

## Lisbon Area Historical Society Awarded \$322,500 CDFA Tax Credit Grant

LISBON - On June 21, Lisbon Area Historical Society (LAHS) representatives traveled to Concord to attend a special ceremony at the Kimball Jenkins Estate with other New Hampshire nonprofits who were chosen as this year's recipients of the Tax Credit & Community Economic Development Capacity Building Awards. The \$322,500 award will allow LAHS to complete renovations to the lower level of its new museum in the historic former Lisbon Congregational Church Parish House, which it purchased in August of 2021. The first floor opened to the public on June 3, 2023, at a grand opening which was attended by over 100 guests, all of them thrilled to see the refreshed interior, museum exhibits, and the available resources for research and study.

At the Concord ceremony, Katy Easterly Martey, CDFA Executive Director said, "Organizations awarded Tax Credit resources have demonstrated a strong commitment to their communities. These community builders are driving positive, long-lasting change in New Hampshire."

"Easterly Martey's words and CDFA's recognition of the perseverance and hard work of LAHS continuing to move forward for decades while trying to find a suitable permanent home and further advance its mission. means the world to our organization," Dorothy Wiggins, said LAHS President. "Collaboration with local nonprofits and the school is already

taking place, and we are poised to be a catalyst for future positive advances in our community. We are so excited to have the backing of CDFA. We have always had great support from our donors and volunteers, and now we have the additional bonus of receiving this amazing award, so we can do even better."

CDFA Tax Credit awards are made to organizations in the form of tax equity. Hampshire busi-New nesses support the selected projects by purchasing the tax credits, resulting in the nonprofit receiving a donation and the company receiving a 75 percent New Hampshire state tax credit against that contribution. The credit can be applied against the Business Profits Tax, Business Enterprise

Tax, or Insurance Premium.

"One of the points CDFA considered when awarding LAHS this large grant is that LAHS has already raised over half the amount in pledges towards the goal of \$322,500. This shows that local businesses believe in our mission and see how we can improve the economic development in our town," said John Fitzgerald, LAHS Trustee/Facility Coordinator. "This is a great program allowing businesses to see their tax dollars spent locally on a specific project. Any businesses wanting to participate in this opportunity should contact me at 603-838-6146. We still have some tax credits left to "sell," and the net cost to the businesses is generally in the 13 to 15 cents on the



dollar range. Lisbon Area Historical Society will install a sign on the wall in the museum listing all participating businesses in this great CDFA Tax Credit program."

For more information about LAHS go to www.lisbonareahistory.org or call 603-838-2003. For more information about NHCDFA go to www.nhcdfa.org or call 603-226-2170.



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# **Tuttle's Family Diner**

by Gary Scruton With the summer season now officially upon us it seems that special days and special events can pop up and happen almost anytime and anywhere.

Janice and I had made the choice to visit Tuttle's Family Diner for breakfast on a Saturday morning. As is our habit we did not rise and shine early. We are both more on the night owl end of things rather than a sunrise person. So we did not get out of the house and head across the river until a bit after 10 o'clock. When we arrived and

went inside we quickly 2023 found that all the tables were full. So the only June 27. choice we had was to sit up at the counter. being a bit on the older side of life we both prefer chairs with backs, but we also enjoy food, so stools it was. Where we picked was a spot that had just been vacated by a good sized family with some younger members. The counter

to continue his job. Our waitress soon appeared with one menu and a cloth to finish the cleaning process. She soon circled back to us in order to take our order. Janice loves what Tuttle's calls the garbage omelet. It has plenty of vegetables as well as meats along with the three eggs. For cheese she asked for cheddar. For toast it was home made wheat. She also ordered a cup of coffee.

For me it was what Tuttle's refers to as #5. It features home fries (with the onions please) toast (Cinnamon raisin) two eggs (over easy) and either hash or kielbasa (this time I wanted the hash). I also asked for a cup of coffee.

This is the point where the surprise of the day started coming into shape. It started when Janice's sister walked over and sat next to her. Along with her were her husband and two other gentlemen. We soon learned that they were all there at this time and place in order to join in the surprise birthday party for co-owner Jennifer Tuttle.

Jen is one of the waitresses while her husband Aaron (the guy on the grill with the wide array of sarcastic and interesting Tshirts) is the cook. It seems that many regulars wanted the chance to wish Jenn a happy day and this seemed the most appropriate time and place.

Back to our meals. They were served up and as usual we had to work hard to get around all that was served. Janice has ordered this dish before and really likes all the textures and flavors in the garbage omelet.

You may notice in the picture of my meal that no hash is really showing. That is because the eggs were slid on top so very neatly that they covered up the nice mound of hash hiding underneath.

We did indeed finish our meals and asked for a refill on our coffee. I should also note here that the cups are also a variety of



styles. Some with some interesting sayings themselves.

Our timing could not have been better as at the appointed time a new person walked in the front door with a big bouquet of balloons and an equally big smile. He found Jen and the entire crowd broke out in song. (You can probably guess which one). But it did not end there.

It seems that the gentleman with the balloons also had a very good singing voice and a nack for altering favorite songs. Apparently Stevie Nix is one of Jen's favorites and the first three songs were parodies that were designed to entertain.

As a final note I must add that the Tuttle family

also had prepared a nice big cake as well as strawberry shortcake and handed out free dishes of either, or both, to any and all who were present.

In the end we got much more than we had planned on for breakfast. We also got a show and helped celebrate a birthday. By the way, we did pay for our meal at the register with a credit card (there was an extra charge for the convenience). The total was \$30.57. And as normal Janice left a cash tip on the counter under our stack of dishes.



TUTTLES FAMILY DINER 41 Main Street, Wells River MONDAY CLOSED Home of TUES. 6:00 AM - 2:00 PM WED., THURS., & FRI. School House 6:00 AM - 7:00 PM SAT. 6:00 AM - 2:00 PM **Bakery** SUNDAY 7:00 AM - NOON Gift Certificates Available 802-757-3333





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Volume 14 Number 19

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# July 1st Ribbon Cutting for Tucker Mountain's StoryWalk<sup>TM</sup> Trail

Newbury, Vermont – A ribbon cutting ceremony officially opening the new Tucker Mountain Town Forest StoryWalk<sup>™</sup> Trail will take place at 1:30pm on Saturday July 1, 2023 during the annual Tucker Mountain Town Forest Day celebration held at the east parking lot of the Town Forest. Eighteen signboards placed along the Vance Brook Trail display pages of a children's book for children and families to enjoy as they hike. The book will be changed seasonally.

Our first book selection is The Night Wild, by local author Zoe Tilly Poster, from Corinth. She has graciously agreed to attend the event to welcome guests and speak at the ribbon cutting celebration on July 1st.

Friends Tucker of Mountain, Inc. was awarded a Spark Grant from the Vermont Community Foundation last year to develop the Story-Walk™ trail. After receiving this grant in the fall of 2022, the nonprofit community organization reached out to partners in community, the who joined the effort. Partners in this collaborative effort include Baldwin Memorial Library, the Newbury Elementary School Library, Tenney Memorial Library, and Blue Mountain Union School Library. An additional legacy gift from John Sanborn was also directed toward supporting this project. John Sanborn was the principal of Newbury Elementary School from 1981 to 2004.

Peggy Hewes, formerly the librarian of Baldwin Memorial Library, had spent time planning and



The sign installation crew: Jeff McKelvey, Paul Jewett, Craig Hervey, and Doug Merrill with club members Connor, Thomas, Braelyn, Lila, Lucas, and Poppy the Labrador.

working toward the development of a StoryWalk™ prior to the awarding of the grant, and chose one of the project's first book selection, Henry Climbs a Mountain by D.B. Johnson, which will be placed in the autumn of 2023.

With the funding secured from the Vermont Community Foundation and John Sanborn's legacy gift, the StoryWalk™ project will be able to acquire an additional eight books, which will be switched out seasonally to provide fresh stories and content on the Tucker Mountain Town Forest StoryWalk<sup>™</sup>. Children from the area schools will be engaged by the librarians involved with the project in making future book selections for the Story-Walk<sup>™</sup> trail.

The Newbury After School Woodworking Club also volunteered to provide the labor in building the posts for the Story-Walk<sup>™</sup> and installed the well-crafted signboards along the trail in the Town Forest. These children work under the tutelage of several local contractors. The StoryWalk™ project team was happy to involve the club and connect them with volunteering and becoming important partners in the project.

One of the key goals of the Tucker Mountain Town Forest management plan is to provide educational opportunities to the public as well as school children, and this project is a significant part of that effort. Friends of Tucker Mountain believe that the StoryWalk<sup>™</sup> will draw more families to the forest and help motivate children to hike in nature.

The Vance Brook trail starts at the east parking lot on Tucker Mountain Road.

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## Weeks State Park Summer **Program:** Live at the Lodge

Linda Scherf for Weeks State Park Association

Join the Weeks State Park Association for a evening with music by traveling composer Ben Cosgrove. Ben is a pianist, and multi-instrumentalist from New England. He travels constantly all over the country, performing a unique variety of original instrumental music that explores themes of landscape, geography, and environmental while straddling a line between folk and classical music.

Throughout his career, the strongest forces guiding Ben's composition and performances have been his deep and abiding interests in landscape, geography, places, and environment. For years, he has been fascinated and inspired by the different ways people understand and interact with the landscapes around them.

His latest album is The Trouble with Wilderness, a lush, textured, and expansive set of twelve songs that consider the role of nature and wilderness in the built environment.

Ben's career has include artist residencies and collaborations with Acadia, Isle Royale, Glacier, and Hawaii Volca-National Parks, noes White Mountain National

Forest, Schmidt the Ocean Institute, the Sitka Center for Art and Ecology, Chulengo Expeditions, NASA and the New England National Scenic Trail, as well as solo performances in 49 states (all but Delaware).

Ben also writes short nonfiction, and his essays about sound, art, landscape, and place have been published by numerous publications. He is a former Middlebury Fellow in Environmental Journalism, in which he researched and wrote about the relationship between sense of place and the conservation of natural soundscapes in national parks.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooper- 5 ative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

the events.





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# Last Session Day, June 29, 2023

The last session day for dents to receiving schools the 1st year of the biennium is June 29, this coming Thursday. The General Court (House of Representatives) did not meet this past week; however, smaller committees of conference, each comprising 4 representatives and 3 senators did meet in order to resolve differences regarding specific bills that had been amended by ether the House or Senate.

A total of 28 committees

of conference were held

during the past week. Of

these, ten committee re-

ports have been placed on

the consent calendar; it is

highly likely that these bills

will be passed and signed

into law. Of the remaining

but

Not all Times are Trendy.

bills, ten committee of conference reports were not signed off by all committee members; therefore, those bills will not move forward into law. Eight committee reports have been placed on the June 29 calendar for debate and House action. If passed by the House, each approved bill will be sent to the Senate for that body's consent, beand then if approved, to alwavs the Governor for his consideration. Two committee of conthere will

ference reports that will be considered on June 29, include HB275 and HB536. Both bills address education issues. One of these, the tuition bill, would directly impact small school districts that tuition stufor those grade levels not offered in the resident district such as Piermont and Landaff. The school tuition committee of conference report follows:

HB 275-L, relative to schools approved for a school tuition program by a school board. The House conferees agreed to the Senate position, with further amendment. The conference report states that in order to enroll a child in a tuition school approved by the local school board whose tuition cost is above the district's established tuition cost per pupil as determined and approved by the board, the local board may require the parent to pay the tuition cost difference as long as at least one option is a public school or "public academy" that does not require additional tuition payment from the parent. The conferee report also deletes "anchor school" as this terminology is not found or defined anywhere in state law and is unnecessary as the sending district must make available at least one approved public school or public academy option providing the opportunity for an adequate education as defined in law.

Signed, Rep Rick Ladd Chair, House Education

## Celebrate our Nation's **Birthday** WHITE AND Saturday,

# **New Hampshire Current Use Law Celebrates 50 Years**

New Hampshire's scenic landscape exists today due to the vision and actions of many taken 50 years ago. During the 1960's the New Hampshire population was growing fast and so were our property taxes, particularly in the southern part of the State.

The owners of farm and forestlands saw the values of their land base rising faster than they could afford, they SO began selling their farms and forestlands. Much of this rural land base turned into strip malls, poorly planned subdivisions and additional roads and infrastructure which threatened two of our oldest N.H. Industries, Agriculture and Forestry.

What happened next was a campaign to amend our NH Constitution, which our founders made difficult for a reason by requiring that over 2/3rds of the voters had to vote Yes to change the NH Constitution.

"What commenced was one of the most successful citizens campaigns to amend the state constitution in our history. "YES on 7" became the rally cry of a broad-based coalition known as SPACE (Statewide Program of Action to Conserve our Environment) intent on providing constitutional mechaа nism to allow land to be taxed based upon its "current use value," and not its "highest and best use value," as the constitution then required". (Quote from NH Governor Walter Peterson.)

In 1968 Proposition 7 or "YES on 7" was approved by the people of NH by more than the necessary two-thirds majority and on the same ballot Peterson Walter was elected Governor of New Hampshire. Governor Peterson worked hard to be sure the Current Use Taxation law would meet the constitutional directive and ensure fair taxation on undeveloped farm and forestlands with any landowner who qualified. Fast forward, to 1973 when the NH General Court passed House Bill #307, which became the RSA 79-A, the Current Use Taxation Law. Governor Meldrim Thomson, supported Current Use

and signed this bill into law on June 28, 1973, with an effective date of July 1, 1973, which provided that no land shall be assessed under the act as open space land prior to April 1, The law 1974. also created a Current Use Advisory Board which is attached to the NH Department Revenue of Administration.

The success of the NH Current Use Law over the past 50 years can be seen in the positive acceptance by over 42,000 Farm and Forest Landowners who have enrolled more than 3 million acres in NH. Our Current Use Law over the years has remained easy understand. to Unlike other states, enrolling land in Current Use and administering the program is simple.

Anv landowner can to enroll their choose lands if they own 10 or more acres of undeveloped land with a few exceptions, if your holdings are less than 10 acres which are used strictly for agriculture or if you have a wetlands. The Current Use Advisory Board has developed a NH Current Use Criteria Booklet that can be found online at, (http://revenue.nh.gov/cur rent-use/booklets.htm). This document should answer any questions you may have about Current Use Law in NH.

We would not be celebrating 50 years of Current Use without the vision of many folks such as Elmer Johnson of Winchester, a Dairy Farmer, Farm Bureau member and State Representative who was the prime sponsor of along HB 307 with SPACE, NH Timberland Owners, NH Farm Bureau, Society for the Protection of NH Forest, NH and Audubon many others. Also instrumental were those who served the NH Legislature and Senate and both Governors. Walter Peterson and Meldrim Thomson and the nearly 150,000 voters who voted Yes, over 50 years ago to amend the State's Constitution. Without everyone's hard work and successful efforts we believe NH would look much different than it does today. We have maintained our rural character by protecting our farm and

forestland which is why our NH Tourism remains our second largest Industry with a strong Recreation, Farm and Forestry Industry.

We would like to share with you the "RSA 79-A:1 Current Use Taxation" which lays out the true intent of what the NH Current Use Law is: RSA 79-A:1 Declaration of Public Interest It is hereby declared to be in the public interest to encourage the preservation of open space, thus providing a healthful and attractive outdoor environment for work and recreation of the state's citizens, maintaining the character of the state's landscape, and conserving the land, water, forest, agricultural and wildlife resources. It is further declared to be in the public interest to prevent the loss of open space due to property taxation at values incompatible with open space usage. Open space land imposes few if any costs on local government and is therefore an economic benefit to its citizens. The means for encouraging preservation of open space authorized by this chapter is the assessment of land value for property taxation on the basis of current use. It is the intent of this chapter to encourage but not to require management practices on open space lands under current use assessment

We hope all who celebrate New Hampshire's 50 years of the Current Use Law, will take the time as you drive around NH and enjoy the scenic and rural character that we all love or go for a hike in the woods and enjoy all of the recreational activities available and be thankful for the many who came together and worked very hard to preserve New Hampshire's beauty over the past 50 years because of Current Use.

4:00 - 10:00 PM

On the lawn at Ross-Wood Post #20 American Legion



July 1

4 Ammonoosuc Street, Woodsville **Open to the Public** \$10 per person

Food & beverages available for purchase I Dancing, corn hole, other games **BYOC (Bring Your Own Chair)** In case of inclement weather, upstairs.

**Co-Authors** Tom Thomson Son of Governor Meldrim Thomson Public Member of Current Use Advisory Board **Tree Farmer** Orford, NH

Andy Peterson Son of Governor Walter Peterson Former State Senator **Real Estate Broker** Peterborough, NH

# **Grace Kelly Live at The Colonial**

The Colonial Theatre in Bethlehem welcomes unequivocal musical prodigy, singer-saxophonistsongwriter-composer, and band leader, Grace Kelly live on stage, July 1st at 8:00 PM.

Grace Kelly has rocked the jazz world with soldout concerts. 14 acclaimed albums, and a resume includes that performing at the Hollywood Bowl and as part of the house band for "The Late Show with Stephen Colbert" —all before reaching her midtwenties. Kelly's early career featured performances at Barack Obama's 2009 inauguration at age 16 and at 14 as a soloist with the Boston Pops playing an original composition arranged for the legendary orchestra; she has since then played over 900 shows as bandleader in 35 countries at venues like the Kennedy Center and Moscow Symphony Hall and for the Montreal. Newport, and Montreux international jazz festivals. Touted for her scorching saxophone stylings and purring vocals, Kelly has performed and recorded with renowned artists including Lin Manuel-Miranda, Dave Brubeck, Lee Konitz, Phil Woods, Huey Lewis, Harry Connick Jr., Gloria Estefan, Questlove, and Wynton Marsalis.

Grace Kelly Live! at The Colonial is brought to you by two live music lovers as the Presenting Sponsors and Co-Producing Sponsors: Littleton Chevrolet and Samuel Adams. Doors and patio open at The Colonial Theatre in Bethlehem at 7:00 PM, and the show starts at 8:00 PM. General Admission tickets are \$34, Front & Center tickets are \$46, and Members General Admission tickets are \$26.



toric landmark theatre, providing high-quality film and performing arts programming and quality family entertainment, and offering a vision of smalltown revitalization based on the arts.

To learn more about upcoming movies and events, purchase tickets, or become a member or

volunteer please visit www.BethlehemColonial.org. While you are there, sign up for regular email updates or follow The Colonial on Instagram (@bethlehemcolonial), Facebook (Facebook.com/BethlehemColonial), or Twitter (@ColonialNH).

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# **New Hampshire Music Festival Tickets on Sale**

Plymouth, NH - The New Hampshire Music Festival is thrilled to announce that tickets for the 2023 summer are on sale now!

We are presenting an exciting season of orchestral concerts, chamber music concerts, and free community events from July 11th to July 27th at a variety of locations and settings in Plymouth, Gilford, Lebanon, and Waterville Valley, NH. Concerts present a

wide range of classical music by composers from the Baroque to the present, including Marcello and Vivaldi, Haydn and Beethoven, Berlioz, Tchaikovsky, Copland, Diamond, and living composers Jesse Montgomerv and Gabriella Frank.

To purchase tickets and for more information please visit nhmf.org or call General Manager, Justin Stratton at 603-238-9007 ext. 3.



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Tickets are available online at www.Bethlehem-Colonial.org.

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Calendar of Events

### EVENTS FROM LOCAL NON-PROFITS, SCHOOLS AND TOWNS. PRESENTED FREE BY TRENDY TIMES.

## **TUESDAY, JUNE 27**

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Volume

FOOD TRUCK POP-UP 4:30 - 7:30 PM See Article on Page 3 Trailhead Pavilion, St. Johnsbury

OLD NORTH CHURCH LAMPLIGHT SERVICE 7:00 PM Old North Church, Danville, Vermont

#### WEDNESDAY, JUNE 28

DRESS THE SHELVES 3:00 PM St. Johnsbury Athenaeum

**ARTS & CULTURE POETRY SERIES: LOS** LORCAS 7:00 PM St. Johnsbury Athenaeum

### **THUSDAY, JUNE 29**

NEW HSMPSHIRE ON ICE 7:00 PM See Article on Page 7 Great Room, Weeks State Park, Lancaster

**FRIDAY, JUNE 30 FINAL FRIDAY** 4:00 PM Railroad Street, St. Johnsbury

## SATURDAY, JULY 1

TUCKER MOUNTAIN'S STORYWALK™ TRAIL **RIBBON CUTTING** r1:30 PM See Article on Page 3 Tucker Mt. Town Forest Parking Lot

**RED. WHITE & BREW** 4:00 - 10:00 PM See Ad on Page 4 American Legion Post, Woodsville

**GRACE KELLY LIVE** 8:00 PM See Ad & Article on Page 5 Colonial Theater, Bethlehem

### **MONDAY, JULY 3**

DANCE PARTY MONDAY 10:00 MAM St. Johnsbury Athenaeum

HAVERHILL SELECT BOARD MEETING 6:00 PM Clifford Memorial Building, Woodsville

### **TUESDAY, JULY 4**

INDEPENDENCE DAY CELEBRATION 11:00 AM Parade 10:00 PM Fireworks Woodsville, NH & Wells River, VT See Ad on Page 7

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#### WEDNESDAY, JULY 5

FIRE DEPARTMENT STORIES & SAFETY 10:00 AM St. Johnsbury Athenaeum

### **THURSDAY, JULY 6**

NIFTY NOODLES 11:00 AM St. Johnsbury Athenaeum

BEN COSGROVE IN CONCERT 7:00 PM s See Article on Page 3 Weeks State Park, Lancaster

### FRIDAY, JULY 7

ACORN CLUB STORYTIME 10:00 AM St. Johnsbury Athenaeum

BEER-STADT FEST AT THE ATHENAEUM 5:00 PM St. Johnsbury Athenaeum

DIRTY CELLO 7:30 PM See Article on Page 9 Alumni Hall, Haverhill

### **SATURDAY, JULY 8**

NEK ARTISAN'S OPENING PARTY 2:00 - 4:00 PM See Article on Page 14 460 Railroad Street, St. Johnsbury

**COMMUNITY SPAGHETTI DINNER & OPEN MIC NIGHT** 5:00 PM Meal - 6:00 PM Music See Ad on Page 13 Horse Meadow Senior Center, No. Haverhill

### **MONDAY, JULY 10**

YOUNG ARTIST 10:00 AM St. Johnsbury Athenaeum

BATH BOOK CLUB 4:30 PM See Article on Page 11 Bath Public Library

**ROSS-WOOD AUXILIARY UNIT #20 MEETING** 6:00 PM 4 Ammonoosuc Street, Woodsville

**TUESDAY, JULY 11** NASA-LAUNCH SERVICES PROGRAM 1:45 PM St. Johnsbury Athenaeum

FOOD TRUCK POP-UP 4:30 - 7:30 PM Trailhead Pavilion, St. Johnsbury BYOS SUMMER READING BOOK DISCUSSION 6:00 PM St. Johnsbury Athenaeum

TUE., JULY 11 - THUR. JULY 27

NEW HAMPSHIRE MUSIC FESTIVAL See Article on Page 5 Various Location & Times

#### WEDNESDAY, JULY 12

**ROSS-WOOD POST #20 AMERICAN LEGION** MONTHLY MEETING - 6:00 PM 4 Ammonoosuc Street, Woodsville

**ARTS & CULTURE POETRY SERIES** 7:00 PM Toussiant St. Negritude

### WEDNESDAY, JULY 19

SUMMER READING CELEBRATION 1:45 PM St. Johnsbury Athenaeum

### **EVERY THURSDAY**

WORKING ON WELLNESS 6:00 PM Monroe Public Library

### **EVERY FRIDAY**

SHARE THE HARVEST TABLE NOON - 7:00 PM Baldwin Memorial Library, Wells River.

### **EVERY SUNDAY**

BETHANY CHURCH WORSHIP SERVICES 9:00 AM "the church set apart on the hill" Mt. Moosilauke Highway, Pike, NH Phone: jo anne at 603-787-6658

### WEEKLY EVENTS AT **CLIFFORD MEMORIAL BUILDING**

South Court Street, Woodsville PICKLEBALL Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM LINE DANCING every Wednesday evening 6:00 - 7:00 PM

ANTIQUE STROLLERS WALKING PROGRAM Monday - Friday from 11:00-12:00 Morrill Municipal Building, North Haverhill

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# **July Activities at Horse Meadow Senior Center**

7/3 9:30 Chair Yoga, 10:00 Grief & Loss Support Group, 10:30 Candy Bar Bingo, 12:30 Move More Class, 1:00 Drums Alive, 1:00 Cards/Cribbage

7/4 CLOSED/Holiday 7/5 9:30 Chair Yoga, 10:30 Board Games/puzzles, 1:00 Bingo, 1:00 **Drums Alive** 

7/6 9:30 Bone builders, 12:30 Hymn Sing w/Byron, 1:00 Outdoor Walking Group, 1:00 Food Pantry by appt.

7/7 10:00 Popcorn & Movie, 12:30 Mahjongg,

7/8 Saturday COMMU-NITY SPAGHETTI **DINNER & OPEN MIC** 5:00-8:30

7/10 9:30 Chair Yoga, 1:00 Drums Alive, 1:00 Cards/Cribbage 1:00 Dementia Support Group

7/11 8:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith Chat, 10:30 Woodsville Eye Care/Glasses Check, 12:30 Crafting Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry,

7/12 9:30 Chair Yoga, 10:00 Veteran's Coffee, 10:30 ASK a nurse, 10:30 Board Games, 12:30 Horse Shoe Tournament, 1:00 Bingo, 1:00 Drums Alive, Music by Jane Wilcox during lunch

7/13 9:30 Bone Builders, 10:00 Floral 1:00 Outdoor w/Jane, Walking Group, 1:00 Food Pantry by appointment

7/14 10:00 Popcorn & Movie, 12:30 Mahjongg, 12:30 Herbal w/Elaine

7/15 Saturday FARMER & FLEA MAR-KET 8:00-2:00

7/17 9:30 Chair Yoga, 10:00 Grief & Loss Support Group, 10:30 Candy Bar Bingo, 12:30 Move More Class, 1:00 Drums Alive, 1:00 Cards/Cribbage

7/18 9:00 Nifty Needlers, 9:30 Bone Builders, 12:30 Crafting Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry,

7/19 9:30 Chair Yoga, 10:00 Book Discussion, 10:30 Board Games, 1:00 Bingo, 1:00 Drums Alive, Music by Jane Wilcox during lunch

7/20 9:30 Bone Builders, 1:00 Outdoor Walking Group, 12:30 Bird Watchers, 1:00 Food Pantry

7/21 10:00 Movie & Popcorn, 12:30 Mahjongg 7/24 9:30 Chair Yoga,

12:30 Move More class, 1:00 Drums Alive

7/25 9:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith Chat, 12:30 Craft Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry

7/26 9:30 Chair Yoga, 10:30 Board Games & Puzzles, 1:00 Bingo, 1:00 **Drums Alive** 

7/27 9:30 Bone Builders, 1:00 HMSC Walkers, 1:00 Food Pantry by appointment

7/28 10:00 Popcorn & Movie, 12:30 Mahjongg, 12:30 Herbal w/Elaine

7/31 9:30 Chair Yoga, 12:30 Move More Class, 1:00 Drums Alive, 1:00 Cards & Cribbage

# **New Hampshire On Ice**

Linda Scherf for Weeks State Park Association

Weeks State Park Summer Program - New Hampshire on Ice - How Glaciers Affected Our Local Topography on Thursday, June 29, 2023 at 7 PM. Presented by Rachel Dandeneau

Come learn about the most recent glaciers in New England and how they helped shape the mountains and valleys we know and love! We will be talking about how some notable features in our areas, such as the Connecticut River Valley and Tuckerman's Ravine, were formed by glaciers. The program will present information about the different types of glaciers, how they behave, and some other geologic features related to glaciation.

Rachel Dandeneau is a NH native and attained a M.S. in Biology from Plymouth State University and had the luck and joy of working with NH Fish and Game for her master's research on high elevation brook trout in the Nash Stream Watershed. She

attained here undergraduate degree from Lyndon State College (now Northern Vermont University) where she minored in ge-Rachel ology. now teaches at White Mountain Community College in Berlin, NH, where she passes on her love and passion for the environment - geology included to her students in the Environmental Science program.

This free program will be in the Great Room of the Summit Lodge of Weeks State Park and will and bring a picnic supper. North is lobegin at 7pm. Come early Weeks State Park is located on the east side of Route 3, approximately 2 miles south of Lancaster, NH. Carpooling is strongly suggested if possible for the events.

The summer programs are sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. "Thank You" to our local business supporters who help make the summer program series possible.

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Times

June 27, 2023

Volume 14 Number 19

# **Woodsville Wells River 4th of July Celebration**

*Tuesday, July 4, 2023* Theme: "Party Like It's 1776!" **11:00 AM Gigantic Parade** From Woodsville into Wells River

No Fee to enter parade 3 Categories for Cash Prizes Schedule of Events at the Woodsville Community Field



9:00 am	Flea Market Opens		
12:00	Vertical Attractions & Foo	d Vendors open	
1:00 - 3:00	Parker Hill Road Band	Check us out	
2:00-6:00	Free Face Painting	on Facebook	
2:00-8:00	Dunk Tank	or visit our website:	
2:00-9:00	BINGO Under the tent	www.wwr4th.org	
4:30-6:30	Donna Thunder		
7:30	Parade & Window Winners Announced		
8:00-10:00	The Blue Rooster Band		
9:00	Raffle Winners drawn & announced		
9:00-10:00	50/50 Raffle Drawing (winner posted at office)		

# 10:00 PM Immense **Fireworks Display**

Fired from the south end of Wells River Village, Best watched from the Woodsville **Community Field** 

# <sup>3</sup> St. J Final Fridays Returns on June 30

St. Johnsbury, VT – Partners Discover St. Johnsbury, the Town of St. Johnsbury, and Catamount Film & Arts are bringing back their popular St. J Final Fridays series to St. Johnsbury again this summer.

The event will bring a street fair and nightlife feel to the downtown on the final Friday evenings of each month, on June 30, July 28, and August 25.

On each event date, starting at 4:00pm, Railroad Street will be closed to motorized vehicles and filled with free interactive live art demonstrations, family fun activities, a gallery stroll, sidewalk sales, tasty treats, a beer garden, and more. At 7:00pm, the event closes out with a free Levitt AMP St. Johnsbury Music Series performance right in the heart of our downtown. More details can be found at www.discoverstjohnsbury.com/finalfridays, by visiting the Welcome Center (51 Depot Square), or calling (802) 748-8575.

"We had so much fun at these events last year, and it seems like the community definitely feels the same." says Gillian Sewake, Director of Discover St. Johnsbury. "So many people and organizations have reached out asking to be a part of it, we're going to have a really amazing event for everyone to enjoy."

The first event in the series takes place on Friday, June 30. Featured free programming at the street fair includes a storyweaving performance by Djeli Forchion; giant carrot "photo booth" from Salvation Farms; a St. J Art on the Street Gallery Stroll by Catamount Arts, featuring art exhibitions, meet-theartist activities, and refreshments in a dozen lo-



cations along Railroad Street and Eastern Avenue; live portrait drawing by Larry Golden; capoeira demonstrations from Didê Capoeira; fitness popup classes by NEK Prosper!; and more than 30 activities including food trucks, kids crafts, free goodies, and live music. Businesses along Railroad Street and Eastern Avenue will also stay open late and host sidewalk sales and activities.

At 7:00pm, the Levitt AMP St. Johnsbury Music Series kicks off with its first performance of 2023 with Burlington-based American blues duo Dwight + Nicole, as part of the Clemmons Family Farm "Facing the Sunrise: Black Performing Arts" series. Catamount Arts will bring their signature mobile stage to the heart of downtown St. Johnsbury, turning Railroad Street into a summer concert venue to showcase Dwight + Nicole's soulful sounds. The Levitt AMP St. Johnsbury Music Series is supported in part by the Mortimer & Mimi Levitt Foundation, which partners with towns and cities across America to activate underused public spaces through the power of free live music, creating welcoming, inclusive destinations. Presenting a broad array of music genres and cultural programming, Levitt venues and

concert sites are community anchors where families, friends and neighbors of all ages and backgrounds come together. Learn more at www.levitt.org.

Since 2002, Discover St. Johnsbury (previously known as the St. Johnsbury Chamber of Commerce) has stimulated and promoted the vitality of St. Johnsbury's cultural, commercial, and community resources through regional marketing, producing community events, support for local businesses, and other economic development activities. The organization combines the economic and commercial goals of a business alliance with the structure of a Designated Downtown organization. www.DiscoverStJohnsbury.com

Catamount Arts serves 40,000 people annually with film, opera, and ballet screenings; gallery art exhibitions; live music, dance, and theater; arts education; and a regional box office serving 40+ organizations. Catamount proudly hosts the KCP Presents Series, First Night North, Circus Smirkus in St. Johnsbury, EPIC Music, and Levitt AMP St. Johnsbury, championing the essential role of arts in vibrant, sustainable communities. www.catamountarts.org



We have more incredible news from the Woodsville High School athletics department! Coach Cassie Manning has earned esteemed recognition as the Division IV Softball JV Coach of the Year! Coach Manning's commitment, enthusiasm, and strategic leadership drove our JV team's performance considerably. Her exceptional ability to motivate and foster growth in our athletes is genuinely inspiring.

This accolade is a testament to Coach Manning's excellent coaching prowess and the dedication, team spirit, and talent of our fantastic JV softball team.

Please join us in celebrating Coach Cassie Manning on this well-earned honor. Here's to continued success and many more triumphant seasons ahead!

Photo Credit to Arinn Roy





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# **Coming Back To The Stage At Alumni Hall**



If you missed the San Francisco band DIRTY CELLO last October at Court Street Arts, you have another chance to see them on Friday, July 7th at Alumni Hall, Haverhill at 7:30pm, as they return with their whole ensemble!

Dirty Cello is a fivepiece string ensemble that blends blues, Bluegrass, rock and world music sounds with roots in the world of European classical music. Their style is unique, refreshing and guaranteed to get your toes tapping!

For more information and to purchase tickets visit: www.courtstreetarts .org imes are Trendy, but there will always be Trendy Times

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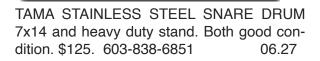
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# What Do You Do For Fun?

### by Elinor Mawson

At a recent doctor's appointment, I was asked, "What do you do for fun?" I had to think a moment.

"I read," I replied. As I have said before, I have been a reader since the age of four. Reading has been a huge part of my life, and, since I have had to give up needlework due to arthritis, it still takes up a big part of my time. Every room in our house has books in it. I have collections of books about quilting and rug hooking. My husband has collections about bird carving and tying flies. I have novels, travel books, histories, atlases, poetry, bi-My husband ography. likes cookbooks. We can never be bored when we have our "library". And lately, I have done the inevitable and bought a Kindle. In fact I am on my fourth. I love it because I don't have to store my books on the shelves any more. (There is no room!).

"I listen to beautiful music," I continued. I was introduced to classical music when I was a freshman in college. It was life changing! I had a small record player and got records out of the local library. I played them so much they were nearly worn out when I returned them. Eventually I bought a larger record player and my own records.

Wherever we lived after college, I had my music with me. In time, we got a CD player and collected CD's which we still have. I love listening to Bach, Beethoven, Handel, Puccini, Vaughn Williams and all the rest. Music is a part of my life that I wouldn't want to have missed. Several years ago we went to Tanglewood, and later I called my friend Margie, the one who was responsible for my love of classics. I told her about going to Tanglewood; she had never been. She was so excited for me to have had the experience. I reiterated how happy I was to have music in my life.

Speaking of music, I remember my brother and I talking about our lives. He said he had always wanted to be an athlete, and I roared with laughter. Then I told him I wished I had been a musician, and he was the one that roared. I have no regrets that I'm not a musician but I do wish I had spent more time on piano lessons.

"And," I concluded, "I love living". We are at the point in our lives when we are where we want to be. Barring health issues, we are happy with the status quo. We have a wonderful family that is doing well. We have great friends. We love our house and our lifestyle. Life is good.

I hope the doctor was satisfied with my answer.

## Want to Connect to Other Readers? <sup>11</sup> Join the Bath Book Club!

The Bath Library Book Club will be discussing "A New England Girlhood," by Lucy Larcom, on Monday, July 10, 2023 at 4:30 pm at the Bath Public Library.

Lucy Larcom wrote her autobiography, "A New England Girlhood," for voung woman readers. First published in 1889, it is still a valuable resource for learning about what girlhood was like in New England at the start of the industrial revolution. Lucy Larcom was an American teacher, poet, and author. She considered herself both a daughter of the American Revolution and a keen observer of the shift in America from a rural to an industrial society.

girls. Lucy becomes one of those girls, beginning work at a mill at the age of eleven. She worked in the factory from 1835 to 1845. Larcom wrote "A New England Girlhood" from the perspective of an older woman looking back to her idyllic childhood in Seaport town of the Beverly and describing her adolescence and early adulthood in Lowell during a time when American life was changing.

Books may be picked up at the Bath Library; hours are Monday 9:00 am to noon and 1:00 pm to 4:30 pm; Wednesday 9:00 am to noon; and Saturday 9:00 am to noon. The Anyone with an interest in  $e_s$ urday 9:00 am to noon. reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibraryljh@gmail.com



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## **Stephen John & Guests: Conversation with Businesses, Community Leaders** & Non-Profit Organizations!



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# **Biggest Threats to a Comfortable Retirement?**

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

 Inflation – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years - and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exthe

ceed inflation rate.

· Excessive withdrawals - Once you retire, you should establish a withdrawal rate for vour portfolio an amount you can take out each year and still feel secure that you won't out run of money. Some people make the mistake of withdrawing too

much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

· Market volatility - The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" - a group of CDs that mature at different times - to provide you with resources for the next few years and allow your equity investments time to recover their value.

• Unexpected costs – You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

 Health – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

# Keep NH's Forests Safe and Healthy – Leave Camping Firewood at Home

The N.H. Division of Forests and Lands is reminding everyone who will be camping this summer that one of the easiest ways to keep our state's forests healthy is to leave campfire wood at home and to purchase it locally when they arrive at their

program director for the NHDFL's Forest Health Program. "Harmful species from the smallest flies to the largest longhorn beetles can be found in firewood."

Campers are encouraged to look for firewood that has been harvested and gathered locally once they arrive at their destination. Most N.H. State Parks sell wood for campfires that has been kiln dried, which eliminates all pests. "Packing for a camping trip can be overwhelming, so give yourself a break by making that task - and your load - lighter: don't bring firewood with you," said Lombard. "That opens up more room in your vehicle for s'mores, games and other items that will make your trip one to remember for all

the right reasons."

To find a local provider of firewood, visit firewoodscout.org. For more information about insects and firewood, visit NHBugs.org.

New Hampshire's Division of Forests and Lands is part of the Department of Natural and Cultural

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destination.

Studies by the NHDFL have shown that all untreated campfire wood carries insects and averages 35 insects in each stick. When this wood is transported from one region to another, it increases the chances of spreading invasive insects that have "hitchhiked," heightening risks to forest health in places that those pests had not yet been present. "Firewood is a major vector of new pests spreading to healthy for-

ests," said Kyle Lombard,

Resources. NHDFL's mission is to protect and promote the values provided by trees, forests and natural communities. This misaccomplished sion is through responsible management of the state's forested resources; by providing forest resource information and education to the public; and through the protection of these resources for the continuing benefit of the state's citizens, visitors, and forest industry. Learn more at nh.gov/nhdfl.

# My Ultimate E-Ticket Ride

#### by Maggie Anderson

Staring at my denuded thread rack, I scan the rest of the room attempting to size up what else might fit into another of the boxes I'm trying to pack for our return home.

In some ways my packing mood is one of melancholy; a mixture of reluctance to leave the beach, so many projects still undone, and friends yet unvisited.

The other emotion I feel is an overwhelming desire to be with kids and grandkids whose lives are on roller coasters right now, sadly not of the amusement park variety.

Closing the distance between us may not make their ride any easier, but it will give them more shoulders to lean on, and to cry on when their coaster flips and rolls again.

Losing focus mid-packing is the one thing I need to guard against, I better laser focus ASAP, we've already got tickets in hand.

# New Playground Equipment Dedicated <sup>13</sup> at Wells River Community Picnic





The VFW Auxiliary at Post 5245 of Haverhill is handing out certificates in honor of Flag Day. Donna Bagley, President of the Auxiliary is giving Mr. & Mrs. Fred Delman thiers.



Under unsettled skies about 50 people gathered at the Wells River Community Picnic and Ice Cream Social on Saturday June 24th, to dedicate the new playground equipment at the Rev. Kenneth W. Berry Memorial Field. The new equipment was made possible by a partnership with the Village of Wells River when the trustees appropriated \$15,000 of the American Rescue Plan Act funding to purchase the equipment and WRAP spearheaded a community fund drive to raise the \$4,000 needed for installation.

Within days of announcing the drive in late December 2022, nearly all the money was raised. The final dollars needed to reach the \$4,000 goal was achieved with a 50/50 raffle netting \$267 at the River Bend Expo in April.

WRAP President Kelsey Root-Winchester explained that additional pieces of playground equipment would be arriving soon because of a color mix - up. The equipment was supposed to be blue and yellow to match Blue Mountain Union colors. Pettinelli and Associates, the company that installed the equipment is donating additional pieces of equipment worth several thousand dollars to make up for the mistake. The equipment will arrive later in the summer.

The ceremony concluded with long time Wells River resident be Joyce Powers, who was on the original committee that brought the playground to fruition 29 years ago, cutting the ribbon on the new equipment.

The installation of the equipment was made possible by donations from LC Design Concepts, Wells River Savings Bank, Wells River Congregational – UCC, Richard and Emily Hausman, Stephen and Barbara Elliot, Douglas Shealy, Stephen and Teresa Puffer, Big Cones LLC, Mill Street Enterprises, WYKR Radio, Michael J Thomas, Wells River Motel, Stephen and Candice Peck, Ben A Gitchel Todd Holt Physical III, Therapy, Larry Scott and Peggy Hewes, Richard M Roderick and the people



Join us for Dinner & Entertainment Horse Meadow Senior Center 91 Horse Meadow Road N. Haverhill, NH Music 6:00-8:30 (2<sup>nd</sup> Saturday of each month) This is a COMMUNITY Event All are welcome!



Each participant will have time for 2 songs and perhaps more, time permitting. Suggested donation for listeners \$3.00



Big news from the Woodsville High School athletics department! We're thrilled to announce that our Dana Huntington has been honored with the prestigious Division IV Softball Coach of the Year title! Coach Huntington's dedication, passion, and strategic acumen significantly contributed to our team's success. His ability to inspire and bring out the best in our athletes is truly remarkable.

This recognition is a testament to Coach Huntington's exceptional coaching skills and to the hard work and team spirit of our fantastic softball players.

Join us in congratulating Coach Dana Huntington on this well-deserved honor. Here's to many more successful seasons ahead!

PC: Arinn Roy

who bought 50/50 raffle tickets.

After the ceremony Tuttle's Diner and Hatchbox served up, food, the Baldwin Memorial Library gave away books and Michael Caduto entertained the audience with music, song and participatory games. A free drawing was also held where over 20 people got a free T-shirt donated by Green Mountain Monogram. The day ended with servina up ice WRAP cream, donated by Big Cones.



#### Ma was always busy in the summer with her many flower beds. Walking around the property, pulling stray weeds, playing ball with the dog, walking to the mailbox and arranging yard ornaments. She also was busy in the fall with picking vegetables from the garden and canning (which required many trips up and down stairs for storage). The point is, up until Ma turned 95, she kept her body moving.

Grammy lived to be 102 years old. Grammy was the fastest berry picker I have ever known. Up until she was 98, she walked around the fields of her farm and the gardens and kept busy every day. Grammy broke her ankle when she was 98 and it did slow her down some.

The point, is that these ladies, keeping busy and active helps you to live a better long life. Even people suffering from cognitive changes do better when they keep moving their bodies. "Blankevoort et al. (2010) reviewed 16 studies that investigated the effects of physical activity in strength, balance, mobility, and performance, on the activities of daily living in elderly patients with dementia. The authors found that, in every stage of the disease, the practice of physical activities benefits." have per www.sciencedirect.com.

The CDC recently released a report that concluded that people over the age of 65 should be getting 30 minutes of movement or activity every day. Per www.cdc.gov/ physicalactivity, "As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-today activities without bedependent on coming others."

For your overall health, something is better than nothing, so getting out and doing some type of physical activity will be good for you. As Ma and Grammy knew, being busy keeps you young. It is summer time, find something to do that will get you up and out that chair. Happy of summer time!

# **Northeast Kingdom Artisans Guild Back Room Gallery**



"Silent Promises" silk ink on Silk

We have a new exhibit opening right after our national holiday on July 6th: Sightseeing in Silk & Paper, by one of Amernewest citizens, ica's Anna Yakubovskaya. The exhibit begins on July 6th and runs until August 19th. We will have an Opening Party on Saturday July 8th from 2 to 4. Patrons may meet the artist and celebrate with delightful horderves and beverages.

The following excerpt is from her Artist's Statement: "When I think back to my first childhood memories, I was always drawing-the hamsters we kept as pets at school, portraits of my elderly neighbors, and other sights from my neighborhood as well as my imagination, at times blurring the lines between the two... For as long as I can remember, my creativity has been my way of interacting with the world-of feeling, capturing, softening, sharing whatever environment I find myself in.

My artistic path started in my home city of Saint Petersburg, Russia, where I went on to study at the Stieglitz State Academy of Art and Design. I moved to the United States in 1997, and most recently to Vermont, in 2021.

Today, I mainly work in two mediums-watercolor and silk painting. These techniques resemble each other in that they both require a certain fearlessness, as well as a trust for the material, in order to strike a balance between the intentional and the spontaneous. Exploring one often helps me find a new freedom, or lightness, in the other.

watercolors, With have embarked in the wonder of plein air painting- stepping out of my studio to capture breathtaking Vermont landscapes and charming New England towns.

"When it comes to silk, my work has often been centered in wearable art bearing motifs from the



natural world-native plants, detailed birds, flowers.

I still wonder why exactly I create-what my mission is, if I even must have one? Today I would say that it is not necessarily to create beauty, but rather to capture, draw attention to, or translate in my own way the abundance of beauty that is around us. It is what nourishes me, and hopefully touches others."

Following her work in St. Petersburg, Russia, where she worked as an art teacher, graphic artist, and interior designer, she moved to Alexandra, Virginia. There she worked as a silk Painting instructor at the Art League School, as an art teacher at the Russian School in Falls Church, VA, and became involved in the Art League Gallery, before moving to St. Johnsbury where she has become involved in a variety of Galleries throughout Vermont.

You will also be able to meet the artist on the Final Friday of July, the 28th from 5 to 7, with festivities to be announced.

Northeast Kingdom Artisans Guild is a cooperative store and gallery at 460 Rail Road Street, in Saint Johnsbury. We are from Tuesday open through Saturday from 10:30 AM until 5:30 PM. Besides the featured Back Room Gallery our cooperative has works by 100+ by the finest crafts people of Vermont Artists. Follow the Guild in this paper, at our website, on Facebook and Instagram. Our phone number is 802 748-0158. Please call during store hours.

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'Yellow Church, Main Street, St. Johnsbury" watercolor

Submitted by James M. Frase-White Curator, Back Room Gallery Northeast Kingdom Artisan Guild

# **2023 Woodsville Wells River Parade & Grand Marshals**

## Parade Marshal

The Woodsville Wells River 4th of July Committee has the honor of choosing a member or former member of the US Military to be the Parade Marshal for our annual parade. In 2023 that honor goes to a Woodsville native. Robert "Bob" Williams was born at the old Cottage Hospital in Woodsville June 27, 1950. At the time his parents resided in South Ryegate, Vermont. It was from that home that Bob attended elementary schools in South Ryegate before attending and graduating in 1969 from Woodsville High School.



During that same year Bob received a draft notice and made the choice to join the US Navy. Bob became a gunner's mate and served on the F.D. Roosevelt until his honorable discharge in December 1974. But Bob's service to the military did not stop there by any means. From 1982 to 1985 Bob was part of the Vermont Air National Guard. He then transferred back to the US Navy in the Seabees until his re tirement in 2006. But wait, there's more. Also in 2006 Bob retired from his position at the VA Hospital in White River Jct., VT after 37 years as an employee. Bob had started working the night shift as a janitor and moved up to supervising about 30 Engineering personal when heretired. During his working years at the VA Bob also attended 4 years of night college, recieving a BS in business.

Bob's service to the community did not stop with his military career. In 1975 Bob became a member of Ross-Wood Post #20 American Legion of Woodsville and has held a number of positions including Commander. He is also a member of the Sons of the American Legion Squadron 20. And he is a life member of Haverhill Memorial VFW Post #5245. In 1981 Bob joined the Woodsville Fire Department and again rose through the ranks to Lieutenant. During his time with WFD he helped create and organize the rescue, dive team, base medical and rescue, and joined with Cottage Hospital to assist as medical and ambulance driver. Bob also used his building background to help plan and build the Woodsville Emergency Services Building.

During all this service Bob also married a high school class mate Darlene Keith and they raised three children in their Woodsville home. Bob and Darlene are now snowbirds living summers in South Ryegate and wintering in Florida. But even then Bob could not help but volunteer. Last year he joined the American Red Cross serving both in the north and the south.

It would be difficult to find someone more deserving that Robert "Bob Williams to be the 2023 Parade Marshal.

## BEEZWAX By John Martin





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SOUNDS DELICIOUS!

TAKE A BOWL

## **Grand Marshal**

It is the tradition each year for the Woodsville Wells River 4th of July Committee to choose a deserving individual. or couple, to be the Grand Marshal for this annual celebration of the birth of our nation. Suggestions are requested from the general public as well as members of the committee. The tradition has been to honor someone who has given back to the community over many years.

The honor of Grand Marshal for 2023



has been awarded to Archie Steenburgh of Pike. Archie was born in the Albany, New York area and spent some time on stage in the New York City area as part of a duo. Archie was the singer and straight man while his parter got the jokes and more. At one of their shows he saw Martha arrive and dedicated a song to her. That was the beginning of a marriage that is now over 60 years long.

Not long after the two were married Archie and Martha made the choice to get out of New York. It was already October and most open teaching positions had been filled. But Archie was able to land one of only two left in New England. That one was at Woodsville High School  $\stackrel{a}{\approx}$ as a history teacher. He spent six years at WHS before, in 1973, taking a positon as a professor at Plymouth State University where he spent the next twenty-five years.

In 1972, at the urging and after receiving training from George Clements, Archie opened Steenburgh Auctioneers & Appraisers. This business is still going strong with son Joshua now at the helm.

Along with his teaching and auctioneering Archie also held the title of Town & School Moderator in Haverhill for about 25 years. He has also served on the Board of Directors of the Woodsville Guaranty Savings Bank for about 25 years. He has also been know to break out in song at many locations and for many occasions.

It is with pride that the Woodsville Wells River 4th of July Committee bestows the Grand Marshal title to Archie Steenburgh. Let the bidding begin.





ELLS RIVER

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# ENDY A Free Publication





# Eggplant Parmesan

Hello hello my fellow chefs! How are you all doing today? I'm doing okay but my sciatica came back. I'm sitting on a heating pad which helps. Also Biofreeze roll on and ibuprofen. This is awful but I'm coping.

I found a recipe to un-

clog your drains in shower

and kitchen. Pour 1/2 cup

baking soda in drain then

pour 1/4 cup white vinegar

Vot all Times are Trendy, but there will always be Trendy Times June 27, 2023 Volume 14 Number 19

in and close drain. It bubbles a lot. I did it 2x in the shower because it needed it. It's perfect now. Better than Draino and a lot cheaper. Give it a try. Today's recipe is a classic. You can serve with spaghetti or any macaroni. It reheats well

macaroni. It reheats well in microwave or on top of

stove to make a great sandwich on a roll like pizza places do. Top with mozzarella when you heat it up. I forgot to get sliced mozzarella but get it sliced fresh at the deli, not too thin. Let's get started with today's recipe and how to make it. It's a great summer treat. Ingredients 1 large jar of your favorite pasta sauce. 2 if you're also serving pasta. 1 large eggplant

(I peeled mine but you can leave skin on. My mom always peeled it so that's what I do. Just use a vegetable peeler and cut a little off the top and bottom.).

Slice 1/4" thick slices Salt to sprinkle on eggplant to remove moisture.

1/2-3/4 cup olive oil 2 cups or more Italian seasoned Panko bread-

crumbs 2-3 large eggs scrambled

1 cup plus fresh 1/4 cup Parmesan cheese grated or shredded.

1/3 lb sliced mozzarella cheese (optional)

Prepare eggplant and place side by side on few sheets of paper towels and sprinkle a decent amount of salt. Cover with paper towels and place dish or cookie sheet on top and let sit for at least a 1/2 hour. Pat any extra moisture off. Get 2 low bowls and put Panko in one and scramble the eggs with 1/4 cup Parmesan cheese, in the other.

Preheat oven to 350 degrees. Dip each slice in egg then press into Panko breadcrumbs. Heat oil on medium high heat and in large frying pan and fry for 3-4 minutes per side Place on few pieces of paper towels to absorb oil. 9x12 baking dish In spread some pasta sauce in bottom and make a row of eggplant, cover with more sauce and spread then sprinkle with some Parmesan cheese. Make another layer on top and if you are using mozzarella place on top of eggplants top layer, cover with sauce and sprinkle Parmesan quite a bit. Bake for 30-35 minutes until cheese is nicely melted. Let sit for 15 minutes. You can remove each piece or cut into squares like you would lasagna. So I served mine with a mixed green salad with croutons and julienned cut salami and we enjoyed a glass of Burgundy wine. Remember to drink responsibly.

I hope you give this classic a try and the Panko gives a nice little crunch. Please try this wonderful recipe and your family will love it and think you are a star. Remember it's "Delicioso " and easy peasy!

Well folks that's it for today's recipe. I hope you enjoy. Take care of yourselves and stay healthy. I will continue sitting on my heating pad. Until next time my friends I am signing off, Sincerely, Cin Pin



