

# BackRoads

**...connecting communities – June 2011**

**June is ... Child Vision Awareness Month, Country Cooking Month, Entrepreneurs “Do it yourself” Marketing Month, Dairy Month, Perennial Gardening Month, National Bathroom Reading Month, and National Safety Month ... just to name a few ...**

## **Symptoms of Vision Problems that Cause School Troubles.**

**By Michele R. Bessler, O.D. and Martin H. Birnbaum, O.D.**

Current research indicates that approximately one out of four children have vision disorders that interfere with their ability to learn. Even if a child passes the standard basic vision exam with 20/20 visual acuity, it is still possible to have inefficient visual function which affects learning. Many visual skills and abilities are vital to the learning process, yet are not tested for in routine eye exams that primarily test for 20/20.

Children who are behind in school need to have a specialized evaluation, by an optometrist who specializes in vision therapy, to rule out hidden vision disorders that interfere with learning. Parents and teachers are frequently unaware of the existence of such disorders, because the child can read the 20/20 line on the eye chart. Nevertheless, hidden vision disorders can challenge the child's ability to learn on an ongoing basis.

Children who struggle to read and complete assignments, or who become disinterested in and avoid reading, often have vision disorders which underlay these problems. Eyestrain, blurring, headaches, double vision, "words moving on the page", loss of place, failure to recognize letters or simple words, omissions and transpositions, difficulty copying from the desk or chalkboard, and inability to sustain attention while reading are common symptoms of such vision disorders. (continued on pg 5)

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### Days to remember in June!

\* means it happens on same day ever year no matter when the day falls in calendar :)

\*National Go Barefoot Day: 1

National Running Day: 2

National Tailors Day: 2 (First Wednesday)

Do-Dah Day (Salute To Silliness): 4

\*Hot Air Balloon Day: 5

National Cancer Survivors Day: 5

\*Upsy Daisy Day: 8

\* Donald Duck Day: 9

\*Ball Point Pen Day: 10

Corn on the Cob Day: 11

\*Family History Day: 14

\*World Elder Abuse Awareness Day: 15

\* Nature Photography Day: 15

\*Fudge Day: 16

Recess At Work Day: 16

National Flip Flop Day: 17 (3rd Friday)

World Juggling Day: 18

\*Garfield the Cat Day: 19

Father's Day: 19

Go Skateboarding Day: 21

\* Stupid Guy Thing Day: 22

\*Let It Go Day: 23

Take Your Dog To Work Day: 24

\* "Happy Birthday To You" Day: 27

### TIPS FOR BBQ SAFETY

- Use your grill outside only.
- Periodically clean the grill to remove grease or fat build up in trays underneath.
- When your grill is in use, it should be kept in an open space, away from anything that might catch fire, including siding, deck railings, eaves or tree branches.
- Keep your grill away from play areas or places with high foot traffic.
- Never leave a lit grill unattended.
- Using long-handled cooking utensils will help prevent burns.
- Each year, check your propane cylinder hose for leaks. Apply a light soap and water solution to the house. Bubbles will reveal escaping propane.
  - If you suspect your grill has a leak, through the bubble test or by smell, and there is no flame:
- Turn off the tank and the grill off.
- If the leak stops, get the grill serviced.
- If the leak doesn't stop, call the fire department.
- If you use a charcoal grill, be sure to store starter fluid out of the reach of children and away from heat sources.
- Never add charcoal starter fluid to coals or kindling that you've already ignited.

Allow charcoals to cool before disposing in a metal container.



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### DID YOU KNOW ....

More than ten people a year are killed by vending machines ~ Hippo milk is pink ~ When glass breaks, the cracks move at speeds of up to 3,000 miles per hour ~ No matter how cold it gets, gasoline will not freeze ~ Liquid TIDE laundry detergent glows under a black light ~ Pigs always sleep on their right side

## Community Updates

**POWASSAN Peter McIsaac, Mayor - [pmcisaac@powassan.net](mailto:pmcisaac@powassan.net)** The Municipality of Powassan is extremely pleased to have received \$574,000 in provincial funding to correct the infiltration into our waste water system. One of Council's goals during this term is to repair the infiltration into the municipal waste water system. The funding that we have just received will make this goal a reality. Currently for every litre of water we put into the municipal drinking water system we receive one and a half litres of waste into our sewage system. We have done our homework, and in 2010 we ran closed circuit television cameras through the entire sewage system. We identified a large number of areas where the system had been compromised and infiltration was occurring. We will be utilizing the latest technologies to sleeve off and grout the leaking pipes from the inside out. In the majority of cases this will eliminate the need for any excavation, thus having as little inconvenience as possible to the public.

This is the second funding announcement that we have been fortunate enough to receive from the Provincial Government in 2011. Earlier this spring the Municipality received 90% funding of a \$400,000 project to repair and replace the sidewalks within Trout Creek along Hwy 522.

On May 17th Council passed a new Procedural By-Law. The revisions made will allow among other things Council Meetings to be held in Trout Creek. The By-Law also defines the rules and timelines for reintroducing items that council has already passed a decision on.

### Pickles: Fruit or Vegetable?

Actually, they are both! Because they have seeds, pickles are technically a "fruit of the vine". However, because they are made from cucumbers, they are generally known as a vegetable.

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### Chisholm - Councillor, Teresa Miller - [www.chisholm.ca](http://www.chisholm.ca)

We are planning our annual Yard Sale Day in Chisholm scheduled for Saturday, June 11th (RAIN OR SHINE :) ) - A fundraising BBQ will be held at the Chisholm United Church to raise funds for extra Community Events planned for later this year. There will also be areas for persons wanting to set up a table for their yard sale items outside of the church (no inside area will be available so please be prepared for any weather)

Be sure to register your address by June 3rd at the Township office to get on our Yard Sale Map!! Maps will be available at The Chisholm Township office, Perron's Fresh Mart in Astorville and Powassan Farm & Pet Centre on Main St., Powassan.

Also watch for ads in the Nugget and Almaguin News. Council has finished setting the budget for 2011 and adjusted some of the service fees which are charged by the Township. Council worked hard at reducing expenditures and were able to have a ZERO tax rate increase for this year. Be sure and attend the Council Meeting on June 14th at 7pm for a full review.

**BACKROADS NEEDS YOU!!** We are looking for persons wishing to contribute to the paper by writing stories, articles, jokes, announcements etc. Anyone interested please contact Teresa at [miltownsystems@live.ca](mailto:miltownsystems@live.ca) - please place "BACKROADS" in the Subject line and let me know what you want to contribute!!

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Grass clippings add necessary nitrogen to a compost pile, but be sure to mix with the "brown" materials that add carbon. Both are necessary for quick decomposition and rich compost. Piles made up of just grass will compact, slow down and start to stink.

### *.... from my side of the Road*

On my way to see a friend last month - despite looking up the address - pulling maps and directions from the web ... I was still able to make a turn and find myself going in the right direction on the wrong road. It brought to mind how our lives are filled with pockets of time not planned and sometimes not enjoyed. As I drove down this "B Grade" road (and Yes there was a sign saying that!) I saw 2 wood ducks on a pond to my right, wild turkeys crossing the road without a care in the world, a hawk swooping for dinner, dark - dense forests, and some of the calmest rivers and fields in the area. It doesn't really matter where I was headed I found a pocket of nature that I'm thinking I was meant to see. Odd how we find ourselves just where we are supposed to be day after day and yet we still try to control where we are, what we do and how to get there. These pockets of time throughout my days are drawing my attention more and more as if a greater power is at work to bring my focus to the little things that on busy days I'm missing. Do you ever think that it really doesn't matter if you are in a certain spot at a given time but what path you take to get there ... I'm thinking that if we consciously take a different path not only would it be refreshing but it just might give us time to think and experience what normally we would have missed. Hoping you get a chance to enjoy the 'pockets' in your days and are able to recognize that not everyone or everything moves at Mach 5 and sometimes we just need to see that and slow down ... that's how I see it from "my side of the road" ... Teresa

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### Symptoms of Vision (from front)

Page 5

Among the vision disorders that commonly interfere with classroom performance are inadequate binocular eye coordination and focus abilities. These conditions typically cause blurred vision, eyestrain, headaches, and double vision when reading. Because it is difficult to focus on individual words, children with these problems often lose place frequently, omit words, close one eye, and show difficulty sustaining reading for long periods. Comprehension often suffers as a result of excess effort required to make the print clear and single. Many children struggle unnecessarily, require excessive time to complete assignments, or simply avoid reading.

Deficits in visual tracking may also interfere with classroom performance. Inadequate visual tracking causes jerky and inaccurate eye movements when reading, loss of place, poor copying skills, a need to use finger or marker to keep place, misaligning digits in columns of numbers, and difficulty with Scantron test answer sheets.

Visual perceptual deficits should be suspected when a child confuses similar looking words, fails to recognize words previously learned, or fails to demonstrate adequate sight recognition. Excessive reversals are also a common sign of vision perception disorder. Since these deficits interfere with reading in the earliest stages of learning to read, they should be particularly suspect in the child whose reading problem began in the first grade. Visual perceptual evaluation tests the child's ability to make visual judgements, recognize and remember shapes and forms, see similarities and differences, and process visual information.

Since children with disorders of two-eye coordination, focus, visual tracking, and visual perception frequently have normal eye health and 20/20 eyesight, their visual function deficits are frequently not diagnosed, even during a routine examination. Detection and diagnosis require a specialized evaluation that goes beyond the ability to read the eye chart. Such an evaluation is performed by optometrists who specialize in vision therapy.

When these vision disorders are detected, they are usually treatable, often with significant gains in classroom performance. Although optometrists do not treat learning problems, the elimination of vision disorders that contribute to learning difficulty often allows a child to more readily achieve his or her potential with appropriate educational remediation.

When these vision disorders are treated, many parents report not only that their children's symptoms of eyestrain, blurred vision, loss of place, copying difficulty, and double vision have been resolved, but that they are also doing much better in reading and in school. Further, children frequently complete homework more easily, begin to enjoy reading for the first time, experience less frustration with school work, are more self-confident, and exhibit greater self-esteem. Parents frequently report less tension in the family, as the child experiences less frustration, behaviour issues reduce, and parents are not so extensively occupied with having to help the child with school work. For more info please see [www.visionhelp.com](http://www.visionhelp.com)



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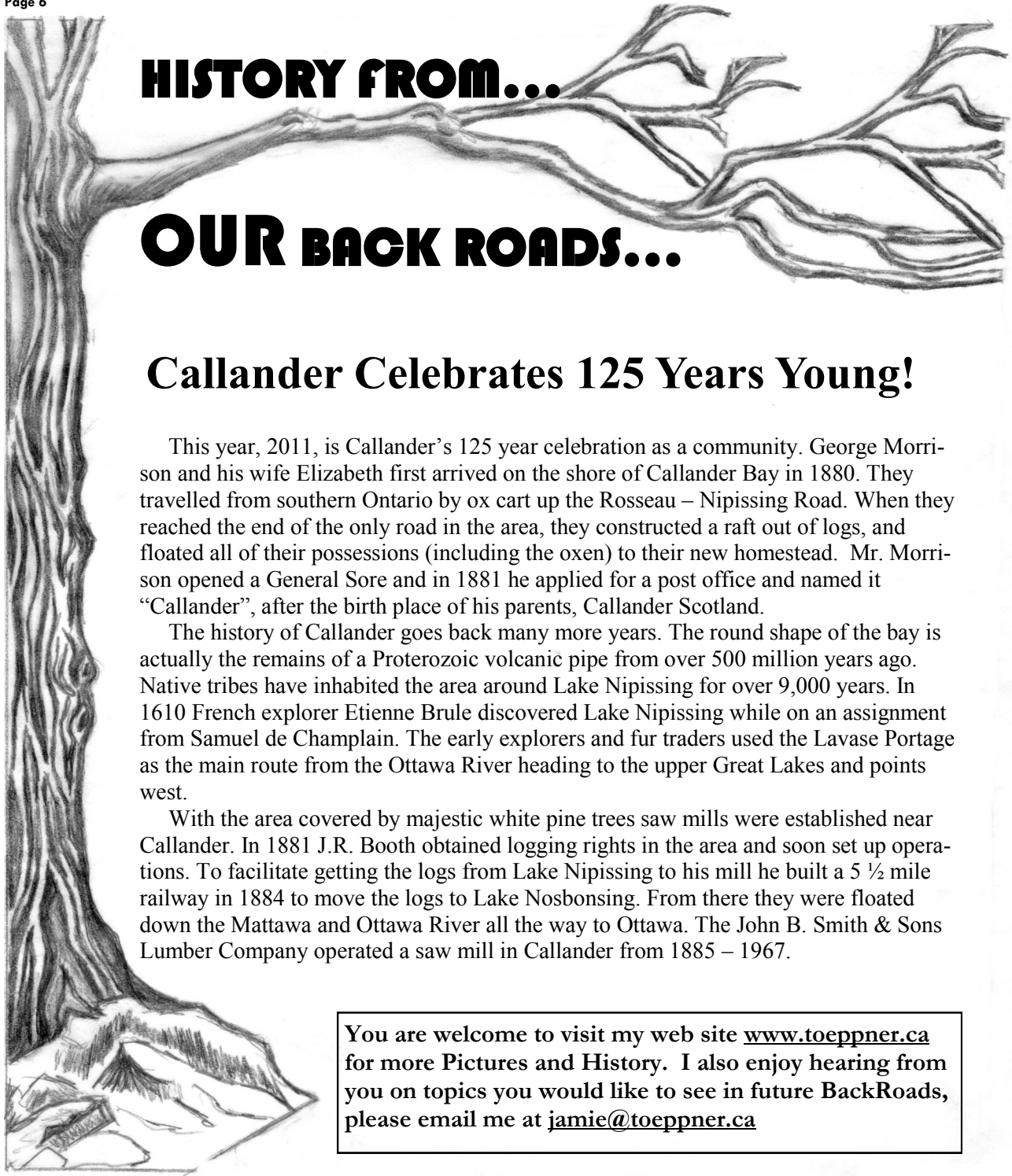
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# HISTORY FROM...

# OUR BACK ROADS...

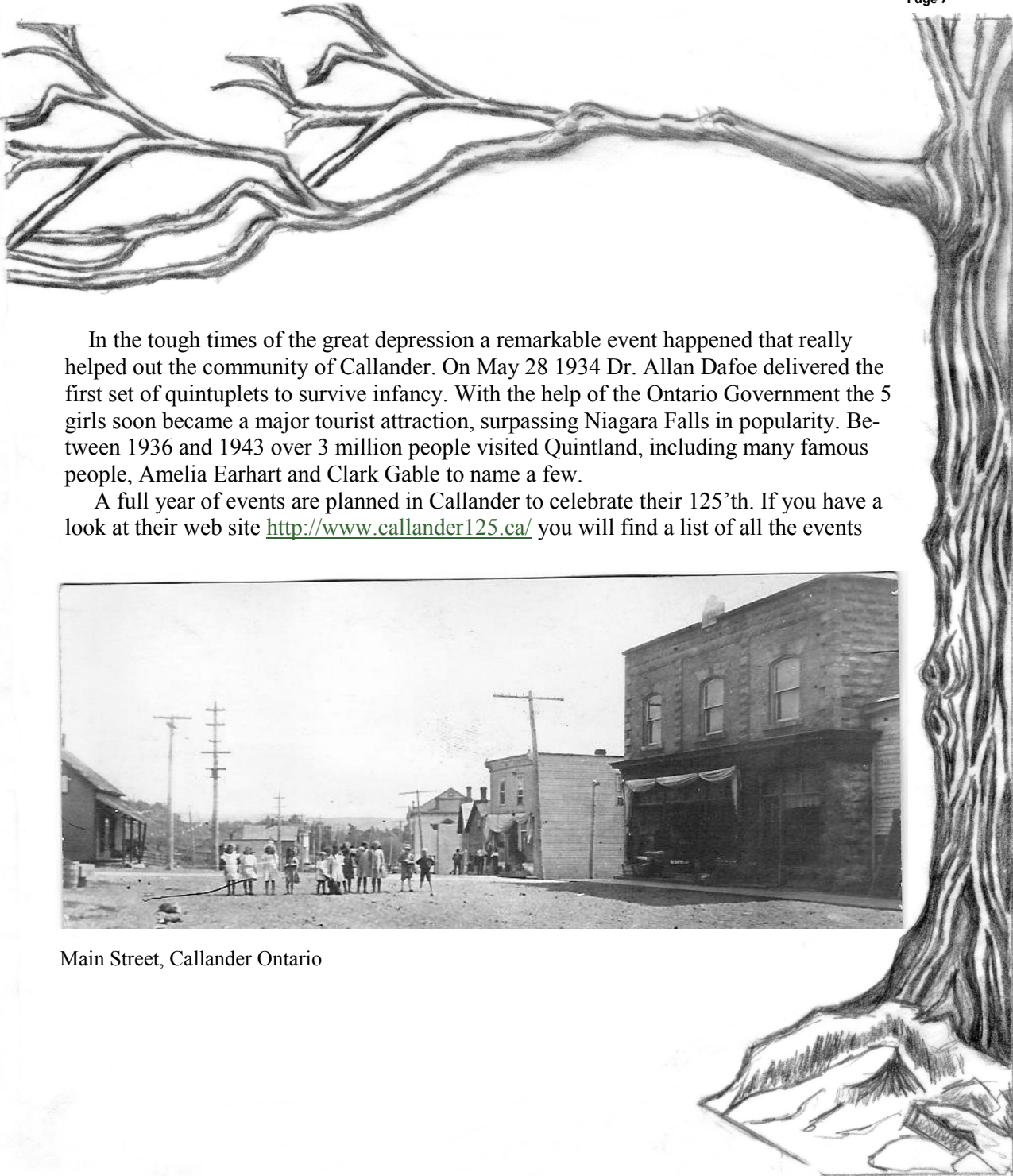
## Callander Celebrates 125 Years Young!

This year, 2011, is Callander's 125 year celebration as a community. George Morrison and his wife Elizabeth first arrived on the shore of Callander Bay in 1880. They travelled from southern Ontario by ox cart up the Rosseau – Nipissing Road. When they reached the end of the only road in the area, they constructed a raft out of logs, and floated all of their possessions (including the oxen) to their new homestead. Mr. Morrison opened a General Store and in 1881 he applied for a post office and named it "Callander", after the birth place of his parents, Callander Scotland.

The history of Callander goes back many more years. The round shape of the bay is actually the remains of a Proterozoic volcanic pipe from over 500 million years ago. Native tribes have inhabited the area around Lake Nipissing for over 9,000 years. In 1610 French explorer Etienne Brule discovered Lake Nipissing while on an assignment from Samuel de Champlain. The early explorers and fur traders used the Lavase Portage as the main route from the Ottawa River heading to the upper Great Lakes and points west.

With the area covered by majestic white pine trees saw mills were established near Callander. In 1881 J.R. Booth obtained logging rights in the area and soon set up operations. To facilitate getting the logs from Lake Nipissing to his mill he built a 5 ½ mile railway in 1884 to move the logs to Lake Nobsong. From there they were floated down the Mattawa and Ottawa River all the way to Ottawa. The John B. Smith & Sons Lumber Company operated a saw mill in Callander from 1885 – 1967.

You are welcome to visit my web site [www.toeppner.ca](http://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](mailto:jamie@toeppner.ca)



In the tough times of the great depression a remarkable event happened that really helped out the community of Callander. On May 28 1934 Dr. Allan Dafoe delivered the first set of quintuplets to survive infancy. With the help of the Ontario Government the 5 girls soon became a major tourist attraction, surpassing Niagara Falls in popularity. Between 1936 and 1943 over 3 million people visited Quintland, including many famous people, Amelia Earhart and Clark Gable to name a few.

A full year of events are planned in Callander to celebrate their 125'th. If you have a look at their web site <http://www.callander125.ca/> you will find a list of all the events



Main Street, Callander Ontario



## Game Pages

### TIC TAC TOE

**Try to Fill in the Blanks** The missing numbers are integers between 0 and 50. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

#### TIC TAC TOE—May 2011 Solution

										236
28	33	16	22	8	37	16	42	13	18	233
34	20	15	3	1	19	5	3	13	37	150
1	21	28	33	48	17	13	30	4	3	198
12	28	32	26	1	39	37	5	33	35	248
23	37	31	10	3	31	7	24	27	0	193
13	48	4	32	4	3	18	10	46	46	224
34	34	33	23	39	28	29	14	47	23	304
17	18	18	32	43	26	36	4	48	1	243
17	47	32	21	46	24	36	34	17	41	315
15	39	31	30	43	26	27	22	34	24	291
194	325	240	232	236	250	224	188	282	228	182

### JUNE 2011

								254
	39		11	37				201
21	26	47	7	49		43		253
32			40		48	3	1	245
	19	43	19		18	48	44	254
5	26	30		25	37		44	196
19	7		41	45		19	27	248
		9	29	39	34		1	197
23	35	27	48	28	5		39	255
149	221	277	198	313	283	222	186	242

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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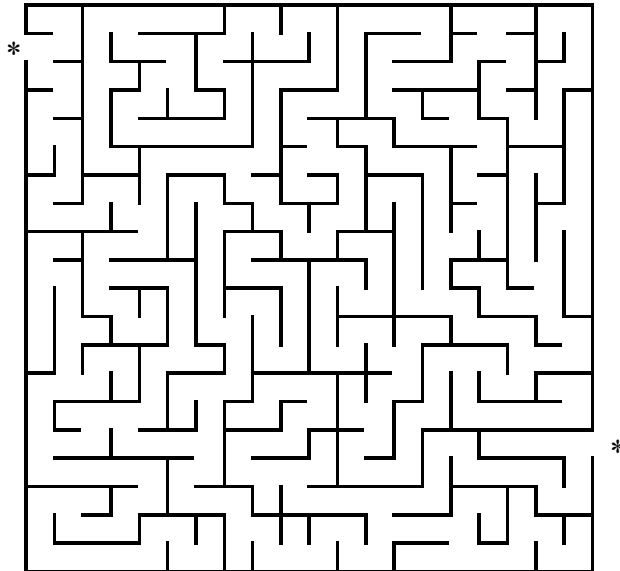
**CRYPTOGRAM** A Cryptogram is a type of puzzle which consists of a short piece of encrypted text. Each letter is replaced by a different letter or number. To solve the puzzle, one must discover the original lettering.  
**Last Month's Cryptogram: "Being a full-time mother is one of the highest salaried jobs... since the payment is pure love. ~Mildred B. Vermont "**



Word Search - June—the start of summertime ...

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

BASEBALL	BBQ
BLACKFLIES	CAMPING
CRICKETS	EXAMS
FATHERSDAY	FLOWERS
FROGS	FUN
GAMES	GARDENS
GRADUATION	JUNEBUGS
MOSQUITOES	NOSCHOOL
PICNICS	RHUBARB
SOCCER	STRAWBERRIES
SUMMERJOB	SWIMMING
VACATION	WALKING
WARMNIGHTS	WEEDS

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**DID YOU KNOW ...**

If it weren't for the last minute, nothing would get done. – *Anonymous*

What does not kill me makes me stronger. – *Goethe*

Television has proved that people will look at anything rather than each other. – *Ann Landers*

If one has not given everything, one has given nothing. – *Georges Guynemer*

If you choose not to decide – you still have made a choice! – *Neil Peart*

Isn't it interesting that the same people who laugh at science fiction listen to weather forecasts and economists? – *Kelvin Throop*

## Local Happenings

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

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

**Computer Classes:** Free beginner and advanced computer classes every week at the Powassan & District Union Public Library, call 705-724-3618 for schedule

**Raising Readers** a reading program for pre-schoolers, every Tuesday from 6:15-7 pm at the Powassan & District Union Public Library

**Powassan & District Horticultural Society** will be holding their annual plant sale at Memorial Park on Saturday, June 4th starting at 8:00 am. Lots of plants to choose from. Hope to see you there.

**Powassan & District Horticultural Society** has its next meeting on Monday June 13th at the Golden Sunshine Club starting at 7:00 pm Our guest speaker is Karen Gruber and she will be speaking on Edible Wild Plants. For more information please call Susan Topham at 705-724-3993

**TOPS** Every Tuesday weigh-in 5:30, meetings 6:45-8pm in the lower level of Powassan Legion. For info call Donna 724-5791

**Line Dancing** Tuesday & Thursday at 9am-10am at Golden Sunshine Club (walk-in basis \$2 charge) Contact Connie Barber 705-474-5922 for more information

**Low Impact Aerobics** Tuesday & Thursday 10am - 11am (walk-in basis \$2 charge)

**Soup & Sandwich** Last Friday of the Month - Powassan United Church 11:30am - 1pm, \$7.00

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

**Lake of Stew plays Piebird's 3rd annual Picnic Garden Concert** Sunday Aug 7th. This lively bluegrass band hails from Montreal and will be sure to please the crowd from the hay wagon stage in the garden! Bring your picnic blanket, sunhat, lunch or call us to order your lunch grown right at Piebird . Tickets \$20 in advance, \$25 at the garden gate. See [www.piebird.ca/picnic](http://www.piebird.ca/picnic) for more details 724-1144

**Legion Friday Night Dinners** - Every other Friday night 5pm - 7pm, Call the Legion for Menu - Pricing depends on menu \$8-\$10 per plate. 705-724-2235

**CHISHOLM TOWNSHIP YARD SALE - Saturday June 11th** - Maps for sales are available at Perron's Fresh Mart, Astorville; Powassan Farm & Pet Centre, Main St. Powassan and at the Chisholm Township office - Hot Dogs & Pop will be sold at the Chisholm United Church 11-2 with funds going to future events. See you there!! For more information please call the office 705-724-3526

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## From the Kitchen

Page 11

### June is Dairy, Corn & Cucumber Month!

#### **Chilled Cucumber Soup with Yogurt and Fresh Mint**

Serves 6 as an appetizer or 12 as an hors d'oeuvre

Prep time: 20 min

##### **For the soup**

1. 1 3/4 lbs seedless cucumbers – peeled and cut in 3" pieces (or 2lbs regular cucumber, peeled, seeded and cut in 3" pieces)
  2. 1/4 medium red onion – skinned
  3. 1 garlic clove – skinned
  4. 1 jalapeño – stem removed, halved and seeded
  5. 8 large mint leaves
  6. 2 tablespoons extra virgin olive oil
  7. 2 tablespoons fresh lemon juice
  8. 1 teaspoon maple syrup
  9. 1 teaspoon sea salt
  10. 1–6oz non-fat plain yogurt
- 1/2 to 3/4 cup spring water to taste

##### **For the garnishes**

1. 1 medium yellow tomato – seeded and cut in 1/8" cubes (or 8 yellow grape tomatoes quartered)
2. tiny mint leaves
3. lemon oil

**Step 1:** Place all ingredients in the bowl of a food processor with 1/2 cup of the spring water. Pulse a few times so the ingredients are coarsely chopped, then process until soup is very smooth, about 2 to 3 minutes. If necessary, thin with the remaining water to the desired consistency.

**Step 2:** Transfer to a bowl and refrigerate 2 hours or overnight, until well chilled. Place the soup in the freezer for 30 minutes before serving.

**Step 3:** Ladle soup in chilled soup bowls or cocktail glasses. Drizzle a little lemon oil in the center of each bowl. Garnish with a few tomato cubes, a mint leaf and serve immediately.

**Cook's note:** The soup can be refrigerated up to 2 days (from [www.foodandstyle.com](http://www.foodandstyle.com))

#### **Rhubarb Cheesecake**

- 2 8 ounce packages light cream cheese
- 1/2 cup sugar
- 2 large eggs
- 1 tablespoon flour
- 1 teaspoon lemon rind, optional
- 3/4 cup rhubarb sauce:
- 4 stalks rhubarb,
- 3 tablespoons water
- 1/4 cup sugar
- 3 tablespoons Triple Sec
- 1 tablespoon flour

##### **Graham Cracker Crust:**

- 1 stick butter
- 1 pack cinnamon grahams, finely ground

To make crust: Put graham crackers in a food processor and process until finely ground. Melt butter in microwave. Combine ingredients in a 9 inch spring form pan. Press the crumbs evenly over the bottom. Bake the crust at 325F for about 10 minutes. Cool.

To make rhubarb sauce: Chop 4 stalks rhubarb and put into a medium sized saucepan. Add about 3 tablespoons water and cook over low heat until very soft. Remove rhubarb from heat and mash the rhubarb. Add about 1/4 cup granulated sugar, 3 tablespoons Triple Sec and 1 tablespoon flour; Mix well. Put back on stove and stir until thickened. Cool.

To make topping: Combine 3/4 cup rhubarb sauce, 1 cup light sour cream and sugar if you desire a sweeter topping.

To make cheesecake: In a food processor combine cream cheese, sugar, eggs, flour, lemon rind and rhubarb sauce; blend until smooth. Pour over crust and bake about 50 minutes at 325F or until cake barely moves when shaken. Turn oven off and leave cake in oven another 10 minutes. Cool. When cheesecake is cool top with the rhubarb/sour cream mixture and refrigerate 2 hours. Serve with whip cream.

Thanks Sherry for contributing this!!

**Palindromes is a word or sentence that reads the same forward as it does backward**

**\* Race fast, safe car. \* Saw tide rose? So red it was. \* Too hot to hoot. \***



**Miltown Systems**  
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**Advertising Rates**

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

1/2 page = \$100.00

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**Bumper Stickers**

- \*Light travels faster than sound. This is why some people appear bright until you hear them speak.
- \*The things that come to those that wait may be the things left by those who got there first.
- \*He Who Hesitates Is Not Only Lost, But Miles From The Next Exit
- \*I feel like I'm diagonally parked in a parallel universe
- \*My reality check just bounced.

**FOR SALE OR TRADE**

This area is for individuals to place free ads of items for sale. Businesses will be allowed to advertise in this section with the purchase of a business ad.

**DO YOU HAVE SOMETHING YOU WANT SOLD??  
CALL OR EMAIL US WITH THE DETAILS WE WILL PRINT IT FOR FREE!**

YARD SALE: June 11th!! 91 Alderdale Rd, Chisholm Starts at 8am sharp!! Lots to see and buy - something for everyone!!

\*\*\*\*\*

12000lb tandem landscaping float/trailer, approx 18' x 78" includes 6000lb winch and new spare tire. \$4500.00 705-752-0383

\*\*\*\*\*

VW Dune Buggy 1600cc 1964 chassis, new brakes, windshield, seats, fully tuned must see! \$5700.00 705-752-0383

\*\*\*\*\*