



# Lyndeborough Views

Volume 7, Issue 3

“To Educate and Inform the Citizens of Lyndeborough”

Sept., Oct., Nov. 2007

## Lyndeborough Community Weekend - August 18<sup>th</sup> and 19<sup>th</sup>

Story By Karen Grybko

The First Lyndeborough Community Weekend was held at the Historic Center Hall on Saturday August 18<sup>th</sup> and Sunday August 19<sup>th</sup>. We were all treated to activities from the Lafayette Artillery, Wilton Junior Athletic Association (WJAA), Police Department, Fire Department, Lyndeborough Gatherers, Lyndeborough Historical Society, J.A.Tarbell Library, WLT Ambulance, Fire Department Auxiliary, and Wilton-Lyndeborough Women’s Club. The participation of so many groups from our town helped to make the weekend a huge success and truly reflected the spirit of our community.

The Lafayette Artillery had a Civil War encampment, fired the cannon regularly, cooked string chicken, held a Flag Retirement Ceremony, displayed Civil War Artifacts, and sold Artillery souvenirs along with the hotdogs and hamburgers we



Jessie Salisbury petting Cricket, Rhonda Watt’s horse.

Photo by Nadine Preftakes

had for lunch. On both days people watched the many demonstrations and asked questions. The firing of the Lafayette Artillery’s cannon officially started the WJAA’s Run/Walk and unofficially started the weekend’s festivities.

The WJAA-sponsored Two Mile Fun Run/Walk had approximately 35 entrants. Each participant received a commemorative T-shirt, and the children were awarded prizes. Some participants ran, some walked but whatever the case, all had fun!

The Lyndeborough Gatherers set up tables full of treasures and conducted a yard sale near the parking lot. A short distance away, the Police Department clocked pitches, and the WLT Ambulance was on the scene if the need arose.

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## Information on Special Town Meeting

The Board of Selectmen has voted to call a Special Town Meeting on September 25, 2007 for the purpose of clarifying the vote taken at the March Town Meeting to elect Planning Board members. Two articles will be voted on, both of which require ballot votes so the polls will be open from 10:00 a.m. to 7:00 p.m. at Center Hall.

The petition warrant article voted on at the March Town Meeting did not specify whether Planning Board members would all be elected this coming March, or whether members would be elected as their terms expire. New Hampshire state statute requires that one of these options be chosen. The Selectmen could have petitioned the

court to throw out the entire article, or petitioned the court to choose one of the options. But, either of these options would not necessarily carry out the will of the voters, and both of these options would be expensive.

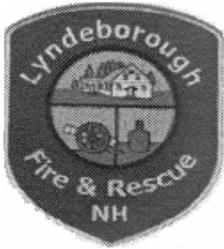
The third option available to Selectmen was to call a Special Town Meeting and allow voters to correct the wording that was contrary to state statutes. This option requires our election officials to give up a day, but will allow voters to speak. It should be noted that the article to elect Zoning Board of Adjustment members did pass and state statute requires members to be elected on a staggered

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Submission deadline for the  
**December** issue of  
*Lyndeborough Views*  
is **November 19th**

# Fundraising 101

By Fire Chief Rick McQuade



When we were kids in school, there was always fundraising of some kind or another. Selling candy bars or spring seed flower packets was fundraising simplified.

Fundraising in the community is a little bit more complicated and usually consists of quite a bit more work and cooperation among the various organizations in town.

The goal, of course, is to make as much money as simply and as quickly as possible. However, making money quickly seems to be the most difficult part. The Fire Department has experimented with several fundraisers such as our annual yard sale and haunted house. Both of these fundraisers turned out to be great fun, but most definitely did not fall into the category of being quick and simple.

The yard sale was very time consuming. On average it required at least three people to spend an average of ten to fifteen hours a week just gathering and collecting donated items from the citizens in town. All the items then had to be sorted so as to eliminate those that would not sell. Everything was stacked and stored in a donated 48-foot tractor trailer.

All in all, this was a great fundraiser, and sometimes the department realized a \$3,000 profit. One year though, we sold an electrical item to a customer, and when she took it home and plugged it in, it immediately began to smoke. She brought it back and we quickly gave her a refund. The standing joke that day was, "Is the Fire Department trying to drum up business?"

For many years, the Fire Department has had great success with the Haunted House. Planning for this event would normally start a month before,

and setting up would take at least a week and a half. In the past, the event was held at the old Town Hall, but because the building lacked a sprinkler system and strict regulations dictated that a necessity, the event had to be moved to Citizen's Hall. Bo Leavitt used to pull a hayride down Center Road and out to New Road. That in itself was scary enough, and I don't mean Bo pulling the trailer either!

As much time and work as this was for our department, we all enjoyed putting it together – some of us a little too much. The look of fear on a person's face when some spooky monster jumped out at them and the laughter that followed could never quite be found anywhere else except in a haunted house. Unfortunately over the years the Haunted House profits had fallen off greatly and in the last year it was held we only managed to scare up \$300.00.

Just last month the Fire Department teamed up with the Library to hold the second annual Chicken Barbeque. This promised to be a lot of fun and turned out to be so much more. The Lafayette Artillery had a weekend encampment that was extremely informative. The WJAA sponsored a Fun Run complete with T-shirts and ribbons for all participants. Several people set up a yard sale with donated items to sell. The police allowed their radar gun to be used to clock the speed of pitched baseballs, and the Silent Auction was quite suspenseful until the very end. The chicken dinner was grilled to perfection by firemen who knew how to keep the fire going instead of putting it out, and the Auxiliary sold watermelon and tasty desserts. The Dunk Tank, though, was probably the biggest hit. (No pun intended!) I can speak from personal experience as to how much fun that was. However, I feel that we probably could have

made a bit more money had we been able to persuade a few past and current selectmen to sit on that tiny platform. Kudos to Steve Brown for his willingness to be both a pitcher and a victim.

The weekend was concluded with a bonfire Saturday evening and a pancake breakfast on Sunday morning. I feel it was a great start to what will hopefully become an annual event. In the years to come, with more emphasis on bringing in more groups and activities to fill out the weekend, it could truly be a community weekend.

The total profit for the Fire Department was \$1,100. The barbeque and breakfast raised \$1,000. After rental expenses, the "selectmen free" dunk tank raised only \$100.00. All in all, it was a very enjoyable and profitable way to spend a weekend.

I realize that even though some fundraisers are not all that successful, they are always beneficial. Over the last four years, the members of the Fire Department purchased a Thermal Imaging camera, an extrication rescue tool and, recently, a brand new 20-foot forestry trailer. All of these items have easily saved the taxpayers \$35,000. And one cannot put a price on the value of everyone working together for the good of, not only the department, but the town as well.

In closing, and speaking for our Fire Department Association President, I would like to thank all of the people of Lyndeborough who have made donations or supported our fundraising efforts. We realize how easy it would be to turn the car around and go the other way when you see us standing in the middle of the road with a smile on our faces and a boot in our hands asking for donations of any size or description. We appreciate and are extremely grateful for all that you have done to support us.

## An Update from the Women's Club

The Wilton-Lyndeborough GFWC (General Federation of Women's Clubs) had a busy summer 2007 season this year. On June 9<sup>th</sup>, the club held a Spaghetti Supper in Citizen's Hall. The supper was a fundraiser to assist two local participants, Caryl McEntee, Co-President of the Women's Club, and Karen Edmunds, in the Susan G. Komen 3-Day. Each participant in this important walk for Breast Cancer Awareness and Breast Cancer Research must raise a minimum of \$2,200 to walk in this event. An estimated 50 people enjoyed salad, spaghetti, bread, a drink, and brownies *a la mode* while helping the club raise over \$600 for the walkers. Although all the \$4,400 needed for two participants was not raised within the allotted time, all the money raised was donated to the Susan G. Komen Breast Cancer Foundation.

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## Message from your Health Officer

Contributed By Cyndi Geiger

Now that September is here, the cool nights and brisk days bring thoughts of fall, and dare winter be mentioned, to mind.

Until the first hard frost, keep up measures to protect yourself, your family, and your pets from mosquito and tick borne diseases such as West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), and Lyme Disease. For more detailed information visit the town website ([www.lyndeboroughnh.us](http://www.lyndeboroughnh.us)), click on Town Departments - Health Department for a link to NH Department of Health and Human Services. There are brochures at the Town Office.

We are entering the peak of hurricane season. For information on how to prepare and protect your family visit the Town Website - Town Departments - Health Department. Speaking of that website, have you checked it out? Links and articles include: Department of Health and Human Services, preparedness information for floods, hurricanes, thunderstorms, WNV, EEE, rabies, a Personal Preparedness Checklist, Personal Emergency Supplies reference, and Emergency Reference Cards to fill out with emergency contact information for your family members to keep with them. There is also a new link to information from the Department of Environmental Services regarding cautions and concerns in the installation and use of outdoor wood boilers (furnaces). For readers who do not have access to the internet; there are a number of brochures at Citizens' Hall. If you have any questions or want additional information, please contact your Health Officer at 654-9350.

The feature message for this Views issue is in regard to the upcoming flu

season. Avian flu and its implications has not been the focus of the news media recently. However, the threat of an avian flu or some other infectious respiratory pandemic remains a threat. Your Health Officer, as a member of the Greater Nashua Regional Public Health Network, and state and federal officials are actively planning for such an event. Flu, or influenza, is addressed from three perspectives: Seasonal flu, avian flu and pandemic flu. Like many other infectious respiratory infections, seasonal flu is transmitted from person to person through coughing, sneezing, and sharing utensils, including telephones and computer keyboards. Seasonal flu occurs every year, although from year to year the strains vary. Flu vaccine is developed every year to match the strains most likely to circulate. The vaccine is intended for people most likely to become very ill if they get the flu. Most people have some immunity to the strains of seasonal flu circulating in the community. It is recommended that anyone with a chronic illness, children 6-23 months, pregnant women, people over age 50, and health care workers be vaccinated. Symptoms include fever, headache, extreme tiredness, dry cough, runny nose, sore throat, and muscle aches. A Lyndeborough flu clinic for adults is planned for early November, date to be announced. Medicare and Medicaid will be billed directly. For people with private insurance or no insurance there is a nominal fee. Receipts are provided to assist you in obtaining reimbursement from your insurance company. Date and time of the flu clinic(s) will be posted at Citizens' Hall, the Village Store, Tarbell Library, and the Post Office as well as on the Town website [www.lyndeboroughnh.us](http://www.lyndeboroughnh.us).

Avian (or bird) flu is caused by the type of influenza viruses that occur naturally in wild birds. The avian flu that we hear so much about (H5N1) is one of this type of virus. The H5N1 strain is deadly to domestic fowl, such as chickens and ducks; since mid-2003 the H5N1 virus has caused the largest and most severe outbreak in poultry ever recorded. However, it is safe to eat poultry infected with H5N1 or other avian flu strains as long as it is handled properly and cooked thoroughly since cooking kills the virus. The vast majority of avian flu strains do not infect humans. The H5N1 virus can be transmitted from birds to humans and has a high death rate in people, and scientists worry it may start a pandemic. There have been cases of limited human-to-human infection, but no sustained spread. There is no human immunity to H5N1 and no vaccine is available for people to date. Symptoms of illness in people can range from cough to fever to pneumonia.

*Pandemic flu occurs when a new flu virus emerges and starts spreading as easily as seasonal flu by coughing and sneezing. Influenza pandemics are recurring events; the 1918 pandemic (Spanish Flu) was one of the most severe. Most people in the world have no immunity to the strains that cause a pandemic, thus the illness rates are much higher than with seasonal flu. It will take at least 4 to 6 months after a pandemic strain emerges to make any vaccine against it, and up to two years to make enough for everyone in the U.S. A pandemic strain of influenza will circle the globe quickly, and in several months it will affect all countries. A serious pandemic will affect every facet of life, from food and supplies to*

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### Alterations & More

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Seamstress

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Lyndeborough, NH 03082

603-654-7610

Merna@tds.net



### Town Web Site – The Latest Town Information

Please visit the town's website for information on upcoming events and meetings. A calendar is on the main page with each month's information. Meeting minutes are posted often as well as any important announcements regarding the town. You can find employment opportunities, department information and even the latest Lyndeborough Views issue! The website address is: [www.lyndeboroughnh.us](http://www.lyndeboroughnh.us).

## YOUR VIEWS

### **Special Town Election**

**Submitted By Bill Ball**

Come September 25th, the citizens of Lyndeborough will be given the opportunity once again to choose whether to keep our present process of having the Selectmen review candidates and subsequently appoint members to the Planning Boards, or change this method and have members elected.

While at a first glance electing the officials might seem to be the democratic thing to do, upon a closer review it can be argued that such elections might well depend on the circumstances. As an example, many positions at both the federal and state levels are appointed by the executive branch in order to ensure that they have the necessary tools to better carry out the promised agenda. Towns like ours appoint key individuals to head certain departments such as police chief and building inspector based on experience, training and approved credentials.

Planning Boards are formed to apply local zoning laws and subdivision regulations in addition to maintaining the town's vision as it deals with the approved Master Plan. To accomplish this, it is imperative that the members chosen be knowledgeable and consistent in their decisions. Electing these members, often based on popularity, could and probably would jeopardize this ability to deal with situations in a fair and harmonious manner.

Older town citizens might recall some time ago this same issue arose, and as a result of the decision at that time to change from appointed membership to elected members. The upshot was a lack of interested candidates which eventually lead to a repeal vote returning to the practice of appointments.

For those citizens who might feel that certain past actions of the Planning Board did not meet with their approval, they are reminded that all such meetings are open to the public where the opportunity to ask questions and offer opinions is encouraged. Any citizen desiring to serve on the Board can submit their name and wishes to the selectmen for consideration; the board is always interested in those individuals who are willing to volunteer their personal time each month to serve the town's interests.

The main ingredients of any Planning Board are consistency and continuity. Yearly elections to those posts will only serve to undermine these qualities through continual change, inconsistent rulings and the possible loss of key members and their special skills. On September 25, vote to retain the present system of appointments which to date has served Lyndeborough so well.

## **THE MEETINGHOUSE COMMITTEE** *By Jessie Salisbury*

The Meetinghouse Committee was formed about 1992 to oversee the Town Hall, the old town barn, and the town pound. Its charter was to keep an eye on the buildings, make recommendations to the selectmen, and encourage groups to use the hall.

Recently its scope was enlarged to include Citizens' Hall and to form a plan for the upkeep of the buildings. The Lafayette Artillery Company has taken over responsibility for the former town barn, and the new Heritage Commission is looking at restoring the gate to the Pound.

Center Hall will be the primary focus of the committee. A historical architect will evaluate the hall and make some recommendations to what should be done, what it will cost and how long it will take. With a plan prepared, voters can be asked to approve a timetable.

The Committee was an outgrowth of the Lyndeborough Center Restoration and Preservation Association, a private group that was formed in 1985 when it was discovered that the steeple on the Center Church was in very poor condition. The church was closed while funds were raised to repair it. At the same time, it was found that the Town Hall was also deteriorating and could not be used for public events. Town meetings had moved to Citizens' Hall in the 1960's and the Town Hall was rarely used.

Over the next six years, the Committee raised over \$80,000. The church steeple was repaired and other work done inside. At the Town Hall, a well, septic system and furnace were installed. The kitchen was the gift of the Improvement Society.

A subcommittee did the required research, and the two buildings were placed on the National Register of Historic Places. In 1991, the Committee said its work was done and disbanded itself, after dividing the remaining funds between the church and Town Hall. The Selectmen replaced that committee with a town board.



### **Winn Mountain Restorations, LLC**

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**Becky Huie**  
Lyndeborough, NH  
**654-6447**

# Message from Police Administrator

By Richard H. Darling Administrator,  
Lyndeborough Police Dept.



I was recently interviewed by a reporter from the *Monadnock Ledger*, who, as a result, wrote a very accurate article that actually reflected what I had said. However, the headline to that article was totally inaccurate (it turns out that the headlines are written by editors, and NOT by the reporters who write the articles). The headline said something like "Lyndeborough Police Administrator Pushes for Joint Department."

I think it is important for the citizens of Lyndeborough to understand that, although I suggested to the Board of Selectmen that we explore such a possibility, and I am enthusiastically participating in discussions at the present time with Chief Brent Hautenan of the Wilton Police Department, I am in no way "pushing" for this, and neither is he.

It is our belief that if we were to combine the Lyndeborough and Wilton Police Departments into a single entity, better and more professional police services could be provided to both towns at a considerable savings over what is presently being expended by both departments individually. For instance, if we were to become one single department, a schedule could be developed that would have a minimum of two officers on duty, 24 hours a day, seven days a week, without hiring any additional personnel. Further, the town of Lyndeborough will be forced, in the not too distant future, to either construct a new police facility, or somehow revamp some part of an existing town building that could serve as a police station. The present "station" is too small, inadequate to meet either present or future requirements, and is, at best, unsafe for police work. Conversely, Wilton has a new, modern, and safe facility that could serve both towns for many years without any major expansions or renovations. A combined department could be housed at the Wilton station, and use the present Lyndeborough police office as a kind of a substation, where officers could use the phone, do reports, and be available for appointments and interviews with Lyndeborough citizens.

All of the above seem to be sufficient reasons for exploration and discussion of the possibilities. The Temple and Greenville departments united about two years ago, and the "marriage" has worked out to be beneficial to both departments and both towns. However, ultimately this will be a decision that only the citizens of Lyndeborough and Wilton will be able to produce. After all of the discussions and investigations, any decision or recommendation will go first to both Boards of Selectmen, and ultimately to the citizens. We anticipate this entire process will take a minimum of 18 months. In the meantime, should anyone have any questions or concerns they would like to discuss with me, I will make myself available at any time.



## Lyndeborough Central School Ski & Snowboard Club Offers Discounted Season Passes 2<sup>nd</sup> Annual Sixth Grade Fund Raiser for Environmental Camp

Lyndeborough Central School is hosting its 2<sup>nd</sup> Annual Sixth Grade Fund Raiser for Environmental Camp. Planning to buy season ski or snowboard passes? Please consider buying them through the Lyndeborough Central School's Ski Club, and help us to raise money for the graduating class's annual Ferry Beach Spring Field Trip. You will receive your passes at the discounted rate, and the current Sixth graders receive a 7% commission on your purchase. Help us to make this fundraiser a success while passing along savings to your family, friends, co-workers, etc... There is interest in skiing and/or snowboarding in our local area and we hope skiers of any age, from any town will take advantage of this opportunity. To order passes or lessons, please visit the website:

[www.crotchedmountain.com/LCS.html](http://www.crotchedmountain.com/LCS.html)

Crotched Mountain has a *deadline of 10/8/07* to take advantage of the discounts, so we must act quickly! If you have any questions you can contact the club organizer: Belle Weigle at 487-2005. Ski and Snowboard passes make an excellent Christmas gift that can and will last through out the winter season. The parents of the graduating class of 2008 wish to thank you for your support.



## Know Your Neighbor; Ken Garnham

By Nadine Preftakes

It is a well known fact that, by Lyndeborough standards, even if you have lived in this town for at least twenty five years, you are still considered somewhat of a newcomer. So, it stands to reason that if you have only been here for a mere year, you could hardly be expected to have many opinions whatsoever about the town. Of course, not everyone is fortunate enough to have been born and raised in Lyndeborough, and some of us are not even what I consider lucky enough to have spent the greater part of their lives here. However, sometimes it is the newcomers that are able to let us see our town from different perspectives and through new eyes.

I thought it would be interesting to interview someone who was not new to the area, but definitely new to the town of Lyndeborough. Ken Garnham is truly my neighbor and I was fortunate to make his acquaintance when he purchased a rather run down house on Mountain Road in July of 2006. It has been fun and interesting getting to know Ken and watching the slow but steady progress he has made on his new home.

He says that he loves the house that he bought, although with a grin and a touch of sarcasm he told me, "I knew it would need work; I just had NO idea exactly HOW much work! It definitely involved more work than I ever thought!"

Although Ken had to do extensive renovations before he could even move in, the many hours that he has invested in his home and property have not gone unnoticed. One day while working on tearing out the kitchen, a neighbor stopped by unexpectedly and surprised him with a fresh baked blueberry pie. "All the neighbors have extended generous offers to help me in any way that they can. I just love the sense of community that is felt in Lyndeborough."

Some of the restoration projects Ken has undertaken include remodeling the kitchen complete with new cabinets, countertops and appliances, installing new hardwood floors upstairs and down, constructing a new set of stairs, insulating a small addition and upgrading the bathroom. It should be noted the term, "Money is no object" most definitely does not apply in this

case! Ken says, "I do what I can, when I can afford it, and I am pleased with what I have been able to accomplish so far and look forward to many future projects." Despite the short amount of time that Ken has lived in Lyndeborough, he definitely has made a difference. He has taken a house that has needed a tremendous amount of work to bring it back to a respectable level and made it a very real asset to the neighborhood.



Ken Garnham Photo by Nadine Preftakes

Ken was born and raised in the Town of Milford and grew up in a large family. He is the second oldest of eight children with three brothers and four sisters. After graduating from Milford High School, he went on to receive a Bachelor's Degree from Plymouth State and his Masters at Long Island University in American History. He taught in Long Island, New York, for ten years before teaching eighteen years in New Hampshire. He told me how he took two years off from teaching because he wanted to try his hand at something a little different. He started a small business servicing floors by refinishing and carpeting them. "I enjoyed the challenge because I like to try new things." However, his gift for connecting with the students in a classroom setting, combined with his great sense of humor was very much wasted on the silent floors and after

two years he made the decision to return to the classroom.

"What exactly was it that persuaded you to move to Lyndeborough and away from the big city?" I jokingly asked him. He said that he was familiar with the mountains of Winn, Rose and Pinnacle, and that he loves the location of this quiet and rural area. "I enjoy nature and it is nice to be in a place where you can see the stars and planets at night." I can testify to the fact that Ken loves nature because when he is not working on his place, he is often out hiking the many trails by his home.

In 2004 Ken took a job teaching Geography and Economics at the Wilton-Lyndeborough Co-Op. He also coaches the Middle School Boys' Basketball Team. This will be his third year in Wilton, and he says he still enjoys the many aspects of teaching and working with the students and staff. When I asked the question, "What do you consider to be your greatest academic achievement?" he was somewhat reluctant to brag, but graciously told me that in 1993, he was selected from the state of New Hampshire to receive the James Madison Fellowship Award. He used this scholarship to earn his Master's Degree in American History from Georgetown University.

Although Ken has done many things in his life, the accomplishments that have made him the most proud are his children: Jason and Becky. His son, Jason, like his father, loves the outdoors and worked for the AMC for several years maintaining the trails and assisting the hikers in the White Mountains. His daughter Becky is an animal lover and dog trainer who works with German Shepherds.

As a history teacher, Ken has traveled extensively all over the United States. Two of his favorite places are Colorado—because he loves the Native American culture and the history of the Plains Indians—and Glacier National Park in northern Montana. "I have loved seeing the many states, but New England rivals any other place in scenic beauty." An interesting side note to tell about Ken: When he travels he enjoys eating at the local diners instead of fast food chains or fancy restaurants.

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## Special Town Meeting....

(Continued from page 1)

basis so the article passed is valid. ZBA members will appear on the March 2008 ballot.

Because the March article was illegally worded, a two-step process is required:

The illegal article must be removed. (Article 1)

Voters decide whether Planning Board members are elected or appointed (Article 2)

Article 1 asks voters to rescind the vote taken at the March 2007 Town Meeting. Voting YES to this article does away with the illegally worded article and clears the way for voters to make a decision in article 2 as to whether Planning Board members should be elected or appointed.

Article 2 asks voters whether they wish to elect Planning Board members as their term expires. Voting YES will make Planning Board members elected. Voting NO will require the Selectmen to appoint Planning Board members. If this article passes, Planning Board members will appear on the March 2008 ballot. If this article fails, Planning Board members will continue to be appointed.

**Important Dates for Special Town Meeting**

**Saturday, September 15:** Supervisors of the Checklist meet 11:00 –11:30 a.m. at Citizens' Hall for the purpose of making changes and additions to the voter checklist.

**Tuesday, September 25:** Special Town Meeting ballot voting at Center Hall from 10:00 a.m. to 7:00 p.m. at Center Hall.

## **STATE OF NEW HAMPSHIRE SPECIAL TOWN MEETING WARRANT LYNDEBOROUGH, NEW HAMPSHIRE**

**To the Inhabitants of the Town of Lyndeborough, in the County of Hillsborough in said state qualified to vote in Town affairs; You are hereby notified to meet at Center Hall, 1131 Center Road in said Lyndeborough on Tuesday, the twenty-fifth (25<sup>th</sup>) day of September 2007 at ten of the clock in the forenoon until seven of the clock in the evening, for ballot voting on the following matter requiring ballot vote.**

**Shall the Town of Lyndeborough vote to rescind the action taken pursuant to the adoption of Article 2, at the annual town meeting in March 2007, which article provided for the election of planning board members but failed to provide for the statutorily required specification as to which of the two statutory options for the implementation of the process, (staggered, pursuant to RSA 673:2, (II)(a), or immediate election of full board, pursuant to RSA 673:2,(II)(b)), would be effective?**

**Shall the Town of Lyndeborough vote to adopt the procedure authorized in RSA 673:2, (II)(b)(2), so that henceforth the members of the planning board shall be elected, said elections to be implemented so that the selectmen shall choose one selectman or administrative official of the town as an ex officio member and the remaining planning board positions shall be filled on a staggered basis at the subsequent regular town elections pursuant to RSA 669:17 as the term of an appointed member expires, until each member of the board is an elected member**

**Given unto our hands and seal, this 21st day of August in the year of Our Lord Two Thousand and seven.**

**BOARD OF SELECTMEN**

**Steven M. Brown  
Andrew P. Roeper  
Lorraine A. Strube**

**A True Copy of Warrant – Attest:**

**Steven M. Brown  
Andrew P. Roeper  
Lorraine A. Strube**

## HISTORICAL SOCIETY DAYS

*By Jessie Salisbury*

On June 9 and 10, the Lyndeborough Historical Society joined several other towns in the Souhegan Valley Chamber of Commerce area for a weekend open house at the Center Hall. It was a chance both for people to see what local historical societies offer, and a chance to visit several of them during one weekend. Governor John Lynch had proclaimed it "a weekend to honor historical societies." If all goes as planned, it will become an annual event.

Most historical societies are open only occasionally, and some, like Lyndeborough, have no permanent home. Lyndeborough's many artifacts can be viewed only during programs such as this one. The variety of items on display was only a small part of the collection owned by the Historical Society. In addition to Society items, the Lafayette Artillery Company displayed a selection of antique rifles and swords and other military items. A resident also displayed his private collection of Lyndeborough glass and a jug from Clark's Pottery Works.

Society artifacts included a friendship quilt signed by members of the Hadley family in 1849; concert and play programs from the 1890's, many old pictures, antique Christmas ornaments found under the stage, the town's old ballot boxes and certified weights and measures, plus a souvenir hatchet commemorating George Washington's 100<sup>th</sup> birthday that was

*(Continued on page 13)*



## Community We

Inside Center Hall, the Historical Society displayed items of days gone by and the Club sold Old Man in the Mountain Cookbooks.

The Library's Silent Auction had more than 60 terrific items for bid—thanks to

The J.A.Tarbell Library and Lyndeborough Fire Department co-sponsored a picnic with baked potatoes, ears of corn, salad, and drinks, along with hot dogs and provided the treats for dessert. The food was delicious, and the live music pro

The Fire Department sponsored the Dunk Tank, the Bonfire, the Pancake Breakfast. The Dunk Tank was a big hit! Many enjoyed trying to "dunk" various members of the town and Selectman Steve Brown. After dark, the bonfire lit the area with a warm glow and joyed each other's company. A fitting end for a fun-filled day.

Sunday morning, the Fire Department served plain and blueberry pancakes. People who returned to the tent between 7:30 a.m. and 10:30 a.m. After eating their fill, they got to get in their last minute bids.

Some have inquired how much money was raised by each organization. The weekend was to bring townspeople together in a social setting. That same weekend, estimates for most of the groups who participated:

- Lafayette Artillery
- Fire Department
- WJAA
- Fire Department
- Tarbell Library
- Historical Society
- GFWC Cookbook
- Lyndeborough C



## Getting to know new town residents and



**Top Left:** Alex Brown waits to get dunked.  
**Above:** Lafayette Artillery Encampment  
**Right:** Participants in the Community Weekend Road Race

*All photos by Nadine Preftakes*

# Weekend (Continued from page 1)

and also sold historical books of the area. The Wilton-Lyndeborough Women's

to donations from businesses both near and far.

the Chicken Barbeque under the tent. Approximately 200 pieces of chicken, and chips, were served to hungry appetites. The Fire Department Auxiliary provided by local bands kept us tapping our feet to the beat.

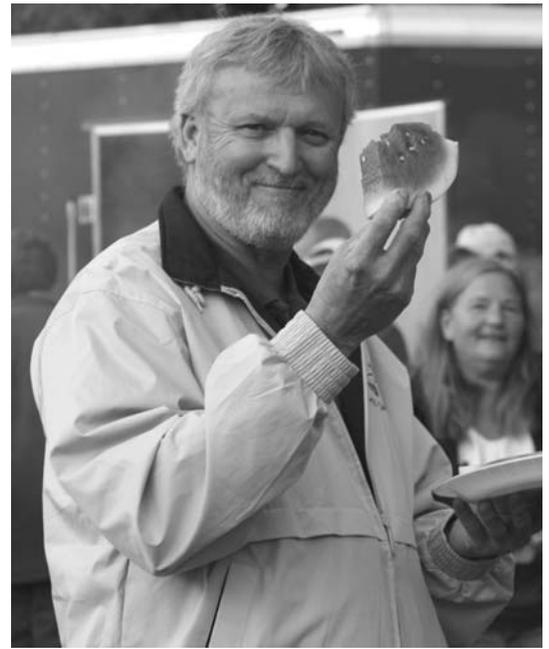
Breakfast, and co-sponsored the Chicken Barbeque with the Library. The Dunk the Lyndeborough Community, including Fire Department Chief Rick McQuade arm yellow glow. People sat on their folding chairs, chatted, relaxed and en-

akes, sausages, home fries, real maple syrup, juice and coffee to those of us the delicious breakfast, some visited the encampment, and the Silent Auction

While fundraising was an obvious goal, the main purpose of the Community Aid, official totals for all groups are not yet available but here are some close

ry	\$280
:	\$1,100
	\$450 (estimate)
Aux	\$200 (estimate)
	\$3,500 (estimate)
y	N/A
oks	N/A
Gatherers	N/A

seeing old friends and neighbors – priceless!

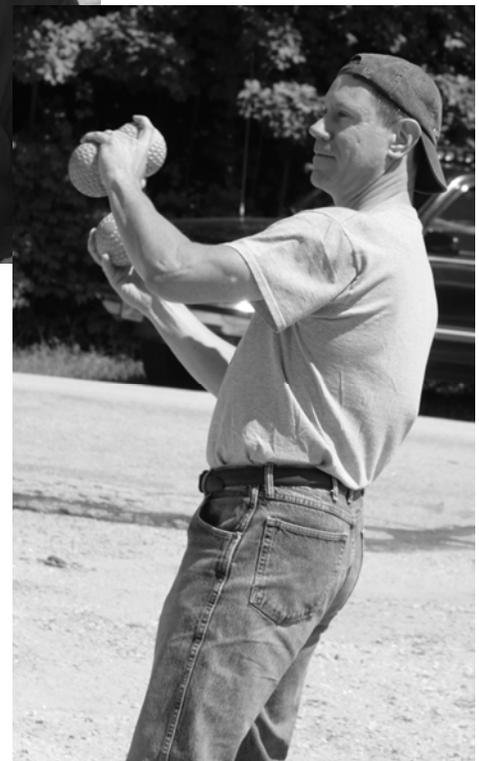


**Above:** Paul Martin enjoys a slice of watermelon



**Left:** Captain Walter Holland of the Lafayette Artillery

**Below:** Steve Brown gets ready to take a throw at the dunk tank.



# Kniedler – Preftakes Lyndeborough Reunion July 2007

By Nadine Preftakes

I was not fortunate to have been born in Lyndeborough, but I was extremely blessed to have been part of a large, affectionate family consisting of my three brothers and five sisters. My family moved fairly often, and we were given many opportunities to see new places and meet new friends. One of those opportunities led me to Lyndeborough and it is the place I now call home. However, it is really so much more.

As children our parents always expected us to be caring and considerate of each other. They also taught us to behave ourselves whenever we were out in public, which was a very good thing as we were like little stepping stones, all close in age and a great many of us. However, if I heard the words “be on your best behavior” once, I heard them a thousand times and woe betide the child who did not behave whenever company came to our home.

My family is still extremely close, although not geographically, and because we do not see each other often, we try very hard to plan a gathering every two years. This year, the reunion was held at my home here in Lyndeborough, and my large family traveled from all parts of the country to spend a week together and visit our little town. I cannot express how awesome it was for me to not only see my siblings and their families but also to be able to share my family with the town that I love.

Everyone in Lyndeborough went out of their way to welcome my family and most definitely was “on their best behavior”. In truth, they were more than on their best behavior: They were generous and giving in all aspects, and I would like to thank the many people that shared so much of their time and themselves to make my family reunion so unique and memorable.

Our week was spent sitting on the front porch talking to each other and shar-

ing memories and stories, playing and laughing with the children, visiting historical and local sights and preparing food for the endless procession of meals. Tables were set up in the barn where it was cool and spacious—and, believe me, no fancy restaurant could compete with the ambiance of our barn, complete with toys, antiques, tools and a rope swing hanging from the rafters.

My siblings traveled from Maryland, Tennessee, Florida, Washington, California and even the Netherlands to spend a week in Lyndeborough. While they

showed us all around the police station even though we had to do it in shifts. We were wise enough to not share the comment, “You only have two police cars!” with Bob Dolinak who was also there. I gently reminded my young nephew from California that this was the country, not the big city, and that for the most part, people behaved themselves here so two police cruisers were quite sufficient.

We visited the Village Store and the J.A. Tarbell Library. My sister Heidi who lives in California was amazed



*The Kniedler - Preftakes Family in front of Lyndeborough Fire Engine at their Town Hall Picnic*

were here, they were fortunate to be able to visit the J.A. Tarbell Library, Fire Station, Village Store, and Central School. We also took the time to grace the employees of Citizen’s Hall with our presence and when our large group walked through the door, Neal Cass made the comment that he thought the building had just exceeded maximum capacity! But everyone was polite and patiently listened to all the introductions of names and who belonged to who even though two seconds later, the names were all forgotten. It was not important though, as my family was not keeping track either. They were all too busy commenting on the beauty of the building and trooping upstairs to stand on the stage to recite the Gettysburg Address and stir up the ghosts that they had heard about.

Dick Darling was also subjected to our presence, but he enthusiastically

at the variety of books in so small a space. She spent an hour browsing through the books and listening to Brenda Cassidy tell about some interesting places and events in the area, while I gave a tour of the fire station to others. We climbed the Pinnacle behind my home several times and picked blueberries. My young nephew, Elijah, was so impressed with the blueberries and the amount of work it took to gather them that he kept the ones he picked in a container by his bed at night. Although quite a few of us did venture into Boston, Portsmouth, Plymouth and Shaker Village in Canterbury, we all made an effort to find our way back to the conversations on the front porch and another dinner in the barn.

The highlight of the visit for every-

**(Continued on page 14)**

## Energy Monitoring at Home

*By Andy Roeper*

Last March, the town passed a resolution that pertained to reducing our "carbon footprint," among other things. This fall we will be starting a committee to look at how well the town is operating from an energy standpoint and how we can best improve this. In the meantime, I have started to look at this from a personal perspective. The first thing is to qualify how the energy is used. Electrical usage is the most familiar and easiest to measure so that's where we will start. My goals here were twofold: Not only to figure out more precisely where the energy was being used at home, but also to find out how much I was using in my business. The statements you get from PSNH are fine for gross measurement and year to year comparison but they are of little help in determining just what is consuming all that power.

Two measuring devices were selected for mapping out our power usage: A plug-in device and a device which monitors an entire electrical panel. The "Kill-A-Watt" is a device that is plugged into the outlet and then the load is plugged into it. It is inexpensive (about \$35) and tracks the power used over time as well as making various other measurements. However, this unit does not retain information if the power fails, so you need to check it once in

a while. I generally would leave it in a particular location for at least a week or so and then feed the results into a simple spreadsheet to show the running and project estimated annual usage.

Changes in power usage made after the first few months of monitoring have more than paid for the unit as well as lowering our utility bills long term. As you might expect, older appliances consumed more than newer ones. Many variables can skew results (how often you open the freezer, turn on the TV, etc.) as well as differences in style (upright vs. chest freezer) that directly impact how much work an appliance must do. In our case, a 20-year old upright freezer used about 830 KW (Kilowatts) per year vs. a 3-year old chest freezer that appears use about 300 KW per year. With a little creative consolidation the upright has been turned off, though it was admittedly much easier to find things there than in the chest freezer. Our biggest energy use was the television with TIVO and various other units. Energy usage is projected to be about 975 KW a year and we don't watch that much television. Anything that runs with a remote is always "on" to some extent and the TIVO unit has a fan and hard drive running all the time so it all adds up.

The next step up is a unit called TED (The Energy Detective). This is the equivalent of a smart electrical meter

that allows you to see current power consumption and cost as well as projecting the next utility bill. TED has worked out very well in our workshop—though it made us pay attention when we turned on large equipment and watched the numbers jump. The system consists of 2 clamp-on current transformers that go around the main feeds to the panel and a small transmitter that wires up to a breaker. The display can be plugged in anywhere in the house (very convenient) and has a number of different functions that are fairly easy to master. A newer version (expected this fall) will allow the user to tie directly into their computer. The system allows the user to enter utility rates and can allow for variable rates based on time of day or amount of usage. The usual information such as voltage, power, frequency, etc. is available as well as peak power used for the current day, peak for the month, how many days left in the billing cycle, etc.

Although the installation is more complex, I find the TED unit much more helpful for overall utility tracking, although it does not allow you to measure individual appliances like the Kill-A-Watt. They both have their place and are useful tools. Information on the Kill-A-Watt can be found at [www.P3internation.com](http://www.P3internation.com) and the TED at [www.theenergydetective.com](http://www.theenergydetective.com).

## Lyndeborough & Friends Ski/Ride Club

Lyndeborough & Friends Ski/Ride Club is gearing up for a fun season of skiing and snowboarding at Crotched Mountain Ski & Ride Area in Bennington with discounted season passes for club members. Sign up early to beat the October 8 deadline for price increases at [www.crotchedmountain.com/lyndeborough.html](http://www.crotchedmountain.com/lyndeborough.html) then think snow!

The non-profit club offers a variety of season passes available at Crotched Mountain such as an Adult Club Season Pass for \$299 and a Junior Club Season Pass for \$249. New this year: Special season passes include Attitash Mountain Resort and Mt. Snow and many other various types of passes, such as mid-week and Mid-Night Madness pass and children's 5-week lessons. The club benefits Junior Racing Scholarships, passes or race fees.

Contact club organizer Kathleen Humphreys at 654-5111 or [kmbh@tds.net](mailto:kmbh@tds.net) for an application or information or register online at [www.crotchedmountain.com/lyndeborough.html](http://www.crotchedmountain.com/lyndeborough.html).

Children ages 4-18 interested in the Alpine Racing Program at Crotched Mountain can also contact Ms. Humphreys for an application or information. The team will practice on weekends and racers have one optional weeknight practice. The program will concentrate on making great skiers first and then good racers. Racers have the option to compete in official ski races or just learn to improve their skiing skills in the Cruizers or Tigers program. You won't believe how much your children will improve in this program!

### Health Officer.... (Continued from page 3)

education, business and the economy.

Just as with any emergency or natural disaster, it is important to prepare for a possible flu pandemic. Prepare at home by storing supplies for your family for up to two weeks, including nonperishable food, water, medications, batteries and flashlights, a radio, toiletries, and prescription drugs. Schools may be closed for weeks or months; plan on how to educate children at home. Plan what you will do if you are unable to work or if your place of employment is closed. Make a living will, a will, and review your insurance policies. Use the acronym COUGH to remember preventive cough etiquette.

- C**over your mouth when you cough or sneeze
- O**nly use your own glass and utensils-don't share
- U**se soap and warm water to wash hands often
- G**et plenty of sleep, exercise, and eat a healthy diet
- H**ome is where you belong when you're sick, not at work or school

Go to the following website for additional information on Avian Flu [www.avianflu.nh.gov](http://www.avianflu.nh.gov) and a link specifically to DHHS Emergency Preparedness brochure for families at <http://www.dhhs.nh.gov/DHHS/DPHS/LIBRARY/Brochure/7-makes-sense.htm>. Resource *Seasonal, Avian, and Pandemic Flu* brochure by NH DHHS.

Coming up: An event to meet and greet representatives of town departments; date, time and details TBA. Your Health Officer will be there with information, brochures and show-and-tell demonstrations focused on personal emergency preparedness.

If you haven't signed up for the free email notification from the Town Office, please give it some thought. It is a good way to get timely notification including health alerts from the Department of Health and Human Services.

Don't forget the blood pressure clinic: First Thursday every month at Citizens' Hall, 2:30 to 3:30 p.m.

## Ashley Humphreys wins East Coast Championships at MDVC

R.J. & Ashley Humphreys (pictured right) of Lyndeborough have enjoyed a restful summer but are gearing up for another fun alpine race season as members of the Crotched Mountain Junior Race Team.

Ashley, who is now 7, had a very successful season last winter as a J6 racer—the 7 and under division. She was undefeated in all 8 Buddy Warner League races, with her dad, Ray Humphreys, as her coach. Ashley is also the MDVC East Coast Champion and won two gold and one silver medal at preliminary MDVC races across the state on the way to the finals. She won the J5 race at BodeFest 2007 at Bretton Woods in April with an amazing second run and was awarded a medal and a new pair of Head Skies by World Cup Champion Bode Miller, who was very impressed with her run. Ashley was ranked 3<sup>rd</sup> in the nation in NASTAR in the girl's 5-6 platinum level, and was ranked first in the state.

R.J. Humphreys, who competed as an 8-year old last season, did very well in his BWL races by consistently having the first or second fastest time for an 8-year old racer in the 8-10 year old J5 division, while placing between 10-17<sup>th</sup> overall. Even though his placement qualified R.J. for the State Championships, 8-year olds are not allowed to compete. He won two gold medals at MDVC races and placed 11<sup>th</sup> at the finals. R.J. is ranked first in the state in NASTAR for boy's 7-8 in the Platinum level and 11<sup>th</sup> in the national rankings and really enjoyed running the NASTAR course over the past season. He took an impressive 4<sup>th</sup> place at BodeFest in the J5 division with a nice run on some rather tough conditions. Good luck next season to Ashley and R.J. Humphreys. Ski fast!





## Maple Lane Farm




---

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### **Ken Garnham....(Continued from page 6)**

Ken is also an avid bike rider, although he commented that the ride from Milford to the top of Mountain Road may encourage him take up some other activity such as badminton! However, he is wise enough to occasionally sit back and enjoy all that the country has to offer. He and his friends sit on the porch and enjoy watching a family of foxes, as well as a porcupine waddling into the woods. He has seen deer, turkeys and signs of a bear in his backyard. He can hike up the hill in his backyard for about a quarter of a mile and see Boston on a clear day. "There is definitely a genuine rural quality to Lyndeborough. The shopping centers, apartment houses and condo developments that have sprouted up in so many New Hampshire towns have thus far not happened to Lyndeborough. It is a treasure to live in a place where time in many ways has stood still."

### **Women's Club...(Continued from page 2)**

The outdoor concert at the town hall on July 20 featured the well-known local band Tattoo. The group played for approximately two hours with a short intermission break. Refreshments such as hotdogs, popcorn and baked goods were available for purchase. Listeners brought their lawn chairs or a blanket and enjoyed the summertime fun! Entrance to the concert was by donation, and all funds raised benefited the Women's Club Scholarship Fund. Each year the Wilton-Lyndeborough Club grants two scholarships to graduating high school seniors from the towns of Wilton and Lyndeborough. The scholarships are presented at the WLC commencement ceremonies. The 2007 scholarship recipients were James Lemire of Lyndeborough and Peter Ducharme of Wilton.

Several members of the Women's Club actively participated in the Lyndeborough Community Weekend August 18 and 19. Karen Grybko, Caryl McEntee and Cindy Helferich worked hard with the other cooks to prepare the food for the delicious Chicken Barbeque. Ellen Pomer and the Silent Auction Committee members requested donations from various businesses. Nadine Preftakes helped set up the auction item displays and photographed the entire event. Funds raised from the barbeque will benefit the J.A. Tarbell Library and Lyndeborough Fire Department. Funds from the Silent Auction will benefit the J.A. Tarbell Library.

The Wilton-Lyndeborough GFWC is looking forward to a rewarding 2007-2008 year. We are a relatively small group of women with a common goal of helping members of our community. The group meets at Sacred Heart Rectory, Maple Street, Wilton, on the third Monday each month except during January, February, July and August. Anyone interested in joining our membership should contact Ellen Pomer at 654-5420 or ellenpomer@mac.com.

### **Historical Society...(Continued from page 7)**

found in the cellar hole of the former French house. There were also mementos of the Harvey Holt Post, Grand Army of the Republic, and the former Pinnacle Grange No. 18.

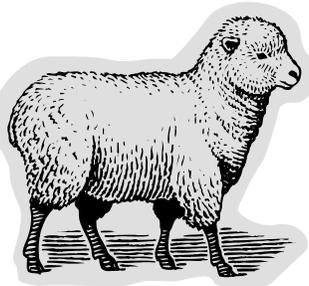
The show emphasized the need for the Society to have a home, a place to safely store items, and to allow the public to view them. Currently items are stored in a variety of places, including members' homes. Possible permanent locations include the upper floor of the Town Hall, once that building has been secured and stabilized. The upper floor is currently closed to the public by order of the fire marshal because of limited access and code violations. Also suggested are display cases for revolving exhibits in the meeting room at Citizens' Hall, and in the planned library addition.

## **FEEL GOOD FARM INC.**



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[www.feelgoodfarminc.com](http://www.feelgoodfarminc.com)**



**Mountain Biking - Super Trails - with trail pass**

- After School 4-H starting Thursdays October 4th
- Airsoft September 9, 2007: BIG GAME
- 15 Farm Animals - Come See!!!
- Blueberries - Pick Your Own (Thru the end of September)

**Call for Details !!!**

**Don't forget to make a visit to the "OLDE TYME ARMY NAVY STORE" and "SOUHEGAN CYCLE STORES" located on the Milford oval for all your sporting needs.**



## Reunion July 2007 *(Continued from page 10)*

one was the picnic we held at the Town Hall. We decorated the beautiful old tables with white linen tablecloths and placed fresh flowers in blue Lyndeborough Lightening jars for centerpieces. Photographs of all family members were scattered around for everyone to enjoy. Many people, excluding myself, love to cook and bake, and I believe there was enough food on the tables to sustain a small refugee camp.

But the best was yet to come. My dad, who lives in Florida with his wife Jeanne, is an avid history buff. When I told him that the Lafayette Artillery had kindly agreed to come and share their Civil War cannon with us, he was absolutely thrilled. Walter Holland, Edna Worcester, Lorraine Crosby, Frank Holden and Ruth Johnston all went out of their way to come and speak to everyone about the history of the Artillery and the cannon. And when it came time to fire the cannon, my dad was quite honored to be the first one chosen. My brother and two nephews also had a rare opportunity to fire it. I guess I do not need to say that we took a million photos of the event from the beginning of Walter's instructions on how to pull the cord, to the ending rite of passage of having your toe smudged with the black powder on the sponge. The firing pins that were ceremoniously given to them became treasured mementos of the day. The Artillery surprised my dad with a signed copy of Citizen's Soldier. He says the book means so much to him, because of his newfound knowledge about the Artillery and because he had a chance to meet some of the members.

I have to smile when I think back to how my family responded when I told them that the Artillery was to be one of the main events at the Town Hall family picnic. I truly do not think they clearly understood who the Artillery is and what the members do, because my announcement was met with mixed reviews. However, after listening to me speak about it so much, everyone was looking forward to it. My older sister Ellie, laughed when I told her about how exciting it was going to be for us to experience firing the cannon. Her laughter was not out of disrespect—she was thinking out loud about all of us being together for a week, and she told me that by the time the picnic rolled around, some of us might want to stand in front of the cannon instead of behind it!

Chief Rick McQuade and Anthony Bullock were also generous with their time and brought one of the fire trucks up so that my family could enjoy it. Rick patiently answered everyone's many questions and gave a demonstration on most of the equipment. The driver's seat was always occupied, mostly by the little ones, and the evening was made even more memorable when three year old Asa pulled the cord to sound the horn. I did not know my siblings could jump so high! Again, the cameras were always in use, and I would venture to say that we succeeded in photographing everyone in every possible combination of people on the front of the truck, in the truck, on the back of the truck, and around the truck. At one point I believe Rick was thinking to himself that he wished he had had the foresight to charge for all the photos as he would have been able to fund his whole department for a year.

Yes, I suspect Walter Holland got it right when he laughed as he made the comment, "You might be a redneck if your family reunion involves explosives and the fire department!"

And last, but not least, I am forever grateful to three families in Town who were kind enough to allow us to stay at their homes so we could all be close to each other. Cliff and Barb Kelczewski, Ann and Zeke Harkleroad and Connie Forbes all generously let various members of my family enjoy being in comfortable and inviting homes instead of having to drive to hotels. They truly provided them with personal bed and breakfast experiences.

My family has all traveled back to their homes and their lives. I miss them very much, but I know that they each took a small part of Lyndeborough home with them, and I also know that they each left a small part of themselves here too. The people they met, the places they visited, the experiences they were given, were such a gift to my family. My dad summed it all up when he caught me in a quiet moment in the Town Hall and spoke these simple words. "In this Town, everyone matters."

I wish to thank everyone who went out of their way to make it possible for me to share what I love about this Town with my incredible and grateful family.



*Nadine's Kids & Dad enjoy the day - l-r; Justin, Katie, Her Dad Mark, Cori, Heidi, Meggie & Collin*

### **The Village Store**

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# Kitchen Views

by Emily Morgan

## Apples, Apples, Apples *Here's a trio of apple recipes, both savory and sweet*

### Country Style Pork Ribs with Apples and Onion

**3-4 pounds of country-style pork ribs, preferably bone-in**  
**4 cups peeled, chopped apples (firm, flavorful)**  
**4 cups chopped yellow onion**  
**1 Tbsp dried thyme**

**3-1/2 cups apple cider**  
**1/2 cup apple-cider vinegar**  
**salt & pepper**  
**4 Tbsp cooking oil**



Preheat oven to 325°. Salt and pepper each rib all over. Heat oil in large ovenproof pan with a tight fitting lid (like a braising pan or a Dutch oven). Brown ribs all over. Remove from pan onto a plate. Add chopped onions and apples and the thyme to the hot pan, scraping up the browned bits as they begin to release their liquid. Stir a few times, and cook until the apples and onions begin to soften.

Return ribs to pan and add the apple cider and vinegar. Bring the mixture to a boil, cover the pan and braise in the oven until ribs are very tender (meat pulls apart when forked), about 45 minutes. Remove ribs to a plate and keep warm. Boil the apple/onion mixture on high heat until the liquid is reduced and slightly thickened. Serve the ribs with the apple/onion mixture.

### Stewed Apples

**Great on toast or biscuits!**

**4 apples**  
**1 Tbsp lemon juice**  
**1 Tbsp sugar or honey**

Peel apples vertically, leaving some stripes of peel

Slice apples thinly

Place in a medium pot, tossing with lemon juice and sugar or honey.

Cover pot and place on medium heat. Cook until apples just begin to break-down, avoiding overcooking them to mush. Let cool and serve. Great left over, too.

### Apple Cupcakes with Cream Cheese Frosting

*(Adapted from Food & Wine Magazine)*

#### Cupcakes

**2 cups walnuts (8 ounces), coarsely chopped**  
**1/2 cup raisins**  
**1/4 cup brandy or bourbon or rum**  
**1 cup all-purpose flour (low gluten alternate: 1 c spelt flour)**  
**1 cup whole wheat flour (low gluten alternate: 1 c quinoa flour)**  
**1 tsp baking powder**  
**1 tsp baking soda**  
**1 tsp cinnamon**  
**1/2 tsp salt**  
**1/4 tsp freshly ground pepper**  
**1/2 cup dark brown sugar**  
**1/2 cup pure maple syrup**  
**1 tsp vanilla extract or vanilla flavoring**  
**2 large eggs, beaten**  
**4 cups shredded firm apples, unpeeled and shredded placed in a colander over a bowl**  
**2 tbsp minced candied ginger**

#### Frosting

**8 ounces cream cheese, softened**  
**2 tbsp unsalted butter, softened**  
**1/2 cup confectioners' sugar**  
**1 tsp vanilla extract or vanilla flavoring**  
**1/2 tsp cinnamon**  
**1/2 tsp finely grated orange or lemon peel**

#### Make the Cupcakes:

- Preheat oven to 350°. Line 16 muffin cups with paper liners (or if using non-stick muffin pans, lightly oil cups).
- Spread the chopped walnuts on a large rimmed baking sheet and bake them until toasted, about 10 min. Let cool.
- In a microwave-safe bowl, cover the raisins with the liquor, and microwave until hot (about 30 seconds). Let cool.
- In a medium bowl, whisk the flours with the baking soda, baking powder, cinnamon, salt and pepper. In a large bowl, whisk together the eggs, maple syrup, vanilla and brown sugar.
- Squeeze the apples dry. Stir the walnuts, raisins, apples and ginger into the wet ingredients. Add the dry ingredients in small batches until thoroughly blended.
- Spoon the batter into muffin cups and bake until the muffins spring back when lightly pressed, about 25 minutes. Transfer to a rack and let cool to room temperature.

**Make the Frosting:** In a bowl beat the cream cheese with the butter until smooth. Add the confectioners' sugar, vanilla, cinnamon and peel and beat until thoroughly mixed. Spread the frosting on the cupcakes.

# Lyndeborough Farmer's Market

Lyndeborough Village Green  
Selling locally grown produce and  
products through end of  
September

Please support your local  
Farmer's and businesses

**Friday's 3:30 pm - 6:30 pm**

*Lyndeborough Views* is published by the  
Lyndeborough Communication Committee

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Karen Grybko	Idina Holden
Karen Holland	Barbara Kelczewski
Wendy Lazott	Emily Morgan
Ellen Pomer	Nadine Preftakes

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