



The

Richmond Rooster

Something to Crow
About

April 2024

Your Four Corner Memories

Ruth Blais Thompson

My mom and dad owned the Richmond Four Corner Store from 1964 to 1972. There are wonderful memories shared by many from those years in town. During that time, Mom made a whole lot of homemade food that was sold from the deli and the checkout counter. We still hear people today talk about how much they miss her lemon, raspberry and fig fruit squares! Everything was made out of our small kitchen in our living quarters which was on the left side of the store. While Dad took care of so many different things around the store, Mom had help at the counter and with the food prep from some wonderful Richmond ladies. Everything Mom made tasted delicious. I know because we got to test it all!

At the Library's *Richmond Reminisces*, the topic of Mom's Four Corner Store homemade food has come up several times. Lenny Solomon asked me if I thought my mom might share some of her recipes and perhaps the Richmond Historical Society could sell them as a fundraiser. I thought this was a great idea; the only challenge is that Mom always kept all of those recipes in her memory! This is an exciting challenge and, with the help of some of the people who worked for Mom and Dad, I am putting together a Richmond Four Corner Cookbook 1964-1972.

I am hoping that some of you reading this might remember those days. I would love for you to share your memories so that I can include them in the cookbook. What did you love about going in the store? Did you stop in especially for lemon squares? The pickled eggs on the checkout counter? Mom's baked beans? Or the fresh grinders! Or maybe it was for an ice cream bar out of the ice chest that sat near the door. My plan is to have the Richmond Four Corner Cookbook 1964-1972 available through the Richmond Historical Society this summer. You can email me your memories at: rblaisthompson@gmail.com

Thank you!



Town Election Results 2024

SELECTMEN, 3-YRS	Total
Andrew Wallace	263
Lloyd Condon	4
Fran Heap	3
Steve Clark	2
Renee Murphy	2
Dixie Gurian	1
Dan Taylor	1
Jen Butterfield	1
Brad Grinstead	1
Don Merwin	1
Dan Greenspan	1
Over/Under	66
TOTAL	346

LIBRARY TRUSTEE, 3-YRS	Total
Elizabeth McCarthy	275
John Lewis	2
Grinstead	1
Deb Carroll	1
Over/Under	67
TOTAL	346

CEMETARY TRUSTEE, 3-YRS	Total
Rebecca Lescynski	272
Chad Butler	1
Over/Under	73
TOTAL	346

SUPERVISOR of the CHECKLIST TRUSTEE, 6-YRS	Total
Alison Van Brocklin	284
Bersaw	1
Over/Under	61
TOTAL	346

AMENDMENT #1	Total
Yes	212
No	115
Over/Under	19
TOTAL	346

AMENDMENT #2	Total
Yes	186
No	154
Over/Under	6
TOTAL	346

AMENDMENT #3	Total
Yes	188
No	152
Over/Under	6
TOTAL	346

AMENDMENT #4	Total
Yes	212
No	119
Over/Under	15
TOTAL	346

AMENDMENT #5	Total
Yes	192
No	142
Over/Under	12
TOTAL	346

PLANNING BOARD, 3-YRS	Total
Joseph Norman	201
Brad Grinstead	121
Lloyd Condon	85
Andrew Pearsall	10
Kim Mattson	3
Doug Smith	1
Strandfelt	1
Gritman	1
Bartlett	1
Sean Bennett	1
Over/Under	267
TOTAL	692

TRUSTEE of TRUST FUNDS, 3-YRS	Total
Rostislav Eismont	264
Tarbox	1
Bill Hillock	1
Over/Under	80
TOTAL	346

MODERATOR, 2-YRS	Total
Mark Lanen	264
Sister Maria Philomema	1
Renee Murphy	1
Over/Under	80
TOTAL	346

TOWN CLERK, 3-YRS	Total
Karen O'Brien	275
Jennifer Duda	4
Sheri Reynolds	4
Pam Goodell	2
Annette Tokunaga	1
C Tarbox	1
Over/Under	59
TOTAL	346

Note: 346 out of 780 registered voters voted at Town Election. All warrant articles passed at Town Meeting.

Letter: Thanks for Support

I would like to thank everyone who voted for me at the town elections. I have served this town for close to thirty years and do my best not to have a personal agenda while serving on the boards.

Thanks again,
Lloyd Condon

A Wish: an Open Letter to Richmond Residents

When I was Town Clerk, I was proud of Richmond, proud of the high voter turnout at elections, which often surpassed, percentage-wise, most surrounding towns. It didn't matter to me how each person voted or what party they were affiliated with. I was simply proud of this community, for being so engaged. I still am.

As I listen to and read about the recent events and conversations surrounding the proposed zoning ordinance amendments, I do fear that what is

happening in the Town of Richmond has the potential to create a volatile, hate-filled, and fractured community. Is this what we want? It is one thing to disagree about an issue. It is another to mock, attack, or hate the person we disagree with. Ultimately, I hold myself accountable before anyone else.

Regardless of the outcome of the Town Election, I hope and pray that we are able to live with respect for one another and that we treat one another as we would want to be treated. We each have the ability to make our town a wonderful place to live. All it takes is one of us at a time. Every day. This is hard work. To be a good human being. But, it is worth every moment. We are, after all, neighbors, not enemies.

Annette Tokunaga



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The Town Common and the Necessity of Regulation

Shaun Bennett

I'm not sure that Richmond had a "common" in its early days, but many towns did have them and they provide us with an important lesson for managing the environment today. The common was an area owned by everyone, that is, it was owned "in common." Often, it was located in a central location - like the Boston Common. Citizens were free to graze their livestock on the common without charge, which meant that any gain (profit) belonged to the animals' owners and any loss (damage to the common, for example) was the responsibility of all the land owners, i.e., the citizens.

The central issue in the lesson is that it was the individual farmer's choice as to how many animals to graze on the commonly owned land. If he grazed too many and damaged the land, he lost very little, as his share of the common was small. If he were more responsible and limited the number of animals grazed, chances were that somebody else would just add more and the resulting gain would go to those less responsible farmers. In other words, there was an incentive to over-use the land because that would bring the most gain; while not doing so, would both limit the gain and be unlikely to protect the resource because someone else would over-graze. This conundrum is known as "The Tragedy of the Commons" which is the title of an excellent article published by Garrett Hardin in 1968.

The lesson here applies to our environment. The air and much of the water are "commons" belonging to everyone. Pollute too much and, unless there is a

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regulatory arm of government to take action, the common resource is damaged while the polluter avoids the cost of cleaning up or using a non-polluting technology in the first place. Wildlife, especially endangered plants and animals, as well as hunted or harvested fish and game, can be thought of as commons that need governmental protection. Nobody likes paying for a hunting or fishing license or being told when and how many fish and game he or she can take, but until a better way is found to support the essential protection of wildlife, it is a necessity. There may have been a time when there was so much open land, clean water, clean air, wildlife, etc., compared to those who would pollute or harvest them, that individual behaviors made little difference. Those times have passed, and these common resources now require protection.

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Three Questions Bonnie McCarthy

In early January of 2023, more than three years post-Covid, my 85-year-old husband of 50 years passed into a blessed, peaceful existence after being homebound in a sedentary existence of deteriorating health. Despite all the myriad precautions we both took to remain Covid-free, my husband succumbed to non-Covid respiratory failure complicated by his weak heart. After my life became my own with amazing help from neighbors and friends, I decided it was time to take stock of myself and ask myself some personal questions. I had watched my husband fall into a series of unhealthy habits and I was right there with him to participate. Without going into numbers, my cholesterol was high; I was pre-diabetic; I was out of shape and I was overweight. That's why I opted to forego the depressing numbers in this article!

My first question was, "Where do I start?" As carefully as I kept up with my husband's medical appointments, I was lackluster in paying attention to my own. Embarrassingly, when I tried to make an appointment with my Primary Care Physician ("PCP"), I was told I was no longer "on the computer," and therefore, did not have a PCP, despite my insurance card naming my supposed PCP. I awaited my reentry to the computerized medical profession by becoming a new patient, and my blood work showed how truly lackluster I had become. I made a six-month appointment for another blood test and checkup.

My next question was, "Where do I go from here?" I researched recipes that were low in cholesterol. I limited unhealthy snacking and pretty much gave up sweet

desserts. I knew I would never be anything except a flexitarian, but I tried my hand at a number of vegetarian soups, stews, and side dishes. I knew diet was only part of a healthy lifestyle, so I finally took the advice of my friend, Jan Weekes, and joined the BoomZoom/TM Fit for Life exercise class she had been trying to get me to join for three years. What a revelation!

The BoomZoom classes are taught by Gretchen Nadeau from Westmoreland, who is also the Fitness Coordinator at Covenant Living in Keene. Until Covid, she had been teaching fitness at many levels for over thirty years in various in-person venues. When Covid restricted her classes at the Keene YMCA and Covenant Living, Gretchen decided to continue supporting her students using Zoom and YouTube classes. She teaches classes on two levels four days per week at 9 AM and 10 AM. The 10 AM class, which I joined, is called Senior Sneakers. The more vigorous 9 AM class consists of both standing and floor work. I try to attend the 10 AM class on Mondays, Tuesdays and Thursdays. I often attend the first 25 minutes of the 9 AM class on Fridays before the floor work begins.

My third question, "How do I maintain a healthy momentum?" was predicated by my six-month medical checkup. I was no longer prediabetic, had regained some muscle tone and had lost some weight. My cholesterol was still elevated, but not as severely. This good news led me to not only listen to, but finally hear, the long-time urging of another friend. Following Jude Bischoff's advice. I returned to Gentle Yoga classes taught by Josephine Russell on Wednesdays at 10:30 AM at Aloha Healthy Living in Keene.

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U.S. Supreme Court Justice Hugo Black

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If anyone has questions about my ongoing journey to recovering my health or about Gretchen's or Josephine's impact on my life, I can be reached at (603) 239-4088. My life now revolves around one of my favorite quotes from *A Course in Miracles* and is posted in plain view on my refrigerator, "Health is the result of relinquishing all attempts to use the body lovelessly."

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Harry Potter car. Photo by Alan Conklin

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Richmond Food Pantry
Alison VanBrocklin

The Richmond Food Pantry is an outreach of the Richmond Community Church and makes non-perishable foods available at the Town Hall any time during the open hours of the town offices. In recent months, the pantry has experienced an increase in demand for this service. We do get some support from the Community Kitchen in Keene, but this does not meet our need.



If you are interested in donating food to the pantry, non-perishable foods can be dropped off at the Town Hall. Frequently needed items include, but are not limited to: cereal, juice, chunky soups, Chef Boyardee meals, hash, tuna, peanut butter. Please make sure to check the expiration dates! If you prefer to make a monetary donation, checks can be made payable to the "Richmond Food Pantry" and sent to Hugh VanBrocklin, 30 Granite Hill Road, Richmond, NH 03470. Thank you, Richmond, for your continued support of the Food Pantry!



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Library News Wendy O'Brien

Library Calendar for April

Wednesdays, 10 AM: Storytime

Saturdays, 10 AM – Noon: Drop-in Knitting Circle

Wed., April 3rd, 11 AM: Richmond Reminisces

Wed., April 3rd, 6 PM: Coffee with the Classics Book Club @ Conant Library in Winchester

Mon., April 8th, 2 PM: Total Solar Eclipse Viewing @ Amidon Park

Tues., April 9th, 6 PM.: Tuesday Book Club, *The Traveling Cat Chronicles*, Hiro Arikawa

Total Solar Eclipse Viewing

On Monday, April 8th, **beginning at 2:15 PM**, there will be a total solar eclipse that will be visible throughout New Hampshire (*We are hoping for a cloud-free day!*). The sun should be completely obscured by the moon around **3:30 PM**. We have planned for a viewing event starting at **2 PM** at Amidon Park behind the Library with free eclipse glasses and crafts for kids.

We also will be taking observations for the Eclipse Soundscapes program, which uses amateur observers during the eclipse to monitor changes in the local environment. We are especially looking for changes in animal and insect activity as the sky darkens, such as crickets coming out and birds going to their nests. The Library is the recipient of a sound monitoring device through Eclipse Soundscapes to take audio readings during the eclipse.

As you should never look at the sun without protective lenses, pick up a pair of free solar eclipse glasses at the Library anytime before the eclipse!

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Coffee with the Classics Book Club

The Richmond Public Library and the Conant Public Library in Winchester are working together to present "Coffee with the Classics," a new book club focusing on classical literature. Barry Deitz, Director of the Conant Library, has over 20 years of experience leading book discussions and is looking forward to facilitating our first meeting on Wednesday, April 3rd at 6 PM in Winchester. Wendy O'Brien, Librarian at the Richmond Public Library, will provide home baked goodies to go with the coffee. We have selected "*The Great Gatsby*," by F. Scott Fitzgerald as our inaugural choice, with multiple copies available at both the Richmond and Winchester Libraries. We hope you will join us in this new opportunity for those who love both good literature and coffee!



Used Book Shed

Now that spring is here, the Library's Used Book Shed is open for business! Stop by whenever the Library is open to peruse our selections of used books and DVDs. We restock the shed weekly, so stop by regularly. Donations of any monetary amount are greatly appreciated and are used to purchase new books for the Library.

New Titles

Wild and Heavenly Place, Robin Oliveria

Roman Stories, Jhumpa Lahiri

First Lie Wins, Ashley Elston

The Road from Belhaven, Margot Livesey

Wandering Stars, Tommy Orange

Three-inch Teeth, C. J. Box

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Annotations in April Karen O'Brien

Nothing Gold Can Stay
*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.*
Robert Frost

I remember studying this poem in 8th or 9th grade, and being the only one in the class to come up with what Frost might have been alluding to in the first line (forsythia). Now that I've had a few years of gardening under my belt, I can think of a number of early flowers which bloom gold before green: coltsfoot, an herb which sends up its dandelion-like flower when all else is lifeless; cornus mas, a particularly striking spring-blooming tree with masses of yellow flowers; and winter aconite, a very early blooming bulb (*although to be fair, it has a whorl of green around its cheery yellow flower*). These three are early bloomers, usually showing their gold in April, and the spring peepers start their nightly chorus around the same time. The peepers and the arrival of the red-winged blackbirds indicate to me that spring has arrived, more than the appearance of the robin. Plants are budding or peeking through the ground everywhere, and the urge to get going in the garden is upon me.



Winter Aconite

From all indications, having a garden will be “in.” A National Gardening Association survey points toward 43 million households intending to have a garden this year, up from 36 million in 2008. The economy and the desire to have healthful and fresh produce will undoubtedly inspire many to incorporate gardens into their lives, many for the first time. Depending on how much time and space you have, you can enjoy the benefits of a garden this year if you take a little time to plan now.


First, decide what you really will use from your garden and what you can handle in terms of time and space. You don't want to be a slave to your garden. Raised beds, though an initial expense and commitment of time, will greatly reduce a lot of chores later. The soil will not be compacted from walking on it, so it will only need a raking or light digging before planting. It can also be worked earlier in the spring, as it drains well. You can always water your raised bed garden, but lots of rain can drown your plants in a conventional bed. You can readily incorporate compost into the beds, too. If you have poor soil, raised beds are almost a must for successful gardening.

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I garden almost exclusively in raised beds. They are much easier to maintain than a large garden plot and easier to protect from marauding varmints (*I use light-weight fencing around any bed that needs protection*).

Another critical element is sunlight. You need at least six hours of sun for most garden plants to grow well. If you cannot provide that much, you may have to rethink your garden plans, at least for most vegetables. Signing up for CSA (Community Supported Agriculture) is a great option. You pay a share of the costs, and, in return, receive a share of the crops grown there. Some CSAs require an amount of "sweat equity", but others do not. Check out the following website:

www.nal.usda.gov/afsic/csa/csastate.htm

for one in your area.

Some people garden exclusively in containers, especially if their only area for good sunlight is limited. There are many types of vegetables and herbs that have been developed for container gardening. Many herbs are happy (and some prefer) to be in pots. Tender perennials, such as lemon verbena, rosemary, pineapple sage and scented geraniums, are great candidates for container growing, but need to be brought in for the winter. They can often be successfully overwintered in a garage or basement, if there is some sunlight and if they can be kept from freezing hard. These plants are worth trying, as they have attractive foliage and smell fantastic. One thing to remember is that pots can dry out very quickly in the heat of the summer. You may have to water twice a day (or more) unless you want to install an irrigation system.

Next, decide what you will really use from your garden. Unless you are planning to can or freeze large quantities of vegetables or herbs, you will probably not need more than six tomato or pepper plants. Right now, my greenhouses are bursting with heirloom tomato plants: Black Krim, German Johnson, Kellog's Breakfast, Pruden's Purple, Black or Yellow Brandywine, Pineapple, and many others, as well as some cherry tomatoes, such as Sweet Apertif, Honeydrop, Black Cherry, and Yellow Pear. Come early for the best selection.

If you grow any early season crops, such as lettuce, spinach, peas, think about what you will replace them with when they are finished. And please, be careful with zucchini!

Herbs are the perfect addition to anyone's yard, as most of them are not fussy. Some annuals, like basil, dill, fennel, and parsley, will add immeasurably to your cooking at a fraction of the cost of store-bought, packaged herbs. There are many ways to process any extra, too, from herb butters to herb vinegars to herb syrups. It is wonderful to have these on hand through the winter months to bring a little herbal pleasure to the table.

Though the Green Woman's Garden does not officially open until May, you can email requests for specific herb or vegetable plants, and we will try to accommodate you and arrange for pick-up. Some plants will be dug from our beds, some will have been grown from seed, and others will have been ordered from wholesale suppliers. Prices for herbs vary, with most at \$3.00 - \$5.00. Our goal is to entice you to try some new herbs, heirloom veggies, and delight in the pleasures all things green.

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Cinnamon Swirl Loaf

Terri O'Rorke



Ingredients

For the cinnamon swirl:

- 1/3 C. sugar
- 2 tsp. cinnamon
- 2 Tbsp. melted butter

For the batter:

- 1 3/4 C. flour
- 1 1/4 tsp. baking powder
- 1/4 tsp. each baking soda & salt
- 2 eggs
- 1 stick softened butter
- 3/4 C. sugar
- 2 tsp. vanilla extract
- 1 C. sour cream

Directions

- Butter a loaf pan, set aside. For the swirl, combine sugar & cinnamon, set aside.
- For the batter, mix together the dry ingredients, set aside. In a large bowl, cream the butter slowly adding the sugar until light & fluffy. Add eggs, one at a time, mixing after each addition; then, add extract. Alternately beat in the dry ingredients and sour cream, beginning and ending with dry ingredients. Mix only until combined.
- Spoon half the batter into prepared loaf pan, sprinkle half the cinnamon mixture on top. Repeat with the remaining batter and cinnamon mixture. Drizzle the melted butter over the top; then, cut through the batter several times with a butter knife to make a swirl.
- Bake in preheated 350 degree F oven for about an hour, and a toothpick comes out clean. Let cool in pan for about 15 minutes; then carefully invert, turn right side up, and cool completely.



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Richmond's Got Talent

Thursday, April 18, 2024 – 5:30 PM to 8 PM

Guaranteed local talent and beyond on Open Mic Night at "Stage 32", our Vets' Hall. Music starts at 6 PM. Free event jointly sponsored by Parks & Rec and the Richmond Historical Society.

Friday, April 19, 2024 – 5:30 PM to 8 PM

Mark Lanen (keyboard, harmonica) at Mama McDonough's at the Keene Airport, performing classics from Billy Joel, Elton John, Van Morrison, James Taylor, the Beatles, and some deep cuts from the 60s, 70s, and 80s.



Introducing Open Mic Night!

Lenny Solomon

V.P., Richmond Historical Society

April 18th will soon arrive, and I'm excited that the inaugural Richmond Open Mic Night will occur on that date at the Vets' Hall, dubbed "Stage 32". The initial idea was sparked by Richmond resident Mary Silver during a casual conversation with Ruth Blais Thompson. Ruth grew up in Richmond (her parents ran the 4Corners store) and remembers the bygone days when celebrations, dances and parties were held at the Vets' Hall primarily for town residents. This Open Mic is being staged with this in mind, in an effort to raise our sense of community and provide an informal, non-threatening space for musicians inclined to perform.

The doors will open at 5:30 PM to accommodate those signing up to perform. The music will begin at 6

PM and end around 8 PM. Each performer will have 10 minutes, which is usually sufficient to perform two songs. We hope to offer light refreshments (such as coffee, tea, baked goods). At this point, we intend to run the series on the third Thursday of each month, April through October.

Putting this together has been a group effort. Besides Mary and Ruth, Wayne and Martine Imon of North Richmond have devoted much time to this effort, as have Dom Tralli and Suzen Perry (who will serve as the emcee). Ruth, Wayne, and Dom form the band "Mulligan Row," a musical trio that has performed in the Monadnock area for quite some time. They have agreed to perform. Also providing a great deal of help has been Tom Alhborn-Hsu from Jaffrey. Tom, who runs the monthly Open Mic at the Park Theater, has kindly volunteered to provide and run the sound system. He might try to video record performers who wish to see how they look and sound on stage. On top of that, Tom is a singer/songwriter and will perform a couple of songs.

I need to thank Richmond's Historical Society Board and Parks & Recreation Commission. Jen Duda of Parks & Rec was instrumental in lining up sponsorship for this event.

This Open Mic is not Carnegie Hall or national TV. It will not be livestreamed. It's meant to be a local event for budding and seasoned performers to share their talents with their neighbors. All levels of musicianship are encouraged to perform.

Hope to see you on April 18th.

For further information, please email: lenny@solomonband.com.

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The Richmond Rooster
an Independent Domestic Non-Profit Corporation



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Email – therichmondrooster@gmail.com
Rooster Online: <http://therichmondrooster.net>

Town Administration

Selectmen: William Daniels, Doug Bersaw,
Andrew Wallace

Selectmen Meeting at Town Hall – Mon. 5:30 P.M.
Public is welcome to attend. Please call 239-4232 for an appointment if you have an item for the agenda.

Town Administrator: Susan Harrington
Administrative Assistant: Jennifer Thompson

Mon. 9 AM – Noon, 3 PM – 5:30 PM
Wed. 9 AM – 1 PM
Thurs. 9 AM – Noon

For town business outside of the above hours, please call 239-4232 for a Monday evening appointment.

Town Clerk: Karen O'Brien

Deputy Town Clerk: Cheryl Brake

Tues. 12:30 PM - 4:30 PM

Wed. 9 AM - Noon & 1 PM - 4 PM

Thur. 8 AM - Noon

For Tues. appointments (5 PM, 5:30 PM, 6 PM), call 239-6202 or email the clerk.

Tax Collector: Steve Boscarino

Deputy Tax Collector: Mary Rogers

Mon. 6 PM – 8 PM, Wed. 9 AM – Noon

Planning Board: Held at Taylor/VanBrocklin Bldg.
1st & 3rd Tuesdays of the month - 7:00 PM

Transfer Station and Recycling Facility: 239-8136

Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM

Sat. 8 AM – 5 PM

Town Library: Wendy O'Brien, Librarian, 239-6164.

Tues. 3 PM – 7 PM, Wed. 9 AM – Noon

Thurs. 3 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 355-2000

Fire/Rescue (Non Emergency): 239-4466

Fire Warden:

Fire Permit: Buzz Shaw, 239-4238

Selectmen – 239-4232

Town Clerk – 239-6202

Tax Collector – 239-6106

Road Agent: Elton "Buddy" Blood, II – 400-3629

Building Maint.: Pam Bielunis

Zoning Compliance Officer:

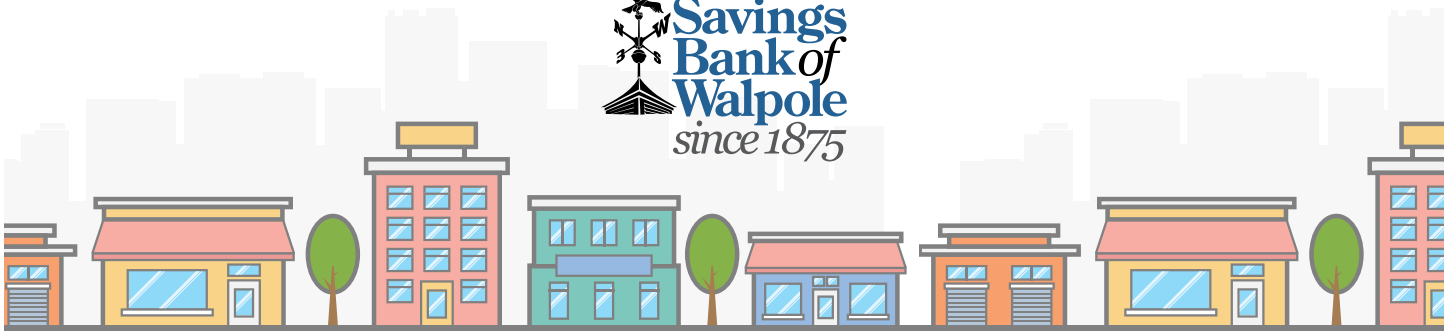
[Phone number area codes are 603, unless otherwise noted.]

Visit town online: <http://richmond.nh.gov> or in person at
Town Hall at 105 Old Homestead Highway.



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