



The

Richmond Rooster

Something to Crow About

November 2024

The General Election will be held on Tuesday, November 5th, at Richmond's Veterans' Hall from 8 AM to 7 PM
Don't let someone else speak for you; vote!

2024 Ballot Candidates & Affiliations

U.S. President & Vice-President

Kamala D. Harris & Tim Walz	Democrat
Jill Stein & Rudolph Ware	Green
Chase Oliver & Mike ter Maat	Libertarian
Donald J. Trump & JD Vance	Republican

U.S. House, 2nd Congressional District

Maggie Goodlander	Democrat
Lily Tang Williams	Republican

NH Governor

Joyce Craig	Democrat
Stephen Villet	Libertarian
Kelly Ayotte	Republican

NH Executive Council, District 5

Melanie Levesque	Democrat
Dave Wheeler	Republican

NH Senate, District 9

Matthew McLaughlin	Democrat
Denise Ricciardi	Republican

NH House, Cheshire District 10 (two)

Barry Faulkner	Democrat
Alan Gross	Democrat
Sly Karasinski	Republican
Daniel LeClair	Republican

NH House, Cheshire District 17

Kristan Tilton	Democrat
Jennifer Rhodes	Republican

Cheshire County Commissioner, District 1

Benjamin Tilton	Democrat
Skipper DiBernardo	Republican

Cheshire County Sheriff

Eli Rivera	Democrat
Richard C. Pratt, Jr.	Republican

Cheshire County Attorney

D. Chris McLaughlin	Democrat
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Cheshire County Treasurer

Jack Wozmak	Republican
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Cheshire County Register of Deeds

Anna Z. Tilton	Democrat
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Cheshire County Register of Probate

Jeremy LaPlante	Republican
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2024 Constitutional Amendment Question as Proposed by the 2023 NH General Court

“Are you in favor of amending article 78 of the second part of the constitution to read as follows:

[Art.] 78. [Judges and Sheriffs, when Disqualified by Age.] No person shall hold the office of sheriff of any county, after the person has attained the age of seventy years. No person shall hold the office of judge of any court after the person has attained the age of seventy-five years.”

Yes
No

“It is the people’s business, - the election is in their hands. If they turn their backs to the fire, and get scorched in the rear, they’ll find they have got to ‘sit’ on the ‘blister’!”

Quote attributed to President Abraham Lincoln [ref] 1866, Six Months at The White House with Abraham Lincoln: The Story of a Picture by F. B. Carpenter (Francis Bicknell Carpenter), Chapter 68, Quote Page 275, Hurd and Houghton, NY

A Presidential Visit Fran Heap



*Steve Wood as Lincoln.
Photo by Alan Conklin.*

On September 25th, town residents received a real treat at the Vets’ Hall when Steve Wood played the part of Abraham Lincoln during his 1860 visit to New Hampshire. Not only did “Honest Abe” pay tribute to Richmond’s fallen soldiers, he recounted many humorous stories from his childhood and his life at the White House. The audience was tickled

when Butch Morin of Fish Hatchery Road accepted a height challenge: Butch stood back-to-back to “Lincoln” and then, proceeded to try to beat “Abe” by standing on his tiptoes! The presentation was enjoyed by all and was co-sponsored by the Richmond Historical Society and New Hampshire Humanities.

Election Time!

Karen O'Brien, Town Clerk

I thought it might be interesting to share some facts about elections, their history in the US, and even some recipes! I found most of this information in Yankee Publications' online forum.

*To-day, alike are great and small,
The nameless and the known;
My palace is the people's hall,
The ballot-box, my throne!*

John Greenleaf Whittier, American poet (1807–92)

Election Day is always held on the first Tuesday following the first Monday in November. This means that Election Day 2024 is Tuesday, November 5th. Voting is a fundamental part of the democratic process and must be accessible to all citizens!

On Election Day, eligible citizens cast ballots to select public officials — from local to national government. Here in NH, we vote for Town Elections in March every year. We also have state primaries and general elections each year. Every four years, we get to vote for the President and Vice President (in years divisible by four).

On January 7, 1789, the electors were chosen for the first U.S. presidential election. (George Washington was elected president on February 4.)

By an act of Congress on January 23, 1845, the first Tuesday following the first Monday in November was designated Election Day for future presidential elections. Back then, we were more of an agricultural society and November was considered a good time for elections because the busy harvest season was coming to a close. Many country folks had to travel quite a long way to get to a polling station, so it made sense to hold elections on a Tuesday. This avoided religious holidays as well.

Before 1845, the states could hold presidential elections within a 34-day period and then send their electors to the Electoral College. However, this became problematic as communications and transportation evolved because states that voted

earlier could influence states that voted later (not unlike earlier time zones versus later time zones today).

The first Election Day after the vote to standardize took place on November 7, 1848. Whig Party candidate Zachary Taylor won out over Democrat Lewis Cass and Free-Soil candidate (and former president) Martin Van Buren. Taylor's running mate was Millard Fillmore, who became the nation's 13th president on July 10, 1850, upon Taylor's untimely death.

Election Day FAQs

- Greatest number of electoral votes in a Presidential Election - The election of Ronald Reagan Ronald Reagan, in the 1984 election, won a whopping 525 out of 538 available.
- Greatest number of popular votes in a Presidential Election - Joe Biden, who received 81.2 million votes in the 2020 election.
- Though not a federal holiday, Election Day is considered a civic holiday by many states (Delaware, Hawaii, Kentucky, Louisiana, Montana, New Jersey, New York, Ohio, West Virginia, and the territory of Puerto Rico). In these states, the government offices and court system are closed by state statute.
- The symbols of political parties were created by Thomas Nast, who was the first political cartoonist. During his 1862 to 1886 tenure at *Harper's Weekly*, he was a harsh satirist who skewered not only his party (*he favored Lincoln*) and took delight in bashing both sides.

The Right to Vote

- 1870: The Fifteenth Amendment to the U.S. Constitution is passed granting African-American men the right to vote.
- 1890: Wyoming was the first state to grant women the right to vote, followed by Colorado in 1893.
- 1920: Women were emancipated (given the right to vote) on August 26, 1920, when the 19th Amendment to the U.S. Constitution was ratified. Formerly known as Woman Suffrage Day, August 26 is now recognized as "Women's Equality Day."

Ratification came in Tennessee, where suffragist (Anitia) Lili Pollitzer, age 25, persuaded Tennessee state legislator Harry T. Burn, age 24, to cast the deciding vote. "I know that a mother's advice is always safest for a boy to follow," he said, "and my mother wanted me to vote for ratification."

- 1961: Ratification of the 23rd amendment to the Constitution gave residents of Washington, D.C., the right to vote in presidential elections.
- 1965: President Johnson signed the Voting Rights Act to outlaw states' discriminatory voting practices, especially with African Americans in the South.
- 1971: The 26th Amendment reduced the voting age in the United States from 21 to 18 years of age. The first 18-year-olds voted in the 1972 elections.
- 1993: The "motor-voter" bill was signed by President Bill Clinton, allowing citizens to register to vote when applying for a driver's license and ease voter registration.

Election Day Cake!

Did you know that there is such a thing as an Election Day Cake? Often yeasted fruit cakes, Election Day cakes started in the 1600s and were especially popular around the time of American independence.

You can try a piece of Election Day Cake like early Americans ate on their way to the polls this year. Though we do not need to travel as far and wide as did those in the early days of the Union, we thought it would be fun to have an Election Day Cake for our residents. To keep up voters' strength, women of hosting towns would serve cakes weighing up to 10 pounds to those going to the polls. We may not have that much, but it should be fun to have your cake and eat it, too!



General Election:

Come Exercise your Right to vote!

Pam Bielunis, Supervisor of the Checklist

The polls will be open Tuesday, November 5, 2024, 8 AM – 7 PM at the Vets' Hall. Bring a photo ID to present to the ballot clerks.

New voters and any with requested corrections or changes: please proceed to the Supervisors of Checklist tables to register/complete paperwork. Please bring photo ID, birth certificate or passport, and proof that you live in Richmond. These documents are proof of age, identity, domicile, and US citizenship.



Final Richmond Mobile Food Pantry Event for 2024

**Saturday, November 2, 2024
at the Vets' Hall, 1 - 3 PM**

Pam Bielunis

In July and September, the Mobile Food Pantry brought fresh, frozen, refrigerated, and non-perishable food to Richmond. On Saturday, November 2, 2024 from 1 - 3 PM, the Mobile Food Pantry truck will return to the Veterans' Hall, 150 Old Homestead Hwy., Richmond, NH. Please bring bags/boxes/laundry baskets to put your food in. Many of the items come from local farms, thereby supporting the Monadnock Region. Fresh produce, frozen meat, bread, canned goods, kid items, eggs, and non-perishable items are available at NO COST to Cheshire County residents. There is an annual enrollment form to complete and is good for one year. This gives you the ability to obtain food at ALL Mobile Food Pantry Events listed below. Please bring a photo ID. If you have questions, please contact Pam at (603) 239-6498 or pjb327@msn.com

All food events run 1 - 3 PM:

- Richmond (Veterans' Hall)—Saturday, Nov. 2nd
- Fitzwilliam (Fitzwilliam Inn)—Saturday, Nov. 9th
- Winchester (ELM)—Sunday, Nov 17th

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- Abortion Recovery Assistance (A.R.A)
- Baby Boutique with supplies for mom and baby

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**The Value of Compassion in
Our Everyday Lives**

Renee Murphy

For many years, I've practiced compassion, and it's transformed how I see the world and interact with others. I even took a class and became a certified compassion teacher, which has been one of the most rewarding experiences of my life. Compassion is often misunderstood as simply being "nice" or "soft," but it's so much more than that. It's about recognizing our shared humanity and making the world kinder. I'd like to share a few important lessons I've learned along the way—and explain why compassion is such a powerful tool in our everyday lives.

The first and perhaps most important lesson is realizing that people are more alike than different. Just like me, everyone wants to feel safe, happy, healthy, and live easily. Life is hard and a struggle most of the time. We all share the same worries: our families, having enough money, our health, and our safety. We all face hardship every day because things go wrong or are different than we planned. Yes, we might handle life's difficulties differently, but at our core, we're all trying to find a way to make life a little easier.

This realization has changed how I approach people, especially when they act in ways that frustrate or hurt me. When I meet someone who thinks or behaves differently than I do, I now focus on the 80% where we are the same rather than dwelling on the differences. We all have different faiths or politics or hold different things as important as a way to manage our lives. That doesn't mean I turn a blind eye to harmful behavior or allow others to mistreat me. Compassion requires wisdom, too. But it helps me understand that, even if someone's choices are different than mine, their basic needs and desires often come from the same place—just wanting to live a good life.

This shift in perspective has allowed me to cultivate a sense of connection, even with strangers. It reminds me that we are all navigating life's ups and downs, each doing our best with what we know.

And, in a world that often feels divided, recognizing this shared humanity is more important than ever.

Another valuable lesson I've learned through my compassion practice is letting go of the small, everyday frustrations that take up space rent-free in my mind. Take driving, for example. We've all been there—someone cuts you off, and your blood boils. But here's the thing: that person probably doesn't even realize they've upset you. They're likely caught up in their own thoughts and worries and are completely unaware of how their actions affected you.

And yet, if we're not careful, we can let that moment of frustration take over our whole day. We stew about it, replaying it in our minds, getting angrier each time. Maybe we tell friends or jump on social media and get a bandwagon of people agreeing we were wronged, but what good does that do? The person who cut you off has already forgotten, if they even knew, while you're still holding onto it. This is where compassion comes in. It helps us recognize that, just like us, people make mistakes. They're distracted, in a hurry, or having a rough day. I know I have had days when I am distracted, in a hurry, or frustrated, and I am sure I have frustrated someone around me unwittingly. I can't throw a single stone at anyone else. By letting go of those small irritations, we free ourselves from unnecessary stress and create more room for understanding. If we don't let go, we cultivate a garden in our hearts, ripe to grow anger and animosity towards others. It becomes easier and quicker to feel irritated and disconnected, and we struggle more because we let others' problems live in our hearts and minds.

Compassion also brings strength, not weakness. Some people worry that being compassionate means being a pushover, but that couldn't be further from the truth. True compassion is about setting healthy boundaries while also seeing the humanity in others. When I ran for local office, I received threatening letters at home, and things were said online about me, which made me very uncomfortable. It was a challenging experience, but through compassion, I realized that

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these attacks were more about the people sending them than about me. It helped me see that their way of expressing themselves, though hurtful, came from a place of fear and disconnection and was not that personal. They didn't even know me. Compassion gave me the strength not to take it personally but also the wisdom to decide not to run for office again. I learned that my own values—like privacy and safety—are just as important as the compassion I extend to others.

One of the greatest gifts compassion has given me is the sense of not being alone. In our busy, individualistic world, we often feel we carry life's burdens alone. But when we step back, we realize that we are deeply interconnected. Every day, we rely on the efforts of others, whether it's the farmers who grow our food, the truck drivers who deliver it, or the store employees who stock the shelves. Remembering how many people contribute to our lives brings a sense of gratitude and connection, which can ease even our most challenging days. This is one of the reasons that gratitude practice is part of a compassionate practice.

Compassion also offers a new perspective on personal struggles. A few years ago, when I was going through a health crisis, I felt incredibly isolated. "Why me?" I would compare my situation to others who seemed healthier and happier. But through compassion practice, I began to shift my focus outward. I reminded myself that many people around the world are also dealing with illness or physical challenges. This didn't make my pain disappear, but

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it did make me feel less like the world was picking on me. I realized that struggling is a universal experience, and that, in itself, brought me some peace.

Finally, compassion allows us to approach difficult interactions with a sense of curiosity, rather than defensiveness. When someone is rude or unkind, instead of reacting with anger, I've learned to ask myself, "What might they be going through?" Maybe they're dealing with stress, loss, or hardship that I know nothing about. By shifting the focus from "Why are they treating me this way?" to "What might they be experiencing?" I not only protect my own peace of mind, but I also create space for a more compassionate response.

Compassion is a practice which benefits everyone: it improves our relationships, reduces our stress, and makes the world a kinder place. It reminds us that, at the end of the day, we're all just trying to navigate life's challenges in the best way we know. When we approach others compassionately, we help bridge divides, ease tensions, and create a sense of community. Whether it's a smile to a stranger or an understanding word to a friend, each act of compassion ripples out and makes a difference.

So, the next time you find yourself frustrated or upset with someone, take a moment to pause. Ask yourself, "What might they be going through?" and see if compassion can offer you a new way of looking at the situation. It's a small shift, but one that can make a world of difference—not just for others, but for yourself, too.

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Please join us for our annual
Richmond Fire Department



Saturday, November 23

Where: Richmond Fire Department
(Next to the intersection of rte 119/32)

Hours: 9am-12pm

****WHILE SUPPLIES LAST****

Pies and baked goods will be available for cash or check purchase in an effort to support your local first responders!

****We are seeking homemade pies and baked goods for our sale****

Please consider donating!

If you have any questions please contact Erin Skrocki at 603.757.3494 or ERIN.LYMAN3@gmail.com

Donations can be dropped off at the fire department on Friday, November 22 from 6-6:30pm

Work Has Begun!
Pam Goodell
Bell Tower Repair Committee



The finish line is straight ahead at Richmond's Old Brick Church. The bucket lift arrived at the end of September, as promised, and work started immediately. Old, worn, rotted material was removed from the bell tower to make way for the new materials as the leaks are repaired and the structure is fortified. Barring any unforeseen difficulties, the job may possibly be finished by the time the next Rooster is printed.

Our yard sale in September brought in \$3,000 to add to the fund. Thank you to all who donated and/or purchased items. Anyone willing and able to push us over the finish line may still send donations to RCUMC or the Old Brick Church at 11 Fitzwilliam Road, Richmond, NH 03470. Our sincerest appreciation to all you generous people! We couldn't have done it without you.

**Richmond Community
United Methodist Church**
PASTOR STACEY HARTFORD

**Worship Services
Sundays 9am**



All are welcome to join our church family!



Holiday Fair

Sat. Nov. 9th

9 am – 2 pm

Richmond Veterans Hall
150 Old Homestead Highway, Richmond, NH

A unique fair featuring local artisans offering a variety of quality hand-crafted gifts and confections.

Luncheon served 11-1

Sponsored by the
Richmond Community United Methodist Church

For more information, call Alison at 239-4494



**Veterans' Hall Events and
Rental Information**
Pam Bielunis and
Susan Harrington

November Schedule

Nov. 2nd - Mobile Food Pantry Event 1 PM – 3 PM
All are welcome to come and get food (no income requirement, but bring bags or boxes)

Nov. 5th - General Election 8 AM – 7 PM

Nov. 6th - Supervisors of the Checklist 9:30 AM – 4 PM

Nov. 9th - Holiday Fair 9 AM – 2 PM, lunch served 11 AM – 1 PM

Nov. 30th - Private Rental

Vets' Hall Rental Information

How does an Individual/Group rent the Veterans' Hall, what does it include, and how much does it cost, etc.?

Rental

- To rent the Vets' Hall, one must be a Richmond resident or be renting on behalf of a Richmond resident;
- Rental of the Vets' Hall is scheduled through the Selectman's Office, and they will determine if the date you are requesting is available. Pam Bielunis will contact you about what type of set-up you plan for your event or you can contact her at (603) 239-6498. Rental includes use of the kitchen, the hall, (*no balcony allowed*) and the parking lot. Rental of the "kitchen only" is also available. There is no extra charge for same day set-up. Prior day set-up depends on availability and may incur a utilities surcharge. Key is obtained from the Selectman's Office. There is now internet/wi-fi available. We ask that you leave the hall as you found it;
- There is a check-off list on the side of the refrigerator for reference before leaving the hall. Vets' Hall Phone: (603) 239-8535.

Cost

<u>1 - 4 hours</u>	<u>4 - 8 hours</u>
Main Hall & Kitchen**	
\$125	\$200
Kitchen Only (max. of 12 people)**	
\$25	\$75
Hall Utilities Surcharge (Oct 1st-May 1st)**	
\$100	\$100
Security Deposit (refundable full/partial)	
\$100	\$100

***waived for funeral reception of a Richmond town resident*

Conditions

- Application must be submitted three weeks prior to the proposed rental date;
- All rental fees/deposits/surcharges are due one week prior to proposed rental date;
- Certificate of Insurance is required for rental;
- If alcohol is served, an Event Liability Insurance Certificate is required;
- Special permission is required for use of bouncy houses, trampoline, etc.;

- Renter is responsible for any damage or loss of property, facilities, or equipment;
- Disclaimer: The Town of Richmond will not be held responsible for injuries/damages that occur during an event. The renter's insurance/renter will be solely responsible.

Rules

- No items may be affixed to any walls or trim;
- Do not drag tables and benches across the floors. Do NOT lift benches by the backs. (*There is a towel and flannel sheet under the cupboard next to the refrigerator to put under the feet if you are moving them by yourself.*);
- Smoking and vaping are NOT allowed in the building;
- No admittance to the stairs or balcony areas;
- All windows are to be kept closed;
- No open flame candles.

Before Leaving the Building

- All items used (including tables and chairs) must be wiped down and chairs returned to the carts in the front hall entryway. This includes microwave, refrigerator, stove, counters, and sinks;
- All dishes used to be washed, dried, and put away;
- Remove all food from refrigerator;
- Bathrooms must be left in clean condition and trash removed;
- Shut off all lights, fan, stove, and microwave. Turn heat thermostats to 55 degrees in hall and kitchen upon leaving;
- Leave curtains/blinds as you found them—used to conserve heating costs;
- All four doors to the hall must be closed before you leave;
- ALL trash, debris, garbage generated by the renter (including in the parking lot) must be removed. New bags for trash cans are under the sink;
- Be sure all exterior doors are locked upon leaving the building.

Thank you. By taking good care of the building, it will give us years of use in the future. We appreciate your respect of our tax dollars at work.



See You Next Year: Open Mic
Lenny Solomon, Vice-President,
The Richmond Historical Society

The Stage 32 Open Mic held its final session for the year on October 17th. I think, by any measure, this series was a rousing success. For our first session last April, we were extremely gratified that over 55 people attended, a combination of players and listeners. Not wanting to come to any false conclusions, I held off any sigh of relief until we were well into the program. I'm happy to say that over the seven months we ran the event, we averaged about 45 attendees per session.

Although we are done for the year, the organizing committee decided we would begin again next March, one month earlier than we had anticipated. We also decided we'd shift the 2025 start time from 6 PM to 6:30 PM, thus giving folks more time to digest their dinner.

I'd like to thank all the members of the Richmond Historical Society for supporting this effort particularly Bonnie McCarthy and Fran Heap (and husband Al Conklin) for always being there to help set up and take down. Pam Bielunis helped us at every step of the way. The Selectboard was very supportive. Tom Hsu was a trooper in providing a quality sound system. Suzen Joyce Perry did a yeowoman's job as emcee. Ruth Blais Thompson, Martine Imon, and Wayne Imon were there from the beginning to help organize the event.

Lastly, I sincerely want to thank all the players and all the attendees. I think we were all blown away by the talent of some of our Richmond neighbors, as well as others from neighboring towns. I was personally blown away by the support we received from all those listeners who just came to enjoy live music and to add sparkle to the third Thursday of the month. Thank you all and see you next March, if not sooner.

Richmond Historical Society

Richmond, NH The Town and The Forest,
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The First Richmond Town Yard Sale

Barbara R. Rogers

Although it was hastily arranged in less than three weeks, the first Richmond Town Yard Sale, on October 12th, was a success. Nine households and the library set up tables and tailgates to sell treasures from attics, garages, barns and closets. Antiques mixed with handmade doll clothes, crystal stemware, vintage toys, cookbooks, clothes, a hobby horse, furniture, kitchenware, baskets, craft supplies, handmade pottery, travel swag, China, tools, and a large furnished doll house.

Wendy O'Brien was happy to report that the Richmond Public Library netted about \$200 from vendors' contributions (\$10 each) and the sale of books from the Book Shed. Bonnie McCarthy sold copies of Nature Walks and Hikes in Richmond to benefit The Rooster.

Jeani Eismont, the organizer of the sale, reports that plans are already underway for a spring yard sale. Watch The Rooster for the date and details.

Library News

Wendy O'Brien

Library Calendar for November

- Wednesdays, 10 AM: Storytime
 - Saturdays, 10 AM – Noon: Drop-in Knitting Circle
 - Wed., November 6th, 11 AM: Richmond Reminisces
 - Wed., November 6th, 6 PM: Coffee with the Classics Book Club @ Conant Library in Winchester, *The Prime of Miss Jean Brodie*, Muriel Spark
 - Sat., November 9th, 9 AM - 2 PM: Holiday Craft Raffle @ Veterans Hall
 - Tues., November 12th, 6 PM: Tuesday Book Club, *The Good Good Pig*, Sy Montgomery
 - Thurs., November 21st, 6 PM: Yarn & Ribbon Wreath Craft Workshop
 - Thurs., November 28th: CLOSED for Thanksgiving Holiday
 - Holiday Handcrafts Raffle
- We are pleased to announce that the fifth annual RPL Holiday Craft Raffle will be held this year at the

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 Richmond, NH 03470

Tuesday 3-7
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 Thursday 3-7
 Saturday 10-2

www.richmondnh.us

Holiday Craft Fair on Saturday, November 9th from 9 AM – 2 PM at the Veterans' Hall. Can't make it on the 9th? The items will also be on display at the Library between October 26th - November 5th. Many local craftspeople and artisans have generously contributed their beautiful creations. Be sure to drop by to find a special, unique, and locally created gift and support your Library at the same time!

Yarn & Ribbon Wreath Craft Workshop

Join us on Thursday, November 21st at 6 PM for a wreath workshop with our very own Deb Marshall. Deb will lead us in making a beautiful wreath to decorate your door. All materials will be provided, we would appreciate a small monetary donation to offset costs. Please pre-register by November 14th: email, call, or drop by to sign up!



Telescope Available to Borrow

Thanks to the NH Astronomical Society (NHAS), the Library now has a powerful telescope which you can borrow! The NHAS is a non-profit organization which promotes the public awareness of astronomy. We are looking forward to future programming with the NHAS, but, in the meantime, contact us to reserve the telescope to take home. Reservations are taken on a first-come, first-served basis.

New Titles

- Counting Miracles*, Nicholas Sparks
- Lies He Told Me*, James Patterson
- The Night We Lost Him*, Laura Dave
- Tell Me Everything*, Elizabeth Strout

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Cranberries
 Karen O'Brien



I doubt very much that as a child I cared for cranberries, except the kind that came in a can and was only an accompaniment to turkey at Thanksgiving. That jiggly, smooth, and shiny red sauce sat on my plate, waiting to slide down my throat. Growing up in Massachusetts, I knew of the cranberry bogs of Cape Cod and even visited (years ago) the Ocean Spray



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Museum in Wareham. My dad, always tramping through the woods near our home, found some native patches of the berry and actually gathered some and brought them back. I don't recall that my Mom did anything with them. But, knowing my father, he most likely prevailed upon her to process them in some way.

My parents, later in life, moved to the Cape. They joined wholeheartedly in the Cape lifestyle, going clamming, fishing, and gathering cranberries. After some of the cranberry bogs are harvested by machine, the locals are invited to reap what they can from the edges of the bogs, as some of the cranberries land there instead of being gathered and would go to waste.

Cranberries are a nutritional powerhouse. They are very high in antioxidants and are thought to prevent heart disease. Unfortunately, they are also extremely sour and require large amounts of sugar (cranberry sauce contains 22 grams of sugar in a 1/2" slice – 44% of the daily dose!). They contain Vitamins C and A, fiber, iron, potassium, calcium, and manganese. In 2007, researchers at Worcester Polytechnic Institute in Worcester studied the fruit and found compounds in cranberries are actually able to alter E. coli bacteria so that it cannot adhere to cells, making it difficult for the E. coli to infect the body. Proanthocyanidins (PAC) are a group of tannins in the fruit that interact with bacteria at the molecular level. It has often been touted as a panacea for UTIs – cranberry juice can help especially in higher risk people.

Cranberries are native to the Americas. In Maine, Massachusetts, New Jersey, and Wisconsin, and all the way west to Oregon and Washington, cranberries were put into service by native people, using them for cooking, dyes, and medicines. The Algonquin, who called the berry sassamenesh, the Wampanoag and Leni-Lenape, who named it ibimi, which roughly translates to "sour berries." The Inuktitut of eastern Canada smoked the leaves of the plant as a tobacco substitute. The Chippewa dyed porcupine quills, clothing, and jewelry with the boiled fruit. Both the Chippewa and Iroquois employed cranberries for a host of ailments: blood purifiers, as a laxative, for fever, cramps, and even childbirth-related injuries.

Many native people used the berries fresh, or dried them, or made tea from the leaves. I remember reading as a child about the Indians' use of pemmican – a modern day energy bar. Cranberries were pounded into a mixture of ground, dried deer meat and fat tallow, then stored in animal skin pouches. Pemmican would last for months, as the fat preserves it, as well as the acidity of the fruit, which lowers pH and helps prevent bacteria from growing.

There are lots of ways to use cranberries in cooking, besides using the jellied or whole berry sauce. The proliferation of dried cranberry products allows us to use this nutritional powerhouse in our daily lives. Salads, breads, cookies, and more, can be enhanced by this little, native fruit. Here is a wonderful, easy recipe to take advantage of those ruby jewels. Use the cranberries as a snack, over cream cheese as an appetizer, or in your hot beverage.

Fermented Cranberries

Ingredients

- 1 bag of whole cranberries
- 5-6 pieces of candied ginger
- 1 cinnamon stick
- Raw honey
- 5-6 cloves
- Zest of one orange + juice

Directions

Pierce each berry with an ice pick or skewer. Place in wide mouth jar, and cover with spices and juice. Pour honey over. Let sit 5 - 10 days. Good in teas or over cream cheese as an appetizer. *(I usually add some all-spice berries, as I love the additional flavor).*

So, You Want to Be a Farmer?
 Fran Heap



Bruce points out crops while solar panels power the farm

On September 7th, the Monadnock Food Co-op offered a free tour of Picadilly Farm of Winchester, and my husband and I jumped at the chance to see this certified organic farm owned by Jenny and Bruce Wooster.

**"...the Founding Fathers gave the free
 press the protection it must have to fulfill
 its essential role in our democracy.
 The press was to serve the governed,
 not the governors."**

U.S. Supreme Court Justice Hugo Black

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From a friend on Old Homestead Hwy.

I was struck immediately by how much work it takes to keep up a farm. Today's farmer is not only a field worker, he/she must understand science (weather, pest control, irrigation, crop rotation), finance (payroll, crop profitability, and grant-writing), and government (certifications, permits, regulations, and available resources). The Woosters have succeeded because they are extremely hard-working and have an enthusiasm for experimentation – to say nothing of a willingness to learn from mistakes made. Bruce ruefully commented how nice it would be to have a week's vacation, not just a weekend. I bet Jenny agrees 100%.

Picadilly Farm recently secured a conservation easement from the Monadnock Conservancy so that it can always be a working farm. Congrats, Jenny and Bruce!



Jenny proves carrots really come from the ground



Picadilly Farms sells organic crops



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Iced Pumpkin Spice Cake Terri O'Rorke



Cake Ingredients

- 3 C. flour
- 4 tsp. pumpkin pie spice
- 2 tsp. baking powder
- 2 sticks butter, softened
- 2 C. firmly packed brown sugar
- 1 egg
- 1 can (15 oz.) solid pack pumpkin
- 1 1/2 C. golden raisins

Icing Ingredients

- 1 1/2 C. confectioner's sugar
- 2 Tbsp. water
- 1 C. chopped walnuts or pecans

Directions

Preheat oven to 350 degrees; grease a 13" x 9" baking pan. Combine all dry ingredients, set aside. Mix together butter & sugar until creamy, add egg, then pumpkin. Gradually blend in dry ingredients. Stir in raisins. Pour into prepared pan & bake for 40-45 minutes. Wooden pick to test cake should come out clean. Cool completely in pan. Blend together icing ingredients, drizzle over cake then sprinkle with nuts. Serves 12

Oh, To Be Puzzled! Sister Mary Joseph

"What is the point of working on a jigsaw puzzle? It gets taken apart as soon as it's finished. Not only is nothing accomplished, but many hours are spent in accomplishing this nothing!" As incontestable as such logic would seem to be, somehow, I remain unconvinced. I'm quite sure it is because of my practical mindedness, not in spite of it, that I love puzzles.

The way I see it, puzzles - of every variety: jigsaw puzzles, crosswords, sudoku puzzles, riddles, etc. - are primarily enjoyed for what they accomplish inside of you, rather than outside of you. Many people say they are therapeutic; it is deeply satisfying to bring order out of chaos. I'd say one of the most important lessons discovered in "puzzling" is that perseverance in the midst of pain causes joy. Maybe that sounds funny; let me try to explain.

When working on a puzzle - let's say a jigsaw puzzle - I experience difficulty in seeing how to fit the pieces together. Even if I know how to be methodical as I go about finding the right pieces, it will still take time and patience, and patience means at least some degree of suffering. If I quit because the challenge is too great, or the mental effort costs too much, I will miss out on the education that comes with wrestling to find the solution. An easily solved puzzle does not offer the same opportunity for critical thinking or character development as one which makes me sweat. And there is a joy that comes from accomplishment-after-pain



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that you simply don't experience without the pain. Struggling and persevering through difficulty to find the answer is exactly what we do in the spiritual life. The saints needed critical thinking skills as they sought out the roots of their vices with axe in hand. We certainly do not turn away from the mysteries of our holy Faith as too hard to bother with; we grapple with them and are blessed with light and joy along the way. To apply oneself to putting a jigsaw puzzle together is to exercise the heart and mind for the great puzzles of life, both our natural and supernatural life. There are few exercises that prepare us better. I call that eminently practical.

You say you don't have time for puzzles. Ah, yes, I understand. There are so many good things to do and only so much time to do them. Your duty may very well preclude your taking advantage of the benefits of "puzzling", but do not confuse this with the notion that they are a waste of time. Never say or even think such a thing. We are all naturally inclined to turn away from mentally painful activities in preference for easy ones, and puzzles increase our courage and confidence to face and overcome challenges in the most delightful way.

Now, if you'll excuse me, I need to go duke it out with the Rubik's Cube.

Open Letter of Support for Candidate Matt McLaughlin

Matt McLaughlin, candidate for the NH Senate, was born and raised in Bedford, where he returned after a career as a US Navy pilot. While in the Navy, Matt did three deployments onboard the USS Nimitz, making more than 350 carrier landings. Since he and his family returned to Bedford in 1993, he has been active as a volunteer coach and umpire in youth sports.

Matt's top issues in running for the NH State Senate are the recent Supreme Court decision overturning Roe v. Wade and the rise of the Free State movement in New Hampshire.

Overturning Roe v. Wade has pushed the issue of reproductive rights to the states. Three years

ago, the Republican-controlled legislature slipped the first ever abortion ban into New Hampshire law and has since tried to limit women's choice even more. Matt will be a strong voice in the Senate to prevent further erosion of reproductive rights.

Matt will also be a strong voice for combatting climate change by partnering with the federal government and private industry to change our energy infrastructure.

I urge Richmond voters to choose Matt McLaughlin as their NH State Senator.

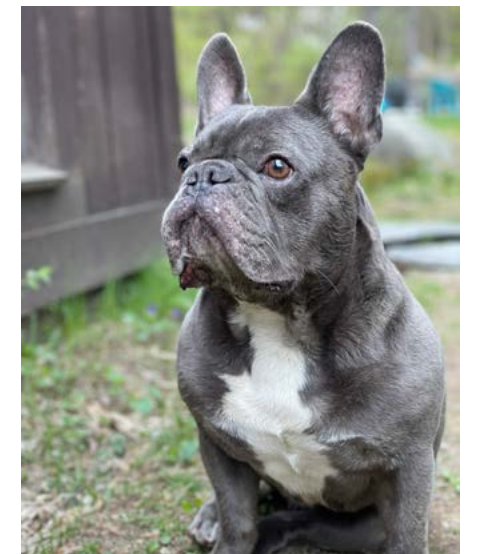
Barbara Radcliffe Rogers

Letter: Setting RFD BBQ History Straight

A small correction to Ren Doyle's RFD article. This was not the 64th "Weekend Before Labor Day" BBQ. He is probably right that it was the 64th annual Fire Department BBQ, but when I moved to Richmond, in 1974, it was held on July 4th. Some years later, it was moved to Labor Day, and only recently, to the weekend before.

William J. Pearsall,
RFD Life Member

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Chris and Ken Abbott | Owners (pictured with Andrew Richardson, SBW)
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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

Library: Wendy O'Brien, Library Director, 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

Highway Department – 283-6619
Taylor/VanBrocklin Building – 283-6649
Building Maint.: Pam Bielunis

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