

BackRoads

...connecting communities - January 2012

January Observances ... National Volunteer Blood Donor Month, Financial Wellness, Celebration of Life, Get Organized Month, International Creativity Month, National Glaucoma Awareness Month ... just to name a few ...

POWASSAN BLOOD DONOR CLINIC at POWASSAN LEGION

JANUARY 18, 2012 from 5 pm to 7:45 pm

The season of gift giving is over and we have all made New Year resolutions, perhaps there is one gift and one more resolution that we can all make and keep. To give blood. "It's in you to Give." The need for blood is increasing and our donor base of regular donors is decreasing. This trend is becoming very apparent. We need new blood donors and we need them now. Your donation is extremely important.

Do you realize how important blood is to you and to your family?

One blood donation equals one unit of blood. For instance, it can take:

50 units of blood to help someone in a car accident

2 units to help someone who needs brain surgery

5 units to help someone in cancer treatment

8 units a week to help someone with leukemia

5 units to save someone who needs cardiovascular surgery

2 to 8 units to help someone with internal bleeding

The average amount of blood in one person is 5 litres. In the past year the Powassan clinic has not attained the goal of 79 units at each clinic, for example in November we had 57 units donated. **If this shortfall continues the clinics held in Powassan could become history. PLEASE DO NOT LET THIS HAPPEN!** We need the community to rally together and to continue to support this worthwhile cause. Blood is very important to each and every one of us. It's in us to give; the donation process takes approximately an hour to complete. Walks in are welcome!!

If you would rather make an appointment please call 1 888 2 DONATE (1-888-236-6283). If you need to cancel your appointment for any reason please call and cancel it so another donor can be allocated your time slot.

We need your help! "It's in you to Give."

Doug Billingsley, Powassan Blood Clinic Coordinator

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705-752-0383 or miltownsystems@live.ca



Advertising Rates

1/8 page = \$25.00

1/4 page = \$50.00

1/2 page = \$100.00

When you advertise for five continuous months - the 6th month is free (same size)

Days to Remember in January . . .

1	*First Foot Day
1	*New Years Day
2	"Thank God It's Monday" Day
3	*Drinking Straw Day
3	*National Chocolate Covered Cherry Day
4	*Tom Thumb Day
5	*Bean Day
5	*Bird Day
7	*I'm Not Going To Take It Anymore Day
8	*Bubble Bath Day
8	*Show and Tell Day at Work
9	National Clean Off Your Desk Day
10	*National Cut Your Energy Costs Day
13	Blame Someone Else Day (Always on the first Friday the 13th of the year.)
13	*Rubber Duckie Day
14	*Dress Up Your Pet Day
15	*Humanitarian Day
16	*Appreciate A Dragon Day
17	*Hot Heads Chili Days
18	Do Dah Parade Day
18	*Pooh (Winnie The) Day
19	*Tin Can Day
21	*National Hugging Day
22	*Answer Your Cat's Questions Day
23	*National Pie Day
23	*Snowplow Mailbox Hockey Day
24	*Belly Laugh Day
25	*A Room of One's Own Day
26	*National Peanut Brittle Day
27	*Thomas Crapper Day
28	*National Kazoo Day
29	*National Puzzle Day
30	Bubble Wrap Appreciation Day (Always Last Monday)
31	*Inspire Your Heart with Art Day

National Glaucoma Awareness Month

Glaucoma is the second most common cause of vision loss in seniors in Canada. More than 250,000 Canadians have chronic open-angle glaucoma, the most common form of the disease.

Glaucoma involves damage to the optic nerve most often caused by high pressure inside the eye due to a build up of excess fluid. High eye pressure is not always a sign that you have glaucoma but may be an indication you are at risk of developing it.

Over time the disease develops into a loss of peripheral (side) vision. If glaucoma is untreated it could advance to later stages where central vision narrows to "tunnel" vision, or it may result in complete loss of vision. Early detection and treatment is essential to prevent severe vision loss or blindness.

Types of Glaucoma + Risk Factors

Primary Glaucoma - Open-angle glaucoma accounts for 90 per cent of all cases in Canada – Initially you can perform all normal daily activities such as driving and reading and vision loss is not obvious until it is too late and permanent. **Primary acute closed-angle glaucoma** results from a buildup of fluid in the eye because the distance between the iris and the drainage system has been closed, stopping fluid from draining from the eye. Occurs very suddenly and is an emergency. **Secondary Glaucoma** can result from a variety of other conditions such as an eye injury or inflammation, eye surgery complications, diabetes and the use of certain medications.

Risk Factors:

*Elevated pressure in the eye *Family history
 *Age – after age 40 and after age 60 *Ethnicity
 *Myopia *Diabetes

Source: www.cniib.ca/en/your-eyes/eye-conditions/glaucoma/

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." — Edith Sitwell

**CREATIVE
MEMORIES**

Teresa Emmerson

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705-724-3460 or 705-495-9530

Workshops (Call to sign up!):

Jan 10th 9:30am-2:30pm & Jan 11th 7pm-10pm

(**Feb 4th 9am-9pm** only 9 spaces left!)

teresa.emmerson@sympatico.ca

www.mysite.com/teresaemmerson

your life | your story | your way

FINANCIAL CONFIDENCE QUIZ

January is Financial Wellness Month – take this test to see where you stand!

As Warren Buffett said: “If you are standing in the shade today - you planted a seed a long time ago.” (Quiz Source: Ameriprise Financial Brochure 2011) This quiz can help you and your financial advisor pinpoint critical issues and identify steps you can take to feel more confident about reaching your financial goals — including retirement. Take the quiz below and bring it with you the next time you meet your financial advisor. Circle your answer to either Y= Yes or N= NO to each question below

CASH & LIABILITIES

1. Do you have enough cash on hand to survive a job loss, health problem or other unexpected financial emergency so you can avoid tapping into your retirement or other long-term savings? Y/N
2. Do you have sufficient credit available to get through a financial emergency? Y/N
3. Have you consolidated short-term debt, such as car loans and high-interest-rate credit cards, so you can maximize the cash you save for your financial goals? Y/N
4. Are you on track to pay off your mortgage at or before retirement? Y/N

PROTECTION

5. Would your family be able to pay day-to-day living expenses if something happened to you or your income? Y/N
6. Would your family be able to cover education expenses, retirement or other major long-term financial goals without your income? Y/N
7. Have you saved enough to cover unexpected health care expenses now and in retirement? Y/N
8. Have you recently reviewed your homeowners, auto and other insurance coverage to make sure you can effectively cover all your valuables at an efficient cost? Y/N
9. Have you developed an estate plan, including beneficiary designations, to make sure your wishes are carried out and your legacy is secure? Y/N

TAXES

10. Are you investing now to potentially reduce the taxes you'll pay when you begin taking money out in retirement? Y/N
11. Have you considered opening a TFSA account to balance tax liabilities in retirement? Y/ N
12. Will your heirs have enough money to pay estate and income taxes at your death? Y/N

INVESTMENTS

13. Do you know how long you can expect to live in retirement, how much you'll need to save to last you through retirement, and how to align your investing strategies to reach your goals and make your savings last through retirement? Y/N
14. Will you have enough guaranteed income in retirement to cover your fixed expenses? Y/N
15. Are you confident that your investment strategy can withstand market fluctuations, keep up with inflation and still keep you on track to reach your financial goals? Y/N
16. Do all of your accounts work together so they align with your investment strategies and minimize the fees and taxes you pay? Y/N

TOTAL YES | NO ANSWERS: YES= _____ NO= _____

If you scored less than 2 NOs ... then your plan needs fine tuning! If you scored between 3 to 5 NOs ... you need to improve your plan! If you scored 6 or more NOs ... you need to seriously revise your plan!



Thank you to Doug Higgins for submitting this article. Doug Higgins BBA, PFPc, - Financial Advisor Canfin Financial Group. Serving the Almaguin Highlands Area; 2829 Sherwood Heights Dr. Suite 102 Oakville, ON L6J 7R7 Tel: (416) 618-6309 Toll Free: 1-877-4-CANFIN ext#508 e-mail: dhiggins@canfin.com
Web: doughiggins.com

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net

On Friday December 16th I was asked to join the students, staff and volunteers of Maple Ridge Public School and assist with this years food bank human chain. What a great event and fantastic result. With everyone pitching in we managed to deliver over 1200 donated food items from Maple Ridge to the Powassan Food Bank. What great school spirit, everyone should be proud of all the good this event will do for those who are less fortunate in the community and surrounding area.

I received comments from throughout the entire municipality regarding the snow plowing, or lack there of on November 30th. I took those concerns back to our Public Works Committee to see what needs to be done to become more efficient at clearing our road ways in a major snow event. First, I must say that all road and streets were plowed that day; however it became apparent that an additional plow is required. This will enable Municipal Staff the ability to complete plow routes earlier and perhaps more than once if needed in a major snow event. The Public Works Committee will be recommending that a new plow be purchased as part of the 2012 Municipal Budget.

I have written in the past about the exciting developments around our Family Health Team and the need for everyone who does not have a doctor to become registered with Health Care Connect. It takes only a few minutes. You will need a valid Ontario Health Card. Only persons registered with Health Care Connect will have the opportunity to be selected as a new patient with our Family Health Team. 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>

We will be celebrating New Years Eve at the Trout Creek Community Centre again this year. This is a family event and we hope to see everyone there. I would like to wish everyone a safe, healthy and happy Holiday Season and all the best for 2012.

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

May I take this time to thank everyone for their support over the past year, especially our merry band of volunteers who we have grown to count on to deliver event after event and project after project. I look forward to rolling out more of our plans including the Waterfront Revitalization Project that will serve to shape our community for the future. This may take a while, things aren't cheap as we all know, but our vision includes streetscapes, a new dock and meeting place, renewal of Lansdowne, more features in the parks. All things to make Callander an even greater place to live and play. The rural area also figures into our plans and we have initiated talks with our South Shore Community to offer more out of the Community Centre off #654 @ Tillicum Bay Rd. We look forward to our new association with Nipissing Township's Fire department and all that it will bring both communities. On behalf of the Council of Callander, I wish you the very best 2012. May you all win the lottery! Cheers!

Powassan Hairstyling

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(Wed & Thurs until 7pm)

705-724-3301

*Cori Hogan-Stillar
& Heather Grasser*

NIPISSING Pat Haufe, Mayor - nipissingtwp@xplornet.com

Current updates from our contact at the Spectrum Telecom Group confirm the continued advancement of the provision of high speed internet service to a significant area in our Municipality. Three tower structures are in various stages of completion and should soon be operational. The construction of a new cell phone tower on Kings Side Road has occurred and is quite visible on the skyline. We look forward to the initiation of that service.

Our Council has supported both these initiatives as the ability to communicate effectively and efficiently is very significant to today's economy as well as the safety and security of our citizens.

The ability to use the internet more effectively will also allow greater access to information, events and services about our township. Info from our building department to Official Plan and Zoning By-law to a local business directory and much more is available. A recent check has indicated that we receive an ever increasing number of inquiries at our webpage now exceeding 200 visits per day. Go to www.nipissingtownship.com to see what is available.

As in all communities, volunteers are so important in making things happen. Volunteer fire fighters, museum friends, committee members, service club volunteers, children's group leaders, school volunteers and many more are crucial in each community. Thank you to all the volunteers in Nipissing Township who help make "Life the way it should be".

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

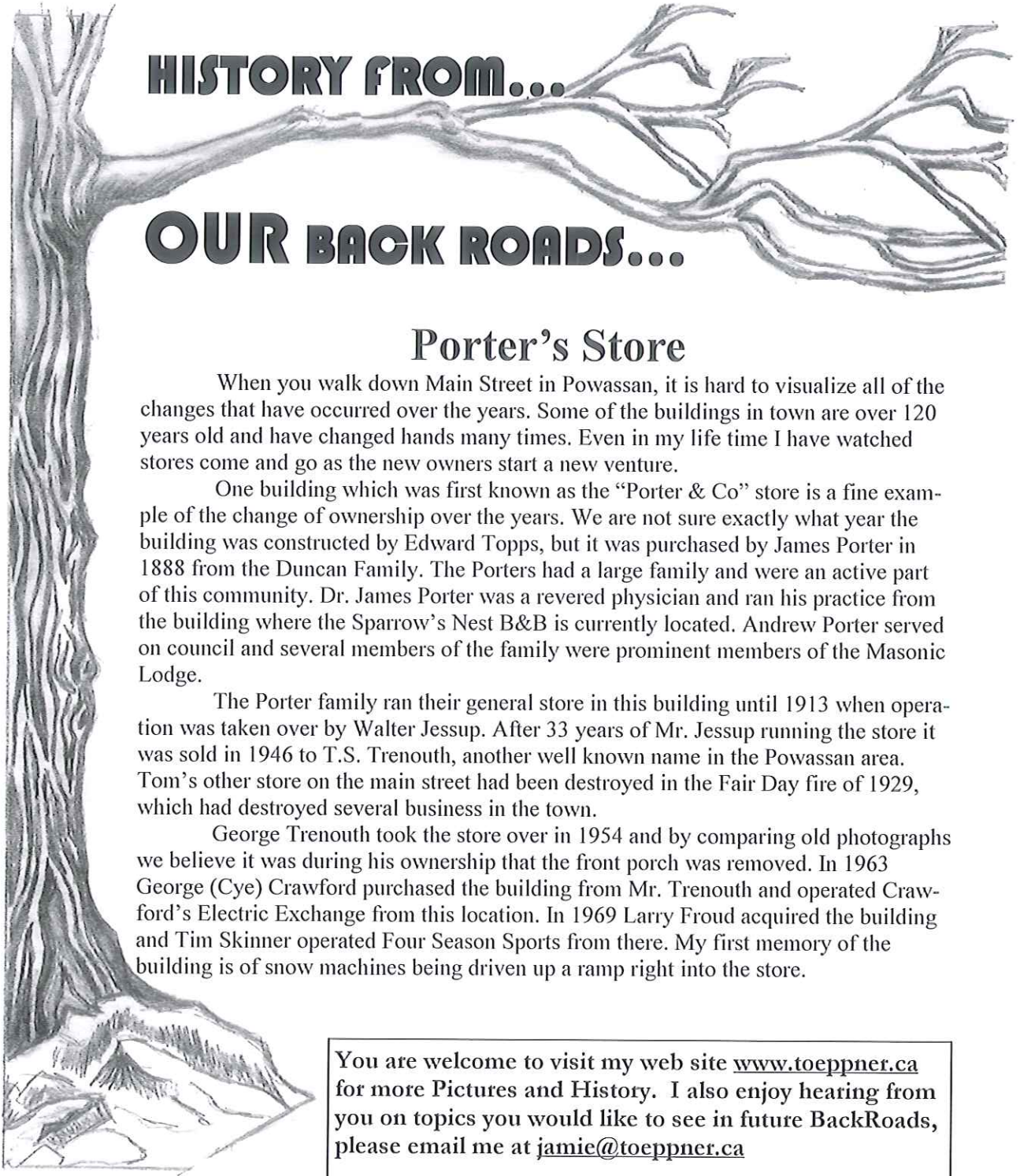
It's great to be home in Nipissing after my first sitting as an MPP at Queen's Park. I look forward to bringing more of your priorities forward to the Legislature in this new year.

This riding has so many things to be proud of, including the Moosehead Estate in Mattawa. Patty and I enjoyed an 11-course dinner at a hospital fundraiser there recently, that was simply fabulous. The 10-bedroom home and 3-bay carriage house was built by Noah and Henry Timmins, at the turn of the 20th Century on the most beautiful site on Lake Champlain (Mattawa River). The brothers ran a general store in Mattawa in the late 1800s, but are better known for their involvement in one of the world's greatest gold mines, the Hollinger, near the city of Timmins, which was named after them. Moosehead Estate was a prestigious summer cottage where the brothers entertained guests including the Eaton family. It was taken over by the owners of the Toronto Maple Leafs, and then the owners of the Montreal Canadiens. The terrific food and nostalgic history make Moosehead Estate a must-see back roads destination!

Chisholm - Councillor, Teresa Miller - www.chisholm.ca teresamiller@live.com January brings a new year to our council - hard to believe we have been working for the community for just over a year now. With a new year comes a new budget. We began working on it in November and will continue to finalize figures in February - we welcome the public to all of our meetings.

Our Centennial celebrations are beginning this spring with a display at the Powassan Library during February with just a few historical items to show off our communities history & to promote our events this year. We are also looking for someone who can help us with a Facebook page to promote the events ... please email me if you can help! All of our committee meetings are posted on our website and are open to the public - we would love to see you there!

On behalf of council I would like to thank all of our staff and volunteers for all of their help & dedication during 2011 and we look forward to working with you in 2012 for a stronger and closer community. Happy New Year everyone!



HISTORY FROM...

OUR BACK ROADS...

Porter's Store

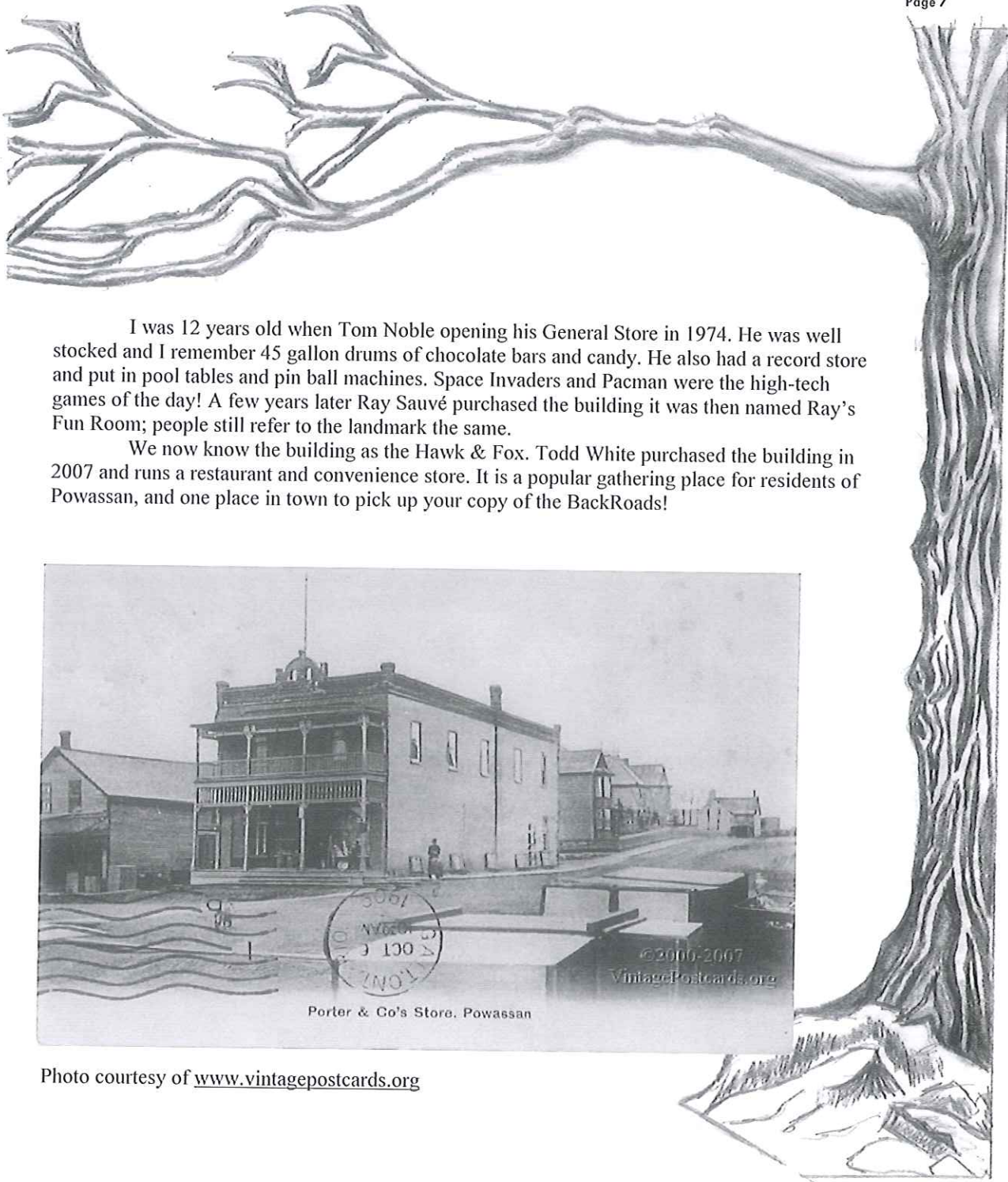
When you walk down Main Street in Powassan, it is hard to visualize all of the changes that have occurred over the years. Some of the buildings in town are over 120 years old and have changed hands many times. Even in my life time I have watched stores come and go as the new owners start a new venture.

One building which was first known as the "Porter & Co" store is a fine example of the change of ownership over the years. We are not sure exactly what year the building was constructed by Edward Topps, but it was purchased by James Porter in 1888 from the Duncan Family. The Porters had a large family and were an active part of this community. Dr. James Porter was a revered physician and ran his practice from the building where the Sparrow's Nest B&B is currently located. Andrew Porter served on council and several members of the family were prominent members of the Masonic Lodge.

The Porter family ran their general store in this building until 1913 when operation was taken over by Walter Jessup. After 33 years of Mr. Jessup running the store it was sold in 1946 to T.S. Trenouth, another well known name in the Powassan area. Tom's other store on the main street had been destroyed in the Fair Day fire of 1929, which had destroyed several business in the town.

George Trenouth took the store over in 1954 and by comparing old photographs we believe it was during his ownership that the front porch was removed. In 1963 George (Cye) Crawford purchased the building from Mr. Trenouth and operated Crawford's Electric Exchange from this location. In 1969 Larry Froud acquired the building and Tim Skinner operated Four Season Sports from there. My first memory of the building is of snow machines being driven up a ramp right into the store.

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



I was 12 years old when Tom Noble opening his General Store in 1974. He was well stocked and I remember 45 gallon drums of chocolate bars and candy. He also had a record store and put in pool tables and pin ball machines. Space Invaders and Pacman were the high-tech games of the day! A few years later Ray Sauvé purchased the building it was then named Ray's Fun Room; people still refer to the landmark the same.

We now know the building as the Hawk & Fox. Todd White purchased the building in 2007 and runs a restaurant and convenience store. It is a popular gathering place for residents of Powassan, and one place in town to pick up your copy of the BackRoads!

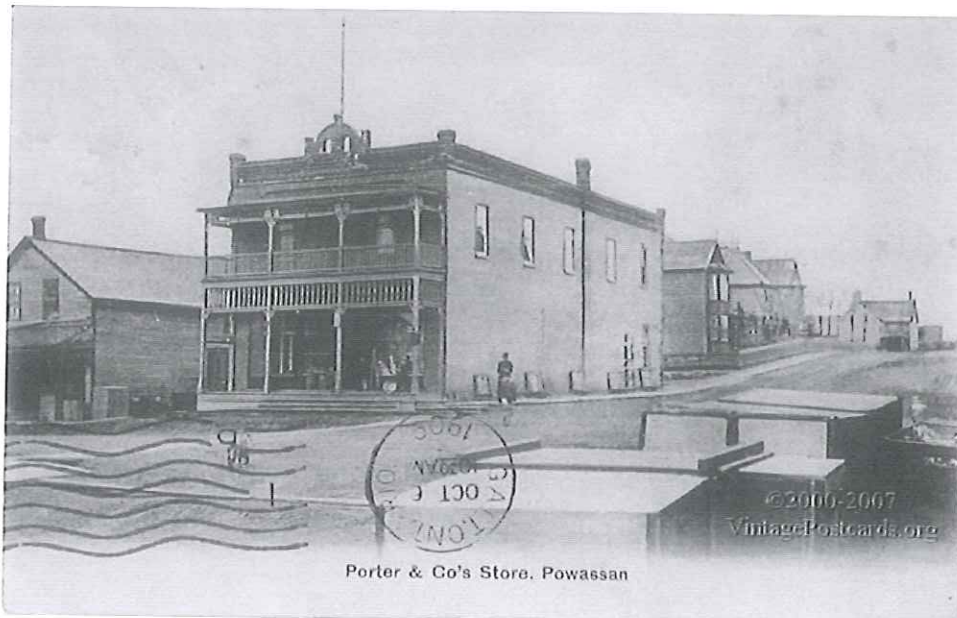


Photo courtesy of www.vintagepostcards.org

Game Pages

Last Month's Sudoku Answer

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

January 2012 Sudoku - For those who like a challenge :)

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

Last Month's Number Block								90
2	10	15	17	6	24	12	86	
3	12	5	4	13	14	25	76	
2	9	18	4	23	13	17	86	
5	11	5	8	11	11	23	74	
16	17	20	11	7	23	11	105	
22	2	6	13	14	12	17	86	
11	8	24	8	12	12	5	80	
61	69	93	65	86	109	110	64	

**National Get Organized Month, International Creativity Month & Celebration of Life Month
WOW January is all about Scrapbooking!**

I would love to help you get your photos organized, be creative with them and celebrate your life – that is what scrapbooking is all about. It is about your photos and your story.

When photos are organized and placed in a digital photo book or album, along with unique personal journaling, the result is a priceless heirloom. Creating albums not only connects families by preserving their stories, it also is an activity that brings people together when they are able to share these albums with family and friends. Everyone likes to see their picture in an album, but when there is a story there as well it has special meaning for the one in the photo as well as the one recalling the story. If you want to see a child's eyes light up, give them a gift of love; give them an album for them to cherish. Album-making helps people preserve the past, enrich the present and inspire hope for the future.

Through the use of photo-safe photo books and albums, along with cutting-edge products and speed tools, I can offer innovative ways to preserve, share and celebrate your precious photos and stories. The materials, the education and the hands-on assistance I provide can make all the difference when putting together a photo book or album.

Cannot commit the time to creating an album yourself? Let me do it for you. Let's get together and talk about how you want your life's story preserved. Contact Teresa for a free estimate, at 705-724-3460 or teresa.emmerson@sympatico.ca today.

Teresa Emmerson, Creative Memories Consultant 705-724-3460 or 495-9530 teresa.emmerson@sympatico.ca
www.mycmsite.com/teresaemmerson

Word Search on Winter - Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

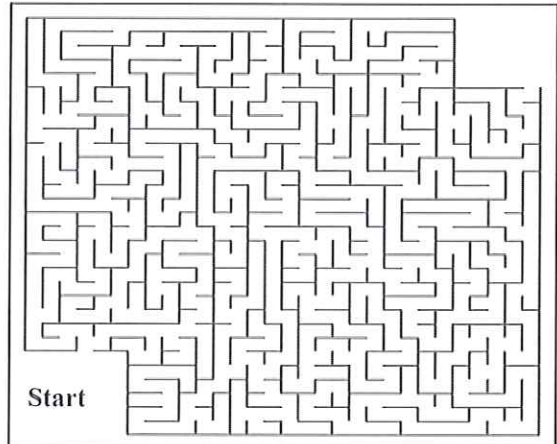
- | | | | |
|-------------|------------|-------------|----------------|
| BLACK ICE | BLIZZARD | BOOTS | EGG NOG |
| CARNIVAL | CHRISTMAS | COLD | FREEZE |
| FIREPLACE | FIREWOOD | FOG | HEADBAND |
| FROST | GLOVES | HAIL | ICE FISHING |
| HIBERNATION | HOCKEY | HOLIDAYS | LONG UNDERWEAR |
| ICICLES | KNIT CAP | PARKA | SCARF |
| MITTENS | OLYMPICS | SKI DOO | SKI PANTS |
| SEASON | SKATES | SLEET | SLIPPERY |
| SKIING | SLED | SNOW SHOVEL | |
| SNOW CASTLE | SNOWPLOW | SNOWBOARD | |
| SNOW TIRES | SNOWBALL | SNOWSHOES | |
| SNOWFLAKE | SNOWMAN | STEW | STORM |
| SOLSTICE | SOUP | VACATION | |
| SWEATSHIRT | TOBOGGAN | | |
| WIND CHILL | WOOL SOCKS | | |

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



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: "Remember, if Christmas isn't found in your heart, you won't find it under a tree." Charlotte Carpenter.

Dear Lord,
 So far today, I'm - doing all right.

 I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.
 But I will be getting out of bed in a minute, and I think that I will really need your help then.

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
"																									
1	26	20	10	4	1	7	3	26	23	21	12	20	26	9	22	7	9	21	20						
21	4	20	11	26	4	16	9	21	12	6	7	22	6	26	12	21	10	4	"						
-																									
16	21	26	20	9	7	13	9	26	20	21	12	7													

Local Happenings

December 31st - The Callander Legion hosting a New Year's Eve Party! All are welcome! Tickets \$30 per person Doors open 7:30 pm Music: Shawn Kettner Party favours provided Midnight Lunch Tickets on sale now, call 705-752-3773.

Jan. 1st The Powassan Legion, Br. #453 will be hosting the Annual New Year's Levee from 1:00 to 4:00 pm. This is our way of saying Thank-you to all the community for their support. Please join us. Everyone is welcome. **Powassan Legion's Friday Night Suppers** call 705-724-2235 for extra information. Advance reservations are recommended. Phone 705-724-2235 for more information. **Jan 13th-** Roast Pork Dinner, with mashed potatoes, veggie, Caesar Salad, tea, coffee and dessert. All for only \$10.00 tax incl. per person. Serving starts at 5:30 pm.

Jan 12th - Financial Seminar - Hosted by Assante Wealth Management & Miltown Management Systems - to answer questions on investments and savings - No charge - sign up to attend by calling 705-752-0383 to ensure we have enough supplies and information packages. Two times available 2pm and 7pm - being held at Powassan United Church - downstairs hall

Jan 18th POWASSAN BLOOD DONOR CLINIC at Powassan Legion from 5 pm to 7:45 pm

Jan 27th -Ham and Scalloped potato Dinner, with veggies, Caesar Salad, tea, coffee and dessert . All for only \$10.00 tax incl. per person. Serving starts at 5:30 pm.

Jan 29th - The Powassan Legion , Br. #453 will be hosting a **Crib-4-Bucks**. Registration starts @ 12 noon, games start at 1:00 pm. \$20.00 per team. Winners share the proceeds. Kitchen opens @ 12 noon. Everyone Wel-come

The Edge youth group for grades 6,7,8 Monday 6:45pm - St Joseph Church, Powassan in the downstairs hall All welcome. Call for more details 724-5964

TOPS Every Tuesday weigh-in 5:30, meetings 6:45-8pm Lower level of Powassan Legion. For info call 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

Public Skating at Sportsplex in Powassan call for skating times 705-724-2537

Do you have community events or happenings you would like us to feature?? Email us with details and we will list them for free! We need the events by the 20th of the month for the next months activities miltownsystems@live.ca

- "My old grandmother always used to say, Summer friends will melt away like summer snows, but winter friends are friends forever." — George R.R. Martin
- "March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling, each followed by a frosty pink twilight which gradually lost itself in an elfland of moonshine." — L.M. Montgomery
- If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome. Anne Bradstreet (1612 - 1672), 'Meditations Divine and Moral,'



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From the Kitchen January is the month of ...
Artichoke, Asparagus, National Soup & Hot Tea Month

Cream of Asparagus Soup

Ingredients

1-1/2 lb asparagus	2 tbsp butter	1 chopped leek , (white part only)
1 tbsp chopped fresh parsley	1 tsp grated lemon rind	
2 tsp lemon juice	1/4 tsp pepper	
4 cups vegetable broth or chicken broth	1/3 cup 10% cream	
chopped Fresh chives		

Preparation

Snap off woody ends of asparagus; cut stalks into 1-1/2-inch (4 cm) lengths. Set aside. In large heavy saucepan, melt butter over medium heat; cook leek, stirring occasionally, until very soft, 10 minutes. Add asparagus, parsley, lemon rind, lemon juice and pepper. Pour in broth and bring to boil; reduce heat and simmer until asparagus is tender, about 5 minutes. Using tongs, remove 1 cup (250 mL) of the asparagus tips; chop coarsely and set aside. In batches in blender or food processor, puree soup; press through sieve over saucepan to remove any fibre. Pour in cream; heat until steaming. Serve garnished with reserved chopped asparagus and sprinkling of chives. Source: Canadian Living Magazine: May 2008

Artichoke Dip

1 - 8 ounce package cream cheese, softened	1 clove garlic, minced
1 - 14 ounce can artichoke hearts, drained and chopped fairly finely	
1 tablespoons butter, melted	1/4 cup Parmesan cheese, grated

Spread the cream cheese over the bottom of a 9" microwavable shallow baking dish.

Combine artichokes, butter and garlic. Spoon the mixture evenly over the cream cheese. Sprinkle with Parmesan cheese. Microwave on high for 1 minute or until heated through. Serve with crackers, crisp bread, tortilla chips or pita wedges for dipping.

Oven Baked Method: Preheat the oven to 350°F. Follow directions above, but making sure you are using an oven safe baking dish. Bake for 10 minutes or until the mixture is hot and bubbly and the top is browned.

Source: www.cookingnook.com

Homemade Ginger Tea

Ingredients:

4-6 thin slices raw ginger	1 1/2 - 2 cups water
juice from 1/2 lime, or to taste	1-2 tbsp honey or agave nectar, or to taste

Preparation:

Peel the ginger and slice thinly to maximize the surface area. This will help you make a very flavorful ginger tea. Boil the ginger in water for at least 10 minutes. For a stronger and tangier tea, allow to boil for 20 minutes or more, and use more slices of ginger.

Remove from heat and add lime juice and honey (or agave nectar) to taste. The secret to making a really flavorful ginger tea is to use plenty of ginger - more than you think you will need - and also to add a bit of lime juice and honey to your ginger tea. You will also probably want to add more honey than you think you will need as well. Enjoy your hot ginger tea! A homemade ginger tea is excellent in soothing stomach aches and in aiding digestion. Source: www.vegetarian.about.com

Things that make you go hmmm . . .

Since there is a speed of light and a speed of sound, is there a speed of smell?
The Scarecrow got a brain, Tin Man got a heart, Lion got courage, Dorothy got home, what did Toto get?
Was the pole vault accidentally discovered by a clumsy javelin thrower?
What are imitation rhinestones?
What do batteries run on?
What do chickens think we taste like?
What do penguins wear for play clothes?
What do sheep count when they can't get to sleep?
What do you call a bedroom with no bed in it?
What do you call a male ladybug?
What hair color do they put on the driver's license of a bald man?
What happened to the first 6 UP's?



WASI GARAGE

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Bumper Stickers

- Editing is a rewording activity.
- Make yourself at homeclean my kitchen
- Better living through denial
- Chaos. Panic. Disorder. My work here is done
- Does your train of thought have a caboose?
- Is it time for your medication or mine?
- How do I set the laser printer to stun?
- Well, this day was a total waste of makeup.
- Sarcasm is just one more service we offer.
- Suburbia: where they tear out the trees & then name streets after them.

.... from my side of the Road

Wikipedia says "January is named after Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (ianua) – January is the door to the year." Doors - opening and shutting, beginnings & endings ... starting & stopping ... where there is a door ... it usually leads to something or away from something. January means we leave another year behind ... with all its memories - successes - failures - finished and unfinished projects. It also means we start another year - some of us with resolutions to take over our world! And others of us to just try to get through to February. I've recently started focusing more on my faith and it has brought me some comfort over the past 3-4 months ... it's a door I would like to open wider in 2012 ... I've also found that finding time for things that are important to me has been just beyond my fingertips ... how do we get ourselves in that spot where importance and necessity often are blended together. This isn't always the case you know, for something to be important it is to be held in high regard ... and things of necessity although required are not always important ... like filling up the car or picking up your mail and email. You need to do these things ... they are necessary—but I don't hold them in a place of importance - of course that would likely change if my car was empty on the side of the road. Family, faith, relationships, friends, these are important ... its important to take time for them and for yourself too - so often we make time for other not so important things because they are important to others - but we rarely take time for ourselves - is that happening to you? Start your January off with a doorway open to more important things to focus on ... In the doorway of 2012 may we grow more - play more - pray more & be more ... Happy New Year ... From my side of the road to yours, God Bless ... Teresa