

Volume 16, Issue 3

"To Educate and Inform the Citizens of Lyndeborough"

June, July & August 2016

## Know Your Neighbor – Brian Smith

By Nadine Preffakes

Lyndeborough's new fire chief, Brian Smith, grew up in Milford and graduated from Milford High School in 1996. Brian's dreams included becoming a Fish and Game Officer, traveling to Alaska and playing baseball on a professional team. At some point in his childhood, he did want to be a firefighter too, but said with a grin, "What little boy does not ever want to be a fireman or policeman?"

In high school, Brian played varsity baseball and football all four years. He modestly says he was really pretty good, and obviously that is true for when he was a junior in high school, a Cincinnati Reds scout just happened to be there watching the players. Soon after Brian received a call for an audition to join the team. To his great surprise he made it into the second round.

After graduation, Brian went to work at Devtech Labs in Amherst for one summer, which is a plastic injection and mold company. It was here that he met Amie Byam, and the two became good friends. A year into their friendship, Amie talked Brian into coming down to the fire station and meeting the guys and viewing first-hand what being on a fire department is all about. Three visits later, Brian said he was hooked; in 1998, he filled out an official application and has been a part of the Lyndeborough Fire Department (LFD) ever since.

Brian said being a member of the LFD is fun and rewarding, but he takes it very seriously. Shortly after joining, he pursued his Fire Fighter One class at the New Hampshire Community Technical College in Laconia. This is a two

year Fire Science Program where you learn the basics of fire, fire suppression, introduction to pumps, calculating water flows and the principles of fire. He also received his SCBA (Self-Contained Breathing Apparatus) training and PPE (Personal Protection Equipment). He also achieved his Fire Fighter Two Certificate by attending evening and weekend classes.

Although being the Chief of the Fire Department as well as an EMT requires a great amount of time and dedica-

tion, Brian is first and foremost a family man. He values the time he is able to spend with his wife Jackie and their four children, Nick, Hannah, Ryleigh and Madilynn, and never takes for granted the generosity and understanding his family extends to him. "I love being on the fire department, but the commitment takes



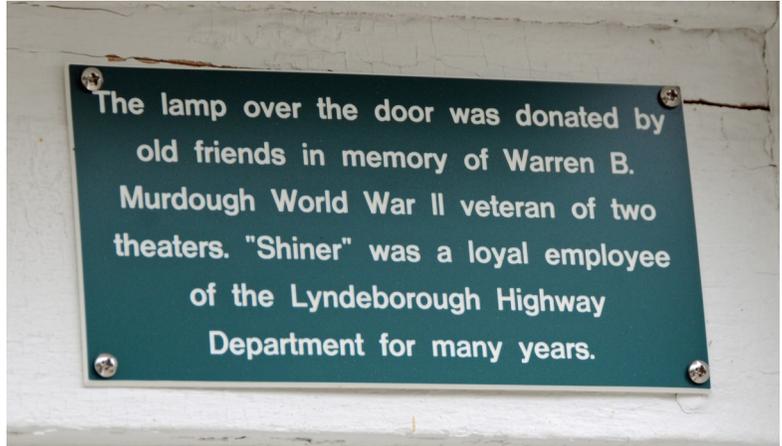
time away from my family. My wife and children are extremely strong and support me a hundred and more percent."

Helping others runs in the family, because in addition to being a firefighter for 18 years, both Brian and his wife Jackie have been EMTs for over 16 years. Responding to both medical and fire calls at all hours of the day or night takes a great deal of dedication and sacrifice, but Brian says it brings a special kind of pride to know that you belong to a brotherhood dedicated to helping others.

*(Continued on page 13)*

# Beautiful Lamp Illuminates Lyndeborough Center Hall in memory of Warren “Shinner” Murdough

On Sunday, May 29<sup>th</sup>, a group of family and friends of Warren “Shinner” Murdough gathered to listen as Selectman Fred Douglas announced the donation of a handmade carriage light which was installed recently at Lyndeborough Center Hall in memory of Shinner.



Fred spoke about Shinner’s involvement in the town and his long career here. He started with the town in 1939 and worked for a short while and then joined the army. He was a World War II Veteran of two theaters. He returned to the town around 1949 and stay employed fill around 1972.

One of Shinner’s jobs was a “swamper”. He was responsible for keeping the trails/roads clear for the horses who were pulling logs out of the swamps/woods.

In closing Fred (shown below) suggested to everyone to drive by Center Hall at night to see how beautiful the light looks and that it was a befitting gift to remember Shinner by.



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IN the COMMUNITY, OF the COMMUNITY, FOR the COMMUNITY

# Hemlock Springs Soaps

By *Adrienne Colsia*

There are many varieties of bath and body products on the market, but some stand out amid the others. Their premium quality, naturally made, and earth-friendly features make them a cut above. Karen Steuer formed Hemlock Springs Soaps to create just such products. If you drive down Brandy Brook Road, you will pass a pretty yellow farmhouse where Karen is likely to be hard at work formulating and perfecting her wonderful products. Each product is made from scratch and produced in small batches.

Karen grew up in the Berkshires. After attending college in New Hampshire, she never left. For years she worked in college admissions and recruiting. She was eventually recruited by Boston University to work in the Technical Education Center which provided computer training and management development courses and spent ten years here.

She met her husband, Paul, while living across the hall from each other on the third floor of an apartment building in Derry twenty-one years ago. He asked her out for a drink one night, and they've been together ever since. In 2005, while looking for a house in the area, they came upon the perfect one on Brandy Brook Road. As soon as she saw it, she knew it was going to be their home. Prior to house-hunting, Karen, like many of us, had never even heard of Lyndeborough; however soon after they moved here, their warm and friendly neighbors made them feel right at home.

In November 1999 while looking for gift ideas for Christmas, the thought of making handmade soap drew her attention. She bought a book on Amazon and spent an entire day running around southern New Hampshire looking for ingredients; from there her obsession was born. For years she played with ingredients, studied aromatherapy and herbal medicine, and thought up many ideas about different kinds of products she could make. She did a lot of research and enjoyed experimenting with various scents and flavors. When her house became overflowing with soaps, lotions, and various kinds of toiletries, friends encouraged her to start selling her products.

During the first year, Karen concentrated on making soaps and went to her first craft fair in 2001. At the time, she lived on Hemlock Springs in Derry and named her company Hemlock Springs Cottage. Three years ago, after deciding to go into this business on a full time basis, she changed the name to Hemlock Springs Soaps to better reflect what she sells.



Above: Karen Steuer, owner of Hemlock Springs Soaps, holding a bar of her lilac scented goat milk soap. Lower Left: An assortment of Karen's soaps.



She strives to use mostly all-natural, earth-friendly ingredients, recyclable packaging, and buys locally when possible (such as using Paradise Farm's goat milk). Her goat milk soaps are good for all types of skin. They lather well, even in Lyndeborough's hard water, and they last a long time. She uses only non-GMO oils, sustainably harvested palm oil, and fair trade shea butter. She has a gift for creating lovely, inviting scents and has unlimited ideas for new scent possibilities.

Among her products is toxin-free nail polish which lasts a bit longer than store bought polish and comes in 25 varieties. Her room sprays are all natural. A few of her popular scents are lemon verbena, lilac, lavender and – just in time for summer – Hampton Beach, which has a breezy ocean smelling scent. She

uses local beeswax in her lip balms as well as cocoa butter, avocado oil, and either natural flavoring or essential oils. Her body lotions and creams hydrate nicely. Her No Drama Mama cream contains olive oil, honey, and apple cider vinegar which is a pH balancer and helps tone the skin naturally and mildly. The lotions, which are a bit thinner than the creams, include goat milk, avocado oil, jojoba oil, hemp seed, shea butter, aloe, and glycerin. Her perfumes, which come in roll-on bottles, are free of preservatives and alcohol and come in scents such as sandalwood, patchouli, lavender, and sweet pea. She also makes salts, scrubs, liquid soap, beard oil, and more.

She sells wholesale, direct, and online. Her soaps can be found locally at the Black Forest restaurant. She is willing to take custom orders as she strives for happy customers. To read more about or order some of Karen's products, go to her web site at [www.HemlockSpringsSoaps.com](http://www.HemlockSpringsSoaps.com) or e-mail her at [Karen@HemlockSpringsSoaps.com](mailto:Karen@HemlockSpringsSoaps.com). She is always thinking of new ideas and more great things are coming!

# Stories in Stone: Early Settlers, Crops and Food

By Ginny Chrisenton, Cemetery Trustee

Spring has finally arrived and people's thoughts have turned to their gardens. We have the luxury of planting gardens for flowers and/or for food, using mechanical equipment to till the soil, bringing in screened loam and improving the soil using items that can be bought in a bag. The earliest settlers had one thought: Food for man and beast and how to get enough to last the winter and to the next harvest. The first crops were Indian corn, rye and maybe a small plot of flax for clothing. Before these crops were planted, trees had to be cleared, the seeds were planted or sown by hand between the stumps, roots of the trees and around the rocks.

This being Lyndeborough, of course there were lots of rocks that needed to be moved. On a large farm, men and boys would use a rock sledge hauled behind horses or oxen. Stones and rocks were put on the sledge, hauled to the desired spot and moved off to the sides. Walking through the woods now, you can still see large piles of rocks with a path through the middle or small piles of stones, often on tops of the larger unmovable rocks.



Photo from John Proctor's glass slides. Date unknown.

Stone walls were also built as property boundaries, or the edges of fields or crops. You can tell a stone wall that bordered plowed crop land. It is wider than the usual stone width and filled with lots of smaller stones between and on top of the larger ones. If you dig down beside a stone wall today, you can see that it's a lot larger, taller and wider than you might think. Debris from falling leaves over the centuries have built up and buried the larger original bottom stones.

When the early settlers arrived, there were beaver ponds all over the place. These ponds were very desirable. The dams could be broken, the beavers eaten and the dried pond would grow grass for horses and cattle.

Over time, tree roots rotted and stones, large and small, had been moved. Only then could the land be plowed for crops or planted for orchards. In the early apple orchards, only 2 or 3 trees had apples that were fit to eat. The rest were turned into apple cider. Every family would have barrels of apple cider in the cellar. It was an art to make good hard cider to supplement the rum that was drunk. In the 1905 History of Lyndeborough, I counted 14 early cider mills in town. These mills were large and used a horse to sweep a log around in a circle to crush the apples. The juice and pulp fell into a vat below. The pulp was pressed between layers of straw to extract as much juice as possible.

Corn or rye was used to make flour. The wheat flour we use today was scarce and very expensive. Bread was baked on the hearth by the fire or in a brick oven built into the fireplace once bricks became available. The crust was very hard and had to be soaked in water, and perhaps a little molasses and milk, before it could be eaten.

Since cooking was next to or over the fire, broths, stews and beans were the most common meals. These meals were often made to last for a week or more. Fresh meat was a luxury. Salted meat and fish were kept throughout the year.

Now, when you contemplate the work involved in your flower or vegetable garden, count yourself lucky that you don't have to contend with cutting down huge trees by hand and working between the stumps, roots and rocks like the early settlers. They've already done a lot of that work for you.

# Farmers' Markets Update

By Adrienne Colsia

A wonderful time of year is upon us! Soon there will be an abundance of fresh fruits, vegetables, herbs, and plants as well as the year round staples of meat, poultry, eggs, dairy, honey, maple syrup, and more. We would like to encourage people to buy from farmers' markets as the money goes directly to the hard working farmers. In addition you get to know your local growers. Always fresh and always local! Below is a listing of our local markets listed chronologically starting with Saturday:



**Milford:** Saturdays, June 18<sup>th</sup> – October 15<sup>th</sup>, 10a.m.-1 p.m. Tractor Supply Parking Lot, Granite Town Plaza, 191 Elm St. See their web site at [www.MilfordNHFarmersMarket.com](http://www.MilfordNHFarmersMarket.com) and "like" them on Facebook at [www.facebook.com/MilfordFarmersMarketofNH/](http://www.facebook.com/MilfordFarmersMarketofNH/)

**Peterborough:** Mondays, May-October, from 11 a.m.-3 p.m. Monadnock Community Hospital (Northeast parking lot).

**Bedford:** Tuesdays, June 14<sup>th</sup>- Mid October, 3-6 p.m. Located at St. Elizabeth Seton Parish, 190 Meetinghouse Rd. (603) 203-8440. Their Facebook page is [www.Facebook.com/BedfordFarmersMarketNH/](http://www.Facebook.com/BedfordFarmersMarketNH/)

**Peterborough:** Wednesdays, May-October, 3-6 p.m. Peterborough Community Center, 25 Elm St. See them on Facebook at [www.facebook.com/PeterboroughNHFarmersMarket/](http://www.facebook.com/PeterboroughNHFarmersMarket/)

**Merrimack:** Wednesdays, Mid-June through mid-October, 3-6 p.m. Daniel Webster Highway next to the post office and Dunkin Donuts, on the site of the old Zyla's.

**Manchester:** Thursdays, June 16<sup>th</sup>-mid-October, 3-7 p.m. Located in the park at 105 Concord St. (603) 344-2323. See their Facebook page at [www.facebook.com/manchesterfood/](http://www.facebook.com/manchesterfood/)

## House Signs Available

The Heritage Commission is still offering commemorative signs for houses that were built prior to 1905. These wooden signs, painted white with black lettering, will have the town seal, the date or approximate date of the house's construction, and one name of a prior owner. This name could be the original owner of the house or an owner who lived in the house for many years and contributed the most to the property and the town.

These professionally produced signs are made in Maine by the same company that did the signs in the Center and the Village for the Heritage Commission. See the pictures that accompany the article on the "historical markers" in this issue to get a better idea of the design.

House signs are 16" by 12" and are intended to be placed on the front of the house, to highlight the history and importance of the house to the heritage of Lyndeborough. They cost \$75.00 and can be ordered through the Heritage Commission. Please contact Bob Rogers or Jessie Salisbury to order one.

## SATO DOG RESCUE – MEET CHICA!

Chica is a 3 year old female boxer who was surrendered by her owner with her male puppy in tow. Chica is your typical happy, playful boxer. She weighs approximately 40 pounds. She is crate-trained and overall a good girl! Chica would do best in a home without cats. Thanks to a generous sponsor, Chica's adoption fee has been reduced. To learn more about Chica, other adoptable dogs, becoming a volunteer or becoming a foster family visit: [www.satoheartrescue.org](http://www.satoheartrescue.org) or go to Sato Heart Rescue's Facebook page. Adoption applications are available on the website.



# Join Us For a Hike to Rose Mountain During Community Day

Thanks to your generosity, the Piscataquog Land Conservancy (PLC) was able to close on the parcel at the top of Rose Mountain in December 2015. And, thanks to your support at Town Meeting, we have made an adjacent lot a Town Forest to guarantee public access.

The Conservation Commission and PLC have been busy this spring cleaning up an abandoned cabin on the lot and laying out a new hiking trail. You'll find this is a nicer walk, without having to use the rough, deeply eroded, and often wet Scout Road. It's marked with yellow Lyndeborough Trails Association tags and leaves from the top of Pinnacle Road (right where Scout Road begins).

To celebrate, the commission would like to invite everyone to hike up the new trail on Community Day, Saturday, August 13. We'll leave at 9 a.m., and expect it'll take an hour and a half or so (shorter than the walk last year from Mountain Road).

Carpooling is recommended! Follow Pinnacle Road to where it turns into a Class VI road. Please note that when the road (now dirt) makes a sharp left at the last, private driveway, it becomes very rough and may be a problem, if your car has low clearance. There is very limited parking for a couple of cars right at the bend, with a 5- to 10-minute walk to the trail at the corner of Scout Road.

We hope to see you there!



On Friday (Earthday) April 22<sup>nd</sup> Bren Haubrich from the PLC organized Brad Howell, (right), & Kevin Pobst (not shown), both of Frankestown, Lee Baker, Hancock, (left) & David Butler, Bedford, (center). Mike Decubellus also helped on Friday. These folks were part of a larger group effort to clean up an abandoned building on the property.



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# Open Cupboard Pantry

The Open Cupboard Pantry (OCP) serves the towns of Lyndeborough, Wilton, Temple and Greenfield. Clients visit at the OCP by appointment only. To schedule an appointment contact Roger LaDouceur. Patrons are screened to verify they are income-eligible. The OCP is not intended to provide a family's total needs; it is meant to be a supplement to food stamps. If you have a question regarding your family's eligibility and you have access to the Internet, information is available on the town's website. Go to [www.town.lyndeborough.nh.us](http://www.town.lyndeborough.nh.us), scroll down to '**Where do I go for?**' click '**More**' and then click on '**Welfare**'. If you do not have internet access or have additional questions, call the Lyndeborough Selectmen's Office at 654-5955. Additionally, the OCP is equipped to help families in emergency situations; if you are in need, please call Roger LaDouceur at 654-2635.



The Open Cupboard Pantry is supplied through donations (food & money) and purchases made through the New Hampshire Food Bank. The need for food supplies is there year round. Presently, the OCP would appreciate donations of laundry detergent, coffee (any kind - regular, decaf, K-cups, etc.), meals in cans, crackers, sugar, canned fruit, canned hams, fully cooked bacon, baking soda, baking powder, cream of mushroom soup, boxed milk (Parmalat) and paper towels. Monetary donations are always gratefully accepted. Checks should be made to The Open Cupboard Pantry and mailed to OCP, PO Box 111, Wilton, NH 03086. Donations are tax-deductible.

## Save The Dates

### 10th Annual Lyndeborough Community Day

Saturday, August 13th  
11:30 am — 7 pm

### Open Studio & Farm Tour

Sunday, September 18th  
10 am — 3 pm

Updated info for Community Day & the Studio & Farm Tour will be sent to everyone in town and you can also get updated info on the town web site.

If you are interested in participating or helping please contact Karen Holland, [kjh1@tds.net](mailto:kjh1@tds.net)

## News from Carol R. Roberts, State Representative for Lyndeborough, Wilton, Greenville, and Francestown: Hillsborough County District 4

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### PIPELINE! DRIVERS LICENSES! SUMMER FAIRS!

Much has happened at the State House since the last newsletter. One of the big issues discussed in the previous newsletter was the Kinder Morgan (KM) pipeline proposal that would run for over 70 miles along the southern border of New Hampshire and bring few if any benefits to the state. Approximately three weeks ago, KM announced that they requested a suspension of their application to the Federal Energy Regulatory Commission (FERC). One might think the fight is over but NOT SO FAST!!! View a copy of their letter:

<http://elibrary.ferc.gov/idmws/common/OpenNat.asp?fileID=14213886>

Reading between the lines one can see that a final position needs to be addressed by the parent company in a letter to FERC by May 26<sup>th</sup>, 2016.

Our voices have been heard and have made a difference but stay tuned. I hope we have heard the last of this but that is not a certainty at this time.

The Governor has signed the REAL ID bill (HB1616). The bill was a bipartisan effort and provides the best outcome that could be expected. Governor Hassan describes the result as "... a common-sense step forward that gives Granite Staters the option of obtaining a federally compliant identification." With the bill in place, New Hampshire residents do not have to obtain a federal passport in order to enter secure facilities or to fly. Residents will be required to opt in (select) a federally compliant license when the option is offered. The NH-DMV is charged with the responsibility of informing the public about the steps necessary to obtain the license. Check with the nearest DMV office for details.

Make time to attend some of the wonderful local, county, and state fairs this summer and fall. Displays of goods, crafts and products, rides, 4-H presentations including animals cared for by local families, and my favorite: fair food!

Happy Summer to All.  
Carol

To track House or Senate bills, go to [http://www.gencourt.state.nh.us/bill\\_status/quick\\_search.html](http://www.gencourt.state.nh.us/bill_status/quick_search.html) and key in the bill number (ex HB 1616)

Feel free to contact me at [carolrose.roberts@gmail.com](mailto:carolrose.roberts@gmail.com) with any question. You may also view my statehouse page at <http://www.gencourt.state.nh.us/house/members/member.aspx?member=377313>



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## 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.



[town.lyndeborough.nh.us](http://town.lyndeborough.nh.us)

Look for the full color version of the Lyndeborough Views while you are there!!



# J. A. Tarbell Library Update

## We have started a rotation of activities on Monday evening

First Monday: Drop-in after 6 - Color and Draw

Second Monday: Drop-in after 6 Cribbage

Third Monday: Event, Talk, Presentation at 7pm

Fourth Monday: Pajama Story Time at 6:30 pm. Wear your pajamas if you like, bring your favorite stuffed animal to the library for a Family Story & Craft with milk & cookies

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June's Third Monday **June 20 7 pm** Conservationist Gordon Russell will come to J A Tarbell Library to talk about his new book, *Watching Great Meadow: A Place of Joy, A Place of Woe*. Since Gordon and his wife Barbara moved into their home overlooking Great Meadow in New Boston, New Hampshire, Gordon has become its unofficial steward. His observational skills and deep understanding of nature enable him to see all of its patterns and see the way these patterns are disturbed by our changing climate. The book is based on his nearly fifteen-year study of the 100-acre wetland right in his backyard.

## Remember the Ongoing

Registering for **1000 Books before Kindergarten** program give the adult that extra information and the child a little more incentive.

Share your **Art, Quilts, Craft, and Treasures**; display your works or collections at the library.

**Come by** if you have not gotten your new library card. It is needed to use these services.

NH Public Library downloads: <http://nh.lib.overdrive.com> on-line e-books and audio books are available. Magazines are downloaded to a NOOK app.

HeritageQuest Online as well as Ancestry Library Edition are available.

The telescope can be borrowed by patrons over 18.

Books for sale in the basement Mondays and Wednesdays during library hours.

Museum reimbursement form and rules are in the library. \$40 per family per year.

## In the JATL Community Room

Heritage Commission meets the last Thursday of the month 7PM

Knitting -1 to 3 on Fridays, all are welcome, including beginners.

Talespinners – meets 10 AM on the 2nd and 4th Thursdays of the month in the JAT Community Room.

Wilton-Lyndeborough Significant Trees Group meets the 2nd Tuesday of the month at 10am.

Community Room Policy is available at the library

Check the web page <http://www.jatarbelllibrary.org/> Follow J. A. Tarbell Library on Facebook for updates and last minute added information.

All Suggestions are welcome.

## Senior Dinners

The Open Cupboard Pantry contributes to the community by providing a monthly Senior Dinner, at no charge, to all seniors in the area. These dinners are served in the hall of Sacred Heart Church; which is located to the right of the Open Cupboard Pantry on Maple Street in Wilton. The meals are served the third Sunday of every month, from 4-6 p.m. The Senior Dinners are popular and are a great way to visit with old friends and meet new ones.



# 2016 Easter Egg Hunt



Upper Left: Madelyn Smith with the Easter Bunny.

Above Right: Third grader Katelyn Geary and her sister Lauren, in Kindergarten, with the Easter Bunny.

Left: Maddy Brown with her basket.

Below: The winners for finding the special eggs. (Left to right) Maddy Smith, Atticus Irvine, Bunny, Alora and Joseph Depont



# Wilton-Lyndeborough Women's Club Update

The Wilton-Lyndeborough Women's Club has been very busy helping the communities of our two towns and is preparing for upcoming events. In December we coordinated the Giving Trees in both towns and distributed the donated gifts to the families. In May the club granted scholarships to deserving students from the two towns. In August we will participate in Lyndeborough's Community Day; and two weeks later we will assist with the Piscataquog Land Conservancy's Bicycle Race to help raise funds for Rose Mountain.

The members of the Women's Club would like to congratulate this year's scholarship recipients: Allyson Schwab, Mya Brown, and Sara Holka.

We are grateful to the generosity and support both communities have shown during our recent fundraisers and activities. All of the funds raised are turned back into the communities as scholarships, Christmas presents, Senior dinners, library programs, WLC Cupboard, etc.

If you or a family that you know of may be in need of assistance with Christmas presents, please contact Karen Grybko at 654-5362 or kgrybko@live.com. The club welcomes new members to the group. If you would like information about joining the Women's Club, please contact Karen Grybko at 654-5362 or kgrybko@live.com or Ellen Pomer at 654-5420 or ellenpomer@mac.com.

## The WLC Cupboard

The WLC Cupboard provides free clothing, food items, new toiletries, backpacks, new undergarments, and shoes for our students. When children have these basic needs met, they will achieve greater academic success.

Students are introduced to the WLC Cupboard through their school counselors, school nurse, or administrators. They can visit the closet privately, during school hours, and choose items that help them to feel confident and comfortable.

To donate, please drop off items at the WLC main office. Checks can be made out to 'WLC Cupboard'. Along with the items listed below, we also accept gift cards to Market Basket, Mother and Child, Wilton House of Pizza, Walmart, or Target.

<u>Clothing Items Needed:</u> (6th-12th grade)	<u>Food Items Needed:</u>	<u>Hygiene/Household Items Needed:</u>
<p><b>New:</b> Socks – all sizes Underwear – all sizes</p> <p><b>Gently Used Clothing:</b> Clean, appropriate styles for teenagers</p> <p><b>Seasonal:</b> <b>Currently accepting:</b> Winter jackets, warm clothing, boots</p>	<p>Pasta and Pasta Sauce Tuna Fish, and other canned meat Cereal, Pop Tarts Granola Bars Peanut butter, jelly, fluff Canned fruit Mac and cheese, other boxed meals Juice, bottles or boxes Gatorade Crackers</p>	<p>Shampoo Conditioner Deodorant Bar Soap Dish Soap Laundry Detergent Toothpaste Tissues Paper Towels Toilet Paper Beauty Products</p>

The WLC Cupboard is in the process of teaming up with other organizations, such as the Open Cupboard Pantry in Wilton, The WLC School Store and the Wilton-Lyndeborough Women's Club in order to successfully fulfill the needs of our students.

Thank you to all who have already donated and those who continue to support this cause!



## Yoga for Conservation – Join Sharon Akers

After 20 years of taking yoga classes wherever, however and whenever I can, I have decided to try and share what I have learned. This past November I began my 200-hour yoga teacher training, one weekend a month at the Keene Yoga Center.

At the end of June I will be completing the course on a five day retreat at the Bethel Farm in Hillsborough, New Hampshire. Something that I really like about the Bethel Farm is that Stephen Bethel has taken yoga into a rural setting.

It bothers me to drive long distances in traffic for a good yoga class. Many of you may be doing that now. This summer I hope to offer you an alternative!

How about walking or biking (or just driving a shorter, prettier distance) from your

home to the beautiful setting of Center Hall on Center Road in Lyndeborough?

We can practice together! Though I have been taking yoga for two decades, I have only started to practice teaching this year. Help me practice, while I help you practice! This will be an informal class, open to all ages and levels, held indoors or outdoors depending on the weather, bugs, and the mood of the group. Kids are welcome to play on the fringes or join the flow.

I am also open to changing or adding class times, if there is particular interest for an alternative time. Kids' yoga instruction may also be possible upon request, from a fellow teacher in training.

Pay what is comfortable and it will go to the Conservation Commission, which I chair. It will help our exciting Lyndeborough projects!

Can't wait to stretch with you! Thursdays at 5:00pm starting July 14th, at Center Hall.

## Preston Heller, Mentalist, to Perform at this Year's Lyndeborough Community Day

A mentalist reads minds, projects thoughts to others, divines information held secret, predicts results, and much more.

Preston Heller's show, **"Well Guarded Secrets,"** involves good deal of audience participation. Why? Because mentalism works best and is most entertaining, when there is a spirit of cooperation between the mentalist and those in attendance. The result is always a surprising experience for the attendees and is great fun for all present. And while the show is spiced with a lot of sophisticated humor, it is 100% family friendly (recommended for ages 12 and up).

Enhanced psychic abilities, predictions, thought implantation, telekinesis, sixth sense, telepathy and even the occasional inexplicable physical illusion – this is what is on display. If you attend you will see all of this and more, up close and personal, but when you come, please remember – not even your most "Well Guarded Secrets" are safe. Are you up to the challenge?

## 2<sup>nd</sup> Annual Rose Mountain Rumble to be held on August 27th

After a successful first-ever run in 2015, the Rose Mountain Rumble cycling event will be returning to the backroads of Lyndeborough and neighboring towns this August. The Rose Mountain Rumble is the brainchild of Lyndeborough residents Doria Harris and Kris Henry, who joined forces with the Piscataquog Land Conservancy (PLC) last year to organize the ride as a benefit for the effort to conserve the summit of Rose Mountain. The ride attracted about thirty cyclists and raised funds for the Rose Mountain project (which was successfully completed late last year). "Everyone who did the first Rose Mountain Rumble came back saying they loved it, and would be back next year with their friends. We decided then and there that we'd better keep this going," says Harris. This year's Rumble will offer options for riders of every ability, including 20-, 40- and 50-mile loops, and a full 100K course for the most dedicated "gravel grinder." All routes will be marked and cue sheets will be provided to every rider. Like last year's event, the ride will begin and end at the town's Center Hall and the post-ride lunch will again be prepared by the Wilton-Lyndeborough Women's Club. The cost to register for the RMR is \$60 through June 30, then goes up to \$75 after July 1. Registration includes post-ride lunch, and a Rose Mountain Rumble T-shirt. All net proceeds will benefit the conservation efforts of the Piscataquog Land Conservancy (PLC). To learn more about the Rumble and to register, visit [www.rosemountainrumble.com](http://www.rosemountainrumble.com).



## *Kitchen Views.....*

### *Sausage-Apple Frittata*

Source local eggs, sausage, and herbs from the Farmer's Markets to make this yummy breakfast/brunch/dinner dish.



#### **Directions:**

In a 9-inch ovenproof skillet, heat 1 Tbsp. olive oil. Cast iron works great.

Add ½ lb. breakfast sausage links and cook over moderate heat until golden. About 5 minutes. I think you could also use ½ lb. crumbled sausage if you like.

Stir in one dozen large farm fresh eggs beaten with ¼ C milk, 1 diced granny smith apple, 1 C shredded sharp cheddar cheese and ½ C chopped dill. You can also use basil, rosemary, or any herb you like.

Season with salt and pepper.

Bake at 375 degrees for 30 minutes until set.

### *Brian Smith ..... (Continued from page 1)*

"It is more than just going on calls. We create a bond that is like a second family. It is not always easy when one has to deal with tragic calls. Structure fires, motor vehicle accidents and unusually sad situations all take their toll. Whenever we have a difficult call, we all work through our emotions and feelings together. Each one of us looks out for each other as best we can. Being on the department is more than just responding to calls, it is belonging to a family."

Brian related some interesting calls that the department has responded to. Once a call came in for a dog stranded on the ice, but actually turned out to be a deer. He said it was a little tricky to help it without stressing it out too much. They have helped a fallen draft horse with a broken leg and a cow that had gotten tangled up in a barbed wire fence, and they were always being called out to retrieve Jerry Rand's cows. Each one of these situations comes with their own set of challenges and expertise, but each serves to enhance the department's rescue techniques.

The department practices numerous drills - on water and ice, in the forest and on rocks. Planned burns are excellent teaching tools whether they involve a propane tank or an old house. They honor Fire Prevention Week by coming into the local school and teaching the children about fire safety as well as explaining all the equipment on the fire trucks.

"The more knowledge I have, the better firefighter I can be, to help the town in any capacity."

Brian says the department plans on continuing to be an integral part of the community by participating in Lyndeborough Community Day and perhaps reviving the Haunted House. The fire trucks will continue to supply yearly rides to Santa and the Easter Bunny.

"We are always looking for good volunteers. We know that it takes a special person to do what we do and you have to love, not only the adventure but the hard work, too. When a building is on fire, it is most people's first inclination to run out of the building. We choose to run into the building. The community gives us so much support and we try our best to give back. Any time of the day or night when there is a need, we will roll a truck. So come down to the station, see what we do, put on some fire gear, fill out an application and join our Community family."



Submission deadline for the  
**September** issue of  
*Lyndeborough Views*  
is **August 15th**

**Share your announcements, photos and stories!!**

*Cover Photo by Idina Holden*  
Memorial Day Observance, May 29, 2016

L-R: Paul Martin, Vietnam Veteran, 1<sup>st</sup> Sgt Tony Buscemi, Pvt. Rich Armstrong, Capt. Walter Holland, Pvt Kathleen Humphreys, Pvt Rhonda Watts & Cricket (who celebrated her 20<sup>th</sup> birthday that day), Pvt Ray Humphreys, Master Sgt Richard Herfurth, and President Abe Lincoln.

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