group for grades 6,7,8 Monday nights—St Joseph Church, Powassan in the downstairs hall All welcome. Call for more details 724-5964

**Women's Recreational Volleyball**, Wed Nights 6pm-8pm at St Gregory's School. \$25/person Call Karen 724-5965

**Free Computer Classes** Powassan Library (to register 705-724-3618) Feb. 1, 8, 15 at 6-8 pm and Feb. 7, 14, 28 at 1:30-2:30 pm

**Raising Readers** Powassan Library (Parents & children) ages 2-6 Tuesdays 6:15pm-7:15pm

**Yoga Classes** (Beginner & Storytime Yoga) Powassan Library Thurs 12-1 pm & 1:15-2:15 pm

**Cybercamp** for Kids Powassan Library ages 6-12, 1pm-2pm (free)

**2011 North Bay Baby Show** Feb 6th - 11:00am - 3:00pm Davedi Club, North Bay Admission is FREE! If you would like to make a donation to Usborne Books - all books/financial donations collected to at the show will be donated to the children's ward of the North Bay Hospital

**Trout Creek Winter Carnival** 2nd weekend in February at Trout Creek Community Centre

### DID YOU KNOW ...

- \* A smooth shiny egg shell is a sign of old age. Fresh eggs have a chalky rough shell
- \* To make peeling hard-cooked eggs easier, butter your thumbs
- \* Lemons will stay fresh longer if you store them in a bowl of cold water in the fridge. (They'll keep up to 3 months this way )

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## From the Kitchen

### **CROCKPOT EASY BEEF STEW (from the kitchens at busycooks.about.com)**

This super easy beef stew uses only five ingredients and is healthy and delicious and perfect for Hockey nights.

Prep Time: 20 minutes

Makes 4-6 Servings

Cook Time: 8 hours

Total Time: 8 hours, 20 minutes

Ingredients:

4 medium red potatoes

1-1/2 lbs. beef stew meat

1/3 cup flour

salt and pepper to taste

14 oz. can diced tomatoes, undrained

2 cups water

3 cups frozen stir fry bell peppers and onions

Preparation: Scrub potatoes and cut each into quarters. Place in bottom of 4 quart slow cooker. Mix flour, salt and pepper and toss with beef to coat. Add to crockpot. Add undrained tomatoes and water and stir. Cover crockpot and cook on low for 7-8 hours until beef and potatoes are tender. Add stir fry vegetables. Cover and cook on low for 30-40 minutes until vegetables are hot and tender.

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This local publication provides: advertising, stories, puzzles & items for sale for all who pass through the area. We include snip-its of fun and serious items to help you pass the time and advertising from some of our local businesses. We also have a "For Sale or Trade" section where individuals can advertise their items for sale. We hope you enjoy our "coffee-read" .

**FOR SALE OR TRADE**

This area is for individuals to place free ads of items for sale with a maximum \$5000 dollar value. Just keep in mind that we **cannot** accept **fire arms, weapons, real estate, baby furniture or pets**. (Businesses will be allowed to advertise in this section with the purchase of a business ad) We are not responsible for false advertising of items—buyers please be aware of what you are purchasing before completing transactions.

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