

BackRoads

...connecting communities - October 2011

October Observances: Celiac Disease Month, Church Library Month, Down Syndrome Awareness Month, National Book Month, National Breast Cancer Awareness Month, Domestic Violence Awareness Month, Caramel & Rhubarb Month ...just to name a few ...

Celiac Disease ... when your body isn't absorbing what it needs ... learn more! ...

Celiac disease is a medical condition in which the absorptive surface of the small intestine is damaged by a substance called gluten. This results in an inability of the body to absorb nutrients: protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. Although statistics are not readily available, it is estimated that 1 in 133 persons in Canada are affected by celiac disease. A wide range of symptoms may be present. Symptoms may appear together or singularly in children or adults. In general, the symptoms of untreated celiac disease indicate the presence of malabsorption due to the damaged small intestine. Gluten is a protein found in wheat, rye, triticale, barley. In the case of wheat, gliadin has been isolated as the toxic fraction. It is the gluten in the flour that helps bread and other baked goods bind and prevents crumbling. This feature has made gluten widely used in the production of many processed and packaged foods.

At present there is no cure, but celiac disease is readily treated by following the gluten-free diet. Common symptoms are anemia, chronic diarrhea, weight loss, fatigue, cramps and bloating, irritability. Although some or all of these symptoms occur in celiac disease, some can also occur in many other diseases more common than celiac disease. In other cases, sufferers from gluten-intolerance develop an intense burning and itching rash called dermatitis herpetiformis. The intestinal symptoms of celiac disease may or may not appear in dermatitis herpetiformis.

Celiac disease as yet has no known cure, but can usually be effectively treated and controlled. The treatment of celiac disease is strict adherence to a GLUTEN FREE DIET FOR LIFE. This requires knowledgeable dietetic counselling and frequent "up-dates" as commercial food contents change. Celiacs must be alert to hidden sources of gluten such as HVP/HPP (hydrolyzed vegetable/plant protein); malt; spelt; kamut; and certain drug products. Today's processed and packaged foods have many hidden sources of gluten which can be unintentionally ingested. Particular care should be taken in the selection of soups, luncheon meats and sausages.

(this article was taken in part from <http://www.celiac.ca> please see this website for more great information! OR Call Canadian Celiac Association at toll free: 1-800-363-7296 for a chapter near us!)

Do you have recipes that are gluten-free - Please email using MS Word to BackRoads at miltownsystems@live.ca for use in future issues



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Days to Remember in October ...

- 1 Fall Astronomy Day
- 1 *International Day of Older Persons
- 2 Change A Light Day
- 2 *Guardian Angels Day
- 2 *World Farm Animals Day
- 3 Child Health Day
- 4 Improve Your Office Day
- 4 World Animal Day
- 5 *World Teachers Day
- 6 *Mad Hatter Day
- 7 World Smile Day
- 7 Yom Kippur
- 8 Universal Music Day
- 8 National Perogie Day
- 9 *National Chess Day
- 10 National Kick Butt Day
- 11 National Face Your Fears Day
- 12 National Bring Your Teddy Bear To Work & School Day
- 13 World Sight Day(2nd Thursday)
- 14 World Egg Day (2nd Friday)
- 15 * National Grouch Day
- 13 National Sunday School Teacher Appreciation Day(3rd Sunday)
- 17 *Boss's Day (or National Boss's Day)
- 17 National Cake Decorating Day
- 18 *National Chocolate Cupcake Day
- 19 *Evaluate Your Life Day
- 20 *Information Overload Day
- 21 Mammography Day
- 22 Make A Difference Day
- 23 Mother-in-Law Day (always 4th Sunday)
- 25 *Sourest Day
- 27 *Cranky Co-workers Day
- 28 Frankenstein Friday
- 29 National Forgiveness Day
- 30 *National Candy Corn Day
- 31 * Halloween
- 31 *National Knock-Knock Jokes Day

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Cori Hogan-Stillar
& Heather Grasser

It's the day before Thanksgiving, and the butcher is just locking up when a man begins pounding on the front door. "Please let me in," says the man desperately. "I forgot to buy a turkey, and my wife will kill me if I don't come home with one."

"Okay," says the butcher. Let me see what I have left." He goes into the freezer and discovers that there's only one scrawny turkey left. He brings it out to show the man. "That's one is too skinny. What else you got?" says the man. The butcher takes the bird back into the freezer and waits a few minutes and brings the same turkey back out to the man.

"Oh, no," says the man, "That one doesn't look any better. You better give me both of them!"

Q: What's a turkey's favourite song? A: "I'm Dreaming of a White Christmas"

Community Updates

POWASSAN Peter McIsaac, Mayor - pmcisaac@powassan.net I had the pleasure of attending both the Trout Creek and the Powassan Fall Fairs since our last edition of BackRoads. Every person involved in both these events need to be congratulated for a job very well done. Two great events - that provided entertainment for both young and old in our community.

The Municipality of Powassan has started its rehabilitation of its sewers, in an attempt to prevent ground water infiltration into our existing sewage system. This project is expected to last for about two months and you may see the crews working around town. With this new technology we will be lining the existing sewers from the inside with the use of robotic cameras. There should be no need for digging up our streets. Correcting the infiltration issue will allow the municipality to expand our existing water and sewage system thus allowing the Municipality of Powassan to grow its serviced areas.

As you may have read in the local newspaper we had some vandalism at the Powassan Lions Park last month. The North Bay Crime Stoppers gave a presentation to the Recreation Committee of ways to reduce vandalism in our public areas. Remember 1-800-222-TIPS to report a crime. Through a generous donation from the Police Services Board of \$1,000 the Municipality will be installing video cameras at the Lions Park, Sportsplex and Centennial Gazebo. So the next time you are in one of these areas, smile you will be on camera.

The week of September 18th to 24th was declared Legion Week within the Municipality of Powassan by Council decree. Hopefully everyone was able to attend a function at our Legion or enjoy one of their delicious Friday night dinners in the future. Remember everyone October 6th is the Provincial Election, so get informed and get out and vote.

Chisholm - Councillor, Teresa Miller - www.chisholm.ca teresamiller@live.com September was a quiet month here in Chisholm—lots of meetings to get 'back on track' after a summer hiatus. We have had some repairs done to the township office - and except for a bit of landscaping we are almost ready for winter.

The website is growing have you seen it lately?? www.chisholm.ca - let us know what you would like to see on it as we make some changes and additions. We are adding pictures of events and happenings - be sure and send yours to the ladies at the office to share the good times in Chisholm. We have a new online Business Registry ... if you are in Chisholm and would like your business advertised please send an email (or drop off a written submission) to the township office.

The Centennial Committee is looking for some volunteers to help with some special projects as we move forward with our Centennial year festivities! Even a bit of time from you would be a welcome addition to our current team. A Reminder to all those artists out there - we are looking for a Centennial Logo ... there will be a prize for the winner of the contest - deadline to get your Logo in is October 25th!

There is a Public meeting being held this month on October 20th at 7pm (Chisholm United Church) to provide the community with a chance to hear about and see the new Official Plan. This has been a 2 year project, started in 2009, and it is coming to completion - mark your calendars for this date - it is so important for us to be aware of the changes and updates of how our community is growing and how new regulations have changed how we manage our own properties. Copies can be gotten from the website OR at the office. See U there! Don't Forget to Vote on October 6th!! ... and from our community to yours have Happy Thanksgiving and & a very safe Halloween.

BASEMENT BOOKSHOP at the POWASSAN UNITED CHURCH

In the beginning there was a box of books, a box of books left over following the annual United Church yard sale. It was moved into the basement, followed by other boxes, eventually requiring the construction of shelving. And so, more by evolution than design, what would become a fairly large used bookstore began over a decade ago. Northern and Central Ontario libraries, School Boards and individual donations help to keep the shelves stocked. Any material not suitable for sale is recycled.

What was initially part of a fund-raiser also evolved into an outreach program as part of the Powassan United Church vision of supporting the Arts. (The church features an art gallery of local artists and provides studios for the NBSO violin teachers)

The bookstore offers very inexpensive access to a wide range of literature for people in Powassan and surrounding communities as well as having supplied thousands of books to school and community libraries in Africa. Currently, the Bookshop is seeking contact persons and means of transportation to continue this international outreach as well as to Canada's north.

Mystery, popular fiction, sports, history - 15,000 books on the shelves practically guarantees that the reader will find something of interest. Fill a bag (supplied) with books for \$8.00 or choose individually (hardcover \$1 & softcovers 50cents each).

Basement Bookstore hours: Thurs 10am - 3pm & Saturday 9am - Noon



**TURKEY PIES
FOR SALE
\$10.00 each**

Chisholm United Church has Turkey Pies for Sale
Please contact Sue @ 705-724-3989

Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

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Are you RUNNING for the CURE??

The Canadian Breast Cancer Foundation asks you to GET INVOLVED and make your Activities count! The CBCF has many opportunities for you to give and promote awareness—from yard sales—to giving back Gift Cards—to Cooking parties where funds are given by Kitchen Aid Canada over what you raise. Check out their website at www.cbcf.org for more information.

The Canadian Breast Cancer Foundation was founded in 1986 as the first volunteer-led organization in the country devoted exclusively to breast cancer research, health promotion and advocacy. Our goal is to reduce the number of people diagnosed with breast cancer, and to improve quality of life for those affected. We direct donor dollars to world-class researchers and clinicians who are making ground breaking progress in breast cancer prevention, diagnosis, treatment and care. Since 2000, the Foundation has awarded 450 grants, supporting research projects and fellowships. For more information, visit: www.cbcf.org/ontario.

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Things that make you go "HMMMM"

- If olive oil comes from olives, where does baby oil come from?
- Why do you need a driver's license to buy liquor when you can't drink and drive?
- If a cow laughed, would milk come out it's nose?
- If a book about failures doesn't sell, is it a success?
- What do you do when you see an endangered animal that eats only endangered plants?
- What's another word for thesaurus?
- If a parsley farmer is sued, can they garnish his wages?
- Would a fly without wings be called a walk?
- Can you be a closet claustrophobic?

RHUBARB ... did you know?! ...

- You can dye an egg, dye hair or even your sweater with rhubarb.
- You can even use rhubarb fibre to make a nice homemade paper.
- You can also make a stepping-stone or a bird-bath out of a rhubarb leaf.
- The word rhubarb comes from the Latin word "rhabarum" which means "root of the barbarians." The Romans labelled people who ate rhubarb "barbarians."
- The Chinese were cultivating rhubarb as early as 2700 BC. Ben Franklin saw that seeds were sent in the late 1700's to the Quakers on the American East Coast. (Thanks Ben!) They called it the "Persian Apple" because it was thought to be an exotic fruit from somewhere in Asia..
- The Russians took rhubarb to Alaska in the 1800's because they thought it would protect people from scurvy.
- Over the 19th century, the tea and rhubarb market from China was flourishing. Because of the reputation rhubarb had as possessing wonderful medicinal qualities, it became quite desirable. As early as the mid 1500's, it was much more expensive than the cinnamon in France. By the mid 1600's, rhubarb was double the price of opium in England.
- Rhubarb provides relief for Acid-Reflux
- Rhubarb is a great substitute for cranberries because of the bitterness and the high acidity.
- The redder the stalk, the sweeter the taste.
- "If the stalk is green, it's not good." (Not true, it is just a different type)
- It was given to children as a blood purifier, or to induce vomiting, and yet was a wonderful cure for constipation.
- Rhubarb is capable of cleaning a burned pot and yet capable of ruining another depending upon the material the acids are acting on.
- Rhubarb makes a wonderful dessert, yet the leaves can be made into an environmentally-friendly liquid strong enough to kill a variety of garden bugs.

(taken from www.savor-the-rhubarb.com)



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HISTORY FROM...

OUR BACK ROADS...

Powassan's Masonic Lodge #443

The thing I enjoy most about writing for the Backroads every month, is it gives me the opportunity to research more of Powassan's history. I'm sure many people in town are like myself and know little about Powassan's Masonic Lodge. The building that the Masonic Lodge No. 443 meets in has a fair bit of history itself. It was originally built on land that is now part of the fairgrounds in 1888. With the town ever growing near the railway the building was moved to its current location on Clark Street in 1900. The Masonic Lodge purchased the building in December 1929 for \$400.00 and on Sept. 2nd 1932 the new lodge was officially opened.

We can trace the origin of the Masons in Powassan back to November 1896. As more and more Masonic Brethren moved to this area there was talk of forming a new lodge. On July 9 1897 a Dispensation was presented from the Grand Lodge of Canada, and Mr. Wm. Carmichael was appointed the first Master of the Powassan Lodge. Meetings were first held in a loft above Charles Frederick's Tailor Shop on Main Street. When Tom Trenouth built his new General Store the lodge was relocated to the attic above Tom's store. It was said that the air was thick with cigarette and pipe smoke, and when a banquet was held, a cigar was placed beside every plate. The building was lost in the fire of 1929 that destroyed much of the northwest block of town. Many of the artifacts were saved from the lodge, including the original Warrant and the original Ashlar. It was at this time that the lodge purchased its present building on Clark Street.

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

My research has led me to find out more of just what Freemasonry represents. It traces its origins back to the middle ages when stonemasons worked on the cathedrals, abbeys and castles. Men of outstanding character and high ideals formed groups called lodges, and with the decline of mason construction in the 17th century the traditions carried on.

Their web site today describes the organization as such:

Freemasonry is the oldest and largest worldwide fraternity dedicated to the Brotherhood of Man under the Fatherhood of a Supreme Being. Although of a religious nature, Freemasonry is not a religion. It urges its members, however, to be faithful and devoted to their own religious beliefs.

As a fraternity along with their rituals they promote charity and positive involvement in the community. They have helped raise funds for the Powassan Medical Centre, contributed to help fight drug addiction and in 1991 initiated Powassan's first Blood Donor Clinic. In recent years the lodge has been assisting the community with their Masonichip Program

that provides parents with a simple tool to assist police and the public in locating children should they ever go missing.

I am sure that the Masonic Lodge has helped out many more ways in our community. If you would



The symbol of the Mason's is a compass and square, two tools of the stone masons. The "G" is said to stand for God.... the center of Freemasonry, although it is also said to stand for geometry, the noblest of sciences.

Game Pages

Last Month's Sudoku Answer

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

October 2011 Sudoku

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

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

5	23	10	2	14	18	15	11	26	21	3	15	24	5	26	10	1	11	6	2	16	6	17	5	1
	11	1	18	21	11	12	3	5	26	11	14	14	26	10	16	7	24	3	14	19				
	26	21	11	1	20	3	13	15	10	23	18	3	18	10	1	11	12	3	14	12	3	26		
	13	2	24	21	5	10	1					21	3	1	15	7	26	21	10	15	3	11	2	

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: "Education's purpose is to replace an empty mind with an open one. Malcolm S. Forbes"



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Halloween Trivia

- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.
- Bobbing for apples is thought to have originated from the roman harvest festival that honours Pomona, the goddess of fruit trees.

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Very Tricky Halloween Word Search



a n c l c l m g y r p z m c h
x a c g n i n e t h g i r f u
i v d r a c u l a n b c s w l
i a y s s k e l e t o n e a b
o m r p c a l d r o n r i s m
w p a i c o b h t i e y m p z
i i c d w a a s r w s x m o o
t r s e m u t s o c s f u o o m
c e e r n s f l k f h f m k b
h n b t o f f b c r e e p y i
a i e h s w s n i l b o g d e
z d g g c n x b r o o m o o n
t c a i l w o s t i r i p s a
p t m n i p u m p k i n z u r
b l a c k x o k a x m e m d p

- | | | |
|-------------|-----------|----------------|
| bat | ghosts | scary |
| black | goblins | skeleton |
| bones | halloween | spider |
| broom | haunted | spirits |
| caldron | monster | spooky |
| cat | moon | trick or treat |
| costumes | mummies | vampire |
| creepy | night | werewolf |
| dracula | owl | witch |
| frightening | pumpkin | zombie |

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T for time to be together, turkey, talk, and tangy weather.

H for harvest stored away, home, and hearth, and holiday.

A for autumn's frosty art, and abundance in the heart.

N for neighbours, and October, nice things, new things to remember.

K for kitchen, kettles' croon, kith and kin expected soon.

S for sizzles, sights, and sounds, and something special that abounds.

Local Happenings

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

October 1, 2011—Golden Ages Fair at Best Western North Bay 10am - 4pm This event is designed to provide exceptional service and access to products, services and information to people seeking answers about retirement and beyond. Exhibitors & Seminars 11am-4pm. Beginning at 10am with an Excitement filled Grand opening. For information please contact Erin Celebre at Creative Celebrations: (705)499-7583 or see website www.creativecelebrations.ca.

Powassan Legion's Friday Night Suppers call 705-724-2235 for extra information: Oct. 07th Please call the Legion for what is being served. **Oct. 21st** Roast Beef Dinner with mashed potatoes, vegetables, Caesar salad, coffee/tea + dessert, all for only \$10.00 tax included, per person. Advance reservation recommended as the tickets sell quickly. **Nov. 04th** Spaghetti Supper with garlic bread, Caesar salad, coffee/tea + dessert all for the tax included price of \$10.00 per person. Advance reservation recommended as the tickets sell quickly.

October 8th - A SCOTT COOK Concert at Piebird B&B Farmstay in Nipissing Village at 7:30pm \$12 advance, \$15 at door/\$35 dinner and show. Limited seating for a home grown vegetarian harvest dinner is available before the show, please call 705 724-1144 to reserve. Dinner seating at 6:00, show at 7:30. www.piebird.ca/concerts

October 15th - Freedom's Voice in concert starting at 7 pm at the Powassan Wesleyan Church

October 29th - The Ladies Auxiliary Royal Canadian Legion - BR445 Callander invite you to their annual Craft and Bake sale starting at 10am - 4pm at 345 Lansdowne St, Callander. Crafts, Bake Sale & Lunch (11-2). All welcome and FREE admission!

Nov 4th Ladies Auxiliary of Callander Legion Br 445 invites you to a Roasted Chicken Breast Dinner with all the fixings, \$9.00 at 345 Lansdowne St, Callander from 5:30pm - 6:30pm All Welcome.

November 5th - Fall Turkey Dinner at Powassan United Church 4:30pm -6:30pm Adults \$13.00; Students (6yr-12yr) \$6.00; 5yrs and under \$free

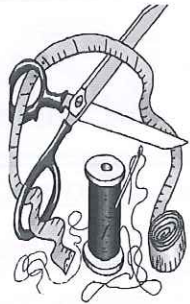
The Edge youth group for grades 6,7,8 Monday 6:45pm - St Joseph Church, Powassan in the downstairs hall All welcome. Call for more details 724-5964

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

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

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

Basement Bookshop, Powassan United Church, 15,000 books, all categories, Open Thursday 10:00 - 3:00 and Saturday 9:00 - 12:00



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From the Kitchen October is National Caramel & Rhubarb Month

The Aherns' All-Purpose Gluten-Free Flour Mix

300 grams superfine brown rice flour 250 grams sweet rice flour
150 grams tapioca flour 100 grams sorghum flour
100 grams potato starch 100 grams cornstarch
Mix them all up in a large container. Put on the lid. Shake it around. You have flour. If you look at this combination, the brown rice flour and sorghum flour make up 40% of the mix by weight. The sweet rice flour, tapioca flour, potato starch, and cornstarch make up 60% of the mix by weight. Here's the important part: if you keep to this same ratio of whole grain to starches, you can use other flours you like more for your all-purpose mix. Use millet instead of the sorghum, or amaranth. If you can't eat corn, use more potato starch in place of the cornstarch. Stick to this ratio and mix up a big batch of flour. You'll have all-purpose flour again. You can bake almost any one of your old baking favourites now, substituting this mix for the all-purpose flour in the recipe. The only thing you have to remember is this: do not simply measure a cup of the gluten free all-purpose flour and expect the recipe to work. When you substitute your gluten-free all-purpose flour in a gluten recipe, use 140 grams or 5 ounces for every 1 cup of gluten all-purpose flour. (Thank you to www.glutenfreegirl.com for both of the Gluten Free recipes this month)

CARAMEL APPLES

(from www.allrecipes.com)

"The caramel coating is very gooey, so refrigerate the apples for about 15 minutes, or until the caramel has firmed up. (You will need 6 wooden craft sticks for this recipe.)"

2 tablespoons milk
1 (14oz) package individually wrapped caramels, unwrapped
Directions
1. Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.
2. Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.
3. Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.

gluten-free rhubarb muffins (Makes about 12 muffins)

280 grams (about 2 cups) all-purpose gluten-free flour (see above) 140 grams (about 1 cup) teff flour
1 teaspoon baking powder 1 teaspoon baking soda
3/4 teaspoon kosher salt 1/2 teaspoon guar gum
8 tablespoons (1 stick) unsalted butter, melted and slightly cooled 1/3 cup sugar
1/3 cup brown sugar, lightly packed 2 eggs
1 cup sour cream (or thick Greek yogurt) 1/2 cup rhubarb compote
1 cup raw rhubarb, fine-diced Turbinado raw sugar for the tops of the muffins

Preheat the oven to 375°. Grease the muffin tins with canola oil or butter. (we prefer butter.)

Combining the dry ingredients. Combine the AP flour and teff flour. Sift them together into a large bowl. Add the baking powder, baking soda, kosher salt, and guar gum. Set aside. **Combining the wet ingredients.** Stir together the butter, sugar, and brown sugar. (We did this in a stand mixer, but you can easily do this by hand.) Add 1 egg at a time, stirring well between each egg. Plop in the sour cream and compote. Combine until they are mixed well. **Finishing the muffins.** Add the wet ingredients to the bowl of flours and stir until they are just combined. Stir in the raw rhubarb. Scoop the muffin batter into the tins, slightly above the edge. Sprinkle raw sugar on top. **Baking the muffins.** Slide the muffin tin into the oven and bake for 12 minutes, then turn the muffin tin 180° to promote even baking. Bake until the tops are golden brown and the muffins feel firm to the touch, about another 10 to 12 minutes. Let the muffins cool for a moment or two, until you can touch them. Take each muffin out of the tin and turn it on its side in the cup to cool. (Thanks to Kim Boyce for this suggestion. This keeps the muffins from growing soggy.) These muffins are best when you eat them the day you make them, but they work the next day too.

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A ball is a circle, no beginning, no end - it keeps us together like our Circle of Friends
But the treasure inside for you to see, is the treasure of friendship you've granted to me

Bumper Stickers

- If I agreed with you, we'd both be wrong.
- We never really grow up, we only learn how to act in public.
- War does not determine who is right - only who is left.
- Evening news is where they begin with 'Good Evening,' and then proceed to tell you why it isn't.
- To steal ideas from one person is plagiarism. To steal from many is research..
- A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
- I thought I wanted a career. Turns out I just wanted paycheques
- Whenever I fill out an application, in the part that says, 'In case of emergency, notify:' I put 'DOCTOR.'

.... from my side of the Road

Life has its ups and downs but its in the fall of the year that we seem to come together in thanks and appreciation for all that we have. The harvest and Thanksgiving holidays give us time to ponder on our blessings and on our family & friends. I've been thinking this past month about preparations for Thanksgiving, Halloween and yes even Christmas. With family spread over the miles - our house is a busy place and our schedules are full to say the least. Its also at this time transition from summer to fall is fought out (fall normally winning with the odd Indian Summer giving a good final fight lol) A time to put your shorts and tank tops away and pull out the sweaters, long sleeved shirts, coats and boots. A time to wish for bigger closets (OH that's a different topic HA HA). As your home transits into the fall and winter seasons be sure to hold on to the good times of summer - afternoons and evenings with friends and family - outside activities (walks and pickup football/street hockey are great options to TV and Napping (okay maybe NOT an option for Naps) - quiet time with yourself to reflect & dream, walks in the parks. Point being - don't hide indoors because the temps fall below 20 - enjoy life every second you have it! Let me close by wishing you and your family & friends a very thankful and blessed Thanksgiving and to those party hounds out there a very **SPOOKY** Halloween Smile like the sun is beating on your face and the breeze is blowing the dirt in the other direction :) That's how I see it from "my side of the road" ... Teresa