



Volume 16, Issue 2

“To Educate and Inform the Citizens of Lyndeborough”

March, April & May 2016

Stories in Stone: Cemeteries and School Houses

By Ginny Chrisenton, Cemetery Trustee

Have you ever wondered why we have so many cemeteries?

Our town was organized as Salem-Canada 1735. The town was surveyed, with amazing accuracy considering the terrain. In 1737, the town was divided into seventy First Division Lots of 60 acres called Home Lots. A 100 acre lot was set aside for a saw mill. One hundred twenty Second Division Lots of 130 acres were also laid out. Finally nineteen Third Division Lots, 200 acres, were laid out for the Grand Proprietors. A Lot of 200 acres was also laid out for a doctor. These lots were laid out in straight lines running across the town. Land owners were required to build stone walls on the boundaries of their lot. You can still see the stone walls running across the town if you look closely on Google maps.

In 1753 Lyndeborough was incorporated and named in honor of Benjamin Lynde, Jr. (1700-1781).

At the 1777 town meeting, voters divided the town into school districts. Originally, there were 10 school districts each with a school house and a cemetery. There is no rhyme or reason that I can see for the numbering of the school districts. The numbers jump around the town. The land owners, residents and nonresidents, in each district paid for the upkeep of the school house and the salary of the teacher. There is a list of all land owners and the lots

that make up each school district in the 1905 History of the Town of Lyndeborough on page 354. The district containing North Cemetery had the most residents at 23 and Johnson Corner had the most nonresidents at 25.

Page 363 of the 1905 History of the Town of Lyndeborough lists the number of students, in each district, during both the Summer and the Winter terms for 1844 and 1845. In some districts, there is a large discrepancy between attendances, dependent upon the season. More students went to the Winter term, in all the districts, except for District #3 which had 46 students in both the Summer and Winter terms. The largest difference was in District #7. There were 24 students in the Summer and 39 in the Winter term.

Pages 369-380 of the 1905 History of the Town of Lyndeborough lists all the teachers in each district for the years 1851-1904. I couldn't find Bob Rogers name anywhere on the list.

The 1858 map of Hillsborough County shows nine school houses in town.

School District #1 contains Center Cemetery. The school house was on Mountain Road just after the intersection with Crooked S Road.

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Voting Information for Local Elections & Town Meeting

Town Elections will be by official ballot for elected officials on Tuesday, March 8th, 2016 at Citizens' Hall between the hours of 10:00am-7:00pm. **Please bring photo identification. New voters may register at the polls. Please bring proof of residency.**

Town Meeting

Town Meeting will be held on Saturday, March 12th, 2016 at 10:00am at Citizens' Hall.



Primary Day in Lyndeborough



Left: Helen and Ralph Dwire showing off their donut. Sadly, they said that this will be the last time they make their donuts.

Below: Walter Holland and his son John Holland, first time voter.

Below Left: Casey Jenkerson casts her ballot with Walter Holland.




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IN THE COMMUNITY, OF THE COMMUNITY, FOR THE COMMUNITY

Lyndeborough Town Offices Up for Election

OFFICE	TERM	CURRENTLY HELD BY	PEOPLE WHO FILED
MODERATOR (1)	2 Year	Walter Holland	Walter M. Holland
SELECTMAN (1)	3 Year	Frederick G. Douglas Jr.	Frederick G. Douglas Jr
TREASURER (1)	3 Year	Ellen Martin	Ellen Martin
CEMETERY TRUSTEE (1)	3 Year	Robert H. Rogers	Robert H. Rogers
LIBRARY TRUSTEE (2)	3 Year	Robert H. Rogers	Robert H. Rogers
		Sally B. Curran	Sally B. Curran
TRUSTEE OF TRUST FUNDS (1)	3 Year	Richard Herfurth	
SUPERVISOR OF THE CHECKLIST	6 Year	Sally Curran	Sally B. Curran
BUDGET COMMITTEE: (3)	3 Year	Steve Brown	
	3 Year	Walter M. Holland	Walter M. Holland
	3 Year	Corey Cheever (Resigned)	
BUDGET COMMITTEE: (1)	2 Year	Peter Dallas (appointed to fill open slot)	Peter Dallas
ZONING BOARD OF ADJUSTMENT (1)	3 Year	Richard Roy	Richard Roy

The following individuals did not file in time and will need to be "write ins"

Geoffrey Allen & Steve Brown for Budget Committee

Sato Heart Rescue Meet Valentino

Valentino was brought to Second Chance Animal Rescue in Puerto Rico as a 3 month old. He had been stabbed in the spine, he had a fractured spinal vertebrae and paralysis of his hind legs. The vet advised that he be put to sleep. Fast forward one year and he has recovered completely thanks to the love and dedication of the shelter in PR. He runs and jumps, is playful and loving! All very amazing considering the condition he was found in.

Valentino is available for adoption; he is approximately 14 months old and weighs 35 lbs. He will be coming to NH in March. To learn more about Valentino, our other adoptable dogs, becoming a volunteer or foster family visit Sato Heart Rescue's website: <http://www.satoheartrescue.org> or Facebook page.



FOUR SEASONS AQUAPONICS

By Adrienne Colsia

The process of growing plants aquaponically is a relatively new process and is fascinating. Aquaponics combines two processes: aquaculture and hydroponics. Aquaculture is the process of growing fish in water, while hydroponics grows plants in water.

In 2014 Tom Mitchell and his friend, Mike Griffin, decided to combine their interests and expertise and go into business together. With the goal of providing produce grown to organic standards year round they formed the company Four Seasons Aquaponics. They located it at 487 Center Rd on the site of Ledge Top Farm, the farm owned by Tom for almost four decades, and where he lives with his significant other, Donna Bursey. An interesting side fact to this property is that their driveway forms a boundary between Wilton and Lyndeborough with their home being in Wilton while their greenhouses and gardens are in Lyndeborough. Yet another perk of living in the country!

Tom has been growing organic produce conventionally since 1978. He taught Biology at Milford High School for 34 years and in the 1990's taught a section on aquaponics. At that time, he attempted to make his own aquaponic greenhouse, but found it wasn't financially feasible and let it go.

Mike has been in the construction business for 30+ years specializing in drywall. He grew up on dairy and crop farms in Michigan. Twenty years ago, after being given a few Piranhas from a friend, he started thinking about aquaponics. He put some lighting grates on top of the fish tank and placed seedlings through the holes in the grates. The plants flourished. He did this for a year and then dropped it. Seven years ago he and his wife, Tracy, put in an 8'X2' goldfish pond in their backyard. They created a seasonal aquaponic system with 100 holes for plants. They ended up growing more produce than two people could eat and gave a lot away. This got Mike thinking about going bigger. He built a barn with an attached greenhouse where he started growing vegetables and tilapia to sell year round and named his business Aquaponics Unlimited.



Co-owners Tom Mitchell (left) and Mike Griffin (right) holding germinating plants.

He started selling his produce and tilapia at the Milford Farmers' Market in 2012 and met Tom, who incidentally was a founding member of this market 39 years ago. The two struck up a friendship and with their mutual talents and interests decided to join forces. Mike had the intellectual know-how to building a large aquaponic system while Tom is an expert in building greenhouses and growing plants. Last year they started the process and have been up and running since late summer. The violet glow from their grow lights can be seen from the road as you drive by at night.

Their aquaponics set-up is a self-sustaining system with 7000 gallons of water continually circulating at a rate of 1800 gallons per hour. The same water is continually re-circulated with very little being lost through evaporation or plant intake. 90%-95% less water is used in this process than in conventional gardening. The fish, in this case tilapia, provide nutrients for all of the plants that in turn clean the water before it circulates back into the fish tanks.

Their 96 foot greenhouse is quite something to see. If you were to dig up the dirt in the greenhouse you would find an abundance of piping for water and a radiant heating system. After putting in the water system last Spring

(Continued on page 8)

FARMERS MARKETS UPDATE

By Adrienne Colsia

The Milford Indoor Market is in full swing and will be, through April 16th. Come see us the first and third Saturdays of each month through April, from 10-1, in the Town Hall 3rd Floor Auditorium. Our remaining markets are on 3/5, 3/19, 4/2, and 4/16. We have a wide variety of vendors selling a large selection of locally grown or made products.

Enjoy a smooth cup of Parker House coffee and one of the many home baked goods at G3 Bakery while browsing amongst our many vendors. Four Seasons Aquaponics grows greens year round in their heated green house; which can be seen nightly on Center Road (on the property of Ledge Top Farm) by the violet colored grow lights that emanate from it. Goat cheese and goat meat abounds at Butternut Farm. Thinking of Easter? Paradise Farm has boneless leg of lamb, smoked ham, and duck roasts to help make yours a success.

Pick up some herb infused olive oil and flavored vinegar from Celeste Oliva. Cava de Vino has a wide selection of dressings, salsas, dips, relish, marinades, sauces, spreads, chutney, and ketchup. The Root Seller sells 19 varieties of dried beans as well as potatoes and maple syrup. Rub Me Tender makes coffee and tea spice rubs that will enhance any meat, poultry, fish, or veggie dish. Pick up some chocolate infused wine jelly at Laurel Hill Jams and Jellies. If you are a baker, Hilltop Farm makes it easier with baking mixes for brownies, cornbread, and muffins. Their samples will make you a fan! Stormy Moon will supply your eggs and relish needs. Sweet Cheeks Creations will satisfy your granola and candied walnuts desires.

Everything Alpaca has wonderful hand knitted products. Are you a knitter? Paradise Farm sells skeins of non-dyed, all-natural yarn made from their Romney sheep. They also sell sheep pelts to keep you warm in the cold weather! If you want to pamper yourself, Hemlock Spring Soaps sells goat milk soaps and natural and nourishing skin care products.

You will also find grass-fed beef, pasture-raised pork, lamb, and poultry as-well-as honey, maple syrup, and more! Enjoy our wonderful musicians while you shop. We often have guest vendors who sell among other items tea, microwavable popcorn, give massages, and more. Local authors join us from time to time. Come support your local businesses, get top quality products, and have a good time while you're at it!

For more information on our vendors and more see our web site at www.MilfordNHFarmersMarket.com and "like" us at [Facebook.com/MilfordFarmersMarketofNH](https://www.facebook.com/MilfordFarmersMarketofNH) (don't confuse us with the Milford, CT market page).

The summer markets will be starting up mid-June.



Above: Karen Steuer lives in Lyndeborough and owns Hemlock Springs Soaps. She sells goat milk soaps, lotions, nail polish and sprays. All-natural, healthy, good for the environment and your skin.



Little Beatrix Irvine, 4 years old, tells Santa what was on her Christmas Wish List this past December 5th at the LFD and Auxiliary's Tree Lighting Event.

Maple Syrup Weekend March 19th and 20th 2016

NH Maple weekend will take place on Saturday, March 19 and Sunday, March 20th this year. The state encourages you to visit one or more of the many sugarhouses that will be open to visitors in NH. This weekend provides an excellent opportunity to learn about the maple sugaring process, sample some yummy maple products, and celebrate one of our state's long standing traditions. The maple season has gotten off to an early start this year. Normally sap does not start running until the end of February. Due to our unseasonably warm winter some sugarhouses had over 1000 gallons of sap ready to be boiled by the end of January with more flowing in daily. Below are two local sugar shacks that will be open to you this weekend.

Four Saps Sugar Shack is located on Center Road, the 3rd driveway on your left from Rte 31. They will be open both days from 8-4. Weather permitting they will be boiling sap and showing the sugaring process. A few of the many delicious products they make are maple candies including chocolates and lollipops, maple cookies, maple bon bons, and, of course, maple syrup. They invite you to stop by any other time you see steam coming out of their sugar shack and the lights on. For more information see www.foursapsugarshack.com or call Ken Begley at 603-714-4503.



The Maple Guy's Sugar Shack at 311 Cram Hill Road welcomes visitors both days from 11:00-4:00 pm. Tour the sugar house, see sap boiling on a wood-fired evaporator, learn how to tap a tree (weather permitting), and sample freshly made maple products.

For more information, please call Chris or Kim at 603-487-3292 or visit www.mapleguys.com.

Please plan on stopping by both locations to support Lyndeborough businesses! A listing of all area sugar shacks that will be participating this weekend can be found at www.nhmapleproducers.com.



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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, 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.

Donald Jorgensen Lorvig

A Celebration of Life Planned

A **Celebration of Life** is planned for June 4th at Center Hall from 11 am – 3 pm for Donald Jorgensen Lorvig.

Food items and stories of remembrance are welcome.

A memorial fund has been established in his name to help with any unexpected cost that his family may encounter <https://www.youcaring.com/tori-lorvig-445466>.

Save The Dates

10th Annual Lyndeborough Community Day

Saturday, August 12th

11:30 am — 7 pm

Open Studio & Farm Tour

Sunday, September 18th

10 am—3 pm

More information coming in the June Views Issue
If you are interested in participating or helping please
contact Karen Holland, kjh1@tds.net

AQUAPONICS..... (Continued from page 4)

they spent May-August 2015 growing microbes which are crucial in breaking fish waste down to become plant nutrients. Without enough microbes the water would be poisonous to the fish. The main toxin fish waste produces is ammonia. Being enclosed in a tank this ammonia builds up. They spent several months adding ammonia to the water and pumping it through the entire system. Ammonia attracts microbes that grow to change ammonia into nitrates, which is utilized by the plants as nutrients. They would test the water every few days for ammonia levels and continue feeding ammonia into the system. When their tests showed no ammonia in the water they knew enough microbes had grown to successfully eliminate the toxic ammonia created by the fish waste. They were now ready for the fish.



Root growth of some of the plants on a floating raft.

Here the fish waste by-products are broken down by nitrification bacteria into nitrates that are utilized by the plants as much needed nutrients.

From here the water flows through pipes and empties out into three long separate deep troughs each covered with twenty-two 3'x4' rafts that float on top of the water. Each raft is approximately 2 inches thick and has rows of holes punched through where the plants are placed. This is called deepwater culture and allows them to add and take plants out of the growing cycle easier. Also, they can cultivate more plants per square foot. They currently have the capacity to grow 4000 plants and are looking to increase that to 5000 plants. I watched them take a cutting from a cherry tomato plant and place it in an empty hole in a raft. They claimed roots would start forming within a few days. The water flows through the troughs continually at the rate of 1800 gallons per hour. The plants absorb the nutrients in the water thereby cleaning the water. In this purified clean state the water is piped back into the fish tanks where the process starts again.

The plant cycle starts at the sprouting table that has a self-watering system. For fifteen minutes in every 24-hour period the table is flooded with water. Here 588 pots are filled with a coco coir (shredded coconut husks)/vermiculite mixture. After experimenting with several growing mediums they settled on this mixture as it is totally inert and provides material that most closely resembles soil without being actual soil. Seeds are placed in the pots and often start sprouting within a few days, but it usually takes 7-10 days for the roots to have formed enough before they can be moved to the floating rafts. They fill twelve floating rafts with germinating plants each week. Once in the rafts, the plants usually take thirty days to mature, though some take longer.

Tom and Mike are currently growing a mixed green variety, Russian kale, romaine, curly kale, Swiss chard, mesclun mix, cucumbers, thyme, cilantro, strawberries, and cherry tomatoes. They are still experimenting with what works the best and are finding tomatoes take up a lot of room and a lot longer to reach maturity so they are thinking of cutting back and adding more greens. They sell their greens as fast as they can harvest them.

They built two 625-gallon fish tanks each with a 200-fish capacity. They filled one tank with very small baby tilapia called fingerlings and when these were half grown, filled the second tank with more of the same. They will continue this process as it allows tilapia to mature at different times enabling them to best supply their customers year round. It takes 6-9 months for tilapia to become full grown. Tilapia was the perfect fish choice because they like warm water and don't take as long to reach full size as other warm water fish, like catfish, which can take up to 18 months.

A pump installed at the lowest level, by the fish tanks, pumps water from the fish tanks to three water tanks and a biological filter located at the highest part of the system. From here the water all flows using gravity. The three water tanks separate solids produced by the fish which otherwise would clog roots and interfere with nutrient absorption and plant growth. The water then enters the 250-gallon capacity bio-filtration system filled with bio-balls, small multi-grooved balls, which hold more microbes per surface area than anywhere else in the system.

(Continued on page 12)

Stories in Stone (Continued from page 1)

School District #2 contains the grave of Dr. Lorenzo Bartlett on Crooked S Road. I think it also contains the burial ground off Pinnacle Road that I have yet to visit. The school house was on Center Road just south of Herrick Road.

School District #3 contains South Cemetery. The school house was on Putnam Hill Road east of the church.

School District #4 contains North Cemetery which is on School House Road. I thought the school house was across the road from the cemetery, but the map of 1858 shows the school house south of the intersection of School House Road and Mountain Road.

School District #5 contains Doliver Cemetery. The school house was right next to the cemetery. The original cemetery is now called the Blaney Burial Ground. Some of the graves were moved to Doliver Cemetery, when it was created.

School District #6 contains Perham Corner Cemetery. The school house was on Center Road a little north of the cemetery.

School District #7 contains Johnson Corner Cemetery. The school house was just north of the intersection of Curtis Brook Road, Johnson Corner Road and Purgatory Road.

School District #8 contains the Whittemore Burial Ground on Mountain Road. The schoolhouse was on Greenfield Road just after the intersection with Mountain Road.

School District #9 contains Route 31 Cemetery. The school house was on the north side of the intersection of Forest Road (Route 31) and Winn Road.

A sharp reader will notice that School District #10 is missing. Over the years pieces of our town were divided off to either form new towns or to add to neighboring towns. In 1791 part went to Greenfield, about 1792 part went to Francetown, in 1796 Temple got a piece, Mont Vernon got District #10 and part of District #7 in 1852, and Milford got part of District #6 in 1873. If you look at a map of Lyndeborough, you will see corners all over the place, these are the corners and edges of the original lots.

The original tax maps for the town were laid out by School District. I've always regretted that when the tax maps were redrawn in 2007, the original school district numbers were not continued. Progress drew a grid across the town and we lost some of the history of the land.



North School House circa 7/4/1891 -1896 based on the 44 star flag.

The Easter Bunny will be arriving soon on a fire truck!!!

Event: Town Easter Egg Hunt

When: Sunday, March 20, 2016

Time: 1:00

Sponsored By: Lyndeborough Fire Department Auxiliary

Bring: yourself, a basket, and prepare to have a great time



To The Town of Lyndeborough,

I just wanted to say thanks to ALL of you for helping out my son and I this past Christmas. We are so very grateful for all that we received. You guys were a huge help. My son Jayson had the best Christmas and he lit up with Joy when he woke up and opened his presents. I'm so grateful to see that there are still people in this world that think about and care about other people. I hope you ALL also had happy holidays. Thank you again for everything! God Bless You All.

P.S. Also have a great year!

Sincerely, Joshua & Jayson



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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

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

J. A. Tarbell Library Happenings

Phone: 603-654-6790

**Hour: Mon 12-5pm & 6 to 8pm; Wed. 10 to 6,
Thurs. 1 to 6; Sat. 10 to 12 and Closed on Sun-
day, Tuesday, Friday**



First Monday of the Month: Adult Coloring, and puzzles, music, crafts, knit, chat.... Drop in from 6 to 8 pm

Second Monday of the Month: Cribbage, 6 to 8pm, Drop In.

No Plans Mondays: Call 654-6790 if you want to play Cribbage and nothing else is scheduled. If there is enough interest in Not Monday Cribbage, CALL we will try to get it organized.

Museum Admission Reimbursement: Rules and form are available at the library.

Inter-Library Loans: A book can be requested. If it is available, we can borrow it from a NH Library for you. You pick it up at JATL and returned here.

MARCH

Book to Movie Event: Pick up the book, *The Hundred Foot Journey* by Richard Morais, at the library now. On **Friday, March 11, 1:00pm** come to the community room for discussion and the film. We will have an additional discussion and viewing at 7PM. Please let us know if you are coming to the 7PM viewing. "How the hundred-foot distance between a new Indian kitchen and a traditional French one can represent the gulf between different cultures and desire" (Goodreads.com).

APRIL

Saturday April 9 at 2PM: Timothy Welch of Purgatory Farms will come to JATL to talk on *Everything Alpaca*. In addition to a talk, he will bring a couple alpacas and some raw fleece, spun fleece and fleece products so everyone can see and touch them.

Thursday April 28, 7 to 9PM "Anyone can Draw I" with Cheryl Coderre of Coderre Studios in Milford.

It's so EASY and FUN! You'll learn the basics playing art games. Then we'll learn to visually break objects down, in order to build a picture up! The library will supply the paper and pencils. You are welcome to bring your own. This is a two-hour class. Cheryl has offered to do "Anyone can Draw II" and "Anyone can Paint Watercolor I" classes in May and June. Check the library web site for updated information.

MAY

NH Humanities to Go Program: May 16 at 7PM Steve Blunt tells the Hutchinsons' story and shares their music with *Liberty Is Our Motto! Songs and Stories of the Hutchinson Family Singers*.

Memorial Day Sunday, May 29 from 9 to 1 Books & Bake Sale at the library. Drop donated BOOKS off at the library by May 23rd. To Donate Baked Goods: tells us they are coming and deliver them Saturday 10AM to 12PM or Sunday morning between 8AM & 9AM.

In the JATL Community Room

Heritage Commission meets the last Thursday of the month at 7PM

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

Talespinners meets 10AM 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.

Arts, Crafts, and Treasures: You are welcome to display and share your collections, paintings, or crafts with the community for a few months. Give a call or stop by.

1000 Books before Kindergarten: Sign up for information and incentives.

Telescope is available to borrow.

Heads Up: *Grapes of Wrath* – Inter-library event starting at the LaBelle winery on Sept 18. In the fall we will have the book available at JATL with the viewing and discussion in October.

Watch your e-mail and facebook J.A.Tarbell Library for new events. You are welcome to comment on Facebook.

Wilton-Lyndeborough Women's Club Update Mar 2016

The Wilton-Lyndeborough Women's Club has been very busy helping the communities of our two towns and are preparing for upcoming events. In December members of the club coordinated the giving trees in both towns and distributed the donated gifts to the families.

We are grateful to the generosity and support the 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...

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 and/or Ellen Pomer at 654-5420 or ellenpomer@mac.com.

To the Women's Club Members,

Wilton-Lyndeborough Coop would like to thank everyone who donated to our school. So many families benefited from your generosity.

*Thank you again,
Mandy Kovaliv/WLC*

AQUAPONICS..... (Continued from page 8)

To keep the greenhouse and water at a warm temperature year round they installed an oil furnace to run the radiant heating system that heats the air and a wood pellet boiler to heat the water. Large fans help regulate the temperature. Their grow lights run as much as 8 hours a day during the darkest days of the year and are turned off once there is 13-14 hours of daylight. They are currently investigating solar panels to take care of the electrical load.

Certified Naturally Grown, an organization that verifies organic standards, recently approved their aquaponics system. This was quite a lengthy process. In building and operating this large system, they could only use material found on the Organic Certification list of materials. They were questioned intensely about every piece of material used. Even the trough liners are made of organic material. The bio-balls were put to great scrutiny.

Tom and Mike welcome visitors and school field trips to their greenhouse. They enjoy educating people about this process. A lot of technological know-how goes into keeping the system operating in our N.H. winter climate. Since he retired from Milford High 8 years ago, Tom has been voluntarily teaching science to children at the Whiting School in Wilton. Recently, the school came to Ledge Top Farm for a field trip, where the students learned about the process and helped with some planting. To find out more about this interesting business check out their web site www.fourseasonsaquaponics.com and follow the link to their Facebook page that has many interesting pictures. To speak with either one, phone Tom at 603-620-7302 or Mike at 603-785-1862. They enjoy educating people about this amazing way to grow food that uses far less water than conventional gardening and requires no weeding!

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

Those of you who know me have often heard me say, ‘This is everyone’s back yard.’ Meaning of course that everything is connected.

For example the Kinder Morgan pipeline that is proposed to run for 77 miles along the NH southern border from Fitzwilliam to the NH seacoast and then on to Dracut Ma. From there the product will be shipped and sold to foreign markets.

There is little, if any, benefit to New Hampshire. The residents, in our communities, have formed an amazing grass roots organization to battle Kinder Morgan Corporation. They have made their voices heard. The next step in the process is that the proposal must be heard by the Federal Energy Regulatory Commission (FERC). Many people, from the affected towns, have signed up to be intervenors – meaning they can ask questions at upcoming hearings. The road, to the finish line, has been arduous and is fraught with many possible pitfalls.

What can you do? Be informed. Read about the opposition effort at <http://nhpipelineawareness.org/>

Some good news from this session at the State House

- Two bills designed to bring down the good work of Planned Parenthood were defeated
- The New Hampshire Health Protection Plan (NHHPP) also known as Medicaid expansion was passed the House: HB 1696. While not perfect, we think that once it has worked its way through the whole legislative process, it will be close to what we had before.
- The REAL ID bill: HB 1616 cleared the House and is on the way to the Senate. Again – not a perfect outcome; perhaps the Senate will smooth out the issues.

To track House or Senate bills, go to http://www.gencourt.state.nh.us/bill_status/quick_search.html and key in the bill number.

And as always, feel free to contact me at carolrose.roberts@gmail.com with any question.

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>New: Socks – all sizes Underwear – all sizes</p> <p>Gently Used Clothing: Clean, appropriate styles for teenagers</p> <p>Seasonal: Currently accepting: 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!

LYNDEBOROUGH MEMORIAL DAY SERVICES

Schedule of Events for Sunday, May 29th, 2016

Time	Location
9:30 am	Memorial Day Observance with the Lafayette Artillery Co. at Lyndeborough Center Church
10:45 am	Procession to Center Cemetery for memorial service, prayers, and rifle salutes
11:15 am	Procession to South Cemetery for memorial service, prayers and rifle salutes
1 pm	Memorial Day procession and parade in South Lyndeborough. Memorial service, prayers, rifle salutes at Heroes' Stones, band concert, and guest speakers on the Village Green. The Lafayette Artillery will fire three salutes from their historic 1844 cannon at the end of the services.

9 am – 1 pm JA Tarbell Library

Book and bake sale will be held this year at the J.A. Tarbell Library and is sponsored by the Friends of the Library. Proceeds from the book and bake sale will benefit the library addition fund. Donations of books and baked goods are always appreciated. Please plan to stop by, enjoy the treats, and support the library.

The Lafayette Artillery Co. will also participate in the Wilton Memorial Day Parade and ceremonies on Monday, May 30, 2016. The parade starts at 9:00 am.

Are You Homesteading??

Are you interested in local food? Sustainability? Raising your own food and medicine? Gaining skills to work towards self-sufficiency?

A homesteading group is forming to build community and share skills and ideas. Please join us! Couples and families welcome-- especially those with homesteads willing to host the group once or twice a year. The creators are based in Lyndeborough and able to travel up to 30 minutes.

Email mackintoshhomestead@gmail.com or visit or FB page.



Kitchen Views.....

Lemon Chicken Orzo Soup



Ingredients

1 (4-pound) whole chicken
 2 carrots, peeled, cut in 1-inch pieces
 2 celery stalks, cut in 1-inch pieces
 1 medium onion, peeled and sliced
 6 garlic cloves, crushed
 4 sprigs fresh flat-leaf parsley
 2 teaspoons whole black peppercorns
 2 bay leaves
 6 cups water
 1 1/3 cups chopped carrot

1 1/4 cups chopped onion
 1 cup chopped celery
 2 teaspoons salt
 8 ounces uncooked orzo (rice-shaped pasta)
 1/4 cup chopped fresh flat-leaf parsley
 2 1/2 teaspoons grated lemon rind
 1/4 cup fresh lemon juice
 Lemon wedges (optional)
 Coarsely cracked black pepper (optional)

Preparation

1. Remove and discard giblets and neck from chicken. Place chicken in a large Dutch oven. Add 2 chopped carrots, 2 chopped celery stalks, and next 5 ingredients (through bay leaves) to pan. Add 6 cups water; bring to a simmer. Reduce heat, and simmer 45 minutes.

2. Remove chicken from pan; place chicken in a bowl. Chill 15 minutes. Discard skin; remove chicken from bones, discarding bones. Chop chicken into bite-sized pieces; cover and chill. Strain broth mixture through a sieve into a large bowl; discard solids. Cool broth mixture to room temperature. Cover and chill 8 to 24 hours. Skim fat from surface; discard.

3. Add enough water to broth to equal 9 cups; place broth mixture in a large Dutch oven. Add 1 1/3 cups carrot, 1 1/4 cups onion, 1 cup celery, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until vegetables are tender. Add reserved chicken, and simmer 3 minutes or until thoroughly heated. Keep warm.

4. Cook pasta according to package directions, omitting salt and fat. Add pasta to pan with chicken and broth mixture; stir in parsley, rind, and juice. Garnish each serving with lemon wedges and cracked black pepper, if desired.

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Submission deadline for the
June issue of
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Share your announcements, photos and stories!!

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