

# BackRoads

*...connecting communities - April 2011*

April is . . . Autism Awareness Month, National Poetry Month, Stress Awareness Month, National Parkinson's Awareness Month, National Child Abuse Prevention Awareness Month, National Garden Month, National Kite Month, National Humour Month and National Frog Month (just to name a few!)

**April 2, 2011 is World Autism Awareness Day** - On this day each year, we raise awareness about autism, encourage early diagnosis and early intervention, and recognize the high rate of autism in children in all regions of the world and the consequent developmental challenges.

Autism is a complex developmental disability that typically appears during the first three years of life: it is the result of a neurological disorder that affects the functioning of the brain.

Autism impacts the typical development of the brain in the areas of social interaction and communication skills. Children and adults with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. They find it hard to communicate with others and relate to the outside world. In some cases, aggressive and/or self-injurious behaviour may be present. Persons with autism may exhibit repeated body movements (hand flapping, rocking), unusual responses to people or attachments to objects and resistance to changes in routines. Individuals may also experience sensitivities in sight, hearing, touch, smell, and taste.

Autism Spectrum Disorder is one of the most common developmental disabilities. Based on recent studies by Canadian researchers, the prevalence rate of Autism Spectrum Disorder (ASD) is 1 in 165. In Ontario, there is an estimated 70,000 individuals with ASD. Yet most of the public, including many professionals in the medical, educational, and vocational fields, are still unaware of how autism affects people and how they can effectively work with individuals with autism. From [www.autismontario.com](http://www.autismontario.com)



## Sap's Running!!

Dan & Lori Costello

47 Bella Hill Road R.R. #2 Powassan, ON  
705-724-3647 [bellahillmaple@vianet.ca](mailto:bellahillmaple@vianet.ca)

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Be in Powassan on April 16th to enjoy one of the largest little festivals in the area!

THE POWASSAN MAPLE SYRUP FESTIVAL

[www.powassansyrupfestival.ca](http://www.powassansyrupfestival.ca)

## The Mystery of Sap

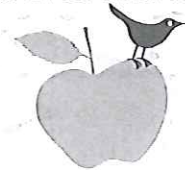
Maple sap is thin, barely sweet and as colorless as spring water. The distinctive maple taste comes only through boiling. However, the sugar in the sap is a bit of a mystery. It seems that each fall, the tree produces its own supply of starch to act as an anti-freeze for the roots in winter. With the melting of snow, water enters the roots and begins the circulation of 'sugar water' through the tree in preparation for the growing season. As a result, sap runs in fits and starts from the first spring thaw until the buds turn into leaves from mid-March until April. During the growing season, maples accumulate starch. With the spring thaw, enzymes change this starch into sugar which mixes with the water absorbed through the roots, imparting a slightly sweet taste. While maple water contains minerals, organic acids and maple taste precursors, water is its main component (about 97.5%).

Syrup made from Birch trees is used the same way as maple syrup but is more difficult to make. On the average, it takes 80 to 100 litres of sap to produce ONE litre of Syrup! (Twice the amount needed for Maple Syrup)

## Days to Remember ....

1 April Fool's Day	19 Humorous Day
1 St. Stupid Day	National Teach Your Children to Save Day
3 Find a Rainbow Day	21 Day
5 National Read a Road Map Day	22 Earth Day
6 National Day of Hope	22 National Jelly Bean Day
7 No Housework Day	23 International Sing Out Day
7 World Health Day	24 Easter
10 Encourage a Young Writer Day	24 Pigs-in-a-Blanket Day
10 National Sibling Day	25 Red Hat Society Day
National Walk on Your Wild Side Day	26 Hug a Friend Day
12 Day	27 Administrative Professional's Day
16 Husband Appreciation Day	27 Tell a Story Day
17 Daffy Duck's Birthday	29 Zipper Day
18 Pet Owner's Day	29 National Hairball Awareness Day
National Wear Your Pyjama's to Work Day	30 Hairstylist's Appreciation Day

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A maple tree is usually 45 years old and 12 inches in diameter before it is tapped. As the tree grows, more taps can be added. The holes that are placed in the tree when tapped does no permanent damage and only 10% of the sap is collected from the tree each year.

## Community Updates

**POWASSAN** - April is Maple Syrup time. I had the honour to be part of the tree tapping ceremony at Sugarstone Farm on Saturday March 12<sup>th</sup>. Approximately 150 people enjoyed themselves and helped kick off the 2011 maple syrup season. If this is any indication of what we can expect at the Powassan and Area Maple Syrup Festival on April 16<sup>th</sup> there should be no problems matching or even breaking last years estimated record crowd of over 8,000 people.

This year's event will be even bigger and better. With demonstrations on how to cook with maple syrup and new events for the kids, along with the traditional full slate of events of sugar bush tours, sheep shearing, horse drawn wagons, trade show, vendors, West Coast Lumberjack Show, musical entertainment and yes all the food you can eat.

The Municipality of Powassan will be passing the 2011 Budget at the April 5<sup>th</sup> Council Meeting. This will be the earliest that the annual budget has ever been passed. The budget reduces the residential tax rate by two percent. This was done to offset the Municipal Property Assessment Corporation's (MPAC) overall increase to property values throughout the Municipality of Powassan. The Municipality of Powassan's newly formed Communications Committee held its inaugural meeting. The Communications Committee has been given the task with developing policies to help the Municipality communicate internally, with all our residents and other levels of government.

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

**CHISHOLM** - Chisholm's Website is having some changes made—if you are a business in the Chisholm area—you now have a space on the website where you can advertise your business FOR FREE Be sure to get your information into the Township Office by telephone, mail but by email is best. Committees needing your help this month are the Beach Program Committee; Centennial Committee and our new adhoc committee that is being set up to map out the **public non-motorized trails** in the township. If you would like to be a part of any of these committees please contact the Chisholm Office 705-724-3526. Our next Community Services Committee meeting will be April 7<sup>th</sup> at the Chisholm Township Office. 7pm Our website is kept up to date with all agendas for all meetings - please stop in when you can and see what we are working on.  
[www.chisholm.ca](http://www.chisholm.ca) **Teresa Miller, Councillor** [teresamiller@live.com](mailto:teresamiller@live.com)

A few new and exciting additions for the 2011 Powassan Maple Syrup Festival include cooking with Maple Syrup demonstrations by Nancy Guppy. Chrissy a childrens musician will be entertaining at the Sportsplex. A Crowd favourite the West Coast Lumberjack Show will be returning again this year with its demonstrations of skill and friendly competition!

**Lots of events and food for everyone!!**

**See you there April 16th**

**Pancake Breakfasts start at 7am!!**



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.... from my side of the Road

Wow - April already – almost time for planting in some areas of Ontario ... at my brother Jim's home it's "get the boat" ready time now that the snow is pretty much gone and "sledding time" is over for another year. Just seems like last week that we were home for Mom's birthday and it's almost time to head that way again for Easter. Do you ever feel that the time is just slipping away without warning and without time to breathe? I look at all the reasons and reminders we have in April from the front page - Autism—Parkinson's—Child Abuse Prevention and right down to the silly National Frog, Kite and Humour months. I have also taken the liberty of naming it Maple Syrup Month for here in the Powassan area—a time when we get together with family and friends and mill about the town of Powassan for our annual Maple Syrup Festival. If you haven't been here I hope you stay long enough to enjoy it - OR come back to see it on April 16th. I have had the pleasure and honour of working with those tireless people that organize and orchestrate that day - make sure you reach out your hand to those volunteers and producers and when you shake it say a big THANK YOU to them for such a wonderful day. It's a free day (YES FREE) of music along the Main Street, Pancake Breakfasts & Bake Bean Lunches with Hotdogs and Sausage on a bun mixed in there - OH Don't forget the Beaver Tails and Fudge - Homemade baking, preserves, crafts, Lumberjack demos, cooking with Syrup tips and the local Business Exhibition at the Sportsplex.. Come out and enjoy take time to hear the sounds and smell the sweet smell of spring as you smother your pancakes with home grown Maple Syrup! Wishing you and your families a wonderful Easter and a great start to your spring ... and that's how I see it from "my side of the road" ... Teresa

### DID YOU KNOW ...

The Canadian Food Inspection Agency monitors the safety and quality of maple syrup and is responsible for its classifications. There are three grades of maple syrup with five different classes of colour.

CANADA NO. 1 is divided into three classes: extra light and light are light coloured and mild flavoured; medium is also light in colour but has a rich maple flavour. This is the most popular grade for table syrup.

CANADA NO. 2 (amber) is usually made later in the sugaring season and has a dark, strong flavour. It is often considered a cooking grade, though some prefer its rich flavour as a table syrup.

CANADA NO. 3 (dark) is made at the end of the season. It is very dark with strong, molasses- like flavour and is used commercially.

### In Celebration of National Kite Month ...

Here are directions on how to build a DIAMOND KITE

What you need:

- butcher cord or thin garden twine
- 1 sheet of strong paper (102cm x 102cm)
- markers, paint or crayons to decorate you kite.
- scotch tape or glue
- 2 straight wooden sticks 90cm & 102cm

1. Make a cross with the two sticks, with the shorter stick placed horizontally across the longer stick. Make sure that both sides of the cross piece is equal in width.
2. Tie the two sticks together with the string in such a way as to make sure that they are at right angles to each other. A good way to ensure that the joint is strong to put a dab of glue to stick it in place.
3. Cut a notch at each end of both sticks. Make it deep enough for the type of string you are using to fit in to. Cut a piece of string long enough to stretch all around the kite frame. Make a loop in the top notch and fasten it by wrapping the string around the stick. Stretch the string through the notch at one end of the cross-piece, and make another loop at the bottom. Stretch the string through the notch at one end of the loop at the bottom. Stretch the string through the notch at the other end of the cross-piece. Finish by wrapping the string a few times around the top of the stick and cutting off what you don't need. This string frame must be taut, but not so tight as to warp the sticks.
4. Lay the sail material flat and place the stick frame face down on top. Cut around it, leaving about 2-3cm for a margin. Fold these edges over the string frame and tape or glue it down so that the material is tight.
5. Cut a piece of string about 122 cm long, and tie one end to the loop at the other end of the string to the loop at the bottom. Tie another small loop in the string just above the intersection of the two cross pieces. This will be the kite's bridle, the string to which the flying line is attached.
6. Make a tail by tying a small ribbon roughly every 10cm along the length of string. Attach the tail to the loop at the bottom of the kite.
7. Decorate!



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# History and Ancestry

The first inhabitants of Ontario's wilderness called the moon at this time of year "Sizbakudikegizis" which is the Anishinaabemowin word for "sugar making moon". The local Indians were known to have collected the sweet sap of the maple tree. On early maps of this area several areas are labelled as Indian Sugar Bush. A groove was made in the bark of the tree, a wooden slat inserted and the sap dripped into a vessel made of birch bark. In the early years the sap was poured into wooden troughs and hot stones added to concentrate the sap and was enjoyed as a sweet beverage.

Once European settlers arrived they soon learned the importance of syrup making. It was a valuable source of nutrition as well as a delicacy. Every year the trees were tapped as soon as the weather warmed and the sap began to flow. Cast iron pots and tin pails replaced the hot rocks and bark containers. The syrup would keep for many months so the pioneers would make as much in the short season to use into the summer.

Around the area many of the farmers would make syrup every spring. Dick Anderson from Chisholm, the Foreshews and Matthews from Loring, Andy Odrowski and Eddie Conrad are just a few of the early syrup makers. Gilbert Smith of Chisholm is the fourth generation of his family making syrup in the same area as his great grandparents.



Visit my web site <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)

While some producers remained small, others grew and are tapping many trees. Dave and Audrey of Matthews Maple Syrup tap over 15,000 trees and pipelines have replaced the spikes and buckets. The days of cauldrons are long gone with reverse osmosis and evaporator pans heated by steam the new way of making syrup.

It is always interesting doing research for my articles and other projects. There are so many stories from years gone by, but one could never capture them all. Al Grabowski was telling me how when he was making syrup with his father (my grandfather) that they would put eggs in the boiling sap. The eggs would crack and become sweet and they would eat them with some homemade bread. I was talking to Vic Kelly and he told me a few stories about syrup makers around the Granite Hill and Commanda area. One story from Vic was about a guy who not only made syrup, but also had a still. He'd put his moonshine in maple syrup buckets to transport it to North Bay. Other people also shared stories of having a sugar shack, and of all the work that it took to collect and boil the sap into amber sweetness.

On a sad note . . . my Uncle Stan Toeppner passed away on March 15th this year. A couple of days before he died peacefully, I had the good fortune of dropping in for a nice visit. The last thing we talked about was syrup making on Toeppner's Tulake Farm.

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# 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.

0	41	33	46	40		28	30	13		289
2	1		11	45	32	38	26		32	245
34		21	22	13	6	18	45	44	38	254
3	40	39	13	28	34	19		23		235
39		0	29		12		21	32	49	241
0	44	21	34	10	15	9	9		16	171
22	14			1	28	33	42	2	12	159
	23	44	48	17	21	50	50	4	28	290
47	40	39	15	33	2	20	21	28	29	274
46	28	9		47	48	43	41	17	2	297
198	281	218	235	237	227	277	304	226	252	166

### TIC TAC TOE—March 2011 Solution

14	3	23	21	4	23	88
10	13	15	8	15	20	81
19	3	6	16	12	5	61
11	5	12	9	18	13	68
23	9	20	14	2	3	71
21	2	17	5	17	4	66
98	35	93	73	68	68	48

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
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

17 25 14 9 14 8 12 10 17 25 18 12 11 3 14 17 17 14 9 17 25 7 12  
 7 11 10 10 19 23 9 18 14 12 19 14 24 2 14 5 17 7 11 10 10 19  
 23 9 18 14 12 19 26 18 17 25 2 25 10 2 10 16 7 17 14 16 18 12 19 7  
 11 9 7 4 8 10 12 17 25 14 5 18 2 20 26 18 2 20 5 7 5 14 9 8

**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: "The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves" Helen Keller

## Word Search - April in Powassan

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

### Word Search Words ...

- |                  |                 |              |             |
|------------------|-----------------|--------------|-------------|
| Maple            | Syrup           | Trees        | Sap         |
| Sugar            | Spring          | Easter       | Bunny       |
| Eggs             | Festival        | Music        | Lumberjack  |
| Bands            | Pancakes        | Baked Beans  | Singing     |
| Dancing          | Breakfast       | Horses       | Wagon rides |
| Arena            | Flavour         | Crafts       | Games       |
| Draws            | Silent auctions | Homemade     | Jams        |
| Pies             | Bread           | Maple butter | Soup        |
| Hotdogs          | Sausages        | Pop          | Coffee      |
| Sugar Bush Tours |                 |              |             |

-During the sugaring season, the average tree yields 35 to 50 litres of sap, which produces one to 1.5 litres of maple syrup. On average, it takes 40 litres of sap to make one litre of syrup  
 -Canada produces about 85 per cent of the world's supply of maple syrup. Quebec produces more than 90 per cent of the Canadian market, while Ontario and the Maritimes (New Brunswick, Nova Scotia and Prince Edward Island) each contribute about 4%  
 -Pure maple syrup must have a sugar content of at least 66 %, and no additives are allowed. To ensure you are getting real maple syrup, check the label: it must bear the name, grade and colour class of syrup and the name & address of the producer or packer.

### Which Way is UP? March 2011

27	+	22	-	7	-	5	+	25	+	29	91
X		X		+		+		X		-	
13	-	12	X	1	+	36	-	26	+	30	41
-		+		X		/		+		+	
18	X	15	+	33	/	3	+	23	-	9	295
-		+		+		-		-		X	
20	+	35	+	31	-	10	+	19	-	11	84
+		+		-		X		+		-	
17	-	34	+	8	-	32	-	24	/	6	-45
-		-		-		+		/		-	
16	/	4	X	14	+	21	-	2	+	28	103
314	344	49	-282	666	64						




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## Local Happenings

(Do you have something going on? Send in the details via email or by telephone by the 20th)

**Music for an April Evening:** A concert featuring J.O.Y. Band (a 60 pc ensemble) directed by Betty Farris & Neil Kennedy; also featuring Mike Thompson, tenor soloist from Sundridge & the Chisholm and Powassan United Church Choirs. Friday April 15th starting at 7:30pm. Hosted at Powassan United Church, 462 Main St, Powassan, \$10 at the door.

**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

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

**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

**Maple Syrup Festival Events at the Powassan Library:** A special visit by Clifford the Big Red Dog, face painting, Wii games, book sale and more! All day Saturday April 16th, 10:30 am-3:30 pm

**Powassan & District Horticultural Society - Monday, April 11, 2011** at the Golden Sunshine Club at 7:00 pm. The guest speaker will be Cliff Cookman, speaking on building and maintaining ponds.

**TOPS** Every Tuesday weigh-in 5:30, meetings 6:45-8pm in the lower level of Powassan Legion. For info call Donna 724-5791 or 1-800-932-8677

**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

**Pancake Breakfasts—EVERY SATURDAY** April 2nd & 9th at the Powassan United Church 9am-Noon, Cost Adults \$7.00 Children 6-12 \$3.00 and 5 & under Free

**Baked Bean Lunch** April 16th at the Powassan United Church 11am until all are gone!! Cost Adults \$7.00 Children 6-12 \$3.00 and 5 & under Free

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

**Rob Szabo in Concert** at Piebird B&B in Nipissing Village Friday April 15, 8pm Advance tickets \$12, \$15 at door if available [www.piebird.ca/concerts](http://www.piebird.ca/concerts)

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## From the Kitchen

### April is MAPLE SYRUP MONTH here at BackRoads

#### Pork with Maple Barbecue Dipping Sauce

These tasty pork bites are served with a sweet and sour maple dipping sauce the whole family will love, and only takes a couple of minutes to make. This recipe makes 4 servings

#### Ingredients

1 pork tenderloin, (about 1 lb/500 g)

2 tbsp all-purpose flour

1/4 tsp salt

1/4 tsp pepper

2 tbsp vegetable oil

#### Maple Barbeque Sauce:

1/2 cup chili sauce

1/4 cup maple syrup

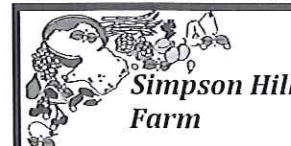
1 tsp cider vinegar

1/2 tsp Dijon mustard

1/4 tsp chili powder

**Preparation:** **Maple Barbecue Sauce:** In bowl, combine chili sauce, maple syrup, vinegar, mustard and chili powder; set aside. Trim any fat from pork; slice pork on bias into 1/2-inch (1 cm) thick medallions. In bowl, toss pork with flour, salt and pepper to coat. In large skillet, heat oil over medium-high heat; cook pork, in batches and turning once, for 6 minutes or until juices run clear when pork is pierced and just a hint of pink remains inside.

Serve with sauce. Taken from *Canadian Living Magazine 2008*



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Volunteers don't get paid,  
not because they're worth-  
less, but because they're  
priceless. Sherry Anderson

#### Maple Spice Cupcakes Gluten Free Casein Free

Ingredients (Oven temp: 350 Yield 18 muffins or 2-9" layers)

• 3/4 c sugar

• 1/2 cup tapioca flour

• 1/2 c amaranth flour

• 1/2 c sweet rice flour

• 1/2 c white rice flour

• 1/4 c brown rice flour

• 1 t baking powder

• 1 t baking soda

• 1/4 t vitamin c crystals or 1/2 teaspoon vinegar

• 1/4 t each nutmeg, ginger powder, ground cloves

• 1 t cinnamon

• 1/2 cup maple syrup

• 3 eggs

• 3/4 c almond, soy, or rice milk

• 1/3 c oil

• 1/2 t vanilla

#### Maple Frosting

• 1/2 cup maple syrup

• 2 T meringue powder

• 1/4 t vanilla extract

**Method** Combine dry ingredients in large bowl. Beat eggs in second bowl, add oil, maple syrup, vanilla and milk choice, and beat again. Combine dry and wet ingredients. Stir together well so no area of dry flour remains. Remember no gluten = no tough, over-beaten cake. At least GF has one advantage! Spread batter into cake pans that are greased and lightly dusted with white rice flour. Or pour into paper lined cupcake pans. Bake at 350 for 20 minutes for cupcakes or 25-30 for cake pans. Remove when browned and the cake has started to release from sides of pan. Cool completely and frost with maple frosting. **Maple Frosting** Beat together for 7 minutes or so in a stand mixer till the frosting is fluffy and marshmallowy.

Spread on cupcakes. Source: Recipe from Dr. Jean Layton

Call us for an Ad!  
 Miltown Systems  
 31 King St, Powassan  
 705-724-9559 or  
 miltownsystems@live.ca

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**Voices from the Past** is Doug Mackey's newest Book. It contains some of his favourite articles from Community Voices. Doug's new book is available at Brushey's in Powassan, Township of Chisholm Office and in North Bay book stores & sells for \$20.00



**Bumper Stickers**

- \* All I want is less to do, more time to do it and higher pay for not getting it done.
- \* I brake for scholars, priests and no apparent reason
- \* I used to be indecisive - Now I'm not so sure
- \* Nothing is foolproof to a sufficiently talented fool
- \* Everyone has a photographic memory. Some just don't have film
- \* I can only please one person per day. Today is not your day and tomorrow doesn't look good either.
- \* Very funny Scotty - now beam down my pants!

**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.

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I feel like I'm diagonally parked in a parallel universe.