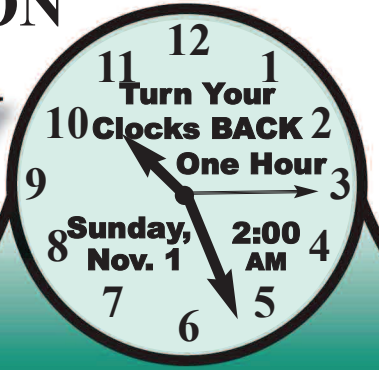


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TRENDY



TIMES

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OCTOBER 27, 2015 VOLUME 7 NUMBER 2

HAMLET COMPLETES THE SEASON AT THE COLONIAL

On Sunday, November 1st The Colonial Theatre in Bethlehem will present its final event of the season, the National Theatre Live Encore presentation in HD of Shakespeare's Hamlet starring Academy Award® nominee Benedict Cumberbatch.

Shakespeare's iconic tragedy unfolds as a country arms itself for war, and a family tears itself apart. Forced to avenge his father's death but paralyzed by the task ahead, Hamlet rages against the impossibility of his predicament, threatening both his sanity and the security of the state.

Benedict Cumberbatch is an international multi-award winning theatre, television and film actor. His recent stage credits for the National

Theatre include After the Dance and alternating the Creature and Dr Frankenstein, in Danny Boyle's production of Mary Shelley's Frankenstein for which he won the Olivier, Evening Standard and Critics' Circle Best Actor awards. He is currently best known for playing the title role in the BBC's "Sherlock" and will be seen next year as Richard III in The Hollow Crown: The Wars of the Roses. His film work includes Tinker Tailor Soldier Spy, Star Trek into Darkness, 12 Years a Slave, The Fifth Estate, August: Osage County and the role of Smaug in The Hobbit trilogy. Cumberbatch has been nominated for BAFTA, Golden Globe and Academy Awards for his role

playing Alan Turing in The Imitation Game.


The October 15th National Theatre Live international broadcast of William Shakespeare's Hamlet was seen by over 225,000 people, making it the largest global audience for a live broadcast day of any title in National Theatre Live history. The broadcast played on over 1,400 screens and in 25 countries on a live or time shifted basis. Now celebrating its 7th year broadcasting live performances to cinema screens internationally, National Theatre Live has now been experienced by over 4 million people worldwide.

General Admission tickets for the 7:00 PM show is \$17; Colonial, Catamount Arts and St. Kieran's Community Cen-



ter for the Arts members are \$14 and are available at the door only. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter

(@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

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TRENDY Dining Guide

www.trendytimes.com

Everbuddy's Casual Dining

By Gary Scruton

It was time again to visit the now familiar site of Everybuddy's Casual Dining. If you are a frequent reader of this column you may remember that this eatery recently changed their name from Valley View to Everybuddy's, and it appears that outwardly the change is now complete. When we visited on a recent Sunday evening we were soon greeted with two brand new menus sporting the Everybuddy's name. Yes, I wrote two menus. There was a regular menu with appetizers, entrees, sides and the rest. Plus a second menu that focused on a lighter eating menu. Each table also included a dessert and beverage menu. One thing that caught our eye on that third menu was the nice array of beer on tap. Very nice selection.

With all of those words about menus I still asked our waitress about the day's specials. And I am glad I did ask because they were offering a special haddock and scallops dinner (choice of fried or baked - there was no question but what I wanted the fried). Then I got to choose two sides. (Baked Beans and a side salad please). Plus french fries. My wife, once hearing I was going for seafood decided to try out the steak tips smothered in

grilled mushrooms and onions. Her chosen foods were mashed potatoes and broccoli.

My meal arrived and I honestly had to look a bit to find my haddock. It was not as I have normally seen haddock being served. Instead of a big piece of fish, it was smaller pieces each one batter dipped and fried to a very nice golden brown just like the scallops. It may have been a bit seeing the difference between the two, but once either was in my mouth there was plenty of evidence as to what was there. Very nice tasting on both counts. The salad and french fries

were also well enjoyed. As far as the baked beans were concerned, they came in a separate small bowl and like everything else were tasty and just what one would expect. No surprises.

In regards to the steak tips I must start by saying that my wife has been battling with a sore tooth of late. She thought about that after she had ordered, but thought she would probably be able to get thru with some minor chewing modifications. She was delightfully surprised to find the tips so tender that tooth worries were quickly re-categorized as: not a problem. In fact she enjoyed them so much that I did not even get a shot at tasting one. (Of course I did turn down a trade option with her.)

Once we were finished with the meals we went back

to that dessert/beverage menu. There was a nice variety to look at including strawberry shortcake, cheese cake, a sundae, and a few others. But again I quarried the waitress. "What kinds of pies do you have?" The list included apple, pumpkin, cherry, blueberry, mixed berry, and a couple of others. "Blueberry pie, please".

"Hot or cold" she asked. "Warm, please."

"Would you like ice cream

with that?"

"No thanks."

So a few minutes later the pie arrived and we both took a bite. Again a very good serving. Tasty, with a good crust.

Everybuddy's Casual Dining is a very solid choice in my book. It seems that whether we go with breakfast or dinner, we get a good meal, at a reasonable price, and with a solid wait staff. It all adds up to a real enjoyable meal.

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IN VINO VERITAS – BOTTLE THIRTY-ONE

“In Wine There Is Truth” - And Beauty

By Robert Roudebush

This'll start a conversation or end one. I drink cheap wine on a regular basis and I enjoy it.

QUESTION - “Let's call it a starter. What do you mean by cheap?”

ANSWER - Low price. Which is not to be confused with value. I'd call less than three dollars a bottle cheap.

Q - “Yeah, me too. How much less than three dollars? Where do you get it. What's it called?”

A - Three cents less, that makes it \$2.97, at wally world and it's called OAKLEAF and for that price in that location in that brand, you can choose varietals CHARDONNAY, MERLOT, SHIRAZ, CABERNET SAUVIGNON, MOSCATO, and something that people like around here, a SWEET RED. That last, of course, is no grape type, but just a general description of the wine inside the bottle. OAK LEAF also offers a blend called PINOT GRIGIO/COLUMBARD, one light dry white variety with another much less known, COLUMBARD. That last one is one of the most produced white grapes worldwide, but never known for being a great wine grape. Like many less celebrated grape types, it works OK when blended with a better varietal. In case you're trying to figure out how much cost that works out to per glass in a typical 750 milliliter bottle, at between 4 and 5 glasses per bottle depending on your pour, it means a little more than 74 cents to about 59 cents a glass, respectively.

Q - “That is cheap. Why drink cheap?”

A - That's what I can afford these days, - and it's at least OK to good.

Q - “OK fine. Compare that 74 cents and 59 cents per glass in OAKLEAF bottles to when you buy box wine from other producers, have you done that?”

A - Of course, and I've even done it for you in this column. Look back a few issues of TRENDY TIMES and you'll see I've broken it all down for you, various box wine names, qualities, capacities, and resulting prices per glass. A little summary here for those of you who don't want to access the TRENDY TIMES website for previous issues, or have not organized your stash of previous printed copies as some of us have -

- there are four bottles (750 milliliters each bottle) inside a 3-liter “box wine”. That's 16 to 20 glasses per

box. The price of some of the better box wines - BLACK BOX at about 15 dollars for the 3-liter, or BOTA BOX in the same size re-tailed for about 22 dollars. That works out to about \$3.73 per bottle in BLACK - (around 74 cents a glass if you get 5 glasses per bottle), and for the same amount of glasses per bottle equivalency in BOTA BOX, to about \$1.09 a glass. While both wines are doubtlessly superior wines to OAKLEAF, OAKLEAF in a single 750 ml. bottle still trumps them at cost per glass at 59 cents. Degrees of value are something you must decide for yourself, but in any case, each wine mentioned here is a value in terms of cost, and all at least qualify in my book as “drinkable, pleasant, and something I'd serve to other people”. Finally, be aware that if you seek out OAKLEAF, they also sell a 3-liter box wine and by now you can do the math at determining cost per glass - cost per box is between about \$11.00 to \$13.00, depending on which varietal you choose. At eleven dollars a three liter box, that makes each glass cost fifty five cents at a five glass pour - about the best cost per glass I've found around here.

Q - “But you used to drink much better wines.”

A - Sure I did, when I was making more money I could spend more on better wines, even superb wines. Also, I worked in the crazy restaurant/wine business where my profession granted me access to special private tast-

ings of some of the finest vintage wines in the history of the wine world. Sometimes, our small group would spend \$60.00 per person or more for just half an ounce or full ounce of some of the greatest red Bordeaux or white Burgundy ever produced. Rare, aged bottles from great vintage years. I'll never forget them, and I miss them now, but one of the best lessons I learned in my occupation was there were unending supplies of perfectly acceptable, if unexceptional, wine always available without spending too much money. I always told my customers that. I'm glad I learned that. That's the wine most of us world-wide drink most of the time. That lesson has served me well in my time of declining income.

Q - “So, you're not rich huh?”

A - Hah! Next question. One of the reasons OAKLEAF is OK is that it is not pretentious - that is, it does not pretend to be something it is not.

Q - “What do you mean?”

A - By now, dear questioner, you should know what I mean. OAKLEAF Merlot, for example, says on its front label, “Oakleaf Vineyards Merlot”. It dose not say “California”, or any other state. Certainly not any specific wine-growing region within that state, or any other state. That means you don't know where the grapes came from. There's no “vintage” mentioned anywhere, which means you don't know the year the grapes were har-



vested. The back label tells you the Alcohol by volume, which is 12.5%, it tells you it is “American” and it tells you it is “vinted and bottled by Oakleaf”. Those words do not mean grown or harvested in any specific place. There is not even a statement of the percentage of Merlot grapes - it could or could not be a blend of other grapes. And none of those things matter if they don't matter to you. The same approach of stark honesty is

evident on each OAKLEAF varietal I checked. That's what I mean by “unpretentious”, not lying to you, you get what you pay for. Go get some cheap good wine and have fun.

“(Editor's note - Roudebush served for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine - including how to enjoy it inexpensively.)”

Not all Times are Trendy, but there will always be Trendy Times

October 27, 2015

Volume 7, Number 2

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4 Growing The North Country's Economy

One Republican's View on Legalization

Rep. Brad Bailey
Grafton 14
New Hampshire House of Representatives

nium budget the tax reduction approved amounts to \$40 million over the next two years. By lowering taxes on the business owner who repairs your car in Littleton, cuts your hair in Berlin, drops off your firewood in Lancaster, delivers fresh milk from North Haverhill and puts fresh eggs on your table from Monroe – we want all businesses to succeed. And that's critical, because according to the US Census, for the first time in our nation's history we are losing more small businesses faster than they are being created.

In New Hampshire lowering business taxes is the first step. Offering incentives to revitalize existing businesses combined with legislation designed to attract new employers to our state will help. Of course the cost of electricity is an over-arching issue that must be dealt with as an important piece of future economic growth.

The reduction of the state's businesses taxes marks the first time in two decades taxes have been lowered on businesses- including small family-owned North Country establishments you frequent. Let's work together on a multifaceted approach which brings a new energy and can-do spirit to New Hampshire's economy that will benefit us all.

By Joe Benning
VT State Senator
Caledonia-Orange District

Recently WDEV's Mike Smith asked me an interesting question. "You're for legalization of marijuana- isn't that a strange position for a Republican?" Time constraints limited my response to what brought me personally to that position. I missed the opportunity to explain why any Vermont Republican might favor legalization.

I concede there are Vermonters who remain opposed to legalization, including many of my Republican colleagues. Some question the moral message it sends, some have law enforcement concerns, and some contend the product is far stronger than it was thirty years ago. These are legitimate concerns. I respond starting with two obvious facts. First, despite expenditure of untold billions, prohibition has not worked. Second, public sentiment is therefore moving in the direction of change. Now let's shift the discussion.

The Vermont Republican Party platform commences with a preamble embracing the principles embedded in the Declaration of Independence and the United States and Vermont Constitutions. The concept of individual liberty is the foundation of all three documents. Vermont's founders adopted that con-

cept, enshrining it with quotations now proudly adorning our statehouse walls. In 1859, just three years after the Republican Party was born, philosopher John Stuart Mill published these words in his seminal essay called On Liberty. "The only purpose for which power can be rightfully exercised over any member of a civilized community, against his will, is to prevent harm to others. His own good, either physical or moral, is not a sufficient warrant. Over himself, over his body and mind, the individual is sovereign."

Marijuana prohibition has never fit well with those Republican principles. That is the moral message we should be acknowledging. So let's live up to our founders' expectations and move on to address the remaining issues.

Law enforcement concerns center on the lack of a testing device for determining the level of marijuana intoxication in drivers. When I started practicing law in 1984 there was no such thing as a Datamaster test, the device currently used to determine breath/alcohol content. But people were still being prosecuted for drunk driving. Proper police training, signs of erratic driving, evidence of consumption- these tools are still used to obtain convictions for highway infractions. Yes, a testing device would

be helpful, but lack of one is no excuse to continue riding roughshod over the constitutional rights of those who wish to consume marijuana in ways that do not affect others.

Product content concerns are real, but unsafe marijuana is found today because it is produced, sold and purchased in an uncontrolled environment. Controlling that environment with state-monitored production, wholesale and retail establishments would assure two things. First, purchasers would know the product is safe and can be educated on proper use. Second, it would enable us to prevent the product from falling into the wrong hands. Presently we cannot control either situation, which is why people get sick and children too easily obtain it.

There is one final point to make. Tax receipts from a regulated environment would give us more funds to combat opiate addiction, arguably the biggest problem facing our society today.

At the end of the day the state's budget, property taxes, health care and the economy are far higher priorities for our legislature to worry about. But they should not be used as excuses to ignore flawed policy. This Vermont Republican argues it is time for change.

Volume 7, Number 2
October 27, 2015
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From The Desk Of NH State Senator

Jeanie FORRESTER

Dear Constituents,

Each year, after the session comes to a close, I begin visits to the 27 communities in District 2 to "report" on what happened during session. Meeting with the Selectboards and constituents who attend these meetings is always informative. It also provides me with an opportunity to learn what issues they are facing and gives them an opportunity to ask me questions.

There were over 1,000 pieces of legislation proposed by the House and Senate this session which addressed a wide range of New Hampshire issues. Specifically, the Senate focused on its main priorities, which included improving New Hampshire's business economy. We worked to meet these priorities by addressing high energy rates, reforming the high cost of worker's compensation insurance and reducing business regulations.

The legislature also passed a FY 2016-17 operating budget that addressed the needs of our most vulnerable citizens while incorporating business tax reductions aimed at growing New Hampshire's economy and creating jobs.

I've included below some of the major policy changes included in the budget, as well as other legislative priorities that have become law in our state.

Budget Overview

Jobs and the Economy

- ★ Lowered the Business Profits Tax for the first time in 20 years, and the Business Enterprise Tax for the first time ever, restoring NH's competitiveness over neighboring states.

- ★ Expanded the Research and Development Tax Credit in FY18.

Health and Human Services

- ★ Funded vital assistance

programs: Meals on Wheels, ServiceLink, & Developmental Disabilities.

- ★ Increased funding for alcohol & drug treatment and prevention programs by 75%,

- ★ Funded NH Mental Health Settlement, increasing funding for existing mental health infrastructure by \$6.5 million.

- ★ Ensured opening of 10-Bed Crisis Unit at NH Hospital.

Education

- ★ Increased state funding for the University System by \$12 million, including \$3.8 million for the Community College System, enough to ensure a two-year tuition freeze.

- ★ Phased out the cap on Adequate Education Grants. Increased state support for Charter School students.

Public Safety

- ★ Funded State Police Detectives Bureau and Homeland Security.

Protecting Taxpayers

- ★ Approved a balanced budget using conservative revenue estimates and no tax increases.

- ★ Doubled the Rainy Day Fund to protect NH's fiscal health and bond rating.

- ★ Eliminated \$129 million in tax increases proposed in Governor's budget.

- ★ Provided tax relief for NH businesses, cutting our uncompetitive business tax rates.

- ★ Increased state aid to cities and towns for schools, road construction, and Meals and Rooms revenues, helping local taxpayers.

- ★ Established Tax Amnesty, Voluntary Disclosure; enabling collection of delinquent tax revenue.

House & Senate Legislation

Jobs and the Economy

- ★ Approved Workers' Comp reforms, enabling employers to contest unreasonable

health care charges. Lowering Workers Comp is a key to job creation in New Hampshire. SB 133

- ★ Updated New Hampshire's outdated banking laws. SB 188

- ★ Updated and reformed New Hampshire's securities laws. SB 266

- ★ Protected the local fishing industry from stifling regulations. HB 464

- ★ Authorized Business Finance Authority to assist Balsam's Redevelopment. SB 30

Health and Human Services

- ★ Authorized the use of "telemedicine" to improve health care delivery at lower cost. SB 84 and SB 112

- ★ Strengthened protections against lead poisoning in children. SB 135

Provided parity for oral anti-cancer therapies. SB 137

- ★ Reduced hurdles for Managed Care Organizations to treat mental illness. HB 564

Cities and Towns

- ★ Authorized municipalities to improve storm water protections. SB 97

- ★ Authorized cities and town to establish special assessment districts. HB 486

- ★ Reduced costly and unnecessary mandates on local elections. HB 493

Education

- ★ Provided state support to local school districts for courses given to home-schooled students. SB 151

- ★ Increased state support for Community and Technical Education Centers. SB 190

- ★ Enabled towns to provide property tax exemption for Charter Schools. HB 662

Public Safety

- ★ Restricted the sale of synthetic drugs like Spice. SB 106

- ★ Established a fine for persons convicted of domestic

violence to assist victims. HB 681

Energy

- ★ Improved ability of Site Evaluation Committee to review energy projects. HB 614

- ★ Improved Site Evaluation Committee rules for gas pipelines to protect landowners. SB 572

Protecting Taxpayers

- ★ Improved state agency budget reporting requirements. SB 32

- ★ Improved disclosure requirements for homeowners facing foreclosure. SB 50

- ★ Reformed Real Estate Transfer Tax to remove improper tax on ground leases. SB 232


It's been a long first ses-

sion, but one that was productive. We built a responsible, balanced budget and continued our efforts to make New Hampshire a more business-friendly state.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with, please call or email (271-4980 [office] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

THURSDAY, OCTOBER 29

NORTCH COUNTRY FRUIT & VEGETABLE SEMINAR & TRADE SHOW
Mt. View Grand Resert, Whitefield
See Article on Page 14

Peacham Corner Guild Annual Christmas Show
10:00 am - 7:00 pm
Peacham Town Hall

ROSS-WOOD POST #20 MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

SATURDAY, OCTOBER 31

HALLOWEEN SPOOKTACULAR PENNY SALE
9:00 AM - By Pine Grove Grange
Bath Village School

CAFE MUSICO
6 PM Chili, Cornbread, Sweets. 7 PM Music
West Newbury Hall
See Article on Page 16

THURSDAY, NOVEMBER 12
FREE COMMUNITY DINNER

5:00 - 6:30 PM

St. Luke's Parish House, Woodsville

SUNDAY, NOVEMBER 1

HAMLET
7:00 PM
Colonial theater, Bethlehem
See Article on Page 1

SATURDAY, NOVEMBER 7

PEACHAM CORNER GUILD ANNUAL CHRISTMAS SHOW
10:00 am - 3:00 pm
Peacham Town Hall

CONNECTICUT RIVER VALLEY BEEKEEPERS

7:00 - 9:00 PM

Grafton County Extension, North Havehrill

MONDAY, NOVEMBER 2

GOOD OLE BOYS & GIRLS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River

AVALANCHE SEMINAR
Omni Mt. Washington Reserot, Bretton Woods
See Article on Page 3

HOMEMADE CHICKEN POT PIE
5:00 - 7:00 PM

American Legion Post 83, Lincoln

FRIDAY, NOVEMBER 13

AMERICAN LEGION RIDERS MEETING

6:00 PM

American Legion Home, Woodsville

HAVERHILL SELECT BOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

TUESDAY, NOVEMBER 3

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM - 12:00 Noon
Woodsville American Legion Post #20

SUNDAY, NOVEMBER 8

ACOUSTIC MUSIC JAM
1:00 - 5:00 PM
Clifford Memorial Building, Woodsville

PENNY SALE

1:00-4:00 PM

American Legion Post #20, Woodsville

SATURDAY, NOVEMBER 14

MORE THAN YOU CAN EAT BREAKFAST

8:00 - 10:00 AM

Lakeview Grange, West Barnet

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, NOVEMBER 4

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

MONDAY, NOVEMBER 9

ROSS-WOOD AUXILIARY UNIT 20 MEETING
6:00 PM
American Legion Home, Woodsville

"JOY TO THE WORLD" BAZAAR

8:30am-1:00pm

St. Elizabeth Church, Hill Street, Lyndonville

FRIDAY, NOVEMBER 6

PENNY AUCTION
9:00 am - 2:00 PM
Orange East Senior Center, Bradford

WEDNESDAY, NOVEMBER 11

VETERANS DAY PARADE
11:00 AM
CENTRAL STREET, WOODSVILLE

CRAFTING AND VENDING FAIR

9:00 AM - 3:00 PM

Oxbow High School, Bradford

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS 2:00 PM - 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM - 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1 PM - 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

Horse Meadow Senior Center

Lunch is served daily at 12:00, except when noted with *

NOVEMBER EVENTS

Thanksgiving Dinner: Thursday, November 19th
Molar Express Informational Session 11/12 @ 10:30
Nifty Needler's Craft Sale 11/18 & 11/19 11:00-1:00
Food Raffles: 11/12
50/50 Raffles: 11/4, 11/18
Breakfast Buffet: Every Tuesday @ 8:30-10:00 (by donation)

SPECIAL NOVEMBER PROGRAMS:

Advanced Jewelry Class ~ Indian Corn Pins 11/2 @ 1:00
Holiday Crafts I ~ Craft Stick Angels & Trees 11/6 @ 1:00
Beginner Crafts ~ Pinecone Elves 11/9 @ 1:00
Decorative Arts for Beginners ~ Harvest Signs 11/10 @ 1:00
Advanced Crafts ~ Iced Candles 11/13 @ 1:00

Holiday Crafts II ~ Christmas List & Sock Snowmen 11/17 @ 1:00

Advanced Jewelry ~ Buttons & Beads Bracelets 11/23 @ 1:00

Advanced Decorative Arts ~ Painted Scarecrows 11/24 @ 1:00

ENTERTAINMENT:

Starts at 11:00
The Boy-z: 11/4 & 11/18
Ethel Cooper: 11/12 & 11/20
Wayne Klinger: 11/9 & 11/23

John & Phyllis: 11/11 & 11/25
Bobby B & Cliff: 11/13 & 11/24

Bruce Stevens: 11/19

CLINICS:

Foot Clinic (by appt. only-\$20): 11/3, 11/12

ON-GOING ACTIVITIES:
Craftroom Open Tuesdays @ 9:00
Bone Builders: Mondays,

Wednesdays & Fridays @ 9:30

Bingo: Wednesdays @ 1:00

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Hearts & Hands Quilters: Mondays @ 12:30

Art Class w/Barb: Thursdays @ 9:00

Floral Arrangements w/Jane: 11/19 @ 9:30

Card Making w/Jeanne: 11/12 @ 9:30

Mahjongg: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:30

MS Support Group w/Gayla ~ 11/19 @ 1:00

Tech Time w/ Paul ~ Every Monday from 1:00 - 3:00

Bath Library Grant at Work



Bath Public Library was awarded a Children's Literacy Foundation (CLiF) Grant! The Rural Libraries grant helps small libraries provide both books and programs to low-income and rural children across Vermont and New Hampshire. This grant included \$2,000 worth of new children's books for the Bath Public Library, \$500 worth of new books for the school library, two exciting storytelling's with Duncan McDougall and a free book giveaway presentation at the library on Friday, October 2. Every child selected a book of their choice to take home.

The Children's Literacy Foundation (CLiF), is a non-profit organization that inspires a love of reading and writing in children. It does not receive any federal or state funds for its programs. It relies solely on the generosity of individuals, local companies, social organizations and foundations.

The children had a wonderful time with Duncan, were happy in choosing their free books and celebration cake was enjoyed by all! We are deeply grateful to the staff of the Children's Literacy Foundation and Elena and Jere Daniell, the generous donors to our library. We are featuring the new CLiF books each week through December at our Tuesday, 10 am Story Hour program here at the library. For more information, please contact the Bath Public Library at 603-747-3372. We are open Tuesday through Thursday 9-12 and 1-6, and Saturday 9-12.

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Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The Orange East Senior Center is thinking about starting a basket weaving class-if you are interested in taking this class-please give the center a call.

There will be a Penny Auction held at the Orange East Senior Center on Saturday, November 7 from 9am to 2pm. There will be many new items, gift certificates, and items from local mer-

chants. In addition, there are items from the Boston Red Sox and Boston Bruins. Please come and support this fundraiser for Meals on Wheels.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class is on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125.

If you would like to book your wedding reception or birthday party or if you have any questions, please give

us a call. If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come

Groton Free Public Library News

NEW! You can now fax & scan at the library! Thanks to the Friends of the Library fundraising efforts, the library can now offer this service to patrons. We ask \$1 per page for faxes, and scanning is free.

Halloween Book-or-Treat: All kids who visit the library during the pre-Halloween week will get to choose a "treat" book to take home to keep! (Mon. 26th, 2:30-7 & Wed. 28th, 10-4 & Fri. 30th, 2:30-7.)

Friday, Nov. 6th: FREE KIDS' ART CLASSES! At 3:00pm, the nature art theme is animal tracking & sketching. At 4:30pm, the drawing class will focus on "tricks of the trade" for making drawings look realistic. Both classes are free & open to residents of all towns. Please sign up! (802-584-3358/grotonlibraryvt@gmail.com)

Wednesdays from 1-3pm: Crafts & Conversation. Join us with your ideas and projects-in-process - or - just join us!

Haven't heard? Our library is 1 of 12 lucky libraries in VT & NH to receive a CLiF Rural Libraries grant for 2015-2016! (CLiF = Children's Literacy Foundation.) We have over 100 new kids' books ready for check-out, including current year DCF books, graphic novels, early readers & picture books.

All of our programs are

free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

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8 Riverglen Lecture Series

WRSB Names New Trustee



Seated clockwise from top right; Janet Moody, Joan Gould, Speaker Jill Kimball, Arthur Doty, Rocky Stinehour, Dean DeLuca, Ruth Griffin, Jason Purdy and Natalie Bean.

On Thursday, October 15th, Riverglen House launched the first of a series of lunchtime meetings called "The Riverglen Lecture Series". It is a service for all of our residents as well as any or all interested parties. It is a small group, with a 10 person, on a first come, first serve sign-up basis. Held in the library it makes for a quiet and intimate setting. A delicious lunch including a sumptuous dessert are always served. The Series will take place every 3rd Thursday of the month beginning at 11:30 am. This

month Riverglen was privileged to have Ms. Jill Kimball, Publicity Manager for the Littleton Coin Company. Jill gave a fascinating talk about the history of her company as well as some suggestions for coin collecting. She also brought a gift bag for all in attendance of various catalogues, coin cards and various items related to the beginner collector and suggestions for getting grandchildren involved. Great Holiday idea for grandparents!

Should you have any questions regarding the Riverglen Lecture Series, or would like to attend, please call or email Jayne Cruger, Activities Director for Riverglen House at (603) 991-0114 or jcruger@riverglenhouse.com. Any questions regarding The Littleton Coin Company can be directed to Ms. Jill Kimball.

Wells River Savings Bank Trustee, Betty Beauvais Retires after 30 years; Stephen Puffer is elected to the Board of Trustees.

Wells River, Vermont-Wells River Savings Bank has announced the retirement of longtime Trustee Elizabeth "Betty" Beauvais. Betty was elected an incorporator in 1985, and elected as a Trustee in 2002. During her tenure she helped guide the bank through many changes, from economic to technological and physical. The Bank expanded its market from the original office in Wells River to branches in Bradford, Fairlee, Newbury and East Thetford. Betty was honored last month at the bank's annual meeting. Betty lives with her husband Bruce in Ryegate.

Wells River Savings Bank is pleased to announce the election of



Left to right: Outgoing Trustee, Elizabeth Beauvais; Board Chairman Randy Odell; New Board Trustee Stephen Puffer

Stephen Puffer to its Board of Trustees. Stephen and his wife Teresa own and operate Puffer Broadcasting / WYKR in Wells River, where Stephen has worked since 1975.

Frank Tilghman, CEO of Wells River Savings said, "Stephen will carry

on Betty's commitment to the local community. His history in local broadcasting will complement the skills and interests of the current board, and help uphold the bank's mission of supporting area families and businesses as "Your Good Neighbor Bank".

CHA Serves More Than Coffee

WOODSVILLE, NH - Cottage Hospital Auxiliary members gave area visitors and motorists a warm welcome at the Interstate 91 North rest stop in Bradford on Friday and Saturday, October 16th and 17th. Auxiliary members treated motorists and visitors with hot coffee and tea, local apple cider, a wide variety of homemade cookies and treats, Windy Ridge apple cider donuts and apples all together with a friendly smile.

The Auxiliary's welcome committee was organized by co-chair-

persons Ann Edson and Marcia Welsh and were joined by fellow Auxiliary members Barb Fitzpatrick, Ken King, Brenda and Dick Long, Linda and Mike Monaghan, Co-President Linda Pair, Don Perlee, Karen Rajsteter, Robert Rouderbush, and Co-President Marcia Selent.

Donations that the Auxiliary received while hosting the rest stop welcome will help fund the Auxiliary's annual ongoing projects to support Cottage Hospital.

Membership in the Cottage Hospital Auxiliary is



open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

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Volume 7, Number 2

October 27, 2015



The WMRHS JROTC Drill Team traveled to Hermon, Maine on 17 October to compete in the second JROTC drill meet of the season. A total of five teams competed. The Spartan Battalion cadets completely dominated the competition taking home five 1st place trophies and one 3rd place trophy. Cadet Ezekiel Ratliff placed first in the armed individual drill routine and cadet Emily Day placed third in the individual drill routine without arms. The team is off to an outstanding start

and will travel to Enosburg Falls next week to compete. Drill Team picture (left to right, kneeling): Ezekiel Ratliff, Robert Randall, Ivory Blanchette, Emily Day, Nicholas Accardi. (left to right, standing): Gabrielle Caouette, LTC (Ret) Darrel Gearhart, Donale Atlas, Elijah Ratliff, Michael Mahabir, Noah Flanders, Brittany Roy, Brandon Patterson, Kristina Briggs, Anthony Dami, Christopher MacDonald, Marissa Person, Hunter Heath.

Cottage Auxiliary Member Don Perlee Wins State Award

Haverhill, N.H.: Cottage Hospital Auxiliary Member, Don Perlee is pictured with Linda Morris, President of the New Hampshire Association of Hospital Auxiliaries and Volunteers as he receives the Volunteer of the Year Award.



Don was honored at the Annual Meeting of the New Hampshire Association of Hospital Auxiliaries and Volunteers which was held October 15, 2015 at the Wolfeboro Inn in Wolfeboro, N.H. The Mission of the New Hampshire Association of Hospital Auxiliaries and Volunteers is to help educate auxiliaries/volunteers on what's happening at the State level in health care. It also provides an opportunity to share ideas on recruiting, retention, and recognition as well as fund-raising and gift

shops. Any N.H. or VT hospital Auxiliary or Volunteer program is eligible to join. Members of Cottage Hospital Auxiliary and Cottage Hospital Administration attended the Annual Meeting

and helped congratulate Don on his well-deserved award. Pictured: from left to right: Linda Pair, Marcia Selent, Lynn Rhoads, Don Perlee, Susan Aldrich, Brenda Long and Karen Rajsteter.

Do You Want To Join the Plunge?

Haverhill Recreation's 1st Annual Cold Turkey Plunge into the beautiful waters of Mountain Lakes in Woodsville will take place on Sunday, November 22, 2015 at 1:00 PM.

You can help celebrate the start of the holiday season and raise money to be dedicated to the Haverhill Recreation Department Facilities Maintenance/Improvement Fund!

Organize a team of family, friends and coworkers, or join a team and plunge 'Cold Turkey' into Mountain Lakes!

A minimum of \$50.00 for adults and \$30.00 for children 12 and under must be raised to participate in this event. For those last-minute registrants who decide to dip the day of the event, the minimum registration fee will be \$65.00.

This will be a fun community event so encourage your friends, family and co-workers to sponsor your registration fee so there would be no cost to you! All proceeds are non-refundable. If you raise \$250.00, you can 'opt out' of dipping but what fun would that be?

Each registrant will receive a long sleeve Plunge shirt and a "Cold Turkey" sandwich. Prizes will be awarded to individuals and teams raising the most donations and for the most creative costumes because you just HAVE to dress up to plunge into freezing cold water!

Download a registration form at www.Haverhill-nh.com under 'Announcements' or pick up your registration form at the Haverhill Recreation Department, the Town Clerk or the Haverhill Selectboard Office across from Patten's Sporting Goods in North Haverhill.

Check-in begins at 11:30. Please arrive at the beach at least 30 minutes early to sign in and receive your shirt!

Prizes will be awarded in the following categories: Most money raised by a team and family, best costumes (Adult & Child) and farthest traveled. Contact Sherri Sargent at rec@haverhill-nh.com or call with questions 603-787-6096



42nd annual North Country Council annual meeting was held recently in Whitefield. NCC Executive Director Christine Frost, center, is with North Country Senator Jeff Woodburn and Gov. Maggie Hassan, who spoke at the dinner.

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The Break-In

by Elinor Mawson

Nancy lived with her husband and 3 children on a busy road leading to the beach.

Most of the time, she was a stay-at-home Mom; the rest of the time, she was an antiques dealer specializing in jewelry. She took her wares to an antiques show every Sunday, leaving her husband in charge of the children and the house.

The kids had the run of the house while their father spent his time either sleeping or watching sports on TV. They ate when they felt like it, and played all sorts of games indoors and out.

Meanwhile Nancy had carried her showcases full of jewelry into the venue and spent the day selling her wares. Sometimes she came

straight home; other times she stopped for dinner with some of her friends from the show.

One particular summer Sunday she did just that: she and 3 friends went for dinner, a couple of drinks and lots of shop-talk. She didn't get home until quite late.

Arriving at home, she carried her showcases into the house and noticed that her family was already in bed and asleep. She didn't bother to shut the door to the van or close the outside door. She set the cases on the floor in her dining room and went upstairs to bed.

She was awakened by a male voice saying "Hello--is anyone home?" When she didn't answer the voice said "It's the police."

Nancy jumped out of bed and went to the head of the

stairs.

"Hello Ma'am. You have been broken into and we are investigating. Can you come down and tell us what is missing?"

Nancy hurried down. The police informed her that her van door was open and nothing was inside. The house door was also open, and it appeared that the place had been ransacked.

When she looked, the house did indeed look vandalized. Drawers were open, the kitchen askew, papers littered the floor.

With a very red face and an embarrassed demeanor, Nancy had to inform the police that she had probably not been broken-into.

The house looked like it always did on Sunday night.

Letter to the Editor

To 11

The Editor

Nothing to give?

Be a donor, "give blood" be an "organ donor". Both save lives. Put OD on your drivers license.

Nancy Leclerc
N. Woodstock, NH

Nancy,

I could not agree with you more on this one. Giving blood is something that a good percentage of the population can do with very little effort. Sure, it takes some time. And quite honestly, for those of us who do not like needles, it can be a bit nerve wracking. But there is certainly a huge sense of doing good when you leave after potentially giving life to another.

In regards to being an organ donor. Again, not much effort required. I realize this goes into a whole realm of beliefs about the body after death. It is certainly not for everyone. But again, saving a life is a great and noble deed.

Gary Scruton, Editor

OBITUARY - ROBERT DAVISON



North Haverhill, NH – Robert Kenneth Davison, 87 of Sand Road, passed away on Thursday, October 22, 2015 at his home after a lengthy illness. He was born in Revere, MA, October 11, 1928, the son of John P. and Mary E. (Conley) Davison. Robert served with the U. S. Navy during World War II. He married Elizabeth DeSimone on October 8, 1949. Robert worked for more than 30 years as a postal clerk at the South Postal Annex in Boston, MA. After retirement, Robert and Elizabeth spent many winters in Winter Haven, Florida. They later moved to North Haverhill to be closer to family. He cherished time spent with his

grandchildren and family. Robert loved being outdoors in the sunshine.

Robert was predeceased by his wife, Elizabeth (DeSimone) Davison on January 22, 2012; two sons, Robert A. Davison and Richard K. Davison; a sister, Mary Boyd Leclair; and three brothers, John Paisley Davison, Jr., George Davison, and Henry Davison.

Survivors include his daughter, Mary Cataldo and husband Stephen of North Haverhill; eight grandchildren, Stephanie, Stephen and his fiancé Ashlee Carr, Hope, Adam, Therese, Monica, Dominic, and Vincent; a sister, Edna Powell; a brother, Thomas Davison; and several nieces and nephews.

There will be no calling hours.

A Mass of Christian burial will be on Wednesday, October 28, at 11:30 AM at the St. Joseph's Catholic Church,

15 Pine Street, Woodsville, NH, with Father Jeffrey Statz, Celebrant. Burial will be in the Glenwood Cemetery, Everett, MA at a later date.

In lieu of flowers, memorial contributions may be made to Haverhill Recreation Department, c/o Sherry Sargent, 2975 Dartmouth College Highway, North Haverhill, NH 03774 or to St. Joseph's Catholic Church, c/o Holy Masses for Robert Davison, 15 Pine Street, Woodsville, NH 03785.

A Special Thank You would like to be extended from the family to the staff at the VA Hospital in White River, VT, especially Dr. Gregory Froehlich and nurse Dot.

For more information or to sign an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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Not all Times are Trendy, but there will always be Trendy Times

October 27, 2015

Volume 7, Number 2

Finding Solutions for Your Financial Needs

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Beware of Scary Inhabitants of the Investment World

In just a few days, witches, zombies and vampires will be converging on your house, asking for candy. As is the case every Halloween, you'll likely be merely amused over the sight of these costumed characters. But in other areas of life, such as the investment world, you may need to watch out for some seemingly scary entities. Here are a few of them:

The Horrendous Headline – Big, glaring headlines rarely offer any comfort to investors. Whether it's political squabbles at home, conflicts in the Middle East or the debt crisis in the eurozone, there's always something happening that's perceived as jeopardizing the stability of the financial markets. Yet these threats are often overblown, and the markets have proven quite resilient for decades. Here in the United States, the most powerful economic engine in the history of the world has offered investment opportunities as crises have come

and gone.

The Terrible Tipster – He or she could be anyone – your neighbor, friend or relative. But whatever their origins, Terrible Tipsters have one thing in common: They like to tout "hot" stocks or "can't miss" opportunities. The problem is that by the time you actually hear about a hot stock, it may already be cooling off. And the "can't miss" opportunities often do indeed miss. Don't waste time, effort – and money – seeking a shortcut to investment success: There isn't one. Instead, stick with an investment strategy that's suitable for your goals, risk tolerance and time horizon.

The Scary Statement – When the market is down, you probably dread seeing your investment statements. But don't let a few bad months, or even a bad year, cause you to stuff your money under your mattress. The financial markets can turn around pretty quickly, and if you're out of the market when the next rally begins, you'll miss out on some potentially big gains. So, put those negative statements aside and look back at your investment results over a period of many years – the big pic-

ture might look a lot less frightening than you'd imagine.

The Fearsome Forecast – The performance of the financial markets is notoriously hard to predict – but that doesn't stop a slew of fortune-tellers from trying. And the same is true of the economy as a whole – predictions abound, but many of them prove far off base. You can always adjust your portfolio, as needed, in response to changing market or economic conditions, but don't act on these possible circumstances just because someone, somewhere, has predicted them. Instead, follow tried-and-true principles such as diversification, which can help reduce the impact of volatility on your holdings. (However, diversification can't guarantee a profit or protect against loss.)

The ghouls and goblins you see on Halloween are unlikely to cause you nightmares. And the various phantoms of the investment world may prove just as illusory. Don't let them scare you away from investing.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



New Memory Tree At Legion

Preparations were made on Monday, October 19 for many seasons to come at Ross-Wood Post #20 American Legion in Woodsville.

Post member Mike Dannehy, owner of a local tree farm, made a generous donation of a live 6' White Spruce tree to the post for future use as a Memory Tree.

Along with his donation of the tree Mike assisted Jim Cavanaugh of Cavanaugh and Son Lawn and Order of

Franconia in the effort to dig out the tree from the farm, transport it to the post, and replant it on the side lawn at the Post Home.

Jim made comment that because of the size of the tree and his ability to get the entire root ball, the tree probably doesn't even realize it has been moved. Jim also made sure to leave instructions for the tree to not be fertilized this year as that might cause it to get a

growth spurt that could be detrimental to its long term health.

Instead Mike offered to come back next spring to fertilize the tree and return again later in the year to give it a trim around the edges.

Post member Charlie Green also helped in the operation by having the future site of the tree all prepared before Jim and Mike arrived with the newest member of the American Legion family.

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Thank you for your understanding.



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A Walk In The Woods

October 2015

By Karen P. Bennett,
Extension Forest



Recently I was asked, "Where is your favorite place to hike?" Without skipping a beat, I said, "Anyplace I don't have to drive to." I spend untold hours driving for my job and I count it a good day when my car stays parked. Most foresters spend a lot of time in our cars and trucks—after all, we have to go to the trees, they don't come to us.

One of my favorite walks in the woods is on a property owned by the Society for Protection of New Hampshire Forests—the McCabe Forest in Antrim. This 200-acre woodlot is within walking distance of my house. At McCabe I can meander along with the Contoocook River through a silver maple floodplain forest. My favorite trail to the river is closed now, probably due to over-use and flooding, but the lack of a trail isn't a deterrent—I've always liked "bush-whacking." After heavy rains the floodplain does its work as I hop from hummock to hummock—wet feet and all.

The State of New Hampshire owns and manages thousands of state forests and parks for recreation, nature appreciation, forestry demonstration and timber production. I like walking to, around, and on bogs—a fascinating remnant of the glaciers. Fox State Forest has one such bog with a short boardwalk and a viewing-hut. The hut lets hikers observe bog-life without disturbing the wildlife. I expect it's also intended to keep the mosquitoes at bay, but my experience is the viewing-hut traps the mosquitoes inside with you. Never-the-less it's one of my favorite short hikes when I have guests visiting—a picnic always follows.

The White Mountain National Forest is a hiker's paradise and though New Hampshire is full of fine hikes outside of the Whites, this is where I've had my most rigorous hikes with the



greatest variety in terrain and most spectacular views and lots of fine memories. I grew up hiking in those mountains.

My favorite hike ever was up the grand old dame, Mount Washington, with my Dad and husband. We hiked up Tuckerman's Ravine and spent the night at the Lake of the Cloud's hut. My 81-year-old Dad was more fit than most hiking up the trail, but his balance isn't what it used to be and he didn't want to trip over the many boulders nearing the summit, so we didn't go to the top—bagging the peak wasn't our goal.

Hut-hiking in the Whites is a mountain-hiking luxury—you don't have to carry heavy gear and you are fed hot, tasty and plentiful meals. When we told hut-mates we planned to hike down Boot Spur, they seemed skeptical that my Dad could make it. Our last hike on that trail was more than thirty years ago and our memories told us it wasn't so bad, but memories fade and so do bodies. In retrospect, we should have listened to our hut-mates.

Avalanche Seminar

A rare chance for New Englanders to learn about avalanche dangers will be available to all mad dog winter sports fans on November 7th, Saturday at the historic Omni Mt. Washington Resort in Bretton Woods, NH.

This event is dedicated to the memory of ski racer, Ronnie Berlack from Franconia, NH and his friend, Bryce Astle of Alta, Utah. They died in an avalanche on January 5, of this year. They were members of the U.S. Ski Team, training in Soelden,

The hike proved to be a little too much for my Dad. He kept apologizing for going slowly. I kept thinking, "This is about my speed anyway, Dad." But near the end of the hike, I thought it was near the end for my father. His legs stopped working. My husband and I helped him to the ground. Gratefully, after a 5-minute rest he was roaring to go.

To say the day was glorious is understating its beauty. Unequivocally, there has been no better weather on Mt. Washington, nor will there ever be another better day of hiking for me, ever again.

This was my Dad's last high-peaks hike and I'm glad I was able to do it with him. He still hikes, but in the flatter country of southern New England.

Karen is the State Extension Forester with UNH Cooperative Extension. She is based out of the UNH campus in Durham, NH. Karen has worked for 35 years with New Hampshire landowners, foresters and others to help them care for their forest land.

Austria. If you don't think avalanches can affect you, ask yourself if you like fresh snow. If you do, you will visit places which have lots of it. Then, unless you know about safety around unstable snow, you are a prospective avalanche victim.

This is a day seminar, product EXPO, and a Dinner event, each available separately.

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13
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October 27, 2015
Volume 7, Number 2

North Country Fruit & Vegetable Seminar and Trade Show

This year's popular end of the growing season educational seminar and trade show hosted by UNH Cooperative Extension will be held on Thursday, October 29, at the Mountain View Grand Resort in Whitefield, NH.

Featured speaker is Dave Handley who will join us from the University of Maine to talk on two important subjects of local interest: Sweet Corn Growing in a Short Season and How To Get Into Small Fruit-Berry Production.

Sure to be unique is this year's panel discussion on mushroom cultivation. Three experienced growers of both indoor and outdoor (shiitakes) types will give you a look at how they do it, field questions from the audience. Additional talks on produce

marketing tips and post-harvest food safety are also on the day's program.

The trade show brings together many firms selling goods and services of importance to North Country growers. They come to us from all over the New England area. Irrigation supplies, fencing for animal control, storage facilities and small tools are just a few of the more than a dozen businesses represented.

The NHDA has awarded 2 PAT recertification credits for those attending the day's event. For registration information link to our website <http://tinyurl.com/NCFruitVeg> or contact the Grafton County office of UNH Cooperative Extension, 787-6944 ce.grafton@unh.edu

More Native Trees & Shrubs Planted To Help Local Rivers & Wildlife

Pomfret, Vermont – The Connecticut River Watershed Council (CRWC) and project partners recently finished planting nearly 400 native trees and shrubs along more than 900 feet of riverbank in Orford, New Hampshire as well as in Bradford and Groton, Vermont.

The riverside plantings on the Wells, Waits and Connecticut rivers will help reduce erosion, improve water quality by filtering out pollutants, and increase habitat for fish and wildlife. The plantings build on work done by the CRWC and project partners, including a dam removal on the Wells River earlier this year.

The planting in Orford, NH took place at Trinity Farms, an organic vegetable farm, with funding from the USDA's Natural Resource Conservation Service. "Establishing buffer strips along a river corridor which are not annually tilled for cropping and instead planting them into native trees and shrubs is the best way to naturally

protect fields already located in a floodplain. This action still allows the floodplain to function the way it is intended to and enables farmers to continue to plant crops protected by the buffer," said Beth Ann Finlay, Grafton County District Conservationist. "The Natural Resources Conservation Service applauds landowners interested in buffer plantings, thanks the CRWC for being a leader in coordinating this effort, and reminds folks that NRCS is able to provide financial assistance to help make buffers a reality on your land."

Additional funding for these plantings was provided by a grant from the New Hampshire Charitable Foundation's Upper Connecticut River Mitigation and Enhancement Fund. "This project met the criteria of the Upper Connecticut River Mitigation and Enhancement Fund," said Kevin Peterson of New Hampshire Charitable Foundation, which administers the MEF. "A

committee of 12 advisors reviews all grant proposals and recommends funding for projects that enhance water quality, restore riverbanks and shoreland resources, and protect wetlands in the watershed."

Project partners included Beck Pond LLC, the Northwoods Stewardship Center, and the Bradford golf course – site of the planting on the Waits River. Species planted included Sugar, Red and Silver maples, birch, willows, dogwoods, elderberries and other native stock purchased from New England Wetland Plants Inc.

CRWC, a membership based nonprofit working to protect the four state watershed of the Connecticut River from "source to sea" through on-the-ground projects, public education and advocacy, has planted more than 11,000 native trees and shrubs along local rivers since Tropical Storm Irene ravaged the watershed four years ago.

Volume 7, Number 2
October 27, 2015

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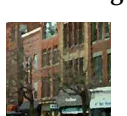

































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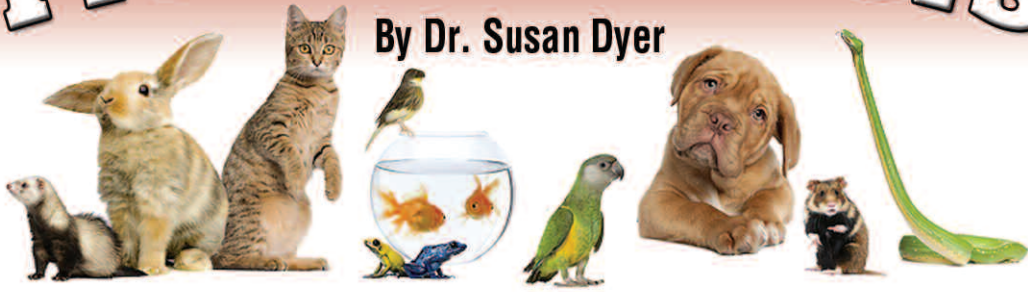
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Trendy Critters

By Dr. Susan Dyer



In part 1 of this series, we discussed proper rabbit nutrition, part 2 went over problems that can occur with the gastrointestinal tract and part 3 provided information on common eye and respiratory problems. Part 4 will discuss reproductive tract issues in rabbits.

Rabbits will breed every 28 days if allowed, hence "breeding like bunnies". The word neuter refers to the removal of the reproductive organs of either a male or a female of a species, although people frequently refer to the surgery in a female as a spay. The scientific terminology for neutering in the male is castration and in the female is ovariectomy. Reasons for neutering your pet rabbit include:

- ***Prevention of Pregnancy*** - This is the most common reason that rabbits are neutered, particularly if there are both male and female rabbits living together in a household. There are certainly enough rabbits in the world and too many are neglected or abandoned. One should not consider breed-

ing these pets just for fun or education. Be a responsible pet owner and do not breed your pet unless you are well educated on the topic and are prepared to take on all the responsibilities such activity entails.

- ***Prevention of Uterine Cancer*** - ***This is the most compelling medical reason to neuter female rabbits.*** In some rabbit populations the rate of uterine adenocarcinoma (a malignant uterine cancer) can approach 80% of the females. It is believed that the incidence may be related to the rabbit's genetic makeup. Since we usually don't know the genetic background of most of our rabbits, it is best to have the surgery done as a preventative for this cancer. This cancer can spread rapidly to other organs of the body such as the liver, lungs and even the skin, and it is not treatable once it metastasizes outside of the uterus. We see many cases of this disease each year and sadly these rabbits could have avoided this problem. Rabbits under two years of age rarely develop this disease

so it is best to get your female spayed before this age.

- ***Prevention of other Uterine Disease*** - Although cancer is the most common disease of the rabbit uterus, we see many cases a year of other uterine disease such as pyometra (infected uterus full of pus), uterine aneurism (uterus full of blood) and endometritis (inflamed uterine lining).

Like uterine cancer, these conditions are all more common in female rabbits over two years of age.

- ***Prevention of False Pregnancies*** - Female rabbits can go into a hormonal state triggered by their ovaries where the body acts as if it is pregnant but there is in fact no pregnancy. Although this is not medically harmful, it can be stressful for the rabbit who goes through all the activities of being pregnant including nest building, milk

production and aggressive protection of her territory. This aggression can be taken out on the caretakers and cage mates and can make the pet difficult to handle during this period. Some rabbits experiencing false pregnancy will develop a decreased appetite and have gastrointestinal disturbances as well.

- ***Prevention of Mammary Gland (Breast) Disease*** - Mammary gland cancer is not common in female rabbits, but when it occurs it can spread rapidly and be difficult to treat. The other common mammary gland disease is mammary dysplasia or cystic mammary glands. This is a benign condition, where the mammary glands fill with a cystic material. It can be uncomfortable to the pet. Neutering a female rabbit before two years of age will prevent both of these diseases.

- ***Prevention of Aggressive Behavior*** - Both male and female rabbits can display aggressive behavior when they are sexually mature. Many rabbits are sweet and easy to handle as little babies, but when the teenage years hit at around six to twelve months of age...watch out! They can become little Frankensteins almost overnight! They don't want to be touched or picked up and they act like they want to destroy everything in sight. This

is their way of learning to protect themselves, their territory and potential future families and to establish their social position in the big wide rabbit world. However, they can often take out their aggression on you or their cage mates. There may be more biting, striking, lunging and chasing. It is best to neuter just before or shortly after sexual maturity to keep this behavior to a minimum.

- ***Prevention of Urine Spraying*** - Both male and female rabbits can spray urine on vertical surfaces to mark their territory. Intact mature males do this at least 10 times more frequently than females. In addition, the urine from a sexually mature male rabbit can have a strong odor that is unpleasant to many humans. If this behavior is allowed to continue for a long period of time, it may be impossible to completely stop this behavior. Therefore, it is best to nip it in the bud and get the little guys neutered just prior to or shortly after sexual maturity.

- ***Prevention of Testicular Disease*** - Disease of the testicle is uncommon in the male rabbit, but it can occur. Most commonly we see abscesses (usually the result of bite wounds from other rabbits), hematomas (blood filled areas) and cancer.

Not all Times are Trendy, but there will always be Trendy Times

October 27, 2015

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by Ronda Marsh

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Cottage Pie

Editor's Note: Ronda is currently a bit "Under the Weather" and we have therefore pulled a recipe from the past for your enjoyment. We wish Ronda a speedy recovery.

When I was growing up, about once a month my mother would make "Chinese Pie" for dinner. It consisted of browned ground beef in a casserole dish, topped by a can of creamed corn, then covered with a generous layer of mashed potatoes, and baked in the oven. Imagine the culture shock when I reached high school age and discovered that in the cafeteria they made the same thing and called it "Shepherd's Pie!" As an adult, I've learned that in order to be technically correct, Shepherd's Pie requires the use of ground lamb, and originated amongst the shepherds in Ireland; hence the name. Considering that I have a deep and visceral dislike of anything lamb, you'll never find me attempting that one! Conversely, Cottage Pie is the same sort of thing, but using ground beef, so where the "Chinese Pie" moniker came from, I have no idea. Confused? Good! Because even though it's called Cottage Pie, the dish featured here is none of the recipes described above. This one uses turkey as the meat, and considering that in very few weeks, many of you will be searching for a way to utilize all that leftover bird residing in your fridge, I figured it was a good time to offer this as an alternative. Everyday Food Magazine is the source

for this recipe, and they state that you can use whatever meat you like in lieu of turkey...just brown it with the veggies and proceed. So give this a try; I think you'll agree that something about the beer and tomato paste in the sauce, coupled with the sliced and browned potatoes on top, makes for a wonderful and different kind of casserole, whatever you may choose to call it!



- 3 tablespoons butter, melted
- 1 onion, diced
- 2 large carrots, cut into 3/4" pieces
- Salt & pepper
- 2 tablespoons tomato paste
- 2 cups leftover turkey meat, diced, OR
- 1 pound ground beef, turkey or lamb
- 1 teaspoon poultry seasoning
- 1 cup beer (they suggest a dark porter; I used a light pilsner)
- 2 tablespoons flour
- 3/4 cup frozen peas (I threw in some frozen corn, too)
- 1 or 2 potatoes, thinly sliced

Preheat oven to 400°F. In a large skillet, heat 1 tablespoon butter over medium-high. Add onions & carrots and cook, stirring often, until onion is softened. Season with salt & pepper and stir in tomato paste, allowing it to toast a bit. If using a raw meat, add it now and cook, breaking it up with a spoon until almost cooked through, about 3 minutes. If using leftover cooked turkey, add it to the pan and toss around to incorporate. Add the poultry seasoning and beer and bring to a boil. Cook, stirring often, until slightly reduced, about 2 minutes. Sprinkle flour over mixture and stir to combine. Add 1 cup of water and cook until mixture thickens, about 2 minutes. Stir in the peas and season with salt & pepper. Transfer mixture to a 2-quart baking dish. Top with potatoes, overlapping slices. Season potatoes with salt & pepper and drizzle with 2 tablespoons melted butter (I found that a

bit much; used less.) Bake until potatoes are browned around edges and tender when pierced with a knife, 40-45 minutes. Cool for 10 minute before serving.

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Cafe Musico

West Newbury, VT: Playing solo sets, five outstanding area musicians will inaugurate Cafe Musico, Friday, November 6, at the West Newbury Hall.

On stage are Wes Chapman, jazz guitarist and owner of Studio Bohema from Bath NH; Jeremy Wheeler, singer/songwriter and guitarist newly of West Newbury; from Newbury Center Chance Lindsley, singer/songwriter and Newbury Elementary School principal, and Dylan Kidder, fiddler and logger. Capping the show is Doug Perkins of Topsham, a "virtuostic

acoustic guitar player" in jazz, blues, classical, swing and originals.

Cafe doors open at 6 pm for chili, cornbread, and sweets. The music starts at 7 and the cafe will remain open for the evening. Admission is \$7. All proceeds benefit the Hall Stage Lighting Fund. The Hall, going strong as a community center for 105 years, is part of the West Newbury Historic District on Tyler Farm Road. It is reached via Fairground Road from Bradford VT or by Snake Road from Route 5 south of Newbury Village.



Doug Perkins, "trekking the worlds of jazz, bluegrass, and Latin with Vermont-grown flavor and improvisational mastery," will appear at Cafe Musico, West Newbury VT Hall, Nov. 6. Solo sets begin at 7 p.m. Also on stage: Wes Chapman, Chance Lindsley, Dylan Kidder, and Jeremy Wheeler from the West Coast in his area debut.

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