

BackRoads

...connecting communities – February 2012

February Observances ... Library Lover's Month, National Time Management Month, Spunky Old Broads Month, AMD/Low Vision Awareness Month, Bird Feeding Month, Winter Carnival Season ... Tax Season ... just to name a few ...



Valentine's Day

The popular festival of love and romances traces its origin to ancient Roman festival the Feast of Lupercalia. It is said that in the Rome of ancient times people observed a holiday on February 14th to honor Juno - the Queen of Roman Gods and Goddesses. The Romans also regarded Juno as the Goddess of Women and Marriage. On the following day, February 15th began the fertility festival called 'Feast of Lupercalia'. The festival of Lupercalia was celebrated to honor the Gods Lupercus and Faunus - the Roman God of Agriculture besides the legendary founders of Rome, Romulus and Remus. An interesting custom was followed in the Feast of Lupercalia to bring together young boys and girls who otherwise were strictly separated. On the eve of the festival names of young Roman girls were written on a slip of paper and placed into jars. Each young man drew out a girl's name from the jar and was paired with the girl for the duration of Lupercalia. Sometime pairing lasted for a year until next year's celebration. Quite often, the couple would fall in love with each other and later marry. The custom lasted for a long time until people felt that the custom was un-Christian and that mates should be chosen by sight, not luck. The pairing of young boys and girls did set the mood of the Valentine's Day Festival as we know today.

But it was actually due to the efforts and daring of a priest St Valentine that the festival got its name and clearer meaning. The story goes that during the reign of Emperor Claudius II Rome was involved in several bloody and unpopular campaigns. Claudius found it tough to get soldiers and felt the reason was men did not join army because they did not wish to leave their wives and families. As a result Claudius cancelled all marriages and engagements in Rome. A romantic at heart priest of Rome Saint Valentine defied Claudius's unjustified order. Along with Saint Marius, St Valentine secretly married couples. When his defiance was discovered, Valentine was brutally beaten and put to death on February 14, about 270 AD. After his death Valentine was named a Saint.

By the Middle Ages, Valentine assumed the image of heroic and romantic figure amongst the masses in England and France. Later, when Christianity spread through Rome, the priests moved Lupercalia from February 15 to February 14. Around 498 AD, Pope Gelasius declared February 14 as St. Valentine's Day to honor the martyr Valentinus and to end the pagan celebration. (www.stvalentinesday.org/history-of-st-valentines-day.html)

Days to Remember in February ...

| | |
|--|----|
| *Hula in The Coola Day | 1 |
| *Spunky Old BROADS Day | 1 |
| *Groundhog Day | 2 |
| *The Day The Music Died | 3 |
| Bubble Gum Day | 3 |
| *Quacker Day | 4 |
| *World Cancer Day | 4 |
| Ice Cream For Breakfast Day (First Saturday) | 4 |
| Dump Your Significant Jerk Day | 5 |
| *Wave All Your Fingers At Your Neighbor's Day | 7 |
| *Laugh and Get Rich Day | 8 |
| *National Stop Bullying Day | 9 |
| *Read in the Bathtub Day | 9 |
| *National Shut-in Visitation Day | 11 |
| Man Day | 12 |
| *Safety Pup Day | 12 |
| *Get a Different Name Day | 13 |
| *Madly In Love With Me Day | 13 |
| *Library Lovers Day | 14 |
| *National Call In Single Day | 14 |
| *Valentines Day | 14 |
| *National Gum Drop Day | 15 |
| *My Way Day | 17 |
| *Cow Milked While Flying In An Airplane Day | 18 |
| *Chocolate Mint Day | 19 |
| *Love Your Pet Day | 20 |
| *World Day for Social Justice | 20 |
| Pancake Day (aka Shrove Tuesday) | 21 |
| Ash Wednesday | 22 |
| *National Margarita Day | 22 |
| *Curling is Cool Day | 23 |
| Open That Bottle Night | 25 |
| *For Pete's Sake Day | 26 |
| *Floral Design Day | 28 |
| *National Tooth Fairy Day | 28 |
| Bachelor's Day | 29 |
| *Leap Year Day | 29 |
| 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. | |

Things that make you go hmmm . . .

- Since Bugs Bunny walks around naked, why does he put a bathing suit on when he goes swimming?
- If a truck is loaded with Helium, would it weigh less than when it was empty? Wouldn't it get better fuel mileage?
- Why doesn't Tarzan have a beard?
- If Wile E. Coyote had enough money for all that Acme crap, why didn't he just buy roadrunner for dinner?
- Why do grocery stores have so many checkout line registers but only keep 3 or 4 open?
- What should you do if you see an endangered animal eating an endangered plant?
- Isn't the 13th floor still chronologically the 13th even if it's named the 14th?
- ...And wouldn't naming it the 14th floor just anger the bad luck gods and bring even more unfortunate events?
- Are there interstate highways in Hawaii?
- Why do drive-thru ATMs have braille code on them?



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but the second mouse gets the cheese.

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The key to preventing moldy berries? Vinegar!

Berries, particularly super-fresh berries, are just wonderful, aren't they? But they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides. Well, with fresh berries just starting to hit farmers markets, you can tell that we Foodlush writers have berries, and how to keep them fresh, on the brain this week! First Jonna shared this excellent tip on how to salvage berries that are starting to lose their luster. Now I'm here to share a tip on how to prevent them from getting there in the first place: Wash them with vinegar. A friend of mine shared this tip with me a few weeks ago, and it really, really works. When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted I find you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and I've had strawberries go almost two weeks without getting moldy and soft. So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them. *(article by Katie received this tidbit via email from one of our BackRoads' readers!! Thanks Elsie)*

Happy Spunky Old Broad Month! Join the SOB Club!

The S.O.B. Attitude and Spirit What is this spirit and attitude thing? Is the S.O.B. outlook so different from anyone else's? You bet!! If you wake up with a smile on your face, joy in your heart and energy and enthusiasm in your step--you're one of us. If you pull yourself along with sleepiness in your body, despair in your should and no one to share with, then you NEED to become ONE of us. Make up your mind here and now you will only think positive thoughts and no matter what gets in your way, you can cope and handle it. Your S.O.B., Dr. Gayle Carson www.spunkyoldbroad.com

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

Welcome Doctor Larry Woodward to the Powassan and Area Family Health Team. Doctor Woodward has officially started and is taking on new patients. So if you or someone you know lives in Powassan and need a Family Doctor you need to register with the Ministry of Health's and Long Term Care. If you need help registering, please contact the Municipality of Powassan's Economic Officer for assistance at 705-724-2813.

January 31st the Municipality of Powassan will be holding a Public Meeting in the Council chambers at 7:00 pm, regarding the proposed changes to the Municipal Official Plan. Please take the time to review our Official Plan and the proposed changes, then attend or forward your comments to myself and or the other members of Council.

Give the gift of life. Canadian Blood Services has put out the challenge to Powassan. Blood Donations have decreased to the point where our clinic is in jeopardy. Powassan has been challenged to get back to one hundred donations at our clinics. I have personally taken up this challenge through the Partners for Life. I will be contacting as many people as I can to make sure that we deliver over one hundred units of blood at every Powassan Blood Donor Clinic.

I was recently appointed to be the municipal council's representative on the Powassan Historical Society and attended my first meeting. I am very impressed with the work that this group of individuals have done in the past to keep our Clarke House Museum open. If anyone is interested in finding out more about the Historical Society contact me.

The 2012 Trout Creek Winter Carnival will be held February 17, 18 and 19th. Come out and enjoy a great weekend of Kids Games, Hockey, Dancing, and Family Fun. See you there!!

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

We are in the dead of winter but it really hasn't been that bad so far. As most of my friends and associates are off to or planning to travel south, I am here in Callander watching the ice fishermen travel to and from their shacks. Perhaps I should get a shack of my own and join in the winter fun. Callander Bay and the South Shore of lake Nipissing has certainly become ice fishing hot spots and from what I hear, the fishing is pretty good after a few years of concern over the fish supply.

Winter activity on the lake is as important to our tourist industry as the summer season and if I was to guess, I would think there is more fish pulled out of the lake in the winter than in the summer. That calls for additional attention to the fishing regulations to ensure we take only what we are entitled to and as important, clean up after yourselves.

A number of us have travelled the lake in the spring picking up garbage and I got to tell you it is often disgusting to see the crap people leave behind. You want to blame the MNR for not policing things but they can't be everywhere.

The one thing I think can be done is to fix the shack registry. You must register your shack with the MNR and get a number but after that there is no control. An annual license would be better and a method to determine where you shack is located would deter those from abusing the lake. Just my thoughts on ice fishing on Callander Bay.



NIPISSING Pat Haufe, Mayor - nipissingtwp@xplornet.com

Winter is finally here. The outdoor Rink is open in Nipissing Village. Check our website for the free skate and hockey schedule.

On February 19, 2012 the Township of Nipissing Recreation Committee is hosting a Family Day Celebration. Starting at 6p.m. there will be hot chocolate, free skating and a Bon Fire. Everybody is welcome.

A reminder, on February 18-21, 2012 (12:01 a.m. Saturday to 11:59 p.m. Monday) you can fish license free on Ontario waters during the Ontario Family Fishing event.

For those who would rather do indoor activities, the Township of Nipissing Fitness Centre located at 2381 Highway 654 is open daily for members from 7am to 11pm. Check the Township webpage at www.nipissingtownship.com for membership rates.

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

Winter is part of the fabric of who we are as Northern Ontarians, and it gives us much to celebrate that is unique to our region. That's why I'm so looking forward to taking in the East Ferris Winter Carnival this month, running from the 11th to the 19th. It features eight days of activities, such as a family hockey tournament, broomball, live music and many other events. But the best part has to be the wonderful food that has its roots in the local French-Canadian culture. There's nothing like a good plate of cipaille (sea pie) on a cold winter day. It's an event well worth attending to renew old acquaintances and enjoy the best of what the Northern Ontario winter has to offer! As promised, I've hit the ground running in 2012 and rolled up my sleeves on your behalf to tackle the issues Nipissing cares about, such as winter road safety. There's much work to be done in our province and many challenges lie in front of us in the months ahead. The Legislature resumes sitting later this month, and rest assured Nipissing's voice will be heard loud and clear at Queen's Park.

Do you have old silver forks or spoons?

Did you know that these can be made into jewelry?

I make rings out of "your" spoon and/or fork handle.

(It must be light weight for bending.) Cost is \$20.00 per ring which includes cleaning & polishing. You would deliver the spoon to me and pick up when the ring is finished.

For more information please call Barb
at 705-752-3358 (no calls after 9pm)

A lawyer, an engineer and a mathematician were called in for a test. The engineer went in first and was asked, "What is 2+2?" The engineer thought awhile and finally answered, "4" Then the mathematician was called in and was asked the same question. With little thought he replied, "4.0" Then the lawyer was called in, and was asked the same question. The lawyer answered even quicker than the mathematician, "What do you want it to be?"

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TFSA VS RRSP:

It is that time of year again.. Do we make the yearly \$5000 allowable contribution to our Tax Free Savings Account {Now in the 4th year - with a cumulative allowable limit of \$20,000 to date}, or to our Registered Retirement Savings account.

When you make an RRSP contribution, you get to deduct that amount from your taxable income. The investments inside your RRSP grow free of tax while they stay in the plan. Down the road, however, when money is withdrawn directly from the RRSP or from the registered retirement income fund (RRIF) or annuity to which the RRSP has been converted, it will be taxable.

In essence, a TFSA is the mirror image of an RRSP. You contribute after-tax dollars. In other words, you don't get a deduction for your contribution. But once the money is in the plan, it not only grows free of tax, but also comes out free of tax. No tax ever!

If you're marginal tax rate at the time of the RRSP contribution is the same as at the time of the withdrawal, TFSAs and RRSPs work out equally well. If the marginal tax rate is lower at the time of withdrawal than at the time of contribution, the RRSP will win. Conversely, if the marginal tax rate is higher at the time of withdrawal than at the time of contribution, the TFSA will win.

When you withdraw money from your RRSP or RRIF (or receive an income from an annuity to which your RRSP was converted), not only do you have to pay taxes on it, but your increased income could also lead to higher claw backs of your Old Age Security pension, Guaranteed Income Supplement and other means-tested government benefits. Add this to the temptation to spend {rather than save} the yearly tax refund each year an RRSP contribution is made, and cumulatively these issues can derail your expected retirement income level if not monitored.

Very few factor in the effect an RRSP contribution can make on the amount of the Canada Child Tax Benefit (CCTB) parents receive. Also, almost all of the researchers assume every dollar withdrawn from an RRSP or RRIF will be taxed at the marginal tax rate. This is not always the case. If I have \$10,000 in government-pension income and receive a RRIF payment of \$53,000, it's not all going to be taxed at the marginal rate. In some cases, it would be more appropriate to use the average rate of tax on the withdrawal in the calculations.

For low income earners, the TFSA is the victor under the majority of scenarios. TFSAs are very flexible. You can take money out of one at any time and then put it back in future years. That's being trumpeted as a huge positive by many financial writers, but it scares most realistic advisors. Many Canadians who are using TFSAs as retirement-savings vehicles are going to have trouble avoiding the temptation to raid their plans.

It would be irresponsible to give a definitive "do this." without a thorough analysis. Sit down with your advisor – he or she will at least have the advantage of being able to customize the assumptions to your individual situation. Things to Remember: (1) If you go the RRSP route, don't spend your refund; (2) if you go the TFSA route, don't spend your TFSA, and..(3)Whatever route you go, save more!

With except from- The Wealthy Barber Returns by David Chilton



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.
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Hospitality: making your guests feel like they're at home, even if you wish they were.
Artificial intelligence is no match for natural stupidity.

Time Management Tips

By Susan Ward, About.com Guide

Do you feel the need to be more organized and/or more productive? Do you spend your day in a frenzy of activity and then wonder why you haven't accomplished much?

Time management skills are especially important for small business people, who often find themselves performing many different jobs during the course of a single day. These time management tips will help you increase your productivity and stay cool and collected.

1) Realize that time management is a myth.

No matter how organized we are, there are always only 24 hours in a day. Time doesn't change. All we can actually manage is ourselves and what we do with the time that we have.

2) Find out where you're wasting time.

Many of us are prey to time-wasters that steal time we could be using much more productively. What are your time-bandits? Do you spend too much time 'Net surfing, reading email, or making personal calls? Tracking Daily Activities explains how to track your activities so you can form a accurate picture of what you actually do, the first step to effective time management.

3) Create time management goals.

Remember, the focus of time management is actually changing your behaviors, not changing time. A good place to start is by eliminating your personal time-wasters. For one week, for example, set a goal that you're not going to take personal phone calls while you're working. (See Set Specific Goals for help with goal setting.) For a fun look at behaviors that can interfere with successful time management, see my article Time Management Personality Types. Find out if you're a Fireman, an Aquarian or a Chatty Kathy!

4) Use time management tools. Whether it's a Day-Timer or a software program, the first step to physically managing your time is to know where it's going now and planning how you're going to

Artificial intelligence is no match for natural

spend your time in the future. A software program such as Outlook, for instance, lets you schedule events easily and can be set to remind you of events in advance, making your time management easier.

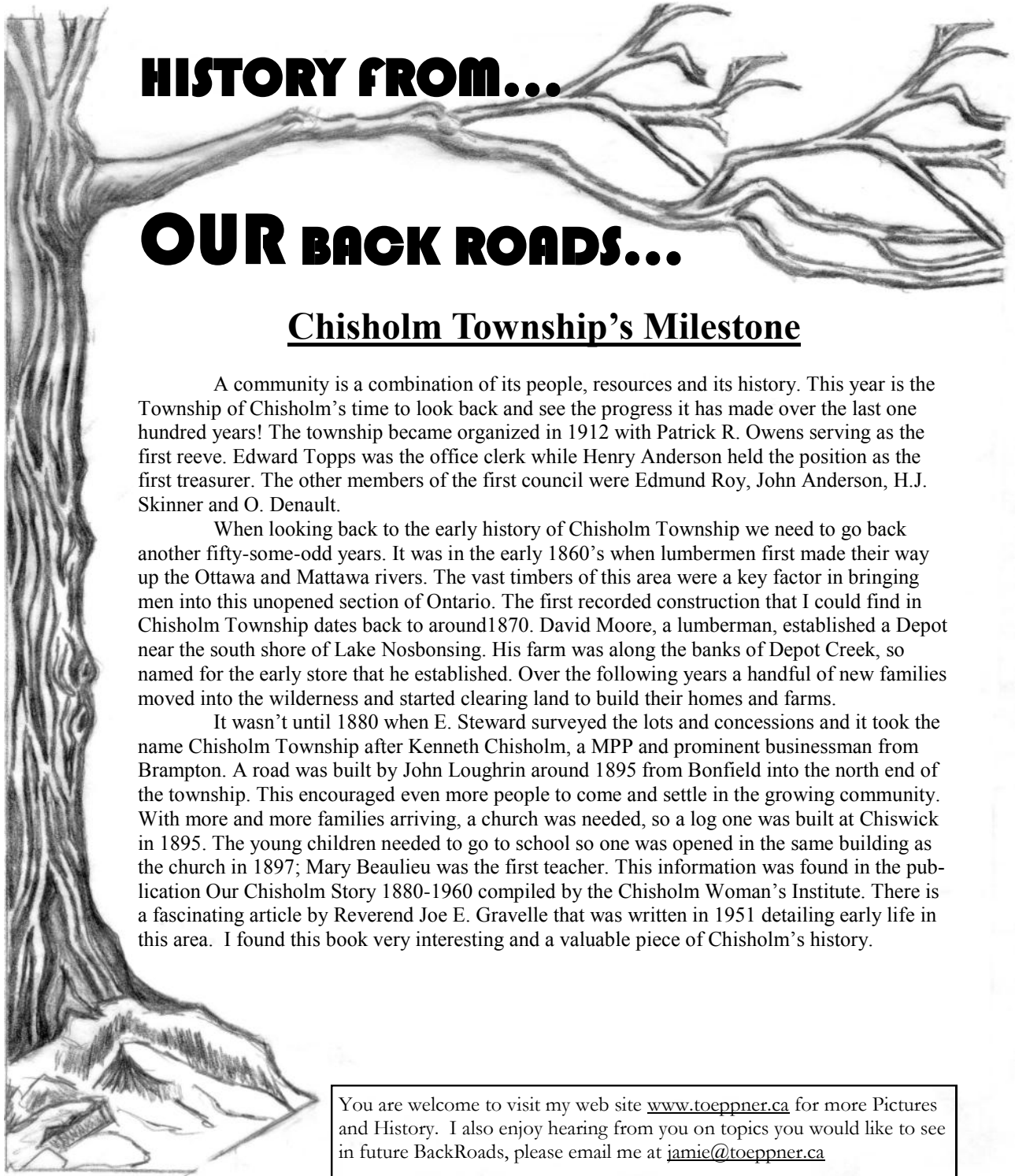
6) Prioritize ruthlessly. You should start each day with a time management session prioritizing the tasks for that day and setting your performance benchmark. If you have 20 tasks for a given day, how many of them do you truly need to accomplish? For more on daily planning and prioritizing daily tasks, see Start The Day Right With Daily Planning.

7) Get in the habit of setting time limits for tasks.

For instance, reading and answering email can consume your whole day if you let it. Instead, set a limit of one hour a day for this task and stick to it.

8) Be sure your systems are organized. Are you wasting a lot of time looking for files on your computer? Take the time to organize a file management system. Is your filing system slowing you down? Redo it, so it's organized to the point that you can quickly lay your hands on what you need. You'll find more information about setting up filing systems and handling data efficiently in my Data Management library.

9) Don't waste time waiting. From client meetings to dentist appointments, it's impossible to avoid waiting for someone or something. But you don't need to just sit there and twiddle your thumbs. Always take something to do with you, such as a report you need to read, a check book that needs to be balanced, or just a blank pad of paper that you can use to plan your next marketing campaign. Technology makes it easy to work wherever you are; your PDA and/or cell phone will help you stay



HISTORY FROM...

OUR BACK ROADS...

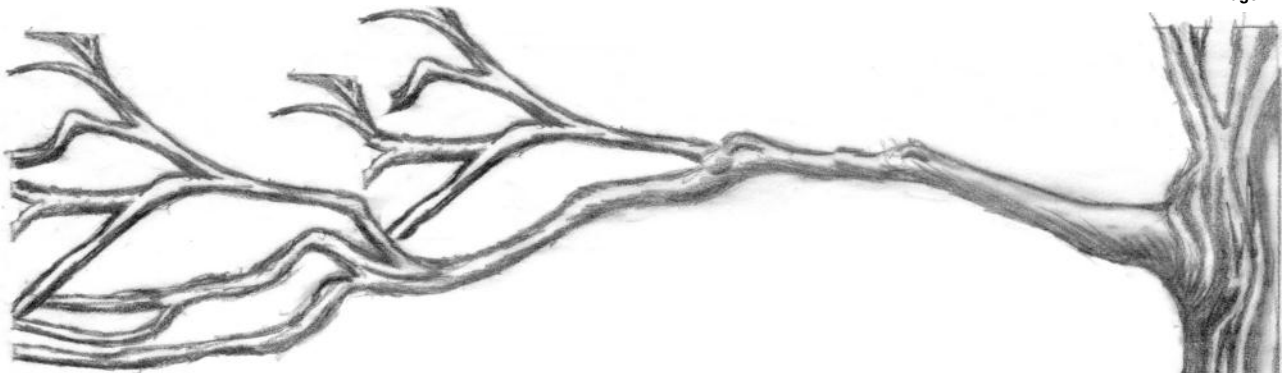
Chisholm Township's Milestone

A community is a combination of its people, resources and its history. This year is the Township of Chisholm's time to look back and see the progress it has made over the last one hundred years! The township became organized in 1912 with Patrick R. Owens serving as the first reeve. Edward Topps was the office clerk while Henry Anderson held the position as the first treasurer. The other members of the first council were Edmund Roy, John Anderson, H.J. Skinner and O. Denault.

When looking back to the early history of Chisholm Township we need to go back another fifty-some-odd years. It was in the early 1860's when lumbermen first made their way up the Ottawa and Mattawa rivers. The vast timbers of this area were a key factor in bringing men into this unopened section of Ontario. The first recorded construction that I could find in Chisholm Township dates back to around 1870. David Moore, a lumberman, established a Depot near the south shore of Lake Nosbonsing. His farm was along the banks of Depot Creek, so named for the early store that he established. Over the following years a handful of new families moved into the wilderness and started clearing land to build their homes and farms.

It wasn't until 1880 when E. Steward surveyed the lots and concessions and it took the name Chisholm Township after Kenneth Chisholm, a MPP and prominent businessman from Brampton. A road was built by John Loughrin around 1895 from Bonfield into the north end of the township. This encouraged even more people to come and settle in the growing community. With more and more families arriving, a church was needed, so a log one was built at Chiswick in 1895. The young children needed to go to school so one was opened in the same building as the church in 1897; Mary Beaulieu was the first teacher. This information was found in the publication *Our Chisholm Story 1880-1960* compiled by the Chisholm Woman's Institute. There is a fascinating article by Reverend Joe E. Gravelle that was written in 1951 detailing early life in this area. I found this book very interesting and a valuable piece of Chisholm's history.

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



One major arrival to the area was the Canadian Pacific Railroad in 1915. Before the railway came, logs were floated down the creeks and rivers to destinations as far away as Ottawa and Quebec. After the arrival of the railway places like Fossmill grew into thriving lumber towns. I may have to do a separate article on the many lumber companies and the operations that they ran. Around the same time as the railway cutting through the township, Patrick Owens built a bridge over Wasa Creek, joining the two sections of the township. In 1920 the water level of Wasi Lake was lowered and the 10th Line Road was constructed. Dams had been flooding the land previous to facilitate the transportation of logs to the mills.

Farming and forestry were the main way of life for the early settlers, and many of the same farms are still in production today. Another contribution that the residents of Chisholm have made to our great country, were the brave men who served in the first and second world wars. Several were killed in action, while others were wounded or taken as prisoners of war. I am sure that many of the younger generations who reside in Chisholm Township have heard these stories of their ancestors. Join Chisholm throughout the year while it shares its history and its stories. February there will be a small display in the Powassan & District Union Library giving us a taste of some of the historical events and items. May 5th will be another time when you can enjoy a Historical Evening held at the Chisholm United Church - opportunities to listen to the stories and to see the history in displays and pictures. June 2nd will be another chance for you to attend and reminisce with the locals about Chisholm - its history and its families held at the Township Office along with the chance to celebrate the 25th Anniversary of the Chisholm Volunteer Fire Department. Fall events are in the works as well - a Year of Celebration of a special area of our BackRoads ... Join us - won't you?



The Old Wasa Bridge



Game Pages

Last Month's Sudoku Answer

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

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Samurai sudoku No. 556

February 2012 Sudoku

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



Powassan & District Union Library Events 705-724-3618

* **Thursday February 16th** at 6:30 p.m. author Michael Herman will be in the Enever Room to discuss his new book, "No Roads To Follow" Join us for this enjoyable evening and hear Michael discuss this 1,200 kilometre kayaking adventure.

* **Thursday February 23**, and the following three Thursdays from 6:30 – 8:30pm, we will be hosting "*The Missing Chapter: What we Didn't Learn in School*" with Maurice Switzer from the Union of Ontario Indians. These sessions will provide an opportunity to grow in our understanding of First Peoples in Canada in a respectful, interactive environment. There is a \$10.00 fee for the 4 sessions, and a limit of 20 participants. To sign-up call the library at 705 724-3618, email hmcdonnell@live.ca,

or drop into the library at 324 Clark St., Powassan. The fee paid in advance confirms your registration. For more information on the series contact Powassan United Church (co-sponsors of the event), 724-2815 or tdjones@ontera.net

Did you get an e-book reader for Christmas? Come into the library and find out how you can download free current and popular free e-books from the provincial library site "Overdrive". If you don't have an e-book reader come in and borrow one of ours to try out this new service.

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| | |
|---|---|
|  <p>Premium features</p> <ul style="list-style-type: none"> - Remote chute & deflector control - Hydrostatic transmission - Heated handles - Heavy duty auger - High speed impeller - Electric start - Halogen light - Weight bar | <p>Husqvarna 440e Lightweight, rugged & precise cutting power</p> <ul style="list-style-type: none"> - 40cc power plant / Standard 16" bar - TOOL-LESS chain tensioning - Inertia activated chain brake - X-TORQ - LowVib - Air Injection Smart Start <p style="text-align: right;">\$399.99 MSRP \$439.99</p>  |
|---|---|

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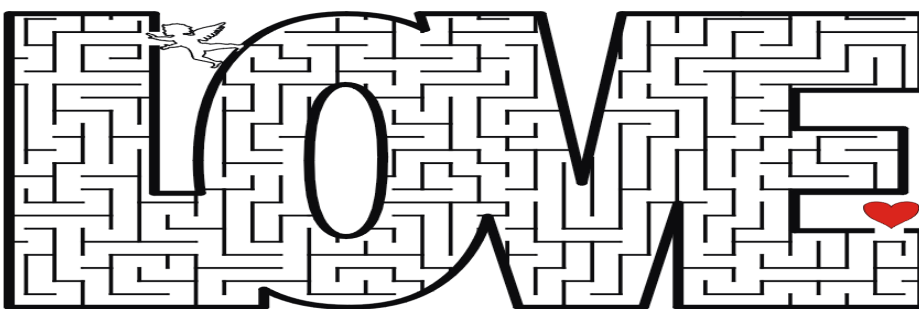
Word Search on Public Library - Find and circle all of the words that are hidden in the grid.

The remaining letters spell a secret message - a Henry Ward Beecher quotation. (The hidden sentence from January Word Search is: ONE KIND WORD CAN WARM THREE WINTER MONTHS)

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
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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. In this puzzle the letter "I" is represented by the number 5. Last Month's Cryptogram: "Let us love winter, for it is the spring of genius." - Pietro Aretino

| 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 |
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| 5 | 25 | 5 | 10 | 26 | 12 | 25 | 12 | 26 | 4 | 14 | 23 | 5 | 26 | 6 | 23 | 6 | 2 | 25 | 18 | 6 | 8 | 10 | | | |
| | | | | | | | | I | | I | | | | | | | | | | | | | | | |
| 25 | 18 | 2 | 25 | 24 | 2 | 22 | 6 | 23 | 5 | 26 | 6 | 20 | 5 | 8 | 21 | 10 | | | | | 2 | 6 | 10 | 12 | 9 |

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Facts About Bananas

(From www.healthdiaries.com/eatthis/25-facts-about-bananas.html)

Here are 25 facts about one of the world's most popular fruits:

- 1 The banana "tree" is not really a tree, but a giant herb. The banana is the fruit of this herb.
- 2 The cluster of bananas sold in supermarkets is a "hand" of bananas, while the individual bananas on the hand are called fingers.
- 3 The strings that go up and down the length of bananas are called Phloem Bundles. They help distribute nutrients to every part of the growing bananas.
- 4 Plantains are a type of banana that are not as sweet and are usually cooked. While not as commonly eaten in North America, plantains are a dietary staple in many tropical regions.
- 5 It is believed by many experts that bananas were the first fruit cultivated by humans.
- 6 Alexander the Great first came across bananas in India in 327 B.C.
- 7 Bananas were introduced to the United States at the 1876 Philadelphia Centennial Celebration, where they were sold wrapped in foil for 10 cents each.
- 8 Worldwide, bananas are the fourth largest fruit crop.
- 9 The average American consumes 28 pounds of bananas per year.
- 10 The banana peel is edible, though perhaps not very palatable unless cooked.
- 11 About 50 percent of people who are allergic to latex are often also allergic to bananas.
- 12 The banana split was invented in 1904 by 23-year-old David Evans Strickler, an employee at the Tassel Pharmacy soda fountain in Latrobe, Pennsylvania.
- 13 In 2001, Britain recorded 300 incidents of injuries related to bananas. The majority of these involved people slipping on banana peels.

AMD/ Low Vision Awareness Month

Age-Related Macular Degeneration (AMD) (from www.cnib.ca) One million Canadians have some form of AMD, the leading cause of vision loss in Canada. More Canadians have AMD than breast cancer, prostate cancer, Parkinson's or Alzheimer's disease combined. Yet few of us even know that it affects the eyes. AMD is a progressive condition that attacks central vision. People who have AMD may no longer be able to read, drive, or see the faces of their family members. The personal, societal, and economic costs of AMD can be devastating. And with an aging population, the number of people with the disease is expected to double in the next 25 years. When you have macular degeneration, the central part of the retina deteriorates, affecting the cone cells. This causes problems with central vision. **How AMD Affects Vision?** AMD affects the ability to see centrally both far and near, but, in most cases, it does not have an impact on peripheral vision. For instance, someone with AMD might be able to see the numbers on the edge of a clock but may not be able to see the clock's hands. AMD can occur in one eye at first. Typically both eyes will be affected to some degree, although the disease may not develop in each eye at the same time and may not progress in each eye at the same rate. AMD can result in legal blindness (20/200 in the better eye), although it almost never results in total blindness. The majority of people with advanced AMD retain normal peripheral vision. Since visual acuity of 20/50 is required for driving in Canada, many people with AMD are unable to continue driving. However with the proper support and rehabilitation training, they can continue to remain independent, read and perform most daily activities. **Living Better with AMD** Because of its challenge to independence - including the ability to drive and perform other daily activities - AMD can have a profound impact on someone's quality of life. People with AMD are at a significant risk for depression, and the personal, social, and economic costs of AMD can be devastating. However with proper support and training, someone who has AMD can regain their independence and return to a fulfilling life. For more information on AMD and what the CNIB does in our community please see their website.

Retinal Pigmentosa (RP) refers to a group of diseases which tend to run in families and cause slow, but progressive loss of vision. The retina is the tissue which lines the inside of the eye and sends visual images to the brain. In RP, there is gradual destruction of some of the light sensing cells in the retina. The cause of retinitis pigmentosa has not been clearly identified. About fifty percent of RP cases are sporadic with the remaining cases being hereditary. Learning more about the history of people with RP may help predict how the disease will progress for the affected person, although variations can exist even from person to person within a family. But don't let this stop you! ... read on ... **LEGALLY BLIND KAYAKER TO TAKE ON THE MIGHTY MISSISSIPPI FOR A CAUSE - North Bay, ON** (By: Cory Morrow and Tauru Chaw) Perhaps made most famous by American writer, Mark Twain, the Mississippi River has been seen as a challenge to conquer for centuries - even for those who can't see. Such is the case with 51 year-old Canadian adventurer, Doug Pace, who just happens to be legally blind. But more than just a call to his sense of pride, Pace looks to take on the mighty river for a noble cause. Declared legally blind in 2000 with Retinitis Pigmentosa - a group of genetic eye conditions that leads to incurable blindness - Doug Pace has never thought of his "supposed" handicap as anything more than a "physical nuisance." Since 2000, he has become an experienced sea kayaker, earned a blue belt in Shotkan Karate, and as recently as last year even hiked the Grand Canyon, Zion and Bryce National Parks. His newest goal is to be the first legally blind person to journey solo down the entire length of the Mississippi River. After an extensive training and preparation period, Pace will begin his expedition on May 31, 2012. Departing from Lake Itasca, the source of the Mississippi River, in Minnesota, Pace's 10-week journey will brave nature and the elements as he travels the entire 2,320-mile course of the Mississippi River down to the Gulf of Mexico. Pace hopes to inspire others in similar situations to find their own personal strength and to realise that to those who believe in themselves can make anything possible! Pace will be documenting his journey with photos and updates at his official Facebook website: www.facebook.com/blindkayaker. Please visit, Join and show your support! Good Luck Doug!

Ladies / Mens Curling Bonspiel Feb 3 - Feb 5 at Powassan and Nosbonsing Curling Clubs. Starts at 7pm on Friday night and 9am in the mornings on Saturday & Sunday – all are welcome to come and cheer the teams on! Call Gerry Giesler to enter team at (705) 493-4054

Feb 4th Scrapbooking Day with Creative Memories 9 am – 9 pm at the Powassan Wesleyan Church, cost is \$30 per person, supper is included – register required – only 8 spots left!

Annual Ev Penny Dart Tournament Feb. 5th—at the Powassan Legion Registration starts at 10:00 am, play starts at 11 am. Registration fee \$40.00 per 4 person team. Kitchen opens at 10:00 am.

Feb. 10th - The Powassan Legion will be hosting a Special Supper cooked by our President. The entree will be a delectable roast beef cooked in a wine/tomato-juice sauce, with mashed potatoes, vegetables, salad, dessert, tea/coffee, all for only \$10.00 tax Inc. Serving starts at 5:30 pm. Everyone is welcome. Reservations recommended. For more information, phone the Legion at 705-724-2235.

Feb. 24th - The Powassan Legion will be hosting a good family meal of roast chicken breast, baked potato, veggies, salad, dessert, coffee/tea. Serving starts @ 5:30 pm. Everyone is welcome. For more information and to place reservations, phone the Legion at 705-724-2235

Friday Night Dine In and Entertainment Callander Legion has the following evenings planned for only \$9.00 per person. All are welcome!

| | | |
|-------------|---------------|-------------------------------|
| February 3 | Roast Chicken | Entertainment: Back In Tyme |
| February 10 | Schnitzel | Entertainment: The Legend |
| February 17 | Roast Beef | Entertainment: Bill Vrebosch |
| February 24 | TBA | Entertainment: Back in Tyme |
| March 2 | Roast Chicken | Entertainment: Julie McCorrie |
| March 9 | Schnitzel | Entertainment: Victor John |
| March 16 | Roast Beef | Entertainment: Back in Tyme |

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 Tuesday weigh-in 5:30, meetings 6:45-7:30pm Lower level of Powassan Legion. For info 724-5791

Line Dancing Golden Sunshine Club 9am-10am (walk-in basis \$2 charge) Contact Connie 705-474-5922

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

Basement Bookshop, Powassan United Church, 15,000 books, Thursday 10am - 3pm & Saturday 9am-noon

Mixed Curling Bonspiel Mar 9 - Mar 11 at Powassan Curling Club. Starts at 7pm on Friday night and 9am in the mornings on Saturday & Sunday – all are welcome to come and cheer the teams on! Call Gerry Giesler to enter team (705)493-4054.

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www.mycmsite.com/teresaemmerson

your life | your story | your way

March 9th - The Powassan Legion is hosting a Pasta Supper with homemade meat sauce, garlic bread, Caesar Salad, dessert, tea/coffee. Serving starts @ 5:30 pm. Everyone is welcome. Reservations recommended. For more information and to place reservations, phone the Legion at 705-724-2235

Do you have community events or happenings you would like us to feature?? Call us or Email us with details and we will list them for free! We need the events by the 20th of the month to list in the next issue Reach us at 705-752-0383 or miltownsystems@live.ca

From the Kitchen
February is the month of ... Banana, Beans, Cherry & Hot Breakfasts

Cherry Clafouti

(An original French dessert recipe tweaked a bit to be lower in fat!)

Prep Time: 40 Min Cook Time: 45 Min Servings: 8

1 1/2 pounds pitted fresh sweet cherries

1 tablespoon unsalted butter

3 tablespoons all-purpose flour

1/2 teaspoon salt

1/4 cup white sugar

8 egg whites 1 cup skim milk

1 cup heavy cream

1 (7 inch) vanilla bean, split lengthwise
and crushed

3 tablespoons kirsch (cherry brandy)

1 tablespoon confectioners' sugar for
Dusting

Directions:

1. Preheat the oven to 325 degrees F (165 degrees C).
Grease a 10 inch tart pan, or a similar sized baking dish.

2. Spread out the cherries in the bottom of the prepared pan, and set aside. In a small bowl, whisk together the flour, salt and sugar. In a medium bowl, whisk together the egg whites, milk and cream. Stir in the kirsch and vanilla bean. Gradually whisk in the flour mixture until smooth. Remove the vanilla bean from the batter, and pour it over the cherries.

3. Bake for 45 minutes in the preheated oven, or until puffed and browned. Let cool until the top sinks in slightly. Dust with confectioners' sugar before serving.

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Cowboy Beans

Ingredients:

• 1 pound lean ground beef

• 1/2 cup chopped onion

• 1/4 cup ketchup

• 1/4 cup barbecue sauce

• 1/4 c. granulated sugar

• 1/4 c. brown sugar

• 2 tbsp. sorghum or other molasses

• 1 tbsp. chili powder

• 1 tsp. salt

• 1 tsp. pepper

• 2 tbsp. mustard

• 1 can (approx. 16 ounces) pork 'n beans

• 1 can (approx. 16 ounces) butter beans, drained

• 1 can (approx. 16 ounces) kidney beans, drained

• 1 can (approx. 16 ounces) pinto beans, drained

• 1/2 lb. bacon, cooked and crumbled

Preparation:

Cook ground beef until browned, breaking up and stirring as it cooks. Add onion and cook until tender; drain off excess grease. Add remaining ingredients, except bacon.

Put in casserole or crockpot and top with bacon crumbs.

Bake at 350° for an hour, or cook in covered slow cooker

or crockpot on HIGH for 1 hour, then reduce heat to

LOW and cook 2 to 4 hours.

Compliments of www.southernfood.about.com

Hot Breakfast Couscous

(Great for Camping Breakfast too!)

Prep Time: 5 Min Cook Time: 5 Min Servings: 8

Ingredients:

2 cups skim milk 2 tablespoons honey

3 teaspoons ground cinnamon

2 cups dry couscous 1/3 cup chopped dried apricots

1/3 cup raisins 1/2 cup slivered almonds

Directions:

1. In a saucepan over medium heat, combine the milk, honey and cinnamon. As soon as it comes to a boil, stir in the couscous. Turn off the heat, cover and let stand for 5 minutes. Stir in the apricots, raisins and almonds. (From Allrecipes.com)



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A little kid's in school, taking a true-false test and he's flipping a coin. At the end of the test he's flipping the coin again.
 The teacher says, "What are you doing?" He says, "Checking my answers."

Bumper Stickers

- Don't laugh it's paid for.
- Don't let schooling get in the way of your education.
- Don't miss heaven for the world.
- Don't steal, the government hates competition.
- Due to budget cuts, light at end of tunnel will be out.
- Eagles may soar, but weasels don't get sucked into jet engines.
- Ever stop to think, and forget to start again?
- Every silver lining has a cloud.
- A clear conscience is usually the sign of a bad memory.

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.... from my side of the Road

February 2012 - wow - well in my world it's tax time again ... but that is a good thing - I get to rekindle friendships and business relationships that have either been left for a year or set aside over the busy summer and fall. It is also a time for many organizations and committees that I sit on to set their time schedules for the year - what we are going to achieve and what we want to strive for. This year my world will be full - Chisholm is enjoying its 100th Birthday - we have events planned throughout the year - fun - history - tours (watch for the events in our Community Events section) and of course I'm involved in that :) ... I learn more and more everyday! More about the community I serve and the people in it. I'm so proud to call this home. That brings me to a story I remember from my grandmother - Grandma Paddison often reminisced about the many times she passed by a large house as she walked to and from Allandale and Barrie - she loved that house ... she felt it was the only place she could be happy. I had asked her one time just what made that house - **the house?** ... 'Well,' she said, 'when I looked at it I felt it smiling back at me - and I knew I just had to live there.' She worked and saved, like many of her time, and finally bought that house - making it her home and the home of her family. We had many happy times in that big house - from Christmases filled with laughter ... family dinners with too many to fit at the main table ... picnics outside on the lawn ... walks along the back path to where the sandbanks were filled with swallows ... evenings listening to stories and learning my arithmetic with word problems that my grandparents could calculate in their head. It would take me a full page and at least 10 minutes to get the answer as they patiently waited for me to finish. History and memories is what makes who we are and how we live. Celebrate your history this month - no matter where you are from your home is where you are - embrace it ... From my side of the road to yours, God Bless ... Teresa