

PITTSFIELD POST

A FREE WEEKLY PRODUCTION BY COMMUNITY VOLUNTEERS

March 18, 2020

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."
— Charles Dickens, *Great Expectations*

Read All About It: Maple Syrup

Did you know it takes roughly 40 gallons of sap to make a gallon of syrup, AND it takes roughly 40 years for a maple tree to begin producing sap? But in 2013, the University of Vermont Proctor Maple Research Facility announced they had learned it is possible to produce sap from three to four inch diameter maple trees that had their tops cut off. Theoretically, it is possible and efficient to collect sap from fields of short, small maple tree trunks. To date, there are no commercial maple syrup producers who have adopted this unsightly method of sap collection.

Indigenous people living in the Northeast of North America were the first to make maple syrup. According to oral traditions, and archaeological evidence, sap was boiled down to syrup long before the arrival of European colonists. Squirrels bite maple branches and lick the sap, which may have been the inspiration for Indigenous people to sample and collect sap.

In 2019, the United States produced 4,242,000 gallons of maple syrup. Vermont had the largest production of 2,070,000 gallons, followed by New York with 820,000 gallons, and Maine with 580,000 gallons. Of course, New Hampshireites believe that our 148,000 gallons are of the highest quality and have the best flavor!

Canada is the world's largest producer of maple syrup; producing 13.2 million gallons during 2019. In 1966, recognizing the value of this delectable commodity, Canada established a strategic maple syrup reserve. Currently the reserve maintains 80,000 barrels of syrup with each barrel weighing 600 pounds. Each barrel is valued at approximately \$1800.00 Canadian. Which is much, much more valuable than a barrel of oil! In 2011 and 2012 seventeen men became infamous in the great Candian maple syrup heist. In what was an inside job, the men siphoned off 122,000 barrels of syrup over the two year period.

Throughout the Northeast, maple syrup is a staple for sweetening treasured favorite foods. "Maple syrup and maple sugar were used during the American Civil War and by abolitionists in the years before the war because most cane sugar and molasses were produced by Southern slaves. Because of food rationing during the Second World War, people in the Northeastern United States were encouraged to stretch their sugar rations by sweetening foods with maple syrup and maple sugar, and recipe books were printed to help housewives employ this alternative source." *Wikipedia*

Bottom line: Maple syrup is especially yummy.



MARCH OPEN HOUSE

Saturday March 14th: 10-4
March 21st & 22nd (Maple Weekend):
Saturday 10-4 | Sunday 12:30-5

Come see our
1,300 tap
woodfired
operation.

FOR SALE:

Maple Syrup (All sizes
including decorative glass)
Maple Candy
Maple Cream
Prints by Gene Matras

The Sudsy Cow (Cows Milk Soap)
27 Teas (NH Loose Leaf Tea)
Blue Farmhouse Crafts (Hand
Lettered Signs)
Handmade Arts & Crafts

821 Catamount Road, Pittsfield | www.facebook.com/matrasmaple

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PITTSFIELD TOWN CRIER

by Andi Riel, 435-6346

pittsfieldtowncrier@hotmail.com

Little Panthers is Taking a Break

The Pittsfield School District has begun guidelines to maintain the health of all of Pittsfield's citizens. Through April 3rd the Wednesday morning Little Panthers has been cancelled. Meanwhile, the Pittsfield Middle High School (PMHS) Student Leaders will continue to plan enriching activities for preschool age children. Who knows what they'll introduce when families return to gather in the PMHS library!

Activities at the Senior Center Have Been Suspended

Meals on Wheels continues to be prepared and delivered. Community lunch at the Center will be served through March 19. Please call the Center at 435-8482 to learn when activities will resume and confirm whether community lunch will be served.

Monday, March 23, 6pm PMHS

Planning meeting for the Pittsfield High School All Class Reunion. We are looking for ONE member from each Class to act as the Key Contact person – to contact their own classmates and inform them about the reunion. INTERESTED??? Please contact Andi Riel at 435-6346 or pittsfieldtowncrier@hotmail.com for more information.

Thursday, April 9

At the Senior Center - Meals on Wheels (MOW) Fundraiser: Bake Sale - We are getting ready for our annual MOW Bake Sale Fundraiser. We need people who are willing to bake items, to watch the table to sell the items, and to help set up. If interested to help, please contact the Center at 435-8482. The bake sale will take place Thursday, April 9, 2020. Please consider making a monetary contribution to the CAPBMCI Meals on Wheels during the month of March and throughout the year. Donations help us eradicate senior hunger. For more information, visit www.bmcap.org or call your local senior center.

At the **Senior Center** - Do you play chess? We are thinking about starting a chess club. If interested please call 435-8482. The day and time has not been set yet, we will work with people's schedules.

Sunday, April 19 and May 17

Save the dates to restore and relax: Sundays, April 19 and May 17. **Embodied Restorative Yoga** - Every month, no yoga experience needed. Go to [Hypnotherapy Near Me | Pittsfield NH | Growing](#)

[Harmony Services](#) for additional information and to register.

Pittsfield Youth Baseball Assoc (PYBA) is holding a raffle. Cash prizes – 1st - \$1,000, 2nd- \$750, and 3rd- \$500. PYBA is selling only 1000 tickets and 3 of them will be winners of cold, hard cash! PYBA players will be getting their tickets soon to sell. Tickets are \$10 each.

The PMHS Athletic Department is actively looking for a Girls Junior Varsity Softball Coach and a Girls Varsity Assistant Softball Coach. The game schedule begins April 13th and continues to May 27th. Previous experience playing and/or coaching is preferred, but not required. We will work and educate an interested and motivated applicant. All interested applicants should contact Jay Darrah, Director of Athletics at jaydarrah@pittsfieldnhschools.org

FB Argue Recreation Area Summer Employment

The Pittsfield Parks and Recreation Commission is looking for qualified applicants for the positions of director, assistant director, lifeguards, and gate keepers. Knowledge of CPR and water safety are basic requirements for all positions. We can arrange for CPR training. Applications are available from the Town Hall or online on the Town of Pittsfield, NH website. Applications should be turned in at the Pittsfield Town Hall by March 27, 2020.

The Victory Workers 4-H Club will be holding their annual Flower Fundraiser. Hanging baskets and window boxes will be sold – prices range from \$22-25. Orders are due by April 1st. Contact your favorite 4-H member/family to purchase some beautiful flowers.

JOANN stores, across the country, help 4-H Clubs receive critical resources to bring hands-on programs to local youth. Starting March 1 - April 30, visit your local JOANN store to purchase, at the register, a "Pay It Forward" tear away for either \$1 or \$4 and help 4-H to Inspire a Child's Creativity. If you donate \$4, JOANN will give you a coupon to use on a future purchase.

Please help support Pittsfield Elementary School's **PES FOOD 4 KIDS**. This program sends bags of food home on weekends for many children in our town. For the month of March every time the reusable \$2.50 Fight Hunger bag is sold, at the Hannaford Store, 73 Fort Eddy Rd Concord, **PES Food 4 Kids** will receive a \$1.00 donation.

Happy Birthday wishes to Pam Clattenburg on Thursday. I hope you enjoy your special day!

Josiah Carpenter Library 1895-2020

The reception to celebrate the library's 125th birthday has been postponed as precaution to strengthen public health. We will wait and enjoy birthday cake at a later date. The library remains open and has guidelines to maintain healthy social distance among visitors.

The library's after school clubs have been working their paintings in the impressionist, or "patch of color" (*H.W. Janson*) painting style. Impressionism began in the 1870's and was in full bloom in the 1890's. The library is preparing an exhibition of the children's paintings for our community to enjoy.

Ready to Read Family Activity of the Week

Reading: Help your child notice words as you go through your everyday routine. Point out street signs, words on food cartons, signs on shops, etc

Sweet Treats

Across

1. Soft textured chocolate dessert from France
5. Peach _____
8. To sharpen your baking skills.
9. America's favorite pie
10. Slang for mother
11. Crème _____
12. Pudding made with a grain.
13. A fruit pie
15. _____ snap cookies.
17. New York is famous for this cake.
20. Common baking ingredient.
21. Common Thanksgiving dessert.
22. European dessert made with apples.

Down

2. A citrus commonly used as a flavoring.
3. An early summer treat.
4. Chocolate treat cut into squares.
6. Molten chocolate cake.
7. Everyone craves this.
10. Made from whipped egg whites and sugar.
14. Graham _____ crust.
16. Pie common in the southern US.
18. Can't have your _____ and eat it too.
19. A type of lime pie.

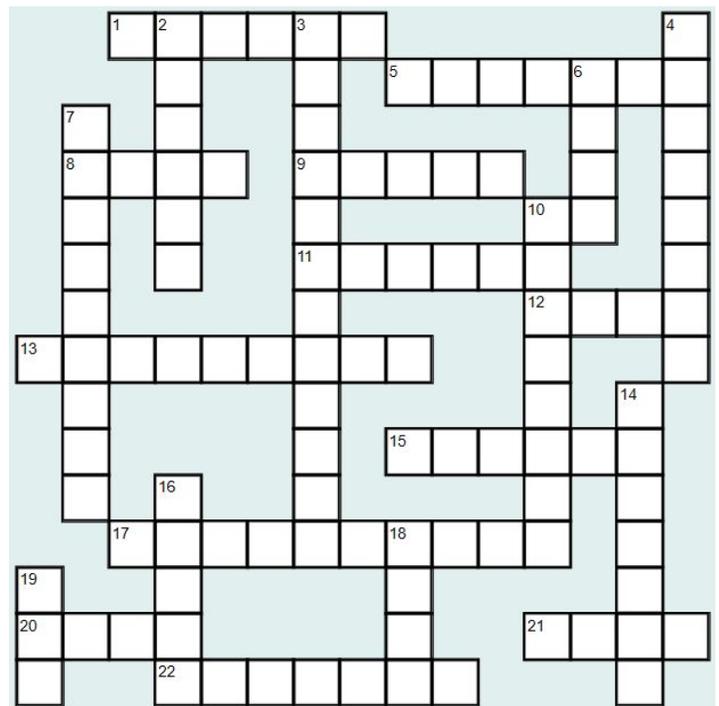
Community Assistance Wanted - American Red Cross

The American Red Cross has a need for Blood Donor Ambassador and Disaster Action Team Member volunteers throughout much of Vermont and New Hampshire. This is a great way to be ready to support your community and neighbors when at its most vulnerable state and make a difference. Anyone who is interested in helping us fill these needed positions can apply at redcross.org/volunteer.

Blood Donor Ambassadors are critical to our mobile blood drives in the area. We have an urgent need for individuals to help staff blood drives and make sure our blood donors have a positive experience. Volunteers can sign up for a minimum of one – five hour shift each month. No experience is necessary and all training is provided.

Disaster Action Team Members are critical to our local emergency response. Most commonly our teams respond to home fires but additional training will allow you to support local sheltering, feeding and other response roles. Volunteers can sign up for a minimum of one – eight hour *on call* shift each month. No experience is necessary and all training is provided.

Apply at redcross.org/volunteer and call (802)735-8842 or email erica.fuller4@redcross.org with questions.



Cook's Corner French Dip Sandwiches



Here's another great slow cooker meal that will have your family wanting to know 'What smells so good?'. And if there are any leftovers, it makes terrific pulled beef tacos. Just reheat the beef, add some sauteed peppers & onions, throw them into warmed flour tortillas, a plop of sour cream and salsa, and maybe a little Spanish Rice and corn. The recipe below is for a 3 to 3.5 lb. brisket, but if your slow cooker is large enough, you could do a larger brisket to ensure you have extra for Taco Tuesday! Bon Appetit!

Recipe

4 cups low sodium beef broth
2 envelopes French Onion soup, dry mix
2 medium onions, sliced
4 Tbsp. Worcestershire sauce
2 Tbsp. all purpose flour
3 to 3 & ½ lbs. chuck roast or beef brisket
French bread / baguette
Mayonnaise
Provolone cheese slices

In a 4 to 6 quart slow cooker, combine broth, dry soup mix, Worcestershire sauce, and flour. Whisk until smooth. Add beef and onions. Cook on low for 7 to 8 hours or on high for 4 to 5 hours.

When done, slice the meat into very thin slices (or shred if it's already falling apart). Bring the broth mixture to a boil until it's slightly thickened to create a jus. It's okay to add a little cornstarch, or flour, to help thicken, but you don't want the jus too thick.

Meanwhile slice the baguette in half, then lengthwise so you have four sammies, and toast in the oven. When toasted, schmear the bread with mayo, then top with meat, some of the onions, and cheese slices. Serve the sandwiches with the jus on the side in little bowls. It's all about dipping the sammie in the broth!!

Roasted potatoes or oven fries are a great side here, and maybe a little coleslaw. And extra napkins!

MP Christakos

New Hampshire K-12 Schools Closed through Friday, April 3

As a response to the coronavirus pandemic, Pittsfield Schools – and all New Hampshire K-12 Schools – will be closed to students for at least three weeks beginning March 16.

This first week of closing is provided to give our teachers and school staff time to prepare for remote learning for all our students.

Remote learning will begin by Monday, March 23, at the latest. School offices will remain open during regular school hours; however, this may change as well.

A number of accommodations are being folded into our planning, including:

- Technology accessibility for all students;
- Food service to provide meals to students who qualify for free and reduced price meals;
- Support for special needs students and students with Section 504 plans.

The district has developed a communications plan for the duration that includes at least two updates per week, on Mondays and Thursdays (and at other times when indicated). Messages are being sent to families via School Messenger and posted on the district website.

Your patience, understanding, and support are appreciated during this challenging occurrence. Sincerely, *John Freeman*, Superintendent of Schools

US Census 2020

On March 12 the census kicked off across the country with invitations to participate mailed to every household. The US census has been conducted every 10 years since 1790. For the first time ever, most residents will be asked to fill out the forms online. Many census takers may be sent door-to-door to households who do not respond. The census determines how federal funding should be divided among states for things like schools, hospitals, and roads. So it's pretty important for people to fill it out. Some of the *Post* volunteers have completed their online census forms. It was easy, so go ahead and give it a try.

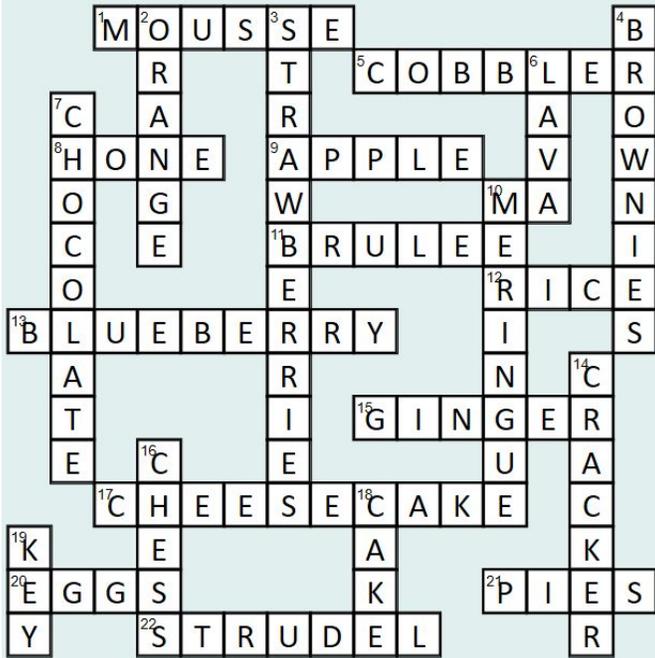
Inspired by the US census the *Post* is still collecting information about the critters who live with the people of Pittsfield. We think learning about critters is fun, so keep sending the *Post* all the details about your critters! pittsfieldnew@pnhcc.org We will publish the final tally in early April.

Critter Count 2020 Blueberry Express DayCare

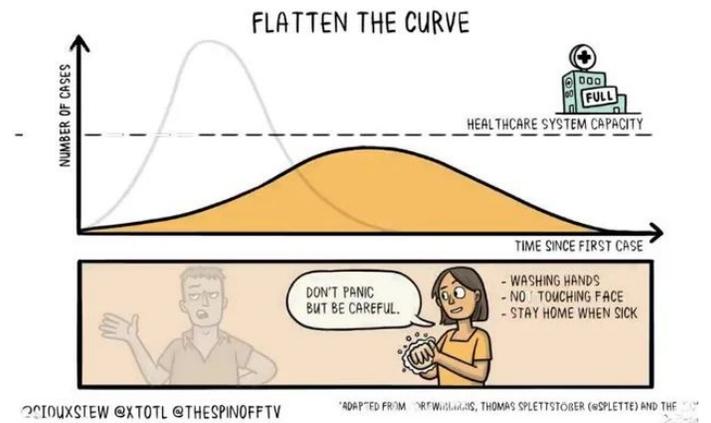
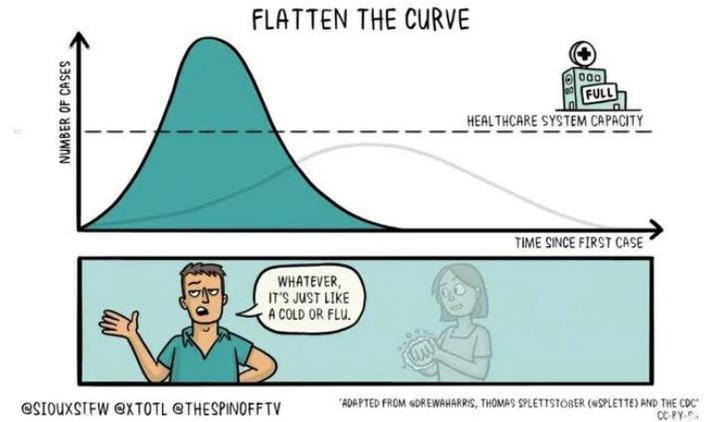
Name	Animals	Age	Comments
Sarah	Honey Bees		
Emmet	1 dog	5	
Grayson	1 dog, 1 cat	5	
Hope		5	I had only 1 dog when I was a kid her name was Skye
Mary	1 dog	4	He is my best friend. My favorite animal is a monkey
Mike	10 goats outside, they are old. 1 goat inside because she is a baby and 2 cats and 2 dogs	5	My 2 cats are Lucky and Thor. Lucky likes to love people and Thor likes to scratch people. I also have 10 chickens and 1 dead rooster
Graham	2 dogs	5	My dogs are Bailey and Lou, they go in the kennel. I am getting a new cat in 2 weeks
Laurie	1 dog		
Elias	1 dog, 1 cat and 1 bunny	3	My dog jumps on me and bites my ear, the bunny bites Mom
Zoey	2 cats, 1 fish, she's a pirate	3	My 2 cats are Midnight and Holly. Midnight has yellow eyes and Holly has black eyes
Connor	10 kitties	4	
Emma	3 dogs and 4 cats @uncle's house	4	
Maxine	2 cats		
Scarlett L.	1 dog and 1 cat	4	
Tristin	1 cat, Skye and 1 Teddy, he's a bear	4	My cat jumps and he is furry and he runs away from me all the time
Nicole	6 cows, 2 horses, 1 pony and 3 fish		
Daniel	1 chicken and 2 dogs	1	
Haley	3 dogs and 2 cats		
Gianna & Julian	2 dogs	1 & 3	
Traci	2 cats, 1 dog and 6 chickens		
Lisa	1 cat		
Scarlett P.	1 unicorn and 1 monkey	3	My Nana has a kitty and a dog
Jack	1 goldfish	3	
Amelia	5 kitty cats	3	
Lucy	1 dog	3	My dog's name is Prudy
Heather	2 cats		
Charlie	3 dogs	4	My dog Reba looks like a colorful duck, my dog Heineken looks like a cow and Riley dog looks like a baby dinosaur. I think I might, maybe have sheep.
Ellis	2 dogs	5	My dogs are Brewsky and King. Grammy's dog is Reba, she is black lab.

***Blank ages indicate adults. When is it that we stop announcing our age to the world?*

SweetTreats Answers



Support Our Healthcare System



Please Support the *Pittsfield Post*

Pittsfield Center Development Corporation (PCDC), owner of the Community Center, is the fiscal agent for the *Pittsfield Post*. PCDC is a non-profit organization whose mission is to engage in activities that benefit Pittsfield. Checks should be made out to:
Pittsfield Center Development Corporation, memo: Newspaper
P.O. Box 253, Pittsfield, NH 03263
 Donations are tax-deductible. Donations above \$50.00 can be acknowledged as sponsor of the week.

Name: _____ Phone: _____

Address: _____

Email Address: _____

I would like to have sponsorship acknowledgement: Yes ___ No ___

Text for Sponsorship: _____

Seasonal Help Wanted

Attn: Students! Vintage Hill, LLC, a residential care home for the elderly, is seeking part-time seasonal help to assist with various tasks, to include but not limited to gardening, yard work, outside cleanup, etc. Candidate must be at least 16 years of age. 10-15 hours per week.

Apply at 10 Berry Avenue, Pittsfield.
 (603) 435-5133

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18th ANNUAL PITTSFIELD FIDDLE CONTEST
Friday, May 8, 2020 5:30-9:00pm
Silent Auction Fundraising
Fiddling Event 6:30pm
Beginner Showcase & Youth Competition followed by Open Division
Contest location:
Pittsfield Middle High School

