

Lyndeborough Views

Volume 9, Issue 3 "To Educate and Inform the Citizens of Lyndeborough" September, October, November 2009

Know Your Neighbor: Polly Kenick

By Nadine Preftakes

With notebook and pen in hand, I began my interview with Polly Kenick. I planned to ask many questions about her childhood, her career, her memories, her hopes, her fears, her family, her thoughts on the past and future, and ... well, the list went on and on. It was evident to me that I could sit there, literally, 'til the cows came home and only skim the surface in my quest to learn about the experiences of Polly's long life. However, what became very clear to me was that the facts and details of her life of almost 100 years were not nearly as important as her compassion, generosity, kindness and determination that make up the essence of who Polly Kenick is.

Polly was born Pauline LuEllen Fifield on November 26, 1909, in Hudson, NH, and grew up in Nashua. At 25, she fell in love and on October 20, 1934, married Joseph



Polly Kenick, 2009

Kenick. Together they raised three children, Joseph, Ann and Lois. "I am grateful for all the beautiful years I've had. I was married to a good husband for 52 years. I have three children, three grandchildren and two great grandchildren. I have been blessed."

When Polly graduated from high school in 1929, the Depression had already begun in New Hampshire. Polly needed a place that would pay her to go to school, so instead of business college in Dover, she entered a nursing program in Exeter which gave stipends during a student's training, after a three-month probationary period. Her great desire to go out on her own-in spite of the limited opportunities for

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Getting to Know Your Local Businesses: Paradise Farm *By Karen J. Holland*

In 2002, Wayne and Adrienne Colsia made a decision to buy land in Lyndeborough for their retirement. Wayne always wanted to be a farmer, but for the time being he was working in real estate finance and developing the farm during his free time. Then, a couple of years ago when the markets took a turn for the worse, they decided it was now or never. Wayne quit work and turned his efforts full time to developing the farm. Adrienne currently works for the town of Merrimack but will be retiring within the next year to help Wayne.

They have also begun work on the design of their new house which will be located on the property. It will be tucked away, just up the road from the farmstand and off to the side so as not to impede the view that everyone who visits enjoys. The land has beautiful sloping hills which are home to apple, peach, pear, and cherry trees, red and green table grapes, blueberries, Christmas trees (which will be ready in 5+ years), and a hidden pond. There are 10 acres of hay, which Wayne also sells in round or square bales. Off to one side are his highland cattle. They were enjoying a breakfast of fresh apples when I visited. Wayne uses IPM (integrated pest management) to take care of his crops. This means that he studies his crops, watches what is going on with them, and only sprays when necessary. In fact, he bypassed the last spray on his apples because they looked fine, and he felt it wasn't required.

He has a large variety of apples for sale, both already picked or "pick your own," as well as fresh cider which he presses from his apples, homemade applesauce (which I can tell you is wonderful), maple syrup, jams, fudge, corn, peaches, pies and honey. The day I visited was hot and humid, and his honeybees were very active. He had just removed 150 pounds

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Stories in Stone: Center Cemetery

By Ginny Chrisenton, Cemetery Trustee

Like many towns in New Hampshire, Lyndeborough has cemeteries scattered about the town. The earliest cemeteries probably started out as burial grounds, which are private cemeteries, and were taken over by the town by deed or tradition. The stories of the individual cemeteries are as varied as the people who are buried there. Many of the headstones of slate, marble and granite have inscriptions telling of deaths by: accident, childbirth, military service, sickness, old age and sometimes a sense of humor. The neatly mowed grass, veterans' flags, rows of headstones and field stones, or the empty spaces for unmarked graves create a sense of the history of the town and of the lives of the people who lived here.

We are lucky in Lyndeborough to have many resources for details regarding our cemeteries and burial grounds. The two town history books are a wealth of information. The Cemetery Trustees work with maps that we believe were hand drawn by Russell Fuller; these are the working maps that record each recent burial and older graves that have stones. The new computer maps by Dave Palance are more accurate and can be updated. We have several databases, developed from Jim Button's classes and Dave Palance's maps. I am expanding those with references to pages in the history books and town reports, identifying veterans, and recording epitaphs. We are fortunate to have a book, "Lyndeborough Hillsborough County, N.H. Tombstone Inscriptions 1764-1980" compiled by Ann L. Nichols which lists all the tombstones in town. This book can be seen in the town library. ***If anyone has a copy they would like to donate to the Cemetery Trustees, we'd be eternally grateful.***



Center Cemetery's small gate. Granite posts and original gates were installed in 1892. Photo by Ginny Chrisenton

As a Cemetery Trustee, I would like to highlight each cemetery in turn, to provide its history, some interesting facts or a mystery that we have found. Center Cemetery is first since it is close to where Lyndeborough residents vote and have Community Suppers, thus many people pass by here during the year.

There are many "stories in stone" on the memorials located within Center Cemetery. The earliest recorded stone in this cemetery is in the second row to the left as you enter through the center gate. Deacon David Badger died May 15, 1783, aged 50. A quick look at the old town history book tells us he was a selectman from 1769 to 1780, lived north of Badger Pond (named for him), moderated town meeting in 1775 and 1776, married Rachel (maiden name unknown) and had 10 children.

In the first row to the left, there is a stone in memory of two infant children of Mr. Israel and Mrs. Abigail Goodrich. The son died August 22, 1810, age eight days and the daughter died September 10, 1811, eight hours old.

The oldest person buried in Center is Jedediah Russel, near the south end of the second row to the left, who died February 17, 1848, age 95 years, six months. He served in the whole of the Revolutionary War, enlisting at 18 and was 25 when he was discharged. His stone is one of the few signed by a carver, M. Davis, Nashville.

Near the center of the cemetery on the left side is a large stone monument. On Memorial Day, the Lafayette Artillery honors our veterans starting at this stone. The inscription reads, "Alfred F. Holt, M.D. 1838 - 1890; Asst. Surgeon, 30th MASS. INF, Lt. Col., 1st Texas CAV. 1861 to 1865; Surgeon General MASS. 1884-1890." It is impossible to do justice to his story, in this article; but look him up in the old town history book, page 775.

We have a few mysteries in Center. Take a look at the capstones on the stone wall next to Center Road. There are holes drilled every 10 inches, some of them still have rings for horses, but horses can't account for all the holes. What do you think the holes are there for?

There is a mystery stone leaning against the south wall. During the last 20 years, brush was cleared to expose the stone walls, and Laetitia Jane Mace's headstone was discovered. She died May 18, 1845, at age 15. The Trustees have no idea who she is, or where her stone should be. She is not in any of our references or maps, probably because she was hidden by the brush. If we could find out who she is, we would restore her to her family.

Next time you go by Center Cemetery, stop, look and remember the ones who are there.

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Important Message from your Health Officer

By Cyndi Geiger, RN BSN

Summer finally arrived, just in time for the kids to go back to school. Below are some timely reminders of things to keep in mind as your thoughts and efforts plan for cooler weather.

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, click on Department, the Health Department for a link to NH Department of Health and Human Services. There are brochures at the Town Office.

Hurricane season continues for several months. For information on how to prepare and protect your family from hurricanes, visit the Town Website www.town.lyndeborough.nh.us in the column on the left click on Town Departments and then click on 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, and Rabies. There are Emergency Reference Cards to fill out with emergency contact information for your family members to keep with them. In addition there is a Personal Preparedness Checklist and a Personal Emergency Supplies reference. There are a number of brochures at Citizens' Hall for readers who do not have access to the internet. 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. Swine Flu (new/novel H1N1) and its implications have stayed in the news all summer. Unlike seasonal flu, the new H1N1 has continued to infect people throughout the summer months, including young people attending camps. This Health Officer, as a member of the Greater Nashua Regional Public Health Network, is actively planning for the upcoming flu season, along with state and federal officials.

On June 11, 2009, the World Health Organization (WHO) raised the pandemic alert level from Phase 5 to Phase 6 indicating that the new H1N1 virus has spread through many regions of the world. This alert level does not address the severity of the disease; however, it does indicate the widespread transmission of it. Pandemic flu occurs when a new flu virus emerges and starts spreading as easily as seasonal flu. 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. A serious pandemic will affect every facet of life, from food and supplies to education, business and the economy.

Like other contagious respiratory infections, seasonal flu and the new H1N1 flu are transmitted from person to person through coughing, sneezing, and sharing utensils including telephones and computer keyboards. Symptoms include fever, headache, extreme tiredness, dry cough, runny nose, sore throat, and muscle aches.

Seasonal flu occurs every year, although from year to year the strains vary. Most people have some immunity to the strains of seasonal flu circulating in the community. Flu vaccine is developed every year to match the strains most likely to circulate. The vaccine is intended for people at risk to become very ill, if they get the flu. It is recommended that anyone with a chronic illness, children 6-24 months, pregnant women, people over age 50, and health care workers be vaccinated.

A vaccine for the new H1N1 influenza is currently in the testing phase of development. The Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) met July 29, 2009, to make recommendations for use of a vaccine against new influenza A H1N1.

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Come join "***The Faerie Ring***" on Saturday, October 3rd, at Ladyslipper Farm in Lyndeborough. Children ages 6-12 may join us from 9:30-12:00 or 1:30-4:00 for a magical time of pumpkin faerie house making with wee furniture, music, dance, and faerie lore. A Faerie Tea Party will be served with warm apple cider and pumpkin bread for a time of enchantment.

A faerie fee of: \$25.00 per faerie, BYOP (Bring Your Own Pumpkin)!
For more information & registration please call, teachers Sierra Brookes 654-9770 or Tanya T. Roberts 654-7442.

The Faerie Ring~Weaving enchantment into children's lives through art, dance, music, nature and faerie lore.



Street Numbering Ordinance *By Kevin Maxwell, Officer in Charge, Lyndeborough Police Department*

The Town of Lyndeborough has adopted a street numbering ordinance (established in 1995 and amended June of 2008). The purpose of this ordinance is to provide a uniform system of numbering for buildings and residences in town as well as to provide a uniform system for street names and mailing addresses.† This is to promote efficiency in locating buildings in town for the delivery of utilities, mail and other services and to provide an expedient response from all emergency service agencies such as police, fire, ambulance and other rescue services.

Some specifics on house numbering are as follows: All primary structures shall be required to display the assigned address number in the manner described below.

- †All existing and new primary structures shall use and display only the number assigned by the Town of Lyndeborough.
- If the primary structure is clearly visible from the road, the address number shall be affixed to the primary structure in an unobstructed location and in conformance with the other requirements of this section.
- If the primary structure is not clearly visible from the road, the address number shall be affixed, either vertically or horizontally, to a post or other fixture, such as a tree or mailbox, but not a utility pole, at an acceptable location. The number shall be visible from both directions of travel.
- With the exception of numbers affixed to a primary building or to a mailbox, all numbers shall be displayed at a height of between 4 and 8 feet from either side of the driveway or access, and shall be no closer than 8 feet from the edge of the traveled roadway.
- All numbers shall be at least 4 inches high, with the exception of numbers affixed to a mailbox, which shall be at least 3 inches high.† It is recommended that all numbers be reflective and of a contrasting color.

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Lyndeborough Central School - Summer News 2009

By Sue Tussing

This has been a busy summer at Lyndeborough Central School (LCS). Three changes that are obvious from the outside are: The upgrade to the parking area, the shelter over the north outside door, and the new front door to the oldest section of the building.

As many of you have experienced, driving into our parking lot is a challenge. It is often crowded, and in the past several years, the asphalt has deteriorated significantly. Last spring, a section of the play area began to crumble, leading to unsafe conditions for the students. We took estimates from several companies, and selected Mathewson to upgrade this area. They have laid a deeper gravel base, to protect the upper layers from the high ground water levels around the school. Paving work was completed the week of August 17th.

During the past several winters, we have had a problem with ice buildup on the steps outside of the Activities Room, as water dripping off the roof. This door is used by the students for playground access and for parent pickup at dismissal time. With no janitor, our principal often took time out of her busy day to chip ice off the steps. The school now has a shelter over the door, which will divert the water from the roof off to the side. It will provide a rain cover and wind shelter, as well.

The oldest section of the school was built in 1949. The old front door was difficult to close, and did not have the wired safety glass. LCS has had a new door installed, which will provide more protection for that side of the building. Also, a project originally put forward as a fire/safety recommendation in May 2001 has been completed. The students have always hung their coats on hooks in the hallways. This is now against fire code, so lockers have been installed in the hallways for student gear. The original wood cupboards are still in the oldest section, but they are gone from the other building locations.

Our kindergarten program is progressing as planned. Nine students have registered at the Early Learning Center in Milford (ELCM). One town resident described this program as a "Cadillac." It is an excellent program, one that we are proud to offer our students. Although the day is longer than other programs we evaluated, the cost is equal, or maybe lower than some of the private and public kindergarten programs in the area. Another nice aspect of ELCM is the availability of both before and after school care programs. These additional programs are offered at an additional charge to be paid by the child's parents, not by the school district. Three additional Lyndeborough students will be attending other area kindergarten programs this fall. The LCS staff is anticipating a more consistent and better-prepared first grade class for the 2010-2011 school year.

Parents are a vital part of the programming and support system at LCS. On August 8, a small group of mothers gathered with paint rollers, electric drills, and determination in hand. The group cleaned windows, painted walls, and moved bulletin boards for teachers. Earlier in the week, another group of parents and former students weeded the flower beds around the front of the school. More activities are planned in the next couple of weeks, to finalize building preparation for the upcoming school year. These efforts are appreciated by school staff, and help to keep our costs down. Volunteerism is a Lyndeborough tradition throughout the town, a legacy to hold to, even as our world continues to change around us. We want our community to be proud of its school, and the education of its children.



Corey Burrell, Chelsea Moua, and Jake Morrison-Bechard with workers from Mathewson Company.

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Local Artist Exhibit

Our own Emily Morgan, veteran member of the Lyndeborough Communications Committee which produces **Lyndeborough Views**, and regular contributor via Kitchen Views, will be exhibiting her hand painted silk wall hangings at the Amherst Town Library during the entire month of September. There will be 15-20 pieces in the exhibit, showcasing Emily's unique style of highly colorful paintings in this uncommon medium.

This is the most extensive showing of Emily's work in one location to date. Some of her pieces were featured last November at the Wilton Library, and several pieces were hung for a one-night showing at The Dream Farm Cafe in Hollis in May 2007. The Color Shop and More as well as Lady Bead and Rook, both located in downtown Wilton, and Eclectica in Keene regularly carry some of Emily's work.

Plan to stop by the Amherst Library, located at 14 Main Street in Amherst Village, sometime during September for a visual treat. Hours of the Amherst Library are: 9:30-8:30 M-Th; 9:30-5:00 F-Sa; 1-5 Su.



Lyndeborough Community Supper

Don't forget the second Saturday of every month is the Lyndeborough Community Supper. Bring a dish to share, meet new friends and see old ones. The food is always wonderful.

Dates: September 12th, October 10th - Center Hall, Center Road

Date: November 14th - TBD, Check Town Website
All are welcome!!



Ferra Enterprises

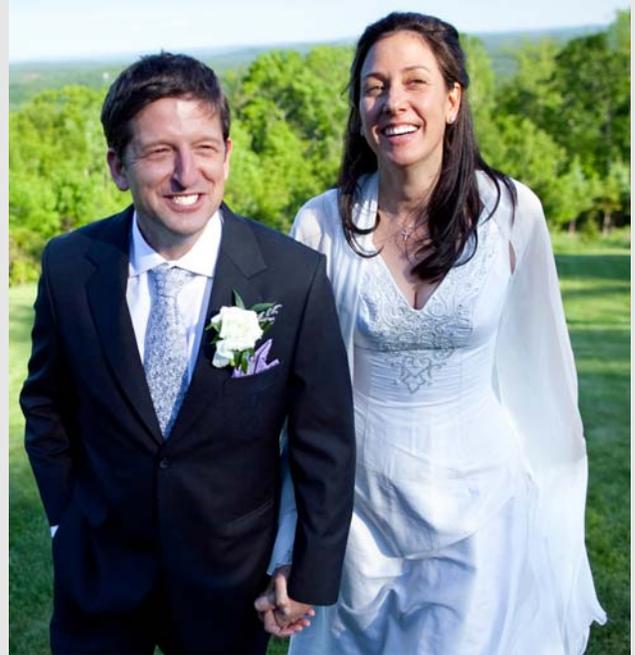
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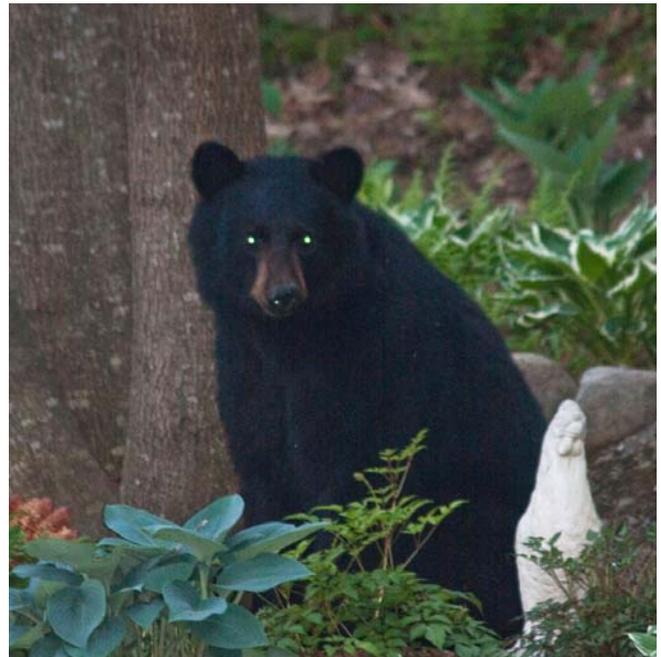
JUST MARRIED



ON MAY 30TH, TINA HAGER & KENNETH STEPHEN (STEVO) WERE MARRIED AT THE UNITED CHURCH OF LYNDEBOROUGH.

BOTH STEVO, A FORMER BRITISH COMMANDO, AND TINA, A PHOTOGRAPHER, HAVE SPENT THE PAST FEW YEARS WORKING IN AFGHANISTAN AND THE MIDDLE EAST.

A RECEPTION FOLLOWED AT THE HOUSE OF DR. EDWARD B. HAGER AND MS. JANE HAGER, LYNDEBOROUGH.



Bird Feeders aren't just for Birds anymore!! This bear was caught by Nadine Preftakes eyeing the feeder in her yard.



Apple Festival

Our annual Apple Festival, sponsored by the Lyndeborough Fire Department Auxiliary will be held on

**Sunday, October 11th
at the
Old Town Hall
from 1pm to 4pm**

Apple pies, crisps and dumplings will be served. The Lafayette Artillery will be on hand as always, to fire their historic canon.



**Polly
Kenick's
turning
100!**

**Come join the
celebration.
It's an old
Lyndeborough
custom.**

**Sunday,
November 22nd, 2009
1 - 4 PM
Milford VFW Hall**

Paradise Farm (Continued from page 1)

of honey that morning from his hives. Fresh local honey is a treat! In fact, a lot of folks who have allergies will eat a tablespoon of honey each day from honey that is produced within 5 miles of where they live. Supposedly this helps your body become more desensitized to the local pollen resulting in a reduced/eliminated allergic reaction. I don't have allergies; I eat it because it's just so wonderful by itself or on anything!!

For Wayne and Adrienne, it's all about the experience. They want their visitors to explore the property, bring a picnic, take a hike, and enjoy the views. It really is paradise!!

Hours are W - F, noon - 6pm, Saturday & Sunday, 10am - 5pm

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Wayne & Adrienne Colsia, owners of Paradise Farm standing next to their cider press and their display of honey and jams.

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LEFT ONTO CENTER RD. AT FITCH'S CORNER,
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Know Your Neighbor

(Continued from page 1)

a young woman in 1930--and the pleasure she got from doing things precisely gave her the incentive to pursue a career in nursing.

In the 38 years Polly practiced nursing, she worked at Exeter Hospital, Phillips Exeter Academy's Lamont Infirmary, and Rockingham County Home and Hospital. She was also a district nurse which entailed traveling all over the district in order to bring supplies and medication to her patients, assist in any home deliveries, and, in short, do what ever was necessary. When asked about some of her experiences, Polly said there were too many to recount, but she did recall one tragedy that still, after all these years, brought tears to her eyes describing the scene as if it happened yesterday:

"I will never forget a little girl named Roby. She had blonde curls and a large collie, who was always by her side. She would be waiting outside in front of her house and always be smiling and waving whenever I or the other nurses would walk by on their way to work. One day Roby was brought into the hospital with a ruptured appendix, and the doctors could not save her. We all cried then, and I still cry when I think of that sweet little girl. I guess there are just some experiences in your life that you never forget and still have the power to make you pause and to be thankful for the gift of life. Life is very short, and you have to do the best you can with everything you have."

Polly and her husband, Joe, had a summer place on Shellcamp Lake in Gilmanton. They lived in St. Petersburg, Florida, during the winter. When Joe retired in 1971, he winterized the lake house and for many years they would drive between the two places complete with Beau Jacques, their small poodle who went everywhere with them. When their daughter, Ann, and her husband, Arvid Carlson, bought the old Herrick place in Lyndeborough, Joe and Polly helped with the carpentry, masonry, gardening and cooking for the workers; in short, whatever needed doing.

Not only did Polly use her hands to help make the Carlsons' house into a home, she also used her heart to comfort and help her daughter when their first baby died one cold February day. And when the second baby was born 8 weeks prematurely, Polly and Joe stayed and kept the house so Arvid could get back to work during the baby's two-month stay in Boston Children's Hospital.

Polly's love of giving was not reserved exclusively for her family. There were many times when a beautiful baked ham, frosted with vinegar and brown sugar, studded with pineapple chunks and cloves, went out the door to bereaved families. "You've got to have food to help people,

and a ham would go far and last long after the mourners were gone." A pot of baked beans was delivered to every supper the Daughters of Susannah held at the Methodist Church, and homemade root beer and chocolate chip cookies or blueberry cake awaited her kids and their chums all the way through high school. Polly made pies six at a time. She still uses the steel-topped kitchen table that she and her buddy Anna drove to Lawrence to buy 70 years ago, and around which, the family ate every meal.

In all the times I have spoken with Polly, the conversations have not only been interesting and thought-provoking, they have been light hearted and humorous, as well. Polly possesses the benefit of living one hundred years, a sharp mind, and the ability to see what is important in living. Most of all she has a desire to be constantly giving and doing for others. After complimenting Polly on all that she does for others, she just smiled and quipped, "It's just me. It's what I do."



Polly is the farthest one on the left and she is part of the class of 1933 from the Exeter Hospital Training School.

I was fortunate to be given the grand tour of what Polly calls her, "Fibber Magee Closet." Grinning at me, she explained that every available bit of space contains her craft materials and that she knows where everything is. Drawers and shelves are filled neatly with yarn, knitting needles, all manner of felt and fabrics, patterns, scissors, thread and ideas for various projects. "My kids call me a chipmunk because I stash things." What is truly amazing about this closet is not that Polly knows where everything is, but that everything gets used. She jokingly made the comment, "I know I won't live long enough to get all my irons out of the fire, but I am sure going to try!" 'Getting irons out of the fire' is not to be taken lightly with Polly because it involves a determination to keep her hands busy, curiosity that keeps her mind open to new experiences and a heartfelt desire to help others.

Polly spends a generous portion of her time visiting her "Fibber Magee Closet" and uses its contents to create an astonishing array of gifts for those in need. Knitted warm helmet liners are given to the soldiers in Iraq and Afghanistan. Colorful, crocheted book worms are an annual gift to all the fourth graders at Lyndeborough Central School. Beautiful towels are crocheted for every resident in the building where she lives. The towels are also sold and the proceeds donated to the LFD Auxiliary at their annual Apple Festival. Tiny knitted sweaters and bonnets are made for the preemies at Elliot Hospital and small cross-

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stitched crosses are made and sent with cards to comfort friends.

After my grand tour of the closet, I looked at Polly, amazed at all she has accomplished in her life and all that she is doing now. But to Polly, it is just a continuation of the values that she has lived by and practiced her whole life. "I love to give. I think how I would feel and you pretty much know how others will feel. I can't do it all, but I try."

And she is still trying. She began writing her autobiography when she turned 89. A work in progress, she says she has every intention of finishing, but laughed when she said she needs to get busy on it. She is extremely proud of the fifty gift bags that she fills each year for the Meals on Wheels program. Polly works on the bags all year long: Scouting around and collecting bargains and donations of pencils, paper, scotch tape, emery boards, small packages of Kleenex, tea bags, hot chocolate, snack bags, jar openers and little night lights. Around Christmastime she and her friends, Nancy Day, Emily Stanton, and Shirley Bissonneault fill all the bags with the treats so that another friend, Bob Lorette, and Polly's daughter, Lois, can deliver the bags to the Meals on Wheels distribution site.

Not only has Polly been diligent in her philosophy of giving where she can, she is thankful when friends and neighbors share in her joy of service. "A little help here, a little help there, every bit helps."

She would have stayed in Lyndeborough, but fate dictated otherwise. Like many Lyndeborough seniors, she needed the kind of housing not available in town but only

nearby. Nevertheless, she has a great love for the town and I suspect her heart is still there. She reminisced about what she loves and misses. Polly was great friends with Margaret Hutchinson and Bea Wilcox. She and Margaret worked tirelessly on the Lyndeborough Improvement Society and did much for the town. The Town Pound is one of her favorite places, and the annual arrival of Santa by fire truck is an event that she always looked forward to, especially the year she was chosen to light the Christmas tree! Mostly, though, she loves the people and the way they help each other when they can. Homes might be far apart, but Lyndeborough neighbors were always close.

If you are fortunate enough to know Polly, or perhaps get to meet her, you would discover she is a person who still loves visiting historical places and takes the time to learn much about the people who lived there, a person who loves to make others smile by sporting a button that reads, "Better over the hill than under it," a person who will continue to do for others as long as she is able and a person whom we all can count on to show us that life is meant to be lived to the fullest, no matter the number of years that we are given.

Winston Churchill once said, "You make a living by what you get. You make a life by what you give." By those standards, Polly, who did what had to be done with grit and determination, may not have made much of a living, in the monetary sense as we measure things today, but with her generous giving and deep compassion for people and creatures in need, she has certainly made a life: A life which keeps on going and giving, even as she approaches her 100th birthday.

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Lyndeborough Community Day

By Ellen Pomer

As with Community Days past, Lyndeborough's Third Annual Community Day held on the grounds of Center Hall was a huge success! In spite of the heavy rain Friday night into early Saturday morning, events were held through out the day, which made for a wonderful town celebration. Of course, as seems to be the tradition, rain returned later in the day but did not hamper the festivities.

The "Equestrian Ride" a horseback riding event, a first for Community Day, received excellent marks from all who participated. Some folks commented, if they had known how much fun it was going to be they would have invited more horseback riding friends and also looked forward to it being offered again. (There may be some type of Equestrian Ride in September or October.)

The Marketplace hosted a variety of vendors offering fresh produce, baked goods, crafts, flea market items and refreshments.

The Guided Walks offered by the trails association were also a hit.

Walkers remarked about the condition of the trails and also about the amount of work that has been done to them.

Under the tent, guest speakers Margaret Hagen from UNH Cooperative Extension discussed gardening and Gary Crooker of Wilton discussed his book "New Hampshire Old Home Day Celebrations." In 1899, four New Hampshire communities first celebrated Old Home Days and Lyndeborough was one.



Above: Officer Keith Hervieux firing the cannon. He is leaving for Afghanistan on December 5th. and he is also one of Lyndeborough's part time police officers.



Left: Ryan Decubellis and her horse Starbuck, she was the youngest rider in the Equestrian Ride.



The Silent Auction held inside the Old Town Hall offered a broad variety of auction items. Everything from saddles and apples to Canobie Lake Park admissions and a fishing pole were just a bid away!

In addition to the Civil War Encampment, the Lafayette Artillery invited lunchtime diners to feast on hamburgers or hot dogs, chips and a drink. During the afternoon a flag retirement ceremony was held and the cannon was fired at various times including the evening firing where onlookers could view the impressive spark stream.

Another first for Community Day was the afternoon open mic session. Musicians and singers alike stepped up to the microphone to entertain us with songs both new and old. The open mic received 'two thumbs up' from many in attendance will definitely return to future Community Days.

As with tradition, the evening meal was a delicious Chicken Barbecue complete with baked potato, corn-on-the-cob, salad and a drink! And while we enjoyed our scrumptious repast we were treated to the live music of Sweet Tooth.

Lyndeborough's Third Annual Community Day proved to be another wonderful town celebration where we enjoy the day, the activities, the great food and our Lyndeborough Community!

Above Left: Arnie Byam and Richard Herfurth cooking chicken.

Left: The band Sweet Tooth.





Lyndeborough Trails Association

The LTA has been busy over the last three months. Here is a list of our most recent activities followed by upcoming projects & meetings:

Clean up on Helen's trail starting at the Mountain Road entrance – We have finished clearing the main trail from Mountain Road to the top of Pinnacle Mountain.

Posting of LTA trail signs on Emery/Stonebridge trail. These small signs (see picture) will be posted on approved trails to help keep hikers/cyclists/horseback riders on the trails and going in the right direction.



Joe Trudeau, an area naturalist, led an LTA sponsored hike up Helen's trail to the top of Pinnacle Mountain and shared information about the flora and fauna in the area and the very interesting historical background on the blueberry industry in the high country of Lyndeborough. We are hoping to offer additional guided tours once we get more trails cleared & created in town.

At the Lyndeborough Community Days, the LTA sponsored a hike on the Emery Stone Bridge trail, had a bake sale, and provided information about the LTA to all participants.

Next LTA Clean Up Day:

Saturday, September 19th

Trail cleanup. Pinnacle to Rose Mountain, 8:00 am - noon

Meet at 8:00 am at Helen's Trail entrance on Mountain Rd

Call John Redemske if you plan on joining us or for more information.

Next LTA Scheduled meetings:

September 9th, 7 – 9 pm Center Hall, Center Road

October 14th, 7 – 9pm Center Hall, Center Road

November 11th, 7 – 9 pm LTA Annual Meeting, Location TBD

The LTA is always looking for new members. If you enjoy the outdoors and want to help create and maintain a trail system for non-motorized recreational use throughout Lyndeborough, please join us. Contact John Redemske for more info, 654-7763 or jredemske@tds.net.

MESSAGE FROM HEALTH OFFICER *(Continued from page 3)*

The committee recommended that vaccination efforts focus on five key populations. These recommendations are designed to help reduce the impact and spread of new H1N1. The key populations include those who are at higher risk of disease or complications, those who are likely to come in contact with new H1N1, and those who could infect young infants. When vaccine is first available, the committee recommended that programs and providers try to vaccinate:

- pregnant women,**
- people who live with or care for children younger than 6 months of age,**
- health care and emergency medical services personnel,**
- persons between the ages of 6 months through 24 years, and**
- people who are at higher risk for new H1N1 because of chronic health disorders or compromised immune System**

The new H1N1 vaccine is not intended to replace the seasonal flu vaccine. It is intended to be used in addition to the seasonal flu vaccine to protect people. The committee does not expect that there will be a shortage of new H1N1 vaccine, but availability and demand can be unpredictable.

The committee recommended that once the demand for vaccine for these prioritized groups has been met, programs and providers should begin vaccinating everyone from ages 25 through 64 years. Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, as vaccine supply and demand for vaccine among younger age groups is being met, programs and providers should offer vaccination to people over the age of 65. The committee also stressed that people over the age of 65 receive the seasonal vaccine as soon as it is available.

Plans are pending for an immunization clinic for Lyndeborough adults in October and/or November to protect residents from seasonal flu. Date(s) 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.

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. In the event that schools are closed for an extended period of time, plan how to educate your children at home. Think about what you would do if you are unable to work or if your place of employment is closed.

Practice preventive cough etiquette by using the acronym COUGH.

- 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

Additional detailed information on influenza activity in New Hampshire is available at:

<http://www.dhhs.nh.gov/DHHS/CECS/flu-provider.htm>.

Don't forget the blood pressure clinic – first Thursday every month at Citizens' Hall, 2:30 to 3:30 PM.

**CHECK OUT TOWN EVENTS
ON THE WEB!!!**

VISIT THE TOWN OF LYNDEBOROUGH'S WEB SITE FOR
CURRENT INFORMATION, CALENDAR OF EVENTS AND OTHER
TOWN INFORMATION.

<http://town.lyndeborough.nh.us/>

LOOK FOR THE FULL COLOR VERSION OF THE
LYNDEBOROUGH VIEWS WHILE YOU ARE THERE!!

THE FISH 'N - SHANTY

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Carol Otto	(603) 554-6215
Lyndeborough, NH	(603) 554-6214

RT31N - 3 miles north of the Lyndeborough Village Store

Lyndeborough Ski & Ride Club

Lyndeborough Ski & Ride Club is gearing up for an exciting season of skiing and snowboarding at Crotched Mountain Ski & Ride Area in Bennington with discounted season passes for club members. Sign up now to beat the early October deadline then think snow while saving gas skiing or riding close to home.

Log onto www.crotchedmountain.com/lyndeborough.html to register. We welcome snow sports lovers from any community.

The club offers a variety of season passes available at Crotched Mountain such as an Adult Club Season Pass for \$299 or a Junior Club Season Pass for \$249, as well as student 5-week lessons program, the Granite Pass, Nor'Easter Pass and family passes. For more information call 603-654-5111 or email kmbh@tds.net for an application or visit the website mentioned above..

Dear Lyndeborough Views,

I loved seeing Grommit, Teddy, and Shannon in the recent issue of the Lyndeborough Views. It would be great to see more pictures of animals from town; for example, the dog Princess who lives down town or Wally Holt's brown cow. Thank you and keep up the good work.

Ashley Riendeau

Hi Ashley,

Thanks so much for your suggestions. We all like animals, too!! We have included some more photos of animals and welcome anyone to send in their own pictures.

The Lyndeborough Views Staff



Clockwise from top left: Greg and Carol Otto's horse, Apache; Wally Holt's cow Brenda; Frances Baldwin's Princess; Jim Bingham's dog, Mitzy with bandana and Gypsy, Scott and Stephanie Roper's dog

Tarbell Library Museum Passes and Audio Program *By Brenda Cassidy*

The Tarbell Library is rethinking the admission passes purchased and available for use by residents of the town of Lyndeborough. Currently, the Currier Museum and Fitchburg Art Museum are on hand. The Fitchburg pass also allows entrance to eleven other museums.

Are there any ideas or suggestions of other passes townspeople would like the library to try to purchase? Please e-mail any suggestions to jat@tellink.net.

Additionally, the library participates in New Hampshire's downloadable audio program. With a library card, you can download hundreds of great titles to your computer, portable device or burn select titles onto a CD. Call or stop by the library to find out more.

HUNTING & FISHING DAY

Pinnacle Mountain Fish & Game will hold a Hunting & Fishing Day on Saturday September 26th from 10AM to 3PM. Admission and parking is free. Attendees will have the opportunity to try the following shooting disciplines:

- Black powder
- Trap
- 22 shoot
- BB shoot
- Sling shot
- Archery



There will be a food court as well. Raffle tickets will be available for two guns we will be raffling off that day. Participation prizes will also be drawn that day. The Lafayette Artillery will be in attendance and will be firing their brass cannon.



Nashua HAZMAT Team presented a demonstration for the area fire departments at the Lyndeborough Central School.

NOTICE:

New Hours for the Lyndeborough Post Office

Effective Saturday, September 5th the post office will have new hours.

Lobby

8:00am - 4:30pm, M-F

8am - 11am, Saturday

Closed - Sunday

Window

8:00am - 11:30am/12:30 - 4:30pm, M-F

8:00am - 11am, Saturday

Closed - Sunday

After School Program

For Greenfield & Lyndeborough Students
Directed by a NH Certified Elementary Special Educator

- Transportation
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- Tutoring during structured homework time

Kristina Koutroubas ♦ 654-6579

The Village Store

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Best Sandwiches in Town



Duck Breast

Easy, Inexpensive, Elegant, and Delicious

Several years ago I had the opportunity to spend a week with a French-trained chef in France, cooking all day. One of the things I learned was how to cook duck breasts, which were, to my surprise, another delectable red meat. I rarely cooked them once home, as they were not readily available. But about 3 years ago, Market Basket began carrying duck breasts from Quebec, so now I cook them at least once a month. They range in size from 1/3 – 3/4 lb and cost under \$5/lb. I like trying different sauces to go with them and present here two seasonally appropriate ones for you to consider.



Lemon, Lavender and Honey Sauce (From Robert Reynolds, 1995)

In a medium saucepan place, 2 cups vegetable or chicken stock, 1 small carrot diced, 1 small onion diced, a sprig of fresh thyme, 1 bay leaf and $\frac{1}{2}$ cup white wine. Cook on medium high heat until reduced by half. Strain out the solids and return the stock to the pan. Add 2 Tbsp white wine vinegar, 4 Tbsp lemon juice, 2 tsp lavender blossoms (or more), 2 Tbsp honey and reduce by a third to a half. Turn the heat to high and whisk in 2-4 Tbsp unsalted butter until the sauce has enough body to coat the back of a spoon without running. Keep sauce on reserve.

Balsamic-Blackberry Sauce (from Food & Wine Sept '09)

In a medium saucepan, boil 1 cup balsamic vinegar over high heat until reduced by half. Add 2 cups blackberries and cook, stirring very gently, until they are just softened. Transfer the berries to a bowl using a slotted spoon. Boil the remaining liquid over high heat until reduced by about a third. Carefully pour any accumulated juices from the blackberries into the pan and boil for another 30 seconds. Season with salt and pepper and pour over the blackberries. Keep sauce on reserve.

Sauteed Duck Breasts

With a sharp slicing knife, carefully score the fat side of each breast in a diagonal crosshatch pattern, being careful not to cut into the meat underneath. Season the fat generously with salt. Heat a skillet large enough to contain the breasts, and when hot (but not smoking), place the breasts fat side down in the skillet. Turn the heat to medium low and allow the fat to render and the skin to slowly turn golden. Do not rush the cooking as the fat will darken before it renders. Cook slowly for 5-7 minutes, pouring off the melted fat from time-to-time into a heat proof dish. When the duck has developed color on the fat side, turn onto the flesh side and sear for 2-3 minutes. Return to the fat side, and continue cooking for another 3-4 minutes, always over medium low heat. Turn to the flesh side again for 2-3 more minutes. Remove the duck to a cutting board or plate, and loosely cover with foil. Let rest for 5-6 minutes. Then slice on the diagonal into $\frac{1}{2}$ " thick slices. Serve with the sauce of your choice from above.



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See you at the Lyndeborough Farmers Market!



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Cub Scout Jacob Boette is reverently putting a retired flag on the fire during Lyndeborough's Community Celebration. Look for complete recap and additional photos inside this edition.



Submission deadline
for the
December issue of
Lyndeborough Views
is **November 17th**
*Share your announce-
ments, photos and stories!!*

Lyndeborough Views is published quarterly
by the Lyndeborough Communication
Committee

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